

Flying Start Luton Activities

23 February to 28 March 2026

Spring 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)

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](https://www.facebook.com/FSLuton) and Instagram: [flyingstartluton](https://www.instagram.com/flyingstartluton)

MONDAY

<p>Baby Weighing (under 2s), Sensory Play (3m+) and Parent Chat (Drop In- FREE) Time: 9.15am to 10.30am Dates: 23 Feb + 23 March @ Stopsley Primary</p>	<p>Stay and Play (£2) - (Drop In) <i>for under 5s</i> Time: 9.30am to 10.45am Every Week @ Pastures</p>	<p>Antenatal/ Postnatal Parent Chat (Drop in) <i>FREE for antenatal and postnatal parents</i> Time: 9.30am to 3.30pm @ Central Library</p>	<p>Play and Learn (£2)*- Booking Required <i>for under 5s</i> Time: 10am to 11am Every Week @ Park Town</p>	<p>Little Explorers (£2)*- Booking Required <i>for new walkers under 2</i> Time: 10am to 11am Every Week @ Hockwell</p>
<p>Baby Weighing and Breastfeeding Support and Social Group (Drop In) <i>FREE for Under 2s</i> Time: 1pm to 2.30pm Every Week @ Central Library</p>	<p>Early Days Postnatal Group (Drop In) <i>FREE for parents of 0 to 4 months</i> Time: 1pm to 2.30pm Every Week @ Central Library</p>	<p>Fussy Eating Workshop*- Booking Required <i>FREE for parents of over 1s</i> Time: 1pm to 2.30pm Date: 9 March Online on ZOOM</p>	<p>Stay and Play (£2)*- Booking Required <i>for under 5s</i> Time: 1.15pm to 2.30pm Every Week @ Olive Tree Church</p>	<p>Baby Massage 5 Week Course* (£15) *FULL* <i>for parents of 6 weeks to around 6 months</i> Time: 1.30pm to 2.30pm Dates: 23 Feb to 23 March @ Central Library - Booking Required</p>

TUESDAY

<p>Sensory Play (£2)* - Booking Required <i>for non-walkers 3 months +</i> Time: 10am to 11am Every Week @ Pastures</p>	<p>Parent Chat @ Rhyme Time (Drop In) <i>FREE for parents of under 5s</i> Time: 10am to 10.30am Dates: 3 March (1st Tues) @ 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 @ Central Library</p>	<p>Starting Solids Workshop*- Booking Required <i>FREE for parents of babies 3 to 6 months</i> Time: 1pm to 2.30pm Date: 24 March Online on ZOOM</p>	<p>Baby Weighing and Breastfeeding Support & Social Group (Drop In) <i>FREE for Under 2s</i> Time: 1pm to 3pm Every Week @ Hockwell</p>
<p>Early Days Postnatal Group (Drop In) <i>FREE for parents of 0 to 4 months</i> Time: 1pm to 3pm Every Week @ Hockwell</p>	<p>Communication Workshop*- Booking Required <i>FREE for parents of 6 months to 2 years</i> Time: 1.30pm to 2.30pm Date: 24 March Online on ZOOM</p>	<p>Little Explorers (£2)*- Booking Required <i>for new walkers under 2</i> Time: 1.30pm to 2.30pm Every Week @ Park Town</p>	<p>Parent Chat (Drop In) <i>FREE for parents of under 5s</i> Time: 2.15pm to 3pm Date: 3 March (1st Tues) @ Lewsey Library (LU4 OSW)</p>	<p>Birth, Bump & Baby Stuff 3 Week Course* <i>Booking Required- FREE for 25 weeks +</i> Time: 5pm to 7pm Dates: 10 to 24 March @ Park Town</p>
<p>Pregnancy Club*- Booking Required <i>FREE for pregnant women</i> Time: 5.30pm to 6.30pm Date: 24 Feb + 31 March Online on ZOOM</p>	<p>Parenting Puzzle 4-Wk Course*- Booking Required <i>FREE for parents of 1 to 5 years</i> Time: 6.30pm to 8.30pm Dates: 3 to 24 March Online on ZOOM</p>			

WEDNESDAY

<p>Little Explorers (£2)- Booking Required <i>for new walkers under 2</i> Time: 10am to 11am Every Week @ Foxcubs</p>	<p>Parent Chat @ Tot Stop (Drop in) <i>FREE for parents of under 5s</i> Time: 10am to 11.30am Dates: 18 March (3rd Weds) @ Luton Christian Fellowship (LU1 3AL)</p>	<p>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</p>	<p>Sensory Play (£2)* - Booking Required <i>for non-walkers 3 months +</i> Time: 1pm to 2pm Every Week @ Central Library</p>	<p>Story Sacks for Toddlers (£2)- Booking Required <i>for 2 to 4 years</i> Time: 1.30pm to 2.30pm Every Week @ Park Town</p>
<p>Play and Learn (£2)- Booking Required <i>for under 5s</i> Time: 1.30pm to 2.30pm Every Week @ Hockwell</p>	<p>Rhyme and Play Time (Drop In) <i>Free for under 5s</i> Time: 1.30pm to 2.30pm Every Week @ Red Cross</p>			

SUBJECT TO CHANGE! ALL INFORMATION CORRECT AS OF: 18 FEBRUARY 2026

THURSDAY

 <p>Sensory Play (£2)*- Booking Required for non-walkers 3 months + Time: 9.30am to 10.30am Every Week @ St Francis</p>	 <p>Early Days Postnatal Group (Drop In) FREE for parents of 0 to 4 months Time: 9.30am to 11.30am Every Week @ St Francis</p>	 <p>Breastfeeding Support & Social Group (Drop In) FREE for under 2s Time: 9.30am to 11.30am Every Week @ St Francis</p>	 <p>Baby Weighing (Drop In) FREE for under 2s Time: 9.30am to 11.30am Every Week @ St Francis</p>	 <p>Stay and Play (£2 cash)- (Drop in) for under 5s Time: 10am to 11am Every Week @ Gill Blowers Leabank Nursery (LU3 3LW)</p>
 <p>Bush Babies (£3)*- Booking Required for under 5s (includes Parent Chat) Time: 10am to 11.30am Every Week @ Bushmead Hub</p>	 <p>Play and Learn (£2)*- Booking Required for under 5s Time: 10am to 11am Every Week @ Central Library</p>	 <p>Keeping Baby Safe Workshop- Online on ZOOM* Booking Required- FREE for expecting and new parents of babies under 3 months Time: 10am to 12.30pm Date: 26 Feb</p>	 <p>Mini Movers (£1 per child)*- Booking Required for confident walkers over 1 and under 3 Time: 10.45am to 11.30am Every Week @ St Francis</p>	 <p>Stay and Play (£2 cash)- (Drop in) for under 5s Time: 1.30pm to 2.30pm Every Week @ Gill Blowers Mossdale Nursery (LU4 9JL)</p>
 <p>Baby Massage 5 Week Course*(£15) *FULL* for parents of 6 weeks to around 6 months Time: 1.30pm to 2.30pm Dates: 26 Feb to 26 March @ St Francis</p>	 <p>Play and Learn Learning Together (£2)* Booking Required- for under 5s Time: 1.30pm to 3pm Every Week @ Whipperley</p>			

FRIDAY

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

SATURDAY

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



 ANTENATAL SERVICES	 BREAST FEEDING SUPPORT	 BABY WEIGHING SERVICES	 BABY GROUPS	 OLDER BABY GROUPS	 TODDLER GROUPS	 PARENT INFO SERVICES	 DAD GROUPS
---	--	--	---	---	--	--	--

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/



SUBJECT TO CHANGE! ALL INFORMATION CORRECT AS OF: 18 FEBRUARY 2026