Flying Start Luton Activities

2 November to 18 December

Autumn Term 2

*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:

10 November 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)
- **Central Family Hub,** 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)
- **Luton Indoor Bowls Club,** Stockingstone Road (LU2 7NF)

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: 30 Nov and 14 Dec
@ Stopsley Primary (LU2 7UG)

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

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

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

Baby Weigh, Stay and Play and Parent Chat (Drop in)
FREE for parents of under 5s
Time: 10am to 11am **Dates:** 2 Nov
@ Someries Infant School (LU2 8AH)

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

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

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

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

TUESDAY

Parent Chat @ Rhyme Time (Drop In)
FREE for parents of under 5s
Time: 10am to 10.30am
Dates: 3 Nov and 1 Dec
@ Central Family Hub

Keeping Baby Safe Workshop*- Booking Required
FREE for pregnant and new parents
Time: 10am to 12.30pm
Date: 24 Nov
Online on ZOOM

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

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

Sensory Play (£2)*- Booking Required
for non-mobile babies
Time: 1pm to 2pm
Every Week (Except 17/11)
@ Hockwell

Little Explorers (£2)*- Booking Required
for new walkers under 2
Time: 1pm to 2pm
Every Week
@Luton Indoor Bowls Club

Babybaloo Parent Chat and Baby Weigh (Drop In- FREE)
Time: 1.15pm to 2.45pm
Dates: 3 Nov and 1 Dec
@ Stopsley Baptist Church (LU2 7XP)

'Understanding Your Baby' 6 Week Course*
for parents from birth to 6 months
Time: 1.30pm to 3pm **Dates:** 10 Nov to 15 Dec
@ Central Family Hub- Booking Required

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

Baby Weigh (Drop In)
FREE for Under 2s
Time: 2pm to 3pm
Every Week (Except 17/11)
@ Hockwell

Breastfeeding Support
(Drop In- FREE)
Time: 2pm to 3pm
Every Week (Except 17/11)
@ Hockwell

Parent Chat (Drop In)
FREE for parents of under 5s
Time: 2.15pm to 3pm
Date: 3 Nov and 1 Dec
@ Lewsey Farm Learning Centre (LU4 0QQ)

Birth, Bump & Baby Stuff 3 Week Course*
Booking Required- FREE for 22 weeks +
Time: 5pm to 7pm
Dates: 3 to 17 Nov ***and*** 1 to 15 Dec
@ Park Town

Pregnancy Club*- Booking Required
FREE for pregnant women
Time: 5.30pm to 6.30pm
Date: 24 Nov
Online on Zoom

Parenting Puzzle 4-Wk Course*- Booking Required
FREE for parents of 1 to 5 years
Time: 6.30pm to 8.30pm
Dates: 10 Nov to 1 Dec
Online on TEAMS

WEDNESDAY

Baby Weigh, Stay and Play and Parent Chat (Drop in)
FREE for parents of under 5s
Time: 9.15am to 10.15am **Dates:** 11 Nov and 16 Dec
@ 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: 4 Nov and 2 Dec
@ Leagrave Library (LU3 2NL)

Little Explorers (£2)- Booking Required
for new walkers under 2
Time: 10am to 11am
Every Week (Except 25 Nov)
@ Foxcubs

Parent Chat @ Tot Stop (Drop in)
FREE for parents of under 5s
Time: 10am to 11.30am
Dates: 18 Nov and 9 Dec
@ Luton Christian Fellowship (LU1 3AL)

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

Winter Welly Waddle (Drop In)
FREE for under 5s
Time: 10am to 11.30am
Date: 9 December **@ Wardown Park (LU2 7HA)**

Communication Workshop- Booking Required
FREE for parents of 6 months to 2 years
Time: 1.30pm to 2.30pm
Date: 9 Dec **Online on TEAMS**

Sensory Play (£2)* - Booking Required
for non-mobile babies
Time: 1pm to 2pm
Every Week @ Central Family Hub (Except 16/12)

Play and Learn (£2)- Booking Required
for under 5s
Time: 1.30pm to 2.30pm
Every Week@ Hockwell (Except 16/12)

Story and Playtime (£2)- Booking Required
for 2 to 4 years
Time: 1.30pm to 2.30pm
Every Week @ Park Town (Except 16/12)

Rhyme and Play Time (£1)*- Booking Required
for under 5s
Time: 1.30pm to 2.30pm
Every Week @ Red Cross (Except 16/12)

THURSDAY

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

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

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

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
@ Gill Blowers Leabank Nursery (LU3 3LW)

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

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

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

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

Parent Chat (Drop in)
FREE for parents of under 5s
Time: 2pm to 2.30pm
Date: 5 Nov and 3 Dec
@ Stopsley Library (LU2 7UG)

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: 1.30pm to 2.30pm
Date: 27 November
@ Hockwell Ring

SATURDAY

Birth, Bump & Baby Stuff 1 Day Course*
FREE for expecting couples, 22 weeks +
Time: 9am to 4pm
Date: 28 November
@ Park Town

Dads Group*- Booking Required
FREE for men with children under 8
Time: 10am to 11.30am
Dates: 21 Nov and 5 Dec
@ 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**

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10 November 2026

Flying Start part of Luton Family Hubs

BEST START IN LIFE | Luton | early years alliance