

PARENTS NEWS

August 2012 No.171

The First & Foremost Local Monthly Newspaper for Families

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What's On: August, School Summer Holidays & during Olympics

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Kingston Food Festival, 6-12 August 2012

Chefs show off in Kingston
The weekend of **11th and 12th August** marks the highlight of the **Kingston Food Festival** with the **Big Food Market** and the **Live Food Show** in the Town Centre.

The **Live Food Show** runs from 10am till 5pm on Saturday and Sunday. Each chef has 45 minutes to prepare and cook a meal that will then be offered up to the very discerning audience for tasting and approval.

Andrew Kay, food writer and dedicated foodie will act as compere. He will introduce the chefs and quiz them throughout their performance to make sure the audience has a full grasp of the intricacies and importance of all the different ingredients. Says Andrew, "I am thrilled to have been invited to host this show. It's a great honour to be able to work with Kingston's leading chefs and to discover some really delightful eateries.

"I am particularly looking forward to experiencing the contrasts on offer at this event from leading multiples like *Zizzi*, *Las Iguanas*, *Frankie and Benny's* to independents like *Cappadocia* and *Riverside Vegetaria* and I am very keen to try the raw food being processed on stage by *Food For Thought*."

Ros Morgan, CEO at **Kingstonfirst**, the event organiser, says, "This event will be the highlight of a week long celebration of wonderful food and beverage from in and around Kingston and Surrey. We hope that visitors will come and discover the many wonderful places to eat in Kingston and be excited and delighted by what is on show." The **Kingston Food Festival** runs **6 - 12 August**. Events will have been invited in Kingston Town Centre. For further information visit **www.kingstonfoodfestival.com**.



Wahaca Restaurant on South Bank

Take an iconic site, 8 shipping containers, helpful staff and **Mark Selby's** experimental idea and you get **Wahaca's** newest Mexican restaurant. This ambitious, pop up Mexican street food, restaurant at the *Southbank Centre* is designed in keeping with **Festival of the World**. Perched on the terrace of the *Queen Elizabeth Hall*, boasting unbeatable views over the Thames. The restaurant is arranged on a 2 storey overhanging structure, allowing space for 130 diners, a bar terrace with plenty of

outdoor seating –weather permitting. Inside it is bright, contemporary and long! You know you are in an unusual space but its fun and works well. You do need to be slim to work here as the tables are quite tightly placed but not a problem for the customer. Our waitress was lovely, very helpful explaining the menu, portions and heat of the food. The Guacamole was the best we have eaten and dipping into it whilst sipping Hibiscus (intense cranberry flavour) cocktail was a great way to start the meal.



We decided on "Street food" choosing 5 dishes to share giving us an enjoyable way to try out the selection of **Wahaca's** experimental menu. Great flavours, really fresh ingredients and spicy. **Wahaca** take sustainability seriously and pays attention to local sourcing

Thoroughly recommended.
www.wahaca.co.uk

August 2012

FREE Kid's Activities

This Summer **The Bentall Centre** is fit to burst with FREE kid's events, offering a huge variety including activities, craft workshops and competitions, **23rd July to the 31st August** Not only will there be **FREE Thumb's Up it's Thursday** events every week, there will be **FREE** activities throughout the entire week provided by retailers such as *Build A Bear* and *Waterstones*.

Choose between Story Telling, Face Painting and Sports Activities OR come to them all! See a full weekly listing below:
Every Monday: Face Painting with *H&M*; **Every Tuesday:** Story Telling with *Waterstones*; **Every Wednesday:** The Little Face of *The Bentall Centre* Competition with Venture Portraits; **Every Thursday:** Children's Sports Village*; **Every Friday:** *Build A Bear* Beach Party; ***Each Thursday** the *Children's Sports Village* activities and a competition for kids to take part in for free. Activities include throw an Olympic ring over the torch, hula-hoops, hook an Olympic duck and more

www.thebentallcentre-shopping.com
www.facebook.com/TheBentallCentre.

August 2012

SUMMER HOLIDAY FUN

Set in the heart of the beautiful Kent countryside a visit to **Farming World**, Boughton promises plenty of fun for everyone. Summer holiday special events include:

'Have a Go' Falconry Day - 3rd & 31st August - try your hand at flying a bird of prey.
Fun with Mrs Back 2 Front - 8th August - fun and games, this popular entertainer is back!
Art Workshop - 9th August - Get creative and design a masterpiece!

Creepy Crawly Day - 10th & 29th August - meet spiders and reptiles, conquer your fears and learn more.

Circus Visit - 15th August - Brush up your circus skills, come and join the circus!
Heavy Horse Day - 16th August - Learn more about the farm's gentle giants, Cupid, Trojan, Lincoln and Leeroy.
Fun with Dizzy Lolly - 17th August - fun, games and probably mayhem!

Animal Day - 22nd August - Learn more about the farm's animals and meet face to face!

Teddy Bear's Picnic - 24th August - come and join in the fun with Goldilocks, don't forget to bring your bear!

Harvest and Threshing Weekend - 25th - 27th August - Learn and watch how the harvest was gathered 100 years ago.

Toy Story Day - 30th August - Toy Story themed fun! Dress as your favourite Toy Story character and gain free entry*.

When you have finished meeting all the animals children can let off steam in the two large adventure play grounds and bounce until exhausted on the enormous jumping pillow (weather permitting). While the children are entertained adults can enjoy the beautiful surroundings, the lawn mower museum or browse around the shop. There is also an animal themed mini golf course to challenge all the family and tractor and trailer rides around the farm. The farm is well equipped to deal with the changeable British weather and has, a two storey, indoor soft play area and craft and activity room. Further details of all **Farming World's** special summer events can be found on the centre's award winning website

www.farming-world.co.uk
Farming World
01227 751144

is open seven days a week, 9.30am to 5.30pm until November 4th, and is just off Junction 7 of the M2. Normal admission prices are £6.50 adults, £5.50 for children aged 3 - 15 years, concessions £5.50. Sorry, guide dogs only. Some activities weather permitting. * Conditions apply.

Weatherproof your holidays with the new **Wet Britain ebooks**

Wet Britain: Cornwall is the essential mini-guide to weatherproof your holidays. Over 50 all-weather attractions, along with listings of cinemas, leisure centres, kids' indoor play zones and even activities that are fun in the rain, like surfing and coasteering! With June 2012 recorded as the wettest since records began in 1910, and the rain set to continue throughout the summer, there's no reason why you should let the weather dampen your holiday spirits. "Cornwall has a dazzling range of all-weather attractions," says author **William Gray**. "You can venture into an undercover jungle at the *Eden Project*, ogle sharks at Newquay's *Blue Reef Aquarium* or admire modern art at the *Tate St Ives*. Tin mines, maritime museums, Victorian manor houses, lobster hatcheries, 4D cinemas, ice cream factories and coastal forts provide more good reasons to get out of the rain."

Wet Britain: Cornwall is available now in *Kindle* format for just £1.53. Download **www.amazon.co.uk/Wet-Britain-Cornwall-weatherproof-ebook/dp/B008J2W1VC/ref=ntt_at_ep_dpt_10**

Become a Farmer For The day at **The Hop Farm Family Park**

Get your wellies at the ready as **The Hop Farm Family Park**, one of Kent's largest children's attractions, is promising six weeks of summer holiday entertainment with **Farmer Tom** and the **Hop Squad**. If your children are animal crazy or love getting stuck in, **The Hop Farm** is the summer holiday destination for them.

'Become a Farmer for the Day' activities will take place, from **23rd July until 3rd September**. Children can really get involved in farm activities with everything from *The Big Dig – Giant Vegetable Patch* to grooming the donkeys and ponies in *Animal Village*. Each day will be packed with fun and entertaining activities for children of all ages, ;

Farmer Bob's Barrel Ride – A brand NEW farmyard barrel ride for summer 2012, pulled by a quad through the *Hop Farm* fields - The ultimate fun for children with bumps and screams!
*A daily **Big Red Barn Dance** in the brand new entertainment zone Learn how to swing your partner by the hand and 'dosey doe' with the *Hop Squad*!

Watch the unique sporting **Sheep Race**, place your bets and cheer your favourite sheep down the home straight. Truly hysterical, complete with jockeys! Daily live **Puppet Show – The 3 little P.I.G.s!** Bubble and water fun with animal games! If that doesn't wear the little ones out there is a NEW expanded animal farm and **Farmer Tom's** 10 step challenge to take part in.

The award-winning **The Hop Farm Family Park** has a wealth of fun things the whole family can enjoy whatever the weather including *Farmer Jack's* Magic Bean Factory, Giant Jumping Pillows, Farm-ula One Driving School and Potters Barn Terrace Café and Pottery.

The Hop Farm Family Park features a superb touring and camping park set in 500 acres of beautiful Kent countryside. When you stay on site tickets to the attraction are half price. Open 7 days a week 10am until 5pm. Tickets from £10.35 for children*. Booking **www.thehopfarm.co.uk**
01622 872 068

What's On



Blowing the Whistle on the General Dental Council.

Traditional train tracks create flat faces, big noses and tired looking eyes: if you doubt this, just look at those who have been treated in the past. They also routinely damage the enamel and roots of the teeth and worse still the teeth go crooked again unless the patient wears a brace for the rest of their life. Extractions of sound teeth are almost always required although patients may not be told about this until near the end of treatment. Newer treatments can achieve better and more permanent results without extractions but orthodontists avoid comparative research as they don't want the damage they do to faces to be exposed.

Worst of all the General Dental Council allows orthodontists to withhold information about some newer methods. This leaves many patients accepting extractions and even major surgery unaware that improved techniques can render them unnecessary. If you have suffered you are entitled to compensation.

There is another way.

Take a second opinion now. Nine years old may be too late.

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John Mew. The London School of Facial Orthotropics, Purley. 020-8660-3695 and Tunbridge Wells 01892 526406

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www.Orthotropics.co.uk

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John.mew@virgin.net

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Artwork by Kew Green Preparatory School, London © The National Gallery, London

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www.nationalgallery.org.uk
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SUMMER FUN FOR EVERYONE!

Visit **www.farming-world.co.uk** for special event details including:

- 'Have a Go' Falconry,
- Creepy Crawly Day,
- Art Workshop,
- Circus Skills,
- Teddy Bear's Picnic,
- Harvest Weekend,
- Toy Story Day,

Show this advert to receive 50p off entry per person in your party. (PN Aug. Valid 1/8 - 2/9/12) excluding bank holiday 27/8/12

Open everyday until 4th Nov.
Farming World, Boughton, Faversham, ME13 9HY
Tel: 01227 751144
M2 junc 7 follow brown signs, sorry no dogs.

HOP FARM FAMILY PARK

SUMMER HOLIDAY FUN

'Become a Farmer for the day'

23 JULY - 3 SEPTEMBER 2012

A HOST OF FARMYARD ACTIVITIES..
Sheep Racing * The Big Dig Vegetable Patch
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Peppa Pig
at The Hop Farm
3rd August
at intervals

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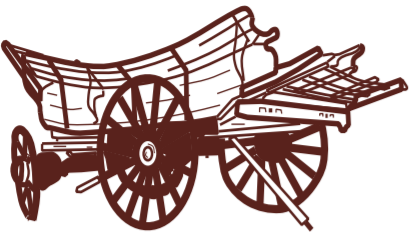
What's On

Fun is Free at Activity Thursday!

Come to the *Rural Life Centre*, Tilford on Thursdays during the Summer holidays (July 26th, August 2nd, 9th, 16th, 23rd, 30th), when children can have ago at washing like their great grannies used to do, watch woodturning or maybe get messy with clay.

The activities will vary; sometimes you can squirt water at a “fire” under the watchful eye of the Dad’s Army, Home Guard, or try out the Morrison shelter. Usually there will be a wheelwright’s demonstration and period toys to play with. Best of all, for the very young, the museum’s dolls house will be open to explore inside. Have exciting fun at this countryside museum. Accompanied children only. Pay for admission then all the things to do are FREE .There will be lots of “hands on” activities to try, undercover if wet. Remember don’t miss “Activity Thursdays” there’s plenty to see and do, so bring a picnic, or buy some lunch in the excellent café, and stay all day.

Further information on 01252 795571 www.rural-life.co.uk



Rural Life Centre



What's On Out and About

Every Tues in Aug
HMS Victory 02392 728060
Join the guides for stories & handle objects from the collection. Activities include being a ship detective, medal making, naval navigation, animal magic & marvellous music.
Every Tues, Wed & Thurs throughout school hols
HMS Warrior Portsmouth 02392 728060
Fun at the Victorian Seaside, put on a Punch & Judy show & take a souvenir home Victorian style toys & board games.
Every Wed
Heaven at Nutfield www.heaven-nutfield.com.
Smiley Faces music group for babies & toddlers for up to 2yrs & 2-4yrs, there is also a playground for under 5’s, a café & a crèche.
Until 2 Sept Portsmouth Historic Dockyard 023 9272 7582
Learn history in fun ways with costume interpreters, games, dressing-up, crafts, trails, talks & more. **FREE** entry into the attractions when accompanied by a full paying adult
Until 2 Sept Mary Rose Museum Portsmouth 02392 728060 Range of costumes to try on daily, a special photo opportunity.
Until 5 Sept Pensthorpe Fakenham 01328 851465 Summer Fun, Wildlife & Games

to include a host of nature themed games, self guided trail with lots of hands on activities, pond dipping, mini tractor rides, different agility & skills tasks such as running, climbing & balancing plus lots more.
Drusillas Park East Sussex **01323 874100**
1 Aug Peppa Pig & George.
8 Aug Mike the Knight.
14,28 Aug The Fat Controller
15 Aug Peppa Pig & George.
22 Aug Captain Barnacles from the Octonauts.
27 Aug Ben & Holly
Royal Naval Submarine Museum 02392 545034
School hols activities.
2 Aug *Horrible Science of Submarines* with author Nick Arnold.
9 Aug *The Great Escape* interactive storytelling.
16 Aug
Diaries & Daring Deeds Ian Whybrow telling plenty of tales plus crafts.
23 Aug *Cartoon Capers* cartoon workshop.
Thurs to 23 Aug *Submarine Kids Bookfest* meet authors, get crafty, see puppets & hear stories, lots of family fun.
Daily Skull & Crossbones: Living under the Jolly Roger Family Exhibition, become a pirate, learn how to speak pirate, command your boat, discover treasure, hoist your Jolly Roger & set sail for a pirate tour of the museum. **New** family

activity area the Warrior’s gunroom where young sailors can have some R&R including costumed roleplay, toys, games & colouring.
4 Aug *Woburn Safari Park Beds 0525 290407* *Sunset Safari* for families begins with a drive through the road safari where you can meet over 80 species of wild animals & finishing at the leisure area where a live band will be playing a fusion of African rhythms plus a bbq.
11,25 Aug & 1 Sept *Elephant Barbeque* VIP special event with opportunity to see the elephants enjoying the natural habitat of the park as they would in the wild, plus talks & demonstrations at the Birds inaction amphitheatre arena
4-5 Aug 1066 Battle of Hastings
High Street Battle *Battle Tactics* for kids, learn the skills of a Norman or Saxon soldier, paint your own shield & have a go in the Kids Battle of Hastings. **4-5 Aug** Have a Go, Archery & Falconry plus birds of prey displays.
6-12 Aug **National Allotments Week** “Party on the Plot” aims to gain support for allotments & protect them from developers.
19 Aug *Sudeley Castle* Winchcombe Cheltenham **01242 602 949** *Tudor Fun Day* with archery, falconry, circus skills, minstrels & more.

August 2012

Margate, Broadstairs, Ramsgate – Family fun and free

For information on these and other events in Thanet go to **www.visitthanet.co.uk**
St. Peter’s Village Tour, Broadstairs – **May to Sept** Guided walk around the historic village and churches of St. Peter’s with costumed characters from past centuries. Hear of conditions in the work house, the *Newbolts* breakfast concerts for hundreds of fashionable people and the tower used in the Napoleonic wars. Booking is essential and the minimum age is 10 years. Free with donations welcome.
www.villagetour.co.uk
Tala! – Visions of Angola at Powell-Cotton Museum, Quex House and Gardens – **to 2 Nov** TALA! (loosely translated as ‘come and see’) Adults £7, Concessions £5 (senior citizens, children up to 16 and disabled), Family Ticket £20. Open Tuesday to Sunday and Bank Holiday Mondays. Museum and Gardens 10am to 5pm and House 2pm to 5pm.
01843 842168
www.quexmuseum.org
Thanet Coast Project activities – July to September Discover the ancient wonders of the chalk cliffs of *Thanet on a Rock Doc* guided walk back in time to 80 million years ago, explore the coastal wildlife on a *Rocky Shore Safari* or get involved in hands-on exploration of the rocks and fossils with ‘*Geology Rocks*’. There is also *Seashore Safaris*, *Dr Doris* and the *Dangerous Thing* and Storytelling Treasure

Trails. free or subsidised
01843 577672
01843 577409
www.thanetcoast.org.uk
Summer Holiday Workshops at Turner Contemporary Margate, Daily school holidays, family workshops. Just turn up on the day and pay at the information desk. 1pm to 4pm. Children - £2 (under 3s and accompanying adults free).
01843 233000
www.turnercontemporary.org
Ramsgate Week 30 July to 4 August Full programme of racing and is a recognised alternative to *Cowes Week*. Royal Harbour with its waterfront cafes, restaurants and pretty arches.
01843 591766
www.ramsgateweek.com
August Olympic Adventures at Powell-Cotton Museum, Quex House and Gardens Compete in the Quex Sensory Pentathlon. Dates exclude Mondays when the museum is closed and Monday, 27 August. Admission £2 per person (event fee), free garden admission. Normal admission applies to the Museum and Quex House.
01843 842168
www.quexmuseum.org
Folk Week, Broadstairs – 10 to 17 August Craft fair, craft workshops, bandstand entertainment and toddler’s singalongs. Many free events, some charged
01843 604080
www.broadstairsfolkweek.org.uk

Thanet Open Studios at Margate, Broadstairs and Ramsgate
18 and 19, 25 to 27 August Annual event featuring many of Thanet’s finest artists and their studios. Meet artists
www.ramsgatearts.org
Broadstairs Water Gala Viking Bay – **22 August** (Fun Fair 6pm on **21 August**) Teddy Bears picnic at Lilly Putt Mini Golf, afternoon air displays from the Aerostars, Red Barron and RAF Tucano, crafts, nick knacks and stalls, sand castle and decorated chalet competitions and prizes, beach volleyball, tug of war, family beach games and a fireworks finale in the evening.
01227 700894
07789742828
www.broadstairswatergala.co.uk
A Summer Squall, Ramsgate – **25 to 27 August** Theatre, music, film, workshops, a writing competition, craft market, art exhibitions. Most are free.
07939 542 990
www.ramsgatearts.org
Airfix Make and Paint Activity Days at the Hornby Visitor Centre – 1 to 3 September Family Ticket £10 (2 adults and 4 children).Enjoy great family fun – build an Airfix kit, paint it, then take it home to keep. 10am to 4pm and included in the admission price for the *Hornby Visitor Centre*.
01843 233524
www.hornby.com/visitorcentre

In addition to lost sleep and an absence of “me-time”, new research suggests that up until their child reaches school age, new parents can also lose their sense of discovery on holiday – a trend that leading tour operator *Eurocamp* is hoping to reverse.

Holidaying with Confidence *Eurocamp* has a whole host of stress-free holiday options for families travelling with little ones, including 26 Mini Fun Station parcs in some great locations across Europe, selected specially for their toddler-friendliness. All have Eurocamp’s free *Mini Fun Station clubs*, with some even offering free *Learn to Swim lessons**, *Learn to Ride lessons*** and *Tumble Tots* sessions.

In addition, the accommodation is packed with equipment such as high chairs, baby baths, potties, toddler cutlery, stepping stools and blackout blinds, while the parcs themselves have toddler friendly facilities including children’s pools and play areas. It’s still not too late to get away this summer. *Eurocamp* has six nights at St Avit Loisirs, its popular Mini Fun Station parc at Le Bugue in the Dordogne, staying in a two bedroom Horizon mobile home with air-conditioning and deck, from just £514. Ferry crossings or fly drive packages can be arranged at a supplement.

EUROCAMP

This beautiful parc in the heart of the Dordogne countryside offers a host of free activities to keep the whole family entertained including the *Mini Fun Station club*, plus Learn to Ride and Learn to Swim lessons. It also boasts an impressive swimming pool complex, which includes a brand new children’s water playground and a toddler pool, as well as crazy golf, quad biking, archery and a gym for parents.

Once parents have settled into the pace of their holiday and the toddlers have adjusted to their new routine, there are some wonderful sights to explore close at hand. The town of Le Bugue, with some beautiful restaurants and cafes, is just a short drive away, while the stunning medieval town of Sarlat is also within easy reach.

For further information or to book a holiday, call **0844 406 0552**
www.eurocamp.co.uk.
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www.rural-life.org.uk
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Woodland Walk

For directions and info, call **020 8398 0822**

Daily Larkfield Leisure Centre Aylesford 01622 713225 Soft play zone for under 10's **New Kickstart** unlimited access for under 10's swim, soft play, junior dance mat & target wall sessions, selected holiday programme activities, Saturday Fun Club plus pre-school bounce & adventure time sessions for 0-5yrs. **Daily Fishbourne Roman Palace** Chichester 01243 789829 Guided tours, café & picnic area. **Daily Epsession Interactive Art Studio & Cafe** Canterbury 01227 765665 A range of fun activities for all ages. **Daily Maidstone Leisure Centre** 0845 1552277 Junior Fitness, 12-15yrs **Selected Sats** Wave Rave Pool Party sessions inflatables, floats, games & the latest music. **Available Birthday Parties** **Daily Wingham Wildlife Park** Canterbury 01227 720836 Meet the animals including their hands on animal encounters plus children's play area. **Daily Druidstone Park and Woodland** Blean 01227 765168 Meet the friendly animals, follow the trail around the enchanted woodland & discover the sleeping dragon & other magical creatures or dventure play area, a fun day out for all the family. **Daily Tides Leisure Centre** Deal 01304 373399 Indoor tropical lagoon & toddler pool. **Every weekend** Family Splash. **New Tonbridge Swimming Pool** 01732 367449 **Kickstart** a brand new all inclusive membership with unlimited access which offers a wide range of activities for under 10's. **Every Tues & Thurs term time only** parent & child fun swim. **Ongoing Run off your Feet** **FREE** running sessions across Kent, women & men of all ages & abilities are putting on their trainers & jogging the streets & parks of Kent all part of a county wide campaign to get people running to feel fitter, healthier & happier. In Kent leaders have been trained to set up local running groups & they are keen to welcome new runners. Get your first running session **FREE** at your local group



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when you mention Parents News. All groups are led by qualified, enthusiastic friendly leaders. To find your local group visit www.kentsport.org/rungroups. **07730 870696.** **Ongoing Dover Leisure Centre** 01304 201145 Full range of exercise classes with a modern fitness suite, 2 swimming pools, squash courts & sports hall. **Ongoing on Mons Cuxton Library** Rochester Baby massage courses for babies 8wks & not yet crawling, **FREE**, to book Tel: **01634 711391. 1st & 3rd Thurs of the month** Children's activities, Health visitor drop in clinic, toy library, 9.30-11am, **01634 336209.** **Throughout Aug Chartwell** Westerham 01732 868381 Dig for Victory Beds, visit the family food patch & discover how important growing your own food was in Churchill's time, suitable all ages. **31 Aug** La Boheme. **1st & 3rd Sun of each month The Pantiles** Tunbridge Wells 01892 515675 Pantiles Craft Fair. **4th Sun of each month West Malling Farmers Market** High Street 07775 736116 **every 2nd Sun of the month Tonbridge Farmers Market** Sovereign Way 07876 685853 More than 50 stalls, 9.30-1pm. **Every Sun EdenbridgeLeisure Centre** 01732 865665 Under 16's & families roller disco. **Every Mon Tunbridge Wells Library** 01892 522352 Storytime, 11-11.30am, **FREE.** **Every Mon Strood Library** 01634 335890 Toddler Shake & Boogie activity session that offers rhymes, songs & movement for pre-school children, **FREE.** **Every Tues** Teatime Storytime after school, 3-8yrs, term time only. **Every Fri** Homework club with friendly staff on hand to help you with all your homework questions, 3.30-5pm. **Every Mon St Matthew's Church Hall** Rochester 01634 843666 www.heritageopendays.org.uk Baby Sensory classes for babies up to 16mths, activities to include bells, balls, bubbles, light shows & more, Tel: **07813 632552.**


Every Mon Walderslade Hook Meadow Library Chatham 01634 861531 Baby bounce & rhyme time, 18mths & under, **FREE.** **Every Wed** Storytime fun sessions for pre-school children that include stories & rhymes. **Every Mon Gillingham Library** 01634 337340 Storytime fun sessions for pre-school children with stories & rhymes, **FREE.** **Every Fri** Baby bounce & rhyme time, **FREE.** **Every Mon-Wed The Angel Centre** Tonbridge 01732 359966 Kickstart members Pre-school bounce, **Every Sat** mom fun club 5-10yrs, **Every Wed & Fri** dance mat & target wall fitness. **Every Mon & Fri Rochester Library** Eastgate 01634 337411 Baby bounce & rhyme time with finger & nursery rhymes, 18mths & under, **FREE.** **Every Sat** Pop in and Play sessions for parents & children, 10.30-11am, **FREE.** **4th Fri of month** Advice & support – Health & lifestyle advice, drop-in, no need to book. **Every Tues The Pavilion** Broadstairs 01843 581185 Salsa Classes with Leon. **Every Tues Grosvenor Park** 07990 973313 Buggy Workout, exercise for mother & baby, power walking, 10.30-11.30am. **Every Tues Chatham Library** Gun Wharf Dock Road 01634 337799 Storytime for pre-schoolers, **FREE.** **Every Thurs until 31 Mar** Toddler shake & boogie fun packed activity session. **Every Tues Hoo Library** Rochester 01634 250640 Storytime fun sessions for pre-school children with stories & rhymes, **FREE.** **Every Tues Rainham Library** Rainham 01634 231745 Storytime fun sessions for pre-school children that include stories & rhymes. **Every Thurs** Baby bounce & rhyme time, 18mths or under, **FREE.** **Every Tues Strood Library** 01634 718161 Baby bounce & rhyme time, 18 mths, **FREE.** **Every Thurs** Homework club with friendly & knowledgeable staff on hand, **FREE.** **Every Tues** Teatime Storytime, afterschool, 3-8yrs, **2nd Tues of month** Advice & support – Health & lifestyle advice, drop in, no need to book. **Every Tues Fairview Community Primary School** 01634 376270 Parents & toddlers club term time only 10-11.30am. **Every Thurs** Baby bounce & rhyme time, parents & carers can enjoy knee bouncing, finger rhymes & nursery rhymes, 18mths & under, term time only, **01634 337340.** **Every Tues** Walderslade Village Library Chatham 01634 686467 Toddler shake & boogie activity session that offers rhymes, songs & movement for pre-schoolers. Musical instruments, scarves & parachutes are often included. **Every Fri** Storytime fun sessions for pre-school children that include stories & rhymes. **Every Tues** Hundred of Hoo Swimming Pool Rochester 01634 401989 Beaver Swimming Club. **Every Tues Southborough Library** 01892 529808 Storytime, 2.15-2.45pm, **FREE.** **Every Tues** Hempstead Library 01634 361544 Baby bounce & rhyme time for parents & carers, 18mths & under. **Every Fri** Storytime fun interactive sessions for pre-schoolers, **FREE. 1st & 3rd Sat** of month Medway Health Walks chance to improve fitness levels, all ages.

stories from above & below stairs life at Leeds in the 1930's, through the eyes of the servants. **Daily** World of Wings Shows falconry & **FREE-** flying bird shows in a flying arena near the maze plus Go Ape! wire forest adventure in the castle parkland. **Until 24 Aug The North School** 01233 614630 Go Wild at The North with activities to include sports, bushcraft, eco club, brainiac science, musical theatre, farm tours, pond dipping & more. **Until 2 Sept Chatham Historic Dockyard** Chatham 01634 823845 Pirate Play Days family fun including soft play, a desert island sand pit & arts & craft activities, a pirate themed assault course & 'cannon firing' sessions., storytelling plus Pirate Pam & her puppets. **Until 3 Sept Penshurst Place** www.penshurstplace.com. **School hols** spring back to the 1950s & try your hand at some games from the era with hoopla & lots more. **Every Sun until 19 Sept** join storytellers as they rekindle the early days of rock 'n' roll **1-7 Aug Dover Castle & The Secret War**time Tunnels 01304 211067 Gruesome Quest, follow gruesome clues around the castle, find them all & receive a prize. **8-14 Aug** Medieval Quest help find miniature knights & squires around the grounds, find them to earn a reward. **15-21 Aug** Spy Quest follow the clues around the castle & try to crack codes & ciphers to win a secret prize. **22-28 Aug** Archaeology Quest dig into the past & follow the trail of relics, complete the quest & claim your prize. **25-27 Aug** Roman Festival witness period combat & drill, Roman cavalry & see an authentic racing chariot, children can also experience life as a Roman soldier. **2 4 Aug** Folkestone Downs 01304 241806 Minibeast Safari. **2,4,5,7,9,12,21,23,25,26 Aug** Open Seal & Wildlife Fishing Trips 07837 562076 3 hour fishing trips as a taster of sea angling, rod hire & bait included in the price **2,9 Aug** Bedgebury National Pinetum & Forest Goudhurst 01580 879820 Family Map Challenge, 7-9yrs & 10+yrs. **21,28 Aug** Wild Life Games, 5+yrs. **23,30 Aug** Shelter Building 9+yrs. **Last Fri** mom of each month Beginners Health Walk, lasting approx 30mins-1hr & will cover between 1-4km. **Every Fri** mom Moderate Health Walks, 1-1 ½ hrs between 4 & 6km. **Every Fri** mom Green Gym session, volunteers can spend a satisfying session working in the National Pinetum helping to improve the world's best conifer collection, **FREE.** Tel: **01424 446395.** **Daily** Go Ape take to the trees & experience a course of rope bridges, tarzan swings & zip slides up to 35 feet above the forest floor, 10+yrs, minimum height 1.4m. **3 Aug** Romney Marsh Countryside Project 01797 367934 A Glowing Night-Time

Stroll watch bats skimming the waters' surface & listen for owls, meet West Hythe car park, 8.30pm, 1.5 miles. **3 Aug** RSPB Dungeness Nature Reserve 01797 320588 Moth morning. **3,10,17,24,31 Aug** Wildlife safari 2hr adventure looking at the variety of birds, butterflies, bugs & underwater creatures that live in Dungeness & Pond Dipping for families. **14 Aug** A quick stroll along the vast beaches of Greatstone, try digging for lugworms & have a look to see what wildlife is lurking in the mud, sand or shingle. **18 Aug** Moth morning, 9.30-11.30am, no need to book. **29 Aug** Let's go Wild, Wild things to do with Water Creatures activity & quizzes. **3 Aug** Sunshine Children's Centre Stagshaw Close Maidstone 01622 752285 Sure Start Parent & Toddler Fair with **FREE** activities, stalls for baby & toddlers & anyone registering with the children's centres on the day will receive a sure start welcome goodie pack, **FREE**, families, 0-5yrs. **3,10,17,24,31 Aug** Knole Park House & Gardens Sevenoaks 01732 462100 Hands on Conservation. **9,23 Aug** Tudor dressing up. **12 Aug** Sky Ride ideal for families & new & returning cyclists, 10am start, **FREE**, limited places. **14 Aug** Crafts in the garden activities. **21 Aug** Battle of Solefields guided walk. **4 Aug** Samphire Hoe 01304 225649 On your Marks, Get Set play games & find out about the fantastic race for life that all creatures & plants have to run. **11 Aug** Open Day with badge making & a series of events over the day to include reptile challenge, minibeast safari, chalk & berry art, moth madness & lots more. **30 Aug** Samphire Hoe Picnic & Rockpooling. **Daily until 2 Sept** I-Spy self guided trail. **4 Aug** Whitstable Carnival Starting at 5pm in Tankerton & making its way to Whitstable. **4 Aug** The Plough Inn Dymchurch Road New Romney 01797 363636 Ploughman of the Caribbean, charity family fun day to help raise money for Kent Air Ambulance. There will be Caribbean based food & drinks, live bands plus lots more, **FREE** entry for all. **4 Aug** Sellindge Village Hall 01303 813475 Table Top sale stalls, refreshments, books, puzzles, raffle, bric-a-brac plus lots more, **4,5,26-27 Aug** Hever Castle Kent 01732 865224 Tudor Falconry. **10-12,17-19,24-25 Aug** Jousting Tournaments. **Until 18 Nov** 'A Royal Romance' new exhibition of Anne Boleyn includes a replica of her coronation gown. **4-19 Aug** Rippledawn House Ringwould 01304 364854 Eco-holiday fortnight activities on offer can be for children & adults separately or as a whole family during your stay. **5-19 Aug** Westerham Farmers Market Held in market square

Calendar

on the 1st & third Sun of each month, 9.30-12.30pm, www.visitwesterham.org.uk. **6 Aug** Marlowe Theatre Canterbury 01227 787787 Holiday Workshops Circus Skills, 8-16yrs. **7 Aug** Breakdance 14-18yrs. **9 Aug** Streetdance, 14-18yrs. **16 Aug** Film Making, 14-18yrs. **17 Aug** Photography, 14-18yrs. **28-29 Aug** Get Singing, 8-11yrs. **1-2 Sept** My Marlowe celebration with 2 days of street arts, family entertainment, live music & dance. **6-10 Aug** Hall Place Bexley 01322 621238 Wet & Wild Week action packed safari in the gardens, adults **FREE.** **8 Aug** Open Air Cinema, Grease. **13-17 Aug** Fairy School with storytelling, dairy decorating, dancing, crafts & other magical skills, 3-9yrs, adults **FREE.** **14,16 Aug** Bat Walks. **6,13 Aug** Emmanuel URC Halls The Grove West Wickham 07504 166107 Summer Tots summer activity for 1-4yrs **7 Aug** Bushy Ruff Dover 01795 535504 Pond Dipping learn about the wildlife & ecology of water, bring a pond net if have one. **7-27 Aug** Goodnestone Park Gardens Wingham Nr Canterbury 01304 840107 Edwardian Summer holidays, Kent Costume Trust exhibition. **8 Aug** Hawkshill Freedown 01304 241806 Ugly Bug Tea Party, need to bring something to eat & drink as picnic in the grassland & wear something warm to wear & waterproof to sit on. **22 Aug** Afternoon in the grassland with an I-Spy hunt with stories & games to explore what grows in chalk grassland. **8 Aug** Coastal Community Beach



Boost your child's confidence

Kumon's maths and English study programmes work to build your child's confidence and inspire a passion for learning.

Contact your local Instructor for a Free Assessment:

Ashford, Park Farm 01233 733 801	East Malling and Gravesend 01622 728 214	Park Langley 020 8402 2443
Bearsted 01622 205 955	Maidstone West 01622 209 730	Sevenoaks 01342 851 221
Bexleyheath 020 8303 2821	Otford 020 8333 9550	Sittingbourne 01795 439 978
Canterbury 01795 886 097		

KUMON kumon.co.uk

Fees vary. Please refer to your local study centre.

fireworks over Tankerton Bay on **Saturday** & a sailing regatta on the **Sunday**. There will also be two air shows over the weekend, live entertainment, coconut shy, candy floss, hot & cold food, children's races, vintage motor bikes, something for everybody, **FREE** entry. **19 Aug** Dover Rowing Club 07903 151109 Learn to row taster session. **19 Aug** Cherry Orchard Heme Kent 01227 262486 Fun Day with lots of stalls, competition & a Treasure Island game for the children. **19 Aug** Whitstable Umbrella Fun Day TAnkerton Slopes, Marine Parade, Whitstable 01227 263595 Summer Fete with tombola, raffle, cake sale, plant sale, children's games, refreshments & lots more, 10-2pm, **FREE** entry. **25 Aug** Freemantle Hall Bexley High Street Ladies & Little Missy Pamper Day with Dermalogica facials, sport/remedial, hot stone, energy healing, cupcake decorating & jewellery making for 6+yrs, 10.30-3.30pm, **FREE** admission. **19 Aug** Beech Court Gardens Challock nr Ashford 01233 740735 Open Garden **20 Aug** Whinless Down 01304 241806 Wildlife Orienteering taster day, distance 1 mile, 1.5hrs. **20-25 Aug** Trinity Theatre Tunbridge Wells 01892 678678 101 Dalmations Summer Youth Production Week for children 8-15yrs. **22 Aug** Broadstairs Watergala 01227 700894 Fun day out with family beach games & competitions, kayak & surf boarding lessons/sessions, boat trips from the harbour, sand castle/sculpture, knobble knees competition, fancy dress, teddy bears picnic, family fun fair, crafts, live music plus lots more & a fireworks finale, **FREE** admission.

23-27 Aug Sandwich Festival 01304 611619 Annual festival with a full programme of events both indoors & outdoors. **24,25 Aug** Quay Green Sandwich 01304 611619 Family fun area with bouncy castle, facepainting, slides & carousel. **26 Aug** Street Concert in Market Street with Greek BBQ. **27 Aug** Duck Race. **24-25 Aug** Orchard Theatre Dartford 01322 220000 Annie the musical, Summer Youth Project. **27 Aug-1 Sept** Grease the musical. **25 Aug** Otford Memorial Hall High Street Otford 07935 700417 Craft & Gift Fair with facepainting, craft table, refreshments & lots more, 10-2pm, **FREE** entry. **25 Aug** Freemantle Hall Bexley High Street Ladies & Little Missy Pamper Day with Dermalogica facials, sport/remedial, hot stone, energy healing, cupcake decorating & jewellery making for 6+yrs, 10.30-3.30pm, **FREE** admission. **25-26 Aug** Haguelands Village 01303 873535 Family Fun weekend with living history Viking encampment, market of local food & drink producers, craft fair, live music, beer tent, marsh maize & lots more. **25-27 Aug** Kent Show Ground 08450 617181 Military Odyssey fun weekend for all the family. **25-27 Aug** Day of Syn Festival Dymchurch 01303 873661 There will be beach battles, fancy dress competition, art exhibition, craft fair, boot fair & lots more, **FREE** day out for all the family. **26 Aug** Westwell Queen Elizabeth Field 01233 623531 Village Fete with China smashing, coconut shy, greasy pole, children's races & lots more, **FREE** entry.

26-27 Aug Sandwich Bay Bird Observatory 01304 617341 Trust Fair with a wide range of activities & stalls including hourly guided walks around the reserves & numerous displays of local wildlife & a BBQ. **27 Aug** Dover Visitor Information Centre 01304 205108 Kent Miners Festival with stage acts, fun fair rides, clowns, acrobats, sport, displays & lots more, **FREE** entry, Tel: **01304 380903.** **27 Aug** Bethersden Garden Fete Brissendon 01233 335452 Attractions to include bric a brac, face painting, games, ploughman's lunches, bbq & lots more fun for all the family. **27 Aug** Lynsted Fete & Fun Dog Show Lynsted Kent Meadow Traditional fete with punch & judy, storyteller, working dog trials demonstration, veteran car display, fancy dress in various categories **27 Aug** Willesborough Windmill Ashford 01233 611650 Guide Dogs Companion Dog show, **FREE** entry. **28 Aug** Dover Museum Market Square 01304 201066 Family Day make & decorate a photo frame, choose from a variety of designs or design your own. **29 Aug** Historical games try out a variety of historical games played by the Romans, Viking, Tudors, Victorians & Edwardians. **31 Aug** Western Heights Dover 01304 241806 Ghosties Walk, 2-3 miles. **19 Aug** Grand Shaft Open Day, **FREE.**

What's On
London Calendar
Page 10



Stretch your child's imagination in three directions at once!

IF YOUR CHILD is between 4 and 16, he or she is ready for Stagecoach to teach them to act, sing and dance.

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Education

Win a book each week for a year!

This year marks 15 years of the **Kumon English** programme in the UK. In this time, more than 148,000 students have benefitted from the individualised **Kumon English** programme, which aims to develop a passion for reading in every child.

It is often considered that reading is the single most important activity that a child can undergo to ensure academic achievement and lifelong success. So to celebrate this milestone, **Kumon** is giving all UK parents and guardians a chance to win a children's book each week for a year.

To enter, they simply need to become a fan of the **Kumon** UK Facebook Page www.facebook.com/kumon.uk and then submit a 100 word entry starting with “*I encourage my child to read because...*”. The competition

will run from **1 to 31 August** and the winner will be announced on the Facebook page on 7 September 2012.

The winning parent and their child will be able to select four to five free books every month for the following year, providing a new book to read each week. The **Kumon Recommended Reading List** will support them in selections both exciting and stimulating.

Nick Gibb, Minister of State for Schools, states: “Children should always have a book on the go. The difference in achievement between children who read for half an hour a day in their spare time and those who do not is huge.”

At a recent speech at *Stockwell Park High School*, he furthered this notion, stating: “**The National Literacy Trust** released research recently that suggests only one in three

children owns a book. Yet we know that the difference in reading ability between pupils who never read for enjoyment, and those who read for just half an hour a day, is equivalent to a year's schooling by the age of 15.”

This exclusive competition gives parents a chance to win a library of 52 brand new children's books of their choice. **Kumon** is passionate about giving children the chance to experience the joys of getting lost in a book and looks forward to helping the winning child develop through the power of literacy.

The **Kumon English** programme takes children on a journey from basic word and sentence building to reading and understanding advanced texts, whilst developing life skills such as confidence and independence. Students work independently on their **Kumon** worksheets every day, developing a wide range of reading comprehension skills and eventually interpreting information in high level texts such as Shakespeare plays, Coleridge poetry and Austen novels. For more information on the **Kumon English** programme, visit www.kumon.co.uk/english

August 2012 ACTIVE LEARNING OPENS A FABULOUS NEW NURSERY IN CHISWICK

Do you want your child to be inspired?

It's well known that children learn best when they are having fun and are confident in their environment and with their peers. **Active Learning** promote the development of the all round child and introduce them to a broad, exciting programme of learning through some of the best recognized forms of teaching and through truly innovative studio programmes which focus on art, music and performing arts, language, literacy, science, IT and sports. The results have been outstanding. The children are healthy children in every way, and inspired and motivated to enjoying a natural love of discovery and learning whilst looking after themselves positively in every way to become healthy teenagers and eventually young adults.

Specialist teachers in the studios are supernumerary to the wonderful nursery mentors. Children are nurtured as individuals, bringing out the best in each and help them to discover and maximize the potential of their talents while also developing confidence in areas that they might find more tricky. Artists in residence and visiting musicians create a hive

of creativity and colour in the daily lives of the children. ‘I have never seen anything like it’, exclaims many an excited parent as they enter an **Active Learning** nursery.

The nurseries are not only purpose designed, complete with the latest state of the art nursery technology, but also filled with light and space, creating a truly joyful environment. With the addition of the unique Art, Performing Art and Music, and Science studios making them completely different from most other nurseries. There are sensory rooms for younger children and fabulous outdoor play spaces. And to watch your child log on to secure webcams

and see what they're up to. Full time chefs make delicious meals for organic café where they teach children to eat healthily and enjoy the social interaction as at home with their families and friends At Chiswick, they are most fortunate to be alongside **Roka** and **Little Gyms** at the spectacular **Quinton Hogg memorial ground** where the full height glass windows look out onto the green grass of the playing fields. Visit and see: **Active Learning**, Quintin Hogg Memorial Ground, Hartington Road, W4 3AN

0800 081 1620
and direct number
020 3167 4884
www.active-learn.co.uk



August 2012

Safer Cycling Lessons Lead to Dramatic Drop in Deaths

BRITAIN'S leading cycle helmet charity has welcomed the dramatic drop in the number of child cyclists aged under 15 killed on Britain's roads in 2011.

However, **The Bicycle Helmet Initiative Trust** has warned parents and young cyclists to be extra vigilant over the summer as all six fatalities and 58% of all child cycling casualties in 2011 occurred between May and September.

Whilst *Department for Transport* figures released recently show that the number of child cyclist fatalities fell by 14 per cent they also showed that child cyclist injury rates were up by 2%.

In the same period the number of adult cyclists injured rose by 12%.

The Bicycle Helmet Initiative Trust has welcomed the dramatic decrease in the number of child cyclist fatalities which coincided with last year's launch of the charity's nationwide safer cycling campaign but has warned that more needs to be done to protect young cyclists.

Angela Lee, the Trust's chief executive, said: “Like everyone we are absolutely delighted

at the news of a 14 percent reduction in child deaths from cycling accidents in Britain. That figure represents someone's son, daughter, grandson and granddaughter and just one life saved is something to really celebrate.

“I am also delighted that the fall in fatalities has coincided with the launch of the charity's safer cycling lesson packs – **HeadFirst** and **HeadStart**. We knew already that they had been exceptionally well received by teachers but to know that they are helping to make a real difference in protecting young cyclists is wonderful.

“However, it is also of great concern that all the fatalities and an overwhelming number of injuries occurred during the summer. Over the next few weeks we need to ensure that youngsters know how to protect themselves whilst cycling and this includes wearing a helmet, making sure they can be seen by having lights on their bike and wearing high visibility clothing and following the rules of the road.”

At the start of 2011 the Trust sent every primary school in England and Wales

HeadFirst and **HeadStart** - two award-winning safer cycling education packs for *Key Stage 1* and *Key Stage 2* pupils.. During 2011 more than 4,000 schools took up the scheme helping to protect hundreds of thousands of young cyclists and 97% of the teachers who used them said the packs had had an impact.

These packs completed a trilogy that was started by the charity in 2009 with the launch of **HeadSmart** – a safer cycling lesson pack for 11 to 13-year-olds.

In November 2011 the Trust won the **Lynda Chalker GB Road Safety Award** for its trilogy of packs and contribution to road safety in this country and in December 2009 it was the first British organisation to win the **European Road Safety Awards** for **HeadSmart** pack.

Miss Lee, the Trust's founder and a paediatric trauma nurse, said: “We must not rest on our laurels. Whilst the latest fall in child cyclist fatalities is excellent news we need to find new initiatives to ensure this year's figures are even lower and we start to see a reduction in injury rates as well as fatalities.”

Pong Research Corporation, maker of the world's most technologically advanced iPad and smartphone cases, is launching in the UK.

Pong improves mobile device signal strength, maintains battery life, and protects against radiation exposure-with cases for the *iPad* and *iPhone* and other smartphones.

Pong is launching the first and only case that can protect devices as well as boost 3G/4G reception, improve signal strength and download and upload speeds, and increase range-all whilst reducing end user exposure to radiation.

Pong has developed the first patented technology that is proven in certified laboratories to protect the mobile device's signal strength while also redirecting cell phone radiation away from the user, by up to 95% below international safety limits as measured on the *Specific Absorption Rate* or “*SAR*” scale.

Pong cases are the creation of an international team of scientists with unique expertise in the fields of plasma physics, environmental science, electrical engineering, antenna design and health sciences. Among their breakthrough discoveries, **Pong's** scientists gained an understanding of how to “redirect”

radiation through the use of electromagnetic fields--the very science now embedded into every **Pong** case.

The cases, which are available for *iPad*, *iPhone*, and *Blackberry* and *Android* phones, are available in different colours and finishes. The cases also provide durable protection, shock absorption and scratch protection.

Most users of cell phones are unaware that over 50% of the radiation emitted by their phones can be absorbed into their heads and bodies. The absorption of this “near field” energy not only disrupts the signal necessary for the phone to communicate with a cell tower, but also underlies increasing concerns among physicians, scientists and lawmakers who believe this exposure to be a health hazard.

Darcy Dinga, **Pong** VP & GM comments: “We are really excited to be launching in the UK following our success in the US. **Pong** is very proud of its cases, and the technology helps increase 3G/4G reception, battery and signal strength for mobile devices. Whilst the debate on

radiation may be up in the air for years to come, we have found that many would like the peace of mind to protect themselves and their children while the research continues. This ‘precautionary principle’ is now being supported by international governments and agencies world-wide.”

Today **Pong** is a global leader in solutions that protect users of mobile phones and other wireless devices from the potentially harmful effects of radiation exposure.

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What's On London Calendar

Daily Harry Potter London Locations Tour 020 7222 1234 Meet at Temple Station, 2 ½ hr bus tour of London locations featured in the Harry Potter films. Learn more about the boy wizard & the Hogwarts gang with facts, discussions & an insight into how the films were made.

Daily Tower of London Tower Hill London 0844 482 7799 Fit for a King exhibition learn about the personalities, power & physical size of England's kings, from the Tudors, & the notorious Henry VIII to today's royal family.

Daily London Zoo 020 7722 3333 Rainforest Life Exhibit, experience the sights sounds, smells of the rainforest & come face-to-face with amazing rainforest species including monkeys sloth, armadillo, tamandua plus there's a special Night Life area, where you'll discover bats, rats & other nocturnal creatures that dwell in the dark.

Daily National Army Museum 020 7730 0717 www.national-army-museum.ac.uk Victorian Soldier Action Zone with quizzes,

games & hands on activities tlife as a Victorian soldier, **FREE**. **Daily** The World's Army, Empire, Commonwealth & Dominion Soldiers 1914-45 Action Zone family interactive zone, **FREE**. **Daily** Kids Zone, interactive learning & play space under 10's plus a soft play area for babies.

Daily Science Museum 0870 870 4868 Launchpad Science Shows interactive gallery launch a rocket, turn head into a sound box & control a magnetic cloud for families, **FREE**. **Daily** Gallery Tours, families 13+yrs, **FREE**. **Ongoing** Flyzone 360 degrees flight simulators fly with the Red Arrows 3D motion effects theatre. **Every weekend** Icy Cool Adventure families, under 7's, **FREE**. **Every Weekend** Spaced Out, families, 5+yrs, **FREE**. **Every Weekend** A Cockroach Tour of the museum dressing up in realistic costumes. **FREE**.

Daily The Queen's Gallery Buckingham Palace 020 7766 7301 Activity bags for families. Which animals the adventurers shared the Antarctic with and what

early explorers wore to protect themselves from the cold.

Just opened London Dungeon 020 7403 7221 Vengeance: The UK's first 5D laser ride

Ongoing Royal Mews Buckingham Palace 020 7766 7302 Family self directed activities art trolley, 5-11yrs.

Ongoing Churchill War Rooms 020 7930 6961 Ongoing Undercover, Life in Churchill's Bunker, Churchill made history.

Throughout Aug Museum of Childhood Bethnal Green 020 8983 5200 Summer Games fun family activities, drop in, all ages. **3 Aug** Going for Gold a sports training camp featuring Dr Bike makeover session for visitor's bicycles, drop in all ages. **Every Fri in Aug** Puppet Festival, **FREE**

Daily Family backpacs for under 5's train map, storybooks, play mats & question sheets, **FREE**. **Until 9 Dec** Happy Birthday Mr

www.parents-news.co.uk

Punch new display & exhibition.

Throughout Aug & Olympic games Team London Bridge Live Arts with over 25 street performers 10-12pm & 2-4pm, www.teamlondonbridge.co.uk.

Every Sat Blue Elephant Theatre Camberwell 020 7701 0100 Young People's Theatre workshops, various age groups 7-18yrs, **FREE** to join.

Every Sun Venn Street Market, Clapham Common 020 7622 8259 The Garlic Farm, Market Gourmet Michelin quality foods ready made, Seriously Italian & lots more, 10-4pm.

Every Sun National Gallery www.nationalgallery.org.uk 020 7747 2885 Family workshops bringing paintings alive & 1 themed story on the magic carpet, plus **FREE** family trail.

Every Sun Hildreth Street Market Balham SW12 fresh food traders from all over London.

Every Sun South London Gallery 65 Peckham Road 020 7703 6120 Hands on workshops families by gallery artists, **FREE**.

Every Thurs & Fri during schols & every weekend Tate Britain Millbank London 020 7887 8888 A physical, material & social experience of sculpture through touch, interaction & collaboration, **FREE**. **Every weekend** Art Trolley sessions encourages children to imagine & create collages & lots more, **FREE**. **Daily** Family Resources provides questions & activities which encourage children & families to explore art works, **FREE**. **Daily** Family Trails, under 5's, **FREE**.

Every 2nd Sat of month National Geographic Store 83-97 Regent Street 020 7025 6960 Animal Man slithering snakes, slimy insects & smelly skunks. owls, lizards, tortoises, armadillos, meerkats & lots more, hands on activities for all ages.

Every weekend Rich Mix Bethnal Green 020 7613 7498 Kids' Cine Time a collection of films suitable for all the family

Every weekend Greenwich Clocktower Market Greenwich High Road Quirky weekend market has 50 stalls specialising in vintage, retro & antiques with a few contemporary craft stalls, **FREE** entry, www.cloktowermarket.co.uk

Until 12 Aug Old Royal Naval College Cutty Sark Gardens Greenwich 0870 169 0101 Forty day festival that includes dance, music, comedy, film, art, theatre & lots more, www.greenwichsummerfestival.co.uk. **020 8269 4799**.

Until 30 Aug Hackney Museum 020 8356 3500 **School hols, every Wed & Thurs** Artist led Olympic art & craft drop in workshops, **FREE**. **Now On**, Olympic Corner Exhibition. **Now On** A-Z of Hackney Tour around Hackney.

Now on Olympic Artists Until 9 Sept Exchange Shopping Centre Putney High Street Crown Jewels competition, win a diamond worth £3,000, visitors to the Exchange have the opportunity to guess the actual number of diamonds inside the Crown, the closest to the correct answer winning a diamond of their very own.

August 2012

Until 9 Sept Madame Tussauds 0870400 3000 Opens out of hours tours over the Olympics.

Until 9 Sept The Foundling Museum 40 Brunswick Square 020 7841 3600 The Triumph of Pleasure exhibition.

Until 9 Sept Royal National Theatre South Bank 020-7452 3234 Inside Out festival programme as the theatre bursts out onto its riverside terraces & squares. The Pop Up Workshop on the terrace balcony **FREE**

performances & activities all the ages puppetry & prop making, learn about stage combat, costume design, or the art of slapstick & commedia. Storytelling for the very young & lots more. **22-25 Aug** Cesario a new play a cast of young people from London schools, 7+yrs.

1 Aug Chelsea Physic Garden London 020 7352 5646 Paper Stixx & Wonderful Wire Sculptures 6+yrs. **2 Aug** Art of the Garden try out printing, painting, sketching & model making using natural & recycled materials, 4+yrs. **7 Aug** an introduction to things that fly, 8+yrs. **8 Aug** Creepy Crawling animals suited to environments & hold them, 11+yrs. **9 Aug** Chelsea a forensic Biology workshop, 9+yrs. **14 Aug** Chocolate Tuesday with a tasting session, 7+yrs. **16 Aug** Lotions & Potions to herbal medicine, 7+yrs.

22 Aug Creepy Crawling, 4+yrs. **23 Aug** Pup Fiction an introduction to papermaking, 7+yrs. **28 Aug** Garden Photography, 7+yrs. **29 Aug** Ethnobotany for beginners, 10+yrs. **30 Aug** Garden Safari, 4+yrs.

August 2012

1 Aug Horniman Museum London Road Forest Hill 020 8699 1872 Play Day GeT Out & Play for all ages including makein caterpillar puppets, owl display, competitions to find birds in trees, hide & seek & lots more.

4,11,18,25 Aug Art Makers, families, 3+yrs. **4,11,18,25 Aug** Hands On family workshops different theme each week, families 3+yrs, **FREE**. **5,12,19,26 Aug** Chill Out Sunday Concerts, **FREE**.

7-9 Aug Horniman Summer Club with treasure hunts & pond dipping, make a musical instrument & more, need to book. **Every Mon, Wed & Fri until 31 Aug** Nature explorers family art fun, 3+yrs. **Every Mon until 20 Aug** Nature Explorers fun family sessions, 4+yrs., adults **FREE**.

Every Tues until 29 Aug Pond Dipping, 3+yrs, ticketed, **FREE**. **Every Tues until 29 Aug** Museum Mission fun & different trail each week, **FREE**. **Every Wed until 29 Aug** Nature Trail Discovery, 3+yrs. **Every Thurs until 30 Aug** Discovery for All, drop in, **FREE**.

Every Thurs until 30 Aug World of Stories, drop in, 3+yrs, **FREE**. **Every Thurs until 30 Aug** Nature Trail Trekkers, **FREE**, ticketed. **9 Sept** Mummies, Maypoles and Milkmaids – A Journey Through the English Ritual Year exhibition, **FREE** for under 16's. **Every Sun until 30 Sept** Discovery for All, **FREE**, drop in, 3+yrs. **Until 31 Dec** The Art of Harmony: The V & A & Horniman Music Collections, **FREE**.

1 Aug Natural History Museum Cromwell Road London 020 7942 5000 Big City Bug Hunt, **FREE**. **6 Aug** The Ring of Fire find out why earthquakes, volcanoes & tsunamis happen, **FREE**. **25-26 Aug** All Abuzz About Wasp Nests, discover more about the insects. **Until 2 Sept** Scott's Last Expedition. **Until 16 Sept** Animal Inside Out exhibition, under 4's **FREE**. **Every weekend & school hols** Hands on Nature Dinosaurs, visit the handling station & explore interesting specimens with the help of the museums science educators, **FREE** & Up, Up and Away interactive storytelling for under 7's, **FREE**.

Daily Family Earth Lab explore the wonder of fossils, rocks & minerals, families, 6+yrs, **FREE**. Explorer backpacks, families under 7's. Dippy Floor puzzle under 7's, **FREE**. Bookasaurus, families under 5's. Jurassic Ark family activity pack includes code breaking activities. **Daily** Learning Activators encourage visitors of all ages to discover more about the natural world, **FREE**. **Daily** Focus Points handling trolleys explore real specimens with the help of volunteers, using different natural history themed activities, all ages, **FREE**.

2 Aug Cottesloe & Olivier Theatre South Bank Centre 020 7452 3400 The Curious Incident of the Dog in the Night Time, London 2012 Festival, 13+yrs. **4 Aug** Geffrye Museum Kingsland Rd London 020 7739 9893 Sunburst Hats & Headresses workshop create one inspired by Art Deco designs, family, 3-16 yrs. **4 Aug** Spicy Delights bake cakes & biscuits to take home, 11-16yrs. **14-17, 21-24 Aug** Holiday workshops, places are allocated

on a first come, first served basis. **14-17, 21-24 Aug** Inside, Outside, Homes explore homes & gardens from around the world through stories, songs & craft activities, families, 3+yrs. **28-31 Aug** Week of activities, drop in basis.

4-12 Aug Imperial War Museum Lambeth Road 020 7416 5439 'Make Do and Mend' Quilt art activity, drop in, all ages, **FREE**.

25-31 Aug Build the Truce art activity, drop in, all ages, **FREE**.

5 Aug London Imax Cinema South Bank 020 7928 3535 Film Funday, The Pirates lIn an Adventure with Scientists plus

Pirates Workshop, create own pirate character & bringing them to life with the use of acclamation animation techniques, **FREE** to ticket holders of The Pirates.

11-19 Aug HMS Belfast 020 7940 6320 020 7403 0719(f) Tattoo T-shirts design your own tattoo shapes on t-shirts & learn all about the traditions behind original naval tattoos.

13 Aug-3 Sept Victoria & Albert Museum 020 7942 2000 The Imagination Station opportunity for children to design & create a fantasy boat, **FREE**, drop in. **14 Aug** Make It, Architecture design & create a model city ,

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5+yrs. **Every Sun in Aug** Drop in Design, **FREE**. **Daily** Back Packs families can pick up an activity back pack filled with jigsaws, stories & games to explore the collection, 4-11yrs, Activity Cart hands on art fun for children to create a Samuri helmet, a silver goblet or an elephant mask to take home, **FREE**, drop in plus Agent Animal bag a sensory activity bag that has been developed for under 5's containing an audio map & fabric cubes, **FREE**.

17-19 Aug Regents Park 0845 673 2154 Lollibop with a Wacky Races obstacle course for under 5's where children can be the first to try out a brand new range of Balance & Apollo kids bikes plus for older children a BMX stunt display & demo area. From the Lollibop Kitchen live demonstrations & interactive workshops a Tween area with activities to include street dance, hula hoop, beabox workshops & much more.

19 Aug British Museum Great Russell Street London 020 7323 8000 Manga comic workshop learn the secrets of Japanese manga comic book artists, then create your own manga characters & comic book set in the museum

to print & take home, 7+yrs, **FREE**, booking advised.

2 Sept Tate Modern Bankside London SE1 020 7887 8008 Performance Year Zero, The Tanks family participatory event, all ages

FREE. **Every Thurs & Fri during school hols & every weekend** Open Studio play & create with ideas & materials from artworks in the collection displays for all ages. **Daily** Family resources with paper based activities for families all ages, **FREE**. **Daily** Children's Multimedia Guide keeps children entertained & animates art works through music, video clips & entertaining games, 5+yrs. **Daily** Under 5's Zone a new play space for families, **FREE**. **Every weekend** Start Sessions with games, map making & clue matching, 5+yrs, **FREE**.

8-9 Sept The Mayor's Thames Festival 020 7928 8998. Entertainment from Tower Bridge to the London Eye, this is the closing weekend of the London 2012 games, **FREE** event www.thamesfestival.org.

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Food Lovers Delight will be available on the day selling jacket potatoes, baguettes, burgers, chips, crepes, candy floss, hot and cold drinks. There will also be plenty of open space for those that would like to bring a picnic!

For further information please contact:
Sutton Family Information Service on 020 8770 6000
www.suttonfamilyinfo.org.uk or www.playday.org.uk

A free community event for Sutton's residents, Organised, Funded & Supported by:



Join us to create and celebrate our Olympic Summer at Hackney Museum!

Every Wednesday and Thursday 2pm – 4pm
25 July – 30 August
Family fun for all ages

There is no need to book for these FREE family drop-in workshops.

For more information on any of these workshops please contact:
Elizabeth Fraser-Betts@Hackney.gov.uk
Hackney Museum
Technology & Learning Centre, 1 Reading Lane, Hackney E8 1GQ

Wednesday 25th and Thursday 26th July Lighting up the Past with Bryony Dunne
Recreate and paint photographs from Hackney's past to add to our huge Olympic Timeline Lamphshades.

Wednesday 1st August and Wednesday 8th August Heart Felt Future for Hackney with Andrea Morreau
Use your imagination to make your own hand felted map to show how you would like to see the Olympic site in the future.

Thursday 2nd August and Thursday 9th August Hackney in your Pocket with Shehnoor Ahmed
Create pocket books to share your own stories and adventures of Hackney in 2012, using printing, poetry and collage.

Wednesday 15th and Thursday 16th August The Lost Hackney Olympian with Emily Tracy
Using shadow, silhouettes and role play become part of our lost Olympian's secret photo album.

Wednesday 22nd and Thursday 23rd August Make do and Mend with Rebecca Chitty
Join our Olympic Patchwork tapestry and design your own felt square inspired by the 1948's "Austerity" games and 2012 Olympic and Paralympics values.

FREE workshops



Mapping the Change

2012 Hackney Museum   

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Saturday 1 September

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