

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)**



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*

for under 5s Time: 10am to 11am **Every Week**

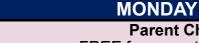


Sensory Play (Drop In)

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

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



Parent Chat (Drop In) FREE for parents of under 5s Time: 9.15am to 10.30am **Dates:** 29/9+ 20/10

Early Days Postnatal Group

FREE for parents of 0 to 4 months

@ Stopsley Primary

Time: 1pm to 2.30pm

@ Luton Central Library

(Drop In)

Every Week

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

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

@ Pastures

Little Explorers*

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

@ Hockwell

on Zoom*

Baby Weighing and Breastfeeding Support & Social Group (Drop In) FREE for under 2s

Time: 1pm to 2.30pm **Every Week**

@ Luton Central Library

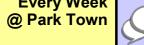


Stay and Play* for under 5s **Time:** 1.15pm to 2.30pm **Every Week**

@ The Olive Tree Church

FREE for parents of 1 to 5s

Date: 30 Sept to 25 Nov



(Drop in)

TUESDAY

Sensory Play* for non walkers 3 months +

Breastfeeding Support & Social

FREE for pregnant and BF parents

Time: 10am to 11am **Every Week** @ Pastures

Group (Drop in)

Time: 1pm to 3pm

Every Week@ Hockwell

Parent Chat @RhymeTime (Drop In) FREE for parents of under 5s **Time:** 10am to 10.30am Dates: 7 Oct

@ Luton Central Library



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 Little Explorers*

for new walkers under 2 **Time:** 1.30pm to 2.30pm

Every Week @ Park Town

Time: 1pm to 2.30pm Baby Massage 5 Week Course* (£15)

HENRY Healthy Lifestyles Course

for parents of 6 weeks to 6 months **Time:** 1.30pm to 2.30pm

Dates: 16 Sept to 14 Oct @ Pastures



Every Week@ Hockwell

Early Days Postnatal Group

■ FREE for parents of 0 to 4 months

Time: 2.15pm to 3pm

Date: 7 Oct @ Lewsey Library (LU4 0SW)

Time: 1pm to 3pm



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

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Pregnancy Club (Online on ZOOM)*

WEDNESDAY

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



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



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)



Story Sacks for Toddlers* for 2 to 4yrs **Every Week** Time: 1.30pm to 2.30pm @ Park Town

Baby Sign* for non walkers 3 months +

Time: 10.15am to 11am (open from 10am) **Every Week** @ Park Town

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

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

> Rhyme and Play Time (drop in) for under 5s **Time:** 1.30pm to 2.30pm



Date: 17/9 + 15/10 @ Luton Christian Fellowship (LU1 3AL)

Parent Chat @ Tot Stop (Drop In)

FREE for parents of under 5s

Time: 10am to 11.30am

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

Parenting Q+A Facebook Live* **Time:** 1.45pm to 2.30pm



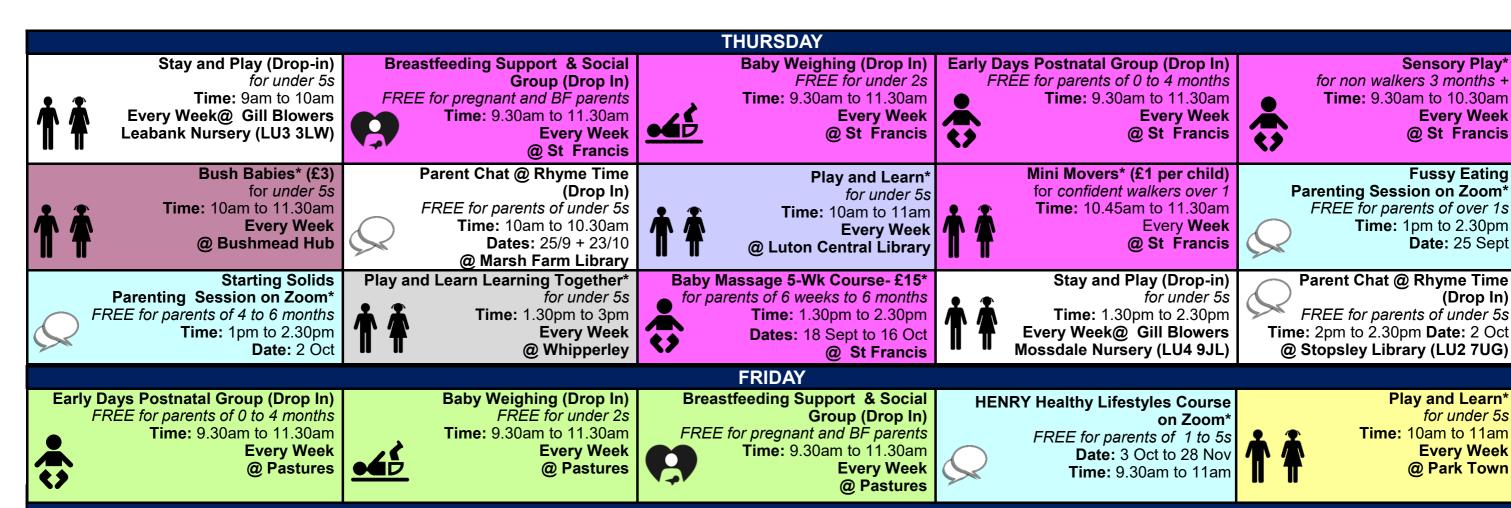


Date: 24 Sept



Every Week @ Red Cross (LU4 8JL)





SATURDAY

Birth and Baby Stuff 1-Day Course* FREE for parents to be from 25 weeks

Time: 9.30am to 3.30pm Dates: 20 Sept and 18 Oct

@ Park Town



Play and Learn* for under 5s Time: 10am to 11am **Every Week** @ Park Town

(Drop In)

FREE for Men with children Under 8 **Time:** 10am to 11.30am Dates: 27 Sept and 25 Oct

@ Park Town

Dads Group*

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

Other community groups can be found here: www.flyingstartluton.com/local-groups-services

FREE ONLINE PARENTING COURSES! Visit www.inourplace.co.uk and use access code HATTERS to register for free

Notice: Some parenting workshops are available in video format on demand! e.g. Understanding Behaviour, Toileting, Childhood Illnesses, Oral Health and Sleep/Bedtime Routines







ANTENATAL



BREAST FEEDING



BABY WEIGHING



BABIES



OLDER BABIES



OVER 1s



PARENT INFO



DADS



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

