















Flying Start Luton Sessions Offer



Venue addresses

-  Park Town Family Hub, Bailey Street (LU1 3DU)
-  Flying Start Family Hub in Foxcubs Nursery, Runley Road (LU1 1TZ)
-  Flying Start Family Hub in Pastures Way Nursery, Pastures Way (LU4 0PE)
-  Hockwell Ring Community Centre and Family Hub, Mayne Ave (LU4 9LB)
-  Central Family Hub, Luton Central Library, St George's Square (LU1 2NG)
-  St Francis Church, Carteret Road (LU2 9JZ)
-  Bushmead Community Hub, Hancock Drive (LU2 7SF)
-  The Olive Tree Church, 42 – 46 Blenheim Crescent (LU3 1HB)
-  Whipperley Infant Academy Family Hub, Whipperley Ring (LU1 5QY)
-  Stopsley Community Primary School, Hitchin Road, Stopsley (LU2 7UG)
-  Red Cross, 232 Dunstable Road (LU4 8JL)
-  Bramingham Primary School, Freeman Avenue (LU3 4BL)

Sessions are subject to change depending on staffing- please check our website for updated information.

Breastfeeding Support and Social Group

A social group where parents can access support from each other, CCS and Flying Start staff regarding responsive feeding.



Parent baby self-weighing *for parents of under 2 years*

An opportunity to self-weigh your baby on our scales. Please note this is not a health visitor clinic, a member of staff will be on hand to show you how to use the scales and how you can record your baby's weight.



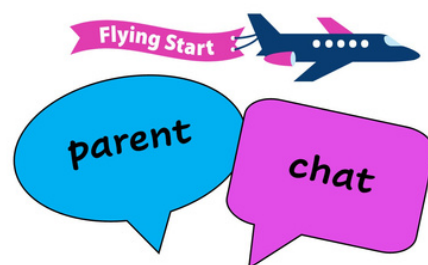
Early days *0-4 months*

Come and join an informal and relaxed group for new parents. Flying Start staff will also be on hand if you want any information or advice.



Parent chat *for parents of children under 5 years old*

Our friendly community link worker will be on hand to tell you about Flying Start sessions and answer any questions you have about parenting topics.



DROP IN SESSIONS



Maintained Nurseries Stay and Play

0-5 years

Engaging and fun play sessions, led by the nursery family workers and supported by Flying Start staff.



Rhyme and Play Time **0-5 years**

This session offers a variety of play and singing activities for families to enjoy, whilst giving opportunities to seek advice from Flying Start and Red Cross staff.



Dads Saturday group **0-8 years**

A monthly group for fathers, grandfathers, stepfathers, uncles or brothers who would like to share some quality time with their child or relative.



Stay and Play **0-5 years**

Engaging and fun play sessions with activities which are suitable for all ages so an ideal group for siblings. During the session, your child can explore a range of activities set out to develop all areas of learning.

BOOKABLE SESSIONS

Pregnancy Club

A monthly group to support healthy pregnancy for women at any stage of pregnancy. Sessions alternate monthly between in-person and online. A midwife and guest speaker are available to answer questions and provide advice on nutrition, physical activity and emotional wellbeing.



Bump, Birth and Baby stuff (BBBS)

*from over 25 weeks gestation -
partners welcome*

A programme for parents-to-be in the third trimester of pregnancy. This in-person programme will provide you with key information around labour, birth and caring for your new-born baby. It is also a great opportunity to meet other local parents to be. 3-week or a one-day course available.



Sensory Play *for non-walkers over 3 months*

This group encourages quality time for parents and their baby to enjoy using their different senses to explore a variety of exciting objects, sounds and textures.





Baby Massage - 5 week course for babies* up to around 6 months - £15

Massaging your baby provides a wonderful opportunity for nurturing touch and affection that is essential for the healthy development of your baby. Classes include time for informal parent discussion. *Babies must have had their 6–8-week health check



Baby Sign for non-walkers over 3 months

Nursery rhymes and action songs are great fun and help stimulate language development. Flying Start's baby sign group combines the benefits of both music and signing.



Mini Movers for confident walkers over 1 year

Come and join us for a physical fun group with music and instruments.



Little Explorers for new walkers under 2 years

An ideal group for toddlers on the move, where they can explore their skills and imagination through engaging play activities.

Play and Learn 0-5 years

Activities suitable for all ages so an ideal group for siblings. During the session, your child can explore a range of activities set out to develop all areas of learning.

**Story Sacks for Toddlers 2-4 years**

An interactive storytelling session where you and your child can enjoy listening to stories and exploring engaging activities inspired by books. At the end of the session, you'll have the opportunity to borrow a story sack to continue the fun and learning at home with your child.

**HENRY Healthy Lifestyles 0-5 years**

This 8 week programme supports parents in ensuring a healthy start for their child. HENRY helps to overcome those mealtime challenges so parents can have a happy and healthy family life.

**Parenting Puzzle 1-5 years**

This 4-week programme supports parents of babies and young children with a focus on the importance of attachment, empathy, positive discipline, play and communication.





Keeping Baby Safe

for any stage in pregnancy and up until baby is 3 months - partners welcome

What every pregnant or new parent needs to know to keep baby safe and prevent accidents - a 2.5 hour online Zoom group session with Safe at Home.



Parent Workshops 0-5 years

Flying Start offers online workshops on starting solids, sleep routines, toileting, fussy eating, childhood illnesses, and understanding behaviour. These workshops will be in a relaxed style giving a great opportunity for parents to talk with others, whilst getting some parenting support and advice from Flying Start professionals. *Also available in a video format.*

Important information

Please note that there is an age limit for some groups. Please ensure you book the appropriate session for your child's age- siblings of other ages will not be able to attend.

Drop in sessions

Please be aware that when room capacity is reached, any further entry will be refused for health and safety reasons.

Bookable sessions

To book a session please email flyingstart@eyalliance.org.uk or call 01582 368245 to reserve a spot. Advance bookings for multiple weeks of our activity sessions are not permitted. To ensure that as many families as possible can participate at least once a week, each family may book a maximum of two similar groups per week in advance.

Prices

- Most sessions in a centre are £2.
- Bush Babies Stay and Play is £3 due to venue hire (a snack is included).
- Mini Movers is £1 as these sessions are shorter.
- FREE groups include Antenatal classes, Zoom workshops, Baby Weighing, Breastfeeding Support and Social Group, Early Days postnatal group, Parent Chat, Red Cross group and Dads group.

Register with us

<https://www.flyingstartluton.com/family-joining-form/>

Booking policy

Please follow the link below to read our booking policy. By attending our sessions, you agree to the terms outlined in this policy.

www.bit.ly/FSbookingpolicy



01582 368245 | flyingstart@eyalliance.org.uk