

# Luton's Family Hub

Welcome to the Luton Family Hub and the services available to support your family.

Did you know that the first 1001 days of a child's life is the most important part of their development?

Luton's Family Hub will provide support from conception to your child's 2nd birthday. Our aim is to make your journey the best experience it can be.

We will support you by improving your access to a range of information and advice and connect you with other relevant services who can help you.

We look forward to welcoming you and your family at our Family Hub sites and outreach venues.



# Family Hub Contacts

## Flying Start

01582 368245

flyingstart@eyalliance.org.uk

## Luton Children's Services Health Hub Cambridgeshire Community Services

0300 555 0606

ccs.bedsandlutonchildrenshealthhub@nhs.net

## L&D Hospital Maternity Hub

Chaul End – South Team: 01582 718890

Farley Hill – East Team: 01582 429565

Marsh Farm – North Team: 07769 364388

Delivery Suite: 01582 329574

## Family Information Service

01582 548888

fis@luton.gov.uk

[www.luton.gov.uk/familyhub](http://www.luton.gov.uk/familyhub)

# Family Hub Partners



**Luton**



Luton's

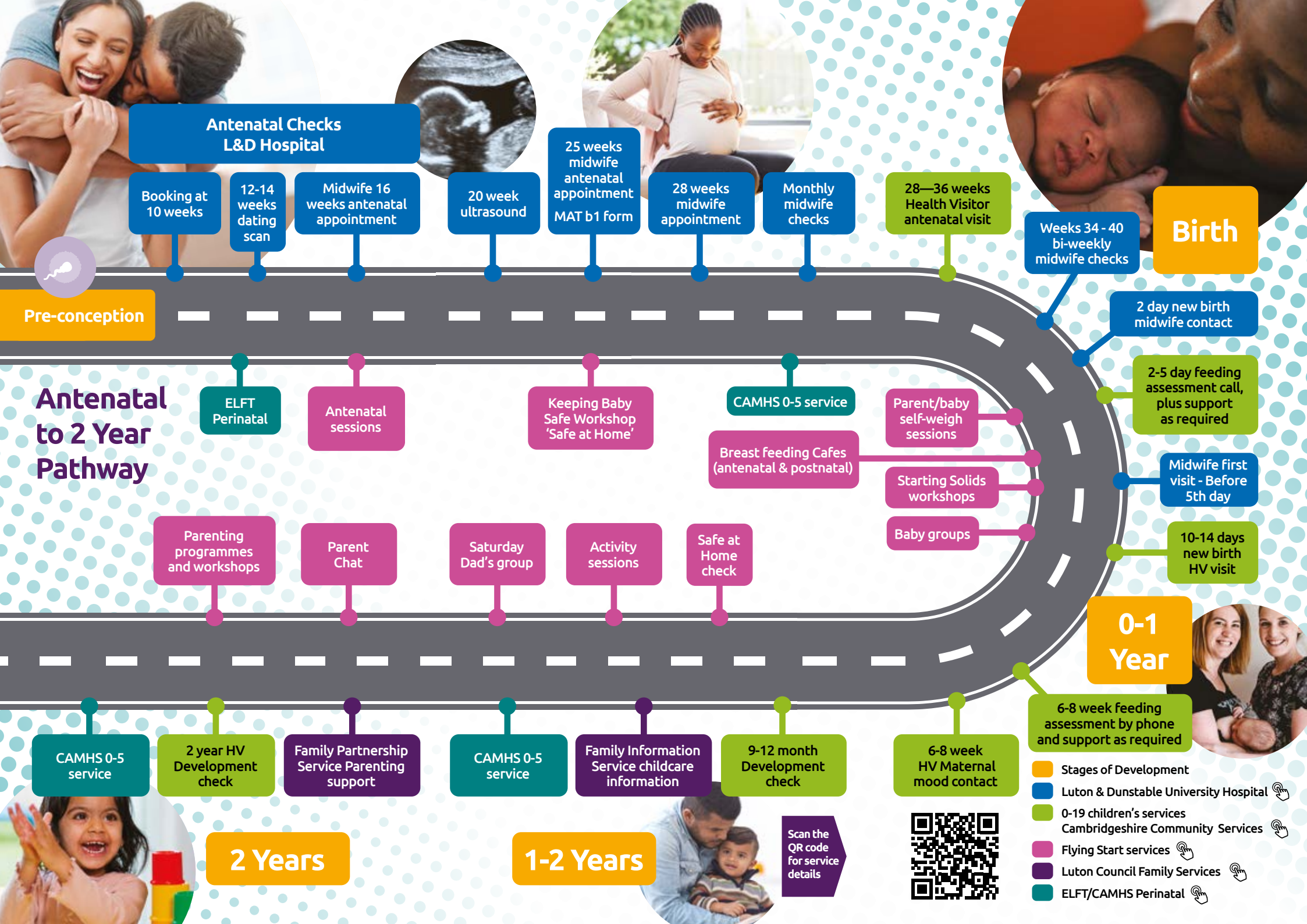
# Family Hub

**Start for Life  
Offer for Luton**  
Pre-conception  
to 2 years old

Supporting  
you on your journey  
to becoming a parent



Funded by  
UK Government



**Pre-conception**

**Antenatal to 2 Year Pathway**

**Antenatal Checks  
L&D Hospital**

Booking at 10 weeks

12-14 weeks dating scan

Midwife 16 weeks antenatal appointment

20 week ultrasound

25 weeks midwife antenatal appointment  
MAT b1 form

28 weeks midwife appointment

Monthly midwife checks

28—36 weeks Health Visitor antenatal visit

Weeks 34 - 40 bi-weekly midwife checks

**Birth**

2 day new birth midwife contact

2-5 day feeding assessment call, plus support as required

Midwife first visit - Before 5th day

10-14 days new birth HV visit

**0-1 Year**

6-8 week feeding assessment by phone and support as required

ELFT Perinatal

Antenatal sessions

Keeping Baby Safe Workshop 'Safe at Home'

CAMHS 0-5 service

Breast feeding Cafes (antenatal & postnatal)

Parent/baby self-weigh sessions

Starting Solids workshops

Baby groups

Parenting programmes and workshops

Parent Chat

Saturday Dad's group

Activity sessions

Safe at Home check

CAMHS 0-5 service

2 year HV Development check

Family Partnership Service Parenting support

CAMHS 0-5 service

Family Information Service childcare information

9-12 month Development check

6-8 week HV Maternal mood contact

**2 Years**

**1-2 Years**

Scan the QR code for service details



- Stages of Development
- Luton & Dunstable University Hospital
- 0-19 children's services  
Cambridgeshire Community Services
- Flying Start services
- Luton Council Family Services
- ELFT/CAMHS Perinatal