

**Self Weigh Sessions** 



## Luto ults **Community Health Services**

# **Self Weigh Sessions** For Children Under 2

These sessions **do not** have health staff available, you are responsible for weighing your own child at these drop in session.

Monday	
Tuesday	Breastfeeding Café 09:15-10:45 (a drop-in social supporting breastfeeding families) & Self Weigh Farley Hill Community Centre Delphine Close, Luton, LU1 5RE, 09:30 - 11:15 (supported by Flying Start staff; scales available to older children)
Wednesday	Lea Manor Leisure Centre Northwell Drive, LU3 3TL, 10:00 - 13:00
	Central Library (Happy Baby group) St George's Square, LU1 2NG, 09:45 – 11:00
Thursday	Central Library St George's Square, LU1 2NG 09:30 - 12:20
	St Francis Church Carteret Road, LU2 9LB, 09.30 - 11.30
	Marsh Farm Library (Rhyme time) Northwell Drive, LU3 3TL, 10:00 - 10:30
Friday	Breastfeeding Café (a drop-in social group supporting breastfeeding families) & Self Weigh Pastures Way Nursery Pastures Way, LU4 OPE, 09:30 - 11:30 (supported by Flying Start staff; scales available f
	older children) High Town Community Centre Concorde Street, LU2 OJD, 10:00 - 13:00
	Luter Adults Community Health Services
	Children's Community

# Health HUB

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		supporting breastfeeding families) & Self Weigh Hockwell Community Centre, Mayne Avenue, Leagrave, LU4 9LB, 13.00-15.00
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	Children Adults community Health Services	NHS

Tel: 0300 555 0606 Email: ccs.bedsandlutonchildrenshealthhub@nhs.net

Your one stop

contact point

**Children's Community** 

Health



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### NHS

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