

# Luton Family Hubs

Welcome to Luton Family Hubs and the services available to support you and your family.

Did you know that the first 1001 days of a child's life is the most important part of their development?

Luton Family Hubs will provide support from conception to your child's second birthday. Our aim is to make your journey the best experience it can be.

We will support you by improving your access to a range of information and advice and connect you with other relevant services who can help you.

We look forward to welcoming you and your family at our Family Hubs and outreach venues.



# Family Hubs Contacts

## Flying Start

☎ 01582 368245

✉ [flyingstart@eyalliance.org.uk](mailto:flyingstart@eyalliance.org.uk)

## Luton Children's Services Health Hub Cambridgeshire Community Services

☎ 0300 555 0606

✉ [ccs.bedsandlutonchildrenshealthhub@nhs.net](mailto:ccs.bedsandlutonchildrenshealthhub@nhs.net)

## L&D Hospital Maternity Hubs

Chaul End – South Team: ☎ 01582 718890

Farley Hill – East Team: ☎ 01582 429565

Marsh Farm – North Team: ☎ 07769 364388

Delivery Suite: ☎ 01582 329574

## Family Information Service

☎ 01582 548888

✉ [fis@luton.gov.uk](mailto:fis@luton.gov.uk)

[www.luton.gov.uk/familyhub](http://www.luton.gov.uk/familyhub)

# Family Hubs Partners

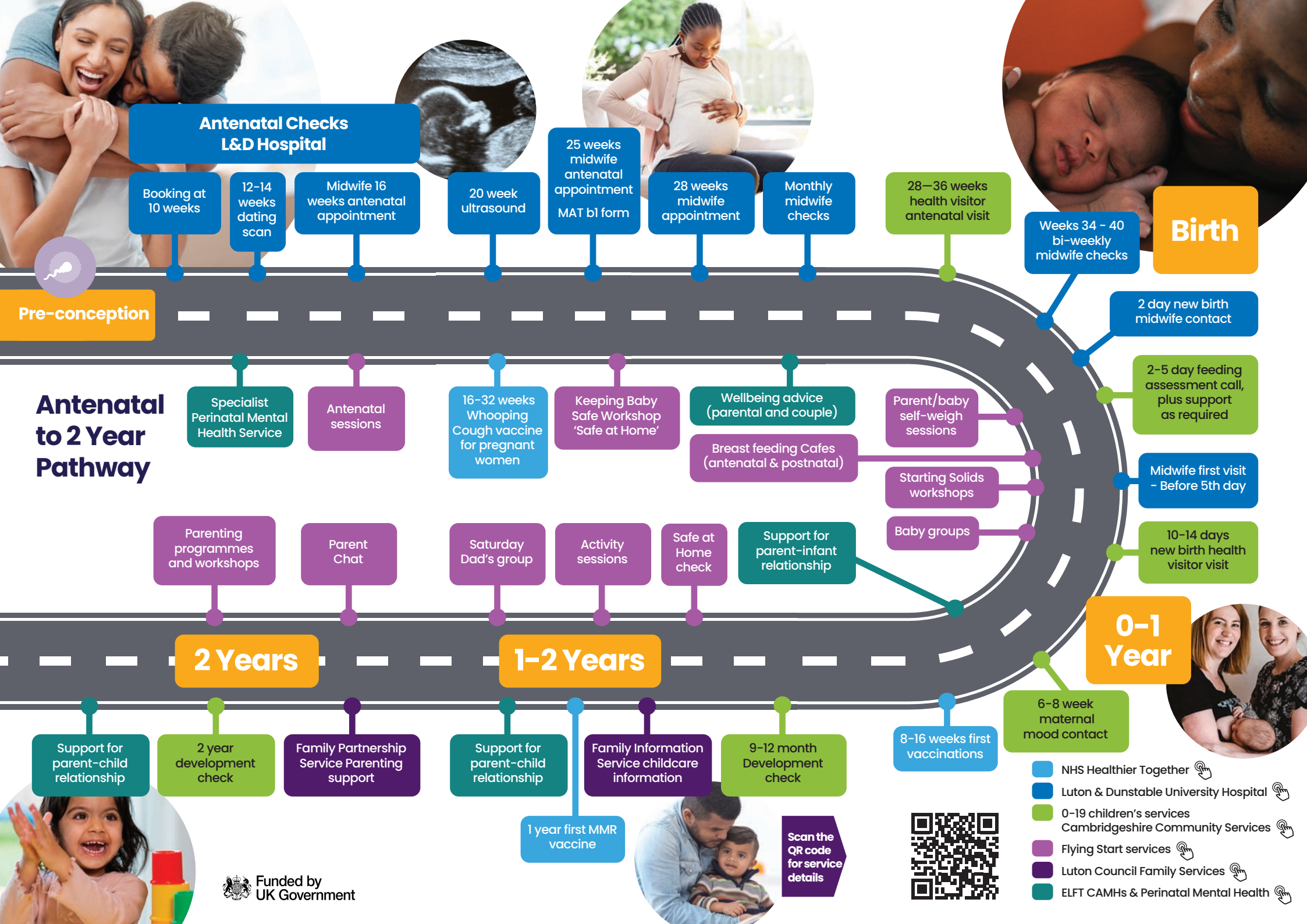


**Start for Life  
Offer for Luton  
Pre-conception  
to 2 years old**



Supporting you on  
your journey to  
becoming a parent





## Antenatal Checks L&D Hospital

Booking at 10 weeks

12-14 weeks dating scan

Midwife 16 weeks antenatal appointment

20 week ultrasound

25 weeks midwife antenatal appointment  
MAT b1 form

28 weeks midwife appointment

Monthly midwife checks

28-36 weeks health visitor antenatal visit

Weeks 34 - 40 bi-weekly midwife checks

## Birth

2 day new birth midwife contact

2-5 day feeding assessment call, plus support as required

Midwife first visit - Before 5th day

10-14 days new birth health visitor visit

## 0-1 Year

6-8 week maternal mood contact

8-16 weeks first vaccinations

## 1-2 Years

Support for parent-child relationship

Family Information Service childcare information

9-12 month Development check

1 year first MMR vaccine

## 2 Years

Support for parent-child relationship

2 year development check

Family Partnership Service Parenting support

## Antenatal to 2 Year Pathway

Specialist Perinatal Mental Health Service

Antenatal sessions

16-32 weeks Whooping Cough vaccine for pregnant women

Keeping Baby Safe Workshop 'Safe at Home'

Wellbeing advice (parental and couple)

Breast feeding Cafes (antenatal & postnatal)

Parent/baby self-weigh sessions

Starting Solids workshops

Baby groups

Parenting programmes and workshops

Parent Chat

Saturday Dad's group

Activity sessions

Safe at Home check

Support for parent-infant relationship



Scan the QR code for service details

- NHS Healthier Together
- Luton & Dunstable University Hospital
- 0-19 children's services  
Cambridgeshire Community Services
- Flying Start services
- Luton Council Family Services
- ELFT CAMHS & Perinatal Mental Health