

Flying Start Luton Activities

1 June to 17 July 2026

Summer 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:



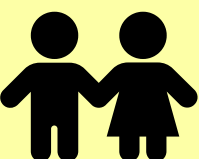


New to Flying Start?

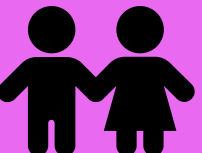
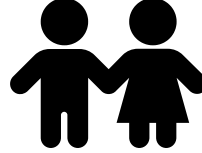
Register here <https://www.flyingstartluton.com/family-joining-form/>

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

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

MONDAY				
 Baby Weighing (under 2s), Sensory Play (babies) and Parent Chat (Drop In- FREE) Time: 9.15am to 10.30am Dates: 29 June @ Stopsley Primary	 Stay and Play (£2) - (Drop In) <i>for under 5s</i> Time: 9.30am to 10.45am Every Week @ Pastures	 Antenatal/ Postnatal Parent Chat (Drop in) <i>FREE for antenatal and postnatal parents</i> Time: 9.30am to 3.30pm Every Week @ Central Library	 Play and Learn (£2)*- Booking Required <i>for under 5s</i> Time: 10am to 11am Every Week @ Park Town	 Little Explorers (£2)*- Booking Required <i>for new walkers under 2</i> Time: 10am to 11am Every Week @ Hockwell
 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	 Starting Solids Workshop*- Booking Required <i>-FREE for parents of babies 3 to 6 months</i> Time: 1pm to 2.30pm Date: 22 June Online on ZOOM	 Stay and Play (£2)*- Booking Required <i>for under 5s</i> Time: 1.15pm to 2.30pm Every Week @ Olive Tree Church	 Play and Learn (£2)- Booking Required <i>for under 5s</i> Time: 1.30pm to 2.30pm Every Week @ Hockwell	 Baby Massage 5 Week Course* (£15)- <i>for parents of 6 weeks to around 6 months</i> Time: 1.30pm to 2.30pm Dates: 8 June to 6 July @ Central Library - Booking Required
TUESDAY				
 Parent Chat @ Rhyme Time (Drop In) <i>FREE for parents of under 5s</i> Time: 10am to 10.30am Dates: 2 June / 7 July (1st Tues) @ Central Library	 Starting Solids Next Steps*- Booking Required <i>FREE for parents of babies 6+ months</i> Time: 10.30am to 11.30am Date 14 July @ Park Town	 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	 Baby Weighing and Breastfeeding Support & Social Group (Drop In) FREE for Under 2s 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 (Except 16/6) @ Park Town
 Sensory Play (£2)*- Booking Required <i>for non-mobile babies</i> Time: 1.30pm to 2.30pm Every Week @ Hockwell	 'Understanding Your Baby' 6 Week Course* <i>for parents from birth to 6 months</i> Time: 1.30pm to 2.30pm Dates: 9 June to 14 July @ Central Library - Booking Required	 Keeping Baby Safe Workshop- Online on ZOOM* <i>Booking Required- FREE for expecting and new parents of babies under 3 months</i> Time: 2.30pm to 5pm Date: 2 June	 Parent Chat (Drop In) <i>FREE for parents of under 5s</i> Time: 2.15pm to 3pm Date: 2 June / 7 July (1st Tues) @ Lewsey Library (LU4 OSW)	 Birth, Bump & Baby Stuff 3 Week Course* Booking Required- FREE for 25 weeks+ Time: 5pm to 7pm Dates: 9 to 23 June @ Hockwell
 Birth, Bump & Baby Stuff 3 Week Course* <i>Booking Required- FREE for 25 weeks +</i> Time: 5pm to 7pm Dates: 7 to 21 July @ Park Town	 Pregnancy Club*- Booking Required <i>FREE for pregnant women</i> Time: 5.30pm to 6.30pm Date: 30 June / 28 July on Zoom			
WEDNESDAY (Except 17 June- Picnic in the Park Event, 24 June- Extreme Heat Warning and 8 July- Team Training)				
 Parent Chat (Drop in) FREE for parents of under 5s Time: 9.15am to 10.15am Dates: 15 July @ Putteridge Primary School (LU2 8HJ)	 Baby Weighing and Breastfeeding Support & Social Group (Drop In) FREE for Under 2s Time: 9.30am to 11.30am Every Week (Except 17/6, 25/6 + 8/7) @ Park Town	 Parent Chat (Drop in) FREE for parents of under 5s Time: 9.30am to 10am / 10.30am to 11am Dates: 3 June / 1 July (1st Weds) @ Legrave Library (LU3 2NL)	 Little Explorers (£2)- Booking Required <i>for new walkers under 2</i> Time: 10am to 11am Every Week (Except 17/6, 25/6 + 8/7) @ Foxcubs	 Parent Chat @ Tot Stop (Drop in) FREE for parents of under 5s Time: 10am to 11.30am Dates: 15 July (3rd Weds) @ Luton Christian Fellowship (LU1 3AL)
 Baby Sign (Drop In) <i>FREE for non-walkers 3 months +</i> Time: 10.15am to 11am (open from 10am) Every Week (Except 17/6, 25/6 + 8/7) @ Park Town	 Starting Solids Next Steps*- Booking Required <i>-FREE for parents of babies 6+ months-</i> Time: 11.30am to 12.30pm Date: TBC June cancelled @ Park Town	 Sensory Play (£2)*- Booking Required <i>for non-mobile babies</i> Time: 1pm to 2pm Every Week (Except 17/6, 25/6 + 8/7) @ C Library	 Toilet Training Workshop- Online on ZOOM* <i>Booking Required- FREE for parents of over 1s</i> Time: 1pm to 2.30pm Date: 1 July	 Rhyme and Play Time (Drop In) <i>Free for under 5s</i> Time: 1.30pm to 2.30pm Every Week (Except 17/6, 25/6+8/7) @ Red Cross
 Communication Workshop*- Booking Required <i>-FREE for parents of 6 months to 2 years</i> Time: 1.30pm to 2.30pm Date: 24 June Online on ZOOM	 Play and Learn (£2)- Booking Required <i>for under 5s</i> Time: 1.30pm to 2.30pm @ Hockwell Every Week (Except 17/6, 25/6 +8/7)	 Story Sacks for Toddlers (£2)- Booking Required <i>for 2 to 4 years</i> Time: 1.30pm to 2.30pm @ Park Town Every Week (Except 17/6, 25/6+8/7)	 Baby Weighing and Breastfeeding Support & Social Group (Drop In) FREE for Under 2s Time: 2pm to 3pm @ Central Library Every Week (Except 17/6, 25/6+8/7)	 Picnic in The Park (Drop in) FREE event for parent/ carers of under 5s Time: 10am to 2pm Dates: Wednesday 17 June @ Wardown Park (LU2 7HL)

SUBJECT TO CHANGE! ALL INFORMATION CORRECT AS OF: 25 JUNE 2026

THURSDAY (Except 25 June- Extreme Heat Warning)					
 Sensory Play (£2)*- Booking Required <i>for non-mobile babies</i> Time: 9.30am to 10.30am Every Week (except 25/6) @ St Francis	 Baby Weighing (Drop In) <i>FREE for under 2s</i> Time: 9.30am to 11.30am Every Week (except 25/6) @ St Francis	 Breastfeeding Support & Social Group (Drop In) <i>FREE for under 2s</i> Time: 9.30am to 11.30am Every Week (except 25/6) @ St Francis	 Bush Babies (£3)*- Booking Required <i>for under 5s (includes Parent Chat)</i> Time: 10am to 11.30am Every Week (Except 25/6) @ Bushmead Hub	 Stay and Play (£2 cash)- (Drop in) <i>for under 5s</i> Time: 10am to 11am Every Week (Except 25/6) @ Gill Blowers Leabank Nursery (LU3 3LW)	
 Play and Learn (£2)*- Booking Required <i>for under 5s</i> Time: 10am to 11am Every Week (Except 25/6) @ Central Library	 Parent Chat and Baby Weighing (Drop in) <i>FREE for parents of under 5s/2s</i> Time: 10am to 11am Dates: 18 June / 16 July @ Someries Infant School (LU2 8AH)	 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 (Except 25/6) @ St Francis	 Fussy Eating Workshop- Online on ZOOM* <i>Booking Required- FREE for parents of over 1s</i> Time: 1pm to 2.30pm Date: 9 July	Sensory Play (£2)* - Booking Required <i>for non-mobile babies</i> Time: 1.30pm to 2.30pm Every Week (Except 25/6 + 16/7) @ Central Library	
 Baby Massage 4 Week Course*(£15)- <i>for parents of 6 weeks to around 6 months</i> Time: 1.30pm to 2.30pm Dates: 11 June to 9 July @ St Francis	 Play and Learn Learning Together (£2)* <i>Booking Required- for under 5s</i> Time: 1.30pm to 3pm Every Week (except 25/6 + 16/7) @ Whipperley	 Stay and Play (£2 cash)- (Drop in) <i>for under 5s</i> Time: 1.30pm to 2.30pm Every Week (Except 25/6 + 16/7) @ Gill Blowers Mossdale Nursery (LU4 9JL)			
FRIDAY					
 Baby Weighing (Drop In) <i>FREE for under 2s</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	 Sensory Play (£2)*- Booking Required <i>for non-mobile babies</i> Time: 10am to 11am Every Week @ Pastures	 Play and Learn (£2)*- Booking Required <i>for under 5s</i> Time: 10am to 11am Every Week @ Park Town	Early Days/ BBBS Reunion (Drop in) <i>for parents/babies from birth to 4 months</i> Time: 1pm to 2.30pm Date: 24 July @ Park Town	
SATURDAY					
 Birth, Bump & Baby Stuff 1 Day Course* <i>FREE for expecting couples, 25 weeks +</i> Time: 9am to 4pm Date: 27 June / 25 July @ Park Town	 Dads Group*- Booking Required <i>FREE for men with children under 8</i> Time: 10am to 11.30am Dates: 20 June / 11 July @ Park Town				

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

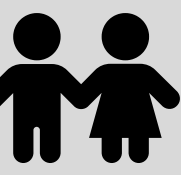
PLUS: VIDEO workshops available on demand! Includes: Sleep and Bedtime Routines, Understanding Behaviour, Childhood Illnesses, Oral Health and Toilet Training

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

SEE THE LATEST TIMETABLE ON OUR WEBSITE PLEASE

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: 25 JUNE 2026

