Flying Start Luton Activities

2 November to 18 December 2026

BABY SESSIONS

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: 20 October

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)

MONDAY

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

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

Breastfeeding Support (Drop In)
FREE for pregnant and BF parents
Time: 1pm to 2.30pm
Every Week @ Central Family Hub

TUESDAY

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

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

Breastfeeding Support (Drop In)
FREE for pregnant and BF parents
Time: 2pm to 3pm
Every Week (Except 17/11)
@ Hockwell

'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

WEDNESDAY

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

THURSDAY

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

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

Breastfeeding Support (Drop In)
FREE for pregnant and BF parents
Time: 9.30am to 11.30am
Every Week @ St Francis

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

FRIDAY

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

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

Breastfeeding Support (Drop In)
FREE for pregnant and BF parents
Time: 10.30am to 11.30am
Every Week @ Pastures

Early Days/ BBBS Reunion (Drop in)
for babies from birth to 4 months
Time: 1.30pm to 2.30pm
Date: 27 November
@ Hockwell

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/

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

BREASTFEEDING SUPPORT
BABY WEIGH
BABY GROUPS

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