



Flying Start Luton Activities

16 to 20 February
(February Half Term)



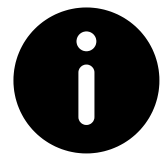
***BOOKING IS REQUIRED**
UNLESS IT SAYS (DROP IN)
Email/Call: **01582 368245**
flyingstart@eyalliance.org.uk



VENUE ADDRESSES



- Park Town** Family Hub, Bailey Street (LU1 3DU)
- Flying Start in **Pastures Way** Nursery, Pastures Way (LU4 OPE)
- 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)



New to Flying Start?

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

More information will be available at: www.flyingstartluton.com

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

Monday 16

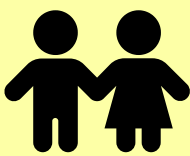
Antenatal & Postnatal Parent Chat

FREE drop in for pregnant/new parents
Time: 9.30am to 1.30pm
@ Central Library



Play and Learn*(£2)- Booking Required

*for under 8s *DOUBLE SESSION**
Time: 10am to 11.30am OR
1pm to 2.30pm
@ Park Town



Early Days Postnatal Group (Drop In)

FREE for parents of 0 to 4 months
Time: 1pm to 2.30pm
@ Central Library



Parent Baby Self-Weighing (Drop In)

FREE for under 2s
Time: 1pm to 2.30pm
@ Central Library



Breastfeeding Support Group (Drop In)

FREE for pregnant and BF parents
Time: 1pm to 2.30pm
@ Central Library



SEE THE LATEST
TIMETABLE ON
OUR WEBSITE
PLEASE
SCAN THE QR
CODE:



Tuesday 17

Early Days Postnatal Group (Drop In)

FREE for parents of 0 to 4 months
Time: 1pm to 3pm
@ Hockwell



Parent Baby Self-Weighing (Drop In)

FREE for under 2s
Time: 1pm to 3pm
@ Hockwell



Breastfeeding Support Group (Drop In)

FREE for pregnant and BF parents
Time: 1pm to 3pm
@ Hockwell



Healthy Start Vitamins

£2 Drops / £1 Tablets
or FREE with Healthy Start Card



Available at venues when
sessions are running!



You can apply for the Healthy Start
Scheme to get them free at
www.healthystart.nhs.uk

You can see other locations such
as Active Luton centres to collect
from here:
www.flyingstartluton.com/healthy-start/

Wednesday 18

Sensory Play* (£2)- Booking Required

for non-walkers 3 months +
Time: 1pm to 2pm
@ Central Library



Other Support:

FREE ONLINE PARENTING COURSES!

Visit [togetherness.co.uk/
pathway-library](http://togetherness.co.uk/pathway-library)

and use access code

HATTERS to register for
FREE

PLUS: VIDEO workshops
available on demand!

Includes:

Sleep and Routines
Understanding Behaviour
Childhood Illnesses
Oral Health
Toilet Training

Thursday 19

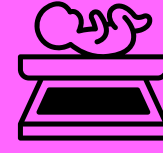
Sensory Play* (£2)- Booking Required

for non-walkers 3 months +
Time: 9.30am to 10.30am
(Open from 9am)
@ St Francis



Parent Baby Self-Weighing (Drop In)

FREE for under 2s
Time: 9.30am to 11.30am
@ St Francis



Breastfeeding Support Group (Drop In)

FREE for pregnant and BF parents
Time: 9.30am to 11.30am
@ St Francis



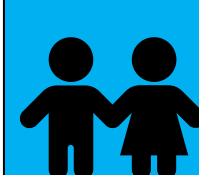
Early Days Postnatal Group (Drop In)

FREE for parents of 0 to 4 months
Time: 9.30am to 11.30am
@ St Francis



Play and Learn*(£2)- Booking Required

for under 5s
Time: 10am to 11am
@ Central Library



Please Note:

We are not able to accept
OLDER SIBLINGS
at our groups.
Please find alternative childcare or
activities suitable for all ages elsewhere.

Friday 20

Parent Baby Self- Weighing (Drop In)

FREE for under 2s
Time: 9.30am to 11.30am
@ Pastures



Breastfeeding Support Group (Drop In)

FREE for pregnant and BF parents
Time: 9.30am to 11.30am
@ Pastures



Early Days Postnatal Group (Drop In)

FREE for parents of 0 to 4 months
Time: 9.30am to 11.30am
@ Pastures



Icon Key:



Antenatal (Pregnancy)



Breastfeeding Support



Baby Weighing



Baby Groups



Toddler Groups