

# 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](mailto: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](http://www.flyingstartluton.com)  
Check out our Social Media!  
Facebook: [@FSLuton](#) and Instagram: [flyingstartluton](#)

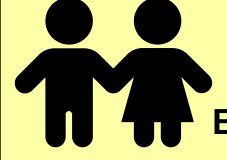
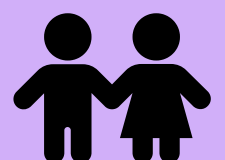
### SUBJECT TO CHANGE!

### ALL INFORMATION

### CORRECT AS OF:

### 23 SEPTEMBER 2026

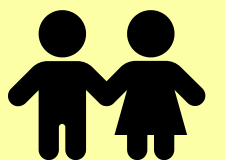
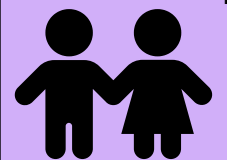
## MONDAY

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|  <b>Baby Weigh (under 2s), Sensory Play (babies) and Parent Chat (Drop In- FREE)</b><br>Time: 9.15am to 10.30am<br>Dates: 28 Sept / 19 Oct @ Stopsley Primary                                |  <b>Stay and Play (£2) - (Drop In)</b><br><i>for under 5s</i><br>Time: 9.30am to 10.45am<br>Every Week @ Pastures (Except 7/9)                                                       |  <b>Antenatal/ Postnatal Parent Chat (Drop in)</b><br><i>FREE for antenatal and postnatal parents</i><br>Time: 9.30am to 3.30pm<br>Every Week @ Central Library |  <b>Play and Learn (£2)*- Booking Required</b><br><i>for under 5s</i><br>Time: 10am to 11am<br>Every Week @ Park Town (Except 28/9) |  <b>Little Explorers (£2)*- Booking Required</b><br><i>for new movers under 2</i><br>Time: 10am to 11am<br>Every Week @ Hockwell |
|  <b>Baby Weigh (under 2s) and Parent Chat (Drop In- FREE)</b><br>Time: 10am to 11am<br>Dates: 12 Oct @ Someries Primary                                                                      |  <b>Baby Weigh (Drop In)</b><br><i>FREE for Under 2s</i><br>Time: 1pm to 2.30pm<br>Every Week @ Central Library                                                                      |  <b>Breastfeeding Support (Drop In- FREE)</b><br>Time: 1pm to 2.30pm<br>Every Week @ Central Library                                                            |  <b>Stay and Play (£2)*- Booking Required</b><br><i>for under 5s</i><br>Time: 1.15pm to 2.30pm<br>Every Week @ Olive Tree Church    |  <b>Play and Learn (£2)- Booking Required</b><br><i>for under 5s</i><br>Time: 1.30pm to 2.30pm<br>Every Week @ Hockwell          |
|  <b>Baby Massage 4 Week Course* (£17.50)</b><br><i>for parents of 6 weeks to around 6 months</i><br>Time: 1.30pm to 2.30pm<br>Dates: 21 Sept to 12 Oct @ Central Library - Booking Required |  <b>Keeping Baby Safe Workshop- Online on ZOOM*</b><br><i>Booking Required- FREE for expecting and new parents of babies under 3 months</i><br>Time: 5pm to 7.30pm<br>Date: 21 Sept |                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                        |                                                                                                                                                                                                                     |

## TUESDAY

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|  <b>Parent Chat @ Rhyme Time (Drop In)</b><br><i>FREE for parents of under 5s</i><br>Time: 10am to 10.30am<br>Dates: 8 Sept / 6 Oct @ Central Library                                   |  <b>Mini Movers (£1)*- Booking Required</b><br><i>for confident walkers under 3</i><br>Time: 10.45am to 11.30am<br>Every Week @ Central Library |  <b>Sensory Play (£2)*- Booking Required</b><br><i>for non-mobile babies</i><br>Time: 1pm to 2pm<br>Every Week @ Hockwell |  <b>Babybaloo Parent Chat and Baby Weigh (Drop In- FREE)</b><br>Time: 1.15pm to 2.45pm<br>Dates: 8 Sept / 6 Oct @ Stopsley Baptist Church      |  <b>Little Explorers (£2)*- Booking Required</b><br><i>for new movers under 2</i><br>Time: 1.30pm to 2.30pm<br>Every Week @ Park Town (Except 29/9)        |
|  <b>‘Understanding Your Baby’ 6 Week Course*</b><br><i>for parents from birth to 6 months</i><br>Time: 1.30pm to 2.30pm<br>Dates: 15 Sept to 20 Oct @ Central Library- Booking Required |  <b>Baby Weigh (Drop In)</b><br><i>FREE for Under 2s</i><br>Time: 2pm to 3pm<br>Every Week @ Hockwell                                           |  <b>Breastfeeding Support (Drop In- FREE)</b><br>Time: 2pm to 3pm<br>Every Week @ Hockwell                                |  <b>Parent Chat (Drop In)</b><br><i>FREE for parents of under 5s</i><br>Time: 2.15pm to 3pm<br>Date: 8 Sept / 6 Oct @ Lewsey Library (LU4 OSW) |  <b>Birth, Bump &amp; Baby Stuff 3 Week Course*</b><br><i>Booking Required- FREE for 22 weeks +</i><br>Time: 5pm to 7pm<br>Dates: 8 to 22 Sept @ Park Town |
|  <b>Birth, Bump &amp; Baby Stuff 3 Week Course*</b><br><i>Booking Required- FREE for 22 weeks +</i><br>Time: 5pm to 7pm<br>Dates: 6 to 20 Oct @ Hockwell                                |  <b>Pregnancy Club*- Booking Required</b><br><i>FREE for pregnant women</i><br>Time: 5.30pm to 6.30pm<br>Date: 29 Sept / 27 Oct on Zoom         |                                                                                                                                                                                                                |                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                 |

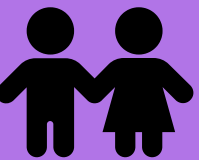
## WEDNESDAY

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|  <b>Baby Weigh, Stay and Play and Parent Chat (Drop in)</b><br><i>FREE for parents of under 5s</i><br>Time: 9.15am to 10.15am<br>Dates: 23 Sept / 21 Oct @ Putteridge Primary School (LU2 8HJ) |  <b>Parent Chat (Drop in)</b><br><i>FREE for parents of under 5s</i><br>Time: 9.30am to 10am / 10.30am to 11am<br>Dates: 9 Sept / 7 Oct @ Leagrave Library (LU3 2NL) |  <b>Little Explorers (£2)- Booking Required</b><br><i>for new walkers under 2</i><br>Time: 10am to 11am<br>Every Week (Except 9 Sept) @ Foxcubs |  <b>Parent Chat @ Tot Stop (Drop in)</b><br><i>FREE for parents of under 5s</i><br>Time: 10am to 11.30am<br>Dates: 16 Sept / 21 Oct @ Luton Christian Fellowship (LU1 3AL) |  <b>Mini Movers (£1)*- Booking Required</b><br><i>for confident walkers under 3</i><br>Time: 10.15am to 11am<br>Every Week @ Park Town (Except 30/9) |
|  <b>Communication Workshop- Booking Required</b><br><i>FREE for parents of 6 months to 2 years</i><br>Time: 10.45am to 11.45am<br>Date: 23 Sept Online on ZOOM                                 |  <b>HENRY 8-Week Course*- Booking Required</b><br><i>FREE for parents of under 5s</i><br>Time: 1pm to 2.30pm<br>Dates: 14 Oct to 9 Dec Online on ZOOM                |  <b>Sensory Play (£2)* - Booking Required</b><br><i>for non-mobile babies</i><br>Time: 1pm to 2pm<br>Every Week @ Central Library               |  <b>Play and Learn (£2)- Booking Required</b><br><i>for under 5s</i><br>Time: 1.30pm to 2.30pm<br>Every Week @ Hockwell                                                    |  <b>Story Sacks for Toddlers (£2)- Booking Required</b><br><i>for 2 to 4 years</i><br>Time: 1.30pm to 2.30pm<br>Every Week @ Park Town (Except 30/9) |

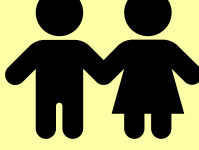
WEDNESDAY (CONTINUED)

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|  <div>Rhyme and Play Time (Drop In)<br/><i>Free for under 5s</i><br/>Time: 1.30pm to 2.30pm<br/>Every Week @ Red Cross</div> |  |  |  |  |
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THURSDAY

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|  <div>Sensory Play (£2)*- Booking Required<br/><i>for non-mobile babies</i><br/>Time: 9.30am to 10.30am<br/>Every Week (Except 17 Sept)<br/>@ St Francis</div>           |  <div>Baby Weigh and Breastfeeding Support<br/>(Drop In- FREE)<br/>Time: 9.30am to 11.30am<br/>Every Week (Except 17 Sept)<br/>@ St Francis</div>                             |  <div>Play and Learn (£2)*- Booking Required<br/><i>for mobile children under 5</i><br/>Time: 10am to 11am<br/>Every Week<br/>@ Central Library</div>                                 |  <div>Bush Babies (£2)*- Booking Required<br/><i>for under 5s (includes Parent Chat)</i><br/>Time: 10am to 11.15am<br/>Every Week @ Bushmead Hub</div>                 |  <div>Stay and Play (£2 cash)- (Drop in)<br/><i>for under 5s</i><br/>Time: 10am to 11am<br/>Every Week from 24/9<br/>@ Gill Blowers Leabank Nursery (LU3 3LW)</div> |
|  <div>Mini Movers (£1)*- Booking Required<br/><i>for confident walkers under 3</i><br/>Time: 10.45am to 11.30am<br/>Every Week (Except 17 Sept)<br/>@ St Francis</div>   |  <div>Starting Solids Next Steps*- Booking Required<br/><i>FREE for parents of babies 6+ months</i><br/>Time: 11.30am to 12.30pm<br/>Date: 15 Oct @ Central Library</div>     |  <div>Parenting Puzzle 4-Week Course*<br/><i>FREE for parents of 1 to 5 years</i><br/>Time: 12.30pm to 2.30pm<br/>Dates: 24 Sept to 15 Oct<br/>Online on ZOOM- Booking Required</div> |  <div>Starting Solids Workshop*- Booking Required<br/><i>FREE for parents of babies 3 to 6 months</i><br/>Time: 1pm to 2.30pm<br/>Date: 1 Oct<br/>Online on ZOOM</div> |  <div>Fussy Eating Workshop*- Booking Required<br/><i>FREE for parents of over 1s</i><br/>Time: 1pm to 2.30pm<br/>Date: 22 Oct<br/>Online on ZOOM</div>             |
|  <div>Stay and Play (£2 cash)- (Drop in)<br/><i>for under 5s</i><br/>Time: 1.30pm to 2.30pm<br/>Every Week from 24/9<br/>@ Gill Blowers Mossdale Nursery (LU4 9JL)</div> |  <div>Baby Massage 4 Week Course*(£17.50)<br/><i>for parents of 6 weeks to around 6 months</i><br/>Time: 1.30pm to 2.30pm<br/>Dates: 24 Sept to 15 Oct<br/>@ St Francis</div> |  <div>Sensory Play (£2)* - Booking Required<br/><i>for non-mobile babies</i><br/>Time: 1.30pm to 2.30pm<br/>Every Week @ Central Library</div>                                        |  <div>Parent Chat (Drop in)<br/><i>FREE for parents of under 5s</i><br/>Time: 2pm to 2.30pm<br/>Date: 10 Sept / 8 Oct<br/>@ Stopsley Library (LU2 7UG)</div>           |  <div>Mini Movers (£1)* - Booking Required<br/><i>for confident walkers under 3</i><br/>Time: 2pm to 2.50pm<br/>Every Week @ Whipperley</div>                       |

FRIDAY

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|  <div>Sensory Play (£2)*- Booking Required<br/><i>for non-mobile babies</i><br/>Time: 9.30am to 10.30am<br/>Every Week<br/>@ Pastures</div> |  <div>Breastfeeding Support<br/>(Drop In- FREE)<br/>Time: 10.30am to 11.30am<br/>Every Week<br/>@ Pastures</div> |  <div>Baby Weigh (Drop In)<br/><i>FREE for under 2s</i><br/>Time: 10.30am to 11.30am<br/>Every Week<br/>@ Pastures</div> |  <div>Play and Learn (£2)*- Booking Required<br/><i>for under 5s</i><br/>Time: 10am to 11am<br/>Every Week<br/>@ Park Town</div> |  <div>Early Days/ BBBS Reunion (Drop in)<br/><i>for parents/babies from birth to 4 months</i><br/>Time: 1pm to 2.30pm<br/>Date: 15 Sept / 16 Oct<br/>@ Park Town</div> |
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SATURDAY

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|  <div>Birth, Bump &amp; Baby Stuff 1 Day Course*<br/><i>FREE for expecting couples, 22 weeks +</i><br/>Time: 9am to 4pm<br/>Date: 19 Sept / 17 Oct<br/>@ Park Town</div> |  <div>Dads Group*- Booking Required<br/><i>FREE for men with children under 8</i><br/>Time: 10am to 11.30am<br/>Dates: 26 Sept / 24 Oct<br/>@ Park Town</div> |  |
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|  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](http://www.healthystart.nhs.uk) You can see other locations such as Active Luton centres to collect from here: [www.flyingstartluton.com/healthy-start/](http://www.flyingstartluton.com/healthy-start/)



FREE ONLINE PARENTING COURSES! Visit [togetherness.co.uk/pathway-library](http://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](http://www.flyingstartluton.com/local-groups-services)

SUBJECT TO CHANGE!

ALL INFORMATION CORRECT AS OF:  
23 SEPTEMBER 2026

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