



# Flying Start Luton Activities

## 22 July to 6 September 2024

(Summer Holidays)

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

### 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)
- Farley Community Centre, Delphine Close (LU1 5RE)
- St Francis Church, Carteret Rd (LU2 9JZ)
- Flying Start in Foxcubs Nursery, Runley Road (LU1 1TZ)
- Bushmead Hub, Hancock Drive (LU2 7SF)
- Chaul End Community Centre Dunstable Rd (LU4 8QN)



**MOST CENTRE SESSIONS COST £2** (Cash AND Card now accepted at some sessions)

New to Flying Start? Register here [www.flyingstartluton.com/registration-form](http://www.flyingstartluton.com/registration-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) X: [@FS\\_Luton](https://twitter.com/FS_Luton) and Instagram: [flyingstartluton](https://www.instagram.com/flyingstartluton)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Play and Learn*</b> <i>for under 8s</i> Every week (except 26/8 + 2/9) <b>Time: 1pm to 2.30pm</b> <b>@ Park Town</b>	<b>Parent Baby Self-Weighing (Drop In)</b> <i>FREE for under 2s</i> Every week (except 20/8) <b>Time: 9am to 10.30am</b> <b>@ Farley C/Centre</b>	<b>Sensory Play*</b> <i>for non walkers 3 months</i> Every week (except 31/7 + 4/9) <b>Time: 10am to 11am</b> (open from 9.30am) <b>@ Park Town</b>	<b>Sensory Play*</b> <i>for non walkers 3 months</i> + Every week (except 15/8) <b>Time: 9.30am to 10.30am</b> (Open from 9am) <b>@ St Francis</b>	<b>Parent Baby Self- Weighing (Drop In)</b> <i>FREE for under 2s</i> Every week <b>Time: 9.30am to 11.30am</b> <b>@ Pastures</b>	<b>Bump, Birth + Baby Stuff Course</b> <i>for pregnant parents &gt; 28 weeks</i> <b>Date: 17 August</b> <b>Time: 9.30am-3.30pm</b> <b>@ Chaul End</b>
<b>Icon Key:</b>	<b>Breastfeeding Café (Drop In)</b> <i>FREE for pregnant and BF parents</i> Every week (except 20/8) <b>Time: 9.15am to 10.45am</b> <b>@ Farley C/Centre</b>	<b>Seaside Fun Summer Session*</b> <i>FREE for under 8s</i> Time: 10am to 12pm Date: 31 July <b>@ Park Town</b>	<b>Breastfeeding Café (Drop In)</b> <i>FREE for pregnant and BF parents</i> Every week (except 15/8) <b>Time: 9.30am to 10.30am</b> <b>@ St Francis</b>	<b>Breastfeeding Café (Drop In)</b> <i>FREE for pregnant and BF parents</i> Every week <b>Time: 9.30am to 11.30am</b> <b>@ Pastures</b>	
Baby Weighing Scales	<b>Early Days Postnatal Group (Drop In)</b> <i>FREE for parents of 0 to 4 month</i> Every week (except 20/8) <b>Time: 9.15am to 10.45am</b> <b>@ Farley C/Centre</b>	<b>Volunteer Drop-In Info Day</b> <i>Connect with your community- come along to find out about opportunities to volunteer with Flying Start</i> <b>Time: 1pm to 3pm</b> Date: 21 August <b>@ Park Town</b>	<b>Parent Baby Self-Weighing (Drop In)</b> <i>FREE for under 2s</i> Every week (except 15/8) <b>Time: 9.30am to 11.30am</b> <b>@ St Francis</b>	<b>Early Days Postnatal Group (Drop In)</b> <i>FREE for parents of 0 to 4 month</i> Every week <b>Time: 9.30am to 11.30am</b> <b>@ Pastures</b>	
Toddler Groups	<b>Fun in the Jungle Summer Session*</b> <i>FREE for under 8s</i> Time: 10am to 1pm Date: 20 August <b>@ Stockwood Park</b> (London Road, LU1 4LX)		<b>Early Days Postnatal Group (Drop In)</b> <i>FREE for parents of 0 to 4 month</i> Every week (except 15/8) <b>Time: 9.30am to 11.30am</b> <b>@ St Francis</b>	<b>Baby Rhyme and Sign*</b> <i>for non walkers 3 months +</i> Every week <b>Time: 10am to 10.45am</b> (open from 9.30am) <b>@ Hockwell</b>	
Summer Session Event					

**Other Support:**

**FREE ONLINE PARENTING COURSES!**

Visit [www.inourplace.co.uk](http://www.inourplace.co.uk) and use access code **HATTERS** to register for FREE

**PLUS: VIDEO workshops available on demand!**  
Includes: *Sleep and Bedtime Routines, Common Childhood Illnesses, Oral Health and Toilet Training*

**Pregnancy Club (In Person + ZOOM)\* FREE for pregnant women**  
Time: 12.30pm to 1.30pm  
**Last Tuesday of Month (30/7+27/8) @ Farley C/Centre**

**Parent Baby Self- Weighing and Breastfeeding Café (Drop in)**  
*FREE for under 2/ BF mums*  
Every week (except 20/8)  
Time: 1pm to 3pm  
**@ Hockwell**

**Early Days Postnatal Group (Drop In)**  
*FREE for parents with 0 to 4 mth*  
Every week (except 20/8)  
Time: 1pm to 3pm  
**@ Hockwell**

**Bump, Birth + Baby Stuff 3 week Course**  
*for pregnant parents > 28 weeks*  
6 & 13 August from 5pm to 7pm  
20 August from 3pm to 5pm  
**@Hockwell**

**Keeping Baby Safe Workshop on ZOOM\***  
*FREE for pregnant & parents (<3m)*  
Date: 30 July  
Time: 5pm to 7.30PM

**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](http://www.healthystart.nhs.uk)

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

**Bush Babies\* (£3) for under 5s**  
Every Week  
Time: 10am to 11.30am  
**@ Bushmead Hub**



**Baby Massage 5-Wk Course\* £10**  
*for parents of 6 weeks to 6 months*  
Dates: 25 July to 22 August  
Time: 1.30pm to 2.30pm (Open from 1pm) @ **Foxcubs**



**Immunisation Clinic (FREE Drop in)**  
*for children from 15 months to 5 years*  
Dates: 8/8 + 5/9 only  
Time: 1pm to 3.30pm  
**@ Hockwell**



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



Please note: **OLDER SIBLINGS** are **unable to join** our groups- please find alternative childcare or activities suitable for all ages elsewhere.