

F.L.A.S.H Fridays

Families Living Actively Sociably and Healthily

F.L.A.S.H sessions are full of fun activities to help you and your family live life to the fullest! With activities such as music and movement, large art and yoga themed exercises to help keep you and your children happy and healthy

Friday (term time only)

9.30am - 10.30am

At Dimson Lodge

(1 minute from us by the bus stop!)

Some places are reserved for invited families



Somerset Nursery School and Children's Centre

157-159 Battersea Church Road

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