



NEWSLETTER : Friday 17th July 2026 - Summer Term: Issue: 4 COMMUNITY INFORMATION

SUMMER HELP FOR FAMILIES

If you are struggling this summer, support is available.

HOLIDAY ACTIVITIES & FOOD (HAF) PROGRAMME

Free holiday clubs, activities and meals for eligible children.

Check eligibility & book:

<https://eequ.org/lutonhaf>

If families are struggling, we can also make referrals to the HAF programme.

EMERGENCY FOOD SUPPORT – LUTON FOODBANK

Emergency food parcels are available for people facing financial hardship.

Access via referral partners such as schools, GPs and support services.

Tel: 01582 725838

Email: info@lutonfoodbank.org.uk

AFFORDABLE FOOD – LUTON FOODCLUB

£5 weekly shop (up to 15 items) to help stretch your budget further.

Find out more:

<https://lutonfoodbank.org.uk/food-club/>

FREE ADVICE & SUPPORT

Help with debt, benefits, housing, employment and finances.

We can help you maximise your income and connect you with support.

Email: Nirmai@lutonfoodbank.org.uk

PLEASE REMEMBER

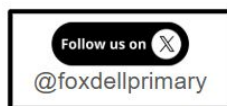
Support is available, please don't wait until things get worse.

If you are struggling, please reach out.

We are here to help.



A reminder that school reopens for all children in Years 1 to 6 on Wednesday 2nd September 2026.



ALL SESSIONS MUST BE BOOKED ONLINE VIA OUR WEBSITE: WWW.SALTTOGYM.ORG

monday

20/07

Playgym- 9:30-11:30am
1-2-1s - Various Times Available
Monday Masterclasses

27/07

Playgym- 9:30-11:30am
1-2-1s - Various Times Available
Monday Masterclasses

03/08

Playgym- 9:30-11:30am
Monday Masterclasses

10/08

Playgym- 9:30-11:30am
Monday Masterclasses

17/08

Playgym- 9:30-11:30am
Monday Masterclasses

24/08

Playgym- 9:30-11:30am
Monday Masterclasses

31/08



tuesday

21/07

Playgym- 12:30-2:30pm
Holiday Camp | 8:45-4:14pm

28/07

Playgym- 12:30-2:30pm
Holiday Camp | 8:45-4:15pm

04/08

Playgym- 12:30-2:30pm

11/08

Playgym- 12:30-2:30pm

18/08

Playgym- 12:30-2:30pm
Holiday Camp | 8:45-4:15pm

25/08

Playgym- 12:30-2:30pm
Holiday Camp | 8:45-4:15pm

01/09

Back as Normal!

wednesday

22/07

SEND Stay&Play - 9-30-11am
1-2-1s - Various Times Available
Wednesday Workshop

29/07

SEND Stay&Play - 9-30-11am
1-2-1s - Various Times Available
Wednesday Workshop

05/08

SEND Stay&Play - 9-30-11am
Wednesday Workshop

12/08

SEND Stay&Play - 9-30-11am
Wednesday Workshop

19/08

SEND Stay&Play - 9-30-11am
Wednesday Workshop

26/08

SEND Stay&Play - 9-30-11am
Wednesday Workshop

thursday

23/07

Holiday Camp | 8:45-4:15pm
Badge Camp

30/07

Holiday Camp | 8:45-4:15pm
Badge Camp

06/08

Badge Camp

13/08

20/08

Holiday Camp | 8:45-4:15pm
Badge Camp

27/08

Holiday Camp | 8:45-4:15pm
Badge Camp

friday

24/07

Playgym- 9:30-11:30am
1-2-1s - Various Times Available

31/07

Playgym- 9:30-11:30am
1-2-1s - Various Times Available

07/08

Playgym- 9:30-11:30am

14/08

Playgym- 9:30-11:30am

21/08

Playgym- 9:30-11:30am
1-2-1s - Various Times Available

28/08

Playgym- 9:30-11:30am
1-2-1s - Various Times Available

Summer at Salts 2026

Badge Camp

This session is designed for our recreational one hour gymnastics Who? wants to work on their rise award skills over the summer!

Monday Masterclasses

Masterclasses this summer are targeted towards our advanced, intermediate and squad level gymnasts.

We will be running masterclasses that are few hours long per session that will cover some tumbling and individual apparatus.

Wednesday Workshops

Our workshops this summer are targeted towards our low-mid level gymnasts or those wanting to work on specific skills such as bridges, walkovers, handstands, cartwheels and much more fun!

Play Gym 0-11yrs

Playgym is our softplay sessions that run for ages 0-7 years! 2 hours of free play around the gym with all of our fantastic equipment! Parents must be present and supervising children at all times (on the gym floor)

SEND Play Gym

Our dedicated SEND (Special Educational Needs and Disabilities) sessions – designed to offer a safe, supportive, and fun environment for children with additional needs.

Holiday Camp

Our holiday camps are for Members and Non members ages 5-14 years old! Our holiday camps are filled with learning lots of skills on multiple apparatus mixed in with some free play, arts and crafts, downtime and lots of fun! This is a drop off and pick up sessions parents are not permitted to attend the session

1-2-1's

30 minute or 1 hour 1-2-1 sessions with our coaches!

Your child will have 1-2-1 attention to focus on specific skills, routines or areas they would like to progress in or learn!

READ to the BEAT

Summer Reading Challenge: Creative Workshops and Family Fun

Book Now! →

www.lutonlibraries.co.uk



Robotics Workshop with Prepare Robo Ltd

Wednesday 22 July
2pm – 3pm
Lewsey Learning Centre
8 years+
£5.60 per child

Beat It! Percussion Workshop

Wednesday 29 July
2pm – 3pm
Stopsley Library
All ages
£5.60

Pop/Disney Singing Workshop

Tuesday 4 August
2pm – 3pm
Marsh Farm Library
All ages
£5.60

Puppet Show Spectacular

Tuesday 11 August
2pm – 3pm
Leagrave Library
All ages
£4 per child

DJ Workshop with LUR Radio

Tuesday 25 August
2pm – 4pm
Luton Central Library
11 years+
£5.60

Family Dance Workshop

Saturday 12 September
11am – 11.45am
Central Library
3–5 years
Free

Be sure to pre-book. Tickets first come, first served.



Illustrations © Harry Woodgate 2026. Read to the Beat © The Reading Agency 2026, registered charity number 1085443 England and Wales.

TINY HATTERS



Pathway into Luton Town Ladies FC Youth teams

Is your daughter aged **8 and below** and loves football?

Come join the Tiny Hatters! ♥

WHAT WE OFFER:



1. CLEAR PATHWAY:

Weekly Tiny Hatters sessions → straight into our U8s and U9s teams → full Luton Ladies pathway up to senior football



2. STRUCTURED SESSIONS:

Fun, engaging training following a syllabus. We build confidence, skills, and a love for the game



3. UEFA LICENSED COACH:

All sessions led by UEFA C qualified coaches who specialise in girls' football



ALL ABILITIES WELCOME – FIRST SESSION FREE! ♥



WEEKLY SESSIONS



LANCASTER AVENUE, LU2 7AD



GIRLS AGED 8 AND BELOW, ALL ABILITIES WELCOME!

READY TO START HER FOOTBALL JOURNEY?

CALL/WHATSAPP DAN: 07921 217676

VENUES, DATES, TIMES & PRICES



CAMP TIMES

9.00 am – 3.00 pm



PRICING (PER CHILD) – SIBLING DISCOUNT APPLIED PER DAY £10.00 (Elite Soccer Camp £12.50)

1 DAY	2 DAYS	3 DAYS	4 DAYS	5 DAYS
£20.00	£40.00	£55.00	£70.00	£85.00



BEDS BALLERZ SOCCER CAMPS

- WEEK 1** Monday 20th July to Friday 24th July
- Fitwick Lower School - Monday to Friday - Reception to Year 6
 - Toddington St George's Lower School - Monday to Thursday - Reception to Year 6
 - Dunstable Lancot School - Monday to Wednesday - Reception to Year 6
 - Bedford Haadlene School - Monday to Wednesday - Reception to Year 6
- WEEK 2** Monday 27th July to Friday 31st July
- Fitwick Lower School - Monday to Friday - Reception to Year 6
 - Bedford, Haadlene School - Monday to Wednesday - Reception to Year 6
- WEEK 3** Monday 3rd August to Friday 7th August
- Fitwick Lower School - Monday to Friday - Reception to Year 6
 - Biggleswade St Andrews - Monday to Wednesday - Reception to Year 6
 - Houghton Regis Primary School - Wednesday to Friday - Reception to Year 6
 - Luton, Linden Academy - Thursday to Friday - Reception to Year 6
 - Arlesey Town FC - Wednesday to Friday - Reception to Year 6
- WEEK 4** Monday 10th August to Friday 14th August
- Fitwick Lower School - Monday to Friday - Reception to Year 6
 - Biggleswade St Andrews - Monday to Wednesday - Reception to Year 6
- WEEK 5** Monday 17th August to Friday 21st August
- Fitwick Lower School - Monday to Friday - Reception to Year 6
 - Marston Moretaine Forest End Centre - Monday to Wednesday - Reception to Year 6
 - Luton, Linden Academy - Thursday to Friday - Reception to Year 6
 - Houghton Regis Primary School - Wednesday to Friday - Reception to Year 6
 - Arlesey Town FC - Wednesday to Friday - Reception to Year 6
- WEEK 6** Monday 24th August to Friday 28th August
- Fitwick Lower School - Monday to Wednesday - Reception to Year 6
 - Bedford, Haadlene School - Monday to Wednesday - Reception to Year 6
 - Fitwick, The Rufus Centre - Thursday and Friday - Reception to Year 6



BEDS BALLERZ ELITE SOCCER CAMPS

- WEEK 1** Monday 20th July to Friday 24th July
- Amptill, Alameda Middle School - Thursday and Friday - Year 5 to Year 8
- WEEK 2** Monday 27th July to Friday 31st July
- Alameda Middle School - Thursday and Friday - Year 5 to Year 8
- WEEK 6** Monday 24th August to Friday 28th August
- Alameda Middle School - Thursday and Friday - Year 3 to Year 8

PRICE (PER CHILD)	1 DAY	2 DAYS	3 DAYS	4 DAYS
	£25.00	£50.00	£70.00	£90.00

SIBLING DISCOUNT APPLIED PER DAY £10.00 (Elite Soccer Camp £12.50 per day)



PLEASE BRING PLENTY OF WATER, A PACKED LUNCH & SNACKS



QUALIFIED COACHES DBS CHECKED FIRST AID



FUN, SAFE & DEVELOPING ENVIRONMENT

TO BOOK YOUR PLACE VISIT

www.creativesportscoaching.co.uk

SUMMER SOCCER CAMPS & SUMMER MULTI SPORTS CAMPS

FUN. FRIENDS. FOOTBALL. FITNESS. A SUMMER OF MEMORIES!

SOCCER CAMPS
AGES 5–12

ELITE SOCCER CAMPS
AGES 10–14

GIRLS ONLY SOCCER CAMPS
AGES 8–14

MULTI SPORTS CAMPS
AGES 5–12

FUN & DEVELOPING

FOR ALL ABILITIES

SAFE & WELCOMING

BUILDING CONFIDENCE

TO BOOK YOUR PLACE VISIT

www.creativesportscoaching.co.uk



LUTON



SUMMER FOOTBALL CAMP
AT: THE STOCKWOOD PARK ACADEMY
 ROTHERHAM AVENUE, LUTON, LU1 5PP

HELD ON MONDAY 10TH TO FRIDAY 14TH AUGUST 2026, 10AM – 3PM
FOR BOYS AND GIRLS AGED 4 – 14

WE HAVE BEEN RUNNING OUR FOOTBALL CAMPS AND COURSES IN YOUR COMMUNITY FOR OVER 25 YEARS!

Exciting news! We are running our annual Summer Camp on **Monday 10th to Friday 14th August 2026.**

- The Camp is for **5 days** from **10am-3pm**, **free drop off from 9:15am!** Lunch is 12.15pm-1pm, children must bring their own packed lunch and plenty of drinks.
- The camp is held on **grass football pitches**, therefore children may wear trainers or football boots. We also have use of the **sports hall**.
- On Friday at 2.15pm we hold a presentation, whereby **EACH CHILD WILL RECEIVE AN ENGRAVED TROPHY** as well as many opportunities to win extra trophies, including the **World Cup Tournament**, **penalty shoot out competition**, **skill point winners** and **player of the camp**.
- The camp is run by **FA qualified coaches**, who are DBS checked and are currently working with children in **schools daily**, enabling them to learn essential football techniques, building **CONFIDENCE**, improving **FITNESS** and providing the most important ingredient of all **'FUN'!**
- The cost of the 5 day camp is **£90 per child** (There is a discounted rate of **£60** for additional brothers and sisters). **£25 daily rate**. This will cover all coaching, referees, trophies and awards.
- With a high response expected and limited places available, bookings will be confirmed on a first come, first served basis.

There will be consent forms to complete on arrival and payment should be made on the first morning of the camp.

Mark Frith (course co-ordinator)

www.soccercoachinguk.co.uk

TO RESERVE SUMMER CAMP PLACES

PLEASE TEXT:

LUTON SUMMER CAMP + CHILD'S FULL NAME + AGE

and receive confirmation by text to:-

07827 322 780

J&R'S SUMMER OF FOOTBALL

20TH-25TH JULY, 27TH-31ST JULY, 3RD-7TH AUGUST,
 9TH-13TH AUGUST, 16TH-20TH AUGUST, 23RD-27TH AUGUST

9AM-3PM | AGES 5-14 | VENUE 360
SIBLING DISCOUNT AVAILABLE
EARLY/LATE PICKUP OPTIONS AVAILABLE

EARLY BIRD OFFER - ENDS SUN 12TH JULY

£21.60 PER DAY **£100 PER WEEK**

BOOK NOW!

07457403605 | JANDRCOACHING@HOTMAIL.COM
 JANDRCOACHING.CLASS4KIDS.CO.UK

Are you a parent or carer to a 10–16 year old?

Join our **FREE 9 week** “living with teens” program

- Learn skills and strategies to help understand your teen and their emotions
- **strengthen relationships**
- Improve communication and listening
- **Greater confidence in managing challenging behaviour**
- Delivered by parents within your community

Futures House Marsh Farm
Starting **16th September**

9:45am–11:45am term time only

To book a place or for more information contact: linzi.mcskimming@nhs.net



EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES

Flying Start



part of



Luton
Family
Hubs



East London
NHS Foundation Trust

Are you a parent or carer to a child aged 2 to 13 Year old?

FREE 9 week

“Being a parent course”

- Delivered by parents in your community, for parents.
- This free 9-week course helps you understand your child's behaviour
- Learn positive strategies to help you as a parent.
- Learn the importance of looking after yourself.
- Get practical support for the day to day challenges of being a parent.
- Meet other parents within your community and share experiences



“I enjoyed the course, I got to learn new skills and tools of parenting, that were delivered by parents who use them in their own homes”

Starting 24th September 2026 Every Thursday at Luton Central Library Family Hub 09:45am–11:45am (Term time only)

For more information or to book a space please contact:

linzi.mcskimming@nhs.net

Community



SUMMER HOLIDAYS IN LUTON

EAT WELL FOR LESS!



GOOD FOOD
HAPPY FAMILIES
HEALTHY KIDS

PLACES WHERE KIDS EAT FOR LESS DURING THE SUMMER HOLIDAYS

Many places offer free or low-cost meals for children during the school summer holidays.
Check times and dates as they may vary.

ASDA

Kids Eat for £1



Kids eat for £1 with every adult meal purchased.

All day, every day with no age limit.

Find your local ASDA Café at asda.com/cafe

Sainsbury's

Kids Eat for £1



One child eats for £1 with every adult meal purchased.

Daily from 11:30am until the café closes.

Find your local café at sainsburys.co.uk/cafe

IKEA

Kids Eat Free



Kids eat free with every adult main meal purchased.

Daily from 11am in the IKEA Restaurant.

Find your local IKEA at ikea.com/gb/en/stores/luton

Bella Italia

Kids Eat for £1



Kids eat for £1 with every adult main meal purchased.

Monday – Thursday 3pm – 6pm.

Find your local Bella Italia at bellaitalia.co.uk

Morrisons

Kids Eat Free



One free kids meal with every adult meal over £4.

Daily from 3pm in Morrisons Café.

Find your local café at morrisons.com/cafe

HOLIDAY CLUBS & COMMUNITY MEALS



Many local organisations in Luton offer free meals and activities for children.

Check with your child's school or visit: luton.gov.uk/holiday-activities for local holiday clubs and food support.



NEED EXTRA HELP?

If you're finding it hard to afford food, support is available.

Visit: luton.gov.uk/costofliving

Call: 01582 546979

Or speak to your child's school.







Luton

A proud community working together for our children





LUTON SCHOOL UNIFORM ON OFFER THIS SUMMER!

GREAT QUALITY LOWER PRICES!

SAVE MONEY. GET READY. START STRONG.

Prepare for the new school year **for less**.
Find uniform offers and support across Luton this summer.

THE SCHOOL UNIFORM SHOP SUMMER SALE



Up to 30% off
selected items
throughout July
and August.

Check in-store for
current offers.

📍 125 Bute Street,
Luton LU1 2EY

MATALAN SCHOOL SHOP



Great value
uniform from
just £2.

Offers available
all summer long!

📍 The Mall Luton,
LU1 2LJ

TESCO SCHOOL SHOP



Prices locked
on hundreds of
uniform items.

Shop in-store
and online.

🌐 [tesco.com/schoolshop](https://www.tesco.com/schoolshop)

ASDA SCHOOL SHOP



Low prices
every day on
school uniform
essentials.

More for you
this summer!

📍 Dallow Road,
Luton LU1 1DN

SCHOOLWEAR SOLUTIONS



Pre-loved
uniform at low
prices for local
families.

Stock updated
all summer.

📍 St Francis Church Hall,
Leagrave LU4 0PY

LOCAL SCHOOL UNIFORM SALES



Many schools
hold pre-loved
sales in July
and August.

Check your school
newsletter or website
for dates.

IT ALL
ADDS UP
TO A GREAT
START!

HELPFUL TIPS:

- ✓ Shop early for the best choice.
- ✓ Make a list and check what you already have.
- ✓ Look out for multi-buy offers.
- ✓ Consider pre-loved items to save more.

NEED EXTRA SUPPORT?

If you're finding it hard to afford uniform,
help is available.

- 🌐 Visit: [luton.gov.uk/costofliving](https://www.luton.gov.uk/costofliving)
- 📞 Call: 01582 546979
- 🗨️ Or speak to your child's school.



Luton

A proud community
working together
for our children

