

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



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)

 **Stopsley Baptist Church** (LU2 7XP)

 **Somerles Infant School** (LU2 8AH)



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

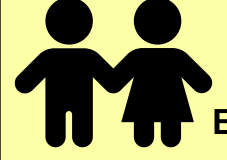
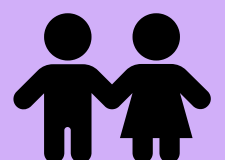


New to Flying Start?

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](#)

SUBJECT TO CHANGE!
ALL INFORMATION
CORRECT AS OF:
11 SEPTEMBER 2026

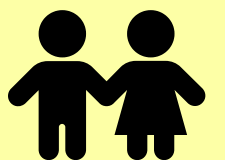
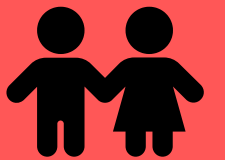
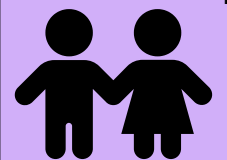
MONDAY

 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) <i>for under 5s</i> Time: 9.30am to 10.45am Every Week @ Pastures (Except 7/9)	 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 (Except 28/9)	 Little Explorers (£2)*- Booking Required <i>for new movers under 2</i> 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) <i>FREE for Under 2s</i> 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 <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 4 Week Course* (£17.50) <i>for parents of 6 weeks to around 6 months</i> Time: 1.30pm to 2.30pm Dates: 21 Sept to 12 Oct @ 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: 5pm to 7.30pm Date: 21 Sept			

TUESDAY

 Parent Chat @ Rhyme Time (Drop In) <i>FREE for parents of under 5s</i> Time: 10am to 10.30am Dates: 8 Sept / 6 Oct @ Central Library	 Mini Movers (£1)*- Booking Required <i>for confident walkers under 3</i> Time: 10.45am to 11.30am Every Week @ Central Library	 Sensory Play (£2)*- Booking Required <i>for non-mobile babies</i> 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 <i>for new movers under 2</i> Time: 1.30pm to 2.30pm Every Week @ Park Town (Except 29/9)
 ‘Understanding Your Baby’ 6 Week Course* <i>for parents from birth to 6 months</i> Time: 1.30pm to 2.30pm Dates: 15 Sept to 20 Oct @ Central Library- Booking Required	 Baby Weigh (Drop In) <i>FREE for Under 2s</i> Time: 2pm to 3pm Every Week @ Hockwell	 Breastfeeding Support (Drop In- FREE) Time: 2pm to 3pm Every Week @ Hockwell	 Parent Chat (Drop In) <i>FREE for parents of under 5s</i> Time: 2.15pm to 3pm Date: 8 Sept / 6 Oct @ Lewsey Library (LU4 OSW)	 Birth, Bump & Baby Stuff 3 Week Course* <i>Booking Required- FREE for 22 weeks +</i> Time: 5pm to 7pm Dates: 8 to 22 Sept @ Park Town
 Birth, Bump & Baby Stuff 3 Week Course* <i>Booking Required- FREE for 22 weeks +</i> Time: 5pm to 7pm Dates: 6 to 20 Oct @ Hockwell	 Pregnancy Club*- Booking Required <i>FREE for pregnant women</i> Time: 5.30pm to 6.30pm Date: 29 Sept / 27 Oct on Zoom			

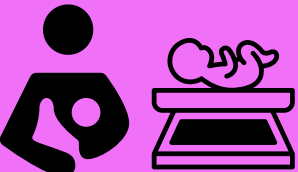
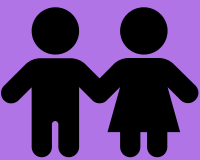
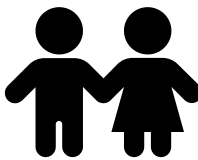
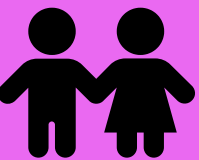
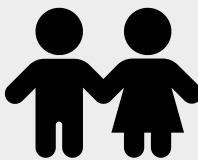
WEDNESDAY

 Baby Weigh, Stay and Play and Parent Chat (Drop in) <i>FREE for parents of under 5s</i> Time: 9.15am to 10.15am Dates: 23 Sept / 21 Oct @ Putteridge Primary School (LU2 8HJ)	 Parent Chat (Drop in) <i>FREE for parents of under 5s</i> Time: 9.30am to 10am / 10.30am to 11am Dates: 9 Sept / 7 Oct @ Legrave Library (LU3 2NL)	 Little Explorers (£2)- Booking Required <i>for new walkers under 2</i> Time: 10am to 11am Every Week (Except 9 Sept) @ Foxcubs	 Parent Chat @ Tot Stop (Drop in) <i>FREE for parents of under 5s</i> Time: 10am to 11.30am Dates: 16 Sept / 21 Oct @ Luton Christian Fellowship (LU1 3AL)	 Mini Movers (£1)*- Booking Required <i>for confident walkers under 3</i> Time: 10.15am to 11am Every Week @ Park Town (Except 30/9)
 Sensory Play (£2)* - Booking Required <i>for non-mobile babies</i> Time: 1pm to 2pm Every Week @ Central Library	 HENRY 8-Week Course*- Booking Required <i>FREE for parents of under 5s</i> Time: 1pm to 2.30pm Dates: 14 Oct to 9 Dec Online on ZOOM	 Rhyme and Play Time (Drop In) <i>Free for under 5s</i> Time: 1.30pm to 2.30pm Every Week @ Red Cross	 Play and Learn (£2)- Booking Required <i>for under 5s</i> Time: 1.30pm to 2.30pm Every Week @ Hockwell	 Story Sacks for Toddlers (£2)- Booking Required <i>for 2 to 4 years</i> Time: 1.30pm to 2.30pm Every Week @ Park Town (Except 30/9)

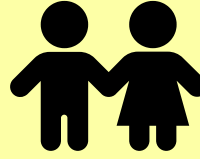
WEDNESDAY (CONTINUED)

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

 Sensory Play (£2)*- Booking Required <i>for non-mobile babies</i> 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 <i>for mobile children under 5</i> Time: 10am to 11am Every Week @ Central Library	 Bush Babies (£2)*- Booking Required <i>for under 5s (includes Parent Chat)</i> Time: 10am to 11.15am Every Week @ Bushmead Hub	 Stay and Play (£2 cash)- (Drop in) <i>for under 5s</i> Time: 10am to 11am Every Week from 24/9 @ Gill Blowers Leabank Nursery (LU3 3LW)
 Mini Movers (£1)*- Booking Required <i>for confident walkers under 3</i> Time: 10.45am to 11.30am Every Week (Except 17 Sept) @ St Francis	 Starting Solids Next Steps*- Booking Required <i>FREE for parents of babies 6+ months</i> Time: 11.30am to 12.30pm Date: 15 Oct @ Central Library	 Parenting Puzzle 4-Week Course* <i>FREE for parents of 1 to 5 years</i> Time: 12.30pm to 2.30pm Dates: 24 Sept to 15 Oct Online on ZOOM- Booking Required	 Starting Solids Workshop*- Booking Required <i>FREE for parents of babies 3 to 6 months</i> Time: 1pm to 2.30pm Date: 1 Oct Online on ZOOM	 Fussy Eating Workshop*- Booking Required <i>FREE for parents of over 1s</i> Time: 1pm to 2.30pm Date: 8 Oct Online on ZOOM
 Stay and Play (£2 cash)- (Drop in) <i>for under 5s</i> Time: 1.30pm to 2.30pm Every Week from 24/9 @ Gill Blowers Mossdale Nursery (LU4 9JL)	 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: 24 Sept to 15 Oct @ St Francis	 Sensory Play (£2)* - Booking Required <i>for non-mobile babies</i> Time: 1.30pm to 2.30pm Every Week @ Central Library	 Parent Chat (Drop in) <i>FREE for parents of under 5s</i> Time: 2pm to 2.30pm Date: 10 Sept / 8 Oct @ Stopsley Library (LU2 7UG)	 Mini Movers (£1)* - Booking Required <i>for confident walkers under 3</i> Time: 2pm to 2.50pm Every Week @ Whipperley

FRIDAY

 Sensory Play (£2)*- Booking Required <i>for non-mobile babies</i> 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) <i>FREE for under 2s</i> Time: 10.30am to 11.30am 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: 15 Sept / 16 Oct @ Park Town
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SATURDAY

 Birth, Bump & Baby Stuff 1 Day Course* <i>FREE for expecting couples, 22 weeks +</i> Time: 9am to 4pm Date: 19 Sept / 17 Oct @ Park Town	 Dads Group*- Booking Required <i>FREE for men with children under 8</i> Time: 10am to 11.30am Dates: 26 Sept / 24 Oct @ Park Town	
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 ANTENATAL SERVICES	 BREAST FEEDING SUPPORT	 BABY WEIGHING SERVICES	 BABY GROUPS	 OLDER BABY GROUPS	 TODDLER GROUPS	 PARENT INFO SERVICES	 DAD GROUPS
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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:

11 SEPTEMBER 2026



part of

