


# Flying Start Luton Activities

6 January to 13 February 2026


Spring Term 1





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


Email/Call: **01582 368245**


[flyingstart@eyalliance.org.uk](mailto: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)

SEE THE LATEST TIMETABLE ON OUR WEBSITE PLEASE

SCAN THE QR CODE:






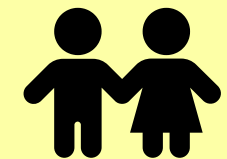
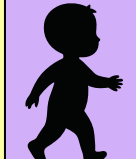







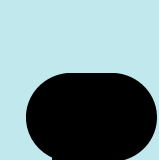







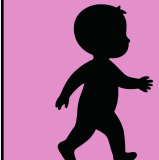


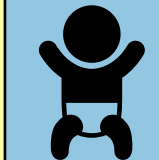








### New to Flying Start?













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

More information will be available at: [www.flyingstartluton.com](http://www.flyingstartluton.com)

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

MONDAY (Except 5 Jan- Staff Training Day)				
<div><div><p><b>Baby Weighing (under 2s), Sensory Play (3m+) and Parent Chat (Drop In- FREE)</b></p><p><b>Time:</b> 9.15am to 10.30am</p><p><b>Dates:</b> 26 Jan + 23 Feb</p><p><b>@ Stopsley Primary</b></p></div></div>	<div><div><p><b>Stay and Play (£2) - (Drop In)</b> <i>for under 5s</i></p><p><b>Time:</b> 9.30am to 10.45am</p><p><b>Every Week</b></p><p><b>@ Pastures</b></p></div></div>	<div><div><p><b>Parenting Puzzle 4-Wk Course*- Booking Required</b> <i>FREE for parents of 1 to 5 years</i></p><p><b>Time:</b> 9.30am to 11.30am</p><p><b>Dates:</b> 19 Jan to 9 Feb</p><p><b>Online on ZOOM</b></p></div></div>	<div><div><p><b>Play and Learn (£2)*- Booking Required</b> <i>for under 5s</i></p><p><b>Time:</b> 10am to 11am</p><p><b>Every Week</b></p><p><b>@ Park Town</b></p></div></div>	<div><div><p><b>Little Explorers (£2)*- Booking Required</b> <i>for new walkers under 2</i></p><p><b>Time:</b> 10am to 11am</p><p><b>Every Week</b></p><p><b>@ Hockwell</b></p></div></div>
<div><div><p><b>Early Days Postnatal Group, Baby Weighing and Breastfeeding Support and Social Group (Drop In)</b> <i>FREE for parents of 0 to 4 months (ED) &amp; under 2s</i></p><p><b>Time:</b> 1pm to 2.30pm</p><p><b>Every Week @ Central Library</b></p></div></div>	<div><div><p><b>Antenatal/ Postnatal Parent Chat (Drop in)</b> <i>FREE for antenatal and postnatal parents</i></p><p><b>Time:</b> 9.30am to 3.30pm</p><p><b>@ Central Library</b></p></div></div>	<div><div><p><b>Stay and Play (£2)*- Booking Required</b> <i>for under 5s</i></p><p><b>Time:</b> 1.15pm to 2.30pm</p><p><b>Every Week</b></p><p><b>@ Olive Tree Church</b></p></div></div>	<div><div><p><b>Baby Massage 5 Week Course*FULL* (£15)</b> <i>for parents of 6 weeks to around 6 months</i></p><p><b>Time:</b> 1.30pm to 2.30pm</p><p><b>Dates:</b> 12 Jan to 9 Feb</p><p><b>@ Central Library - Booking Required</b></p></div></div>	
TUESDAY				
<div><div><p><b>Sensory Play (£2)* - Booking Required</b> <i>for non-walkers 3 months +</i></p><p><b>Time:</b> 10am to 11am</p><p><b>Every Week</b></p><p><b>@ Pastures</b></p></div></div>	<div><div><p><b>Parent Chat @ Rhyme Time (Drop In)</b> <i>FREE for parents of under 5s</i></p><p><b>Time:</b> 10am to 10.30am</p><p><b>Dates:</b> 6 Jan + 3 Feb (1st Tues)</p><p><b>@ Central Library</b></p></div></div>	<div><div><p><b>Mini Movers (£1 per child)*- Booking Required</b> <i>for confident walkers over 1 and under 3</i></p><p><b>Time:</b> 10.45am to 11.30am</p><p><b>Every Week</b></p><p><b>@ Central Library</b></p></div></div>	<div><div><p><b>Starting Solids Workshop*- Booking Required</b> <i>FREE for parents of babies 3 to 6 months</i></p><p><b>Time:</b> 1pm to 2.30pm</p><p><b>Date:</b> 3 Feb</p><p><b>Online on ZOOM</b></p></div></div>	<div><div><p><b>Baby Weighing, Early Days and Breastfeeding Support &amp; Social Group, Early Days (Drop In)</b> <i>FREE for Under 2s / Under 4 months</i></p><p><b>Time:</b> 1pm to 3pm</p><p><b>Every Week @ Hockwell</b></p></div></div>
<div><div><p><b>Little Explorers (£2)*- Booking Required</b> <i>for new walkers under 2</i></p><p><b>Time:</b> 1.30pm to 2.30pm</p><p><b>Every Week</b></p><p><b>@ Park Town</b></p></div></div>	<div><div><p><b>Parent Chat (Drop In)</b> <i>FREE for parents of under 5s</i></p><p><b>Time:</b> 2.15pm to 3pm</p><p><b>Date:</b> 6 Jan + 3 Feb (1st Tues)</p><p><b>@ Lewsey Library (LU4 OSW)</b></p></div></div>	<div><div><p><b>Birth, Bump &amp; Baby Stuff 3 Week Course*</b> <i>Booking Required- FREE for 25 weeks +</i></p><p><b>Time:</b> 5pm to 7pm</p><p><b>Dates:</b> 6 to 20 Jan</p><p><b>@ Park Town</b></p></div></div>	<div><div><p><b>Birth, Bump &amp; Baby Stuff 3 Week Course*</b> <i>Booking Required- FREE for 25 weeks +</i></p><p><b>Time:</b> 5pm to 7pm</p><p><b>Dates:</b> 3 to 17 Feb</p><p><b>@ Hockwell</b></p></div></div>	<div><div><p><b>Pregnancy Club*- Booking Required</b> <i>FREE for pregnant women</i></p><p><b>Time:</b> 5.30pm to 6.30pm</p><p><b>Date:</b> 27 Jan + 24 Feb</p><p><b>Online on ZOOM</b></p></div></div>
WEDNESDAY				
<div><div><p><b>Parent Chat @ Rhyme Time (Drop in)</b> <i>FREE for parents of under 5s</i></p><p><b>Time:</b> 9.30am to 10am and 10.30 to 11am</p><p><b>Date:</b> 7 Jan + 4 Feb (1st Weds)</p><p><b>@ Legrave Library (LU3 2NL)</b></p></div></div>	<div><div><p><b>Little Explorers (£2)- Booking Required</b> <i>for new walkers under 2</i></p><p><b>Time:</b> 10am to 11am</p><p><b>Every Week</b></p><p><b>@ Foxcubs</b></p></div></div>	<div><div><p><b>Parent Chat @ Tot Stop (Drop in)</b> <i>FREE for parents of under 5s</i></p><p><b>Time:</b> 10am to 11.30am</p><p><b>Dates:</b> 21 Jan +11/2 (3rd Weds)</p><p><b>@ Luton Christian Fellowship (LU1 3AL)</b></p></div></div>	<div><div><p><b>Baby Sign (£1.50) - Booking Required</b> <i>for non-walkers 3 months +</i></p><p><b>Time:</b> 10.15am to 11am (open from 10am)</p><p><b>Every Week @ Park Town</b></p></div></div>	<div><div><p><b>Sensory Play (£2)* - Booking Required</b> <i>for non-walkers 3 months +</i></p><p><b>Time:</b> 1.30pm to 2.30pm</p><p><b>Every Week</b></p><p><b>@ Central Library</b></p></div></div>
<div><div><p><b>Communication Workshop*- Booking Required</b> <i>FREE for parents of 6 months to 2 years</i></p><p><b>Time:</b> 1pm to 2.30pm</p><p><b>Date:</b> 4 Feb</p><p><b>Online on ZOOM</b></p></div></div>	<div><div><p><b>HENRY Healthy Lifestyles 8-Week Course*- Online on ZOOM- Booking Required</b> <i>FREE for parents of 6 months to 5 years</i></p><p><b>Time:</b> 1pm to 3pm</p><p><b>Date:</b> 14 January to 11 March</p></div></div>	<div><div><p><b>Play and Learn (£2)- Booking Required</b> <i>for under 5s</i></p><p><b>Time:</b> 1.30pm to 2.30pm</p><p><b>Every Week</b></p><p><b>@ Hockwell</b></p></div></div>	<div><div><p><b>Story Sacks for Toddlers (£2)- Booking Required</b> <i>for 2 to 4 years</i></p><p><b>Time:</b> 1.30pm to 2.30pm</p><p><b>Every Week</b></p><p><b>@ Park Town</b></p></div></div>	<div><div><p><b>Rhyme and Play Time (Drop In)</b> <i>Free for under 5s</i></p><p><b>Time:</b> 1.30pm to 2.30pm</p><p><b>Every Week</b></p><p><b>@ Red Cross</b></p></div></div>
<div><div><p><b>Keeping Baby Safe Workshop- Online on ZOOM*</b> <i>Booking Required- FREE for expecting and new parents of babies under 3 months</i></p><p><b>Time:</b> 6pm to 8.30m</p><p><b>Date:</b> 14 Jan</p></div></div>				

SUBJECT TO CHANGE! ALL INFORMATION CORRECT AS OF: 19 DECEMBER 2025

THURSDAY				
 <p><b>Stay and Play (Drop in)</b> <i>for under 5s</i> <b>Time:</b> 10am to 11am <b>Every Week @ Gill Blowers Leabank Nursery (LU3 3LW)</b></p>	 <p><b>Early Days Postnatal Group (Drop In)</b> <i>FREE for parents of 0 to 4 months</i> <b>Time:</b> 9.30am to 11.30am <b>Every Week @ St Francis</b></p>	 <p><b>Breastfeeding Support &amp; Social Group (Drop In)</b> <i>FREE for under 2s</i> <b>Time:</b> 9.30am to 11.30am <b>Every Week @ St Francis</b></p>	 <p><b>Baby Weighing (Drop In)</b> <i>FREE for under 2s</i> <b>Time:</b> 9.30am to 11.30am <b>Every Week @ St Francis</b></p>	 <p><b>Sensory Play (£2)*- Booking Required</b> <i>for non-walkers 3 months +</i> <b>Time:</b> 9.30am to 10.30am <b>Every Week @ St Francis</b></p>
 <p><b>Bush Babies (£3)*- Booking Required</b> <i>for under 5s (includes Parent Chat)</i> <b>Time:</b> 10am to 11.30am <b>Every Week @ Bushmead Hub</b></p>	 <p><b>Play and Learn (£2)*- Booking Required</b> <i>for under 5s</i> <b>Time:</b> 10am to 11am <b>Every Week @ Central Library</b></p>	 <p><b>Mini Movers (£1 per child)*- Booking Required</b> <i>for confident walkers over 1 and under 3</i> <b>Time:</b> 10.45am to 11.30am <b>Every Week @ St Francis</b></p>	 <p><b>Baby Massage 5 Week Course* FULL*(£15)</b> <i>for parents of 6 weeks to around 6 months</i> <b>Time:</b> 1.30pm to 2.30pm <b>Dates:</b> 15 Jan to 12 Feb <b>@ St Francis</b></p>	 <p><b>Stay and Play (Drop in)</b> <i>for under 5s</i> <b>Time:</b> 1.30pm to 2.30pm <b>Every Week @ Gill Blowers Mossdale Nursery (LU4 9JL)</b></p>
 <p><b>Play and Learn Learning Together (£2)*</b> <i>Booking Required- for under 5s</i> <b>Time:</b> 1.30pm to 3pm <b>Every Week @ Whipperley</b></p>	 <p><b>Parent Chat @ Rhyme Time (Drop in)</b> <i>FREE for parents of under 5s</i> <b>Time:</b> 2pm to 2.30pm <b>Dates:</b> 8 Jan + 5 Feb (1st Thurs) <b>@ Stopsley Library (LU2 7UG)</b></p>			

FRIDAY				
 <p><b>Early Days Postnatal Group (Drop In)</b> <i>FREE for parents of 0 to 4 months</i> <b>Time:</b> 9.30am to 11.30am <b>Every Week @ Pastures</b></p>	 <p><b>Breastfeeding Support &amp; Social Group (Drop In)</b> <i>FREE for under 2s</i> <b>Time:</b> 9.30am to 11.30am <b>Every Week @ Pastures</b></p>	 <p><b>Baby Weighing (Drop In)</b> <i>FREE for under 2s</i> <b>Time:</b> 9.30am to 11.30am <b>Every Week @ Pastures</b></p>	 <p><b>Play and Learn (£2)*- Booking Required</b> <i>for under 5s</i> <b>Time:</b> 10am to 11am <b>Every Week @ Park Town</b></p>	

SATURDAY		
 <p><b>Birth, Bump &amp; Baby Stuff 1 Day Course*</b> <i>FREE for expecting couples, 25 weeks +</i> <b>Time:</b> 9.30am to 3.30pm <b>Date:</b> 24 Jan and 21 Feb <b>@ Park Town</b></p>	 <p><b>Dads Group*- Booking Required</b> <i>FREE for men with children under 8</i> <b>Time:</b> 10am to 11.30am <b>Dates:</b> 31 Jan and 28 Feb <b>@ Park Town</b></p>	






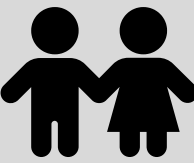


**FREE ONLINE PARENTING COURSES!** Visit [togetherness.co.uk/pathway-library](https://togetherness.co.uk/pathway-library) and use access code **HATTERS** to register for FREE

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](http://www.flyingstartluton.com/local-groups-services)

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



 <p><b>ANTENATAL SERVICES</b></p>	 <p><b>BREAST FEEDING SUPPORT</b></p>	 <p><b>BABY WEIGHING SERVICES</b></p>	 <p><b>BABY GROUPS</b></p>	 <p><b>OLDER BABY GROUPS</b></p>	 <p><b>TODDLER GROUPS</b></p>	 <p><b>PARENT INFO SERVICES</b></p>	 <p><b>DAD GROUPS</b></p>
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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](http://www.healthystart.nhs.uk)

You can see other locations such as Active Luton centres to collect from here: [www.flyingstartluton.com/healthy-start/](http://www.flyingstartluton.com/healthy-start/)



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