

Flying Start Luton Activities

7 September to 24 October 2026

BABY SESSIONS - AUTUMN TERM 1



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: 13 AUG 2026

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)



MONDAY

Antenatal/ Postnatal Parent Chat (Drop in)
FREE for antenatal and postnatal parents
Time: 9.30am to 3.30pm
Every Week @ Central Library



Baby Weigh (Drop In)
FREE for Under 2s
Time: 1pm to 2.30pm
Every Week @ Central Library



Breastfeeding Support (FREE Drop In)
Time: 1pm to 2.30pm
Every Week @ Central Library

TUESDAY



Sensory Play (£2)*- Booking Required
for non-mobile babies
Time: 1pm to 2pm
Every Week @ Hockwell



'Understanding Your Baby' 6 Week Course*
for parents from birth to 6 months
Time: 1.30pm to 2.30pm
Dates: 15 Sept to 20 Oct
@ Central Library- Booking Required



Breastfeeding Support (FREE Drop In)
Time: 2pm to 3pm
Every Week @ Hockwell



Baby Weigh (Drop In)
FREE for Under 2s
Time: 2pm to 3pm
Every Week @ Hockwell

WEDNESDAY



Sensory Play (£2)* - Booking Required
for non-mobile babies
Time: 1pm to 2pm
Every Week @ Central Library

THURSDAY



Sensory Play (£2)*- Booking Required
for non-mobile babies
Time: 9.30am to 10.30am
Every Week (except 17 Sept) @ St Francis



Baby Weigh (Drop In)
FREE for under 2s
Time: 9.30am to 11.30am
Every Week (except 17 Sept) @ St Francis



Breastfeeding Support (FREE Drop In)
Time: 9.30am to 11.30am
Every Week (except 17 Sept) @ St Francis



Sensory Play (£2)* - Booking Required
for non-mobile babies
Time: 1.30pm to 2.30pm
Every Week @ Central Library

FRIDAY



Sensory Play (£2)*- Booking Required
for non-mobile babies
Time: 9.30am to 10.30am
Every Week @ Pastures



Baby Weighing (Drop In)
FREE for under 2s
Time: 10.30am to 11.30am
Every Week @ Pastures



Breastfeeding Support & Social Group (FREE Drop In)
Time: 10.30am to 11.30am
Every Week @ Pastures



Early Days/ BBBS Reunion (Drop in)
for babies from birth to 4 months
Time: 1pm to 2.30pm
Date: 15 Sept / 16 Oct
@ Park Town



***BOOKING IS REQUIRED UNLESS IT SAYS (DROP IN)**

Call: **01582 368245** Email: flyingstart@eyalliance.org.uk



BREASTFEEDING SUPPORT



BABY WEIGH



BABY GROUPS

BABY MASSAGE COURSES

ALSO AVAILABLE!

Flying Start offer a four week Baby Massage course costing £17.50 including oil.
Call/Email to find out more!

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:

<https://www.flyingstartluton.com/healthy-start/>

