

Flying Start Luton Activities

8 Sept to 25 October 2025

Autumn Term 1





*BOOKING IS REQUIRED UNLESS IT SAYS (DROP IN)





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)

@ Park Town

(Drop in)

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



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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



FREE for parents of 1 to 5s Dates: 22 Sept to 13 Oct **Time:** 12.30pm to 2.30pm



MONDAY

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

@ Stopsley Primary

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 (Drop-in)

Support & Social Group (Drop In)

for under 5s Time: 9.30am to 10.45am **Every Week**

@ Pastures

FREE for under 2s

Every Week

Time: 1pm to 2.30pm

@ Luton Central Library

Mini Movers* (£1 per child)

for confident walkers over 1

Baby Weighing and Breastfeeding

Little Explorers*

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

@ Hockwell

on Zoom*



Stay and Play* for under 5s

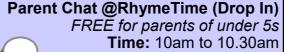
Time: 1.15pm to 2.30pm **Every Week** @ The Olive Tree Church

TUESDAY

Sensory Play* for non walkers 3 months +

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

Group (Drop in)



Dates: 7 Oct @ Luton Central Library

FREE for under 2s

Time: 1pm to 3pm

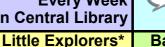
Every Week

@ Hockwell



Time: 10.45am to 11.30am **Every Week**

@ Luton Central Library



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

Every Week @ Park Town

HENRY Healthy Lifestyles Course

Date: 30 Sept to 25 Nov Time: 1pm to 2.30pm

FREE for parents of 1 to 5s

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

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

@ Pastures

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

Every Week@ Hockwell

Time: 1pm to 3pm

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

Early Days Postnatal Group

■ FREE for parents of 0 to 4 months

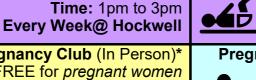


Pregnancy Club (In Person)*

Breastfeeding Support & Social

FREE for pregnant and BF parents

FREE for pregnant women Time: 5pm to 6.30pm Date: 23 Sept @ Park Town



Pregnancy Club (Online on ZOOM)* 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

Parenting Q+A Facebook Live*

@ Hockwell

Dates:

Parent Chat @RhymeTime (Drop In)

FREE for parents of under 5s Time: 9.30 to 10am + 10.30 to 11am



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



Baby Sign (£1.50)* for non walkers 3 months +

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



for new walkers under 2 Times: 9.30am to 10.30am OR 10.45am to 11.45am

WEDNESDAY



Little Explorers*

for under 5s **Every Week Time:** 1.30pm to 2.30pm @ Red Cross (LU4 8JL)

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

Parent Chat @ Tot Stop (Drop In)

FREE for parents of under 5s

Sensory Play* for non walkers 3 months +

Time: 10am to 11.30am

22 Oct: Sleep for under 1s (-1)

Time: 1.45pm to 2.30pm

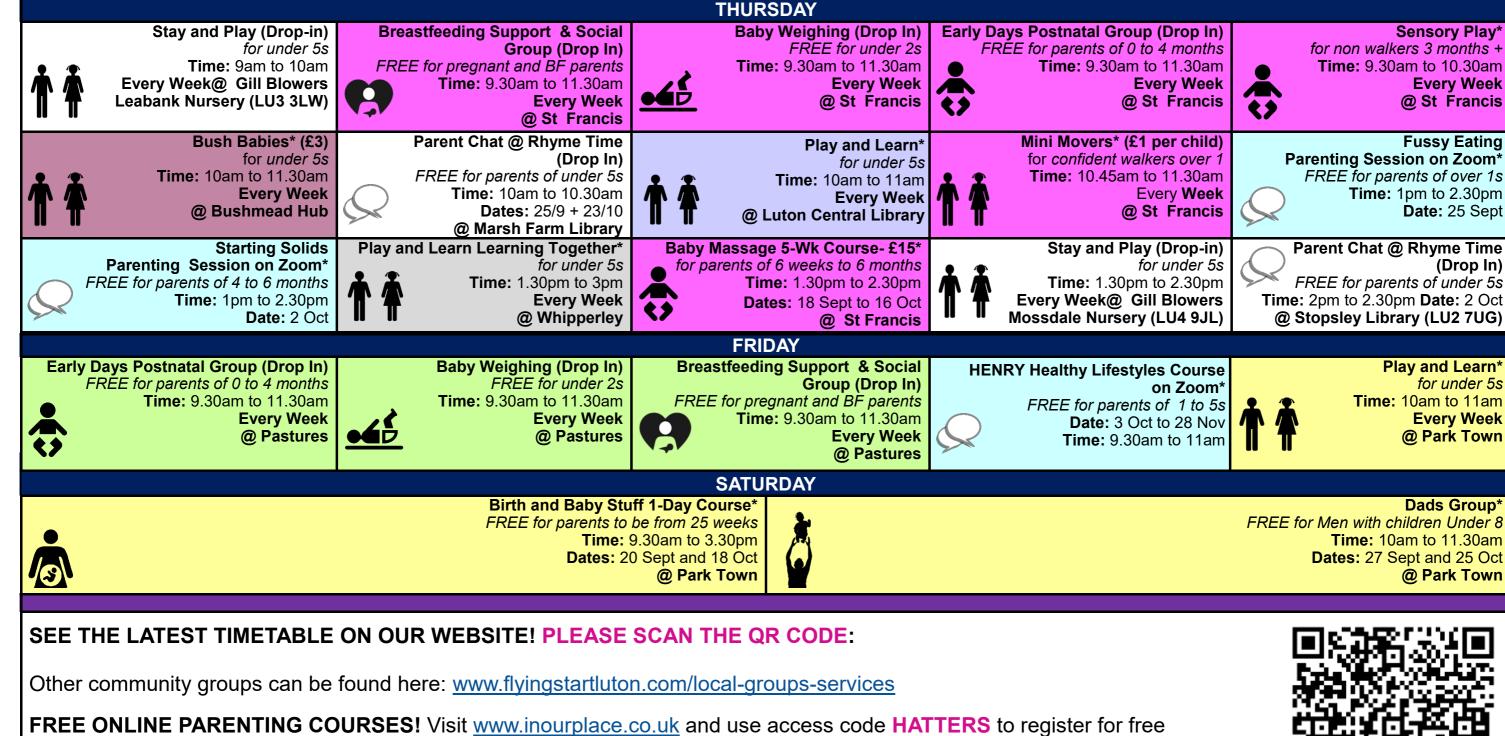
8 Oct: Toilet Training (1+)

Keeping Baby Safe Zoom Session* FREE for expecting and new parents of babies under 3 months Time: 5pm to 7.30pm Date: 24 Sept



Time: 1.30pm to 2.30pm @ Luton Central Library





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



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

