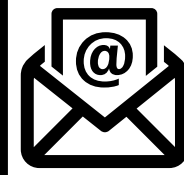


# Flying Start Luton Activities

13 April to 23 May 2026

Summer Term 1



\*BOOKING IS REQUIRED

UNLESS IT SAYS (DROP IN)

Email/Call: 01582 368245

flyingstart@eyalliance.org.uk

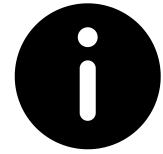


## VENUE ADDRESSES



- 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](http://www.flyingstartluton.com)

Check out our Social Media! Facebook: @FSLuton and Instagram: flyingstartluton

### MONDAY (Except 4 May- closed for Bank Holiday)

<p><b>Baby Weighing (under 2s), Sensory Play (babies) and Parent Chat (Drop In- FREE)</b> Time: 9.15am to 10.30am Dates: 27 April / 18 May @ Stopsley Primary</p>	<p><b>Stay and Play (£2) - (Drop In)</b> <i>for under 5s</i> Time: 9.30am to 10.45am Every Week (Except 4/5) @ Pastures</p>	<p><b>Antenatal/ Postnatal Parent Chat (Drop in)</b> <i>FREE for antenatal and postnatal parents</i> Time: 9.30am to 3.30pm Every Week (Except 4/5) @ Central Library</p>	<p><b>Play and Learn (£2)*- Booking Required</b> <i>for under 5s</i> Time: 10am to 11am Every Week (Except 4/5) @ Park Town</p>	<p><b>Little Explorers (£2)*- Booking Required</b> <i>for new walkers under 2</i> Time: 10am to 11am Every Week (Except 4/5) @ Hockwell</p>
<p><b>Baby Weighing and Breastfeeding Support and Social Group (Drop In)</b> <i>FREE for Under 2s</i> Time: 1pm to 2.30pm Every Week @ Central Library (Except 4/5)</p>	<p><b>Stay and Play (£2)*- Booking Required</b> <i>for under 5s</i> Time: 1.15pm to 2.30pm Every Week (Except 4/5) @ Olive Tree Church</p>	<p><b>Baby Massage 4 Week Course* (£12) *FULL*</b> <i>for parents of 6 weeks to around 6 months</i> Time: 1.30pm to 2.30pm Dates: 20 April to 18 May @ Central Library - Booking Required</p>	<p><b>NEW! Play and Learn (£2)- Booking Required</b> <i>for under 5s</i> Time: 1.30pm to 2.30pm Every Week (Except 4/5) @ Hockwell</p>	

### TUESDAY (Except 14 April- closures for staff training)










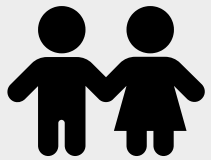

<p><b>NEW! Little Explorers (£2)* - Booking Required</b> <i>for new walkers under 2</i> Time: 10am to 11am Every Week (Except 14/4) @ Pastures</p>	<p><b>Parent Chat @ Rhyme Time (Drop In)</b> <i>FREE for parents of under 5s</i> Time: 10am to 10.30am Dates: 7 April / 5 May (1st Tues) @ Central Library</p>	<p><b>Mini Movers (£1 per child)*- Booking Required</b> <i>for confident walkers over 1 and under 3</i> Time: 10.45am to 11.30am Every Week (Except 14/4) @ Central Library</p>	<p><b>'Understanding Your Baby' 6 Week Course* FULL</b> <i>for parents from birth to 9 months</i> Time: 1pm to 2pm Dates: 14 April to 19 May @ Central Library- Booking Required</p>	<p><b>Baby Weighing and Breastfeeding Support &amp; Social Group (Drop In) FREE for Under 2s</b> Time: 1pm to 3pm (Except 14/4) Every Week @ Hockwell</p>
<p><b>HENRY 8-Wk Course*- Booking Required</b> <i>FREE for parents of 6 months to 5 years</i> Time: 1pm to 2.30pm Dates: 21 April to 16 June on Zoom</p>	<p><b>Little Explorers (£2)*- Booking Required</b> <i>for new walkers under 2</i> Time: 1.30pm to 2.30pm Every Week (Except 14/4) @ Park Town</p>	<p><b>NEW! Sensory Play (£2)* - Booking Required</b> <i>for non-mobile babies</i> Time: 1.30pm to 2.30pm (Except 14/4) Every Week @ Hockwell</p>	<p><b>Parent Chat (Drop In)</b> <i>FREE for parents of under 5s</i> Time: 2.15pm to 3pm Date: 7 April / 5 May (1st Tues) @ Lewsey Library (LU4 OSW)</p>	<p><b>Birth, Bump &amp; Baby Stuff 3 Week Course*</b> Booking Required- FREE for 25 weeks + Time: 5pm to 7pm Dates: 7 to 21 April @ Hockwell</p>
<p><b>Birth, Bump &amp; Baby Stuff 3 Week Course*</b> Booking Required- FREE for 25 weeks + Time: 5pm to 7pm Dates: 5 to 19 May @ Park Town</p>	<p><b>Pregnancy Club*- Booking Required</b> <i>FREE for pregnant women</i> Time: 5.30pm to 6.30pm Date: 28 April / 26 May on Zoom</p>	<p><b>Parenting Puzzle 4-Wk Course*- Booking Required</b> <i>FREE for parents of 1 to 5 years</i> Time: 6.30pm to 8.30pm Dates: 14 April to 5 May on Zoom</p>		

### WEDNESDAY




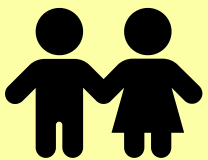

<p><b>Parent Chat (Drop in) FREE for parents of under 5s</b> Time: 9.30am to 10am / 10.30am to 11am Dates: 6 May (1st Weds) @ Legrave Library (LU3 2NL)</p>	<p><b>Parent Chat @ Tot Stop (Drop in) FREE for parents of under 5s</b> Time: 10am to 11.30am Dates: 15 April / 20 May (3rd Weds) @ Luton Christian Fellowship (LU1 3AL)</p>	<p><b>NEW! Baby Weighing and Breastfeeding Support &amp; Social Group (Drop In) FREE for Under 2s</b> Time: 9.30am to 11.30am Every Week @ Park Town</p>	<p><b>Little Explorers (£2)- Booking Required</b> <i>for new walkers under 2</i> Time: 10am to 11am Every Week @ Foxcubs</p>	<p><b>Baby Sign (£1.50) - Booking Required</b> <i>for non-walkers 3 months +</i> Time: 10.15am to 11am (open from 10am) Every Week @ Park Town</p>
<p><b>Communication Workshop*- Booking Required</b> <i>FREE for parents of 6 months to 2 years</i> Time: 10.30am to 11.30am Date: 29 April Online on ZOOM</p>	<p><b>Sensory Play (£2)* - Booking Required</b> <i>for non-mobile babies</i> Time: 1pm to 2pm Every Week @ Central Library</p>	<p><b>Story Sacks for Toddlers (£2)- Booking Required</b> <i>for 2 to 4 years</i> Time: 1.30pm to 2.30pm Every Week @ Park Town</p>	<p><b>Rhyme and Play Time (Drop In)</b> <i>Free for under 5s</i> Time: 1.30pm to 2.30pm Every Week @ Red Cross</p>	<p><b>Play and Learn (£2)- Booking Required</b> <i>for under 5s</i> Time: 1.30pm to 2.30pm Every Week @ Hockwell</p>
<p><b>NEW! Baby Weighing and Breastfeeding Support &amp; Social Group (Drop In)</b> <i>FREE for Under 2s</i> Time: 2pm to 3pm Every Week @ Central Library</p>	<p><b>Keeping Baby Safe Workshop- Online on ZOOM*</b> Booking Required- FREE for expecting and new parents of babies under 3 months Time: 3pm to 5.30pm Date: 22 April</p>			

**SUBJECT TO CHANGE! ALL INFORMATION CORRECT AS OF: 23 APRIL 2026**



## THURSDAY

 <p><b>Sensory Play (£2)*- Booking Required</b> <i>for non-mobile babies</i> Time: 9.30am to 10.30am Every Week @ St Francis</p>	 <p><b>Baby Weighing (Drop In)</b> <i>FREE for under 2s</i> Time: 9.30am to 11.30am Every Week @ St Francis</p>	 <p><b>Breastfeeding Support &amp; Social Group (Drop In)</b> <i>FREE for under 2s</i> Time: 9.30am to 11.30am Every Week @ St Francis</p>	 <p><b>Bush Babies (£3)*- Booking Required</b> <i>for under 5s (includes Parent Chat)</i> Time: 10am to 11.30am Every Week (Except 20/3) @ Bushmead Hub</p>	 <p><b>Stay and Play (£2 cash)- (Drop in)</b> <i>for under 5s</i> Time: 10am to 11am Every Week @ Gill Blowers Leabank Nursery (LU3 3LW)</p>
 <p><b>Play and Learn (£2)*- Booking Required</b> <i>for under 5s</i> Time: 10am to 11am Every Week @ Central Library</p>	 <p><b>Mini Movers (£1 per child)*- Booking Required</b> <i>for confident walkers over 1 and under 3</i> Time: 10.45am to 11.30am Every Week @ St Francis</p>	 <p><b>Starting Solids Next Steps*- Booking Required</b> <i>FREE for parents of babies 6+ months</i> Time: 11.30am to 12.30pm Date: 30 April @ Central Library</p>	 <p><b>Starting Solids Workshop*- Booking Required</b> <i>FREE for parents of babies 3 to 6 months</i> Time: 1pm to 2.30pm Date: 7 May Online on ZOOM</p>	 <p><b>Stay and Play (£2 cash)- (Drop in)</b> <i>for under 5s</i> Time: 1.30pm to 2.30pm Every Week @ Gill Blowers Mossdale Nursery (LU4 9JL)</p>
 <p><b>Baby Massage 5 Week Course*(£15)</b> <i>for parents of 6 weeks to around 6 months</i> Time: 1.30pm to 2.30pm Dates: 23 April to 21 May @ St Francis</p>	 <p><b>Play and Learn Learning Together (£2)*</b> <i>Booking Required- for under 5s</i> Time: 1.30pm to 3pm Every Week @ Whipperley</p>	 <p><b>Baby Massage 5 Week Course*(£15)</b> <i>for parents of 6 weeks to around 6 months</i> Time: 1.30pm to 2.30pm Dates: 23 April to 21 May @ Hockwell</p>		

## FRIDAY

 <p><b>Baby Weighing (Drop In)</b> <i>FREE for under 2s</i> Time: 9.30am to 11.30am Every Week @ Pastures</p>	 <p><b>Breastfeeding Support &amp; Social Group (Drop In)</b> <i>FREE for under 2s</i> Time: 9.30am to 11.30am Every Week @ Pastures</p>	 <p><b>NEW! Sensory Play (£2)*- Booking Required</b> <i>for non-mobile babies</i> Time: 10am to 11am Every Week @ Pastures</p>	 <p><b>Play and Learn (£2)*- Booking Required</b> <i>for under 5s</i> Time: 10am to 11am Every Week @ Park Town</p>	 <p><b>Flying Start Early Days (Drop in)</b> <i>FREE for parents of 0 to 4 months</i> Time: 1pm to 2.30pm Date: 17 April / 15 May @ Park Town</p>
---	---	---	--	--

## SATURDAY

 <p><b>Birth, Bump &amp; Baby Stuff 1 Day Course*</b> <i>FREE for expecting couples, 25 weeks +</i> Time: 9.30am to 3.30pm Date: 18 April / 16 May @ Park Town</p>	 <p><b>Dads Group*- Booking Required</b> <i>FREE for men with children under 8</i> Time: 10am to 11.30am Dates: 25 April / 23 May @ Park Town</p>	
--	---	--






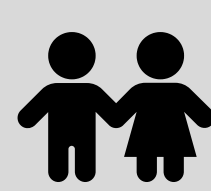


**FREE ONLINE PARENTING COURSES!** Visit [togetherness.co.uk/pathway-library](https://togetherness.co.uk/pathway-library) and use access code **HATTERS** to register for FREE

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:



 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](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/)



**SUBJECT TO CHANGE! ALL INFORMATION CORRECT AS OF: 23 APRIL 2026**