

Flying Start Luton Activities

20 July to 28 August 2026

SUMMER HOLIDAY



***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 0PE)
-  **Hockwell Ring** Family Hub, Mayne Ave (LU4 9LB)
-  **St Francis Church**, Carteret Rd (LU2 9JZ)
-  **Luton Central Library**, St George's Square (LU1 2NG)
-  **Bushmead Hub**, Hancock Drive (LU2 7SF)

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





New to Flying Start?

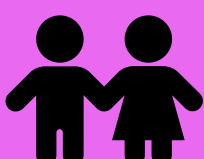
Register here <https://www.flyingstartluton.com/family-joining-form/>
More information will be available at: www.flyingstartluton.com

SUBJECT TO CHANGE! ALL INFORMATION CORRECT AS OF: 9 JULY 2026

Check out our Social Media!

 Facebook: **@FSLuton**

 Instagram: **flyingstartluton**

MONDAY					
 Baby Weighing (Drop In) <i>FREE for Under 2s</i> Time: 1pm to 2.30pm Every Week @ Central Library	 Breastfeeding Support and Social Group (FREE Drop In) Time: 1pm to 2.30pm Every Week @ Central Library				
TUESDAY					
 Oral Health Pop Up (Drop In) <i>FREE for Under 10s</i> Time: 9am to 12.30pm Date: 18 August @ Central Library	 Summer Fun Session (£2)* -Booking Required <i>For under 8s</i> Time: 10.30am to 11.30am Date: 25 August @ Hockwell	 Baby Weighing (Drop In) <i>FREE for Under 2s</i> Time: 1pm to 3pm Every Week (Except 11/8) @ Hockwell	 Breastfeeding Support & Social Group (FREE Drop In) Time: 1pm to 3pm Every Week (Except 11/8) @ Hockwell	 Sensory Play (£2)*- Booking Required <i>for non-mobile babies</i> Time: 1.30pm to 2.30pm Every Week (Except 11/8) @ Hockwell	
 Birth, Bump & Baby Stuff 3 Week Course* Booking Required- FREE for 25 weeks + Time: 5pm to 7pm Dates: 4 to 18 August @ Park Town	 Pregnancy Club*- Booking Required <i>FREE for pregnant women</i> Time: 5.30pm to 6.30pm Date: 28 July and 25 August Online on Zoom				
WEDNESDAY					
 Mini Movers in the Park (£2)* -Booking Required <i>For confident walkers under 3</i> Time: 10.30am to 12pm Date: 19 August @ Dallow Park (LU1 1JJ)	 Oral Health Pop Up (Drop In) <i>FREE for Under 10s</i> Time: 1pm to 4.30pm Date: 22 July @ Park Town	 Summer Fun Session (£2)* - Booking Required <i>For under 8s</i> Time: 1pm to 2.30pm Date: 29 July @ Park Town	 Sensory Play (£2)* - Booking Required <i>for non-mobile babies</i> Time: 1pm to 2pm Every Week @ Central Library	 Baby Weighing and Breastfeeding Support & Social Group (Drop In) FREE for Under 2s Time: 2pm to 3pm Every Week @ Central Library	
 Keeping Baby Safe Workshop* <i>Booking Required- FREE for expecting and new parents of babies under 3 months</i> Time: 5pm to 7.30pm Date: 29 July Online on Zoom					
THURSDAY					
 Sensory Play (£2)*- Booking Required <i>for non-mobile babies</i> Time: 9.30am to 10.30am Every Week @ St Francis	 Baby Weighing (Drop In) <i>FREE for under 2s</i> Time: 9.30am to 11.30am Every Week @ St Francis	 Breastfeeding Support & Social Group (FREE Drop In) Time: 9.30am to 11.30am Every Week @ St Francis	 Mini Movers (£1 per child)*- Booking Required <i>for confident walkers under 3</i> Time: 10.45am to 11.30am Every Week @ St Francis	 Bush Babies Summer Session (£2)* Booking Required <i>for under 5s</i> Time: 10am to 11am Date: 13 August @ Bushmead Hub	
 Baby Massage 4 Week Course*(£17.50) <i>for parents of 6 weeks to around 6 months</i> Time: 1.30pm to 2.30pm Dates: 23 July to 13 August @ Park Town	 Summer Fun Session (£2)* - Booking Required <i>For under 8s</i> Time: 1.30pm to 2.30pm Date: 23 July @ Hockwell				

FRIDAY

 Baby Weighing (Drop In) <i>FREE for under 2s</i> Time: 9.30am to 11.30am Every Week @ Pastures	 Breastfeeding Support & Social Group (FREE Drop In) 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	 Summer Fun Session (£2)* - Booking Required <i>For under 8s</i> Time: 10am to 11.30am Date: 7 August @ Park Town	
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SATURDAY

 Birth, Bump & Baby Stuff 1 Day Course* <i>FREE for expecting couples, 25 weeks +</i> Time: 9am to 4pm Date: 25 July / 22 August @ Park Town (Booking Required)	
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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

HEALTHY START VITAMINS

£2 Drops / £1 Tablets

or FREE with Healthy Start Card

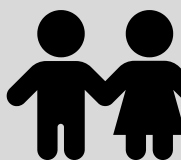
Available at Flying Start venues when sessions are running!

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/

 ANTENATAL SERVICES	 BREAST FEEDING SUPPORT	 BABY WEIGHING SERVICES	 BABY GROUPS	 TODDLER GROUPS	 PARENT INFO SERVICES	 ORAL HEALTH POP UPS	 SUMMER EVENTS
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