

PARENTS NEWS

April 2013 No. 175 The First & Foremost Local Monthly Newspaper for Families

1993 - 2013
20th Successful Year
Thank you

FREE
What's On
Easter and
April

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www.madacademy.com

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www.wightriviera.co.uk

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What's On

PARENTS NEWS

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 society's best asset is its young
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 environmental, health, and non-
 violent issues, but not to preach or
 claim to always be right. Different
 opinions published are the opinions
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 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.

Help! My Supply Teacher is Magic

Southbank Centre announces
2013 Easter & May half-term
 family season featuring **Help!**
My Supply Teacher is Magic.

Dogs Don't Do Ballet, a
 children's bee workshop and a
 superhero run in costume

• A live version of the hit CBBC
 TV show **Help! My Supply
 Teacher is Magic**
 • **Half Moon Theatre's** play
Moon & Genie, part of
Southbank Centre's Alchemy
 Festival of South Asian culture
 • **Little Angel Theatre's**
 acclaimed puppet show **Dogs
 Don't Do Ballet**

• A sing-along for all the family
 with former Catatonia lead
 singer **Cerys Matthews**
 • A fairy tale tour of **Southbank
 Centre** with leading poetry
 and spoken word artist **Rachel
 Rose Reid**

• A workshop about bees and
 honey with artist **Amy Shelton**
 and bookkeeper **Steve Benbow**
 • **Nick Makoha's** one-man
 show about his father: **My
 Father and Other Superheroes**
 • A superhero run around

Southbank Centre with Charlie
 Dark and Run Dem Crew
Southbank Centre's Easter &
 May half-term family season
 opens with **My Supply Teacher
 is Magic (Friday 29 March
 - Monday 1 April)**.

Interactive Illusions, Up Close
 and Magical and Tricks of the
 Trade, in an hour of captivating
 magic.
Alchemy, Southbank Centre's
 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 summon
 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.

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-along Book:
 Childhood Songs for Long Car
 Journeys and Rainy Days, by
 Cerys Matthews, is published
 by **Particular Books** on 6th
 June 2013)

May, this year posing intriguing
 questions about the best ways
 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
 performances for children aged
 five and over, rappers, poets
 and storytellers **BREIS**, **John
 Hegley** and **Sally Pomme**
 Clayton will send the audience
 spiralling into a poetry
 revolution.

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 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
 and music-making as well as

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 drop-in
 and recommended for ages 5+
 (unless stated otherwise)
 To book Make-it workshops
 call

020 7942 2211

or book online For more
 information and to see a full
 programme of events visit
www.vam.ac.uk/families



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Classes held at:
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For more info contact Colin on 01372 739600

Ticket booking:
<http://ticketing.southbankcentre.co.uk>
 0844 875 0073

April 2013

April 2013

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

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

highlight of the weekend being
 an exciting and unique closed
 road loop on the roads of West



Wight!
 The weekend is built around
 the **Big Wight Mountain Bike
 Marathon** on **Saturday 18th
 May**, and the **Wight Riviera
 Sportive** on **Sunday 19th
 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!
The Wight Riviera Sportive
 starts with a spectacular 25km
 closed road loop, which can be
 taken on as a standalone ride
 or lead onto one of the three
 longer routes, while the **Big
 Wight MTB Marathon** takes
 you on a tour of the Island's
 finest off-road riding and most
 beautiful countryside!

The Isle of Wight is rich with
 attractions and spectacular
 countryside, making it an ideal
 weekend for cyclists with
 either non-cycling or casual
 cycling families or partners.
 And **Red Funnel Ferries** have
 20% off ferry crossings for the
 event weekend; just use the
 promo code **WRIV2** at
www.redfunnel.co.uk
 Full details about the whole
 weekend can be found at
www.wightriviera.co.uk

What's On

Hollywood star officially opens expanded Walpole Orthodontics

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

Walpole encourages people
 who may be considering
 treatment to pop in to the
 practice and speak with one of
 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 patient
 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



HELP!
MY SUPPLY TEACHER IS
MAGIC

Friday 29 March – Monday 1 April
 Based on the hit CBBC show and featuring
 some of your favourite magicians from
 the series, this is a jaw-dropping magic
 spectacular for all the family this Easter!

BOOK NOW 0844 847 9910
 SOUTHBANKCENTRE.CO.UK

SOUTHBANK
 CENTRE

For ages 7+

ARTS COUNCIL
 ENGLAND

Free Family Art Fun!
 Easter Activities at the V&A
www.vam.ac.uk/families

V&A

Victoria and Albert Museum
 South Kensington/Knightsbridge

Illustrations by Marissa Walters

Roads Closed
 FEATURES 25km
 CLOSED ROAD
 CIRCUIT!

Cycle Events Organisation
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 CYCLE WEEKEND**
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 Yarmouth, Isle of Wight

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Thanks Mum!

When I was younger
 I didn't care much
 about my smile...

now I couldn't do
 without it.

Book your child a consultation today

Here at Walpole we understand the importance of a beautiful smile, particularly
 when you're young. The best time to take your child to see a Specialist Orthodontist
 is between the ages of 8 and 9, and because there's no need to wait for a referral,
 you can ensure they have a head start on that winning smile. Giving them the
 confidence to smile as teenagers and beyond.

Call us on
020 8390 1839

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

WALPOLE
 THE ORTHODONTIC SPECIALISTS

Out & About

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 yoga abound as

dance is what does it for you and you have an interest in the physical and intellectual development of children, then a **Music and Dance Academy** franchise will tick at least the first two boxes for you. But 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 reason **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 **OFSTED** 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 manner.

Find out more about **MAD Academy** at www.madacademy.com



Ever wanted to run your own business?

...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.

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!



April 2013

Lil' Jockeys Ltd.....

.....is a family run entertainment business, founded in 2012, based in Ramsgate Kent.

Available for Hire
Ride on Animals
Children's Parties - School Fairs
Charity Events - Christmas
Weddings - Festivals
and more ...

For more information please call
Tel : 01843 583454 / Mobile : 07516058049
Email : info@lil-jockeys.co.uk
Web : www.lil-jockeys.co.uk

Remember how fun that Rocking Horse was when you were a kid? Now imagine how much more fun it is when the

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' Jockeys** 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."

www.lil-jockeys.co.uk

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 Toy 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



Rural Life Centre

Countryside Museum
Activities for all the family
Picnic areas • Café • Gift shop
1960s Playground
Many special events

Open Wed - Sun & BH 10am to 5pm
(Nov - Mar Wed & Sun only 11am - 4pm)
Reeds Road, Tilford, Farnham, Surrey, GU10 2HL
01252 795571
www.rural-life.org.uk
The Old Kils Museum Trust is a registered charity

April 2013

Free Easter family fun at The National Gallery!



Families with children aged 5 to 11 can join a practical workshop: using light, colour and imagination. Create your own 3D shoebox stage set inspired by Gallery paintings **Drama Box 7,8,9 and 14 April: 11am-1pm**, repeated 2-4pm. Under-5s can talk, play, sing and create with *The Marquise de Seignelay* and *Two of her Sons* **8 April, 10.30am-12 noon**, or have fun *Drawing Stories* **9 April, 10.30-11am**. Families of all ages can go on a 'walk and talk' through the Gallery exploring the theme of gardens **7 April, 12.30-1.30pm**. Every day you can discover more about the paintings with family trails (£1-2), audio tours Children free with paying adult and activity toolkits (free). Explore with *Marvellous Blooms* (£1) and *Katie's National Gallery Adventure* (£2) trails available at Gallery Information Desks, or from www.nationalgallery.org.uk/families.

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 Square

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

This newly refurbished driving range offers **Free Golf Beginners Lessons** - saving 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 real golfers analyse and improve their swing.

World of Golf

The range has 60 revamped covered and heated bays 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 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 you 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.



FREE FAMILY FUN!

Join us for stories, art workshops and activities every Sunday and in the school holidays.

All activities are free
www.nationalgallery.org.uk/families

THE NATIONAL GALLERY

Illustrations © Dominic Tweatt

What's On

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.

Daily Rainbow Leisure Centre East Street 01372 727277 Toddlers World, under 5's.

Ongoing Dupass Hill Outdoor Gym Each item has clear instruction for its use over 12's.

Ongoing Lightwater Country Park 01276 479582 Meditation classes, **FREE**, donations welcome but not expected, Tel:01276 479744, www.meditation.co.uk

Recently re-opened Kidplay Cafe 282-284 Lower Addiscombe Road Croydon Softplay & café, under 5's.

Every Mon Benie-un Children & Family Centre Bromley 01689 879145 Tues, Wed & Fri morn toddlers activities.

Every Mon Lloyd Park 020 8726 6000 Health walk circular through Lloyd Park & Sirchur on mainly flat terrain, ideal for beginners, 2 miles last approx 1hr, meet 11am **FREE** & same walk on potentially hilly terrain, 3miles ideal for advanced walkers, 2pm, **FREE**, Every Sat Park run, **FREE** weekly time 5k run, need 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 Rhytme for babies & toddlers, Wiggle & Jiggle, 2-4yrs. Every Thurs Storytime, 2 1/2yrs. Every Sat Storytime, under 7s, **FREE**.

Every Tues Ashburton Library 020 8726 6900 Bookstart Rhytme 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 7s, **FREE**.

Every Tues Purley Library 020 8726 6900 Bookstart Rhytme for babies & toddlers & Wiggle & Jiggle, toddlers over 18mths. Every Fri Storytime 2 1/2yrs. Every Sat Rock & Rhyme for babies & toddlers, **FREE**.

Every Tues Centrale Shopping Centre Croydon 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 Rhytme for babies & toddlers, **FREE**.

Every Tues Careers, training & learning advice sessions, 2-4.30pm, **FREE** & Computer training courses for beginners to experts.

Every Tues De Stafford's 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 Baby bounce 'n' Rhyme, **FREE**.

Every Wed Sanderstead Library 020 8726 6900 Bookstart rhytme, babies & toddlers, Wiggle & Jiggle, 18mths-yrs. Storytime 2 1/2-yrs. Fortnightly Rock & Rhyme for pre-school children, **FREE**.

Every Wed Unitarian Church 1 The Flyover 020 8726 6000 x88965 Zumba Latin inspired dance music & rhythms, all abilities.

Every Thurs Norbury Park and Norwood Grove 020 8726 6900 A circular walk through Norbury Park & Norwood Grove, 2-3 miles, meet at Norbury Train Station, 1.30pm, **FREE**, 21 Aug Butterfly Walk, 2 hrs around the park to learn about these insects, 07968 832598.

Every Thurs Selsdon Baptist Church Addington Road 020 8726 6000 x88965 Circuits Low intensity for mature exercisers.

Every Thurs Croydon Sports College Croydon High School

020 8726 6000 x88965 Circuits Low intensity for mature exercisers.

Every Thurs South Norwood Leisure Centre 164 Portland Road 020 8726 6000 x88965 Aquatic sessions.

1st Fri of every month Bergundy & Black Café 21 Martins Walk Dorking Bumps & Babies is for mums with babies & both parents or carers of non mobile babies, meet others for tea or coffee & get your baby socialising, www.nct.org.uk/branches/dorking/events/bumps-and-babies. 3rd Mon of every month Nappuccino a natter about nappies as an alternative to disposables.

Every Fri Pavilion Leisure Centre Kentish Way Bromley 020 8313 9911 Families & under 11's Roller Disco sessions, 4.30-5.45pm & Families & under 16's Roller Disco sessions with full skate & safety equipment provided, doors open 6.15pm, Tel: 07970 266790.

Every Fri Bradmore Green Library Old Coudson 020 8726 6000 x64952 Bookstart Rhytme for babies & toddlers, Wiggle & Jiggle, 2-4yrs. Every Mon Storytime 2 1/2yrs & Chatterbooks reading group for 8-11yrs. **Fortnightly** Every Sat **RhymeTime.FREE**.

Every Sat The Green Dragon 020 8726 6900 Bookstart Rhytme 0-5yrs. **Fortnightly** on Sat Rock & Rhyme for pre-school children. Every Wed Art & Crafts computers drop in sessions for under 5's, parents & carers, **FREE**.

Every Fri South Norwood Libary 020 8726 6900 Bookstart Rhytme for babies & toddlers. Every Tues Wiggle & Jiggle, 2-4yrs. **Alternate Sat** Rock & Rhyme or Storytime, **FREE**.

Every Fri Shirley Library 020 8253 1023 Bookstart rhytme for babies & toddlers, Wiggle & Jiggle for 18mths+. Every Thurs Storytime for 2 1/2yrs. Every Sat Rock & Rhyme for babies & toddlers. **Monthly** story & craft workshops, 5-10yrs.

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

Every Fri Norbury Library 020 8726 6900 Bookstart

Rhytme. **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 rhytme for babies & toddlers, Wiggle & Jiggle, 18mths+. Every Tues Storytime for pre-school children. Every Sat Rock & Rhyme for pre-schoolers. 1st Tues of the month Art 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 Lidell, 11am, **FREE**.

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

Every Fri Dorking Library www.surrey.gov.uk/kidstuff Rhytme, **FREE**.

Every Fri Redhill Library www.surrey.gov.uk/kidstuff Rhytme, **FREE**.

Every Fri Waringham Library 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 morn Norman Park Hayes Lane Bromley Kent 020 8460 5291 Soccer School, 4-6.7-9 & 10+yrs.

26-30 Mar Dorking Halls 01306 881717 Anything Goes the musical.

28-30 Mar GI Live Guildford 0844 7701 797 Spot's Birthday Party with music & songs, games & stories.

28 Mar-14 Apr RHS Gardens Wisley Wisley 01482 21113 Easter Family Fun, Colours of the Rainbow activities to include music workshops, bubble making, build a giant rainbow, sculpture, storytelling, birds of prey, sow & grow rainbow wildflowers & lots more, **FREE** with normal garden entry. 6-7 Apr Birds of Prey with special demonstrations & interactive activities. 8-9 Apr make a huge

willow rainbow sculpture to be displayed in the garden. 15-21 Apr National Gardening Week.

29 Mar Ashcroft Theatre Fairfield Croydon 020 8688 9291 Chinese State Circus-Yin Yang, family show. 30 Mar The Jungle Book family show 11-12 Apr Alice in Wonderland ballet. 18-19 Apr Spot's Birthday Party, family show. 23-27 Apr Joseph & the Amazing Technicolor Dreamcoat.

30 Mar Dapdune Wharf 01483 561389 Easter Family fun day with sports day races for children & craft activities plus Easter egg prizes & children's trails. 30 Mar-1 Apr Easter Egg hunts & trails plus face painting.

29 Mar Headley Heath Tadworth 01372 220644 Nature Challenge and Treasure trail, hunt for creatures great & small & help to look after the special landscape & receive an eggy prize for keeping the health healthy & wildlife wild.

29 Mar-1 Apr Polesden Lacey Dorking 01372 452048 Easter weekend family fun with special activities for children including facepainting & storytelling plus a special egg & spoon race. 2-14 Apr Easter Holiday Trail fun family trail.

31 Mar-1 Apr Box Hill 01372 220644 Easter Egg trail.

31 Mar-1 Apr Winkworth Arboretum Godalming 01483 208477 Easter Egg trail fun & chocolate for all ages plus special activities for children including **FREE** face painting & storytelling.

fans the opportunity to meet & greet their hero.

30 Mar Electric Theatre Onslow Street Guildford 01483 444789 The Many Adventures of Winnie the Pooh with **FREE** arty fun between & after the films. Every Sat Little Sparks in the Café Bar with music, games, songs, stories & puppets 18-19 Apr Spot's Birthday Party, family show. 23-27 Apr Joseph & the Amazing Technicolor Dreamcoat.

1 Apr Gaton Park 01373 649066 www.gatonpark.com Open Day & Easter Egg Hunt. 8 Apr Natural Art create some beautiful artwork from natural materials. 4-7yrs. 10 Apr Camp Building. 8-12yrs. 12 Apr Toddler Tales & Trails. Maissy Goes Camping, enjoy the story & walk around the park to bring the story to life.

1-3 Apr New Victoria Theatre Woking 01483 545900 Gruffalo's Child. 8-9 Apr The Chinese State Circus presents 'Ying Yang'. 13-14 Apr My First Cinderella. 14.8.11.15.18.22.25 Apr **Wandsworth Community Group** Personal Training Classes all abilities. www.motivatenp.co.uk.

2 Apr Epsom Playhouse 01372 742555 Tiddler & other Terrific Tales, families 3+yrs. 4 Apr All Star Wrestling 2hr family event. 5 Apr Sid's Show from CBeebies live on stage for families 3-7yrs. 16-20 Apr Mikado

Advertise in PARENTS NEWS call Fergus

020 8337 6337
fergus@parents-news.co.uk

2-3 Apr **Denbies Wine Estate** 01306 876616 Farmyard fun with meet the farmer & visit a wide selection of farm yard animals in a safe environment, adults **FREE**. 8 Apr Birds of Prey display, **FREE**. 9-13 Apr **Lego Exhibition** plus children can create their own piece to exhibit, **FREE** admission, to exhibit email events@denbiesvineyard.co.uk. 11 Apr **Creepy Crawly Road Show**. 12 Apr **Punch & Judy** traditional family fun, **FREE** admission.

2-5 Apr **Yvonne Arnaud Theatre** Millbrook Guildford 01483 440000 A Play in a Week Easter holiday workshop, 7-12yrs. 6 Apr **Fishy Tales**, 4-8yrs. 8-12 Apr **A Play in a Week** 12+yrs. 13 Apr **Bring Down the Moon**, 3-7yrs. 27 Apr **The Waving Cat of Japan**, 3-7yrs. 2-5.9-12 Apr **Painshill Park** Portsmouth Road, Cobham 01932 868113 **School hols** Wild EasterCampwithbushwhacking, bivouac building, archery & mud sculptures, 8-13yrs. 2-5.9-12 Apr **The Great Easter Egg & Spoon Race**, 2-13yrs. 27 Apr **Family Fun**, Wildlife, go

on a minibest safari, try pond dipping & tracking & make a fat ball for the birds in your garden, 5-13yrs.

3 Apr Bourne Hill Museum Epsom 020 8394 1734 Horrible Henry enjoy King Henry VIII explain Tudor dynasty, his own life & his 6 wives. 4 Apr **Revolving Rationing** learn how not to waste food & how to make the most of your meagre rations. 10 Apr **Stunning Stones & Fantastic Fossils** sessions. 13 Apr **Suffragettes** meet those who fought for women's rights.

3 Apr Birdworld Farnham 01420 22140 **Annual Birdworld Easter Egg hunt** with opportunity to win prizes, plus some seasonal art fun. 8-12 Apr **Pirates & Explorers** Week with themed shows, games & trails with lots of treasures to be won.

3-6 Apr Fairfield Halls Fairfield 020 8688 9291 Katie & the Mona Lisa fun filled show for all the family. 13 Apr **Chris & Pui** roadshow bring your teddies or favourite character toys.

5.19 Apr Sacred Heart RC Church Hall Cobham 01483 203237 Brie-a-brac Fair selling antiques, toys, glass, china books & lots more, entrance **FREE**.

6 Apr Englefield Green Surrey 0844 249 1895 Guided Walk, 1 1/2 hrs, need to book.

10-11 Apr **Wandsworth Museum** 11 Garrett Lane SW18 020 8871 7074 Printing Techniques workshop try a range of printing techniques form block printing to collagraphs.

18 Apr Songs & Stories for Tiny Tots, Terrific Toys followed by play time or a craft activity, accompanying adults **FREE**.

27 Apr Trains, Planes & Automobiles workshop, learn how Wandsworth has been at the forefront of advancements in transport & create your own train, planes & automobiles to take home.

13 Apr Haling Grove 020 8726 6900 Easter celebrations meet the Friends of Haling Grove for tea, cake & activities.

13 Apr Sanderstead & Whyteleaf 0208 726 6900 Spring Scavenger Hunt 1 1/2 hr walk aiming to find & collect all sorts of treasures.

20 Apr Littleheath Woods 020 8726 6900 Spring Flowers with storytelling & live music, 3yrs.

20 Apr Reigate Park United Reformed Church 07949 442627 Cheeky Monkey Nearly New Baby & Children Sale selling clothing, equipment, toys bubbles & much more.

20-21 Apr Tourist Information Centre Guildford High Street Sunnet Walk Weekend walkers 1 1/2 hr walk trying to spot the birds that use the park as a resting point during their journeys, bring a pair of binoculars if you have them.

23 Apr Walton Library 0300 200 1001 Family history through the Internet, family history research

26 Apr South Norwood Lake 020 8726 6900 Annual bat watching spectacular, booking essential, limited places.

26 Apr King's Wood Sanderstead 020 8726 6900 Spring time 2hr stroll.

27 Apr Selsdon Wood Nature Reserve Old Farleigh Road Selsdon 020 8726 6900 Carpets of blue, stroll taking in the best spots to admire the sea of bluebells & other spring flowers along the way.

27 Apr Cranleigh Arts Centre 01932 868113 The Three Billy Pigs puppet show with storytelling & live music, 3yrs.

28 Apr Happy Valley 07775 824811 Springtime Photo Safari bring your camera & capture the springtime beauty through the lens, includes simple tips on how to take better photos with your digital camera.

30 Apr South Norwood Park 020 8726 6900 Spring Migrants 1 1/2 hr walk trying to spot the birds that use the park as a resting point during their journeys, bring a pair of binoculars if you have them.

What's On London Calendar
Go to Page 10

Blowing the Whistle on GDC Scam.

Orthodontists and the General Dental Council are operating an illegal scam 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 traditional methods and partly to preserve the high incomes of orthodontists and surgeons. Research suggests that this British development is being ignored in the UK, while spreading rapidly abroad. As a result hundreds of children and young adults have extractions and jaw surgery, unaware they may be unnecessary.

Some Orthodontists mislead patients, saying that extractions can be avoided although the traditional methods they use leave 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.

There is another way.

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

ORTHOTROPICS

The alternative to orthodontics with extractions and surgery.

Orthodontics usually involves the extraction of 4 to 8 second teeth, although this is frequently denied.

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

Research shows Orthotropics can get much better results than 'Train Tracks'.

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

Battersea Park Children's Zoo

...who will you see?

PLUS OUR Adventure Wonderland PLAY AREA

From cheeky monkeys to leaping lemurs, noisy otters to snuffling coatis, who will you come face to face with?

Enquiries: 020 7924 5826 www.batterseaparkzoo.co.uk
Open 7 days: 10am-5.30pm (last entry 5pm)
Entrance near Chelsea Bridge Gate on Queenstown Road. Closest railway station Battersea Park.

HEARTS OF OAK

OPENS EASTER 2013

AN EXCITING NEW VISITOR EXPERIENCE!

In 1759 John North and William Crockwell sailed to war on the **VALLANT**. Join John as he returns to the dockyard, 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?...

PAY ONCE & VISIT AGAIN & AGAIN ALL YEAR!

thedockyard.co.uk
01634 823807

THE HISTORIC DOCKYARD CHATHAM

Boost your child's confidence

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

Contact your local Instructor for a Free Assessment.

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Caterham	020 8654 2878	Orpington	020 8325 2250
Croydon Central	020 8686 6833	Oxted	01883 723 204
Crystal Palace	020 3627 1469	Petts Wood	020 8432 3414
East Dulwich	020 8299 2811	Selsdon	020 7993 8698
Forest Hill	020 8699 0264	South Norwood	020 8462 4565
		Wallington	020 8819 4466

KUMON

Fees vary. Please refer to your local study centre.

kumon.co.uk

Out & About

It's time to get outside for some Easter fun on the farm!

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 in to **Bank Holiday Monday**. You can even make one there.
3rd April – Creepy Crawly 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 shelducks.
12th April – Have a Go! Falconry Day – Try your hand at flying birds of prey and talk to Sharon Hollens Farming World's resident falconer. You

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 outdoor weather permitting). An animal themed crazy golf course provides a challenge for young and old! You can also take a tractor and trailer ride.
Hawkland's Birds of Prey Centre, based at *Farming World*, has a wide collection of birds including: owls, eagles, hawks and a vulture named Rodney! There is a named activity room with 'make and do' projects. The farm's café is on hand offering a range of hot and cold refreshments.

For further information about *Farming World* and its special events visit the centre's award winning website

www.farming-world.co.uk

or call

01227 751144

Farming World is open seven days a week, 9.30am to 5.30pm until November 3rd, and is just off Junction 7 of the M2. Normal admission prices are £6.50 adults, £5.50 for children (3 - 15 years), concessions £5.50. Guide dogs only.

Easter Eggtravaganza!

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

- Fun with clay workshop,
- Creepy Crawly Day,
- Animal Day,
- Easter Crafts,
- Egg Hunts,

• Fun with Mrs Back 2 Front,
• Easter Bonnet Parade,
• Have a Go! Falconry.

Show this advert to receive 50p off entry per person in your party. (PN March. Valid 25/3 - 30/4/13)

Open everyday until 3rd Nov.
Farming World, Boughton, Faversham, ME13 9HY
Tel: 01227 751144
M2 Junc 7 follow brown signs, sorry no dogs.

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 Madama medley through to *Disney*, Musical Theatre and ending with a huge Michael Jackson Medley.

Principal Mrs Gemma Wenman – Ballan BaHons, **FIDTA** was delighted with the audience response and the hard work by all her students, from aged 2yrs to adult. The parents and performers showed real dedication, especially making it up for the theatre dress rehearsal and battling the severe snowy weather.

Protegem's classes run from **Bourne Hall** and **The Longmead Centre** in Ewell, a friendly school offering classes in ballet, tap, street dance, boys only street/break class, *GCSE Performing Arts* and Musical Theatre which incorporates dancing, singing and acting. The auditioned youth 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 Parade!*

To enrol in the school call 01737 211 109 or email enquiries@protegem.co.uk

Great fun for kids at Battersea Park Children's Zoo

Have you ever come face-to-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, tamarrins, ferrets and parrots. They can spy on the meerkats in the secret lookout tunnel which leads to the

centre of their enclosure, or enjoy feeding time for the pigs, donkeys and rabbits on the **Barley 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 pit, 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 Historic Dockyard Chatham** this Easter!

Following the success of these in February, **The Historic Dockyard 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 learnt.

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

The new *Hearts of Oak* visitor experience in the **Maist 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 dockyard, 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 wooden-hulled sail-powered warships at **Chatham Dockyard**. At the time the **Dockyard** 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 opportunities for the children to let off even more steam and with all dockyard tickets valid for 12 months, families come back again and again. Details of special events can be found at www.thedockyard.co.uk

April 2013

DAYS OUT

Every Wed-Heaven at Nutfield-19 High Street – www.heaven-nutfield.com - *Smiley Faces* music group for babies & toddlers for up to 2yrs & 2-4yrs, there is also a playroom for under 5's, a café & a creche.

29 Mar-14 Apr-The Wildfowl and Wetland Centre-Mill Road-Arundel West Sussex-01903 883355- *New Life*, celebrate Spring with a visit to see rare cygnets & goslings during the Easter holidays. Families can follow the bunny trail around the reserve, go pond dipping or create a craft in the visitor centre each afternoon. *The Wetland Discovery Boat Safari* runs every day.

29 Mar-14 Apr-Portsmouth Historic Dockyard 023 9272 7582 Oscar Nominated Costumes from '*Les Misérables*' 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 plus a Kids' Zone with *Hands on History*, including a paintball range & drop in family activities.

30 Mar-14 Apr-The River & Rowing Museum-Mills Meadows Henley on Thames-01491 415600

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 Hunt.
3 Apr Pom Pom Chick Chick, make pom poms & turn them into little chicks, 4-7 yrs.
9 Apr Hole in a Hole make a riverbank screen & a vole puppet to pop out of its hole, 4-7yrs.
10 Apr Taylor Tug's Holiday Happenings creative play & singing, 18mths-5yrs.
10 Apr Birds Roc, learn all about birds' habits & habitats, 7-11yrs.
11 Apr Whiskers & Wildlife make a bug hotel or bird feeder, solo wildflower seeds & lots more, 7-11yrs.
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 Sign up for the marathon & raise money for meningitis, natush@meningitis-trust.org for a registration form.

Read PARENTS NEWS On-line www.parents-news.co.uk

April 2013

September 2013

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 and the school enjoys an excellent pass rate.

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 Reception.

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?

'*A Taste of Reception*' afternoon session:
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



How to fly spacecraft step by step by *Deborah Kesper and David Baker* £7.95

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

The second in the series, the 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. '*An 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.

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 squiddy mud ooze up between your 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 some fun.

St Lawrence College

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



- Impressive 11+ results
- Small class sizes
- Affordable, all-inclusive fees
- Flexible, extended day
- Exceptional facilities
- Extensive range of sports & extra-curricular opportunities

'A Taste of Reception'

for 3 & 4 year olds born Sept 2008 – Aug 2009

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

Nursery from 3 years
Junior School 5-11 years
Charty No. 307321

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The First Class Learning programmes focus on key Maths and English learning outcomes of the National Curriculum.

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

New Malden Library
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newmalden@firstclasslearning.co.uk



Every child follows their own unique programme. Children develop essential core Maths and English skills. The programme is suitable for all ages and abilities.

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Anjana (Kingston and New Malden) 020 8123 0709

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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?

London Calendar

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transformed into delicious chocolate. Discover some surprising medicinal properties and taste some for yourself. **Every weekend & school** Hands on Nature Dinosaurs, visit the handling station & explore interesting specimens with the help of the museums science educators. **FREE** & Up, Up and Away interactive storytelling for under 7s. **FREE**. Investigate Crime with family fun together as scientists to investigate specimens, 7s. **FREE**. Every weekend & school. **FREE**. **31 Mar** **1 Apr** Roman weaving, come to help us learn how to weave a Roman tunic. A poor child's game find out what poor Victorian children & children during & after the world's war was came up with clever ideas for amusing games & toys. **5yrs. FREE** **2** Until 14 Apr **Revolutionary** of Arts Burlington House Piccadilly 020 7439 7438 Manet: Portraying Life under 12's **FREE**. **NEW** children under 12s have **FREE** entry to all exhibitions. **Until 28 Apr** **Unicorn Theatre for Children** 147 Tooley Street 020 7645 0560 Mister Holgado, 8yrs. **29 Mar-1 May** **London Zoo** Regent's Park London 020 7722 3333 Tiger Territory a brand new tiger exhibit, **Until 25 May** **Apollò Theatre** Shaftesbury Avenue 0844 412 4658 The Curious Incident of the Dog in the Night-Time, NT production. **Until 26 May** **Peacock Theatre** Portugal Street 0870 737 0337 My First Cinderella especially for children 3yrs giving children their first taste of classical ballet. **29 Mar-1 Apr** **Cutty Sark** www.rmg.co.uk/cuttyark 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. **1,7 Apr** Learn about life on board the fastest clipper ship, all ages. **FREE**, with entry. **2,4 Apr** Cutty Sark comes fun family workshop 3yrs. **FREE** with entry. **3,9 Apr** Racing puppets drop in workshop, all ages. **FREE**, with entry. **6,7 Apr** Family fun weekend, fantasy figureheads, drop in workshop, all ages. **FREE** with entry. **10,11 Apr** 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 BBC TV show, 7yrs. **29 Mar-1 Apr** **Museum of Childhood** Bethnal Green 020 8983 5200 Egg-Track Easter Fun

with bunny stories, games, Easter egg hunt plus visitors will have the opportunity to make an Easter egg basket & other crafts, all ages. drop-in. **FREE**. Daily Family backpacks for under 5's containing a train map, storybooks, play mats & question sheets. **FREE**. **1-7 Apr** Oranges & Lemons/Bon Belles' Ice Cream Van and other family fun can share stories, take part in an art workshop & see a display of stories & art collected over the week, there will also be Maypole dancing & live music. **FREE** all ages. **20 Apr** St George's Day with live music & dance, storytelling, traditional music games & arts, all ages. **FREE**. **29 Mar-1 Apr** **Battersea Park Children's Zoo** SW1 02079245826 or 0845 6016679 Easter egg hunt a few of the zoo animals will be guarding colorful Easter eggs, purchase a quiz sheet & use the clues to work out who it is. **2-14 Apr** **School** holes count the Golden Rabbits as you go around the zoo & the hand in your answer to the shop to be entered into the prize draw with a chance to win a prize. **2,4 Apr** Rabbit Days help the keeper to feed the rabbits, plus Rabbit Story time, **FREE** & Rabbit badge making drop in sessions, (sans entrance fee applies). **9,11 Apr** Guinea Pig Days, help the keeper to feed the guinea pigs plus Guinea pig picture making. **FREE**, drop in sessions. **29-30 Mar** **Museum of London** 159 London Wall 020 700 0944 Meet Peary King & Queen & follow Henry Croft, Peary King 1 in a storytelling session & learn the history behind this London icon, 5yrs. **FREE**. **31 Mar, 1 Apr** Roman weaving, come to help us learn how to weave a Roman tunic. A poor child's game find out what poor Victorian children & children during & after the world's war was came up with clever ideas for amusing games & toys. **5yrs. FREE** **2** Until 14 Apr **Revolutionary** of Arts Burlington House Piccadilly 020 7439 7438 Manet: Portraying Life under 12's **FREE**. **NEW** children under 12s have **FREE** entry to all exhibitions. **Until 28 Apr** **Unicorn Theatre for Children** 147 Tooley Street 020 7645 0560 Mister Holgado, 8yrs. **29 Mar-1 May** **London Zoo** Regent's Park London 020 7722 3333 Tiger Territory a brand new tiger exhibit, **Until 25 May** **Apollò Theatre** Shaftesbury Avenue 0844 412 4658 The Curious Incident of the Dog in the Night-Time, NT production. **Until 26 May** **Peacock Theatre** Portugal Street 0870 737 0337 My First Cinderella especially for children 3yrs giving children their first taste of classical ballet. **29 Mar-1 Apr** **Cutty Sark** www.rmg.co.uk/cuttyark 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. **1,7 Apr** Learn about life on board the fastest clipper ship, all ages. **FREE**, with entry. **2,4 Apr** Cutty Sark comes fun family workshop 3yrs. **FREE** with entry. **3,9 Apr** Racing puppets drop in workshop, all ages. **FREE**, with entry. **6,7 Apr** Family fun weekend, fantasy figureheads, drop in workshop, all ages. **FREE** with entry. **10,11 Apr** 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 BBC TV show, 7yrs.

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Also lots of other information
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film screenings, music, workshops, special activities & themed events for all ages. **FREE**, no need to book. Every Sun in Mar. **FREE** Screenings 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 musicals to contemporary. **Doit Back Packs** families can pick up an activity back pack filled with jigsaws, stories & games to explore the collection, 4-11yrs. Activity to create a Samurai helmet, a silver goblet or an elephant mask, take home. **FREE**, drop in plus **Apr** Animal bag a sensory activity bag that has been developed for under 5's containing an audio map & fabric cubes. **FREE**. **Until 28 July** **Doit Back Packs** major exhibition, advanced booking advised. **30 Mar-14 Apr** **The Royal Observatory** Greenwich 020 8858 4422 From Atoms to Aliens (Explore your Universe) interactive family science show, 7yrs+. **27 Apr** Saturday Space Explorers fun monthly workshops for families aimed to make simple cardboard instruments, including planet finders & moon dial which can take away & use at home. **5yrs. FREE**. **Throughout Apr** We are Aliens new planetarium show, 5yrs. The Universe Exposed explore the basics of night time photography, 5yrs, Sky Tonight take visitors on a tour of what has been seen in the night sky. **5yrs**. Meet the Neighbours interactive show, 5yrs. **12,27 Apr** How to be a pirate, drama performance, 5yrs. **FREE**. **13 Apr** Thomas Coram & the founding children hear all about Thomas Coram, sea captain & philanthropist who founded London's Foundling Hospital, 5yrs. **FREE**. **30 Mar** **National Maritime Museum** Greenwich 020 8312 6565 Explore Saturdays meet a character from the past & take part in a performance that will bring maritime history to life, 6yrs+. **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 workshops. **6yrs**. **FREE**. **1,3,5,8,10 & 12 Apr** Invent a game to play with your family, all ages. **FREE**. **2,4,9,11 Apr** News flash create a story about the famous voyage by the sea, all ages. **FREE**. **2,9 Apr** **Tuesday's 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, 6yrs. **FREE**. **7,14,21,28 Apr** 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. **Every weekend** **30 Mar-14 Apr** Tutor Tales: Pop-up performances. **FREE** drop in suitable for early years, 1-5 Apr Tutor Tales, pop up performances, drop in, families, all ages. **FREE**. **1-14 Apr** 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. **1-14 Apr** **Make It: Armour, children** learn your own recipe & design a lab coat for you own jam jar, 4yrs. **FREE**. **2 Apr** Dockers, Peary Kings & Queens, learn some Cockney slang

April 2013

'THE FUN FACTOR'

Rounders England is bringing the fun back for families with easy to use online toolkit-
A survey by **Rounders 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'.
2 Apr The British Library 020 7412 7111 Easter holiday family fun workshop: Who Done It? Join Shogun McComb & designing a famous detective in his hands on workshop for all the family.
3 Apr Chelsea Physic Garden 020 7352 5646 Creepy Crawling discover the diverse world of animals including a hissing cockroach, giant millipede, corn snake, giant African snail & lots more, 4yrs+. **4,9 Apr** Garden Safari & Microscopic Marvels explore the hidden secrets of the garden including the jungle room & the creatures living in the pond, 7yrs+. **10 Apr** Garden photography 8yrs+. **11 Apr** Lotions & Potions an introduction to herbal medicine, 7yrs, need to book.
3 Apr Jewish Museum Raymond 129-131 Albert Street 020 7284 1997 Monstrous & Collage workshop, 8-12yrs. **4 Apr** Mazel Toy, make your very own 'wedding rings' from coloured wire & sparkling gems, 6-11yrs. **7 Apr** Moving Pictures, fun workshop, 4-9yrs.
3,7,10,14,21,28 Apr **Rasmus Court Theatre** 28a Comenagh Road 020 8932 4747 The Magic Tavern interactive magic show all family.
6 Apr Geffrey Museum Kingsland Rd 020 7739 9893 Easter Treasure hunt explore the garden, 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, 5-16yrs. **9-12 Apr** Nursery Rhymes Time explore springtime in homes & gardens through stories, songs & craft activities, 2-5yrs.
7-9 Apr Barbican Arts Centre Silk Street 0845 120 7550 Wender Street Fair in the foyer **FREE** Family Day make your own imagined prehistoric plants, drop in workshop, all ages. **FREE**. **31 Mar** Make & Do, creative activities making puppet characters & creatures, all ages. **FREE**. **13 Apr** Taking Root Family Day workshop for families need to book. **FREE**. Children's Courses 9-12 Apr Clay, children make reliefs & other special objects, 5-7 & 8-11yrs. **9-12 Apr** Animation Course, 5-7,8-11yrs. **31 Mar** **Rich Mix** Bethnal Green 020 7613 7498 The African Market Festival, all ages. **FREE**. **Every** **Moon Parents & Babies** Screenings. **1,2,4,5,8,9,11 Apr** **The Half Moon** Pimlico 020 8780 9383 The Side Show of Wonder a magic & illusion show for all the family, fairground games before the performance. **1-7 Apr** **HMS Belfast** Tooley Street 020 7940 6320 Darning & Yarning at Sea get crafty & learn how sailors repaired their clothes at sea & discover the difference between a cross stitch & a running stitch plus find out about sailor's silks, the types of clothes sailors repaired & much more, drop in, all ages. **FREE**. **20-22 Apr** History in Your Hands discover hidden stories about HMS Belfast 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 **FREE**zing conditions during the Arctic Convoys & what it was like to be one of the first ships in on D Day & lots more. **1-12 Apr** **London Transport Museum** Covent Garden 020 7379 6144 Story time plus meet the imaginary characters who live there, suitable 3-7yrs plus all ages. **1-12**

Health & Fitness

Annelie's Raw Food Power

Supercharged recipes from a jungle diary
Annelie Whitfield
Available April 2013
ISBN: 978-1-908005-95-3
Price £12.99

New from Ivy Press, **Annelie's 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 worldly 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 recipes 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, vitality, and a more energized lifestyle. This is more than just a cookery book, it's also

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