



Flying Start Luton Activities

8 Sept to 25 October 2025

Autumn Term 1

Email/Call:
flyingstart@eyalliance.org.uk



01582 368245



***BOOKING IS REQUIRED UNLESS IT SAYS (DROP IN)**

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.flyingstartluton.com

Check out Facebook: @FSLuton and Instagram: flyingstartluton

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

 = Online on Zoom/ Teams

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)	

MONDAY

 Baby Weighing (Drop In) <i>FREE for under 2s</i> Time: 9.15am to 10.30am Dates: 29/9+ 20/10 @ Stopsley Primary	 Sensory Play (Drop In) <i>for non walkers 3 months +</i> Time: 9.15am to 10.30am Dates: 29/9+ 20/10 @ Stopsley Primary	 Parent Chat (Drop In) <i>FREE for parents of under 5s</i> Time: 9.15am to 10.30am Dates: 29/9+ 20/10 @ Stopsley Primary	 Stay and Play (Drop-in) <i>for under 5s</i> Time: 9.30am to 10.45am Every Week @ Pastures	 Little Explorers* <i>for new walkers under 2</i> Time: 10am to 11am Every Week @ Hockwell
 Play and Learn* <i>for under 5s</i> Time: 10am to 11am Every Week @ Park Town	 Parenting Puzzle 4-Week Course on Zoom* <i>FREE for parents of 1 to 5s</i> Dates: 22 Sept to 13 Oct Time: 12.30pm to 2.30pm	 Early Days Postnatal Group (Drop In) <i>FREE for parents of 0 to 4 months</i> Time: 1pm to 2.30pm Every Week @ Luton Central Library	 Baby Weighing and Breastfeeding Support & Social Group (Drop In) <i>FREE for under 2s</i> Time: 1pm to 2.30pm Every Week @ Luton Central Library	 Stay and Play* <i>for under 5s</i> Time: 1.15pm to 2.30pm Every Week @ The Olive Tree Church

TUESDAY

	 Sensory Play* <i>for non walkers 3 months +</i> Time: 10am to 11am Every Week @ Pastures	 Parent Chat @RhymeTime (Drop In) <i>FREE for parents of under 5s</i> Time: 10am to 10.30am Dates: 7 Oct @ Luton Central Library	 Mini Movers* (£1 per child) <i>for confident walkers over 1</i> Time: 10.45am to 11.30am Every Week @ Luton Central Library	 HENRY Healthy Lifestyles Course on Zoom* <i>FREE for parents of 1 to 5s</i> Date: 30 Sept to 25 Nov Time: 1pm to 2.30pm
 Early Days Postnatal Group (Drop in) <i>FREE for parents of 0 to 4 months</i> Time: 1pm to 3pm Every Week @ Hockwell	 Breastfeeding Support & Social Group (Drop in) <i>FREE for pregnant and BF parents</i> Time: 1pm to 3pm Every Week @ Hockwell	 Baby Weighing (Drop in) <i>FREE for under 2s</i> Time: 1pm to 3pm Every Week @ Hockwell	 Little Explorers* <i>for new walkers under 2</i> Time: 1.30pm to 2.30pm Every Week @ Park Town	 Baby Massage 5 Week Course* (£15) <i>for parents of 6 weeks to 6 months</i> Time: 1.30pm to 2.30pm Dates: 16 Sept to 14 Oct @ Pastures
 Parent Chat (Drop in) <i>FREE for parents of under 5s</i> Time: 2.15pm to 3pm Date: 7 Oct @ Lewsey Library (LU4 0SW)	 Pregnancy Club (In Person)* <i>FREE for pregnant women</i> Time: 5pm to 6.30pm Date: 23 Sept @ Park Town	 Pregnancy Club (Online on ZOOM)* <i>FREE for pregnant women</i> Time: 5.30pm to 6.30pm Date: 28 Oct	 Birth and Baby Stuff 3 Week Course* <i>FREE for 25 weeks+</i> Time: 5 to 7pm (3 to 5pm week 3) Dates: 2 to 16 Sept @ Park Town	 Birth and Baby Stuff 3 Week Course* <i>FREE for 25 weeks+</i> Time: 5 to 7pm (3 to 5pm week 3) Dates: 7 to 21 Oct @ Hockwell

WEDNESDAY

 Parent Chat @RhymeTime (Drop In) <i>FREE for parents of under 5s</i> Time: 9.30 to 10am + 10.30 to 11am Dates: 1 Oct @ Leagrave Library (LU3 2NL)	 Baby Sign (£1.50)* <i>for non walkers 3 months +</i> Time: 10.15am to 11am (open from 10am) Every Week @ Park Town	 Little Explorers* <i>for new walkers under 2</i> Times: 9.30am to 10.30am OR 10.45am to 11.45am Every Week @ Foxcubs	 Parent Chat @ Tot Stop (Drop In) <i>FREE for parents of under 5s</i> Time: 10am to 11.30am Date: 17/9 + 15/10 @ Luton Christian Fellowship (LU1 3AL)	 Parenting Q+A Facebook Live* Time: 1.45pm to 2.30pm Dates: 8 Oct: Toilet Training (1+) 22 Oct: Sleep for under 1s (-1)
 Story Sacks for Toddlers* <i>for 2 to 4yrs</i> Every Week Time: 1.30pm to 2.30pm @ Park Town	 Play and Learn* <i>for under 5s</i> Every Week Time: 1.30pm to 2.30pm @ Hockwell	 Rhyme and Play Time (drop in) <i>for under 5s</i> Every Week Time: 1.30pm to 2.30pm @ Red Cross (LU4 8JL)	 Sensory Play* <i>for non walkers 3 months +</i> Time: 1.30pm to 2.30pm @ Luton Central Library	 Keeping Baby Safe Zoom Session* <i>FREE for expecting and new parents of babies under 3 months</i> Time: 5pm to 7.30pm Date: 24 Sept

THURSDAY				
 Stay and Play (Drop-in) <i>for under 5s</i> Time: 9am to 10am Every Week@ Gill Blowers Leabank Nursery (LU3 3LW)	 Breastfeeding Support & Social Group (Drop In) <i>FREE for pregnant and BF parents</i> Time: 9.30am to 11.30am Every Week @ St Francis	 Baby Weighing (Drop In) <i>FREE for under 2s</i> Time: 9.30am to 11.30am Every Week @ St Francis	 Early Days Postnatal Group (Drop In) <i>FREE for parents of 0 to 4 months</i> Time: 9.30am to 11.30am Every Week @ St Francis	 Sensory Play* <i>for non walkers 3 months +</i> Time: 9.30am to 10.30am Every Week @ St Francis
 Bush Babies* (£3) <i>for under 5s</i> Time: 10am to 11.30am Every Week @ Bushmead Hub	 Parent Chat @ Rhyme Time (Drop In) <i>FREE for parents of under 5s</i> Time: 10am to 10.30am Dates: 25/9 + 23/10 @ Marsh Farm Library	 Play and Learn* <i>for under 5s</i> Time: 10am to 11am Every Week @ Luton Central Library	 Mini Movers* (£1 per child) <i>for confident walkers over 1</i> Time: 10.45am to 11.30am Every Week @ St Francis	 Fussy Eating Parenting Session on Zoom* <i>FREE for parents of over 1s</i> Time: 1pm to 2.30pm Date: 25 Sept
 Starting Solids Parenting Session on Zoom* <i>FREE for parents of 4 to 6 months</i> Time: 1pm to 2.30pm Date: 2 Oct	 Play and Learn Learning Together* <i>for under 5s</i> Time: 1.30pm to 3pm Every Week @ Whipperley	 Baby Massage 5-Wk Course- £15* <i>for parents of 6 weeks to 6 months</i> Time: 1.30pm to 2.30pm Dates: 18 Sept to 16 Oct @ St Francis	 Stay and Play (Drop-in) <i>for under 5s</i> Time: 1.30pm to 2.30pm Every Week@ Gill Blowers Mossdale Nursery (LU4 9JL)	 Parent Chat @ Rhyme Time (Drop In) <i>FREE for parents of under 5s</i> Time: 2pm to 2.30pm Date: 2 Oct @ Stopsley Library (LU2 7UG)
FRIDAY				
 Early Days Postnatal Group (Drop In) <i>FREE for parents of 0 to 4 months</i> Time: 9.30am to 11.30am Every Week @ Pastures	 Baby Weighing (Drop In) <i>FREE for under 2s</i> Time: 9.30am to 11.30am Every Week @ Pastures	 Breastfeeding Support & Social Group (Drop In) <i>FREE for pregnant and BF parents</i> Time: 9.30am to 11.30am Every Week @ Pastures	 HENRY Healthy Lifestyles Course on Zoom* <i>FREE for parents of 1 to 5s</i> Date: 3 Oct to 28 Nov Time: 9.30am to 11am	 Play and Learn* <i>for under 5s</i> Time: 10am to 11am Every Week @ Park Town
SATURDAY				
 Birth and Baby Stuff 1-Day Course* <i>FREE for parents to be from 25 weeks</i> Time: 9.30am to 3.30pm Dates: 20 Sept and 18 Oct @ Park Town	 Dads Group* <i>FREE for Men with children Under 8</i> Time: 10am to 11.30am Dates: 27 Sept and 25 Oct @ Park Town			

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
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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



SUBJECT TO CHANGE! ALL INFORMATION CORRECT AS OF 8 October 2025