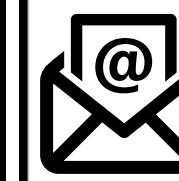


# Flying Start Luton Activities

16 to 20 February

(February Half Term)



\*BOOKING IS REQUIRED  
UNLESS IT SAYS (DROP IN)  
Email/Call: 01582 368245  
flyingstart@eyalliance.org.uk



## New to Flying Start?

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

More information will be available at: [www.flyingstartluton.com](http://www.flyingstartluton.com)

Check out our Social Media! Facebook: [@FSLuton](https://www.facebook.com/@FSLuton) and Instagram: [@flyingstartluton](https://www.instagram.com/flyingstartluton)

## VENUE ADDRESSES

 Park Town Family Hub, Bailey Street (LU1 3DU)

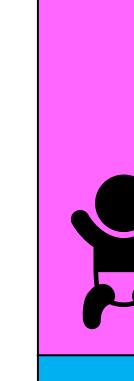
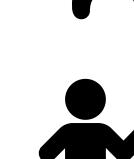
 Flying Start in **Pastures Way** Nursery, Pastures Way (LU4 0PE)

 **Hockwell Ring** Family Hub, Mayne Ave (LU4 9LB)

 St Francis Church, Carteret Rd (LU2 9JZ)

 **Luton Central Library** Family Hub, St George's Square (LU1 2NG)



Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
<p><b>Antenatal &amp; Postnatal Parent Chat</b> FREE drop in for pregnant/new parents Time: 9.30am to 1.30pm @ Central Library</p> 	<p><b>Early Days Postnatal Group (Drop In)</b> FREE for parents of 0 to 4 months Time: 1pm to 3pm @ Hockwell</p> 	<p><b>Sensory Play* (£2)- Booking Required</b> for non-walkers 3 months + Time: 1pm to 2pm @ Central Library</p> 	<p><b>Sensory Play* (£2)- Booking Required</b> for non-walkers 3 months + Time: 9.30am to 10.30am (Open from 9am) @ St Francis</p> 	<p><b>Parent Baby Self- Weighing (Drop In)</b> FREE for under 2s Time: 9.30am to 11.30am @ Pastures</p> 
<p><b>Play and Learn* (£2)- Booking Required</b> for under 8s *DOUBLE SESSION* Time: 10am to 11.30am OR 1pm to 2.30pm @ Park Town</p> 	<p><b>Parent Baby Self-Weighing (Drop In)</b> FREE for under 2s Time: 1pm to 3pm @ Hockwell</p> 	<p><b>Other Support:</b> <b>FREE ONLINE PARENTING COURSES!</b> Visit <a href="http://togetherness.co.uk/pathway-library">togetherness.co.uk/pathway-library</a> and use access code <b>HATTERS</b> to register for FREE PLUS: VIDEO workshops available on demand!</p>	<p><b>Parent Baby Self-Weighing (Drop In)</b> FREE for under 2s Time: 9.30am to 11.30am @ St Francis</p> 	<p><b>Breastfeeding Support Group (Drop In)</b> FREE for pregnant and BF parents Time: 9.30am to 11.30am @ Pastures</p> 
<p><b>Early Days Postnatal Group (Drop In)</b> FREE for parents of 0 to 4 months Time: 1pm to 2.30pm @ Central Library</p> 	<p><b>Breastfeeding Support Group (Drop In)</b> FREE for pregnant and BF parents Time: 1pm to 3pm @ Hockwell</p> 	<p><b>Healthy Start Vitamins</b> <b>£2 Drops / £1 Tablets</b> or FREE with Healthy Start Card  Available at venues when sessions are running!</p> 	<p><b>Early Days Postnatal Group (Drop In)</b> FREE for parents of 0 to 4 months Time: 9.30am to 11.30am @ St Francis</p> 	<p><b>Early Days Postnatal Group (Drop In)</b> FREE for parents of 0 to 4 months Time: 9.30am to 11.30am @ Pastures</p> 
<p><b>Breastfeeding Support Group (Drop In)</b> FREE for pregnant and BF parents Time: 1pm to 2.30pm @ Central Library</p> 	<p>You can apply for the Healthy Start Scheme to get them free at <a href="http://www.healthystart.nhs.uk">www.healthystart.nhs.uk</a></p>	<p>You can see other locations such as Active Luton centres to collect from here: <a href="http://www.flyingstartluton.com/healthy-start/">www.flyingstartluton.com/healthy-start/</a></p>	<p><b>Includes:</b> <b>Sleep and Routines</b> <b>Understanding Behaviour</b> <b>Childhood Illnesses</b> <b>Oral Health</b> <b>Toilet Training</b></p>	<p><b>Play and Learn* (£2)- Booking Required</b> for under 5s Time: 10am to 11am @ Central Library</p> 
<p><b>SEE THE LATEST</b> <b>TIMETABLE ON</b> <b>OUR WEBSITE</b> PLEASE <b>SCAN THE QR</b> <b>CODE:</b></p>		<p><b>Please Note:</b> We are not able to accept <b>OLDER SIBLINGS</b> at our groups. Please find alternative childcare or activities suitable for all ages elsewhere.</p>	<p><b>Icon Key:</b></p>  <p>Antenatal (Pregnancy)</p>  <p>Breastfeeding Support</p>  <p>Baby Weighing</p>  <p>Baby Groups</p>  <p>Toddler Groups</p>	