

# PARENTS NEWS

April 2013 No. 219 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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Three Editions in South-East England



ISSN 1362-5551

South West London & Surrey

## What's On

### PARENTS NEWS

Next Issue May:  
Editorial Deadline: 12 April  
Advert Deadline: 18 April  
Distributed 29 April  
Half term; Two Bank Holidays.  
Adult Learners, Fostering  
Publishers & Editors:  
**Fergus & Penny McCarthy**  
Distributors 60,000 South  
West London & Surrey; 78,000  
East; 54,000 London South  
East-Surrey & West Kent.  
Distributed through schools,  
nurseries, libraries, leisure  
centres, restaurants, advertisers,  
play schemes and events.  
Subscription by post £15 year.

For Advertising:  
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@parents-news.co.uk  
020 8337 6337

**PARENTS NEWS UK**  
ISSN 1362-5551  
10 The Manor Drive,  
Worcester Park, Surrey,  
KT4 7LG.  
Tel: 020 8337 6337  
info@parents-news.co.uk  
www.parents-news.co.uk  
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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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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.

**London Literature Festival**  
returns to **Southbank Centre** in

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.

**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)

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

## Victoria and Albert Museum

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](http://www.vam.ac.uk/families)



**Swimming Lessons**  
Quality classes in small group  
\*\* COME AND TRY A CLASS FREE \*\*  
Lessons for:  
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Non-swimmers - Improvers  
Advanced & SUPER Advanced

Classes held at:  
Downsend School Ashtead/Leatherhead  
Epsom College

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](http://www.redfunnel.co.uk)

Full details about the whole  
weekend can be found at  
[www.wightriviera.co.uk](http://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** encourages people  
who may be considering  
treatment to pop in to the  
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."

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perfect smile has on lives."

020 8390 1839

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



**EASTER SHOW FOR FAMILIES**

# 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

SOUTH BANK CENTRE

For ages 7+

ARTS COUNCIL ENGLAND

## Free Family Art Fun!

Easter Activities at the V&A  
[www.vam.ac.uk/families](http://www.vam.ac.uk/families)

Victoria and Albert Museum  
South Kensington/Knightsbridge

Illustrations by Marcus Watkinson

**ROADS CLOSED**  
**FEATURES 25km CLOSED ROAD CIRCUIT!**

# Wight RIVIERA CYCLE WEEKEND

18-19 MAY 2013  
Yarmouth, Isle of Wight

- Fantastic Coastal Riding
- Road and Off Road Rides
- Routes from 5 to 100 Miles!
- Beautiful Island Scenery
- Full Event Support
- Harbour-side Event Centre
- Ideal for a Long Weekend

Bring the Family!

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

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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](http://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

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

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](http://www.madacademy.com)



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

### Lil' Jockeys Ltd.....

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](http://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."

[www.lil-jockeys.co.uk](http://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](http://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 2JL

01252 795571  
[www.rural-life.org.uk](http://www.rural-life.org.uk)  
The Old Kith Museum Trust is a registered charity



April 2013

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](http://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](http://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.

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.

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](http://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.

## What's On



## 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](mailto:franchise@madacademy.com) or call **Laura** on 07732 322540 or 0118 926 1384

[madacademy.com](http://madacademy.com)

Music And Dance and a whole lot of fun!



All attendees will receive a **£500** discount voucher PLUS free gift!

# 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](http://www.nationalgallery.org.uk/families)

THE NATIONAL GALLERY



Illustration © Dominic Trowart

Please call before you go and please mention **PARENTS NEWS** [www.parents-news.co.uk](http://www.parents-news.co.uk)

**Daily** New Gardens, **West Palace** 020 8847 0946 Walking Tours, need to book. **Every Tues & Thurs** Orchid Nursery Tours, need to book. **Every Sat** Hands on Session. Blowing in the wind stories of seed dispersal, FREE, no need to book. **29 Mar-14 Apr** Discover the history of chocolate, take part in chocolate workshops with arts & craft activities, or join a traditional Easter Egg Hunt on 31 Mar & collect tokens from around the Gardens to pick up your prize – a chocolate treat from the Easter Bunny.

**Daily Lower Morden Garden Centre** 020 8337 7781 Soft Play, under 5's.

**Daily Sutton Ecology Centre** 020 8770 5820 fantasy play area 2-10yr from **Mar Kingston Town Centre** Kingston launches Town Ambassadors their role will be to welcome visitors, provide information on what's on & what there is to do & see in town as well as to highlight its hidden treasures, rich history & excellent restaurants.

**Every Sun YMCA Wimbledon** 020 8542 9055 Volleyball sessions for all levels for local residents in Wimbledon & Merton, FREE from 12.30pm, info@wimbledonvolleyballclub.co.uk, www.yogonk.ac.uk

**Every Mon, Wed & Fri during term time Little Hamsters Play Cafe** Ham 07432 354274 Relaxed environment for mums & tots 0-5yrs offering coffee, cakes, lunches, soft play shapes, ball pool, ride on toys, table top activities & puzzles plus outdoor playground FREE parking, FREE Wi-Fi.

**Every Tues Whitton Library** 020 8734 3343 Storytime session, under 5's, FREE. **2<sup>nd</sup> Thurs of month** Tiny Teddies sessions baby bounce & rhyme, FREE.

**Every Tues Hampton Wick Library** 020 8734 3358 Storytime session, under 5's, FREE. **2<sup>nd</sup> Thurs of month** Chatterbooks reading group, 8-9yrs, FREE.

**Every Tues Mitcham Library** 020 8648 4070 Under 5's Storytime & Craft, fun activity, Free. **Every Thurs CV & Careers Advice. Last Thurs of each month, Coffee Mornings. Every Fri Knitting Group**, need to bring own needles.

**Every Tues United Reformed Church** Cavendish Hall 020 8949 3402 Sparkles, under 5's, 9-11.30am.

**Every Tues Malden Centre** Blagdon Road New Malden 020 83361561 Stay & Play for under 5's, FREE. **Thurs** young parents drop-in, 1-3pm. **Every Fri Toy Library**, under 5's, 10.30-11.30pm.

**Every Tues Old Malden Library** Kingston Road 020 8547 6438 Baby & toddler rhyme time up to 3yrs, FREE. **Every Thurs** storytime for under 5's, FREE.

**Every Tues & Thurs Sutton Library** 020 8644 9696 Newer Too Late to Learn basic computer training for over 50's, need to book, FREE. **Every Wed Story & Rhyme time** for under 5's, FREE. **Every Fri** Over 50's self help computer group, basic skills required, FREE.

**Every Tues & Thurs West Barnes Library** 020 8274 5789 Classes for those wishing to learn to use the internet which runs for 6 weeks. **Every Tues** Rendezvous Club for over 55's. **Every month** Art Club

for children, to put your child's name forward to join need to speak 5 to member of staff in library. **Every Fri** Toddler Rhyme Time & musical activities, 0-5yrs.

**Every Tues/Fri** Dickeringe **Adventure Playground** Dickeringe Lane Kingston 020-8942 1707 Parent & Toddler Play sessions.

**Every 3<sup>rd</sup> Wed of the month** **Richmond Library** 020 8734 3303 Chatterbooks reading group, 8-9yrs, 4.30pm, FREE. **1<sup>st</sup> & 3<sup>rd</sup> Thurs of month** Tiny Teddies sessions baby bounce & rhyme, FREE.

**Every Wed & Sun Royal Botanic Gardens Kew** 020 7222 1234 Hands on, sessions in the Secluded Garden Glasshouse for a closer look at the inner workings of the chocolate tree. **Daily** For families Trechose Towers features climbing towers & wooden play equipment such as giant swings, zip wires, scramble nets, slides & a mountaineering ramp. **Ongoing** Plastiland Play area shaped like a plant, children will be able to tunnel through giant roots, clamber over a solid stem, and explore a leafy maze before reaching the flower head, where a zip wire symbolises a pollinating bee.

**Every Thurs Twickenham Library** Garfield Road 020 8734 3340 Storytime session, under 5's, FREE. **2<sup>nd</sup> & 4<sup>th</sup> Thurs of month** Tiny Teddies sessions baby bounce & rhyme, FREE.

**Every Wed mon Sutton Arena Leisure Centre** Middleton Road Carlshaton 020 8770 4088 Women's Recreation Mornings with a wide range of sport & social activities available for one single fee, 9-12pm. **Daily** Playworld fantasy play area, 2-10yrs.

**Every Thurs Methodist Church** Hall High St New Malden Parent & toddler club, 9.45-11.30am.

**Every Thurs Tolworth Recreation Centre** Fullers Way North Tolworth 020-8391 1882 Badminton Club for intermediate-advanced level, Tel: 020 8395 9175.

**Every Thurs in term time Sutton Christian Centre** 020 8642 8117 Special Stars a baby & toddler group for children with disabilities or additional needs, from babies to pre-schoolers, siblings welcome.

**Last Thurs eve in every month** **Kingston Library** Wheatfield Way Kingston 020 8547 6438 Adult Readers Group.

**Every Fri New Malden Baptist Church** Kingston Road New Malden 0942 6912 Tadpoles parent & toddler group.

**Every Fri morn Kingston Museum and Heritage Centre** Wheatfield Way Kingston 020-8547 5006 Snappy the Crocodile's activities for under 5's, drop in, FREE.

**3<sup>rd</sup> Sat of month** **Norbiton Children's Centre Kings Oak Primary** Dickeringe Lane Who let the dads out play session for under 5's, 10-12pm.

**Every Fri Teddington Library** 020 8734 3304/5 Storytime session, under 5's, FREE. **Every 2<sup>nd</sup> Wed**

of the month Chatterbooks reading group, 8-9yrs, 4.20pm, FREE. **1<sup>st</sup> Thurs of month** Tiny Teddies sessions baby bounce & rhyme.

**Every Fri** New Malden Parent & toddler club, 9.45-11.30am.

**Every Sat The Green Dragon** 58-60 High St Croydon 020 8667 0684

**29 Mar Dadpune Family Fun** 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

**30 Mar Ashroth Theatre** Fairfield Croydon 020 8688 9291 Chinese Circus-Yin Yang, family show. **30 Mar** The Jungle Book family show, 11-12 Apr Alice in Wonderland ballet, 18-19 Apr Pro's Birthday Party, family show. **25-27 Apr** Joseph & the Amazing Technicolor Dreamcoat.

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

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

**28 Mar-14 Apr RHIS 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 wildflower wildflowers & lots

# Calendar

Please call before you go and please mention **PARENTS NEWS** [www.parents-news.co.uk](http://www.parents-news.co.uk)

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.

**30 Mar Holmwood Common** 01372 220644 Easter Egg trail

**30 Mar Electric Theatre** Guildford 01483 44778 The Many Adventures of Winnie the Pooh with FREE arty fun weekend & after the films. **Every Sat** Little Sparks in the Café Bar & Sparkles Dance drop in classes 5-9yrs. **Every Wed** All Star Choir, 8-14yrs.

**30 Mar-1 Apr Shalford Mill** 01483 561389 Easter egg trail with craft activities.

**31 Mar-1 Apr Rural Life Centre** Farnham 01252 795571 Easter Chick hunt, plus a decorated egg & Easter bonus competition. 27-28 Apr Countryside & Woodland Show plus crafts with the emphasis on wood working, cleaving, turning, carving & more.

**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.

**31 Mar-1 Apr Hatchlands Park** East Clandon 01483 22482 Easter egg Trails each with a Cadbury's chocolate egg prize Face painting, have-a-go archery, pony magic pony rides for children & more.

**29-30 Mar Clendon Park** 01483 22482 Easter Egg trails to suit different ages with a Cadbury's chocolate egg prize at the end plus face painting & pony rides.

**31 Mar Leith Hill Tower** 01372 220644 EggImpics bring your own boiled egg for rolling contest & egg activities for all the family.

**Uttill 14 Apr Colour House Theatre** Merion Abbey Mills (Off Merantun Way) South Wimbledon 020 8542 5511 Sleeping Beauty & parade with prizes for the best adult's & best child's home!

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**31 Mar Leith Hill Tower** 01372 220644 EggImpics bring your own boiled egg for rolling contest & egg activities for all the family.

**2 Apr Bedford Library** 020 8890 6173 Jelly fish mobile craft activity, 5-9yrs. **9 Apr** create a giant map of Hounslow, & add your picture. **11 Apr** Hand print butterflies, 5-9yrs.

**2 Apr Epsom Playhouse** Ashley Avenue 01372 742555 Tiddler & other Terrific Tales, families 3+yrs.

**4 Apr** All Star Wrestling 2hr activity packed family event. **5 Apr** Sid of Show from Cbeebies live on stage for families 3-7yrs.

**2-3 Apr Donkeys 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. **9-12 Apr** Lego Exhibition plus children can create their own piece to exhibit, FREE admission, to exhibit email [events@denbiesvineyard.co.uk](mailto:events@denbiesvineyard.co.uk). **11 Apr** Creepy Crawly Road Show. **12 Apr** Punch & Judy traditional family fun, FREE admission.

**2-5 Apr Yvonne Anraeth Theatre** Millbrook Guildford 01483 440000 A Play in a Week Easter holiday workshop, 7-12yrs.

**2-5-8-11 Apr Ricards Lodge** Lake Road Wimbledon 07780 611939 Easter Art Courses, develop your painting, drawing & modelling skills in fun filled day of creativity, [www.childrentartschool.org](http://www.childrentartschool.org).

**2-5-9-12 Apr Painsmill Park** Cobham 01932 868113 Wild Easter Camp with bushhacking, bionus building, archery & mud sculptures, 8-13yrs. **2-5-9-12 Apr** The Great Easter Egg & Spoon Race, 2-13yrs. **27 Apr** Family Fun, Wildlife, 5-9yrs.

**3 Apr Heston Library** 85701028 Easter craft, 5-9yrs. **10 Apr** Transport craft, 5-9yrs. **10 Apr** Create a giant map of Hounslow, draw your favourite places, maybe a park, a museum where you play & add your picture to the map

**3 Apr Birdworld** Farnham 01420

**22-24 Apr** Annual Birdworld Easter Egg hunt with opportunity to win prizes, plus some seasonal art for 8-12 Apr Pirates & Explorers Week with themed shows, games & trails with lots of treasures to be won.

**3-5 Apr Putney Arts Theatre** 020 8788 6935 The Magical Fairground a drama holiday project for 4-9yrs

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

**4 Apr Osterley Library** St Mary's Crescent Isleworth 020 8560 4295 Easter sandart decorations, 5-9yrs. **9 Apr** London transport craft activity, 5-9yrs, need to book.

**4 Apr Brentford Library** 020 8560 8801 Paint sow & grow your own activity, 5-9yrs. **11 Apr** Helder skelter helicopters, craft activity, 5-9yrs.

**4 Apr Feltham Library** 020 8890 3506 Bunny Ears craft activity, 5-9yrs. **9 Apr** create a giant map of Hounslow, draw your favourite places, maybe a park, a museum where you play & add your picture to the map **11 Apr** Finger puppets craft activity, 5-9yrs.

**4 Apr Hanworth Library** 020 8898 0256 Bunny Bags, craft activity, 5-9yrs. **11 Apr** Butterfly & dragon fly gliders, 5-9yrs.

**4 Apr Cranford Library** Bath Road TW5 9TL 020 8759 0641 Easter craft activity, 5-9yrs. **8 Apr** Transport mobiles activity, 5-9yrs.

**4 Apr Chiswick Library** 020 8994 1008 Design your own shield 5-9yrs. **11 Apr** Create a giant map of Hounslow, draw your favourite places & add your picture

**5,19 Apr Sacred Heart RC Church** Hill Cobham 01483 203237 Bric-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, limited places need to book.

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

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

**13 Apr Camberley Theatre** 01276 707600 Michaela Strachan's Really Wild Adventures, 3-8yrs.

**20 Apr Littleheath Woods** 020 8726 6900 Flowers 1 1/2 hr walk.

**20 Apr Reigate Park United Reformed Church** Park Lane East 07949 442327 Cheeky Monkey Nearly New Baby & Children Sale selling clothing, equipment, toys buggies & much more.

**20 Apr Wallington United Reformed Church** [www.m.u.r.c.uk](http://www.m.u.r.c.uk) Mumzium market with over 32 stalls, 11-1pm.

**21 Apr Godstone Village Hall** 07932 841181 Indoor table top sale, 10.30-12.30pm.

**23 Apr Walton Library** 0300 200 1001 Family History using the Internet.

**27 Apr Cranleigh Arts Centre** 01932 868113 The Three Billy Pigs puppet show with storytelling & live music, 3-9yrs.

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

**What's On**  
**London**  
**Calendar**  
Go to Page 10

**FREE: weekend tennis coaching**

**TENNIS AVENUE ACADEMY**  
in New Malden

(home to many top national junior players)

**Saturdays & Sundays**

08:45am - 09:30am: ages 5-7  
09:30am - 10:30am: ages 8-10

Manor Park, off Merton Road  
New Malden KT3 6AU  
[www.TennisAvenue.co.uk](http://www.TennisAvenue.co.uk)

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**Professional Dance School & Company**

**10th ANNIVERSARY**  
2001 - 2011

**Mondays, Tuesdays & Saturdays**

**Classes held at Bourne Hall & The Longmead Centre, Ewell**

**For ages 2+ to Adult**  
Entered for IDTA dance exams

**01737 211 109**  
**Info@protegem.co.uk**  
**www.protegem.co.uk**

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The original and largest network of part-time professional theatre schools in the world.

**Chertsey 0845 265 7081**  
[chertsey@stagecoach.co.uk](mailto:chertsey@stagecoach.co.uk)

**Twickenham 020 8224 6905**  
[twickenham@stagecoach.co.uk](mailto:twickenham@stagecoach.co.uk)

**Walton 01932 254 333**  
[walton@stagecoach.co.uk](mailto:walton@stagecoach.co.uk)

**SING! DANCE! ACT NOW!**

**Stagecoach**

**Coombe Wood Lawn Tennis Club Easter Camps**  
GALSWOORTHY ROAD, KINGSTON UPON THAMES, SURREY KT2 (opposite Kingston Hospital)

**Attend weekly (Monday - Friday) or on a daily basis for ages 4-18 years**

**Two Tots (4-5 years) & Shorties (6-11 years)**  
Two/two and shorties balls will be used with emphasis on racket & ball co-ordination skills.  
Ability to play on a short court.  
Attend 10.00am - 4.00pm  
Monday to Friday each week  
Rate 14

**Transits & Mini Champs (6-11 years)**  
Lowball competition, soft tennis balls will be used with emphasis on stroke technique.  
Ability to play from midcourt/baseline.  
Attend 10.00am - 4.00pm  
Monday to Friday each week  
Rate 18

**Squad (11 years and over)**  
Using ground tennis balls and being able to play from baseline.  
Emphasis on stroke technique & matchplay.  
Attend 10.00am - 4.00pm  
Monday to Friday each week  
Rate 18

Prices shown are per person, per week or daily session. The second, higher amount is for non-members of the club.

Weekly		Daily		Weekly		Daily	
Hebly	Daily	Hebly	Daily	Hebly	Daily	Hebly	Daily
£84/£96	£21/£24	£144/£168	£36/£42	£144/£168	£36/£42	£144/£168	£36/£42
(get one day free/11)		(get one day free/11)		(get one day free/11)		(get one day free/11)	

**Week 1** Mon 1st April - Fri 5th April  
**Week 2** Mon 8th April - Fri 12th April  
**Week 3** Mon 15th April - Fri 19th April

Multi-Activity Competition Day will take place each Friday from 10.00am-4.00pm for Transits & Mini Champs and Squad players  
For further information or an application form please contact:

**Sunny Dimic (Head Pro): 07949 169882** or **Olle Lloyd (Assistant Pro): 07748 961359**  
or visit our website to download an application form [www.coombewoodtc.co.uk](http://www.coombewoodtc.co.uk)

We have the latest in teaching equipment including: AirZones, Speed Gun, Kick-a-Flick, Hitting Hands, Target Winder, Catch Ball, Top Ball, Power Resistant Hoops and much more!!!

**Kumon's maths and English study programmes work to improve your child's skills, develop their confidence and inspire a passion for learning.**

Contact your local Instructor for a Free Assessment.

<b>Ashford, Middlesex</b> 020 8568 8214	<b>Fulham</b> 020 7266 4401	<b>Kingston South</b> 020 8127 0184	<b>Tadworth</b> 020 8394 1698
<b>Chessington</b> 01372 602 099	<b>Guildford North</b> 01372 378 377	<b>Merton Park</b> 020 7998 9817	<b>Thames Ditton</b> 020 8288 1819
<b>Esher &amp; Cobham</b> 01737 359 812	<b>Hounslow Central</b> 020 8582 5518	<b>Pyrford</b> 01932 402 737	<b>Tooting</b> 020 8780 1618
<b>Fetcham</b> 01372 370 164	<b>Kingston North &amp; Wimbledon</b> 020 8643 9130	<b>Redhill</b> 01737 277 380	<b>Twickenham</b> 020 8942 3623
		<b>Southfields</b> 020 8879 1290	<b>Woking</b> 01483 726 961

**Improve your child's study skills**

**KUMON**

Fees vary. Please refer to your local study centre.

[kumon.co.uk](http://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 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 shetlands. **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 hours of bouncing fun (open weather permitting). An animal themed crazy golf course provides a challenge for young and old! You can also take a tractor and trailer ride. **Hawklands 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 craft and activity room with 'make and do' projects. The farm's cafe 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](http://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](http://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 June 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 Madonna 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 in to 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](mailto: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, tamarins, 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 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 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](http://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 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](http://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, 18months-5yrs.

**10 Apr Birds Row**, learn all about birds' habits & habitats, 7-11yrs.

**11 Apr Whiskers & Wildlife** make a bug hole or bird feeder, sow wildflower seeds & lots more, 7-11yrs.

**Every Sat** during term time *Artrways Art Club*, 7-11yrs. **Every Wed** during term time *Taylor Tug's* under 5's Club.

**14 Apr - Brighton Marathon** 0845 1200 4766 Sign up for the marathon & raise money for meningitis, [natash@meningitis-trust.org](http://natash@meningitis-trust.org) for a registration form.

Read **PARENTS NEWS** On-line [www.parents-news.co.uk](http://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.

**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](mailto:mag@slcuk.com) [www.slcuk.com](http://www.slcuk.com)*

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?



## 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](mailto:mag@slcuk.com)

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

April 2013

## Space Academy

How to fly spacecraft step by step by *Deborah Kespert* 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. '*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.

Feature boxes include 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 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 rovers. 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 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.

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!

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

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

Primary 7/8/9/10 - Common Entrance, GCSE, A/AS Level & beyond

Clearing slots for special needs, remedial, dyslexia & gifted

Facilities experience safe at leading selective schools

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020 8580 3911

for more information, go to [www.oxbridgeuk.com](http://www.oxbridgeuk.com)

Primary 7/8/9/10 - Common Entrance, GCSE, A/AS Level & beyond

## 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.uk](mailto:hampton@firstclasslearning.co.uk)

**North Kingston Centre** Thursday 4pm - 6pm [kingston@firstclasslearning.co.uk](mailto:kingston@firstclasslearning.co.uk)

**New Malden Library** Monday 4pm - 6pm [newmalden@firstclasslearning.co.uk](mailto: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.

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

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# London Calendar

## PARENTS NEWS Digital

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**Daily London Dungeon** London 020 7403 7221 Vengeance: The UK's first SD laser ride  
**Tower of London** 0844 482 7799 Fit for a King exhibition learn about the personalities, power & physical size of England's kings, from Tudors to today  
**Ongoing Imperial War Museum** 020 7416 5439 From the trenches in WWI to the Exhibition the lives of William & Alice Allpress & their ten children & all 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 gallery, 5-11yrs.  
**Tracy Sun National Gallery** [www.nationalgallery.org.uk](http://www.nationalgallery.org.uk) 020 7747 2855 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 2<sup>nd</sup> Sat of month National Geographic Store** 83-97 Regent Street 020 7025 6960 Meet a 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** Camberwell 020 7701 0100 Young People's Theatre workshops, various age groups 7-18yrs. **FREE** to join.  
**Every weekend Temple Station** 7/22/28 1254 Harry Potter Locations Tour, 2-7yrs.  
**Every weekend Greenwich Clocktower Market** High Road, Quiky weekend market **FREE.** [www.clocktowermarket.co.uk](http://www.clocktowermarket.co.uk)  
**Until 1 Apr Earls Court Exhibition Centre** Warwick Road, 0870 122 1313 The Ideal Home Show.  
**Until 5 Apr Royal Air Force Museum** Hendon 020 8205 2266 Easter Airfit, make your own parachute & origami supply box  
**Until 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, 8yrs.  
**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 production.  
**Until 26 May Peacock Theatre** Portugal Street 0870 737 0337 My First Cinderella especially for children 3yrs giving them their first taste of classical ballet.  
**29 Mar-1 Apr Cutty Sark** [www.rmgo.org.uk/cuttrysark](http://www.rmgo.org.uk/cuttrysark) 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 7yrs. **FREE** with entry. 3,9 Apr Racing puppets drop in workshop, all ages. **FREE**, with entry. 6,7 Apr Family fun weekend, fantasy figureclay, 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 CBBC TV show, 7yrs.  
**29 Mar-1 Apr Museum of Childhood** Bethnal Green 020 8983 5200 Egg-Tastic 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!** Beau Belles' Ice Cream Van can't wait to share its magic 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 games & arts, all ages. **FREE.** 29 Mar-1 Apr **Battersea Park Children's Zoo** SW10 2079245826 or 0845 6016679 Easter egg hunt a few of the zoo animals will be guarding colourful Easter eggs, purchase a quiz sheet & use the clues to work out who it is. 2-14 Apr **School holidays** Cook the Golden Rabbits as you go around the zoo & hand in your answer to the shop to be entered into the prize draw with the 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, (usual entrance fee applies). 9-11 Apr **Guinea Pig Days** help the keeper to feed the guinea pigs plus Guinea pig story time. **FREE** & Guinea pig picture making. **FREE**, drop in sessions. 29-30 Mar **Museum of London** 150 London Wall 020 7000 0944 Meet Pearly King & Queen & follow Henry Croft, Pearly King 1 in a storytelling session & learn the history behind this London icon. 5-yrs. **FREE.** 31 Mar, 1 Apr Roman weaving, come & see how & learn eggs. 6-12 Apr **Mad Mad Mad** A poor child's game find out how poor Victorian children & children during & after the world was came up with clever ideas for amusing games & toys. 5-yrs. **FREE.** 2 Meet Pearly King & Queen & follow Henry Croft, Pearly King 1 in a storytelling session & learn the history behind this London icon. 5-yrs. **FREE.** 3,10 Apr **Sculpture** design a sculpture, 5-yrs. **FREE** need to book. 4-6 Apr **The Day** no matches were made hands on storytelling. 5-yrs. **FREE.** 6-8 Apr Art pottery workshop, 5-yrs. **FREE.** 9-9 Apr The Roaring Lion of Trafalgar storytelling session, 5-yrs. **FREE.** 9 Apr How was it made? Activity, 5-yrs. **FREE.** 10 Apr Looking after the family silver discover if a silver object has been made in London. 5-yrs. **FREE.** 11 Apr Messy London tube maps, a creative session for under 5's & carers. 1-14 Apr **FREE** need to book. 11-14 Apr Roman handwork workshop, 5-yrs. **FREE.** 11-13 Apr The Famous Magician and his workshop, 5-yrs. **FREE.** 14,28 Apr Explore the museum's galleries through fun hands on activities, for all the family. **FREE.** 29 Mar-15 Sep **Natural History Museum** 020 7949 5000 Sensational Butterflies a journey through one of nature's most fascinating life cycles, as you follow the trail through the life cycle route, watch hungry caterpillars hatch by your side & witness hundreds of striking butterflies & moths fluttering about your head. Take on butterfly challenges, try fun games & activities as you discover one of the planet's most amazing life cycles. 30 Mar To coincide with the Easter holidays Chocolate: A Natural History find out about the cacao plant & how its beans are

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 hits to contemporary. **Daily** 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** **David Bowie** new major exhibition, advanced booking advised. 30 Mar-14 Apr **The Royal Observatory** Greenwich 020 8858 4422 From Atoms to Mars (Explore your Universe) interactive family science show. 7-yrs. 27 Apr **Saturday Space Explorers** fun monthly workshops for families able to make simple cardboard instruments, including planet finders & moon dial which they can take away & use at home. 5-yrs. **FREE.** Throughout Apr **Every** **Aliens** new planetarium show, 5-yrs. The Universe Exposed explore the basics of night time photography, 5-yrs. Sky Tonight live take visitors on a tour of what can be seen during the night sky. 5-yrs. Meet the Neighbours interactive show, 5-yrs. Solar System, Galaxy, Universe, investigating the structure of the universe, 5-yrs. Space Safari joint Trip, the teddy bear, for live music & rhyme as the journey through the solar system looking the Great Bear in the sky, for younger children under 7yrs. **Until 1 Aug** **Alien Revolution** a new exhibition. 31 Mar **Camden Arts Centre** Chalkwell Road 020 7472 5500 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 relics & other special themed 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** **Mon** Parents & Babies Screenings. 1,2,4,5,8,9,11 Apr **The Half Moon** Pincey 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 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 Tunes**, 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 **Apr** Make It: Armour, children can create their own armour with a fashion designer Julia Sissons, 5-12yrs, need book. 26-28 Apr **Friday Late**: Bowie Weekender with talks,

April 2013

April 2013

### 'THE FUN FACTOR'

**Rounders England**'s 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'. 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 enjoy watching elite athletes who 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."

"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: *Check It, Whack It, Leg It, Smile!* The Toolkit can be downloaded from [www.roundersengland.co.uk](http://www.roundersengland.co.uk).

Although 61% of people surveyed have not played **Rounders** since they left



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## Health & Fitness

### Annelie's Raw Food Power

*Supercharged recipes from a jungle diary*  
**Annelie Whitfield**  
Available April 2013  
ISBN 978-1-908065-95-3  
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 spicy 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

an insight into how a young family left the urban jungle for the real jungle and how living by an inspiring diet can be life changing. Annelie says, "I hope readers learn some fantastic new recipes but that it also gives people an insight into how to stay healthy, wherever you live. The idea of making super 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 food".

**Annelie Whitfield** is now a qualified naturopath 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 lifestyle of the world's Blue Zones called "Living in the Zone".

**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 spicy 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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