

Flying Start Luton Activities

8 Sept to 25 October 2025

Autumn Term 1



*BOOKING IS REQUIRED UNLESS IT SAYS (DROP IN)



01582 368245





VENUES AND ADDRESSES

Flying Start Family Hub in Foxcubs Nursery, Runley Road (LU1 1TZ) Park Town Family Hub, Bailey Street (LU1 3DU) Flying Start Family Hub in Pastures Way Nursery, Pastures Way (LU4 0PE) Hockwell Ring Community Centre and Family Hub, Mayne Ave (LU4 9LB) St Francis Church, Carteret Road (LU2 9JZ)

Central Family Hub-Luton Central Library, St George's Square (LU1 2NG)

Bushmead Hub. Hancock Drive (LU2 7SF)

The Olive Tree Church, Blenheim Crescent (LU3 1HB) Whipperley Infant Academy, Whipperley Ring (LU1 5QY) Red Cross. 232 Dunstable Road (LU4 8JL) **Stopsley Community Primary Family Hut, (LU2 7UG)**

Bramingham Primary School, Freeman Ave (LU3 4BL)

MOST CENTRE SESSIONS COST £2

(Cash AND Card now accepted at some sessions) New to Flying Start? Register here:

www.flyingstartluton.com/family-joining-form/ More information at: www.flvingstartluton.com

Check out Facebook: @FSLuton and Instagram: flyingstartluton

Please note: Some groups are limited to one/two a week

= Online on Zoom/ Teams



Baby Weighing (Drop In)

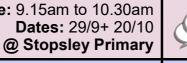
FREE for under 2s **Time:** 9.15am to 10.30am **Dates:** 29/9+ 20/10

@ Stopsley Primary Play and Learn* Time: 10am to 11am



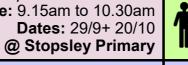
Sensory Play (Drop In)

for non walkers 3 months + Time: 9.15am to 10.30am **Dates:** 29/9+ 20/10



MONDAY

Parent Chat (Drop In) FREE for parents of under 5s Time: 9.15am to 10.30am



Stay and Play (Drop-in) for under 5s

Time: 9.30am to 10.45am **Every Week**



Little Explorers*

for new walkers under 2 Time: 10am to 11am **Every Week**

@ Hockwell

on Zoom*

for under 5s **Every Week** @ Park Town



Parenting Puzzle 4-Week Course* FREE for parents of 1 to 5s

Dates: 22 Sept to 13 Oct Time: 12.30pm to 2.30pm @ Luton Central Library

Early Days Postnatal Group (Drop In) FREE for parents of 0 to 4 months Time: 1pm to 2.30pm

Every Week @ Luton Central Library







Stay and Play* for under 5s **Time:** 1.15pm to 2.30pm **Every Week**

@ The Olive Tree Church



Stay and Play* for under 5s Time: 9.30am to 10.30am **Every Week** @ Bramingham Primary

Sensory Play*

Group (Drop in)

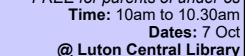
Time: 1pm to 3pm

for non walkers 3 months + Time: 10am to 11am **Every Week** @ Pastures

Every Week@ Hockwell

Parent Chat @RhymeTime (Drop In) FREE for parents of under 5s

TUESDAY



Baby Weighing (Drop in) FREE for under 2s

Time: 1pm to 3pm **Every Week** @ Hockwell

Mini Movers* (£1 per child) for confident walkers over 1 Time: 10.45am to 11.30am

Every Week @ Luton Central Library



FREE for parents of 1 to 5s Date: 30 Sept to 25 Nov Time: 1pm to 2.30pm

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Early Days Postnatal Group (Drop in) ■ FREE for parents of 0 to 4 months

Time: 1pm to 3pm Every Week@ Hockwell

Pregnancy Club (In Person)* FREE for pregnant women Time: 5pm to 6.30pm Date: 23 Sept

Breastfeeding Support & Social

FREE for pregnant and BF parents

Pregnancy Club (Online on ZOOM)*

FREE for pregnant women **Time:** 5.30pm to 6.30pm Date: 28 Oct

Little Explorers* for new walkers under 2

Time: 1.30pm to 2.30pm **Every Week** @ Park Town



Baby Massage 5 Week Course* (£15) for parents of 6 weeks to 6 months

HENRY Healthy Lifestyles Course

Time: 1.30pm to 2.30pm Dates: 16 Sept to 14 Oct

@ Pastures

Parent Chat (Drop in) FREE for parents of under 5s

Time: 2.15pm to 3pm Date: 7 Oct @ Lewsey Library (LU4 0SW)



@ Park Town

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Birth and Baby Stuff 3 Week Course* FREE for 25 weeks+

Time: 5 to 7pm (3 to 5pm week 3) Dates: 2 to 16 Sept @ Park Town

Parent Chat @ Tot Stop (Drop In)

FREE for parents of under 5s

Time: 10am to 11.30am

Date: 17/9 + 15/10

Birth and Baby Stuff 3 Week Course*

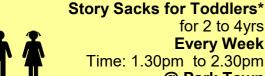
FREE for 25 weeks+ Time: 5 to 7pm (3 to 5pm week 3) Dates: 7 to 21 Oct

@ Hockwell

Dates:

Parent Chat @RhymeTime (Drop In) FREE for parents of under 5s Time: 9.30 to 10am + 10.30 to 11am

Dates: 1 Oct @ Leagrave Library (LU3 2NL)



Coming soon: Baby Sign* for non walkers 3 months +

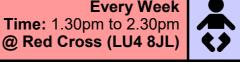
Time: 10am to 11am Coming soon: Date TBC @ Park Town



Little Explorers* for new walkers under 2 Times: 9.30am to 10.30am OR 10.45am to 11.45am **Every Week**

WEDNESDAY

@ Foxcubs Rhyme and Play Time (drop in) for under 5s **Every Week Time:** 1.30pm to 2.30pm



@ Luton Christian Fellowship (LU1 3AL)

Sensory Play* for non walkers 3 months + **Time:** 1.30pm to 2.30pm @ Luton Central Library

Parenting Q+A Facebook Live* Time: 1pm to 2.30pm

8 Oct:Toilet Training (1+) 22 Oct: Sleep for under 1s (-1)

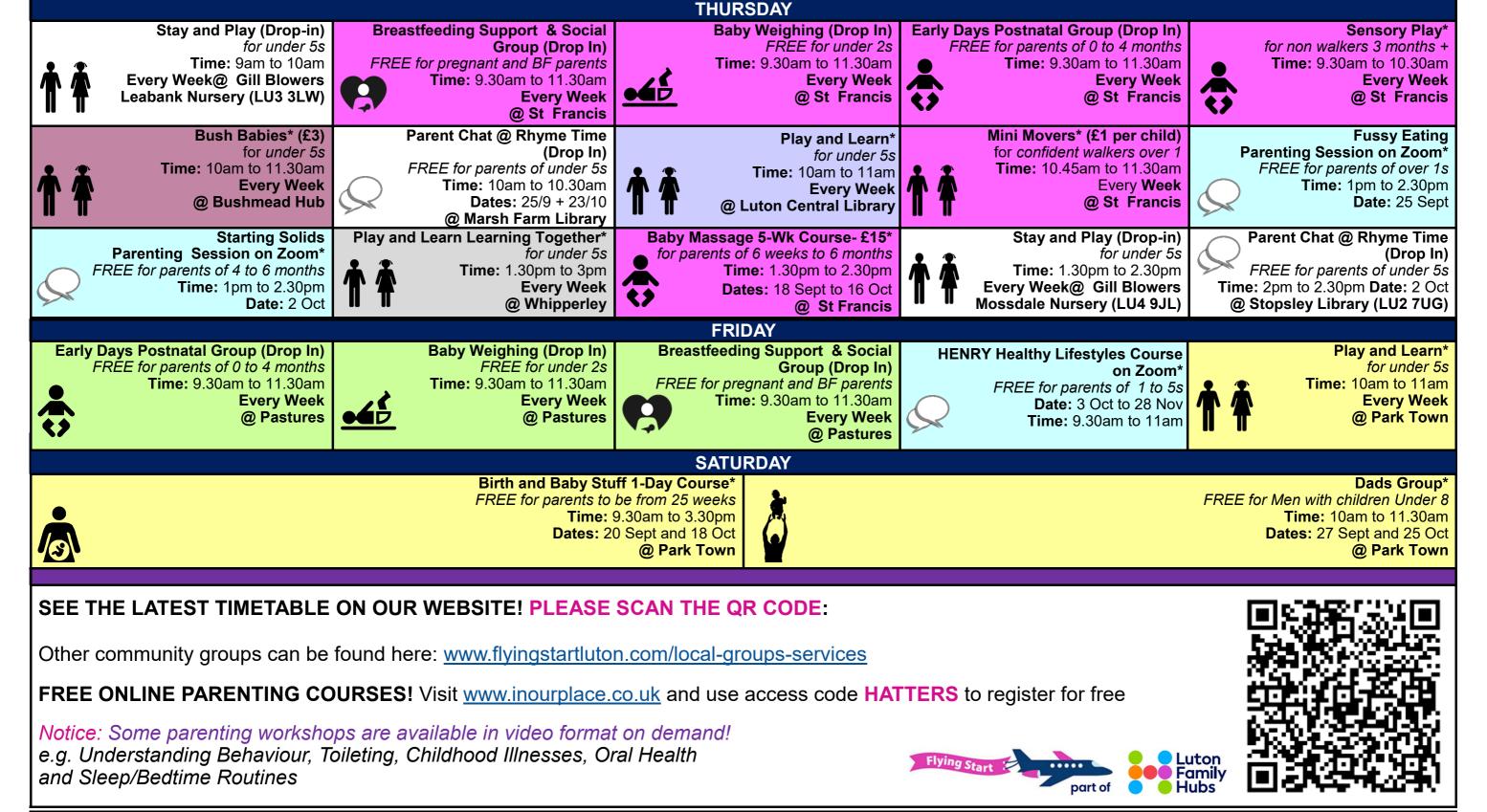
Keeping Baby Safe Zoom Session* FREE for expecting and new parents of babies under 3 months

Time: 5pm to 7.30pm Date: 24 Sept





Play and Learn* for under 5s **Every Week** Time: 1.30pm to 2.30pm @ Hockwell





ANTENATAL



BREAST FEEDING



BABY WEIGHING



BABIES



OLDER BABIES



OVER 1s



PARENT INFO



DADS



Healthy Start Vitamins (£2 Drops, £1 Tablets or Free with HS Card)

Available at the Park Town Family Hub, Monday to Friday 9am to 3pm (Term-time) and other 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/parenting/healthy-start

