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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 demeani environmental, health, and nor violent issues, but not to preach or claim to always be right. Different opinions published are the opinior 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 PARENTS NEWS is explicitly

Help! My Supply Teacher is Magic

Southbank Centre with Charlie Southbank Centre announces 2013 Easter & May half-term Dark and Run Dem Crew family season featuring Help! Southbank Centre's Easter & My Supply Teacher is Magic, May half-term family season Dogs Don't Do Ballet, a opens with My Supply Teacher children's bee workshop and a is Magic (Friday 29 March superhero run in costume - Monday 1 April), •A live version of the hit CBBC Interactive Illusions, Up Close TV show Help! My Supply and Magical and Tricks of the Teacher is Magic Trade, in an hour of captivating *Half Moon Theatre's play Moon & Genie, part of Alchemy Southbank Centre's Southbank Centre's Alchemy Festival of South Asian culture ·Little Angel Theatre's

acclaimed puppet show Dogs

with former Catatonia lead

Centre with leading poetry

singer Cervs Matthews

*A sing-along for all the family

.A fairy tale tour of Southbank

and spoken word artist Rachel

· A workshop about bees and

honey with artist Amy Shelton

and beekeeper Steve Benbow

Father and Other Superheroes

All ages & abilites

Pony Days

·Nick Makoha's one-man

show about his father: My

·A superhero run around

Don't Do Ballet

Rose Reid

festival of South Asian culture, returns for the fourth year in April featuring Half Moon's production Moon & Genie Sunday 14 April). The story of Jamal and a street dancing life-size monkey, who summor the Genie of the Saucepan by the light of the moon, and travel the world to conjure a meal of imaginative splendor for Jamal's Grandmother. The performance lasts 40 minutes followed by a play session on the stage to share the different fruits which feature in the performance.

London Literature Festival returns to Southbank Centre in

020 8398 0822

ollessons & Hacks

· Holiday Fun •

Woodland Walk

Old Barn Stables

Waffrons Farm, Woodstock Lane South, Chessington, Surrey

A Friendly, Family Run Riding School

BHS Qualified Instructors All weather sandschool

questions about the best ways to live, encouraging visitors to push boundaries and think differently, and to contemplate alternative ways of living and the future of our environment. In Spin (Saturday 25 May). Apples & Snakes' interactive performance for children aged five and over, rappers, poets and storytellers BREIS, John Hegley and Sally Pomme

May, this year posing intriguing

Hook, Line and Singer: A Family Sing-along with Cerys Matthews comes to Southbank Centre on Saturday 25 May. Former front-woman of Welsh rock band Catatonia. Cerys Matthews, believes that everyone can sing and that they should stop feeling shy about it. She has spent her whole life collecting songs wherever she goes, from Wales to Nashville and her new book of traditional family songs gathers the ones we all grew up with along with favourites from around the world. (Hook, Line and Singer: A Sing-a-long Book: Childhood Songs for Long Car Journeys and Rainy Days, by

Clayton will send the audience

spiralling into a poetry

Ticket booking: http://ticketing.

Cerys Matthews, is published

by Particular Books on 6th

June 2013)

Victoria and Albert Museum

Throughout Easter there are a range of activities relating to the V&A's two main exhibitions; David Bowie is and Treasures of the Royal Court. At the Imagination Station you can explore the museum to get inspiration and then create your own coat of arms for a shield or flag. while in a Make-it Workshop designer Juliana Sissons will help you create your very own piece of armour. Pop-up Performances explore rhythm

Tudor tunes and tales, and in our digital suites Digital Kids can create a track for their first album, or transform themselves into Tudors!

Events are free and dron-in and recommended for ages 5+ (unless stated otherwise) To book Make-it workshops

> 020 7942 2211 or book online For more

information and to see a full programme of events visit www.vam.ac.uk/families



Swimming Lessons

Quality classes in small group COME AND TRY A CLASS FREE ** Adults and Children from 2 yrs

Non-swimmers -Improvers Advanced & SUPER Advanced Classes held at:

Downsend School Ashtead/Leatherhead Epsom College For more info contact Colin on 01372 739600





The Wight Riviera Cycling Weekend is the perfect cycling break for active families!

The event on the Isle of Wight from May 18-19th, features a variety of rides distances and

Fantastic Coastal Riding

Road and Off Road Rides

Beautiful Island Scenery

Full Event Support

Routes from 5 to 100 Miles!

Harbour-side Event Centre

www.wlightriviera.co.uk

April 2013

choices to suit everyone from real enthusiasts to fun riders and family members, with the

road loop on the roads of West Sportive on Sunday 19th The Wight Riviera Sportive or lead onto one of the three longer routes, while the Big beautiful countryside! attractions and spectacular weekend for cyclists with either non-cycling or casual

> promo code WRIV2 at www.redfunnel.co.uk

highlight of the weekend being an exciting and unique closed

The weekend is built around the Big Wight Mountain Bike Marathon on Saturday 18th May, and the Wight Riviera May, and covers the best of the Island's quiet roads and trails, and spectacular views. Ride options range from as little as 15 miles up to huge 100 miles, and there is even a free 4 mile Beach to Beach ride on quiet flat tracks; perfect for younger children and leisurely cycling! starts with a spectacular 25km closed road loop, which can be taken on as a standalone ride Wight MTB Marathon takes you on a tour of the Island's finest off-road riding and most The Isle of Wight is rich with countryside, making it an ideal cycling families or partners. And Red Funnel Ferries have 20% off ferry crossings for the event weekend; just use the

Full details about the whole weekend can be found at www.wightriviera.co.uk

> RED FUNNEL 20% OFF

FREY CROSSINGS it restaummi.cs.ok

WRIV2

18-19 MAY 2013

Yarmouth, Isle of Wight



Hollywood star and forme patient of one of the UK's allows us to manage the leading orthodontists. Tom growing demand for Specialist Holland, officially welcomed Orthodontist care we are seeing Walpole to its new Thames through referrals from dental Ditton home on 27 February professionals and direct. at a reception for more than 40 "Our official opening coincides dental professionals. with our new patient education Tom, who was treated by Dr. campaign which highlights the Sharon Orton-Gibbs, was benefits of early treatment for introduced by his comedian some children. We would like to see children between the father, Dominic Holland and highlighted the difference a ages of 8 and 9 to advise their perfect smile can make, from parents when best to get going landing a leading Hollywood role, to giving a teenager the confidence to smile. Walpole Practice Co-Owner

Chris Gibbs said: "Doubling

the number of the treatment

with treatment and achieve the who may be considering

transformational impact the perfect smile has on lives. Walpole encourages people treatment to pop in to the

the team who will be able show them round and answer any questions they have. It was established more than 40 years ago and is an exclusively private specialist orthodontist practice run by Dr Sharon Orton-Gibbs one of only 260 consultant-level orthodontists

in the UK. It combines excellent patien care with the most advanced orthodontic knowledge and experience to achieve best possible jaw alignment and the perfect smile for children and adults.

020 8390 1839 www.myorthodontist.co.uk





you can ensure they have a head start on that winning smile. Giving them the confidence to smile as teenagers and beyond.

020 8390 1839



www.myorthodontist.co.uk Walpole House, 15 St Leonards Road, Thames Ditton, KT7 0RL







Music and Dance Classes for Pre-schoolers

You don't have to look far to discover that today there is proliferation of classes available for pre-school children and that parents are well aware that their child's education starts long before school age. Activity classes for such things as swimming, football and voga abound a

do those for the more arts based endeavours like music dance and drama. So if you are looking to choose a franchise in order to join in this lucrative and rewarding market, how should you make that choice? The first criterion must be that you have an affinity with the core subject. So if music and

what else matters? Owning a franchise is about running a business and as we all know it is the customer who is the most important part of any business. For this eason MAD Academy puts a lot of energy into making sure their classes are under constant development to maintain their modern, funky and free spirited appeal. This development process is also focused on the OESTED early learning goals in music movement and listening skills. so parents know there's more to it than just a bit of fun.

Support is another key issue for anyone starting up a business in a new area. MAD Academy has eight years' experience in getting new franchisees up and running They want you to succeed which is why their team of head office professionals are always there to give help and advice in a timely and effective

Find out more about MAD Academyy at www.madacademv.com





Weddings

and more _

Lil' Jockeys Ltd...... Remember how fun that





Ride on Animals Children's Parties - School Fairs Charity Events - Ovisterings · Festivals

For more information please call Tel: 01843 583454 / Mobile: 07536058849 Email: info@N-jockeys.co.uk Web: www.li-jockeys.co.uk

April 2013

horse doesn't just rock, but can be ridden just like a real horse, Lil' Jockeys Ride-On animals do exactly that!

You may have seen them recently at your local school fair, summer carnival or family fun day. Checkout their event calendar at

www.lil-jockeys.co.uk/events to see where they are going to be next.

If you want a stress free party with a difference for your son or daughter's birthday, then let the Lil' Jockeys' team work

their magic. One happy parent quoted "I wanted to thank you for the Lil' Jockey session you ran for my daughters 5 birthday party. All the kids had such a fantastic time on your vast selection of horses, unicorns and zoo animals. I don't think there was a single minute where the animals weren't being ridden during the whole 2 hours. All the other parents mentioned they thought it was a great idea and would be considering it for their parties and fetes in the future. We will be back again for some more."

Fun is Free at the Rural Life Centre!

Rural Life Centre, Tilford, near Farnham on Thursdays April 4th & 11th during the Easter holidays. Exciting fun at this countryside museum. Accompanied children only. Pay for admission then all the things to do are FREE. There will be period toys to play with, a working pole lathe and a Home Guard Warden with his stirrup pump or maybe follow the WWII trail. Best of all, for the very young, the museum's dolls house will be open for you to go inside. There are some special events too. On Easter Saturday March 30th there is a Steam Tov Rally. On Easter Sunday and Monday an Easter Chick Hunt around the Museum plus a decorated egg and Easter bonnet competition. A light railway operates every Sunday and May 4th welcomes a Model Railway Exhibition

www.rural-life.org.uk 01252795571

> Reeds Road, Tilford, Farnham, Surrey 01252 795571

www.rural-life.org.uk



...but felt unsure how to get started?

MAD Academy has been providing music and dance classes for pre-school children since 2004. However, there are some key locations where children do not currently have the opportunity to enjoy the benefits of our high energy, yet educational classes.

Ever wanted to run your

own business?

Consequently, we are looking for enthusiastic business minded people to join our team of franchisees to help us close the gaps. Experience with children and a love of music and dance would be an advantage but a desire to build a flexible business based on term time working, is more important.

For a no obligation chat and a presentation on what's involved, come along to our next Open Day on:

28th April 2013 in Maidstone

For details email franchise@madacademy.com or call Laura on 07732 322540 or 0118 926 1384

madacademy.com

Music And Dance and a whole lot of fun!



£500





April 2013

about the paintings with family

Children free with paying adult

trails (£1-2), audio tours

and activity toolkits (free).

Explore with Marvellous

Blooms (£1) and Katie's

National Gallery Adventure

Information Desks, or from

(£2) trails available at Gallery

www.nationalgallerv.org.

uk/families.

Free Easter family fun at The National Gallery!



Add some action to your visit with the Active Looking Toolkit for Families, or create your own drawing or written work with our Keys to Creativity pack. Both can be borrowed from the Getty Information Desk free of charge.

www.nationalgallery.org. uk/families

Trafalgar Square. Rail: &Tube: Charing Cross and Leicester

No-one could be more surprised than I was to find Lactually enjoyed my lesson on the golf range! I am one of those folk who found the joke "a good walk spoilt" funny, but Jon Woodroffe at World of Golf has changed all that.

This newly refurbished

driving range offers Free Golf you £60*! My golf pro Jon is fanatical that good foundations create not only better players but ones that enjoy playing more and therefore become enthusiastic golfers. He has patience and exuberance with novices so that you don't feel embarrassed by missing golf ball, hitting 2 inches, or even if you try to bend the club by hitting the automated power tees with all your force! I'm sure that after a course you really will be hitting the ball with confidence.

A team of six teaching PGA Qualified Instructors and three master professionals are available for coaching all levels and ages with a choice of individual or group lessons Plus, innovative golf training facilities, such as a video coaching studio will help rea golfers analyse and improve their swing

World of Golf

The range has 60 revamped covered and heated have located over two tiers, each with new automated power tees, as well as new fairway and light-rough effect outfield To give golfers the most realistic experience possible World of Golf New Malden has invested in innovative new

This is also a great destination for a family outing with an 18-hole adventure golf course: called Jurassic Encounter which includes giant dinosaurs, green lakes and dark caves.

target greens

A Platinum Club for VIP members an American Golf superstore, and a Costa Coffee round off this comprehensive World of Golf. Located just off the A3 in New Malden. between Wimbledon and Kingston-on-Thames

For more information visit www.worldofgolf.co.uk

* Beginners Golf Course includes: Six weekly lessons one hour long, learning golf with one of our PGA Qualified Instructors. A step-by-step guide to the basics of golf from the grip to the full swing, using a variety of clubs. Learning the basics of golf rules and etiquette as well as the different techniques in completing a course. The opportunity to meet other golfers and gain the full benefit of learning in a small group. Free loan of a 7 Iron. - If you have your own clubs feel free to bring these with you, all ou will need is a 7 iron

Cost of range balls not included attendees will be expected to pay for these - prices start from as little as £4.20 dependent on the range you attend.







23 Apr Tunbridge Wells Library

newsreader will be talking his new

book Days Like This, tickets 08458

Apr United Church Hall

247200 Every Mon Storytime 11

Crowborough 075961 22972

27 Apr New Romney Station

01797 362353 Children's Charity

Day with entertainment for young

which will include two extra trains

with some very special young

neonle aboard plus the launch of

the brand new play area for tiny tots

Museum 01304 201711 1940's

Wartime Weekend with wartime

period vehicles plus home front

& military displays, 1940's band,

28 Apr RSPB Dungeness Nature

Reserve 01797 320588 Spring

has Sprung a chance for visitors

of all ages to come & look for

typical spring visitors such as terns,

more, need to book

warblers, wagtails, wheatears &

London

music & dancing & lots more

7-28 Apr Dover Transport

at New Romney Station.

Georgian Music workshop

11.30am, FREE.

Ongoing Run off your Feet 07730 870696 www.kentsport. org/rungroups Running Group, first session FREE at your local group when mentioning Parents News.

Ongoing Dover Leisure Centre 01304 201145 Full range of exercise

classes with a modern fitness suite, 2 swimming pools, squash courts & sports hall. " & 3rd Sun of each month The Pantiles Tunbridge Wells 01892

515675 Pantiles Craft Fair. 4th Sun of the month West Malling Farmers Market High Street 07775 736116 Wide variety of local produce, 9.30-1.30pm.

Every Sun EdenbridgeLeisure Centre 01732 865665 Under 16's & families roller disco

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-Wed The Angel Centre Tonbridge 01732 359966 Kickstart members Pre-school bounce Every Sat morn fun club 5-10vrs, Every Wed & Fri dance mat & fitness Every Tues Walderslade Village Library Chatham 01634 686467 Toddler shake & boogie activity session that offers rhymes, song & movement for pre-schoolers. parachutes are often included. Every

ri Storytime fun sessions for pre school children that include stories Every Tues Hundred of Hoo Swimming Pool Rochester 01634 401989 Beaver Swimming Club

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Daily Wingham Wildlife Park Every Wed Dunorlan Park 07990 973313 Every Wed Buggy Workout, exercise for mother & haby power walking around the park utilising the benches & steps available, 10.30-11.30am.

244610 Fabulous Fare Market with locally sourced fresh fruit & veg, meat, fish & dairy, preserves & jams & lots more. Also on offer recipe tasting, take away meals, tapas & ready salads, natural home & body products, book/magazine exchange,

Midweed & weekends Kingsmead in the pool.

Centre Swanley 01322 662188 Every Thurs Under 16's Roller Disco

Chatham 01634 406923 Storytime fun sessions that include stories & rhyme, Every Sat Pop in & Play for parents & children, 10-12pm. Every Thurs Pembury Library

01892 822278 Storytimes, 2.30-3pm, term time only, FREE Every Thurs during term time Margate Baptist Church 4 Cecil Sq 01843 290869 Little Fishes

Toddler group for parents & carers to meet & socialise with food games & fun, 10-11.30am. Every Fri Grain Library Rochester

Craft Club for under 8's FREE Gillingham 01634 361544 Homework club with friendly staff on hand to help with all your homework questions.

Every Wed St Saviours Centre Canterbury Road, Folkestone 01303

plants, flowers & lots more.

Leisure Centre Canterbury 01227 769818 Funtime sessions available Thurs White Oak Leisure

Every Thurs Luton Library

01634 338727 Homework club with friendly & knowledgeable staff on hand to help, FREE. Every Sat ery Fri Hempstead Library

Every Fri Lordswood Library

Blowing the Whistle on

GDC Scam. Orthodontists and the General Dental Council are operating an illegal scans to

withhold information from the public about new methods which can avoid almost all extractions and even major jaw surgery. This is being done partly to protect an extractions and even major jaw sunjery. This is being done party to protect traditional enterhols and partly to preserve the high incomes of orthodoutists and surgeons. Research suggests that this Bettish development is being ignored in the UK while spreading rapidly alread. As a result hundreds of children and young adults have extractions and jaw surgery, unaware they may be unnecessary.

Some Orthodontists mislead patients, saving that extractions can be avoided although the traditional methods they use seave too little room, risking severe damage to the face. It is wise to explore the internet yourself, many sites make

great claims and show beautiful faces but very few show good results before and after treatment. Even the media is scared of disclosing this scandal.

Storytime after school storytelling, 3-8yrs & Toddler shake & boogle Every Fri Wigmore Library 01634 235576 Toddler shake & boogie activity session that offers rhymes, songs & movement for pre-schoolers. Musical instruments, carves & parachutes are often

included. Last Fri of each month Bedgebury National Pinetum & Forest Goudhurst 01580 879820 Beginners Health Walk, lasting approx 30mins-1hr & will cover etween 1-4km. Every Fri morn Moderate Health Walks, 1-1 1/2 hrs between 4 & 6km Every Fri morn Green Gym session, volunteers can spend a satisfying session working in the National Pinetum helping to improve the world's best conifer ollection, FREE. Tel: 01424 446395. Daily Go Ane take to the trees & experience a course of rope bridges tarzan swings & zin slides up to 35 feet above the forest floor,

10+vrs, minimum height 1.4m. Every Sat Medway Little Theatre Rochester 07939 921041 Youth Company for 12-18yrs & children's workshop, 7-12yrs.
Every Sat Dickens House 01843

871133 Broadstairs History Walk. 2pm. Every Sat morn Fleur de Lis Heritage Centre Faversham 01795 534542 Guided Town walks.

90 minute guided stroll through Faversham Every weekend Broadstairs Harbour 07847 473615 Market,

weather permitting. Until 1 Apr Hever Castle Kent 01732 865224 Annual Easter Egg Trail for families, hunt for clues hidden in the garden with the help of

to claim your chocolate egg, brass

Chatham 01634 862096 Teatime bands will be playing throughout the weekend. 2-7 Apr Step into Easter children can explore their creative side in a drop in brass rubbing workshop & then explore the grounds.

Until 11 Apr Spotlites Kings Theatre 338 High Street Chatham 01634 829468 Curse of Pharaoh's Tomb, 5-12vrs, 4 Apr The Enormous Turnip, 2-5yrs. 14 Apr Rapunzel -May the Force be with you 4-9yrs. Until 14 Apr Museum of Kent Life Lock Lane Maidstone 01622 763936 Spring into Easter meet the baby lambs and wiener piglets, plus the young calves & Easter chicks Have a go at bottle feeding the newborn lambs, hop on a tractor for a ride around the grounds, paint a pot in the art studio & have a cuddle with other furry farmyard friends 29 Mar-13 Apr Bumble Bees Play Centre Pysons Road Ramsgate 0753 6058849 Lil' Jockeys animal

themed children parties with ride on 29 Mar-1 Apr Chartwell Westerham 01732 868381 Easter Trail & activities. 10,24 Apr guided spring wildlife guided walk through arden & estate

29 Mar-1 Apr Leeds Castle 01622 765400 Treasure hunt throughout the grounds, fun for all the family. Mar-1 Apr Maidstone Museum & Bentif Art Gallery 01622 602838 Easter Egg Trail around the museum, 2+yrs, FREE Apr Chick, bunny & lamb finger puppets decorate your own, 2+vrs children's craft activities, 4+yrs. Apr Tiny Talk Time storytelling & uring activity for the under 5's 5 Apr Sock Bunnies turn a sock into a Easter bunny, children's craft activities, 4+vrs, 8 Apr Baby Birds Nests, build a nest & make 2 birds

to put inside it, children's craft

thedockyard.co.uk

01634 823807 f E

activities, 4+vrs, 9 Apr Bird Houses & Feeders paint & decorate a bird house or feeder craft session 4+vrs 10 Apr Native American Necklace & Dreamcatcher children's craft activities, 4+yrs. 11 Apr Creepy Crawlies make & decorate your own bugs & snakes children's craft sessions, 4+yrs. 12 Apr Dinosaur Money Boxes children's craft activities, 4+yrs. 17 Apr Wiggle & Jiggle, play instruments, sing along erv rhymes, under 5's

29 Mar-1 Apr Brogdale Farm Brogdale Road 01795 535286 Tractor trailer rides around the orchards, cook with berries, craft workshops & much more Faster Mon tractor trailer rides and an orchard treasure hunt.

Mar-1 Apr Minster Abbey Gatehouse Museum Sheerness 01795 872303 Easter Activities for children, 30 Mar Easter egg hunt for

29 Mar-14 Apr Shorne Woods Country Park Gravesend 01474 823800 Easter Holiday activity trail follow the clues, answer the questions & complete the trail to receive a prize. 31 Mar-1 Apr Easter Bunny hunt, 27 Apr Open Day & Spring Fair with woodland walks, pond dipping, geocaching & a scavenge hunt to win a small prize, FREE. 27-28 Apr Archaeology Exhibition, 8+yrs. 28 Apr Archaeology guided

walk, FREE. 29 Mar-14 Apr Lullingstone Country Park 01322 865995 Easter Holiday activity trail follow the clues, answer the questions & complete the trail to receive a prize. 14 Apr Open Day with pond-dipping, scavenger hunt, face painting, make your own bird box or ioin the education ranger to make a mini den for wildlife visitors to your garden, FREE.

29 Mar-14 Apr Chatham Histori Dockyard Chatham 01634 82384 Forget Me Knots' & a 'Potty Palms & Rope Trail' activities for all the family. Visitors learn the age old skill of knot tying & then take away a hand made souvenir which demonstrates what they have learnt. The new Potty Palms & Rone Trail sets families the challenge of finding nalm trees across the Dockvard site There is also the Railway workshop indoor picnic & soft play area for children to play in.

29 Mar Manor Park Country Park 08458 247600 Easter Bunny hunt. solve the puzzle & be rewarded with an egg form the Faster Bunny

30 Mar Ramsgate Royal Harbou Arts & Crafts Market 0753 themed children parties with ride on

30 Mar Trosley Country Park Meopham 01322 865995 Easter Runny Hunt & receive a prize 21 Apr Open Day to include a mystery trail, art session & a chance to exhibit your work for a chance to win a FREE birthday party for children & lots more, FREE.

30 Mar St Mary's Arts Centry Strand St Sandwich 01304 61777 The Rat Pack Vegas Spectacular Show

30 Mar Gulbenkian Theatr Canterbury Snow Play, 3+yrs, special prices for baby on lap 0-18mths available for all showings. 13 Apr Each Peach Pear Plum is a game of 'I spy' for little ones & their families with songs, music & puppets, 14 Apr Louis Pearl The Amazing Bubble Show 3+vrs

29 Apr-19 July Pagoda Centre Tunbridge Wells 0772 5445041 Princes Trust Team programme a 12 week course for young people

16-25vrs who are currently not in employment, education or training. It is designed to help you gain lots of new skills & develop skills that you already have The course is FREE & will not affect any benefits

that you may be receiving 30 Mar-1 Apr Spring Broadstairs Food Festival 01843 871102 Food Fayre with over 50 stalls showcasing the finest food & drink produce from the 'Garden of England' There will also be a number of stalls featuring the best of local arts plus a programme of coordinated children's events plus cooking demonstrations & more 10-5pm FREE

31 Mar Brockhill Country Park 08458 247600 Country park fun with self guided trails, children's crafts, stream dipping & lots more,

31 Mar Godinton House Ashford 01233 820461 Open Garden, entrance children FRFF

Apr Assembly Hall Theatre Tunbridge Wells 01204 334400 Best Friends Forever, the ultimate kids pop party with special guests Katy Perry & Jessie J. 2 Apr Milkshake! Come Out To Play all singing, all dancing live stage 9 Apr Michaela Strachar from antelopes to zebras, from orphaned Orangutans to Polar Bear

Advertise in **PARENTS** NEWS call Fergus 020 8337 6337

fergus@parents-news

dentistry interactive show with lost

of fascinating wildlife facts, 12-13 Apr Rapunzel for all the family. Apr Loose Easter Foo Hunt

Taking place in Kirkdale Meadow open to children under 11yrs plus a separate 'hunting area' for under 5's there will also a Easter Bonnet competitions plus teas, homemade cakes, gifts & lots of fun for all the family, www.loose-

amenities.org.uk. 1,4,6,7,9,11,13-14,21 Apr Sea Searcher Boat Trips at Ramsgate 07837 562076 3hr boat trips especially suitable as a taster of sea angling, rod hire & bait included in the price. 20 Apr Full day fishing trips, rod & bait included.

2,3 Apr Whitstable Castle 01227 263595 Easter arts & crafts sessions painting plant pots & tehn planting seeds in tehm, the children can tehen see tehm grow over the following weeks & months

2-5 Apr Beechwood Sacred Heart School Tunbridge Wells 07973 846731 Easter holiday school for 4-18vrs in a variety of forms email artsawardinitiative@gmail.com.

2,27 Apr Open Seal & Wildlife WatchingTrips 07837 562076 A I 1/2 hr trip to a local seal colony in a National Nature Reserve.

3 Apr Dover Museum Market Square 01304 201066 Family Day adults & children alike can make Roman style naner mosaic choose from a variety of designs or design your own, FREE. 10 Apr Family Day , Jigsaws, design & make your own, drop in activity, FREE.

4 Apr Tyland Barn Sandling 01622 662012 Rocks & Fossils workshop meet the expert & find out abou the rocks beneath your feet bring along your own specimen & make your own fossil to take away, 8+yrs. Apr Discovery Day, discover the animals found in the pond by

dipping, draw your creatures, create a cartoon character to include in a cartoon story, led by a wildlife tutor & prize winning illustrator. 11 Apr Water for Wildlife learn how to make your own mini pond.

4-6 Apr Orchard Theatre Dartford 01322 220000 Chinese State Circus presents 'Ying Yang'. 4,11,18,25 Apr

from Early Years Children's Centre Folkestone 0800 8434000 Healthwalks, a gentle paced pram friendly walk. 5 Apr Wildwood Trust Herne Bay 01227 712111 Fantastic Flyers

find out how animals & plants use flight to get around & take part a paper aeroplane challenge, one adult FREE per group, 8 Apr Springtime Rabbits & Chicks make spring crafts & meet new arrivals. one adult FREE, 12 Apr Animal Senses fun sensory workshop 13 essential bushcraft skills including tracking, field signs & animal nrenaration, 12+vrs, 14 Apr Spring Woodland Discovery Walk discover the new plants leaves & minibeasts

waking up for the new year.

5 12 19 26 Apr Reaney Art Museum & Library Canterbury 01227 378100 Health Walk for various levels of fitness, FREE, start promptly at 9.45am from the Beaney High Street entrance walk lasts for 1hr. 26 Apr Jumping Beaneys, What's inside the treasure chest?, enjoy songs & stories, investigate objects & get creative with a fun art activity, under 5's. Every Fri Feel Good Fridays Homework Club get your homework finished before the weekend volunteers will be on hand to find information form library books & online recourses. Explorer point activities for

families, FREE drop in activity, Visit the family Explorer Points to investigate objects, try on costumes. get creative & take part in quizzes & games linked to museum & library collections. Every Thurs Baby Bounce & Rhyme for under 3's & carers, FREE.

Solvation Army 5,19 Apr Salvation Army Maidstone 01622 681808 Youth Club with Wii, darts, nerf guns, table tennis, pool & lots more. 1 Apr Messy Church for families to eniov fun messy activities, a time of worship & share a meal together.

6 Apr Istead Rise Community Centre Worcester Close 07935 700417 Craft & Gift Fair with over 35 stalls with a wide range of local crafts, FREE entry.

Apr Kent Showground Detling 01622 630975 Heritage Transport Show with a large display of vintage buses & eh chance to experience a FREE ride on some of the exhibits Refreshments available & FRFF parking, entrance under 12's FREE Apr Hall Place Bexley 01322

621238 Wild things, family activities in the glasshouse make useful & wonderful things for outdoor fun, transform a milk bottle into a buzzy bee shaped plant label, accompanying adults FREE, 8-12 Apr Easter Hols activity The Ugly Bug Ball transform yourself with a bug-a-licious bug hat & dance to the music, adults FREE. Until 14 Apr Easter Garden Trail a trail that leads you through the Hall Place Gardens with a chocolate egg prize. Pick up your trail sheet form the

7 Apr Teston Bridge Country Park 01622 817 623 Open Day FREE activities including geocaching, scavenger hunt, dog agility course, mini beast hunt & lots more

Apr Hazlitt Theatre Maidstone 01622 726155 The Nightingale told through a blend of masks, puppetry, animation, vivid performance & original music, families, 4+yrs. Apr Sleeping Beauty, Vienna Festival Ballet, 14 Apr Sing-a-Long Joseph interactive screening of the 1999 film of the original stage version starring Donny Osmond plus fancy dress competition

7 Apr Elm Court 07876 685853 Farmers Market 7 Apr New Ash Green Village Hall Kent 07935 700417' Indoor Market with over 30 stalls, FREE entry. 11 Apr Canterbury Heritage Museum 01227 475202 Mini museum explorers with songs & stories, investigate objects plus

creative arty fur, under 5's. 12 Apr Gravesend Farmers Market Junction with Windmill Street 07775 736116 Produce includes bread, meat, seasonal vegetables & fruit, fudge, preserves & much more, 10-2pm, FREE

13 Apr Trinity Theatre Tunbridge Wells 01892 678678 Handmade with Love as well as knitted, crocheted & hand sewn goods there will be artwork, ceramics, cards. homeware, jewellery & clothing for sale, entrance under 14's FREE.

28 Apr Heart of Kent Hospice 01622 790195 Pedal for Pounds, 10K 13,27 Apr Biddenden Vineyards Ashford 01580 291726 Guided family fun ride through the private road of the picturesque East Malling tour of the vineyard followed by the Research station, registration 11a chance to taste the award winning ride starts 12 noon. wines, ciders & juices in their vineyard shop. Arrive at 9.45am for a FREE cup of coffee, need to book.

14 Apr Tonbridge Farmer Market Sovereign Way 07876 685853 There are normally more than 70 stalls. 21 Apr Tatsfield Art & Craft Fair 07935 700417 Over 35 stalls with

Go to Page 10

Maidstone Museum & Bentlif Art Gallery



finger puppets... creating a Hama bead magnet of spring animals... decorating creepy crawly bugs... painting a dinosaur money box...and lots more.

Easter Egg Trail - Age 2+ trail free/500 per egg. Children's Craft Activities sessions at 10.30, 11.30, 12.30, 13.30 & 14.30. Sessions offered on a first come basis, booking available on the day. Suitable for age 4+, £2.50 per child unless otherwise stated.

More information on all our activities can be found on the website. Maidstone Museum, St Faith's St, Maidstone ME14 1LH 01622 602838 Open: Mon-Sat 10-5, Sun 12-4 (Apr-Oct)

www.museum.maidstone.gov.uk



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Soon they begin to speak and move better, act more naturally, become more confident and self-aware. These skills don't vanish as the curtain falls. They are learnt for life.

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For a Prospectus and for more information please call your local Stagecoach now.

Canterbury 01732 824 758 canterbury@stagecoach.co.uk



The London School of Facial Orthotropics,

Puricy. 020-8660-3695.

There is another way. Take a second opinion now. Nine years old may be too tate. ORTHOTROPICS

When obserts the pay first measurement

you fee a

sor John Mew. Tunbridge Wells 01892 526406 and



Out & About

It's time to get outside for some

Farming World, Boughton, Nr. Faversham, offers a great mix of indoor and outdoor activities and a fantastic list of special events planned for the Easter holidays, including:

29th March - Clay Workshop Jane Darley runs the farm's clay workshop. Make a clay souvenir! 31st March &

1st April - Easter Egg Hunt Scour the farm looking for clues to complete the Easter hunt. 1st April - Easter Bonnet Competition (pm)

- There have been some spectacular entries in the Easter bonnet competition over the years. Bring your beautiful bonnet i on Rank Holiday Monday. You can even make

one there 3rd April - Creepie Crawlie Day - Stroke a snake, get close to a lizard or conquer a fear of spiders? Now is your chance! 5th April - Mrs Back 2 Front - Farming World welcomes back Mrs Back 2 Front a firm favourite with visitors. Join in the fun, magic and mayhem! 10th April - Animal Day - This is a fantastic opportunity to get up really close to some of Farming World's farming favourites. Learn more about the animals, feed the goats and groom the shetlands 12th April - 'Have a Go' Falconry

Day - Try your hand at flying

World's resident falconer. You

irds of prey & flying

constrations (not Hum).

M2 june 7 follow brown signs, sorry no dogs

birds of prey and talk to

Sharon Hollens Farming

Easter fun on the farm! can visit the animals; including heavy horses (back from 28th

March), Shetland ponies, pigs, sheep, donkeys, pygmy goats, llamas and the rabbits. You may see some lambs and piglets, born around Easter time. Two large adventure play areas, a climbing area for older children and special toddler area with sandpit. There are two large inflatable pillows for hours of bouncing fun (open weather permitting). An animal themed crazy golf course

provides a challenge for young

World, has a wide collection of

birds including; owls, eagles.

hawks and a vulture named

Rodney! There is a craft and

activity room with 'make and

For further information about

Farming World and its special

events visit the centre's award

www.farming-world.co.uk

01227 751144.

Farming World is open seven

until November 3rd and is

just off Junction 7 of the M2.

Normal admission prices are

(3 - 15 years), concession

£5.50. Guide dogs only

£6.50 adults, £5.50 for children

and cold refreshments.

winning website

and old! You can also take a

tractor and trailer ride.

Hawklands Birds of Prey

Centre, based at Farming

FIDTA was delighted with real dedication, especially making it in for the theatre severe snowy weather. Protegem's classes run

from Bourne Hall and The a friendly school offering classes in ballet, tap, street do' projects. The farm's cafe is on hand offering a range of hot and Musical Theatre which and acting. The auditioned days a week, 9.30am to 5.30pm

Parade!

Visit

www.farming-world.co.uk

for special event details

including:

Fun with clay workshop,

- Creepy Crawly Day,

- Animal Day,

Easter Crafts.

enquiries@protegem.co.uk

Protegem Dance School

They performed their 10th Anniversary shows at the Epsom Playhouse in January and February. An exciting but mammoth task with over 80 numbers ranging from a Madonna medley through to Disney Musical Theatre and ending with a huge Michael Jackson Medley.

Principal Mrs Gemma Wenman - Ballan BaHons the audience response and the hard work by all her students, from aged 2yrs to adult. The parents and performers showed dress rehearsal and battling the

Longmead Centre in Ewell, dance, boys only street/break class, GCSE Performing Arts incorporates dancing, singing vouth dance company rehearse on Thursdays and had the thrill of performing at Disneyland Paris again last year, as well as welcoming the new year 2013 in the London New Years Day

To enrol in the school call 01737 211 109

Great fun for kids at Battersea Park Children's Zoo

face with a ring tailed lemur? Popped up right beside a meerkat? Or heard a pig munch on hay? At Battersea Park Children's Zoo you can do this and much more. The small, family-friendly zoo is located in Battersea Park in the heart of London, right next to the River Thames and is the perfect balance of animal adventures and playground fun for children. From fluffy rabbits to scaly snakes, monkey mayhem to the mouse house - children can get up close to an amazing range of animals, including emu, chipmunks, bearded dragons, capuchin monkeys lemur, tamarins, ferrets and parrots. They can spy on the meerkats in the secret lookout tunnel which leads to the

Have you ever come face-to-

centre of their enclosure, or enjoy feeding time for the pigs, donkeys and rabbits on the Barley Mow Farm See what the various animals

like to eat, read about where they come from and learn their names. Look out for special activity days for children throughout the year, such as Hedgehog Adventures and Honey Bee Days. And don't forget the fun-packed adventure playground, with its tractors, diggers, large sand nit rides and real life-sized fire engine. School parties and groups are welcome, and at weekends and during the school holidays children can help the keepers to feed some of the farm animals

www.batterseaparkzoo.co.uk



The Historic Dockyard Chatham

'Forget Me Knots', 'Potty Palms and Rope' and 'Hearts of Oak' - new and exciting experiences at The Historia Dockvard Chatham this

Following the success of these in February, The Historic Dockvard Chatham will run these popular family activities again during the Easter holidays from 29th March to

14th April. When participating in Forget Me Knots, visitors go to the Commander's Cabin on board the historic Victorian Naval Sloop HMS GANNET (1878), learn the age old skill of knot tying and then take away a hand-made souvenir which demonstrates what they have

The new Potty Palms and Rope Trail sets families the challenge of finding palm trees across the Dockvard site. They will test their knowledge of rope related phrases used in everyday life. but which originate from Naval

The new Hearts of Oak visitor experience in the Mast Houses and Mould Loft opens at Easter!

In 1759 John North and William Crockwell sailed to war on the VALIANT. Visitors join John North as he

returns to the dockvard, 50 years later, keen to inspire his young grandson to follow in his footsteps as a shipwright. But with the boy's head full of tales of Lord Nelson, and the mighty VICTORY in Chatham for repairs following Trafalgar what will the young man do? Building on the most loved elements of the former Wooden Walls of England Gallery, new technology and interpretation techniques will bring the story of people, ships and processes to life in a vivid, engaging and exciting way. The Hearts of Oak Gallery uses more than 20 years of research and understanding to retell the story of the construction of woodenhulled sail-powered warships at Chatham Dockvard. At the time the Dockvard was the world's greatest dockyard of the age of sail - building the ships that led to British command of the world's oceans for 150 years Indoor and outdoor play areas provide families with plenty of

Sign up for the marathon & raise money for meningitis. natash@meningitis-trust.org for a registration form. opportunities for the children to let off even more steam and with all dockvard tickets valid PARENTS NEWS for 12 months, families come

Details of special events can be www.thedockyard.co.uk

back again and again.

April 2013

DAYS OUT

April 2013

Every Wed-Heaven at

Nutfield-19 High Street--

www.heaven-nutfield.com

for babies & toddlers for up to

playroom for under 5's, a café

29 Mar-14 Apr-The Wildfown

and Wetland Centre-Mill

Road-Arundel West Sussex-

01903 883355-

with a visit to see rare cygnets

& goslings during the Easter

holidays. Families can follow

the bunny trail around the

create a craft in the visitor

runs every day.

Historic Dockvara

centre each afternoon. The

Wetland Discovery Boat Safari

29 Mar-14 Apr-Portsmouth

Oscar Nominated Costumes

023 9272 7582

from 'Les Miserables' to go on

display. 6-7 Apr An Explosion

of Entertainment at 'Spirit of

the 40s' Weekend event with

dancing, activities, displays,

traders, an array of weaponry

Hands on History, including

a paintball range & drop in

30 Mar-14 Apr-The River

& Rowing Museum-Mills

The Easter Bunny will be

making secret visits to set

a challenge for all young

visitors, children can explore

the Museum galleries to hunt for clues to help solve a puzzle

to win a delicious prize, FREE.

30 Mar-14 Apr Easter Egg

3 Apr Pom Pom Chick Chick.

make pom poms & turn them

into little chicks, 4-7 vrs.

9 Apr Vole in a Hole make

a riverbank screen & a vole

puppet to pop out of its hole,

10 Apr Taylor Tug's Holiday

Happenings creative play &

10 Apr Birds Roc, learn all

11 Apr Whiskers & Wildlife

Every Sat during term time

Artways Art Club. 7-11yrs.

Every Wed during term time

Taylor Tug's under 5's Club.

14 Apr -Brighton Marathon

0845 120 4766

Read

On-line

www.

parents-news.co.ul

make a bug hotel or bird

lots more, 7-11vrs.

about birds' habits & habitats,

feeder, sow wildflower seeds &

singing, 18mths-5yrs.

7-11vrs.

Meadows Henley on Thames

01491 415600

plus a Kids' Zone with

reserve, go pond dipping or

New Life, celebrate Spring

2yrs & 2-4yrs, there is also a

-Smiley Faces music group

At St Lawrence College Junior School, teaching is based on a thorough knowledge of every child and his/her preferred learning style. The school aims to develop each individual, stretching the most able and encouraging the less confident. 11+ Kent Test candidates benefit from focused but open-minded preparation

From September the SLC Nursery will be providing enriched afternoon sessions to further enhance pupils' Early Years education and boost their key skills in preparation for

and the school enjoys an

excellent pass rate.

With all the advantages of a small, friendly environment plus the added extra of acres of outdoor space and unbeatable facilities, it is worth going to visit one of their open events to see what St Lawrence College has to offer your child?

September 2013

'A Taste of Reception' Friday 26th April Nursery & Junior School Open Day: Bank Holiday Monday 6th May For more information and to book a place,

01843 572912 mag@slcuk.com www.slcuk.com

Space Academy

How to fly spacecraft step by step by Deborah Kespert and David Raker £7 95

Space Academy is an astronaut training course that shows children how to pilot different kinds of space craft.

book is divided into three types of spread that encourage the child to imagine their journey into space, 'Astronaut School looks at the science and technology of space and space travel, 'In Orbit' is based in space, teaching the child step by step how to pilot different types of space craft in various launches and touch downs. The final 'ID section' pages explain how to identify different kinds of spacecraft.

a checklist of things to remember fast facts with fascinating tips and trivia plus step-by-step sequences detailing how to make specific manoeuvres. There are photographs of spacecraft in action throughout. The science The second in the series, the of space is explained through clear diagrams and artwork. At the back of the book, there's an ID section that gives the stats and facts about different spacecraft, including rockets, shuttles, satellites and surface

> Nothing similar has been published to inform young children about the technology of space and space travel. This book approaches this popular subject in a dynamic and exciting way.

The Wild Weather Book

Loads of things to do outdoors in the rain wind and snow by Fiona Danks & Jo Stansfield £9.99 pb & eBook Imagine jumping in the biggest puddle you can find, or running barefoot and feeling squidgy mud ooze up between vour toes!Or run up the nearest hill to feel the wind try to carry you away!

When it's wet, or windy or cold, there's no need to stay cooped up indoors, it's a great opportunity to rush outside for Go on an animal hunt and find the creatures that come out in the wet.

Fly a kite in the wind and catch falling leaves. Take your camera into a white world and see how many different icy patterns and shapes you can find. There are loads of exciting and creative things you can do in the natural world when the weather's wild. So don't wait

for the sun: take this book with

you and go outdoors for a wild

weather adventure

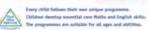
Success in Maths and English is the foundation for your child's future

The First Class Learning programmes focus on key Maths and English learning outcomes of the National Curriculum. Our new study centres are now open

Hampton Linden Community-Centre Monday 3:15pm - 6pm hampton@firstclasslearning.co.u

North Kingston Centre Thursday 4pm - 6pm kingston@firstclasslearning.c

New Malden Library Monday 4pm - 6pm newmalden@firstclasslearning.co.u



To book a free assessment call: Jennie (Hampton) 07585 950910 Aniana (Kingston and New Malden) 020 8123 0709



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'A Taste of Reception'

Friday 26th April 2013, 1,30pm - 3,00pm

Nursery & Junior School Open Day Bank Holiday Monday 6th May 2013

10.00am - 12 noon & 1.30pm - 3.00pm

For more information and to book a place phone 01843 572912 or email mag@slcuk.com

St Lawrence College Junior School Ramsgate, Kent CT11 7AF www.slcuk.com

for more information, go to www.oxbridgeuk.com OxBridge Centre

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



Daily London Dungeon London with bunny stories, games, Easter 020 7403 7221 Vengeance: The UK's first 5D laser ride

egg hunt plus visitors will have

the opportunity to make an Easter

dron-in FREE Daily Family

backpacks for under 5's containing

a train map, storybooks, play mats

Oranges & Lemons:Beau Belles'

Ice Cream Van event where familie

can share stories take part in an art

& art collected over the week, then

live music, FREE all ages. 20

workshop & see a display of stories

will also be Maypole dancing &

St George's Day with live music &

dance, storytelling, traditional games

Children's Zoo SW1 02079245826

or 0845 6016679 Easter egg hunt

a few of the zoo animals will be

guarding colourful Easter eggs

purchase a quiz sheet & use the

storytelling, 5+yrs, FREE. 6-8

Apr Art pottery workshop, 5+yrs,

FREE. 7-9 Apr The Roaring lions

of Trafalgar storytelling session.

5+yrs, FREE. 9 Apr How was i

made? Activity 5+vrs FREE 10

Apr Looking after the family silver

discover if a silver object has been

10 Apr Messy London tube maps

& carers 1+vrs FREE need to

workshop 5+vrs FREE 11-13

Apr The Famous Magic Circle art

workshop, 5+vrs, FREE, 14.28

Apr Explore the museum's galleries

through fun hands on activities for

29 Mar-15 Sep Natural History

Sensational Butterflies a journey

fascinating life cycles, as you follow

the trail through the life cycle route

watch hungry caterpillars hatch

by your side & witness hundreds

fluttering above your head. Take

on butterfly challenges, try out fun

games & activities as you discover

one of the planet's most amazin-

life cycles 30 Mar To coincide with

the Easter holidays Chocolate: A

striking butterflies & mother

020 7942 5000

all the family, FREE

Museum

creative session for under 5's

Mar-1 Anr Rattersea Park

games & arts, all ages, FREE.

& question sheets, FREE.

Tower of London 0844 482 7799 Fit for a King exhibition learn about the personalities, power & physical size of England's kings. rom Tudors to today

Ongoing Imperial War Museum 020 7416 5439 A Family in Wartime Exhibition the lives of William & Alice Allpress & their ten children & what life in London was like during the war, FREE. Ongoing Secret War exhibition FREE

Ongoing Royal Mews Buckingham Palace 020 7766 7302 Family self directed activities from the art trolley, 5-11vr Every Sun National Gallery

www.nationalgallery.org.uk 020 7747 2885 Family workshops bring paintings alive & listening to a themed story on the magic carpet, plus FREE family trail Every Sun Hildreth Street Market

Balham SW12 Fresh food traders sourced from all over London. Every 2nd Sat of month National

Geographic Store 83-97 Regent 020 7025 6960 Meet wide variety of animals to include owls, lizards, tortoises, armadillos, meerkats & lots more, hands on activities are led by AnimalMan Every Sat Blue Elephant Theatre

People's Theatre workshops various age groups 7-18yrs, FREE to join. Every weekend Temple Station 020 7222 1234 Harry Potter Locations Tour, 2 ½ hrs.

Every weekend Greenwich

Clocktower Market High Road Quirky weekend market FREE, Until 1 Apr Earls Court Exhibition

Centre Warwick Road 0870 122 1313 The Ideal Home Show. Intil 5 Apr Royal Air Force Museum Hendon 020 8205 2266 Easter Airlift, make your own parachute & origami supply box

ntil 14 Apr Royal Academy of Arts Burlington House Piccadilly 020 7439 7438 Manet: Portraying Life under 12's FREE, NEW children under 12yrs have FREE entry to all exhibitions Until 28 Apr Unicorn Theatre for

Children 147 Tooley Street 020 7645 0560 Mister Holgado, 8+yrs. Until 1 May London Zoo Regent's Park London 020 7722 3333 Tiger Territory a brand new tiger exhibit Until 25 May Apollo Theatre Shaftesbury Avenue 0844 412 4658 The Curious Incident of the Dog in the Night-Time, NT productio Until 26 May Peacock Theatre

Portugal Street 0870 737 0337 My First Cinderella especially for children 3+yrs giving children their first taste of classical ballet. 29 Mar-1 Apr Cutty Sark www

rmø co uk/cuttysark Easter egg hunt around Cutty Sark, all ages FREE with entry 1-11 Apr

School holiday events with ship shape fun & activities for all the family during the school holidays. 7 Apr Learn about life on board fastest clipper ship, all ages, FREE with entry 2.4 Apr Cutty Sark comics fun family workshop 7+vrs. FREE with entry. 3.9 Ap Racing puppets drop in workshop. through one of nature's most FREE, with entry. 6, Apr Family fun weekend, fantasy figureheads, drop in workshop, all ages, FREE with entry. 10,1 Story ship, storytelling workshop all ages, FREE with entry,

29 Mar-1 Apr Southbank Centre 0844 875 0073 Help! My Supply Teacher is Magic, a live version of the hit CBBC TV show 7+vrs

Mar-1 Apr Museum of Childhood Bethnal Green 020 Natural History find out about the 8983 5200 Egg-Tastic Easter Fun cacao plant & how its beans are

London Calendar

PARENTS NEWS Digital

Copies can also be read on-line Also lots of other information www.parents-news.co.uk

PARTY CHARAC



clues to work out who it is Apr School hols Count the Golden Rabbits as you go around the zoo & ransformed into delicious chocolate hand in your answer to the shop to be entered into the prize draw with Discover some surprising medicinal the chance to win a prize 2.4 Apr courself. Every weekend & school Hands on Nature Dinosaurs, the rabbits plus Rabbit Story time visit the handling station & explore FREE & Rabbit badge making interesting specimens with the help drop in sessions, (usual entrance eums science educators fee applies). 9,11 Apr Guinea Pig FREE & Up, Up and Away Days help the keeper to feed the guinea pigs plus Guinea pig story interactive storytelling for under 7's, FREE. Investigate Centre time, FREE & Guinea pig picture families can work together as making, FREE, drop in sessions 29-30 Mar Museum of London scientists to investigate specimens. 7+yrs, FREE. Every weekend & school hols Gallery characters, 150 London Wall 020 7001 9844 Meet Pearly King & Queen & FREE, Daily Family Earth Lab follow Henry Croft, Pearly King in a storytelling session & learn the explore the wonder of fossils, rocks & minerals, families, 6+vrs, FREE, history behind this London icon 5+vrs FRFF 31 Mar 1 Apr Roman Explorer backpacks, families under Dippy Floor puzzle under 7's, weaving, come & see how & learn 5+yrs, FREE. 1,2 Apr A FREE, Bookasaurus, families under 5's. Jurassic Ark family activity pack poor child's game find out what poor Victorian children & children includes code breaking activities aily Learning Activators encourag during & after the world wars came up with clever ideas for amusing visitors of all ages to discover more about the natural world, FREE. mes & tovs. 5+vrs. FREE. Daily Focus Points handling trolleys r Make Do & Mend create you explore real specimens with the own 'make do' toys, 5+yrs FREE, Apr Musical session for under 5's help of volunteers using different natural history themed activities & carers FREE need to book 3all ages FRFF Every Sun The Apr The Bells of Whitechapel Bell Bird Table using real specimens, Foundry art workshop gives you activities will encourage you to look the chance to design your own bell 5+vrs FREE 3 10 Apr Sculptasti closely, make comparisons, discuss ideas & develop your knowledge design a sculpture, 5+yrs, FREE need to book 4-6 Apr The Day no matches were made hands on

& understanding of Antarctica's enguins, FREE. NEW for 2012 Dino Snores for Grown Ups. 30 Mar Duke of York Squa Chelsea London SW3 Hop & Hunt Easter Challenge, fun for all the family kids must try and cramble all the clues & find the hidden riddles dotted around the Square in the race to reach Golden Ticket & win an amazing price. The Easter Bunny will be hand on hand to help with clues plus a magician will be performing Easter themed tricks FREE

Museum of London Docklands No 1 Warehouse West India Quay 020 7001 9844 Billy Jenkins a pirate's life for me meet a pirate & learn the truth about life n the old port of London, 5+yrs, FREE. 1 Apr Music session for under 5's & their carers, 1+vrs. need to book, FREE. Lighting up the river what would London have been like without electricity, them create a picture of London beautifully lit up, 5+yrs, FREE, 2.4.11.18.25 Apr Under 5's storytime using puppets then play Mudlark's children's gallery, 1+vrs. FREE, 3 Apr Hear the ory of the Bowler family, 5+yrs, FREE 5 Apr London Jam invent our own recipe & design a label for you own jam jar, 5+vrs, FREE.

Dockers, Pearly Kings &

Oueens, learn some Cockney slang

& more, 5+yrs, FREE, 8 Apr Mess London tube mans creative session for under 5's & carers, FREE need to book, 9Apr Making headlines find out about the printworks at Wapping, 5+vrs, FREE, 10 Ar The Great Exhibition & the Crystal Palace hear the story behind this celebration of manufacturing & display of ingenious inventions in London, 5+yrs, FREE. 11 Apr Create your own poster of London 5+yrs, FREE need to book. 11 Apr Under 5's storytime using puppets plus play in Mudlark children's gallery under 5's & carers, FREE. Apr How to be a pirate, drama performance, 5+vrs, FREE, 13 Ap Thomas Coram & the foundling children hear all about Thoma Coram, sea captain & philanthropist who founded London's Foundling Hospital 5+vrs FREE

Mar National Maritime

Museum Greenwich 020 8312 6565 Explore Saturdays meet a character from the past & take par in a performance that will bring maritime history to life 6+vrs FREE. 31 Mar Discover Sundays explore your personal connections to the sea, all ages, FREE. 1-12 Apr Somewhere special to me drop in workshop, all ages, FREE. 1 12 Apr Meet some characters from the past & hear their stories about how their journeys changed their lives forever, interactive workshop. rs, FREE. 1,3,5,8,10 & 12 Invent a game to play with your family, all ages, FREE. 2,4,9,11 Apr News flash create a story about a famous voyage by the sea, all ages, FREE. 2,9 Apr Play Tuesdays drop in workshop, under 5's FREE 6.13.20.27 Apr Explore Saturdays meet a character from the past & take part in an exciting performance 5+yrs, FREE. 7,14,21,28 Apr Play Tuesdays explore the museum through making music, dance &

drama, families, under 5's. 30 Mar Victoria & Albert Museum 020 7942 2000 The Imagination Station an opportunity for children to create their own coat of arms flag or shield using a variety of materials. FREE, drop-in, 3-5yrs Tudor Tales: Pop-up performances FREE drop in suitable for early vears. 1-5 Apr Tudor Tunes, por up performances, drop in, families all ages, FREE. 1-14 Apr The Imagination Station an opportunity for children to create their own coa of arms, flag or shield using a variety of materials, FREE, drop in, 3-5yrs 1-14 Apr Make It: Armour children can create their own armour with fashion designer Julian Sissons, 5-12yrs, need book. 26-28 Apr Friday

Late:Bowie Weekender with talks.

Apr Make & Take Craft Workshop add your contribution to a mode tube station before becoming a own fantastical station onen to all ages most suitable 4-12yrs.

film screenings, music, workshops,

special activities & themed events

for all ages FREE no need to book

from The V&A's National Video

Archive of Performance, a

programme of FREE screenings of recordings of live performances

ranging from classic plays & West End hits to pantomimes. Daily

Back Packs families can pick ur

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 silve

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. Until 28 July

David Bowie new major exhibition,

30 Mar-14 Apr The Royal

Observatory Greenwich 020

8858 4422 From Atoms to Aliens

(Explore your Universe) interactive

family science show, 7+yrs. 2

Apr Saturday Space Explorers fur

monthly workshops for families

able to make simple cardboard

instruments, including planet finders

& moon dials which they can take

away & use at home, 5+yrs, FREE.

Throughout Apr We are Aliens new planetarium show, 5+yrs, The

Universe Exposed explore the basic

of night time photography, 5+yrs

Sky Tonight Live take visitors

on a tour of what can been seen

in the night sky, 5+yrs, Meet the

Neighbours interactive show, 5+vrs,

Solar System, Galaxy, Universe

investigating the structure of the

universe, 5+yrs, Space Safari join

Ted, the teddy bear, for live music &

solar system looking the Great Bear

in the sky , for younger children

under 7's Until 1 Aug Alien

31 Mar Camden Arts Centre

Arkwright Road 020 7472 5500

imagined prehistoric plants, drop

in workshop, all ages, FREE. 31

making puppet characters & creatures, all ages, FREE. 13 Apr

Taking Root Family Day workshor

for families need to book, FREE

Children's Courses 9-12 Apr Clay

children make relics & other specia

objects, 5-7 & 8-11vrs, 9-12 Apr

31 Mar Rich Mix Bethnal Green

020 7613 7498 The African Market

Festival, all ages, FREE. Every

Mon Parents & Babies Screenings

1,2,4,5,8,9,11 Apr The Half Moon

Putney 020 8780 9383 The Side

Show of Wonders a magic & illusion

show for all the family, fairground

1-7 Apr HMS Belfast Tooley Stree

020 7940 6320 Darning & Yarning

at Sea get crafty & learn how sailor

repaired their clothes at sea uncover

the difference between a cross

stitch & a running stitch plus find

out about sailor's silks the type

of clothes sailors repaired & much

more, drop in, all ages, FREE, 20-22

Apr History in Your Hands discover

hidden stories about HMS Relfast as

you examine authentic naval objects

from the museum collections, drop

in events suitable for all ages

FREE. Ongoing Private Tours

hear unique stories of how sailors

survived in FREEzing conditions

was like to be one of the first shops

Museum Covent Garden 020 7379

6344 Story time plus meet the

imaginary characters who live there

suitable 3-7yrs plus all ages. 1-12

Apr London Transpor

during the Arctic Convoys & what i

firing on D Day & lots more.

games before the performance.

Animation Course, 5-7,8-11yrs.

Mar Make & Do, creative activities

Family Day make your own

Revolution a new exhibition

advanced booking advised

Mar FREE Scre

April 2013

Apr The British Library 020 7412 7111 Easter holiday family workshops: Who Done It? Join Shelagh McCarthy to become a famous detective in this hands on workshop for all the family.

Apr Chelsea Physic Garden 020 7352 5646 Creepy Crawling discover the diverse world of animal including a hissing cockroach, giant millipede, corn snake, giant African snail & lots more, 4+yrs. 4,9 Ap Garden Safari & Microsconi Marvels explore the hidden secrets of the garden including the jungl room & the creatures living in the pond, 7+yrs. 10 Apr Garden photography 8+yrs 11 Apr Lotions & Potions an introduction to herbal medicine, 7+yrs, need to book.

Apr Jewish Museum Raymor 129-131 Albert Street 020 7284 1997 Monoprinting & Collage workshop 8-12vrs 4 Apr Maze Tov. make your very own 'wedding rings' from coloured wire & snarkly gems, 6-11yrs. 7 Apr Moving Pictures, fun workshop, 4-8vrs, .7.10.14.21.28 Apr Barons Cour Theatre 28a Comeragh Road 020 Magic Cavern interactive magic show all family Apr Geffrye Museum Kingsland Rd 020 7739 9893 Faster Treasur hunt explore the gardens, answer clues & collect your treasure from

the quiz desk, all ages. 9-12 Apr Easter Hols Spring is in the Air bake herbal biscuits, create seasonal headwear & take part in a treasure hunt around the gardens, 5-16vrs, 9-12 Apr Nursery Rhyme Time explore springtime in homes & craft activities 2-5yrs

7-9 Apr Barbican Arts Centre Silk Street 0845 120 7550 Wonder: Street Fair In the foyer FREE family drop in activities, performance interaction & demonstrations Cave painting to motions sesnors eye tracker to body illusions, knit a neuron test your reactions & nit your wits against brain scientists. 14 Apr London Theatre land Walking Tours Tours starting

out at the Embankment take in some of London's quirkier theatrical sights, for more info www.officiallondontheatre.co.uk theatregoers-guide/walking-tours 14 Apr Royal Festival Hall Southbank 0844 875 073 Moon & Genie as part of Alchemy the performance lasts 40mins and pla

session on the stage, 3-7yrs. 14 Apr Laban Creekside 020 8691 8600 U Dance London a celebration of youth dance form across the capital. 19-20 Apr Refugees of the Septic Heart, 14+yrs.

20 Apr St Margaret's Church Putney Park Lane 020 8789 5932 Table Top Sale 1.30-3.30pm 20-22 Apr Greenwich Theatr Crooms Hill 020 8858 7755 The Snow Queen, 6+yrs.

23 Apr Churchill War Rooms King Charles Street 020 7930 6961 The Roar of the Lion: The Making of Churchill's World War Speeches Undercover, Life in

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April 2013

'THE FUN FACTOR'

Rounders England is bringing the fun back for families with easy to use online toolkit-

A survey by Rounder: England revealed that more than half of the population (54%) would be tempted from the sofa into regular physical activity if it offered more of the 'fun factor'. Now that the Rounders season is here there's no better time to give the sport a go and have fun with family and friends.

The survey also reports that 25% of people never make time for physical activity with just 11% of people making time for exercise every day. So what is the solution? Dan Newton. Competition & Development Director for Rounders England says: "While the success of the Olympics has demonstrated how much we eniov watching elite athletes pitch against each other, when it comes to getting involved in

sport at a community level it's

the fun, social interaction that

people are looking for.' Although 61% of people surveyed have not played Rounders since they left

school, it was the sport people most enjoyed during their schooldays. Rounders was a clear winner with almost a third (29%) citing this as their favourite physical activity and it was followed by football (22%) and then netball (14%).

"Currently, according to Spor England's Active People survey, nearly 20,000 adults are playing Rounders once a week. We aim to increase this figure significantly in 2013. Rounders is a social sport that can be enjoyed by all abilities and ages. It has the 'fun factor and at the moment people seem to be holding off on playing because they are not sure of the

"To address this, we have written an easy to follow Rounders England Toolkit which is perfect for families who want to get together for a game. It explains how to get started and the basic rules: there are four key elements to the game: Chuck It, Whack It, Leg It. Smile! The Toolkit can be downloaded

www.roundersengland.co.uk.

OWDERS

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Health & Fitness

Annelie's Raw Food Power

Supercharged recipes from a iunole diar Annelie Whitfield Available April 2013 ISBN 978-1-908005-95-3 Price £12.99

New from Ivv Press. Annelie's Dan Newton, continues: Raw Food Power, an inspiring introduction to the world of raw food, with more than fifty delicious, nutrient-rich recipes How do you make the life-changing career move from being a stunt girl for the likes of Cameron Diaz and Nicole Kidman, to a qualified naturopath living in a commune in Costa Rica? Annelie Whitfield did just

that, when, two years ago, she made the brave and radical decision to sell all her worldy possessions and up and move with her husband and their two small children After a serious car crash while working left her battered. bruised, and burned, Annelie

spent almost a year healing. a time of huge learning. In Annelie's Raw Food Power she shares not only her recines and remedies but also her wealth of herbal nutritional and lifestyle knowledge. She is deeply passionate about feeling alive and creative, and this book will inspire you to make the best and most energizing choices for your mind and body, wherever you live From Sleep Easy natural tea to raw crackers tailored to a toddler's picky palate, through to breakfast cereals for the whole family, birthday cakes

and cough syrups, this book

contains everything you need

to begin your own personal

journey towards raw health

lifestyle. This is more than

just a cookery book, it's also

vitality, and a more energized

an insight into how a young family left the urban jungle for the real jungle and how living by an invigorating diet can be life changing.

Annelie says, 'I hope readers learn some fantastic new recines but that it also gives people an insight into how to stay healthy, wherever you live. The idea of making supe healthy food for kids - food that ALL kids would like It's not about fad diets - yes it's raw food but the philosophy is. eat the freshest, cleanest, most eco-friendly and nutritious Annelie Whitfield is now

a qualified naturonath and herbalist, she has spent the last eight years running clinics, treating patients, and travelling the world in search of powerful natural remedies and recipes This book was written while she and her young family travelled and lived in Costa Rica. It is the story of the journey accompanied by all the recipes and remedies she made

and discovered along the way

Annelie presented a TV

series called 'The Kitchen Pharmacy' (Channel 4,) which showcased natural remedies for everyday ailments and is currently filming a pilot for a new show about the food and tel 0208 556 0926 lifestyle of the world's Blue Zones called 'Living in the

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