

# PARENTS NEWS

June 2013 No. 177 The First & Foremost Local Monthly Newspaper for Families

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## What's On in June 21st Annual Children's Party Feature

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# Parties

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(finding it useful), and use the  
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## Birthday Parties and Fun on the Farm!

*Farming World* is a family run open farm with a firm emphasis on providing plenty of fantastic memories and 'hands on experiences'. Visit the open farm, just off the motorway between Faversham and Canterbury, and join in the fun! There are plenty of special events planned throughout the year and *Farming World* also provides a truly unique birthday party venue. In this day and age an approaching birthday party can be a horrifying thought for a parent. Will the guests be able to find the venue? How will I amuse the children? What should I feed them? What happens if it rains? What should I put in the party bags? Do I need to take out another mortgage to pay for the experience? And at the end of a long day who will do the clearing up? All of these problems can be solved by holding a party at *Farming World*. The farm will also be happy to tailor parties to the child's individual requirements, providing each child with a unique and fun-filled experience. Each party is provided with a 'base' for the duration of the party, which will be decorated prior to arrival. This area can be used to store all the presents and food, cut the cake and hide in the event of a shower. Guests can then explore the farm, meet the farm animals and rare breeds, watch a birds of prey flying demonstration, explore the large adventure

playgrounds or challenge each other to a round of mini golf. The children can also enjoy the enormous jumping pillow (weather permitting). This is a giant inflatable that can be jumped on until the children and adults are all exhausted! In the event of rain, which can definitely put a damper on a party, the children can enjoy the two storey indoor soft play area or get creative in the craft and activity room painting a memento to take home, which can provide a great addition to the party bags. When the children start to get hungry a hot or cold buffet can be provided. Both menus include drinks and a variety of children's favourites, not forgetting the all important fairy cakes, jelly and ice cream! Menu per head start from £15.00, which also includes entrance to *Farming World*. If you prefer you can bring your own picnic. There are also a variety of other activities that the birthday child can add to their wish list to make their party perfect; these include: face painting, tractor & trailer rides, horse & cart rides, birds of prey experience, craft fun and pre packed party bags. All of these services and attractions will add up to a truly hassle free party, whatever the weather. Not only that but a terrifically memorable experience for the birthday child and all their friends, an experience that will be talked about in the playground for a

long time to come! As well providing a fantastic birthday party venue *Farming World* has some very exciting special events planned. **Fathers Day** will be celebrated on the 16th June with fathers gaining free entry to the farm on this day. There are also plenty of special events planned throughout the summer holidays, including: **Superheroes Week**, **Creepy Crawly Days**, **Teddy Bear's Picnic**, **Circus Workshops**, **Heavy Horses Days and Harvest and Threshing Weekend** - to name but a few! And don't forget you can also enjoy all of the farm's regular attractions. You can meet the heavy horses, play a game of mini golf, visit the friendly farm animals, watch a birds of prey flying demonstration, run wild in the large adventure playgrounds or make a mess in the craft and activity room! With this variety of special events and regular attractions there really is plenty of fun for everyone! For details of birthday parties or special events visit [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 the end of the season on 3rd November, and is just off Junction 7 of the M2. Normal prices are £6.50 adults, £5.50 for children aged 3 - 15 years, concessions £5.50. Sorry, guide dogs only.

**Party Bounce** offers an exciting, unique, Professional Service for all your party requirements. Bouncy Castles, Inflatable Slides, & much for Parties, etc. **020-8399 5679**  
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**Need space for a party? Think Surrey Bell Tents.**  
Steve Nash from tent-hire company **Surrey Bell Tents** says "Tell us the date and venue and we'll put up the tent, supply extras such as bedding, flooring, cushions, bunting and lighting, and then collect everything at the end of the event. It's as easy as booking a bed and breakfast and much more fun!" *Surrey Bell Tents*, run by Steve and Debbie, offer stunning Soulpad tents, which are renowned for their quality and beauty. The tents come in two sizes: the 4-metre which sleeps up to four adults and the 5-metre which sleeps up to six adults. Bell tents provide maximum floor space and head room and they are made from natural cotton canvas which breathes and gives a much more comfortable camping experience than modern nylon. The tents provide a perfect, hassle solution for parents with children who are clamouring for sleep-overs and parties when there is not enough room indoors: kids just love the fun of having their own private, chill-out zone in the garden. They are ideal for adults too.

**CELEBRITY REPTILES**  
EXOTIC CREATURES FOR THE 'WOW' FACTOR SNAKES, LIZARDS AND INSECTS FOR YOUR NEXT PARTY EVENT  
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07958 796118  
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**Wimbledon Common Village Fun Fair**  
Thurs 13th & Thurs 20th June  
All rides HALF PRICE!  
Closed 17th-19th  
SAT 15th and SUN 23rd JUNE  
ALL FREE RIDES for 30 Minutes  
ON THE FAIR FROM 1.00 - 1.30 pm  
FREE ADMISSION - FREE CAR PARK - SAT NAV: SW19 4UF  
SHOW UP EARLY AND STAY - SOMETHING FOR EVERYONE!

June 2013

June 2013

## Really Wild Birthday Parties

**Cheshington World of Adventures Resort**  
Why just have an ordinary birthday party, when you could have a really wild experience at *Cheshington World of Adventures Resort*? Bring your family, bring your friends, meet the Zoo animals, have a delish party lunch and hey, even spend the afternoon in the Theme Park. *Cheshington's* the new party central. PS. for parents - they do all the catering... and all the clearing up. Your **Really Wild Birthday Party** includes all this - from just £14 per person: Themed invitations you can send out to your lucky party guests. An hour of Zoo animal meet 'n' greets, plus your own Zoo Keeper to share fun facts and answer your questions. A private room with music. Birthday lunch for all the kids with yummy (and healthy!) stuff like sandwiches, crisps, soft drinks and fruit, all served up on animal-themed tables. A *Cheshington* party expert on

**www.stagecoach-parties.co.uk**  
Whether it is your child's very special 1st birthday or your teenagers 16th birthday they can run a party for you. The parties range from a 40 minute musical party workshop, a 2 hour creative drama, dance & singing party or a spine chilling *Murder Mystery* evening experience. Party themes include "Pieces of Eight" for little pirates, "Once upon a Time" for would-be princesses and "The Mystery of the Caribbean Curse". But whichever theme you choose, the party hosts will make sure it will be a truly magical, memorable and stress-free birthday! "Absolutely brilliant - the children are still talking about it." "Loved it - would definitely book another party with *Stagecoach*." Camberley, Chiswick, Hounslow, Merton Park, Mitcham, New Malden, Tooting, Weybridge

**Old Barn Pony Parties**  
Are you looking for something 'different' for that birthday surprise? *Lil' Jockey* parties are unique, non-stop fun and very popular for children of all ages. With so many self-powered ride-on animals to choose from you can make that birthday party a day to remember. They can provide several party themes which include *Cowboy, Jockey and Jungle*. The animals work by physically moving your body to move around. To get the animal to move forward you must stand up and then sit down. You can also turn the head and steer the animal like a bike. The operation is extremely easy and children as young as 3 years old have no trouble moving around at their leisure. Every *Lil' Jockey* birthday party is tailor made to suit your requirements. The basic party consists of 2 party co-ordinators and 6 small and/or medium animals of your choice for 2 hours of fun filled entertainment for your children. Also included are organised fun party games, exciting animal races with winner prizes, certificates, rosettes, treats and much more. The basic party price with 6 animals of your choice is £120 plus £10 for any additional animal you require. You can have a mixture of small, medium and large animals as long as your venue or hall can accommodate them. If you require further information regarding the parties contact **01843 583454** **07536 058849** [www.lil-jockey.co.uk](http://www.lil-jockey.co.uk)

**Old Barn Stables**  
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• All ages & abilities • Lessons & Hacks  
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**Children's Party Tips by Mr. Mysto**  
Time Your Party Like A Pro  
Time your party so that food break is in middle of your party and at a time your children normally have their food. Children are only interested in food when they are hungry the rest of the time it is pretty boring. If you feed them too late they will be distracted away from anything you are doing and too early they will not be interested. 11.30 a.m. to 1.30 p.m. with lunch at 12.30 p.m. or 3.30 p.m. to 5.30 p.m. with tea at 4.30 p.m. works well avoid 2.00 p.m. to 4.00 p.m. like the plague. Have fun, Best Mr. Mysto [www.StressFreeChildrenParties.co.uk](http://www.StressFreeChildrenParties.co.uk)

**Lil' Jockey Children's Parties**  
party is tailor made to suit your requirements. The basic party consists of 2 party co-ordinators and 6 small and/or medium animals of your choice for 2 hours of fun filled entertainment for your children. Also included are organised fun party games, exciting animal races with winner prizes, certificates, rosettes, treats and much more. The basic party price with 6 animals of your choice is £120 plus £10 for any additional animal you require. You can have a mixture of small, medium and large animals as long as your venue or hall can accommodate them. If you require further information regarding the parties contact **01843 583454** **07536 058849** [www.lil-jockey.co.uk](http://www.lil-jockey.co.uk)

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Email: info@lil-jockeys.co.uk  
Web: www.lil-jockeys.co.uk

**LEGOLAND Discovery Centre**  
As the nation's Thrill Capital, THORPE PARK is the 'must do' destination for adrenaline junkies!  
**Alton Towers Resort**  
Children's birthday parties are all wrapped up at the *Alton Towers Resort*.  
[www.merlingroups.com/friends-family/birthdays/](http://www.merlingroups.com/friends-family/birthdays/)  
**The Dungeons**  
Come and celebrate your birthday with one of our terrific birthday party packages!

**Windsor Resort**  
**LEGOLAND Party** includes: A section of the fully themed Bricks restaurant Balloons and party novelties *LEGO* themed Birthday Cake Unlimited soft drinks Party Tea buffet Party bags  
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**Diggerland**  
2 1/2 hour birthday party in Diggerland, 2 hours in the Diggerland park to have unlimited rides and drives on REAL diggers and dumpers on picnic lunch, video and more **0871 22 77 007** (10p/min) [www.diggerland.com](http://www.diggerland.com)

**Mini Tanks invade Surrey!**  
The most fun you can have with mad *Mini Tanks* are an exciting alternative to *Quad Bikes* and *Go Karts* - fantastic for children's parties or just a great fun day out. They are exactly what they say they are - **MINI TANKS!** They are engineered in Britain and are genuine miniature versions of the real military tanks used by the army. **Control a real tank** Come to the specially designed battleground at *Apps Court Farm* in Surrey, either on your own or with a group of friends to one of the taster sessions and experience what it's like to be in control of a real tank. Unforgettable fun! *Mini tanks* are real tanks but in miniature so children can drive them on their own. How cool is that? *Mini Tanks Elite* birthday parties offer brilliant, outdoor, excitement for kids aged 8 and over. The tanks can run in all weathers (even snow) and parents can sit back and relax knowing their children are safe driving around in tanks designed for the job. *Mini Tanks* have been available in other parts of the country for some time, but *Mini Tanks Elite* is the first and only track in the South East of England. The specially designed tank course at *Apps Court Farm*, Walton-on-Thames is convenient for Kingston, Richmond, Leatherhead, Guildford and not far of M25 [www.minitankelite.co.uk](http://www.minitankelite.co.uk) **07783 293866**

**AGRES OF FUN FOR EVERYONE!**  
Visit [www.farming-world.co.uk](http://www.farming-world.co.uk) for special event details including:  
• Superheroes Week,  
• Creepy Crawly Days,  
• Have a Go! Falconry Day,  
• Large adventure play,  
• Rare breeds & farm animals,  
• Heavy horses,  
• Indoor soft play,  
• Craft room,  
• Mini golf course,  
• Tractor and Trailer Rides,  
• Hot & cold refreshments.  
Show this advert to receive 50p off entry per person in your party.  
(PN June. Valid 3/6 - 30/6/13)  
Open everyday until 3rd Nov.  
Farming World, Boughton, Faversham, ME13 9HY  
Tel: 01227 751144  
M2 June 7 follow brown signs, sorry no dogs.

**WIMBLEDON COMMON VILLAGE FUN FAIR**  
Thur 13th - Sun 23rd JUNE  
Family SAT 15th and SUN 23rd JUNE ALL FREE RIDES for 30 Minutes  
THURS 13th & THURS 20th JUNE ALL RIDES HALF PRICE!  
THURSDAY/FRIDAY 2.00 - 8.00pm  
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SHOW UP EARLY AND STAY - SOMETHING FOR EVERYONE!

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Thanks Mum!

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Royal Court Theatre

June 2013

**OPEN COURT:**  
**KIDS COURT:** *Primitave*  
Fri 19 July 5pm & Sat 20 July 11am  
*Jerwood Theatre Downstairs, Royal Court Theatre,*  
Sloane Square, SW1W 8AS  
Age Guidance 5+ (Under 14 must be accompanied by an adult)  
Tickets: Adults: £10, Children (Under 16): £5  
Ten short plays written by 8-11 year olds for the **Royal Court's Young Writers Festival 2012** and the *Peckham Young Playwrights Project*. Performed as productions in the *Jerwood Theatre Downstairs* by a company of professional actors directed by **Simon Godwin**.  
**KIDS COURT:** *In a Minute*  
Wed 17 July 4pm  
**Royal Court Theatre Café Bar,**  
Sloane Square, SW1W 8AS  
Age Guidance 5+ (Under 14 must be accompanied by an adult)  
Tickets: **Free.**  
Not bookable in advance  
Working with a local school, young people aged 8-11 will take part in a project to write a one minute play. The final plays will be performed in the *Royal Court Café Bar*.

**KIDS COURT:** *Happy Hour* - Writing Workshop  
- Introduction to Playwriting  
Wed 17 & Thurs 18 July 5-6pm  
*Jerwood Theatre Upstairs,*  
**Royal Court Theatre,**  
Sloane Square, SW1W 8AS  
Age Guidance 8-11 years  
Tickets: £5 (includes entry to VIP Hostage)  
A playwriting workshop for young people aged 8-11 years old, run by playwright **Vivienne Franzmann**.  
**KIDS COURT:** *Happy Hour* -VIP Hostage  
Wed 17 & Thurs 18 July 6.15pm - 7pm  
*Jerwood Theatre Upstairs,*  
Sloane Square, SW1W 8AS  
Age Guidance 8-11 years  
Tickets: £5  
A panel of children will have the chance to take the famous person of their choice hostage, putting them in the hot seat to answer their burning questions.  
**KIDS COURT:** *Family Play Day* - Family Play in a Day  
Saturday 20 July 10am-5pm. (Public Sharing at 5.30pm)  
*Jerwood Theatre Upstairs,*  
**Royal Court Theatre,**  
Sloane Square, SW1W 8AS  
Age Guidance 7+  
Tickets: £5 for family workshop. Free for performance at 5.30pm  
Families will have the chance to create a play in a day, in a workshop led by **Royal Court Writers**. At the end of the day, there will be a chance to perform their new work in the *Jerwood Theatre Upstairs*.  
**KIDS COURT:** *Family Play Day* - *Family Writing Workshop*  
Saturday 20 July 3.30pm-5pm  
*The Wilson Studio,*  
**Royal Court Theatre,**  
Sloane Square, SW1W 8AS  
Age Guidance 8-11  
Tickets: £5  
A playwriting workshop for young people aged 8-11 years old and their families, run by writer **Nick Payne**.  
**KIDS COURT:** *Family Play Day* - *Backstage Tours* by **Young Writers** aged 8-11  
Saturday 20 July 1pm, 2pm and 3pm  
**Royal Court Theatre,**  
Sloane Square, SW1W 8AS  
Age Guidance 7+  
Tickets: Free (but ticketed)  
Audiences will have the chance to take a trip around the *Royal Court Theatre* in a guided tour by young people aged 8-11.  
**020 7565 5000**  
[www.royalcourttheatre.com](http://www.royalcourttheatre.com)



**ROYAL COURT**

17 - 20 July  
**Kids Court.**



It's play time! A week of plays, workshops and special events curated by young playwrights aged 8-11.

The week includes plays written and directed by primary school children, children's writing workshops, backstage tours, the opportunity for families to create a play in a day and much more.

Tickets from £5  
020 7565 5000  
[www.royalcourttheatre.com](http://www.royalcourttheatre.com)

June 2013

THE OCTONAUTS ARRIVE FOR A SPECIAL MISSION AT SEA LIFE, CHESSINGTON WORLD OF ADVENTURES RESORT

**Captain Barnacles and Kwazii**, heroes of the *Octonauts* crew, have arrived at *Chessington World of Adventures Resort* for a brand new adventure in 2013  
The popular *CBeebies* series - *Octonauts* - is all about exploring the undersea world and protecting sea creatures and is therefore perfectly suited to the Resort's *SEA LIFE* centre. This partnership is set to bring to life the importance of looking after marine welfare and conservation for audiences young and old alike.  
When guests visit the *SEA LIFE* centre at *Chessington World of Adventures Resort* they will have the chance to become an *Octonauts* for the day, roaming the ocean environments inside the *SEA LIFE* centre in search of adventure and fun! Visitors can join in the exciting missions and activities, which include:  
- An exciting *Octonauts Quiz Trail* through the *SEA LIFE* centre  
- Your own *Octonauts* hat to take home  
- An *Octonauts* sticker for completing the trail  
- Photo opportunities with **Captain Barnacles and Kwazii!**  
Even more for Pre-Schoolers  
With lots for our youngest adventurers to enjoy,  
*Chessington* also now offers a fantastic *Pushchair Pass* which gives one adult and one child up to and including the age of 5 as many wonderful days out at *Chessington* as you can fit in for a fantastic price\*!

For more information visit [www.chessington.com/groups/parent-toddler.aspx](http://www.chessington.com/groups/parent-toddler.aspx)  
The *Pushchair Pass* also comes with a load of value-added extras including free car parking, queue-beating entry at the Park gates and 20% off items across the park!  
*Chessington* is packed full of things to do for the whole family! With a brand new attraction *ZUFARI: Ride into Africa*\*\* offering guests an incredible off-road safari truck adventure, *Adventurers* can experience a taste of Africa in the heart of Surrey and get up close and personal with amazing live animals including endangered White Rhinos and rare Rothschild Giraffes. Continue the party with the *DreamWorks Madagascar Live! Prepare to Party* stage show, plus enjoy over 40 rides and attractions in ten themed lands, and over 1000 amazing animals in the Zoo and *SEA LIFE* centre. With too much to do in one day, why not make it a short break and book a stay in *Chessington's* very own safari-themed hotel. For more information and to benefit from advanced booking discounts or to find out more about the *Pushchair Pass* visit [www.chessington.com](http://www.chessington.com)  
**See Back Page for FREE entry coupons**  
*Katy* (right) is one of three White Rhino in *ZUFARI: Ride into Africa*, an off-road safari truck adventure. He has settled in very well with his two new friends out at *Chessington* as you can see in a fantastic price\*!



**Grand Summer Steam Up**  
**Kew Bridge Steam Museum**

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Saturday 29 & Sunday 30  
JUNE

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Kids go free!\*



\*With a full paying adult

# Calendar

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

## FAMILY DAYS

Advanced bookings only - Limited Tickets

Thursday 18th, Friday 19th,  
Saturday 20th & Sunday 21st July



Visit our 50+ cats  
incl. Tiger, Lion,  
Leopard & Cheetah

Face Painting  
BBQ Ice cream  
Bouncy castle  
Arts & crafts

Gates Open  
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Suggested entry donation £10 per person  
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[www.whf.org.uk](http://www.whf.org.uk)

Headcorn Road, Smarden, Kent, TN27 8PJ. (Reg. Charity no. 1104420)

**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.

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

**Daily Sutton Ecology Centre** Festival Walk Carshalton 020 8770 5820 Playworld fantasy play area, 2-10yrs.

**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.meditationuk.co.uk](http://www.meditationuk.co.uk)

**Recently re-opened Kidpaly Cafe** 382-284 Lower Addiscombe Road Croydon Softplay & cafe, under 5's.

**Every Mon Bhehimin Children & Family Centre** Boreley 01689 879145 Tues, Wed & Fri from toddlers activities.

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

**Every Mon Parchmore Community Centre** 53-55 Parchmore Road 020 8726 6000 88965 Circuit for those with new exercise, returning after illness & the more mature exerciser.

**Every Move Sutton Grammar School** Korfbal for Beginners for school years 3-12 various times & sessions, email for details [info@nomadskorf.com](mailto:info@nomadskorf.com)

**Every Tues Coudon Library** 020 8726 6900 Bookstart Rhymetime for babies & toddlers, Wiggle & Jiggle, 2-4yrs. **Every Thurs** Storytime, 2-5yrs. **Every Sat** Storytime, under 7's, FREE.

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

**Every Tues Purley Library** 020 8726 6900 Bookstart Rhymetime for babies & toddlers & Wiggle & Jiggle, toddlers over 18months. **Every Fri** Storytime 2-5yrs. **Every Sat** Rock & Rhyme for babies & toddlers, FREE.

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

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

**Every Tues Riddledown Circular Walk** 020 8726 6000 84952 Health walk, 2-3miles, meet 11am at Good Companions' pub, Hansey Green, FREE.

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

**Every Tues & Thurs** Sutton Leisure 020 8644 9696 Never 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, Sat & Sun Sutton Climbing Wall** Sutton 0845 363 1177 Junior Rock Club learn to climb 7-14yrs, need to book.

**Every Wed, Sat & Sun Climbing Taster** Sessions, 4yrs, need to book. **Every Wednesday** Parties available, 7yrs, need to book.

**Every Wed Sandstead Leisure** 020 8726 6900 Bookstart rhymetime, babies & toddlers, Wiggle & Jiggle, 18months-3yrs. Storytime 2-5yrs. **Fortnightly** Rock & Rhyme for pre-school children, FREE.

**Every Wed Lutterian Church 1** The Flower, 020 8726 6000 88965 Zumba Latin inspired dance music & rhythms, all abilities.

**Every Wed Charles Fryer Theatre** 59 High Street Carshalton 020 8770 4920 Spiral Youth Theatre for 13yrs members learn a variety of activities such as

drama, dance & singing, musical theatre composition, set design & costume making culminating in two productions per year & **Every Thurs** Minis & Jungs 5-7yrs.

**Every Thurs Sutton Arena Leisure Centre** Middleton Road Carshalton 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 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 832508.

**Every Thurs Sheldon Baptist Church** Addison Road 020 8726 6000 88965 Circuits Low intensity for mature exercisers.

**Every Thurs Croydon Sports College** Croydon High School 020 8726 6000 88965 Circuits Low intensity for mature exercisers.

**Every Thurs South Norwood Leisure Centre** 164 Portland Road 020 8726 6000 88965 Aquatic sessions.

**Every Thurs Caterham Hill Library** [www.surrey.gov.uk/kidsaft](http://www.surrey.gov.uk/kidsaft) Rhymetime, 10am, FREE. **Every Fri** Storytime, 2.15pm, FREE.

**Every Thurs Chalmers Leisure Centre** 020 8770 4830 Street Dance lessons for boys & girls 10-15yrs

**Every Thurs Sutton Life Centre** 020 8644 9696 Parenting & Training Advice drop in sessions, held in Youth Zone, FREE. **Street Zone** **Every Wed** Term Time only Street Dance, 4-7-8-11 & 12yrs. **Every Fri** Running & Non Contact Boxing, 12-18yrs, FREE. **Held in Meeting rooms** **Every Thurs** term time only Movers & Shakers, 0-4 & 1-3yrs, FREE drop in sessions.

**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.

**Every Tues Central Shopping Centre** Croydon [www.central.co.uk](http://www.central.co.uk) 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.

**8-9 June every month** **Burgundy & Black Cafe** St Martins Walk Dorking Bumps & Babies is for mums with bumps & both parents or carers of non mobile babies, meet others for tea or coffee & get your baby socialising, [www.wincor.co.uk/branches/dorking/events/bumps-and-babies](http://www.wincor.co.uk/branches/dorking/events/bumps-and-babies), 3rd Mon of every month Nappies not needed about nappies as an alternative to disposable.

**Every Fri Pavilion Leisure Centre** Kenilva Walk 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 6pm, Tel: 07979 266790.

**Every Fri Bradmore Green Library** Old Coudon 020 8726 6000 X64952 Bookstart Rhymetime for babies & toddlers, Wiggle & Jiggle, 2-4yrs. **Every Mon** Storytime 2-5yrs & Chatterbooks reading group for 8-11yrs. **Fortnightly** Even Sat Rhymetime, FREE.

**Every Fri Broad Green Library** 020 8726 6900 Bookstart Rhymetime 0-5yrs. **Fortnightly** on Sat Rock & Rhyme for pre-school children.

**Every Wed West Arty Crafty computers drop in sessions for under 5's, parents & carers, FREE.**

**20th June** **Every Fri** South Norwood Library 020 8726 6900 Bookstart Rhymetime for babies & toddlers. **Every Tues** Wiggle & Jiggle, 2-4yrs. **Alternate Sat** Rock & Rhyme or Storytime, 13-14 June

**Every Fri Shirley Library** 020 8253 1023 Bookstart rhymetime for babies & toddlers, Wiggle & Jiggle for 18months-3yrs. **Every Thurs** Storytime for 2-5yrs. **Every Sat** Rock & Rhyme for babies & toddlers. **Monthly** story & craft workshops, 5-10yrs.

**13-24 June Hampton Court Palace** **Every Fri** New Addition Library 020 8253 1023 Bookstart Rhymetime for babies & toddlers & Wiggle & Jiggle. **Brother & Sister** FREE. **Every Fri** Norbury Library 020 8726 6900 Bookstart Rhymetime. **Every Thurs** Wiggle & Jiggle. **Alternate Sat** Rock & Rhyme followed by Storytime. **Last Fri of each month** Chatter Books reading group for 8-12yrs, FREE.

**Every Fri Sebdon Library** 020 8726

6900 Bookstart rhymetime for babies & toddlers, Wiggle & Jiggle, 18months-3yrs. **Every Tues** Storytime for pre-school children. **Every Sat** Rock & Rhyme for pre-schoolers. **1st Tues** of the month Arty Crafty, 4-8yrs plus parents & siblings.

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

**Every Fri Waddon Ponds & Wandie Park** 020 8656 5947 Circular walk, 1.2-3 miles, meet outside Lid, 11am, FREE.

**Every Fri Thornton Heath Leisure Centre** 89-110 High Street 020 8726 6000 88965 Aquatic pay as you go sessions.

**Every Fri Caterham Valley Library** [www.surrey.gov.uk/kidsaft](http://www.surrey.gov.uk/kidsaft) Rhymetime, FREE. **Every Tues** Storytime, FREE.

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

**Every Fri Warlingham Library** [www.surrey.gov.uk/kidsaft](http://www.surrey.gov.uk/kidsaft) Storytime, 2-5yrs.

**Every Sat The Green Dragon** 58-60 High Street Croydon 020 8667 0684 Storytime for families 3-5yrs, drop in 2hr session with stories, puppets, arts activities & songs, FREE.

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

**2 June Ashcroft Theatre** Fairfield Croydon 020 8688 9291 The Wind in the Willows interactive theatre family show for all ages. **6-8 June** Being Tommy Cooper 14yrs.

**7 June Lighthill Park** Catterham Course 01342 83600 St Catherine's Hospice 30th Anniversary Raceclay a day out for all the family.

**8 June Croydon Heritage Festival** 020 8774 5966 Three week calendar of events & activities across Croydon suitable for all age groups, FREE.

**9 June Elmbridge Museum** 01932 845753 Tudors and Tassie Musseys, Arts & Craft family fun workshop.

**10 June Esher Rugby Club** Hersham Surrey Little League for life skills sponsored run/walk in aid of Cancer Research UK, to register [www.crukwalton.co.uk](http://www.crukwalton.co.uk)

**8 June GI Live** Guildford 0844 7701 797 Wellness Day with stalls, books, complementary therapies, reflexology & lots more, FREE entry.

**8-9 June Juniper Hill** Micklemham Dorking Surrey Wildlife Festival activities to include meet the animals, face painting, games, food & drink & lots more, entrance under 3's, FREE. [www.bidsidley.com/2010/](http://www.bidsidley.com/2010/)

**9 June Reigate Priory Park** 08702 255 163 Walk for Diabetes 2 mile circular walk, starts at 11am & is FREE but donations welcome, 01372 720148.

**9 June Tilford Village Hall** 01252 729446 Walk for the Wards 5 or 10 mile route starting & finishing at Tilford Village Hall, with a cream tea/cake for every walker, [www.gbh.org.uk](http://www.gbh.org.uk)

**Ride** - A family ride starting finishing at The Children's Trust Tadworth Court, with two shorter routes, a 15 mile route & the option to add a challenging climb to Bob Hill for more experienced cyclists. [www.thechildrenstrust.org.uk/2010/](http://www.thechildrenstrust.org.uk/2010/)

**9 June Wildcroft Rare Breeds** The Heath Pottunham 01477 869695 Open Farm Sunday with farm walks to see the rare breed pigs, sheep, goats, geese, turkeys living free range, you will also be able to see hay making machinery in motion & lots more. Hog roast & hot dogs as well as home made cakes available to buy throughout the day. [www.wildcroftrarebreeds.co.uk](http://www.wildcroftrarebreeds.co.uk)

**11-15 June New Victoria Theatre** Woking 01483 545900 Sherlock Holmes

**13-14 June Yvonne Arnaud Theatre** Millbrook Guildford 01483 440000 Major Tom, 15 June The Henry VIII Show 7-11yrs, 16 June A Little Night Music, 21-29 June Footloose the musical, 22 June Toddy Time, 4-7yrs, 29 June Magical Showtime, 3-8yrs.

**13-24 June Hampton Court Palace** Hampton Court 0871 230 2200 Festival, featuring artists from the world of rock, pop, jazz & classical music.

**15 June St Mary's Church** Church Hill Caterham Summer Fair with stalls for all ages, refreshments plus activities for children, 11-2pm.

**15 June Hutchinson's Bank** 020 8726 6000 Spot the orchid 2hr ramble in search of these unusual flowers, 29 June Meet the volunteers for a tour of the site

& learn about the importance of chalk grassland & how it is managed.

**15 June Hollidowne Recreation Ground** Frensham Village Faye with Morris dancing, punch & jelly, children's games & plenty of different types of food & drink to enjoy. The children's parade will set off from Shortfield Common at 12.30, fayre officially opening at 1pm.

**15 June St Marks Church Hall** Alma Road Reigate Mum2mum market selling newly arrived goods.

**15 June Mill Studio Millbrook** 01483 4400 00 The Henry VIII children's show.

**29 June** Magical Showtime.

**15 June Wallington United Reformed Church** Wallington Mum2mum Market Nearly New Sale

**15 June Camberley Theatre** 01276 707600 The Elephant Bridemaid musical about weddings & wombs for parents with their children.

**15 June Electric Theatre** Onslow Street Guildford 01483 444789 Anima Magic and 'The Zoo', tickets 01252 703376. **Every Sat** Little Sparks in the Cafe Bar with music, games, songs, stories & puppets & Sparkles Dance drop in classes for 5-9yrs. **Every Mon & Tues** after school The Man in the Moon Weekly drama workshops, 6-14yrs. **Every Wed** All Star Choir, 8-14yrs.

**15 June St Martinus Parish Church** Epsom 01372 727078 Like a Singing Bird choral concert

**15 June Lower Kingswood Village Hall** Backland Road Baby Booby Nearly New Sale plus refreshments available, entrance children FREE. [www.babybooby.co.uk](http://www.babybooby.co.uk)

**15 June Gostrey Meadows** Farnham Phyllis Tackwell Hospice Fete with stalls, games, refreshments & entertainment for all the family.

**15 June The Borough Hall** Godalming 01252 70370 Gouding Independent Market, FREE entry.

**15 June Wallington United Reformed Church** [www.mum2mummarket.co.uk](http://www.mum2mummarket.co.uk) Mum2mum market, 11-1pm.

**16 June Sealdon Wood Nature Reserve** Old Fairlight Road Sealdon 020 8726 6900 1 1/2 hr walk through the fields & wood taking a closer look at the 8yrs

wildflowers found on site.

**16 June Birdworld Farnham** 01420 22140 The Great Annual Paper Plane Competition

**17 June RSPCA Millbrook Animal Centre** 0300 123 0740 RSPCA Car Boot Sale with refreshments available, donation on entry, 10-1pm, [www.rspca.millbrook.org.uk](http://www.rspca.millbrook.org.uk)

**22 June Kingfield Green Surrey** 0844 249 1895 Village Fair with area events, live music, children's fun fair, craft stalls & lots more for all the family FREE. Entry, 12-4.30pm.

**23 June Haling Grove** 020 8726 6900 Big Lunch & Summer's Day Celebration annual summer event, bring a picnic, games & join the fun in the park, [www.haling-grove.org.uk](http://www.haling-grove.org.uk)

**23 June Happy Valley** 020 8726 6900 Ochil & summer wild flower foray in Happy Valley, a leisurely ramble in search of orchids & other wild flowers, a 2 mile walk over 1 1/2 hrs, to book 07755 824811.

**23 June White Hart Barn Godstone Village Hall** 07932 841181 Indoor Tabletop Book Sale, FREE entry.

**24-30 June Purley Festival** Rotary Fields Purley A festival of events, workshops, art, drama, theatre, dance, talks, kids classes & more in & around Purley. Many events in the week are FREE & there are a lot of trials/FREE workshops & special events on, for more info [www.purleyfestival.co.uk](http://www.purleyfestival.co.uk)

**26-29 June Fairfield Halls** 020 8688 9291 Grandpa in my Pocket for young fans of the popular Chobhams TV series.

**30 June** LDN Wedding

**29 June Farmers Market** Woking 01483 743200 Selling a wide variety of goods including bread & cakes, cheese, meat & lots more.

**29-30 June Priory Farm** South Nutfield 01737 822603 Strawberry Fair Food Festival with live cookery shows, local specialities for visitors to sample plus fun for all the family to include tractor rides, nature trails, insectpicking & lots more.

**29-30 June RRS Gardens** Wisley Weybridge 01483 225320 Garden Party with traditional garden visits, vintage 50's makovers & a vintage tractor display.

The tractor will parade in the morning & afternoon & there will be several Punch

What's On  
London  
Calendar  
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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.

Blackheath	020 8239 0093	Greenwich	020 8293 4173
Bromley	020 3602 9746	Lower Sydenham	020 3002 0239
Caterham	020 8654 2878	Orrington	020 8325 2250
Croydon Central	020 8686 6833	Oxted	01883 723 2040
Crystal Palace	020 3627 1469	Pettus Wood	020 8432 3414
East Dulwich	020 8289 2111	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](http://kumon.co.uk)

## Education

### The gift of socks the best for Fathers Day

Subscription service says "Thanks, Dad" all year round. The sock subscription service lifestyle website

**www.Socked.co.uk** offers the best value all-year gift for Father's Day. The regular delivery of high-quality black cotton socks on a regular basis is the ideal way to say "Thank you" to dads throughout the year. Not only is a sock subscription the perfect surprise gift, but it's far cheaper than you think,

the site's spokesman says, with subscription costing as little as £5.99 a month or £19 a year. "Our socks the best value out there for the gent who dislikes shopping for clothes," said **Mark Hall of Socked.co.uk**,

A special Father's day discount code is available from socked.co.uk simply enter dadsocks for 10% off any plan

**www.Socked.co.uk**

### BEING SUPER DAD

<http://touceanbox.com/> – a monthly delivery of arts, crafts and activities for children, can inspire all the Super Dad's to get creative with playtime, including fun things to make and do and adventures to explore. Here are our top activities for children and their amazing dads. Such things as

1. Treasure Hunt
2. Make some Medieval fruit sweets
3. Get a ToucanBox (of course!)

Every month a box is delivered straight to your door with all the ideas, instructions, materials and tools to create fun and hands-on projects. With themes ranging from bugs to outer space, each box is designed to stimulate your child's creativity and encourage key development skills

### Rescuing Gus by Melissa Warham

**Melissa Wareham** loves her job at **Battersea Dogs and Cats Home**, caring for lost and abandoned animals. When Gus – elderly, smelly and poorly, arrive at the Home one day, she knows that she has found the dog for her, and he has found the human for him! *Life with Gus* takes some getting used to, from him insisting on drinking out of the toilet bowl to his sleep destroying snore and bath aversion tactics, but Gus is a funny, gentle, loving dog and Melissa and he quickly become the best of friends. This is a funny, sad, wise and kind tale of the joy that adopting a rescue animal brings.

pb £5.99

Advertise in PARENTS NEWS call Fergus 020 8337 6337 [fergus@parents-news.co.uk](mailto:fergus@parents-news.co.uk)

### Art Lab for Little Kids

52 Playful Projects for Preschoolers  
By Susan Schwake

£16.99 Paperback  
Developed for 4-6 year olds and targeting one of the most critical developmental periods for children, *Art Lab for Little Kids* is the perfect book for both parents and teachers who are seeking enriching and unique experiences to offer this age group, with 52 unique projects covering: Drawing, Painting, Printmaking, Sculpture and Mixed Media. As in Susan Schwake's first book, *Art Lab for Kids*, each project or "Lab" can be used as a singular project, or to build up to a year of hands-on fine art experiences, taking their inspiration from the works of prominent artists. The book begins with an introduction on materials and setting up a space for making art. The lessons that follow are open-ended to be explored over and over, with different results each time; they don't result in "cookie cutter" end products, but are a method

of guiding children to learn something new each time they are used. This motivational book stands out as a unique reference for creating fine art with children through finding the student's own voice, marks and style and with playful lessons that result in significant skill building. Gorgeous photography shows different results from children using the same lesson, exemplifying the way the lesson brings out each artist's personal style. *Art Lab for Little Kids* is a fresh source of creative activities for families and community groups works as lesson plans teachers



June 2013

June 2013

### Parents reject Government plans to relax childcare ratios despite cost saving promises, survey finds

Parents are overwhelmingly opposed to Government proposals to relax childcare ratios in England's day nurseries and pre-schools, even if this would result in lower childcare fees, a survey carried out by **Bounty** – the parenting club – on behalf of the **Preschool Learning Alliance** has revealed.

The survey found that 84 per cent of respondents would not support lower staff-to-child ratios even when faced with the difficult decision of trading quality for cheaper childcare bills.

Prime Minister **David Cameron** is reportedly reconsidering plans to relax ratios in childcare settings and for childminders, first revealed in the Government's *More Great Childcare* document in January. Under the proposed ratio changes "appropriately-qualified" staff at childcare settings would be allowed to look after six two-year-old children, up from the current limit of four, and four children under the age of one, up from three, from this September.

**Neil Leitch**, Chief Executive of the **Preschool Learning Alliance**, which is the largest representative early years and childcare organisation in England, said he was not surprised by the findings.

"Parents using childcare want it to be of a high standard. They have made it clear that they do not want their children to be in settings where ratios are relaxed, even if that will save them money on their childcare costs...."

### Big by Tom Hoppood

£5.99 A spectacular celebration of size. Refreshingly simple book that celebrates growing up. Up! A little boy wonders if he will ever be Big.

Tim Hoppood's stylish illustrations bring this endearing little boy to life as he contrasts himself with an ant, a bear and an elephant... The boy grows throughout the story, and by the end he's bigger than his best friend. This book confronts a preoccupation of every child, and every child will recognise and empathise with this little boy's wish to be BIG! Tim is an award-winning illustrator and he brings to life a charming, engaging central character.

### CARERS WEEK 10 to 16 June 2013

Across the UK the number of people caring, unpaid for a family member or friend who is ill, frail and disabled has now risen to 6.5 million. Every day at least 6,000 people start caring. Becoming a carer can impact significantly on a person's life – it takes time, energy, can leave you isolated and can be costly.

**Prepared to Care?** – the 2013 **Carers Week** campaign – will focus on how the UK's current carer population is coping, how effectively Government

is supporting the growing numbers of carers, and whether the wider population is prepared for future caring responsibilities.

Through **Prepared to Care?** **Carers Week** will highlight the impact of caring on daily life and, with an ageing population and higher incidence of disability and serious illness, encourage the public to think whether they could manage a caring role.  
**www.carersweek.org**  
**www.facebook.com/carersweek**  
**Twitter @carersweek**

### SCHOOL TALK

- 8 June – **St Michael's School** Southfields, **Beach Party Summer Fete**, a great family day with fun for all the family with giant slides, bouncy castle, Anzac bbq, Asian food stalls, tea tent, plant stall, face painting, traditional side stall games including coconut shy, maggot racing & tombola, 12-4pm.
- 12 June – **Dalmain Primary School**, Forest Hill, **Open Morning**, 9.15am-11.15am, **Tel: 020 8699 2675**
- 28 June – **Ashmore Primary School**, SW8, **Summer Fair**, 3-6pm, **Tel: 020 7735 2419**.
- 15 June – **Hilcross Primary School**, Morden, **Medieval Summer Fair** to include archery, Medieval jester, apple bobbing, children's medieval themed crafts, pony rides, giant inflatable activities, beer tent, bbq, a visit from a modern day fire engine & crew plus stalls, **FREE** entry for children, 12-3pm.
- 29 June – **Poplar Primary School**, Merton Park, **80th Birthday Summer Fair**, 12-3pm.

Schools that distribute **PARENTS NEWS** may get these entries, **free** [info@parents-news.co.uk](mailto:info@parents-news.co.uk)

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- We see enormous progress: up to three year's reading gain in a year
- Unparalleled levels of individual attention – lots of one to one teaching
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- Regular diagnostic testing ensures tailor-made individual programmes
- We consider the whole child, including the role of diet, supplements, exercise, sleeping position and Brain Gym
- Dyslexia specialists, English as a Second Language - all available at no extra cost
- We still teach courtesy, table manners and respect for others!

Term time literacy tuition also available, Wednesdays 4.00pm-5.00pm, £21.50 per session. 3 children to 1 teacher.

Telephone 07734 11 50 54 for further details  
[www.anchor-school.co.uk](http://www.anchor-school.co.uk)

## Kids Swimming Aids For Summer Education



Summer is fast approaching, and there is nothing better than taking a dip in the pool or sea when enjoying your family holiday. But with recent statistics finding that 1/3 of all UK children cannot swim, spending time around the water when on holiday can be a leave parents a little uneasy. Taking a look at the range of kids water aids available from swimwear specialists **Zoggs**, For swimming aids and tips [www.zoggs.com](http://www.zoggs.com)

**The Ursuline Preparatory School**  
18 The Downs, Wimbledon SW20 8HR  
Telephone: 020 8947 0859

- ★ Offers now being made for entry 2014, co-educational Nursery
- ★ Part-time and full-time Places
- ★ After School Care until 5.45pm
- ★ Contact us for further details: [admissions@wups.co.uk](mailto:admissions@wups.co.uk)

**July~Aug 2013 Summer Courses**  
29th July ~ 16th Aug 2013 (3 weeks)

**11+ Summer Intensive Course** \*Apply early as spaces are limited!

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

Subjects VR, NVR, English and Maths  
Times 9:00am-3:30pm (1.5hour / subject)  
Venue King's College School, Wimbledon SW19 4TT

**Reading Club** [www.oxbridgeuk.com](http://www.oxbridgeuk.com)

Improve your reading & writing skills in a fun environment with books!

Subjects Reading Club for Yr1-6 & Shakespeare Stories for Yr7-8  
Times 9am-12pm OR 12:30pm-3:30pm (3 hours everyday)  
Venue Oxbridge Centre, Cavendish House, New Malden KT3 6QQ

**Primary and Secondary Summer Courses**  
Begin your new school year with confidence by taking Oxbridge's Summer Courses!

**Primary Courses** \* Times : Between 10am - 2:30pm  
★ English, Maths (Yr 1-Yr 6), Essay Writing (Yr 4 & Yr 6)

**Secondary Courses** \* Times : 4pm - 7pm (1hour / subject)  
★ English, Maths & Science (Yr 7 & Yr 8)  
★ GCSE Preparation : English & Maths (Yr 9 & Yr 10)

**020 8949 2131** Primary Enquiry **020 8949 8838** Secondary Enquiry  
[info@oxbridgeuk.com](mailto:info@oxbridgeuk.com) [admin@oxbridgeuk.com](mailto:admin@oxbridgeuk.com)

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

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**Open Afternoon**  
Prep & Senior  
Saturday 22nd June  
1:00pm

In addition we are holding a Year 5 Activities Morning on this day.

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Call Mrs Angelita Faulkner to reserve your place for either event on 0203 261 0139 email [admissions@stcatherineschool.co.uk](mailto:admissions@stcatherineschool.co.uk)

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# London Calendar

**June London Palladium** Argyle Street 020 7494 5020 Charlie & the Chocolate Factory Musical. **Ongoing Imperial War Museum** 020 7416 5439 A Family in Wartime Exhibition the lives of William & Alice Allpress & their ten children & what life in London was like during the war. **FREE. Ongoing Secret War exhibition, FREE.** **Every Sun National Gallery** www.nationalgallery.org.uk 020 7747 2885 Family workshops for families bringing paintings alive & listening to a themed story on the magic carpet. **FREE** family trail. **Every Sun Hildreth Street Market** Balham SW12 Street Market with fresh food traders sourced from all over London. **Every Tues & Wed from 25 June-24 July** **Devonshire Square EC2** 0845 120 7520 www.wcof.org Summer Fest with live music, dance, street acts & circus, 12.30-2pm. **Every Sat Venn Street Market, Clapham Common** 020 7622 8259 Offering fine foods & fresh produce plus a variety of handmade crafts will be available throughout Dec with gifts & cards for all the family as well as Christmas trees & floral decorations. Christmas trees will be available. **Every Sat Blue Elephant Theatre** Camberwell 020 7701 0100 Young People's Theatre workshops, various age groups 7-18yrs. **FREE** to join. **Every weekend Tate Modern** Bankside London SE1 020 7887 8008 Open Studio play & create with ideas & materials from artworks in the collection displays for all ages.

**Daily** Family resources with paper based activities for families all ages. **FREE.** **Daily Children's Multimedia Guide** keeps children entertained & animates art works through music, video clips & entertaining games, 5+yrs. **Daily** Under 5's Zone a new play space for families. **FREE.** **Every weekend Start** Sessions with games, map making & clue matching, 5+yrs. **FREE.** **Every weekend Temple Station** 020 7222 1234 Harry Potter Locations Tour, 2 ½ hrs. **Every weekend Clocktower Market** High Road Quirky weekend market has 50 stalls specialising in vintage, retro & antiques with a few contemporary craft stalls. **FREE** entry, www.clocktowermarket.co.uk **Every weekend Tate Britain** Millbank 020 7887 8888 Liminal invites visitors into a physical, material & social experience of sculpture through touch, interaction & collaboration, all ages. **FREE.** **Every weekend Art Trolley** sessions encourage children to imagine & create collages & lots more. **FREE.** **Every Weekend Children's Multimedia Guide** fun & interactive a sensory experience for all the family to enjoy, 4+yrs. **Daily** Family Resources provides questions & activities which encourage children & families to explore art works. **FREE.** **Daily** Family Trails, under 5's. **FREE.** **Ends 30 June Science Museum** 0870 870 4668 Last chance to see, Codebreaker exhibition. **Daily** take control in 360 degrees flight simulators or fly with the Red Arrows

in their sensational 3D motion effects theatre. **Every weekend** **Icy Cool Adventure** families, under 7's. **FREE.** **Every Weekend Spaced Out**, families, 5+yrs. **FREE.** **Every Weekend A Cockroach Tour** of the museum visitors take on the form of cockroaches dressing up in realistic costumes. **FREE.** **Until 11 July Madame Tussauds** Marylebone Road 087400 3000 One Direction new wax figures in a fully themed dedicated area. **Until 15 Sep Natural History Museum** 020 7942 5000 **Every weekend & school hols** Hands on Nature Dinosaurs, using the handling station & explore interesting specimens with the help of the museums science educators. **FREE.** **Up & Up and Away** interactive storytelling for under 7's. **FREE.** **Investigate** Centre families can work together as scientists to investigate specimens, 7+yrs. **FREE.** **Until 15 Sept Sensational Butterflies** follows the trail along the life cycle route, watch hungry caterpillars hatch by your side & witness hundreds of striking butterflies & moths fluttering above your head. **Every weekend & school hols** Gallery characters. **FREE.** **Daily Family Earth Lab** explore the wonder of fossils, rocks & minerals, families, 6+yrs. **FREE.** **Explorer backpacks**, families under 7's. **Dippy Floor** puzzle under 7's. **FREE.** **Bookasaurus**, families under 5's. **Jurassic Ark** family activity pack includes code breaking activities. **Daily Learning Activators** encourage visitors of all ages to discover more about the natural world. **FREE.** **Daily Focus** Point handling trolleys

explore real specimens with the help of volunteers, using different natural history themed activities, all ages. **FREE.** **Every Sat** The Bird Table using real specimens, activities will encourage you to look closely, make comparisons, discuss ideas & develop your knowledge & understanding of Antarctica's penguins. **FREE.** **Every Sat** Hands on Nature/Ocean Life, drop in family activity all ages. **FREE.** **5.12.19.26 June Questers Theatre** Mattock Lane 020 8567 0011 Backstage tours a chance to find out if you would like to get involved in theatre, 14-18yrs. **FREE.** **7-9 June Old Spitalfields Market** 020 7247 8556 Jewel East Friday showcase event for new jewellery designers, costume & vintage jewellery & lots more. **7-9 June Foodies Festival Clapham Common** Various top chefs will cook their signature dishes in the Chefs' Theatre & explain how amateur cooks can prepare the same dishes at home. Also included is a spectacular Cake & Bake Theatre with members of the audience invited to participate, a BBQ arena featuring hourly BBQ classes & competitions for foodies to get involved in, a Wine Village & dining & VIP area serving signature dishes from top local restaurants & lots more. There will also be a City Beach where families can chill out on deckchairs with ice cream or an afternoon tea whilst children build sand castles, entrance under 12's. **FREE.** when accompanied by an adult, www.foodiefestival.com or Tel: 0844 995 1111.

**7-16 June Greenwich Market** Jewellery Week with an array of events ranging from a glittering treasure trail throughout Greenwich to a competition with Beador, the Greenwich bead bead & jewellery accessory shop, for the under 12's where they can enter their design for perfect jewellery. **7 June-15 Sept National Maritime Museum** Greenwich 020 8312 6565 **Visions of the Universe** exhibition. **8 June Kensington Memorial Park** 020 7938 8190 Parks Police Dog Show with pedigree & novelty classes including dog with the wagged tail & best rescue dog, proceeds going to Brain Tumour Research campaign. **FREE** microchipping with Dogs Trust & Police Dog display. **8 June Thames Path Charity Walk** 07768 451425 Waterloo Station to Wandsworth approx 5 miles & open to only over 16's in aid of the Royal National Institute for the Blind. **13 June World Oceans Day** on the Thames at Hammersmith 07500 842283 Working to clean up the plastic litter that collects at Queen Caroline's Draw dock before it gets to the ocean. Also be fun activities for all the family. Safety boots, gloves & socks provided for adults, children need to bring their own Wellington boots. **FREE.** **8-9 June Apsley House** Wellington Museum Hyde Park Corner 020 7499 5676 Waterloo Festival meet interpreters an insight into the dress & manners of this colourful era, no need to book, all ages. **9 June Battersea Park** RBC Race for the Kids Great Ormond

Street Hospital children's charity 5K family fun run, walk, jog, run or scooter, under 5yrs. **FREE.** start 10am, www.raceforthekids.co.uk **9 June Rich Mix** Bethnal Green 020 7613 7498 Grand Union Youth Orchestra music workshops for young musicians 12-26yrs. **FREE.** **10-24 June** Wiggly Jugglers, creative movement sessions to give your young ones the space & **FREE**Edo to move in ways that support their development & stimulate their imagination, 0-2yrs. **16 June** Numbi workshops, sing, clap, beat a drum, play an instrument & put words together in new ways with other people. **13 June Westminster Abbey** Chapter House Parliament Square London 020 7222 5152 Coronation 60th anniversary concert performed by the choir of Westminster Abbey. **Until 7 Sept** Coronation a new exhibition **13 June The Royal Observatory** Greenwich 020 8858 4422 Sci-Fi Movie Night The War of the Worlds followed by a talk, 11+yrs. **29 June** Summer Science planetarium show, 11+yrs. **29 June** Saturday Space Explorers fun monthly workshops where families can make simple cardboard instruments, including planet finders & moon dials which they can take away and use at home, 5+yrs. **FREE.** **Throughout June** The Universe Exposed family show, 7+yrs. **Throughout June** We Are Aliens, 5+yrs. **Throughout June** Sky Tonight Live, 5+yrs. **Throughout June** Solar System, Galaxy, Universe show, 5+yrs. **Until 1 Aug** Alien Revolution a new exhibition.

June 2013

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**15-16 June National Army Museum** 020 7790 0717 www.national-army-museum.ac.uk Build Your Own, Father's Day weekend event tanks to tractors try your hand at the rifle training range & tackle the rock climbing wall, families 7+yrs. **Every Sat afternoon** A Soldier's Life workshop learn about the life of a soldier. **FREE.** **Daily** Victorian Soldier Action Zone with quizzes, games & hands on activities to help your learn about life as a Victorian soldier. **FREE.** **Daily** The World's Army, Empire, Commonwealth & Dominion Soldiers 1914-45 Action Zone family interactive zone. **FREE.** **Daily** Kids Zone, interactive learning & play space under 10's plus a soft play area **16 June** **Streatham Common** www.streathamtoday.org.uk Kite Day, fly your own or try a kite, 11-5pm. **FREE.** **20 June** **The British Postal Museum & Archive** www.postalheritage.co.uk The Curious Culture of Letter-writing exhibition. **20-23 June Regent's Park Open Air Theatre** The Ironworks Iron Circle Regents Park 08700 601 811 Taste of London open air food & drink festival with interactive programmes on cooking & pairing. **20 June-20 July** Pride & Prejudice. **29 June-20 July** The Winter's Tale re-imagined for 6+yrs.

**20 June-20 July** Regents Park Open Air Theatre Iron Circle Regents Park London 08700 601 811 Pride & Prejudice. **29 June-20 July** The Winter's Tale tailored specifically for children 6+yrs. **21 June** **Victoria & Albert Museum** Cromwell Road London 020 7942 2000 Evening Talk Jo Malone. **Until 2 Mar** War Games new exhibition. **FREE.** **8.15.29 June** Children's Dance a new dance class exploring rhythm & creativity with Adrenaline Dance, 4-6yrs. **22 June** Introduction to Chess Basics

learn how to start a game, tactical tips & strategic skill, 6+yrs. **21-29 June** **Greenwich & Docklands International Festival** www.festival.org.uk Various locations with a line up of inspiring UK & international outdoor arts with a packed programme of eye popping spectacles, innovative outdoor theatre, dance, art & lots more. **21-29 June** **Greenwich Docklands International Festival** 020 8305 1818 Various locations packed programme of spectacles, innovative theatre & outdoor dance. **22-23 June** **HMS Belfast** Tooty Street London 020 7940 6320 020 7403 0719 (Slang at Sea have a go at 'Jack-speak' & learn the origin of many slang & popular expressions from life at sea, drop in events all ages. **22 June-14 July** **Beyond Building The Rose Lipman Building** 43 De Beau voir Road Hackney 0845 120 7511 Bank On It interactive production with puppets, 5+yrs. **23 June-26 July** **City of London Festival** 0845 120 7520 www.colf.org.uk Extravaganza of music, dance, art, film, poetry, family & participation events on some of the City's most iconic venues & outdoor spaces into a wealth of creative activity for all **23 June-26 July** **City of London Festival** 020 7638 8891 An extravaganza of music, dance, art, film, poetry, family & participation events transforming some of the City's most iconic venues & outdoor spaces into a wealth of creative activity for everyone to enjoy for programme www.colf.org **25 June-3 Nov** **Theatre Royal Drury Lane** 020 7494 9060 **Charlie & the Chocolate Factory** **27-30 June** **Crystal Palace Park** Overground Festival Main car park Thicket Road 020 8778 7148 Events to include performing arts, crafts, holistic & sports activities, live music, DJ's, food & drink plus lots more, www.crystalpalacefestival.org. **27-30 June** **Crystal Palace Overground Festival** 07780 703600 Events to include performing arts, crafts, holistic & sports activities, live music, DJ's & food, craft & vintage shopping plus lots more. **FREE.**

# Health & Fitness

## Tahini Chocolate Cake

From the *SuperMenu Healthy Cookery Class Recipe Book*. Yes it's possible to eat your cake and be healthy (and even lose weight)! This chocolate cake might look naughty on the outside, but on the inside, it's packed full of wonderful protein from eggs, nuts, sesame seeds and quinoa, which keeps your blood sugars nice and even (giving you much more lasting energy, and helping your metabolism to burn fat rather than store it!). It's also full of nutritious vitamins and minerals, like selenium from the brazil nuts (great for anti-aging), and zingy zinc from the tahini (supporting over 200 functions in the body). And of course, the 70% cocoa is high in antioxidants (which protect the body from the damage of free radicals) and magnesium (the 'relaxing' mineral). **Ingredients** 4 large eggs 150g dark chocolate (minimum 70%) 4 heaped tablespoons tahini paste (80g) ½ cup light muscovado sugar (or xylitol) (60g) 2 tablespoons quinoa flour 25g hazelnuts 25g brazil nuts 1 pinch of sea salt (optional) 1. Preheat the oven to 450F and

butter a cake tin. Set aside 2. In a separate tin, roast the hazelnuts and brazil nuts until they start to turn slightly brown 3. Place the chocolate and tahini in a bain marie (in a bowl over simmering water) until melted 4. In a bowl, mix the eggs with the sugar and salt. Beat until pale in colour and the volume of the batter has doubled 5. Fold the quinoa flour in gently into the chocolate mix 6. Add the roasted hazelnuts 7. Pour into the cake tin 8. Bake for 10-12 minutes in a shallow tin (or double that time if baking in a deeper loaf tin) The next *SuperMenu* cookery classes for health conscious gourmets will be on **3rd June, 1st July and 5th August** (from 6.30pm) in Putney. For more information, contact Angela on 07828 293 386 angela@superwellness.co.uk or visit www.superwellness.co.uk

### HOLIDAYS

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