

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)



Check out our Social Media!

Facebook: **@FSLuton**
Instagram: **flyingstartluton**



SEE THE LATEST TIMETABLE ON OUR WEBSITE PLEASE

SCAN THE QR CODE:

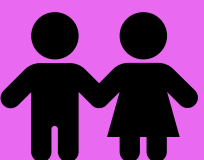




New to Flying Start?

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: 29 JULY 2026

MONDAY					
 Play and Learn (£2)* - Booking Required <i>For under 5s</i> Time: 10am to 11am Date: 3, 10, 17 and 24 August @ Park Town	 Breastfeeding Support and Social Group (FREE Drop In) Time: 1pm to 2.30pm Every Week @ Central Library	 Baby Weighing (Drop In) <i>FREE for Under 2s</i> 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- <i>FREE</i> 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 @ Brantwood 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) <i>FREE</i> 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	
 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

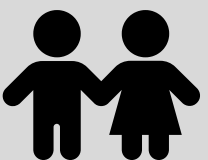
Available at Flying Start venues when sessions are running!

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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