



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



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



























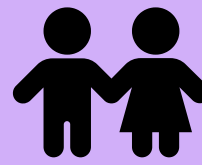
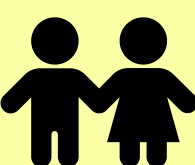


SCAN THE QR CODE:

















New to Flying Start?

Register here <https://www.flyingstartluton.com/family-joining-form/>
More information will be available at: www.flyingstartluton.com
Check out our Social Media! Facebook: [@FSLuton](#) and Instagram: [flyingstartluton](#)

MONDAY (Except 5 Jan- Staff Training Day)				
<div><div>Baby Weighing (under 2s), Sensory Play (3m+) and Parent Chat (Drop In- FREE) Time: 9.15am to 10.30am Dates: 26 Jan + 23 Feb @ Stopsley Primary</div></div>	<div><div>Stay and Play (£2) - (Drop In) <i>for under 5s</i> Time: 9.30am to 10.45am Every Week @ Pastures</div></div>	<div><div>Parenting Puzzle 4-Wk Course*- Booking Required <i>FREE for parents of 1 to 5 years</i> Time: 9.30am to 11.30am Dates: 19 Jan to 9 Feb Online on ZOOM</div></div>	<div><div>Play and Learn (£2)*- Booking Required <i>for under 5s</i> Time: 10am to 11am Every Week @ Park Town</div></div>	<div><div>Little Explorers (£2)*- Booking Required <i>for new walkers under 2</i> Time: 10am to 11am Every Week @ Hockwell</div></div>
<div><div>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</div></div>	<div><div>Antenatal/ Postnatal Parent Chat (Drop in) <i>FREE for antenatal and postnatal parents</i> Time: 9.30am to 3.30pm @ Central Library</div></div>	<div><div>Stay and Play (£2)*- Booking Required <i>for under 5s</i> Time: 1.15pm to 2.30pm Every Week @ Olive Tree Church</div></div>	<div><div>Baby Massage 5 Week Course*FULL* (£15) <i>for parents of 6 weeks to around 6 months</i> Time: 1.30pm to 2.30pm Dates: 12 Jan to 9 Feb @ Central Library - Booking Required</div></div>	
TUESDAY				
<div><div>Sensory Play (£2)* - Booking Required <i>for non-walkers 3 months +</i> Time: 10am to 11am Every Week @ Pastures</div></div>	<div><div>Parent Chat @ Rhyme Time (Drop In) <i>FREE for parents of under 5s</i> Time: 10am to 10.30am Dates: 6 Jan + 3 Feb (1st Tues) @ Central Library</div></div>	<div><div>Mini Movers (£1 per child)*- Booking Required <i>for confident walkers over 1 and under 3</i> Time: 10.45am to 11.30am Every Week @ Central Library</div></div>	<div><div>Starting Solids Workshop*- Booking Required <i>FREE for parents of babies 3 to 6 months</i> Time: 1pm to 2.30pm Date: 3 Feb Online on ZOOM</div></div>	<div><div>Baby Weighing, Early Days and Breastfeeding Support & Social Group, Early Days (Drop In) <i>FREE for Under 2s / Under 4 months</i> Time: 1pm to 3pm Every Week @ Hockwell</div></div>
<div><div>Little Explorers (£2)*- Booking Required <i>for new walkers under 2</i> Time: 1.30pm to 2.30pm Every Week @ Park Town</div></div>	<div><div>Parent Chat (Drop In) <i>FREE for parents of under 5s</i> Time: 2.15pm to 3pm Date: 6 Jan + 3 Feb (1st Tues) @ Lewsey Library (LU4 OSW)</div></div>	<div><div>Birth, Bump & Baby Stuff 3 Week Course* <i>Booking Required- FREE for 25 weeks +</i> Time: 5pm to 7pm Dates: 6 to 20 Jan @ Park Town</div></div>	<div><div>Birth, Bump & Baby Stuff 3 Week Course* <i>Booking Required- FREE for 25 weeks +</i> Time: 5pm to 7pm Dates: 3 to 17 Feb @ Hockwell</div></div>	<div><div>Pregnancy Club*- Booking Required <i>FREE for pregnant women</i> Time: 5.30pm to 6.30pm Date: 27 Jan + 24 Feb Online on ZOOM</div></div>
WEDNESDAY				
<div><div>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: 7 Jan + 4 Feb (1st Weds) @ Legrave Library (LU3 2NL)</div></div>	<div><div>Little Explorers (£2)- Booking Required <i>for new walkers under 2</i> Time: 10am to 11am Every Week @ Foxcubs</div></div>	<div><div>Parent Chat @ Tot Stop (Drop in) <i>FREE for parents of under 5s</i> Time: 10am to 11.30am Dates: 21 Jan +11/2 (3rd Weds) @ Luton Christian Fellowship (LU1 3AL)</div></div>	<div><div>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</div></div>	<div><div>Sensory Play (£2)* - Booking Required <i>for non-walkers 3 months +</i> Time: 1pm to 2pm Every Week @ Central Library</div></div>
<div><div>Communication Workshop*- Booking Required <i>FREE for parents of 6 months to 2 years</i> Time: 1pm to 2.30pm Date: 4 Feb Online on ZOOM</div></div>	<div><div>HENRY Healthy Lifestyles 8-Week Course*- Online on ZOOM- Booking Required <i>FREE for parents of 6 months to 5 years</i> Time: 1pm to 3pm Date: 14 January to 11 March</div></div>	<div><div>Play and Learn (£2)- Booking Required <i>for under 5s</i> Time: 1.30pm to 2.30pm Every Week @ Hockwell</div></div>	<div><div>Story Sacks for Toddlers (£2)- Booking Required <i>for 2 to 4 years</i> Time: 1.30pm to 2.30pm Every Week @ Park Town</div></div>	<div><div>Rhyme and Play Time (Drop In) <i>Free for under 5s</i> Time: 1.30pm to 2.30pm Every Week @ Red Cross</div></div>
<div><div>Keeping Baby Safe Workshop- Online on ZOOM* <i>Booking Required- FREE for expecting and new parents of babies under 3 months</i> Time: 6pm to 8.30m Date: 28 Jan</div></div>				

SUBJECT TO CHANGE! ALL INFORMATION CORRECT AS OF: 13 JANUARY 2026

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

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

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


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

SCAN THE QR CODE:



 <p>ANTENATAL SERVICES</p>	 <p>BREAST FEEDING SUPPORT</p>	 <p>BABY WEIGHING SERVICES</p>	 <p>BABY GROUPS</p>	 <p>OLDER BABY GROUPS</p>	 <p>TODDLER GROUPS</p>	 <p>PARENT INFO SERVICES</p>	 <p>DAD GROUPS</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

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

