Flying Start Luton Activities

7 September to 24 October 2026

Autumn Term 1

*BOOKING IS REQUIRED
UNLESS IT SAYS (DROP IN)
Email/Call: 01582 368245
flyingstart@eyalliance.org.uk

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

SUBJECT TO CHANGE!
ALL INFORMATION CORRECT AS OF:
13 AUGUST 2026

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)
- 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)
- **Stopsley Baptist Church** (LU2 7XP)
- **Someries Infant School** (LU2 8AH)

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

MONDAY

Baby Weigh (under 2s), Sensory Play (babies) and Parent Chat (Drop In- FREE)
Time: 9.15am to 10.30am
Dates: 28 Sept / 19 Oct **@ Stopsley Primary**

Stay and Play (£2) - (Drop In)
for under 5s
Time: 9.30am to 10.45am
Every Week @ Pastures (Except 7/9)

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

Play and Learn (£2)*- Booking Required
for under 5s
Time: 10am to 11am
Every Week @ Park Town

Little Explorers (£2)*- Booking Required
for new walkers under 2
Time: 10am to 11am
Every Week @ Hockwell

Baby Weigh (under 2s) and Parent Chat (Drop In- FREE)
Time: 10am to 11am **Dates:** 12 Oct
@ Someries Primary

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

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

Stay and Play (£2)*- Booking Required
for under 5s
Time: 1.15pm to 2.30pm
Every Week @ Olive Tree Church

Play and Learn (£2)- Booking Required
for under 5s
Time: 1.30pm to 2.30pm
Every Week @ Hockwell

Baby Massage 4 Week Course* (£17.50)
for parents of 6 weeks to around 6 months
Time: 1.30pm to 2.30pm
Dates: 21 Sept to 12 Oct
@ Central Library - Booking Required

Keeping Baby Safe Workshop- Online on ZOOM*
Booking Required- FREE for expecting and new parents of babies under 3 months
Time: 5pm to 7.30pm **Date:** 21 Sept

TUESDAY

Parent Chat @ Rhyme Time (Drop In)
FREE for parents of under 5s
Time: 10am to 10.30am
Dates: 8 Sept / 6 Oct
@ Central Library

Mini Movers (£1)*- Booking Required
for confident walkers under 3
Time: 10.45am to 11.30am
Every Week @ Central Library

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

Babybaloo Parent Chat and Baby Weigh (Drop In- FREE)
Time: 1.15pm to 2.45pm
Dates: 8 Sept / 6 Oct
@ Stopsley Baptist Church

Little Explorers (£2)*- Booking Required
for new walkers under 2
Time: 1.30pm to 2.30pm
Every Week @ Park Town

'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

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

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

Parent Chat (Drop In)
FREE for parents of under 5s
Time: 2.15pm to 3pm **Date:** 8 Sept / 6 Oct
@ Lewsey Library (LU4 0SW)

Birth, Bump & Baby Stuff 3 Week Course*
Booking Required- FREE for 25 weeks +
Time: 5pm to 7pm **Dates:** 8 to 22 Sept
@ Park Town

Birth, Bump & Baby Stuff 3 Week Course*
Booking Required- FREE for 25 weeks +
Time: 5pm to 7pm **Dates:** 6 to 20 Oct
@ Hockwell

Pregnancy Club*- Booking Required
FREE for pregnant women
Time: 5.30pm to 6.30pm
Date: 29 Sept / 27 Oct **on Zoom**

WEDNESDAY

Baby Weigh, Stay and Play and Parent Chat (Drop in)
FREE for parents of under 5s
Time: 9.15am to 10.15am **Dates:** 23 Sept / 21 Oct
@ Putteridge Primary School (LU2 8HJ)

Parent Chat (Drop in)
FREE for parents of under 5s
Time: 9.30am to 10am / 10.30am to 11am
Dates: 9 Sept / 7 Oct **@ Leagrave Library (LU3 2NL)**

Little Explorers (£2)- Booking Required
for new walkers under 2
Time: 10am to 11am
Every Week (Except 9 Sept)
@ Foxcubs

Parent Chat @ Tot Stop (Drop in)
FREE for parents of under 5s
Time: 10am to 11.30am
Dates: 16 Sept / 21 Oct
@ Luton Christian Fellowship (LU1 3AL)

Mini Movers (£1)*- Booking Required
for confident walkers under 3
Time: 10.15am to 11am
Every Week @ Park Town

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

HENRY 8-Week Course*- Booking Required
FREE for parents of under 5s
Time: 1pm to 2.30pm
Dates: 14 Oct to 9 Dec **Online on ZOOM**

Rhyme and Play Time (Drop In)
Free for under 5s
Time: 1.30pm to 2.30pm
Every Week @ Red Cross

Play and Learn (£2)- Booking Required
for under 5s
Time: 1.30pm to 2.30pm
Every Week@ Hockwell

Story Sacks for Toddlers (£2)- Booking Required
for 2 to 4 years
Time: 1.30pm to 2.30pm
Every Week @ Park Town

WEDNESDAY (CONTINUED)

Communication Workshop- Booking Required
FREE for parents of 6 months to 2 years
Time: 1.30pm to 2.30pm
Date: 23 Sept **Online on ZOOM**

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

Play and Learn (£2)*- Booking Required
for mobile children under 5
Time: 10am to 11am
Every Week
@ Central Library

Bush Babies (£2)*- Booking Required
for under 5s
(includes Parent Chat)
Time: 10am to 11.15am
Every Week @ Bushmead Hub

Stay and Play (£2 cash)- (Drop in)
for under 5s
Time: 10am to 11am
Every Week from 24/9
@ Gill Blowers Leabank Nursery (LU3 3LW)

Mini Movers (£1)*- Booking Requierd
for confident walkers under 3
Time: 10.45am to 11.30am
Every Week (Except 17 Sept)
@ St Francis

Starting Solids Next Steps*- Booking Required
FREE for parents of babies 6+ months
Time: 11.30am to 12.30pm
Date: 15 Oct **@ Park Town**

Parenting Puzzle 4-Week Course*
FREE for parents of 1 to 5 years
Time: 12.30pm to 2.30pm
Dates: 24 Sept to 15 Oct
Online on ZOOM- Booking Required

Starting Solids Workshop*- Booking Required
FREE for parents of babies 3 to 6 months
Time: 1pm to 2.30pm
Date: 1 Oct
Online on ZOOM

Fussy Eating Workshop*- Booking Required
FREE for parents of over 1s
Time: 1pm to 2.30pm
Date: 8 Oct
Online on ZOOM

Stay and Play (£2 cash)- (Drop in)
for under 5s
Time: 1.30pm to 2.30pm
Every Week from 24/9
@ Gill Blowers Mossdale Nursery (LU4 9JL)

Baby Massage 4 Week Course*(£17.50)
for parents of 6 weeks to around 6 months
Time: 1.30pm to 2.30pm
Dates: 24 Sept to 15 Oct
@ St Francis

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

Parent Chat (Drop in)
FREE for parents of under 5s
Time: 2pm to 2.30pm
Date: 10 Sept / 8 Oct
@ Stopsley Library (LU2 7UG)

Mini Movers (£1)* - Booking Required
for confident walkers under 3
Time: 2pm to 2.50pm
Every Week @ Whipperley

FRIDAY

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

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

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

Play and Learn (£2)*- Booking Required
for under 5s
Time: 10am to 11am
Every Week
@ Park Town

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

SATURDAY

Birth, Bump & Baby Stuff 1 Day Course*
FREE for expecting couples, 25 weeks +
Time: 9am to 4pm
Date: 19 Sept / 17 Oct
@ Park Town

Dads Group*- Booking Required
FREE for men with children under 8
Time: 10am to 11.30am
Dates: 26 Sept / 24 Oct
@ Park Town

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/

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**

SUBJECT TO CHANGE!
ALL INFORMATION CORRECT AS OF:
13 AUGUST 2026

Flying Start part of Luton Family Hubs
BEST START IN LIFE
Luton
early years alliance