

# PARENTS NEWS

February 2013 No. 173 The First & Foremost Local Monthly Newspaper for Families

1993 - 2013  
20th Successful Year  
Thank you

**FREE**

**What's On in  
February and  
Half Term**

[www.nationalgallery.org.uk](http://www.nationalgallery.org.uk)  
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[www.sandown.co.uk](http://www.sandown.co.uk)

[www.wwt.org.uk/london](http://www.wwt.org.uk/london)

St Lawrence College  
[www.slcluk.com](http://www.slcluk.com)

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**PARENTS NEWS** believes that society's best asset is its young people! We shall accept no advertising in the opinion of the Publisher, is considered demeaning to children. We intend to encourage environmental, health, and non-violent issues, but not to preach or claim to always be right. Different opinions published are the opinions of the authors and not necessarily those of **PARENTS NEWS**. We hope mums and dads enjoy the articles, be interested by Calendar (finding it useful), and use the advertisers. Any endorsement by **PARENTS NEWS** is explicitly stated.

**Family Health**

**A revolution in the way a child's temperature is taken...**

...with the **Vicks Gentle Touch Behind Ear thermometer** which is set to revolutionise the way body temperature is taken in infants and children. With a simple touch, the thermometer is gentle enough to be used without waking a sleeping infant, while providing accurate measurements in one second.

**Vicks Gentle Touch Behind Ear thermometer** uses a novel heat flow technique to measure the temperature of the blood carotid artery which runs behind the ear, bringing blood to the brain and hypothalamus and so accurately reflecting core body temperature.

"Having a sick child is stressful for any parent, so carers need to be able to take a child's temperature quickly, accurately and in a non-invasive way" said **Emanuela D'Aloisio**, Marketing Manager Healthcare at **Kaz Europe SA** which manufactures **Vicks** thermometers in Europe under license to the **Vicks** trademark.

Featuring a large colour-changing display **Vicks Gentle Touch Behind Ear thermometer** is

equipped with **Fever InSight™** technology which uses a traffic light colour-coded system to display body temperature. This unique feature helps parents to know when things are getting better or worse at a glance and helps turning temperature measurement into a more stress-free and fun experience. The screen remains green if no fever is present, turns yellow if temperature is slightly elevated and red if the child has a fever (over 38 degrees). This colour-changing display also acts as a backlight for night-time temperature readings. As the thermometer only touches the skin behind the ear the risk of cross is virtually eliminated.

The **Vicks Gentle Touch** has a multiple memory function which can store up to eight temperature readings. It comes with a two year warranty and is available in pharmacies at the recommended price of £44.99

**www.kaz-europe.com/kin-gentle-touch**



**Keep them well this winter!**

Most adults experience on average two to four colds a year, whereas children can experience up to nine. And with more than 200 viruses known to cause a cold, Help boost your child's defenses

- 1/ Hand washing**  
Germs on a child's hands can be easily passed to other children. Once on the hands they are easily transferred to the mouth and this is how many infections are spread. Experts recommend spending at least 15 seconds – about the time it takes to sing 'Happy Birthday' to You' twice through – to wash hands properly.
- 2/ Boost their EFAs**  
Essential fatty acids are

required for the normal functioning of lymphocytes (white blood cells). Research has demonstrated that children with a history of recurrent respiratory infections fare better when taking supplements of EFAs. Excellent food sources include oily fish and flax seed oil. Fish or flax oil supplement can be a 'peaceful' alternative.

**3/ Good gut bacteria**  
A good probiotic formula can also help to strengthen your child's immune system. This is especially worth bearing in mind if your child has recently finished a course of antibiotics, which as well as fighting bad bacteria also destroy

good bacteria in the gut. Try **ProVen Adult Probiotic 25 Billion** £12.95 for 30 capsules. Available in **Lloyds** pharmacies, leading health food stores and online at **www.provenprobiotics.co.uk**.  
**4/ Say yes to yeast**  
Help boost their immune systems with **Bio-Strath Elixir**, a liquid food supplement clinically trialled to help improve immune health, concentration and vitality in children. A herbal yeast complex rich in vital nutrients, **Bio-Strath®** was found to improve fatigue and resistance to infection, from £8.59 for 100ml, **Holland & Barrett** and **www.healthy2u.co.uk**

**Meet birds of prey at Wing Watch at WWT London Wetland Centre**

Wild birds of prey are regular visitors to **WWT London Wetland Centre**, but due to their speed and agility it is often difficult to get a really good look at them. So for three days in February **WWT London Wetland Centre** is giving visitors the chance to see these magnificent raptors up close. Falcons, owls and hawks will be here with their handler, bird of prey expert **Ben Long**, from **Saturday 16 – Monday 18 February**. With their keen senses and aerial agility these avian hunters are perfectly adapted for seeking and catching their prey. This is

a rare chance to see their fierce talons and bills, and stunning plumage at first hand. Since **WWT London Wetland Centre** opened in 2000, 19 different bird of prey species have been recorded. Some are regular visitors, like the kestrels, sparrowhawks and a pair of local peregrine. Then there are the hobbies which hunt over the lakes and marsh in summer, the buzzards and red kites that drift over from the countryside, and the owls which are sometimes spotted as it gets dark. The real surprises can come during spring or autumn migration,

with merlins, ospreys, black kites and harrers making appearances. And throughout half term week, **Saturday 16 – Sunday 24 February**, they're inviting you to get to know birds better with **Wing Watch**: special birdwatching walks, and get creative in the bird art and craft sessions. From looking at birds close up to finding out how to spot them in the wild, this is a wonderful opportunity for everyone – from families to birding beginners – to get to know our feathered friends.  
**020 8409 4400**  
**www.wwt.org.uk/visit/london**

**WWT London Wetland Centre**

**Wing watch!**  
**Meet amazing birds of prey**  
**Saturday 16 to Monday 18 February 2013**

Meet magnificent birds of prey at this 105 acre wildlife reserve. And throughout half term join our daily bird watching sessions or take part in our bird-themed arts and crafts.

Just 10 minutes from Hammersmith by bus. Free parking.

For full details see **www.wwt.org.uk/London** or call **020 8409 4400**

**London Wetland Centre**  
Queen Elizabeth's Walk, Barnes, London SW13 9WT

WWT registered charity in England & Wales, no. 1030884 and Scotland, no. SC039410  
Photo credits: Ben Long, Jack Boothby, Thames Water

February 2013

February 2013

**Boost your weight loss with olive oil**

If you're trying to shift a few extra pounds for Christmas (the weight ones not the £'s) then you might want to stock up on some extra virgin olive oil – which according to studies helps to burn fat and make you extra lean.

In trials, rats regularly fed extra virgin olive oil over a set period of time resulted in considerably lower body fat and had higher concentrations of noradrenalin and adrenaline excretion (an important element in burning brown fat) than rats fed corn oil and even regular olive oil. This could be because extra virgin olive oil has been found to have a thermic effect (heat producing) which is burned off as energy as opposed to being stored by the body as fat; and also helps other fats to be burned off more efficiently.

To reap the fat burning results



of extra virgin olive oil, you should aim to consume at least a tablespoon every day. This can be mixed into your breakfast muesli, drizzled on toast or salads, eaten with dips or simply double dunked with fresh bread and herb mixes – and of course used for everyday cooking.

For best results, and if you are a neat olive oil lover, there is nothing better than mixing a tablespoon of a good quality extra virgin olive oil with a teaspoon of freshly squeezed lemon and swallowing it whole before you go to bed!

The purer the extra virgin olive oil, the better and the **Sinolea** oil from **Terra** is a fine example of such oil. Stone-crushed hand-picked and polyphenols, from **www.terra-rossa.com**

**Pilgrims Choice Lighter and damn proud of it**

When you think lighter cheese, do you sigh at the thought of a piece of tasteless and dry cheddar? Well not anymore. **Pilgrims Choice** is taking a stand against bland low fat cheese with their **Lighter Mature** and **Extra Mature** cheddars; they're strong and punchy with only one difference – 30% less fat!

This New Year, instead of eating bland, tasteless food, let the lighter range from the choosiest cheese company treat your tongue and your trouser line at the same time.

For one lighter doesn't mean that your taste buds are forced to compromise, as **Pilgrims**

**Choice** lighter cheddar tastes just as good as its full fat equivalents. And don't just take their word for it! **Pilgrims Choice Lighter Extra Mature** scooped Gold in the lighter cheese category at **The National Cheese Awards**.

Recipe ideas  
Sundried Tomato Penne;  
Cheddar and Red Onion Tart;  
Jacket Potato with Tomato and Cheese; Choice Cheddar and Spring Onion Soup;  
Choice Superfood Salad

Visit **www.pilgrimschoice.com**  
Stockist: Most major supermarkets



**Healthy Eating**  
**Quinola - the everyday superfood**

Looking for an alternative to rice and potatoes? Can't face another plate of pasta? **Alice & Oscar's organic Quinola**, a new brand of high-quality South American quinoa (pronounced "keen-wa"), is set to take this tasty, quick and nutrient-rich grain away from the shelves of health-food stores and into larders as an everyday food. The man behind the brand, **James Livingstone-Wallace**, who is a descendant of the 19th-century Scottish explorer, **Dr David Livingstone**, came across smallholders growing quinoa while travelling with his family in the Peruvian Andes. On returning home, James set up a **Fairtrade** partnership with the **Cabaña Farming Co-operative** just north of Lake Titicaca. The **Quinola** brand is now proud to launch the best pearl, red and black Peruvian quinoa in the UK. "In Peru, where quinoa has been eaten for thousands of years and was the sacred mothergrain of the Incas, it is considered an essential part of the diet," says James, who gave

up a career as a fund manager to travel with his wife and three children. "Not only is quinoa a 'complete protein', meaning that it contains all the essential amino acids our body needs, it is also gluten-free and easily digested. Our children, **Alice** and **Oscar**, both love the taste and texture of the quinoa – especially the black quinoa, which has a lovely crunchy texture and is hard to source in the UK. They are the inspiration for the brand's name, while our other son **George** makes an appearance on the packaging as a condor "Quinola is a deeply ethical brand. We not only work directly with the smallholders of Cabaña but also employ people with learning difficulties to package it in recycled cardboard in France. To find out more about **Quinola** visit **www.quinola.com**. **Quinola** is available from **Fortnum & Mason**, **Planet Organic**, **Selfigides**, and **www.quinola.com**



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**HALF-TERM FUN FOR THE WHOLE FAMILY AT NAM!**

» **www.nam.ac.uk**

Not sure where to take the kids this half-term? March down to the **National Army Museum (NAM)** for the day: explore the interactive exhibitions, events and activities on offer for a free, fun-filled family day out.

Home to historic works of art and the latest captivating collections from modern day conflict, the **National Army Museum** brings to life the diverse stories, objects and histories of the British Army. From mittens to machine guns and everything in between, the Museum's extensive collection of historical and military artefacts brings to life the stories of the British Army from its creation to current-day Afghanistan.

Learn something new with a range of events, activities and exhibitions, featuring

something for every member of the family, from Grandpa reminiscing to kids discovering history for the first time.

**War Horse: Fact & Fiction**, (open until 31 March 2013) ties in with the **Michael Morpurgo's** compelling novel, the **National Theatre's** acclaimed stage production and the **Steven Spielberg** directed film, digging deeper into the role of horses throughout centuries of war. Real-life stories and objects are presented with exclusive material from **Michael Morpurgo**, the **National Theatre** and original costumes **from the film**, with stunning sculptures providing an emotive backdrop.

Get a hands-on feel for the life of a soldier from Victorian times through to the World Wars with

**DISCOVER** » Fantastic exhibitions and displays

**ENJOY** » Interactive learning in our Kids' Zone

**Action Zones** dotted throughout the Museum. Try on an officer's uniform, hideout in the trenches, and challenge each other to traditional army pastimes, discovering whether you're a drummer boy, infantryman, or cavalry officer.

Little ones will thoroughly enjoy a visit to the **Kids' Zone**, where you can watch them explore the soft play area. They can interact and create with themed activities and models designed to excite their senses and kick start their learning.

A small admission charge does apply for **Kids' Zone**, check out the Museum's website to order your tickets in advance.

**EXPLORE** » Our programme of events

**This half-term bring your tiny troops along to our free event...**

**Captain Clean**  
16 - 24 February 2013  
Daily from 10.45

Meet **Captain Clean**, the Museum's own mighty champion, as he battles the forces of decay and defends our precious Collection!

- » Hunt for clues and solve puzzles
- » Discover ways to track down Agents of Decay and beat these pesky foes



**FREE ENTRY**

## Out & About

### Imagine Children's Festival 2013 – Mon 11 Feb – Sun 24 Feb

Imagine Children's Festival is *Southbank Centre's* annual festival for children, offering a diverse programme across all art forms with a focus on featuring leading children's authors.

The festival, now in its 12th year, takes over the site for two weeks in February with events for all ages, including opportunities for adults to debate and discuss children's issues.

Children are at the heart of Imagine as signified by the introduction of the **Kids Takeover** in 2010, which sees children helping run the festival, from selling programmes to showing visitors to their seats.

For **Imagine 2013 Southbank Centre** is working with a panel of children called the *Festival Ideas Cloud* who are helping to shape all aspects of the festival, including the programming.

Since 2012 the *Book People* have sponsored *Imagine*, and children's publishers across the UK give their support to the festival.

020 7921 0672

[www.southbankcentre.co.uk](http://www.southbankcentre.co.uk)

**LITERATURE, TALKS & COMEDY including:**  
*Love, Vampires, Werewolves and the Supernatural.....*  
**Thursday 14 February 2013, Sunley Pavilion** at Royal Festival Hall, 5:00pm  
Tickets £3

Authors take a Valentine's Day look at teenage literature's love affair with vampires, werewolves and the supernatural.

*Simon Mayo and Ith the Element Hunter*

**Saturday 16 February 2013, Purcell Room** at Queen Elizabeth Hall, 2pm  
Tickets £8 adults / £4 children  
Join Simon Mayo for the premiere event for his second children's book *Ith Rocks*. Live experiments with reactive elements on stage. Families with children aged 10+

*James Patterson Interviewed by James Campbell: The Big Book Bubble*

**Thursday 21 February 2013, Queen Elizabeth Hall, 2:00pm**  
Tickets £8 adults / £4 children  
James Patterson joins comedian James Campbell for an entertaining session of book readings, Q&A and stand-up comedy. Join in a comedy workshop based on James Patterson's latest children's book, *I Funny*, and watch a live recording of *The Big Book Bubble*.

**WORKSHOPS including:**  
*Imagine Family Workshops*  
**Saturday 16 – Friday 22 February 2013, Festival Village**, times vary – check website for further details.

Led by top children's authors and illustrators, crafts people and performers, this programme of action-packed, fun-filled family workshops are for both adults and children to enjoy. Try a *Dirty Bertie* drawing session with **David Roberts**, make your own pop-up book, go on a Goblines adventure with **Philip Reeve**, meet *Daisy Duck* author **Jane Simmons**, take part in a craft session with **Hughes Douglas**, meet *Maisy Mouse*, write about wild things with **Nicola Davies**, make a picture-book with **Petr Horáček**, create your own history comic strip...and much more!

*Lego Book Workshop*  
**Saturday 16 February 2013, Royal Festival Hall** outside areas, 10:30am – 4:00pm  
Admission Free  
Join in this fun and interactive event from **DK**, build a giant 3D book made entirely out of **LEGO** bricks. **DK** will be on hand to help along with the **LEGO** Certified Professionals plus include a special free goody bag! Suitable for all ages.

**THEATRE including:**  
*Mega*  
**Saturday 16 – Friday 22 February 2013, Royal Festival Hall Foyer**, times vary – please check website for details  
Tickets £8

Live artist Bryony Kimmings invites you to go back to 1990 and become her 9-year-old self. Her piece takes you around the site and invites you to pull on a shell suit, grab a walkman and embark on a trip down memory lane. For adults and ages 12+  
**The Great Escape (A Borrower's Tale)**

**Wednesday 20 – Sunday 24 February 2013**, various locations at Royal Festival Hall, (check website for details), 11:45am & 3:15pm  
Tickets £10  
Based on *The Borrowers* by **Mary Norton**, this BAC production written and designed by Kazako Hohki and Andy Cox, leads children on a fully supervised adventure on a quest for Bob the Borrower, discovering tiny clues and helping him escape the evil clutches of the Keep Borrowers Down movement. For ages 6 - 11.

There are many more events some free, plus Music and more  
[www.southbankcentre.co.uk](http://www.southbankcentre.co.uk)

### A year of discovery and superb new exhibitions at The Historic Dockyard Chatham

used in common language derived from the Royal Navy.

**The Historic Dockyard Chatham** - the world's most complete dockyard from the Age of Sail and one of Britain's leading maritime heritage destinations - re-opens for the 2013 season on **16th February** and promises another year of superb new exhibitions and a year of discovery for its thousands of visitors it welcomes every year.

The new season gets underway on **16th February** with activities for the whole family including "Picture This" and "Forget Me Knots" as well as the dockyard's popular biennial art competition/exhibition entitled *Art in the Dockyard* with stunning works of art, all inspired by the dockyard itself.

From **16 – 24 February**, families can get creative in the "Picture This" activity, producing their own work of art and adding it to the dockyard's own huge art project! When participating in *Forget Me Knots*, families will learn about the age old skill of knot tying and will be able to take away a small souvenir to take away. *A Potty Palms Trail* around the site will allow families to test their knowledge of familiar words and sayings

February 2013

February 2013

### Fitbit

'smart' technology, syncs with your *iPhone 4S*, *5* and other compatible devices to give real-time activity stats so you know how close you are to achieving your goals throughout the day.

The *Zip* helps you lead a more active life by making every day fitness fun, social and mobile. Small, discreet, and available in five bright colours, the tracker monitors daily steps, distance and calories burned. You can also log hundreds of other activities (from yoga to shopping) as well as food to provide an overall picture of your health and fitness. *Zip* then wirelessly uploads this information to your personal profile on [fitbit.com](http://fitbit.com) and, using the latest *Bluetooth*



### Kick Dry Lips into Touch-New RAD Lips

Come sun, wind, rain or snow, **Environ® RAD Lips** will keep your lips in great shape all year. The fragrance-free lip balm contains both UVA and SPF15 UVB filters, protecting against visible signs of premature ageing of the lips, UV damage

### Active Surrey....

...urges people to use sport to help boost weight loss and get-fit resolutions. This is a good message for other areas too.

This January, *Active Surrey* is using social media to help people find a more sustainable way to lose weight and get fit. Through regular updates on *Facebook* and *Twitter*, they will share tips on how to get into sport in 2013. These tips include discounts, free sessions, legacy funding and informal sport.

**Active Surrey's Partnership Director, Campbell Livingston**, comments: "people assume January means tough gym sessions and boring, bland food. Sport is a much more enjoyable, and often more affordable, way to shape up. By doing something fun, with a team or a light-hearted competition, people get moving and burning calories without even thinking about it. We just want to encourage people to try something new."

Highlights on the list include £3 per-session netball, £15 off running shoes, free golf lessons and free sport for 14-25 year olds through the *Sportivate* initiative. People can view all of the tips at [www.facebook.com/activesurrey](http://www.facebook.com/activesurrey).

[www.facebook.com/activesurrey](http://www.facebook.com/activesurrey)

### Cycletta: Women Only Cycling Series

Cycletta is the UK's leading series of women only bike rides set in stunning, family friendly host venues. In 2013 there will be nine *Cycletta* events around the country featuring spectacular routes between 20km to 80km.

The individual distances are not only manageable but achievable as well, even if you haven't ridden a bike in years. These fun-filled events are designed for women of ALL abilities, demonstrated by the fact that over 50% of previous participants had never taken part in a cycling event before. They aim to inspire women to get back on their bikes or to give cycling a go for the first time by removing the intimidation of both busy roads with lots of traffic and having lots of fast men in lycra!

*Cycletta* is supported by Olympic Gold medalist **Victoria Pendleton**, *Grazia* magazine, *Hovis*, *Sky*, *British Cycling* and Official Charity *Macmillan Cancer Support*. The events have plenty on offer for supporters and participants through the day. Included in the events are free post ride **Pamper Zones** featuring a mini manicure, a muscle easing massage and access to the 'helmet hair remedy station.'

[www.cycletta.co.uk](http://www.cycletta.co.uk)

## Health & Fitness

### Open Water Swimming Series

A fast growing sport in the UK. Traditionally pool swimming has always grabbed the headlines, but recent high profile successes including Britain's **Kerry-Anne Payne** winning an Olympic silver medal in Beijing, have seen numbers of open water swim events and participants rocket over recent years.

**Human Race** organise a leading series of six open water swim events with options catering for swimmers of all abilities; distances range from 500m to 10km. The series includes the **Hampton Court Swim** on Sunday 15th July. The 2.25 mile downstream swim from Kingston Bridge has become a 'must do' for anyone interested in open water swimming with over 1,500 participants in 2012. The 2013 events are as follows:

Eton Swim – 27th May  
Windsor Swim – 2nd June  
Hampton Court Swim – 1st July  
Marlow Swim – 25th August  
Poole Swim – Date TBC  
Spring Swim, Pool – Date TBC

<http://swimseries.humanrace.co.uk/home>  
[www.festivaofport.net](http://www.festivaofport.net)

### Tennis

**LTA Mini Tennis**, sponsored by *Highland Springs*, has been developed by the *LTA* to introduce children between three and ten years old to the sport. It offers the perfect introduction with smaller courts, nets and rackets and lower bouncing balls with all the fun and energy of the real thing.

There are four stages of *LTA Mini Tennis*; *Toys*, *Red*, *Orange* and *Green*, each with their own court size and type of ball. This tailored approach enables players to develop vital skills and techniques at an early age.

**Cardio Tennis** is a fun and sociable tennis based group fitness class open to people of all ages and abilities. Supported by motivating music and qualified instructors, each session consists of a short warm up and cool down either side of a 40 minute full body workout – with the chance to hit lots of shots mixed with a variety of fitness activities.

You can find out more details on both of the above programmes and your local court delivering them by logging on

[www.allplaytennis.com](http://www.allplaytennis.com) and entering in your postcode

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**11 – 24 FEBRUARY 2013**

**SOUTHBANK CENTRE**

Part of the programme is funded by **ARTS COUNCIL ENGLAND**

© Jon Burgumson (inspired by the children from the Imagine Festival Ideas Cloud)

**THE HISTORIC DOCKYARD CHATHAM**

Produce your own work of art & add it to our huge art project.

**PICTURE THIS**  
School Holiday Family Activity  
**16 – 24 FEBRUARY**

You can draw it, paint it, sketch it, make it or cut and stick it... just be part of it.

**PLUS!**  
**Forget Me Knots' and Potty Palms & Rope Trail**

\*at a small additional cost

**thedockyard.co.uk**  
01634 823807

**art**  
Don't miss...  
**Art in the Dockyard Exhibition**  
16th February - 6th May

Part of the programme is funded by **ARTS COUNCIL ENGLAND**

MERTON COUNCIL

How would you feel if adoption was quicker?

With a 6 month assessment, help to find the perfect match and long term support. Adoption is a lot more than just a possibility.

[www.merton.gov.uk/adopt](http://www.merton.gov.uk/adopt)

merton

**Daily South Norwood Recreation Ground** Car Green Road Croydon 020-8760 5707 Fitness Trails for adults & children of all fitness levels to get fit & keep fit. Positioned at each exercise station are signs showing the exercise to be undertaken with the suggested number of number repetitions.

**Ongoing Dupass Hill Outdoor Gym** Each item has clear instruction for its use over 12's. **Recently re-opened Kidplay Cafe** 282-284 Lower Addiscombe Road Croydon Softplay & café, under 5's.

**New Tonbridge Swimming Pool** Lower Castle Field 01732 367449 Kickstart all inclusive membership with unlimited access a wide range of activities to offer 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 when you mention Parents News. All groups are led by qualified, enthusiastic friendly leaders. To find your local group visit [www.kentsport.org/rungroups](http://www.kentsport.org/rungroups).

**Every Mon Blenheim Children & Family Centre** Bromley 01689 879145 **Tues, Wed & Fri** mom toddlers activities.

**Every Mon Lloyd Park** 020 8726 6000 Health walk circular through Lloyd Park & Shirley on mainly flat terrain, ideal for beginners, 2 miles last approx 1hr, meet 11am **FREE** & same walk on potentially hilly terrain, 3+miles ideal for advanced walkers, 2pm, **FREE, Every Sat** Park run, **FREE** weekly time 5k run, time to register first.

**Every Mon Parchmore Community Centre** 53-55 Parchmore Road 020 8726 6000 x88965 Circuit for those new to exercise, returning after illness & the more mature exerciser.

**Every Tues Coudson Library** 020 8726 6900 Bookstart Rhymetime for babies & toddlers, Wiggle & Jiggle, 2-4yrs. **Every Sat** Storytime, 2 ½+yrs. **Every Sat** Storytime, under 7's, **FREE.**

**Every Tues Ashburton Library** 020 8726 6900 Bookstart Rhymetime for babies & toddlers. **Every Thurs** Wiggle & Jiggle for toddlers. **Every Mon** Chatterbooks drop in sessions, 8-11yrs. **Every Sat** Rock & Rhyme for babies & toddlers. **Every Wed** Social club for older people for a chat & a cup of tea. **Every Thurs** term time only storytime for under 7's, **FREE.**

**Every Tues Purley Library** 020 8726 6900 Bookstart Rhymetime babies & toddlers & Wiggle & Jiggle, toddlers over 18mths. **Every Fri** Storytime 2 ½+yrs. **Every Sat** Rock & Rhyme for babies & toddlers. **Every Tues Central Shopping Centre** Croydon [www.centrale.co.uk](http://www.centrale.co.uk) In the Early Learning Centre playtime sessions for children, all ages with all kinds of arts & crafts from making face masks, cards, painting, colouring or just play, **FREE, 10-12pm, Tel: 020 8686 7535.**

**Every Tues Thornton Heath Library** 020 8726 6900 Bookstart Rhymetime for babies & toddlers, **FREE, Every Tues** Careers, training & learning advice sessions, 2-4.30pm, **FREE** Computer courses for beginners to experts.

**Every Tues De Staffords Leisure Centre** Caterham 01883 344355 Family Swim.

**Every Tues Riddlesdown Circular Walk** 020 8726 6000 x64952 Health walk, 2-3miles, meet 11am at 'Good Companions' pub, Hamsey Green, **FREE.**

**Every Tues Farnham Library** [www.bookstart.org.uk](http://www.bookstart.org.uk) Baby Bounce 'n' Rhyme, **FREE.**

**Every Wed Sanderstead Library** 020 8726 6900 Bookstart rhymetime, babies & toddlers, Wiggle & Jiggle, 18mths+yrs, Storytime 2½+yrs. **Fortnightly Rock & Rhyme** for pre-school children, **FREE.**

others for tea or coffee & get your baby socialising, **Wiggle & Jiggle for 18mths+.** **Every Thurs** Storytime for 2 ½+yrs. **Every Sat** Rock & Rhyme for babies & toddlers. **Monthly** story & craft workshops, 5-10yrs.

**Every Fri New Addington Library** 020 8253 1023 Bookstart Rhymetime for babies & toddlers & Wiggle & Jiggle, 18mths+, **FREE.**

**Every Fri Norbury Library** 020 8726 6900 Bookstart Rhymetime. **Every Thurs** Wiggle & Jiggle. **Alternate Sat** Rock & Rhyme followed by Storytime. **Last Fri** of each month Chatter Books reading group for 8-12yrs. **FREE.**

**Every Fri Selsdon Library** 020 8726 6900 Bookstart rhymetime for babies & toddlers, Wiggle & Jiggle, 18mths+. **Every Tues** Storytime for pre-school children. **Every Sat** Rock & Rhyme for pre-schoolers. **1<sup>st</sup> Tues** of the month Arty Crafty, 4-8yrs plus parents & siblings.

**Every Sat afternoon** teenage reading group. **Last Thurs** of month adult reading group.

**Every Fri Waddon Ponds & Wandle Park** 020 8656 5947 Circular walk through Waddon Ponds & Wandle Park, 2-3 miles, meet outside Lidl, 11am, **FREE.**

**Every Fri Thornton Heath Leisure Centre** 89-110 High Street 020 8726 6000 x88965 Acquisie pay as you go sessions.

**Every Fri Caterham Valley**

**Library** [www.surrey.gov.uk/kidstuff](http://www.surrey.gov.uk/kidstuff) Rhymetime, **FREE.**

**Every Thurs** Storytime, **FREE.**

**Every Fri Redhill Library** [www.surrey.gov.uk/kidstuff](http://www.surrey.gov.uk/kidstuff) Rhymetime, **FREE.**

**Every Fri Warrington Library** [www.surrey.gov.uk/kidstuff](http://www.surrey.gov.uk/kidstuff) Storytime, **FREE.**

**Every Sat The Green Dragon** 58-60 High Street Croydon 020 8667 0684 Storytime for families 3-7yrs, drop in 2hr session with stories, puppets, arts activities & songs, **FREE.**

**Every Sat Electric Theatre** Onslow Street Guildford 01483 444789 Little Sparks in the Café Bar with music, games, songs, stories & puppets & Sparkles Dance drop in classes for 5-9yrs. **Every Mon & Tues** after school The Man in the Moon Weekly drama workshops, 6-14yrs. **Every Wed** All Star Choir, 8-14yrs.

**Every Sat morn Norman Park** Hayes Lane Bromley Kent 020 8460 5291 Soccer School, 4-6,7-9 & 10+yrs.

**Every Sun Edenbridge Leisure Centre** Stangrove Park 01732 865665 Under 16's & families roller disco.

**2 Feb Beckenham Public Halls** 4 Bromley Road 020 7193 3495 St Marks Players presents Robinson Crusoe.

**2 Feb Littleheath Woods Selsdon** 020 8726 6900 Walk in the Woods, trees often look the same as one another in winter, come along and find out how different they can be, 1 ½ hr walk.

**2 Feb Concert Hall** Fairfield 020 8688 9291 Arthur Davison Family Concert The Elements Earth, Water, Wind & Fire. **9 Feb** Film 'Classics' Concert. **20 Feb** Anton & Erin Go To Hollywood. **22 Feb** La Fille Mul Gardee performed by the Russian State Ballet. **23 Feb** The Nutcracker. **27 Feb** Bizet's Carmen.

**2 Feb The Arc** Caterham 0845 055 6457 Craft Fair with hand & home made products such as cakes, wooden crafts & textiles, health & beauty, arts & crafts & wide range of clothes & knitwear for all ages, **Tel: 01883 330380.**

**2 Feb St Mark's Church Hall** 25<sup>th</sup> Purley (St Mark's) Scout Group Jumble Sale any donations including unwanted gifts, bric-a-brac, toys, DVD's etc. to be brought to the hall on 1 Feb between 9-12pm, [www.25thpurley.org.uk](http://www.25thpurley.org.uk).

**2 Feb Yvonne Arnaud Theatre** Millbrook Guildford 01483

40000 Little Red Riding Hood and Friends, 4-7yrs. **16 Feb** Rapunzel, 3+yrs. **21-23 Feb** The War of Jenkins' Ear performed by Youth Theatre. **22 Feb** Andy & Mike's Tick Tock Time Machine, 3+yrs.

**2 Feb Chertsey Museum** 01932 575374 15 mins of fun with drop in family craft activities **FREE.**

**15 Feb** Museum Monkeys activities for under 5's. **16 Feb** Young Archaeology Club, 8-16 yrs, need to book. **19-21 Feb** Holiday activities, 5-12yrs, need to book.

**2-3 Feb Hampton Court Palace** Hampton Court 0871 230 2200 Historic cookery.

**3 Feb St Mary's Church Hall** Ewell Village 07868 305807 Baby & Children's Market selling quality toys, clothing, books, nursery furniture, car seats, pushchairs, cots & bedding & much more, plus homemade & refreshments on offer. **2.30-4.30pm**, entrance for children **FREE.**

**3 Feb Gatton Park** 01737 649066 [www.gattonpark.com](http://www.gattonpark.com) Gardens & Park open plus hide FREE guided tours & **FREE** activities for children. **10 Feb** Snowdrop Day, refreshments available, entrance children **FREE.** **18-22 Feb** Snowdrop Week park & garden open to view the snowdrops. **20 Feb** Tacks & Signs discover more about animal footprints & more, 4-7yrs. **21 Feb** Kite making, make a selection of different kites to test out if it's a windy day, 8-12yrs. **22 Feb** Toddler Trails & Tails enjoy the story of 'Monkey Puzzle' & go for a walk around the park to bring it to life. **24 Feb** Snowdrop Day, entrance children **FREE.**

**6 Feb Painshill Park** Portsmouth Road, Cobham 01932 868113 Winter Twig Walk, discover how to identify native British tree species without their leaves. **16-24 Feb** Half Term Wild Woodland Camp, **18 Feb** Wild Winter Art, variety of activities including making scarecrows, clay tree trolls & creating your very own cave painting. **19 Feb** Bushcraft, build a bivouac to shelter in the woods, enjoy hot chocolate & marshmallows by the fire you have made. **20 Feb** Winter Wildlife learn how to track your winter animals & see which creatures have passed by in the night with a footprint collector & make a fat ball for birds to take back home for your garden. **21 Feb** Winter Geo-Hunt have a go at archery & use your best

orienteering skills to find the buried treasure plus twilight games. **22 Feb** Bushwhacking & Bivouac Building travel off to the wild woods, learn how to square-lash knots & build a survival shelter.

**8 Feb Fairfield Halls** Fairfield 020 8688 9291 One Night in Vienna brand new show. **28 Feb** Loving The Plot, for all ages.

**9 Feb Churchhill Theatre** High Street Bromley 08448 717 620 The Sensational 60's Experience.

**9 Feb Aldlestone Community Centre** 08700 104950 Nearly New Sale, 10.20-12pm, 07931 617339.

**9 Feb Riverhouse Barn** Walton 01932 253354 The Gardener. **16 Feb** Mamma Mia Workshop learn choreography & songs from the show & perform them at the end of the session, 8-11yrs. **24 Feb** Lucky Dip Disco with bubbles, lights & games.

**9 Feb Bourne Hall Museum** Epsom 020 8394 1734 Kids Club Meeting, William Wilberforce & the reform of the slave trade. **19 Feb** Kids Club Meeting Gladiator School.

**10 Feb Selsdon Wood Nature Reserve** Old Farleigh Road Selsdon 020 8726 6900 Winter Trees take a closer look at trees without their leaves & learn how to tell them apart.

**10 Feb Tonbridge Farmers Market** Sovereign Way 07876 685853 Farmers Market with more than 70 stalls, 9.30-1.30pm.

**12-13 Feb Camberley Theatre** 01276 707600 Spot's Birthday Party with music & songs, games & stories & theatrical magic.

**12-16 Feb Ashcroft Theatre** Fairfield Croydon 020 8688 9291 Wuthering Heights. **19-23 Feb** Half Term Horrible Histories the Terrible Tudors. **16 Feb Cobham Village Hall** 08454 757507 Mum2Mum Market Baby & Children Nearly New Sale, you can sell everything & anything relating to babies & children 0-6yrs as long as it is a quality brand in good condition plus buy some great bargains, for more info [www.mum2mummarket.co.uk](http://www.mum2mummarket.co.uk).

**16-18 Feb RHS Gardens Wisley** Wisley 01482 211113 **Half Term** Sow & Grow your own plant. **19-20 Feb** Make antenna crowns. **21-22 Feb** Make a butterfly mask. **23-24 Feb** Make butterfly wings. **Daily** Den building in the Wild at Wisley play area & bird watching at the bird hide. **Until 24 Feb** Butterflies in the

Glasshouse rare opportunity to see butterflies from the tropics in their natural habitat.

**16-24 Feb Bockets Farm** Leatherhead 01483 445 085 **Half Term** fun with the start of the Spring lambing, there are up to 90 lambs due from **14 Feb**, you even see one of them born, **Daily** Birds of Prey demonstrations, Pony grooming sessions, tractor rides, animal handling & pig racing, indoor area with 2 giant playbags & lots more.

**17 Feb Whyteleafe Recreation Ground** Hillbury Road Give a Bird a Home this Spring help our feathered friends by building them a safe nest for breeding in the Spring, all equipment & tools will be provided, family event. There is a small charge of £2.50 per bird box which you can take home, **Tel: 07771 715812**, limited places, book **18-22 Feb Denbies Wine Estate** 01306 876616 **Half Term** Daily craft activities plus Lego exhibition.

**18-22 Feb Claremont Landscape Gardens** 01372 467806 **Half Term** Wild Learning holiday club for children, explore the woods with Wild Learning Forest School & daily trails.

**19 Feb Surrey History Centre** 01483 518737 **Half Term** The Glorious Georgians range of Georgian themed craft activities, dressing up & short talks.

**19-21 Feb Clandon Park** 01483 222482 Upstairs & Downstairs with re-enactments from the Victorian era, activities, dressing up & short talks. **24 Feb** Discover Clandon with short talks & tours plus games & dressing up for children.

**20 Feb Epsom Playhouse** Ashley Avenue 01372 742555 **The** Mouse Show, an afternoon of family fun & laughter.

**22 Feb King's Wood Sanderstead** 020 8726 6000 **Leisurely** ramble through the wood in search of man made features, holes, banks and ponds, 2 hour walk.

**24 Feb Happy Valley** 07775 824811 **Managing** Happy Valley find out more about how it is being managed & what's planned for the coming years, wanden led 1 ½-2hrs walk.

**What's On London Calendar**  
Page 11



**SWIM SCHOOL LTD**  
*New Year's resolution*  
**Make sure your children are safe in the water**

We are currently holding children's swimming lessons in Sutton/Epsom/Worcester Park/Cheesington/Croydon/Purley

Small structured classes to develop skills in all elements of the National Plan for Teaching Swimming

Parent/Toddlers from 18 months All other ages and abilities from 3 years Weekdays and Weekends

Fully trained and Accredited Staff All CRB checked  
\*FEBRUARY HALF TERM INTENSIVE COURSES  
IN WORCESTER PARK\*  
FOR FURTHER INFORMATION AND BOOKINGS ETC.  
**0208 335 3536**  
[www.atlantisswimschool.co.uk](http://www.atlantisswimschool.co.uk)

## Blowing the Whistle on the General Dental Council.

Orthotropics has one of the worst scientific records of all medical treatment. Little is known about the cause or cure of crooked teeth, but despite this, orthodontists use 'Train Tracks' and surgery to straighten them. Unfortunately these have been found to damage the enamel and roots of the teeth, flattening the face, leaving tired eyes with big noses. Methods are based on trial and error and there is little evidence to show that the long-term results are beneficial. Patients nearly always lose between four and eight permanent teeth but are often not warned of this in advance. Worse still the teeth go crooked again unless the patient wears a brace for the rest of their life.

The General Dental Council does not dispute that certain alternatives can provide better results, but are permitting orthodontists to break the law by not telling patients about more natural methods that can avoid almost all extractions and surgery as well as providing straight teeth.

### There is another way.

Take a second opinion now. Eight years old is getting too late.

**ORTHOTROPICS**

The alternative to orthodontics with extractions and surgery.

Family was treated by natural methods. No extractions. No 'Train Tracks'. No retainers.

Research shows dentists and the public think Orthotropics gets much better results than orthodontics 'Train Tracks'.

John Mew, The London School of Facial Orthotropics, Purley. 020-8660-3695 and Tunbridge Wells 01892 525798

**Active Learning**  
Nurseries for children aged 3 months - 5 years

## A dream for every pre-school child... and their parents

Everything you'd expect in a nursery, and more

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- Inspiring** Unique programme of art, drama, music, science, literacy and IT with dedicated teaching specialists
- Healthy** Specialist sports coaching, organic cafe, adventure playgrounds, holistic education
- Innovative** Purpose designed activity studios, sensory room, baby sleep room, secure webcams

A fresh approach to nursery education.

[www.active-learn.co.uk](http://www.active-learn.co.uk)

## PARENTS NEWS Digital

Copies can also be read on-line

[www.parents-news.co.uk](http://www.parents-news.co.uk)

There are a lot of other and supporting features on the website.

[Twitter](#) and [Social Media](#)

## Develop your child's independence

Kumon's maths and English study programmes are tailored to your child's individual needs, nurturing their independence and enthusiasm for learning.

Contact your local Instructor for a Free Assessment.

Blackheath	020 8239 0093	Greenwich	020 8293 4173
Bromley	020 3602 9746	Lower Sydenham	020 3002 0239
Caterham	020 8654 2878	Orrington	020 8325 2250
Croydon Central	020 8686 6833	Oxted	01883 723 204
Crystal Palace	020 3627 1469	Selsdon	020 7993 8698
East Dulwich	020 8299 2811	South Norwood	020 8462 4565
Forest Hill	020 8699 0264	Wallington	020 8819 4466

**KUMON**  
Fees vary. Please refer to your local study centre.

[kumon.co.uk](http://www.kumon.co.uk)

## Education

### For kids with an appetite for adventure...

**LittleLife** extends its Animal Adventures range with adorable, new **Animal Lunch Packs**.

Kids now have even more reason to look forward to lunchtime following the introduction of **LittleLife's** new **Animal Lunch Packs**. Coordinating perfectly with the brand's popular **Animal Toddler Backpacks** and **Wheeler Duffles**, the Lunch Packs are ideal for nursery, school or even a picnic lunch while out and about.

Available in five eye-catching animal designs including a Ladybird, Dinosaur, Bee, Clownfish and a Turtle, each Lunch Pack is a practical addition on any day out.

Featuring a spacious and insulated interior, the **Animal Lunch Packs** have plenty of room to keep your child's lunch, drinks or snacks chilled throughout the day. A handy mesh pocket inside the pack's lid is ideal for securely storing an ice pack or cutlery.

Each pack has a wide zip easy access to the contents while the wipe-clean lining allows you to quickly and easily deal with any mess or spills. Designed to be easy for little hands to carry, each **Animal Lunch Pack** has a soft padded grab handle. The packs' durable outer fabric is robust enough to cope with your child's daily exertions and a name and address label on the rear of the pack helps to reduce the risk of the **Lunch Pack** going astray at school or nursery.



**Private Tuition in Your Own Home**

Britain's leading tutoring service provider has 33 years experience. Qualified, experienced, enhanced CRB checked tutors deliver personalised tuition programmes & excellent results. *The Good Schools Guide* recommended.

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• Creating plans for special needs, remedial, dyslexia & gifted

• Excellent acceptance rate at leading selective schools and universities

**Fleet Tutors**

020 8580 3911 www.fleet-tutors.co.uk

**18<sup>th</sup>-22<sup>nd</sup> February Half-term Courses**

**11+ Half-term Intensive Course** website [www.oxbridgeuk.com](http://www.oxbridgeuk.com)

It's your best chance to prepare for the upcoming 11+ exams!

Subjects VR+NVR (2hrs) OR English+Maths (2hrs) OR all subjects (4hrs)

Dates 18<sup>th</sup> (Mon), 20<sup>th</sup> (Wed), 22<sup>nd</sup> (Fri) February

Times Between 10am - 2:30pm

**Primary Intensive Courses** \*Apply early as spaces are limited!

Use this half-term to revise and review the concepts you have found difficult at school

Subjects Year 3 Maths (1 hour) Date 18<sup>th</sup> (Mon), 20<sup>th</sup> (Wed), 22<sup>nd</sup> (Fri)

\* Lessons taught with new Yr3 Maths materials produced by Oxbridge!

**Reading Club**

Improving your reading & writing skills in a fun environment with books

Subjects Reading Club Dates 18<sup>th</sup>-22<sup>nd</sup> February (Mon-Fri, 3 hours everyday)

**Try Our Winning Courses!**

- ★ Yr 1-3 - Maths, English
- ★ 11+ Preparation Course for Yr 4 - English, Maths, Essay Writing & Reading Comprehension
- ★ 11+ Intensive Course for Yr 5 - English, Maths, VR and NVR
- ★ GCSE Preparation - Eng (Language & Literature), Maths, Total Science, French
- ★ A-Level - Maths (Core Maths, Statistics)

Primary enquiry **020 8949 2131** info@oxbridgeuk.com

Secondary enquiry **020 8949 8838** admin@oxbridgeuk.com

Oxbridge Centre is a well-established tuition centre based in New Malden. Currently there are around 500 students from year 1-A-Level studying at the centre. Why don't you join us too?

## The Smallpeice Trust...

Independent educational charity **The Smallpeice Trust** has launched its new 2013 course timetable and is now seeking hundreds of 12 to 17 year old students to sample their taster engineering courses. Any student can apply to attend a wide range of subsidised residential courses which take place at universities nationwide. Some of the subjects on offer include Computing and Microelectronics, High Speed Communications, Low Carbon Energy, Marine Technology, Motorsports Engineering, Physics in Engineering and Railway Engineering. These are designed to attract students that have an interest or natural flair in science, maths, design or technology to consider a career in engineering. These taster courses all challenge the perception that engineering is 'dull' and 'just for men'.

01926 333200.

**Swimming Lessons**

Quality classes in small group

**\*\* COME AND TRY A CLASS FREE \*\***

Lessons for:

- Adults and Children from 2 yrs
- Non-swimmers - Improvers
- Advanced & SUPER Advanced

Classes held at:  
Downsend School Ashstead/Leatherhead  
Epsom College

For more info contact Colin on 01372 739600

**February 2013**

**Children with Dyslexia**

A new survey released by the **Dyslexia-SpLD Trust** reveals the top 10 causes of stress to parents and carers of children with dyslexia. The survey was commissioned to identify the top stress factors as part of the Trust's **Empowering Parents and Carers** initiative. The Trust asked its national team of volunteer **Parent Champions** to participate and 446 gave their views on stress factors in education and in family life. When it comes to stress in family life, parents say the greatest cause of stress is feeling guilty. They want to

www.parentchampions.org.uk

## St Lawrence College Junior School earns national recognition

**St Lawrence College Junior School** is the only school in the area to be included amongst the UK's top 100 independent prep schools according to a list published recently in the **Sunday Times**. The country's highest achieving schools are recognised according to **Key Stage 2 SATs** results over the last three years. Head of the Junior School, **Simon Whittle**, said: "This is great news for the school. Coming hot on the heels of a highly impressive inspection report which applauded achievement at all levels throughout the school, the **Sunday Times** list is another welcome affirmation of our high academic standards. Of course we value our pupils' impressive results in the **SATs** and in the **Kent Test**, though our foremost ambition is to add an extra dimension which inspires a real love of learning and encourages children to think for themselves." The rich curriculum at the Junior School encourages independent learning from an early age and aims to equip pupils with the skills to make the most of every opportunity. To find out more, come along to our **Open Day** on **Friday 8th February**. Further details from Melissa Gabbott, 01843 572912 mag@slcuk.com.

**St Lawrence College**

Co-educational, day and boarding school for ages 3-18 years

Take the opportunity to have an informal look around the School. Call today to book a place.

**Nursery & Junior School Open Day**  
Friday 8th February 2013  
10.00am - 12 noon & 1.30pm - 3.00pm

"Pupils of all abilities achieve highly, in all aspects of their learning, at all stages of the school."

ISI Inspection, Nov 2011

For further details please contact Melissa Gabbott phone 01843 572912 or email mag@slcuk.com

**St Lawrence College Junior School**  
Ramsgate, Kent CT11 7AF  
[www.slcuk.com](http://www.slcuk.com)

Nursery from 3 years  
Junior School 5-11 years  
Charity No. 307942

## February 2013 Half Term Family Fun at The National Gallery Imaginary Worlds Family Festival on 17 and 18, February 2013

A two-day family festival - a first of its kind at the **National Gallery** - designed to spark your imagination. Take part in a mixture of free and ticketed events for children and accompanying adults that includes film screenings, puppet shows, animation workshops, a new family trail and art-making with aim of transporting you to imaginary lands and introducing you to new stories and characters.

Cafes and shops will have special family offers. A lunchroom is available for picnics in the **Education Centre**.

- Tickets are on sale online until **Friday 15 February**.
- Remaining tickets will be on sale during the day at the **National Gallery** on Sunday and **Monday 17-18 February**.

**Pram Tour**  
**Sun & Mon 17- 18 February**  
Families, Babies 18 months and under  
Meet Room 4  
10.20-11.20am  
Bring your baby for a fun and informal tour of the **National Gallery's** collection in collaboration with **Culture Baby**. Learn more about artists' journeys on this pram tour led by Karly Allen. Places are free but a reservation is required. Book early to avoid disappointment (35 places including adults and babies are available).  
miranda.baxter@ng-london.org.uk

**Meet Anya**  
**Sun & Mon, 17- 18 February**  
Families 2-5 yrs  
Meet in Room 29  
11.15-1.45pm/ 1.30-2.15pm/  
3.30-4.15pm  
Meet Anya, a character from a painting for singing, talking and playing as she goes to market at the break of dawn.

**Stay and Play**  
**Sun & Mon, 17- 18 February**  
**Learning Gallery**  
10.30am - 5.30pm  
Drop-in. Under 5s  
Stay and play with your child in this designated space set up for imagination and enchantment inspired by Peter Paul Ruben's landscape painting, *Het Sleem*.

**Animation Magic**  
**Sun & Mon, 17- 18 February**  
Families, Children 7+ and their adults  
11am - 1pm and 2- 4pm  
Meet **Pigott Education Centre**  
£6 adults (£5 cons), £6 children  
Explore the imaginary worlds

of your mind in this animation workshop with professional animators, Shelly Wain and John Harner.

**Fantasia**, cert U, 124 mins plus Lotte Reiniger's Fairy Tales: **Snow White and Rose Red** (1954) black and white, cert PG, 14 mins and **Dance of the Cherry Blossom** by Emily Marcom  
**Sunday 17 February 2013**  
10.45am - 1pm  
£3 adults (£2 cons). £2 children  
**Sainsbury Wing Theatre**  
A screening of **Walt Disney's** 1940 film in which celebrated pieces of classical music are brought to life through imaginary animated worlds and creatures plus two short films  
**Arthur's Dream Boat**  
**Sun & Mon, 17- 18 February**  
Children aged 3-7 and their adults  
11 - 12am, 1 - 2pm and 3 - 4pm  
**Sainsbury Wing Conference Room 1**  
£8 adults (£7 cons), £6 children and under  
Meet Room 4  
10.20-11.20am  
Bring your baby for a fun and informal tour of the **National Gallery's** collection in collaboration with **Culture Baby**. Learn more about artists' journeys on this pram tour led by Karly Allen. Places are free but a reservation is required. Book early to avoid disappointment (35 places including adults and babies are available).  
miranda.baxter@ng-london.org.uk

Children must be accompanied by an adult. No lone adult places available. A screening of director Biba Bergeron's (2011) film **Monster in Paris** following the short film **A Trip to the Moon** (1902).

**The Adventures of Prince Achmed** (Lotte Reiniger, 1926) Black and white, cert PG, 65 mins  
**Monday, 18 February 2013**  
10.30 - 11.45am  
**Sainsbury Wing Theatre**  
£3 adults (£2 cons), £2 children  
Children must be accompanied by an adult. No lone adult places available.

A screening of Lotte Reiniger's 1926 silent (with subtitles) film; the world's oldest surviving animated film. Watch the captivating silhouette figures act out tales based on 1001 Arabian nights. A handsome prince rides a flying horse to faraway lands and embarks on magical adventures, which include befriending a witch, meeting Aladdin, battling demons and falling in love with a princess.

**Magical Music: Aurora Orchestra Pop-up Concerts**  
**Sun & Mon, 17- 18 February**  
Families all agesFree  
11.15-11.55am/ 1-1.45pm/ 4-4.45pm

Listen and imagine with the **Aurora Orchestra**.  
**Meet Room 41**  
**Mystery Story Promenade**  
**Sun & Mon, 17- 18 February**  
Families all ages. Free  
Meet Room 41  
11.55-12.40/ 1.45-2.30pm/ 3.15-4pm  
45 min storytelling  
Join Ben Haggarty from the **Crick Crack Club** on a mystery adventure through the **Gallery**.  
**Feathers and Wings - Art making and installation**  
**Sun & Mon, 17- 18 February**  
Free, drop in Room 9  
10.30am - 5.30pm  
Join book illustrator and artist Tracey Bush with collaborator

Viki Turnbull to make small wing and feather-inspired creations. These will be added to a freestanding installation that will grow in size during the festival.

**The Wizard of Oz**; (Victor Fleming, 1939) black and white and colour, cert U, 101 mins and Lotte Reiniger's **The Three Wishes** (1953) cert PG  
Monday, 18 February  
2.30-4.30pm  
**Sainsbury Wing Theatre**  
£3 adults (£2 cons), £2 children  
Screening of the 1939 classic film where Dorothy is transported to a magical land.  
[www.nationalgallery.org.uk/families/](http://www.nationalgallery.org.uk/families/)

**17-18 February**

**IMAGINARY WORLDS FAMILY FESTIVAL**

Illustrations © Dominic Twisset

**YOUR CHILDREN ARE AMAZING. WE HELP THEM PROVE IT.**

**FREE ASSESSMENT - BOOK NOW!**

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Specialist Maths tuition and English tuition

**THE NATIONAL GALLERY**

Enjoy film screenings, puppet shows, animation workshops and more.

Free and ticketed events  
Book now [www.nationalgallery.org.uk](http://www.nationalgallery.org.uk)

## Family Holidays

### Keep Children Exploring This Winter with **extremities**®

Using cutting-edge technology that has been tried and tested on the peaks of Mount Everest, outdoor specialists **extremities**® will ensure that children venture outside this winter with its new range of junior hats and gloves.

**extremities**®, a brand from the world renowned **Terra Nova Equipment** whose award-winning equipment has used by the military and *British Antarctic Survey*, offer superior performance products. Perfect for any young explorer, the **Junior Winter Glove** is warm and waterproof. Added insulation and a bulk reducing wrist grip create extra warmth, whilst the waterproof and breathable liner creates all round weather protection.

**Junior Winter Gloves** also feature a durable grippy palm, making them ideal for everything from feral walks, to making snowflakes. Featuring a cosy fleece lining and a reflective piping for visibility, the gloves are available in a small, medium and large fit, catering for children aged between seven and 12 years.

From the range, the matching **Junior Winter Hat** makes an excellent addition to keep the chill away. One size fits children aged five to 10 years.

Cut low over the ears and round the back of the neck, the hat offers a close fit to keep out draughts and contains a fleece lining for added warmth. Waterproof, breathable and windproof, the hat is based on the adults' **Ice Cap** – which is popular with mountaineers, hikers and explorers.

Sporting a functional peak which can be fastened back when not required, the hat offers protection from rain and snow and helps to shield eyes and the most indulgent of ice-creams, or simply kick-back, relax and take-in the views. Take your pick from the north coast with its towering cliffs and pounding surf and the gentler south coast which boasts leafy estuaries, traditional fishing villages and vibrant waterfront communities. Or why not enjoy the best of both worlds with a central base, you'll find rugged Moors with wild and beautiful landscapes and ancient monuments on your doorstep just waiting to be explored.

The **Junior Winter Glove RRP £15**. Hat RRP £12.50  
[www.terra-nova.co.uk/clothing-accessories/all-gloves-mitts/junior-winter-glove/](http://www.terra-nova.co.uk/clothing-accessories/all-gloves-mitts/junior-winter-glove/)

[www.terra-nova.co.uk/clothing-accessories/all-hats-caps-headwear/junior-winter-hat/](http://www.terra-nova.co.uk/clothing-accessories/all-hats-caps-headwear/junior-winter-hat/)

## CORNWALL

Mix a mild, sub-tropical climate with a stunning coastline dotted with stretches of golden sands and secluded coves. Add acres of beautiful countryside and you have the perfect holiday destination... Cornwall has it all.

On this unique peninsula, almost surrounded by turquoise-coloured water you can delve into a world of myths and legends, work up an appetite with an array of activities from the blood-pumping to the more sedate, taste the freshest of seafood and the most indulgent of ice-creams, or simply kick-back, relax and take-in the views.

Take your pick from the north coast with its towering cliffs and pounding surf and the gentler south coast which boasts leafy estuaries, traditional fishing villages and vibrant waterfront communities. Or why not enjoy the best of both worlds with a central base, you'll find rugged Moors with wild and beautiful landscapes and ancient monuments on your doorstep just waiting to be explored.

Gorgeous gardens, adrenaline-filled sports, tantalising restaurants, indulgent spas, sublime walks - the list of things to do in Cornwall is endless. Visit [www.visitorcouncil.com](http://www.visitorcouncil.com)

## HOLIDAY ON THE PISTE WITH **HOSTELSCLUB**

**Hostelsclub.com** pick of budget accommodation in top ski resorts without worrying about the cost.

**BEST FOR A BUDGET BREAK**  
**Chamonix** in the French Alps. Less than two hours from the UK and with plenty of slopes to keep even the most adventurous of skiers happy this is the perfect destination for those wanting to spend a weekend on the slopes.

**Hostelsclub.com** is offering accommodation in Châlet Les Frenes from just £23.00 per person, per night based on bed and breakfast accommodation. **SKI IN THE SUNSHINE** Officially the sunniest ski resort in the world the **Sierra Nevada** region in Granada, Spain offers skiers a unique combination of sun and snow. The resort is almost entirely covered by an artificial snow making system – so all you need to remember is to pack the sun cream!

Accommodation starts from just £9 per person, per night in **Granada Inn Backpackers** **BEST FOR WINTER SPORTS**

Advanced skiers looking for a challenge should book a break to **Kitzbühel**, Austria – world famous for its winter sports! With a snow park for boarders, alpine skiing options, downhill ski course and

11 ski schools there really is something for everyone! Head to the **SnowBunnys Backpackers** Hotel where accommodation starts from just £18.00 per person, per night based on room-only with **HostelsClub.com**

**FAMILY FUN ON THE SLOPES**  
There's more to the stunning resort of **Park City, Utah** than just its slopes. The resorts other exciting activities include winter fly fishing and hot air balloon rides. With three large resorts catering for a range of abilities and easy access to the town this is also a perfect choice for families.

**HostelsClub.com** is offering accommodation in **Avenues Hostel** from as little as £14.00 per person, per night based on room only. **ADVANCED SKIING IN THE HOT SPRINGS**

Located amongst the Canadian Rockies, the resort of **Banff, Canada** offers skiers amazing views, hot springs and some of the world's most scenic skiing terrain. With three ski areas presenting a range of steep and rugged terrain this one is best suited for the more advanced skier.

**HostelsClub.com** is offering accommodation in the **Banff Y Mountain Lodge** where prices start from as little as £24.00 per person, per night based on room only.

## February 2013

### A family skiing holiday – where do you start?!

How can you possibly be expected to work out what is best for your family from the four million options **Google** throws at you for a "family skiing holiday" search?

At **Ski Famille** they make planning a family ski holiday simple. They have carefully chosen just fifteen high quality properties spread across four family focused resorts that they think are superb for skiers travelling with children. They won't all suit everyone, but there is a choice that is just right for your family.

The small **Ski Famille** sales team are all skiers with young children and understand what is important to make a high quality family skiing holiday fun, relaxing and stress free.

They'll talk through your priorities to really understand what you are trying to get from your holiday and present you with up to three different options, not four million. For a chat through skiing options that would work for your family call the **Ski Famille** team on

01252 519 239.

Alternatively visit [www.skifamille.co.uk](http://www.skifamille.co.uk)

## February 2013

**29 Jan, 5, 12, 19, 26 Feb National Maritime Museum** Greenwich 020 8312 6555 Play Tuesdays making music, dance & drama, under 5's. **FREE.** 2, 9, 16, 23 Feb Explore Saturdays meet a character from the past 6+ yrs. **FREE.** 2, 10, 17, 24 Feb Discover Sundays explore your personal connections to the sea, all ages. **FREE.** 15, 22 Feb Animation Fridays create your own family flag to display, drop in workshop, all ages. **FREE.** 18, 20, 22 Feb From Britain to China create an animation of your journey to China, timed workshop need to collect **FREE** tickets from des, all ages. 18, 20, 22 Feb A Sailor's tale of Tea heard about his life on board the Cutty Sark tea clipper & working with Chinese lacars, 6+ yrs. **FREE.** 19, 21 Feb Creative cargo, ideas money hunt for Chinese sailing boats. **FREE.** 6+ yrs, 23 Feb Chinese New Year celebrations in the Year of the Snake all ages. **FREE** with entry.

**Daily London Dungeon** 020 7403 7221 Vengeance: The UK's first 5D laser ride.

**Throughout Feb. Peter Harrison Planetarium** 020 8858 4422 The Universe Exposed: photographing the Cosmos, 5+ yrs. Sky Tonight Live, 5+ yrs. Meet the Neighbours interactive show where you decide which planets to visit, 5+ yrs. Solar System, Galaxy, Universe, 5+ yrs. Space Safari join Ted the teddy bear, for live music and rhyme under 7's.

**Every Sun Venn Street Market, Clapham Common** 020 7622 8259 **Every Sun National Gallery** [www.nationalgallery.org.uk](http://www.nationalgallery.org.uk) 020 7747 2885 Family workshops **FREE** family trail.

**Every Sun Hildreth Street Market** Balham SW12 **Every Sat Blue Elephant Theatre** Camberwell 020 7701 0100 Young People's Theatre workshops, various age groups 7-18 yrs. **FREE** to join.

**Every weekend Temple Station** 020 7222 1234 Harry Potter Locations Tour, 2 1/2 hrs.

**Every weekend Greenwich Clocktower Market** [www.clocktowermarket.co.uk](http://clocktowermarket.co.uk)

**Until 14 Feb Royal Albert Hall** 020 7589 8212 Cirque du Soleil – Kooza Fly Rouge

**Until 17 Feb Cambridge Theatre** Earlham Street 020 7492 1532 Matilda the Musical, 6+ yrs.

**Until 17 Feb Royal Academy of Arts** 020 7300 8000 [www.royalacademy.org.uk](http://www.royalacademy.org.uk) Constable, Gainsborough, Turner & the Making of Landscape exhibition, under 12's **FREE.** **Until 17 Feb** Mariko Mori: Rebirth exhibition

**Until 24 Feb Tate Britain** Millbank London 020 7887 2675 Family Matters: The Family in British Art exhibition.

**Until 3 Mar Design Museum** Shad Thames 0870 833 9955 Unexpected Pleasures; The Art and Design of Contemporary Jewellery exhibition.

**Until May 13 Science Museum** 0870 870 4868 Codebreaker exhibition. **FREE.** Daily take control in 360 degrees flight simulators or fly with the Red Arrows in their seasonal 3D motion effect theatre. **Every weekend** Ice Cool Adventure families, under 7's, **FREE.** **Every Weekend** Spaced Out, families, 5+ yrs, **FREE.** **Every Weekend** A Cockroach Tour of the museum **FREE.**

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## London Calendar

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## YHA celebrates top 5 ranking in Best UK Hotel category with winter offer

YHA is celebrating the youth hosting charity's surprise top 5 ranking in the **Best UK Hotel** category in the recent **Guardian, Observer and guardian.co.uk Readers' Travel Awards 2012**.

YHA was ranked at number 4 behind the luxury chains hotels, **Sofitel, Hotel Du Vin & Bistro and Malmaison**. **Marriott** was ranked at number 5 in the category.

To celebrate its win, **YHA** is offering people a special winter warmer offer for stays between **before 28 February 2013**. Four people can stay in a private family room and have an evening meal for only £44.95 for one night or only £84.50 for two nights. Even better, up to six people can take advantage of the offer for only an extra £10 per each additional person per night.

The offer is open to **YHA** members and non-members alike, however members will receive an additional saving.

The charity, which has around +150 Youth Hostels throughout England and Wales, has worked hard to shed its former reputation of rickety bunk beds, sleeping bags and

1960s dormitories by investing more than £19.5m in recent years in its network of Youth, creating great value, modern and comfortable accommodation.

Many hostels now boast private en-suite rooms, restaurants and bars and some even have honeymoon suites! **YHA London Central** was even recently praised for its comfort, location, great value and facilities in the French edition of the international 'lifestyle' magazine for women.

**Caroline White**, Chief Executive of **YHA** (England and Wales), explained: "As an organisation **YHA** has come a long way in recent years and this award recognises our progress in becoming an outstanding accommodation provider."

"More and more individuals and families are discovering not only what great value accommodation we have, but the overall experience we provide. Our winter warmer offer is our way of saying 'thank you' for the award and also to reach out to even more people and give them the opportunity to discover for themselves just why **YHA** is

now considered one of the Best UK Hotels."

In 2013 **YHA** is investing a further £10 million refurbishing Youth Hostels in **York, Stratford, Canterbury, Ambleside in the Lake District, Walsley and Malham in North Yorkshire**. The charity will also be creating a new hostel at the gateway of the **South Downs** early next year.

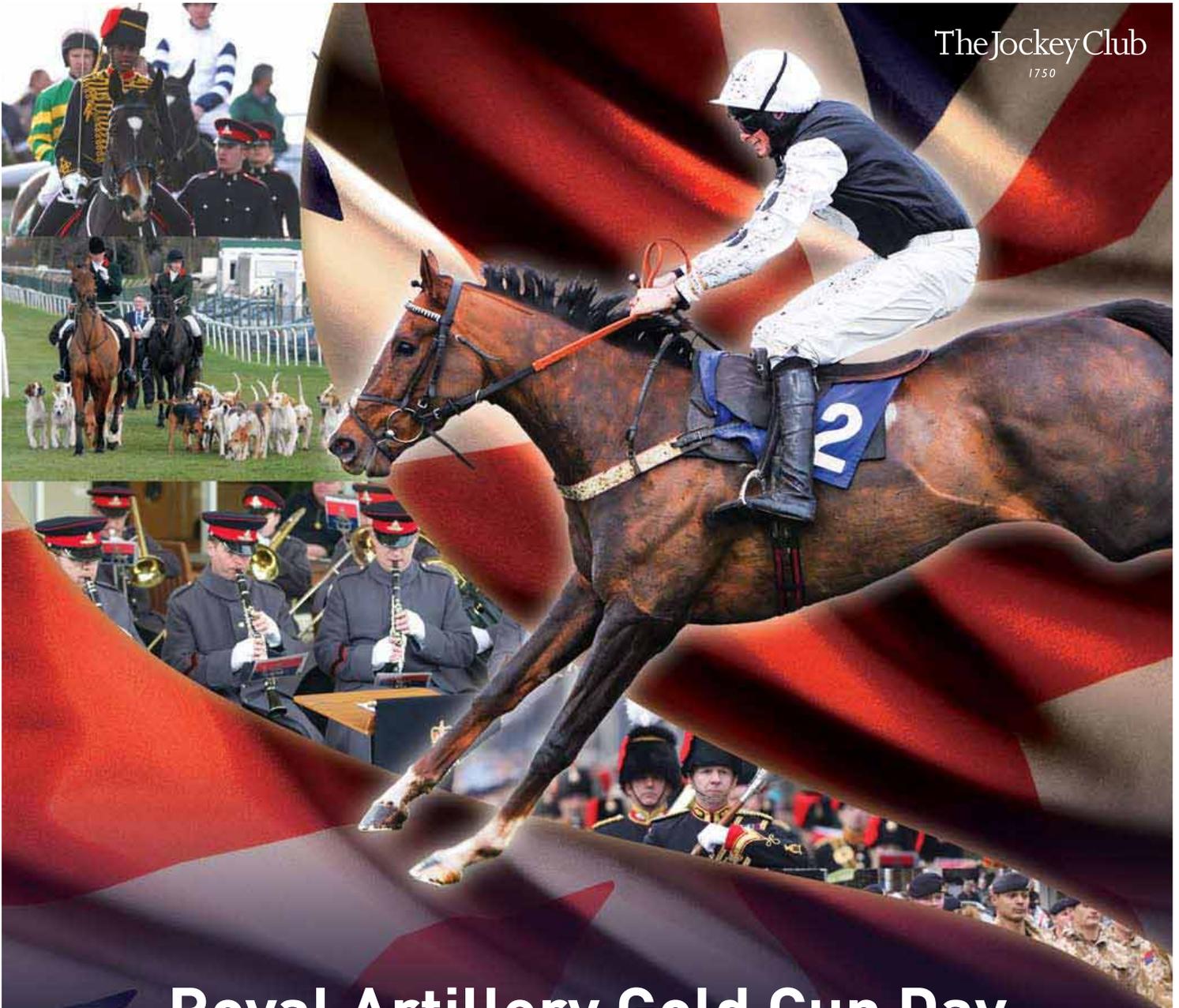
Details of **YHA** (England and Wales) are available at [www.yha.org.uk](http://www.yha.org.uk) or, to take advantage of the Winter Warmer offer, visit [www.yha.org.uk/winter](http://www.yha.org.uk/winter) or contact

01629 592700

and quote **WARMER-001** when booking.

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