

Flying Start Luton Activities

3 November to 22 December 2025

Autumn Term 2



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

Email/Call: **01582 368245**

flyingstart@eyalliance.org.uk



VENUE ADDRESSES



 **Park Town** Family Hub, Bailey Street (LU1 3DU)

 Flying Start in **Pastures Way** Nursery, Pastures Way (LU4 OPE)

 **Hockwell Ring** Family Hub, Mayne Ave (LU4 9LB)

 **St Francis Church**, Carteret Rd (LU2 9JZ)

 **Luton Central Library**, St George's Square (LU1 2NG)

 Flying Start Family Hub at **Foxcubs Nursery**, Runley Road (LU1 1TZ)

 **Bushmead Hub**, Hancock Drive (LU2 7SF)

 **The Olive Tree Church**, Blenheim Crescent (LU3 1HB)

 **Whipperley Infant Academy**, Family Hub (LU1 5QY)

 **Red Cross**, 232 Dunstable Road (LU4 8JL)

 **Stopsley Community Primary School Family Hut** (LU2 7UG)

 **Bramingham Primary School**, Freeman Avenue (LU3 4BL)



New to Flying Start?

Register here <https://www.flyingstartluton.com/family-joining-form/>

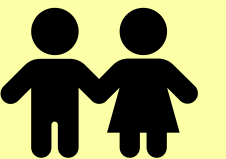
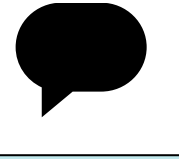
More information will be available at: www.flyingstartluton.com

Check out our Social Media! Facebook: [@FSLuton](#) and Instagram: [flyingstartluton](#)

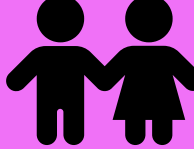
SEE THE LATEST TIMETABLE ON OUR WEBSITE PLEASE

SCAN THE QR CODE:



MONDAY				
 Baby Weighing (under 2s), Sensory Play (3m+) and Parent Chat (Drop In- FREE) Time: 9.15am to 10.30am Dates: 24 November @ Stopsley Primary	 Stay and Play (£2) - (Drop In) <i>for under 5s</i> Time: 9.30am to 10.45am Every Week (except 3 Nov) @ Pastures	 Little Explorers (£2)*- Booking Required <i>for new walkers under 2</i> Time: 10am to 11am Every Week (except 3 Nov) @ Hockwell	 Play and Learn (£2)*- Booking Required <i>for under 5s</i> Time: 10am to 11am Every Week (except 3 Nov) @ Park Town	 Keeping Baby Safe Workshop- Online on ZOOM* <i>Booking Required- FREE for expecting and new parents of babies under 3 months</i> Time: 10am to 12.30pm Date: 17 November
 Early Days Postnatal Group, Baby Weighing and Breastfeeding Support and Social Group (Drop In) <i>FREE for parents of 0 to 4 months (ED) & under 2s</i> Time: 1pm to 2.30pm Every Week @ Central Library	 Antenatal/ Postnatal Parent Chat (Drop in) <i>FREE for antenatal and postnatal parents</i> Time: 1pm to 3pm Dates: 10 Nov and 8 Dec (2nd Mon) @ Central Library	 Stay and Play (£2)*- Booking Required <i>for under 5s</i> Time: 1.15pm to 2.30pm Every Week @ Olive Tree Church	 Baby Massage 5 Week Course* (£15) <i>for parents of 6 weeks to around 6 months</i> Time: 1.30pm to 2.30pm Dates: 10 Nov to 8 Dec @ Central Library - Booking Required	 Stay and Play (£2)*- Booking Required <i>for under 5s</i> Time: 2pm to 3pm Every Week @ Bramingham Primary
TUESDAY				
 Sensory Play (£2)* - Booking Required <i>for non-walkers 3 months +</i> Time: 10am to 11am Every Week @ Pastures	 Parent Chat @ Rhyme Time (Drop In) <i>FREE for parents of under 5s</i> Time: 10am to 10.30am Dates: 4 Nov and 2 Dec (1st Tues) @ Central Library	 Mini Movers (£1 per child)*- Booking Required <i>for confident walkers over 1</i> Time: 9.45am to 10.30am OR 10.45am to 11.30am Every Week @ Central Library	 Early Days Postnatal Group (Drop In) <i>FREE for parents of 0 to 4 months</i> Time: 1pm to 3pm Every Week @ Hockwell	 Baby Weighing and Breastfeeding Support & Social Group (Drop In) <i>FREE for under 2s</i> Time: 1pm to 3pm Every Week @ Hockwell
 Little Explorers (£2)*- Booking Required <i>for new walkers under 2</i> Time: 1.30pm to 2.30pm Every Week @ Park Town	 Parent Chat (Drop In) <i>FREE for parents of under 5s</i> Time: 2.15pm to 3pm Date: 4 Nov and 2 Dec (1st Tues) @ Lewsey Library (LU4 OSW)	 Birth, Bump & Baby Stuff 3 Week Course* <i>Booking Required- FREE for 25 weeks +</i> Time: 5pm to 7pm (3pm to 5pm week 3) Dates: 4 to 18 November @ Park Town	 Birth, Bump & Baby Stuff 3 Week Course* <i>Booking Required- FREE for 25 weeks +</i> Time: 5pm to 7pm (3pm to 5pm week 3) Dates: 2 to 16 December @ Hockwell	 Pregnancy Club*- Booking Required <i>FREE for pregnant women</i> Time: 5.30pm to 6.30pm Date: 25 November Online on ZOOM
WEDNESDAY				
 Parent Chat @ Rhyme Time (Drop in) <i>FREE for parents of under 5s</i> Time: 9.30am to 10am and 10.30 to 11am Date: 5 Nov and 3 Dec (1st Weds) @ Legrave Library (LU3 2NL)	 Little Explorers (£2)- Booking Required <i>for new walkers under 2</i> Time: 10am to 11am Every Week @ Foxcubs	 Parent Chat @ Tot Stop (Drop in) <i>FREE for parents of under 5s</i> Time: 10am to 11.30am Dates: 19 Nov and 17 Dec (3rd Weds) @ Luton Christian Fellowship (LU1 3AL)	 Baby Sign (£1.50) - Booking Required <i>for non-walkers 3 months +</i> Time: 10.15am to 11am (open from 10am) Every Week @ Park Town	 Sensory Play (£2)* - Booking Required <i>for non-walkers 3 months +</i> Time: 1pm to 2pm OR 2.15pm to 3.15pm Every Week @ Central Library
 Sleep in under 1s Q&A Facebook Live (Drop In) <i>FREE for parents of over 1s</i> Time: 1pm to 1.30pm Date: 5 November	 Parenting Puzzle 4-Wk Course*- Booking Required <i>Booking Required- FREE for parents of 1 to 5 years</i> Time: 1pm to 2.30pm Dates: 12 Nov to 3 Dec Online on ZOOM	 Understanding Behaviour Q&A Facebook Live (Drop In) <i>FREE for parents of over 1s</i> Time: 1pm to 1.30pm Date: 19 November	 Communication Workshop*- Booking Required <i>FREE for parents of 6 months to 2 years</i> Time: 1pm to 2.30pm Date: 10 December Online on ZOOM	 Play and Learn (£2)- Booking Required <i>for under 5s</i> Time: 1.30pm to 2.30pm Every Week @ Hockwell
 Story Sacks for Toddlers (£2)- Booking Required <i>for 2 to 4 years</i> Time: 1.30pm to 2.30pm Every Week @ Park Town	 Rhyme and Play Time (Drop In) <i>Free for under 5s</i> Time: 1.30pm to 2.30pm Every Week @ Red Cross			

SUBJECT TO CHANGE! ALL INFORMATION CORRECT AS OF: 21 OCTOBER 2025

THURSDAY					
 Stay and Play (Drop in) <i>for under 5s</i> Time: 9am to 10am Every Week @ Gill Blowers Leabank Nursery (LU3 3LW)	 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	 Breastfeeding Support & Social Group (Drop In) <i>FREE for under 2s</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	 Sensory Play (£2)*- Booking Required <i>for non-walkers 3 months +</i> Time: 9.30am to 10.30am Every Week @ St Francis	
 Bush Babies (£3)*- Booking Required <i>for under 5s (includes Parent Chat)</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 Date: 27 Nov (Last Thurs) @ Marsh Farm Library (LU3 3TL)	 Play and Learn (£2)*- Booking Required <i>for under 5s</i> Time: 10am to 11am Every Week @ Central Library	 Mini Movers (£1 per child)*- Booking Required <i>for confident walkers over 1</i> Time: 10.45am to 11.30am Every Week @ St Francis	 Starting Solids Next Steps Workshop*- Booking Required <i>FREE for parents of 6 to 12 months</i> Time: 11am to 12pm Date: 4 December @ Central Library	
 Starting Solids Workshop*- Booking Required <i>FREE for parents of 4 to 6 months</i> Time: 1pm to 2.30pm Date: 20 November Online on ZOOM	 Play and Learn Learning Together (£2)* <i>Booking Required- for under 5s</i> Time: 1.30pm to 3pm Every Week @ Whipperley	 Baby Massage 5 Week Course* (£15) <i>for parents of 6 weeks to around 6 months</i> Time: 1.30pm to 2.30pm Dates: 13 Nov to 11 Dec @ 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 Dates: 6 Nov and 4 Dec (1st Thurs) @ 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	 Breastfeeding Support & Social Group (Drop In) <i>FREE for under 2s</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	 Play and Learn (£2)*- Booking Required <i>for under 5s</i> Time: 10am to 11am Every Week @ Park Town		

SATURDAY					
 Birth, Bump & Baby Stuff 1 Day Course* <i>FREE for expecting couples, 25 weeks +</i> Time: 9.30am to 3.30pm Date: 29 November @ Park Town	 Dads Group*- Booking Required <i>FREE for men with children under 8</i> Time: 10am to 11.30am Dates: 22 Nov and 13 Dec @ Park Town				

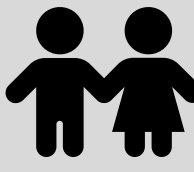
FREE ONLINE PARENTING COURSES! Visit togetherness.co.uk/pathway-library and use access code **HATTERS** to register for FREE

PLUS: VIDEO workshops available on demand! Includes: Sleep and Bedtime Routines, Understanding Behaviour, Childhood Illnesses, Oral Health and Toilet Training

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

SEE THE LATEST TIMETABLE ON OUR WEBSITE PLEASE
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 ANTENATAL SERVICES	 BREAST FEEDING SUPPORT	 BABY WEIGHING SERVICES	 BABY GROUPS	 OLDER BABY GROUPS	 TODDLER GROUPS	 PARENT INFO SERVICES	 DAD GROUPS
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HEALTHY START VITAMINS

£2 Drops / £1 Tablets or FREE with Healthy Start Card

Available at Flying Start 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/healthy-start/



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