



Flying Start Luton Activities

30 March to 10 April
(Easter Holidays)



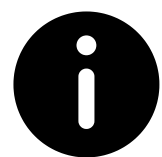
*BOOKING IS REQUIRED
UNLESS IT SAYS (DROP IN)
Email/Call: 01582 368245
flyingstart@eyalliance.org.uk



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 and Instagram: flyingstartluton

Monday 30 March

Antenatal & Postnatal Parent Chat

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



Breastfeeding Support Group (Drop In)

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



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



SEE THE LATEST TIMETABLE ON
OUR WEBSITE PLEASE

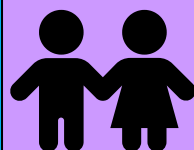
SCAN THE QR CODE:



Tuesday 31 March + 7 April

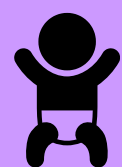
Spring Fun Play and Learn* (£2)- Booking Required

for under 5s
Time: 10am to 11am
@ Hockwell



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



Birth, Bump & Baby Stuff 3 Week Course*

Booking Required- FREE for 25 weeks +
Time: 5pm to 7pm
Dates: 7 to 21 April
@ Hockwell



Please Note:

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

Wednesday 1 + 8 April

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

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/

Thursday 2 + 9 April

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



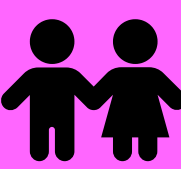
Early Days Postnatal Group (Drop In)

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



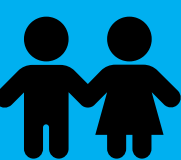
Mini Movers* (£1)- Booking Required

for confident walkers over 1 and under 3
Time: 10.45am to 11.30am
@ St Francis



Spring Fun Play and Learn* (£2)- Booking Required

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



Friday 10 April

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