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King on August School Summer Jolidays Back to School Plan

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www.kentwildlifetrust.org.uk

ww.lovetheraces.com/kids-go-free

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US

www.epsomdo



PARENTS NEWS Next Issue September:

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

What's On

29th July - 2nd August - Superheroes Week -Superheroes will be swooping in 1pm to 4pm. There will hopefully be guest appearances from Mr & Mrs Incredible and Superman. Children dressed as their favourite Superhero will gain free entry.* 31st July, 7th, 21st, 28th Aug Creepy Crawly Day The farm's friendly farm animals will be joined by a wide variety of spiders and reptiles. A great opportunity to conquer your spider phobias or

learn more about some amazing reptiles, including; lizards and snakes.

2nd August

'Have a Go' Falconry Day -Hawklands Birds of Prey Centre Falcons, hawks, owls and vultures to name but a few! Resident falconer Sharon Hollens and her team have a wealth of knowledge and experience related to these amazing birds. Visit the farm and the Hawking Centre, learn more about these beautiful birds

8th August (pm)

Teddy Bear's Picnic and fun with Mrs Back 2 Front -A firm favourite with visitors to the farm! Goldilocks and her very cheeky three bears will arrive at the farm on the 8th August at 12pm. 12th - 18th Aug Cirque Normandie Circus -Wow! The circus really comes to town 12th and

Farming World

18th August. Children may take part in two fantastic free workshops starting at 10.30am and 2pm each day and will last for 40 minutes. Juggle, plate spin, use diablos and flower sticks. Two big top circus performances. Children who have taken part in the previous circus workshop may demonstrate their new found skills in the circus performance alongside the professionals! Each circus show will also last for 40 minutes, with shows starting at 12.30 and 4pm daily. The shows are sure to be full of plenty of fun and entertainment. Each show will include a variety of traditional circus acts, including; jugglers, acrobats, aerialists and clowns, Pre booking is advised for each performance. Tickets can be booked in advance from Farming World.** 22nd August

999 Emergency Services Day – Parents who work for the emergency services will receive half price entry to the farm on this day and there will be free entry for children dressed as a fireman, policeman or doctor/ nurse.* You may also be lucky enough to see a police car, fire engine or ambulance! 23rd August (pm)

Fun with Mrs Back 2 Front -Entertaining children and adults alike with her unique blend of games, fun and magic. Be prepared for plenty of audience participation!

24th - 26th August Harvest & Threshing Weekend Working vintage machinery, modern farm vehicles and heavy horses will grace the farm's landscape.

29th August **Beeline** Circus

The circus comes to the farm and will offer circus workshops throughout the day. Come and join in the fun and learn to juggle, plate spin or use diablos you may just discover a new hidden talent!

30th August

Jane Danley Art Workshop -Create a farm themed masterpiece. Create a fantastic memento of your day on the farm to take home. Walk round the farm and meet the friendly farm animals, rare breeds and the farm's babies; including piglets, lambs and calves. Then let off steam in the two enormous adventure playgrounds and have fun bouncing on the large inflatable pillows.

For further details of *Farming* World and its special events www.farming-world.co.uk

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 admission prices are £6.50 adults, £5.50 for children aged 3 - 15 years, concessions £5.50.

Sorry, guide dogs only. * One free child per every full paying adult. ** There will be a small extra charge for the circus performance

MUSEUM!

Family activitie

Classes held at:

KINGSTON MUSEUM Wheatfield Way, Kingston upon The 020 8547 5006

Tuesday, Friday & Saturday 10am-5pm Thursday 10am-7pm



from tennis lovers eager to venue as its overseas training base until 2016. extend the summer season after watching Murray become Players of all ages and Britain's first men's singles

Murray Manis Boosts Tennis Breaks

at La Manga Club

Djokovic.

Andy Murray's historic win

at Wimbledon has seen fans

of the game flock to pick up

business booming at Spain's

his victory this month.

five-star La Manga Club since

The award-winning resort has

reported a surge in bookings

champion for 77 years by

beating world number Novak

a racquet with tennis break

standards can brush up on all aspects of their game at the venue's magnificent 28-

August 2013

Murray and British ladies'

number one Laura Robson

are among the growing list

of world stars to have used

La Manga Club five-star

facilities on their way to tennis

Association (LTA) is using the

stardom, while the Lawn Tennis



www.farming-world.co.uk for special event details Birds of prey & flying demonstrations,

- Large adventure play,
- Rare breeds & farm animals,
- Heavy horses,
- Indoor soft play,
- Craft room,
- Mini golf course, **Tractor and Trailer Rides**,
- Hot & cold refreshments,

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



Visit

August 2013

Tips for travelling with tots this summer

1. Get creative Holidays abroad could be a bit of a culture shock, so try some holiday themed activities before you go. Get vour children to look at books. draw pictures and find the destination on a globe. Even try cooking some of the local cuisine to get taste buds ready. 2. That's my bag - Help your child pack their very own bag full of toys to keep them entertained on the plane and beyond. Make sure it includes games for the beach and inflatables for the pool. 3. First aid - Put together a medicalkit of health essentials to ease any heat related maladies, as you may not be able to track them down when abroad. Includes sunscreen. 4. Check up - You may or may not need to visit the doctor yourself for a course of inoculations and it is best to check what jabs your children may need before you jet off. 5. Lavering - Pack wisely for the heat. Natural fibres are best as they will not irritate sensitive skin. Layering is the best way to deal with changeable temperatures. Hats are a must best with a neck flap and a wide brim. Also sunglasses.

6. Shelter - Invest in an easy to put up tent style shelter for shelter from the sun and a wind break. An enticing way to get children to come into shade. 7. Cool activities - Plan activities away from the blazing heat of the beach or poolside such as an amble around the shops, perhaps in search of some traditional, local toys to take back, or lunch at a shady cafe with canopies. 8. Water, water, water - Make sure your child keeps hydrated. It can be difficult to get children to drink water so try different things like squash and even ice lollies. 9. Dip - Take a dip in the sea

or pool with your child to cool down or even take a small paddling pool with you, set up next to sunbathing. 10. Relax -Finally, just

remember to take it easy. There is nothing worse for raising the temperature of parents and children alike than trying to schedule in too many activities. www.A1travel.com

Freestyle



Ballroom

Monday, 26th August Entertainment includes pony rides, a petting zoo, bouncy

Dancetime

Latin American

Line Dance

Classes & Private Lessons - Effingham & Ockley

Parties, Club Events, Wedding Dance

castle, children's funfair with horse carousel, face painting, hot shoeing demonstrations, trade stands, and more!

Children's running races will also take place on the day with races for under 5's, 7's and 9's.

The lucky victors in each race will receive a great prize.

For further information and to buy tickets please visit

www.epsomdowns.co.uk



Surrey Bell Tents

A local family b roviding t oulpad Bell or any ou are party, ecue we car





27 JULY - 1 SEPTEMBER

ALL SUMMER LONG!

CAPTAIN FLINT'S TREASURE HUNT Find buried treasure and claim your prize



SOFT INDOOR & OUTDOOR **ADVENTURE PLAY AREAS** SUMMER HOLIDAY

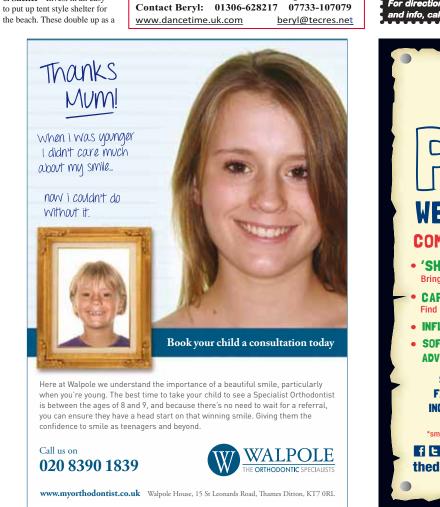
FAMILY ACTIVITIES INCLUDED WITH YOUR

ANNUAL TICKET!

small additional cost applies thedockyard.co.uk/pirates

What's On

Epsom Downs Racecourse





First Class Bid mut

A new and exciting online auction site Win genuine quality products including properties starting from £1 www.firstclassbid.co.uk

Come and join the fun@ Step Zone 25/07/13-30/08/13 Holiday Club at Gonville Academy Monday-Friday 8.00am-6pm (part-time/full-time places available) For more details contact Angela Barrett Step Zone tel; 020 86830459/07932569684 Emailangela.barrett@gonvilleacademy.croydon.sch.uk

Lots of old fashioned fun for FREE!

Come to the Rural Life Centre, Tilford, Farnham during the summer holidays for lots of old fashioned fun On Sunday August 18th there is a special day for children when everyone can experience the atmosphere of a fete and Sunday School Treat of old.

August 1st, 8th, 15th, 22nd & 29th, families have another chance to enjoy "Activity Thursdays", then there will be lots to do too. Children can have a go at washing like their great grannies did, watch woodturning or have a go with the pole lathe. Sometimes they can get messy with clay, make a corn dolly or try their hand at jobs around the farm Best of all, for the very young, the museum's dolls house will be open for you to go inside.

Whenever you visit, once you have paid to come in, everything is FREE. So why not stay all day and keep the whole family busy as they go round this attractive, peaceful 10 acre site? Bring a picnic, or buy some lunch

in the excellent café. Spend a day discovering the many fascinating attractions such as the furnished "Smudgers" holiday home, or 1940's Prefab and maybe visit the tiny wooden Chapel and authentic "Tin Hut" schoolroom. There is a 1950's playground too, where the children can let off steam.

Further information on 01252 795571

www.rural-life.org.uk





What's On

Summer holiday essentials from LittleLife...

LittleLife's fun and practical accessories ensure travelling with your child is easy. Travelling with young children can be a stressful experience



but LittleLife has come to your rescue this summer with a range of practical accessories designed to make life on the move easier. From child-sized

> cases that offer your young explorer a sense of independence, to lightweight and compact accessories that help scale down your luggage when heading overseas. LittleLife's extensive range has everything you need to make the most of your family's little adventures.

Animal Wheelie Duffle Make packing for your

trip fun with an adorable Animal Wheelie Duffle. Available in five eve-catching. animal designs including a Ladybird, Turtle, Clownfish, Dinosaur and a Bee, all of the duffles coordinate perfectly with LittleLife's popular Animal Toddler Davsacks. Packing is easy thanks to the clever 'stay-put' lid and the duffle's spacious, 20L compartment has plenty of room for your child's holiday essentials. Made from a hardwearing nylon fabric, the Animal Wheelie Duffle has a robust construction with smooth-running wheels and a child-sized telescopic handle that is perfect for little hands. Ideal for longer holidays or weekends away, the Animal Wheelie Duffles meet most airlines' hand-luggage requirements for even greater convenience

www.littlelife.co.uk

Review

Children's suitcase is more than just somewhere to pack the kid's holiday essentials. It looks great so the kid's love it from the start and will enjoy pulling it along themselves. The suitcase is lightweight and durable and that's what vou need when traveling with children. Plus the fun characters and colors bring admiring comments from other travelers.

Natural Retreats

Ever felt uncomfortable about checking the dog into kennels? Or felt the guilt worsened by the kids' faces as they learn that Monty won't be joining them on the family holiday? Natural Retreats understand that a family holiday at any one of their UK residences is not the same unless you are surrounded by the whole family, so pets are more than welcome at no extra charge (subject to availability). What's more, at a selection of Natural Retreats' pet-friendly locations, guests can purchase special doggy hampers, so your pooch can feel as taken care of as you on holiday! These gorgeous hampers include items such as dog bowls, chew treats, tennis ball and launcher, pedigree gravy biscuits, a Frisbee, squeaky toy, dog blanket, dog towel and a dog feeding mat.

With all Natural Retreats locations guests are spoiled with breathtaking views, striking scenery and extensive open space for long walks. From beautiful countryside walks in the Yorkshire Dales to paddling in the sea on the Cornish coast, at the end of an exciting day outdoors, the whole family can relax together in their stunning home-fromhome.

Enjoy Pet-Friendly Holidays With Luxury Self-Catering Specialists,

Guests can book doggy hampers online when they book a stay and Natural Retreats' specialist Concierge team can help with all aspects of the getaway - from suggesting pet-friendly beaches to special requirements ahead of the holiday.

August 2013

Hamper prices range depending on the site and length of a stay. Natural Retreats Yorkshire Dales even offers a Puppy Hamper for smaller paws for £25.

Why not take advantage of Natural Retreats fantastic summer offers:

Natural Retreats are offering 10 nights in a 4 bedroom residence in Trewhiddle for £2161, with a discount of £175. when staying 22 August 2013 for 10 nights. The residence sleeps up to 7 people and has 2 ensuites upstairs, 2 downstairs bedrooms and a shower room. Price includes accommodation. fresh linen, towels, toiletries and a welcome hamper. Offer can be withdrawn at any time.

www.naturalretreats.co.uk





August 2013

Throughout Aug Spinnaker Tower Portsmouth 02392 857520 Special Summer Saver ticket available Every Tues in Aug **HMS Victory** 02392 728060 Storytelling & object handling plus become a ship detective in a family challenge every Thursday, FREE drop in with valid ticket all ages. **Every Wed** Heaven at Nutfield

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 crèche. Every Sat The River & Rowing Museum Mills Meadows Henley on Thames 01491 415600 Until 2 Sept HMS Warrior at Portsmouth Historic Dockyard 023 9272 7582 Summer activities where young explorers can learn history in fun ways with

costumed interpreters, games, dressing up, craft & adventure trails plus indoor attractions to cater for the ever changing weather. 6 Aug At the Captain's Tablewith dressing up & lots more, all ages, accompanying adults FREE. 6-7,12-13,27-28 Aug Victorian Interactive Storytelling. 6-8,13-15,20-22,27-29 Aug Oh I do Like to be Beside the Seaside put on a punch & judy show, play with Victorian style toys & board games. 24-25 Aug Victorious music

event with 5 stages of live music, and indoor big top & a boutique market, plus an appearance from Peppa Pig in the Kids Arena. **3 Aug**

Royal Naval Museum 02392 737562 Family Fun Day inspired by Peter Pan find out if you've got what it takes to become a Lost Boy or Girl plus treasure hunt in Navy Neverland. 7 Aug Hats Off, make a Naval hat & pratice your salute, FREE drop in all ages. 14 Aug A,B Seas make your own flags & poms poms to take home FREE, drop in all ages. 21 Aug Edible Medals design decorate & then eat medal, FREE drop in, all ages. 13,20 Aug

Mary Rose Museum Portsmouth

02392 728060

Find out what it is like for Henry VIII try out some war games & plan your attack Tudor style plus build your own sailing ship for battle & sample life at a Tudor Top Table. Every Fri until 30 Aug Friday fun with Tudor games & lots more, FREE. 23-26 Aug LegoLand Windsor 01753 621621 Teenage Mutant Ninia Turtles Weekend families ninja training, hunt for Turtles treasure, watch skateboard demos & take part in the build of four giant Lego mosaics of the heroes in a half shell plus all usual attractions. 24-25 Aug HMS Warrior Portsmouth 02392 728060 Knotty Problems learn about rope making & knot tying, **FREE** with a valid ticket, all ages.

Out & About



Kids Go Racing For FREE!

stars strut their stuff, places that you can take the budding young the kids for free in the jockeys in your family school holidays but will also be able to horseracing is a great find out more about the Sport of Kings at exception with under the new' Kids love the Races' Roadshow. at courses across the country. And, as well as From weighing in and seeing how they racing, the chance to measure up to some get some fresh air of the sport's most and see the equine famous faces, to

designing their own racing silks, kids will y also be able to take a look at some specialist racing equipment and have fun learning about e one of the country's most popular spectator sports. There's also the chance to learn more about some of racing's most famous equine stars including *Frankel* and *Kauto Star*, and find out what these half ton animals eat to keep them in tip top condition. And the fun and games don't stop there as most courses provide free bouncy castles and face painting as well as junior racebooks so children can learn about the runners and riders participating on the day.

There are over 200 racing fixtures taking place during the summer holidays where kids go free. To find out about what's happening in your area, and the dates of the *Kids love the Races Roadshow* www.lovetheraces.com/ kids-go-free

Kids go free at each of Great Britain's 58 racecourses all year, so there's sure to be some great, free sporting action for all the family near you: www.lovetheraces.com/kids-go-free



Please call before you go and please mention **PARENTS NEWS** www.parents-news.co.uk

Daily Fishbourne Roman Palace Chichester 01243 789829 Guided tours, plus café & picnic area.

6

Daily Larkfield Leisure Centre Avlesford 01622 713225 NEW larger Fitness Studio wider rang of classes including Zumba, Pilates. Body pump & circuits.

Daily Maidstone Leisure Centre 0845 1552277 Various times Junior Fitness Selected Sats Wave Rave Pool Party sessions with inflatables. floats, games & the latest music. Birthday Parties for children leave all the planning & tidving up to the Centre.

Daily Wingham Wildlife Park Canterbury 01227 720836 Meet the animals including their hands on encounters children's play area.

Daily Druidstone Park and Woodland Honey Hill Blean 01227 765168 Meet the friendly animals. follow the trail

Daily Tides Leisure Centre Deal 01304 373399 Indoor lagoon with waves & gusher, fun water features & giant slide Jacuzzi & toddler pool. weekend Family Splash.

New Tonbridge Swimming Pool Lower Castle Field 01732 367449 Kickstart a brand new all inclusive membership with unlimited access Ongoing Run off your Feet 07730 870696 Running Group, first session **FREE** at local group mentioning Parents News. www.kentsport.org/ rungroups, 07730 870696.

ing Dover Leisure Centre 01304 201145 modern fitness suite, 2 swimming pools, sports hall. **Ongoing on Mons Cuxton Library** Rochester Baby massage courses 8wks & not yet crawling, FREE, to book Tel: 01634 711391

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

Centre 01732 865665 Under 16's & families roller disco. Every Mon St Matthew's Church

Hall Rochester 01634 843666 www.heritageopendays.org.uk Baby Sensory classes for babies up to 16mths, activities to include bells, balls, bubbles, light shows & more, Tel: 07813 632552.

Every Mon during school hole except 26 Aug Knole Park House & Gardens Sevenoaks 01732 462100 Follow a trail round the courtyards, to do some of the 50 things that will get your family outdoors & closer to nature

Every Mon-Wed The Angel Centre Tonbridge 01732 359966 Kickstart members Pre-school bounce, Every Sat morn fun club 5-10yrs, Wed & Fri dance mat & target wall fitness. Every Mon & Fri Rochester Library Eastgate 01634 337411 Baby bounce & rhyme time with finger & nursery rhymes, 18mths & under. FREE. Every Sat Pop in and Play sessions for parents & children, 10.30-11am, FREE. 4th Fri of month Advice & support - Health

& lifestyle advice, drop-in. **Every Tues** Walderslade Village Library Chatham 01634 686467 Toddler shake & boogie activity session that offers rhymes, songs & movement for pre-schoolers. Musical instruments, scarves & parachutes are often included. Every ri Storvtime fun sessions for preschool children that include stories & rhymes.

Every Tues Hundred of Hoo Swimming Pool Rochester 01634 401989 Beaver Swimming Club. Every Tues Southborough Lbrary

01892 529808 Storytime, 2.15-2.45pm, **FREE**. Every Tues Hempstead Library

01634 361544 Baby bounce &

Blowing the Whistle on

GDC Scam.

Orthodontists and the General Dental Council are operating an illegal scam to withhold information from the public about new methods which can avoid almost

all extractions and even major jaw surgery. This is being done partly to protect

traditional methods and partly to preserve the high incomes of orthodontists and surgeons. Research suggests that this British development is being ignored in the

UK while spreading rapidly abroad. As a result hundreds of children and young adults have extractions and jaw surgery, unaware they may be unnecessary.

Some Orthodontists mislead patients, saying that extractions can be avoided

although the traditional methods they use leave too little room, risking severe

damage to the face. It is wise to explore the internet yourself, many sites make

great claims and show beautiful faces but very few show good results before and

There is another way.

ORTHOTROPICS

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

fter treatment. Even the media is scared of disclosing this scandal.

18mths & under. Every Fri Storvtime fun interactive sessions for pre-schoolers, FREE, 1st & 3 Sat of month Medway Health Walks chance to improve fitness levels, all

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

very Wed St Saviours Centre Canterbury Road, Folkestone 01303 244610 Fabulous Fare Market with locally sourced fresh fruit & veg. meat, fish & dairy, preserves & jams & lots more. Also on offer recipe tasting, take away meals, tapas & ready salads, natural home & body products, book/magazine exchange, plants, flowers & lots more. Midweed & weekends Kingsmead

Leisure Centre Canterbury 01227 769818 Funtime sessions available in the pool. **Every Thurs White Oak Leisure**

Centre Swanley 01322 662188 Thurs Under 16's Roller very Disco **Every Thurs** Thomas Aveling School & Community Library Rochester 01634 338728 Teatime

Storytime after school storytime for 3-8yrs. Every Thurs Luton Library Chatham 01634 406923 Storytime fun sessions that include stories & rhyme. Every Sat Pop in & Play for parents & children, 10-12pm.

Every Thurs Pembury Library 01892 822278 Storytimes, 2.30-3pm, term time only, **FREE**. Every Thurs Until 29

Sissinghurst Castle Garden Cranbrook 01580 710700 Join the ranger team & learn about nature & the estate with fun activities for all the family. 17-18 Aug Smallholding Fair lots to see, learn & do for all the family, visit the animals, learn where food comes form with the NFU & listen to demonstrations & talks about country pursuits & rests, children FREE

Every Fri Grain Library Rochester 01634 338727 Homework club with friendly & knowledgeable staff on hand to help, FREE. Every Sa Craft Club for under 8's, **FREE**. **Every Fri** Hempstead Library

Gillingham 01634 361544 Homework club with friendly staff on hand to help with all your homework questions.

Every Fri Lordswood Library Chatham 01634 862096 Teatime Storvtime after school storvtelling 3-8yrs & Toddler shake & boogie. Fri Wigmore Library 01634 235576 Toddler shake & boogie activity session rhymes songs & movement for preschoolers. Musical instruments scarves & parachutes included. **Every Sat Medway Little Theatre**

Rochester 07939 921041 Youth Company for 12-18yrs & children's workshop, 7-12yrs. Every Sat Fleur de Lis Heritage

Centre Faversham 01795 534542 Sat morn Guided Town walks, 90 minute guided stroll through Faversham. **Every weekend Broadstairs**

Harbour 07847 473615 Market, weather permitting

Until 2 Aug Hall Place Bexlev 01322 621238 Animal Magic meet owls, meercats, a porcupine parrots, a skunk, bearded dragons snakes, rabbits & much more. 5-9 Aug Twit-Twoo listen to one little owl's amazing journey to conquer his fears & take part in the story & meet some of his real life friends, no need to book.

Until 2 Aug RSPB Dungeness Nature Reserve Lydd 01797 320588 Family Event wildlife safari, two hour adventure looking at the amazing variety of birds, butterflies, bugs & underwater creatures that live in Dungeness. 2,9,16,23,

g Pond dipping for families. Until 3 Aug Petworth Festival 01798 344576 With leading names from classical, jazz & world music & much more.

Until 3 Aug The Home of Charles Darwin Down House, Downe, Kent. 01689 859119 Ugly Bug Safari a hunt through the garden to find a mass of fascinating minibeasts, discover more about bugs & their habitat & crate your own creepy crawly to take home, suitable for families. 6-10 Aug Seafaring School learn the ropes of seafaring 1800's style for all the family.

Until 11 Aug Bluewater Retail & Entertainment Centre 0844 847 1744 Summer Live15 days of live entertainment with music comedy theatre & family entertainment. Until 1 Sept Shorne Woods

Country Park Gravesend 01474 823800 Summer Holiday activity trail, foolw the clues, answer the questions & complete the trail to receive a prize.

Lullingston Until 1 Sent Country Park Dartford 01322 865995 Summer Holiday activity trail, follow the clues, answer the questions & complete for a prize.

Until 1 Sept Chatham Historic Dockvard Chatham 01634 823845 Pirate extravaganza where children bring their favourite teddy bears & join them on an adventure, outdoor adventure & indoor soft play. treasure hunt, an inflatable obstacle course & lots more.

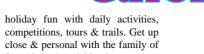
Until 2 Sept Kent Life Lock Lane Maidstone 01622 763936 Summer

ASSEMBLY HALL THEATRE

Free Arts and Crafts Workshops

at the Assembly Hall Theatre

Join us at the theatre for fantastic workshops to



Falendar

included.

offer, FREE

furry & feathered friends. Until 2 Sept Hop Farm Paddock Wood 01622 870821 Summer Fu at the Farm activities to include the giant jumping pillows, animal farm, indoor soft play, magic castle & indoor entertainment shows In addition there are some new attractions including the 4D pirate themed cinema, Base Blaster (an indoor Nerf combat zone), bumpe

boats, slides & more. Lots of fun for all the family, **FREE** entry, Until 2 Sept Penshurst Place 01892 870307 Summer holiday fun with a new mini maze for young

children. Until 8 Sept Broadditch Farm Southfleeet 01474 834161 Summer Adventure Trail ever ridden a tyre horse before, ever climbed on a tyre serpent if not a brand new adventure trail for the holidays. Buy a worksheet from the farm shop answer the questions & have fun on various activities around the edge of

1 Aug Folkestone Warren 01304 241806 Greengang Minibeast safari in search of butterflies, beetles, grasshoppers & many other creatures & discover lots of facts about them, bring a bug pot if you have one, meet Jock's pitch grass can park,2pm, 2hrs, Tel: 01795 535504. Aug Glow-Worm Walk

Aug Ightham Mote Sevenoaks 0173281037850Things opportunity to set yourselves a challenge & try & complete as many things as possible there will be a selection of organised activities as well as the chance to go off as a family & explore the estate 4 Aug Den building need to book. 1,3,4,6,8,10,11,13,15,20,22,24,2 5,27,28 Aug Sea Searcher Boat

You can record a song and STAR in your very own MUSICAL MOVIE all in a WEEK with PQA Roches and PQA Tonbridge.

Also learn acting, singing and dance skills as well as make friends and have tons of fun!

your place



Aliens Love Underpants and so do we The Aliens have landed but their underpants are plain. Help us to decorate their underpants so that we can display them on



show, Aliens Love Underpants Date of workshop: Friday 9 August

Time: Drop in anytime between 11am–3pm Ages: 2-15 years

Workshop

Fe-Fi-Fo-Fum, let's get the crayons out and have some fun! Be part of the action and help us to create a Jack and the Beanstalk mural which will be displayed on our theatre canopy

Date of workshop: Friday 23 August Time: 11am-3pm Ages: 2-15years Date of show: Fri 13 Dec-Sun 5 Jan

All children on all workshops must be accompanied by an adu

For more information please email (ayleigh.minihane@tunbridgewells.gov.uk

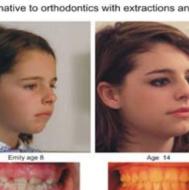
Orthodontics usually requires the extraction of 4 to 8 sound teeth although this is frequently denied.

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

Research shows Orthotropics can ge much better results than 'Train Tracks'



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



When experts disagree, where do you go for answers' www

> Orthotropics.com Ask an appropriate nal to refer you for a

lohn.mew@virain.ne

appeal to children of all ages Aliens Love

our washing line in the theatre foyer for the



of show: Fri 20-Sun 22 September



ASSEMBLY HALL THEATRE

A Giant of an Art

Every Sun EdenbridgeLeisure rhyme time for parents & carers,

Please call before you go and please mention **PARENTS NEWS** www.parents-news.co.uk

Trips at Ramsgate 07837 562076 Taster sea angling trips with rod & bait hire included in the price. 16,30 ug Full day fishing trips rod & bait

2 Aug Romney Marsh Countryside Project 01797 367934 Green Gang event, samphire hoe A Glowing Night Time Stroll an evening walk along a short stretch of canal to hopefully see the glow worms, meet West Hythe car park at the bottom of Lympne Hill, 8.30pm.

2,6,16,22 & 30 Aug Emmetts Garden Idle Hill Sevenoaks 01732 868381 50 things Fridays different activity theme & activity for each week, FREE, 15 Aug Backwoods Cooking guided walk to collect your ingredients so you can become a backwoods bushcraft cook need to book, 29 Aug Bushcraft Walk, need to book. Daily until 1 Sept Summer Family Fun with lots of activities on

3 Aug Samphire Hoe 01304 225649 Green Gang event, Rock Pooling discover the wildlife of a rocky shore, 1.5 miles, 1.5hrs, ern height Aug Treasure Trail, 1mile, 1.5hrs. 18 Aug Green

PARENTS NEWS **On-line**

www. parents-news.co.uk Advertising works in **PARENTS NEWS** 020 8337 6337 feraus@ parents-news.co.uk

Gang Rock Pooling discover the wildlife of a rocky shore. 24 Aug Samphire Hoe Pirates & Smugglers Spooky Walk, Green Gang event, ome dressed as a smuggler or pirate & hear stories of 'rum goings on at the Hoe'. 25 Aug Samphire Hoe Open Day fun activities including drawing a colourful seashore creature to add to the coastal collage or make & design your own wildlife badge, Samphire Trail, 1pm, Creepy Crawly Creative a minibeast safari & a chance to build your own bug to take away, 2pm, Chalk Art, walk down to the sea & create a chall

masterpiece, 3pm. 3 Aug Greenways Field West Malling 07900 452934 Beth's Charity Fun dog Show & Funday with raffles, tombola, hot food cakes, stalls, bouncy castle, face painting & much more funds raised for Sarah Kitchener Perrow Fund (brain tumour trust) & PDSA, fun for all the family.

3,4 Aug Hever Castle Kent 01732 865224 Paws at the Castle a day dedicated to our canine friend, with agility demonstrations fun dog show & lots more. 9-11,16-18,23-24 Aug ousting Tournaments. 25-26 Tudor Living History with Medieval re-enactors. & lots more.

3-4 Aug Chartwell Westerham 01732 868381 50 Things in the Garden, make your own kite & learn to fly it, make a daisy chain or a grass trumpet, set up a snail race & lots more, FREE. 17-18 Aug 50 Things in the Woodland, build a den, explore inside a tree, climb a huge hill, hunt for bugs & lots more, get your trail map in the visitor centre before heading into the woods, FREE.

4 Aug Folkestone Downs 01304 241806 Guided Summer Walk on Folkestone Downs, 4 miles, 2.5hrs,

4 Aug Bredgar & Wormshill Light Railway Sittingbourne 01622 884254 Railway Open Day with tractor & trailer rides, model railway, families will be FREE to picnic in the grounds of the railway Aug Whinless Down 01304 241806 Butterfly Badges learn about the butterflies & the plants that they depend on, then make your very own colourful badge, 0.5miles,

5.26 Aug Open Seal & Wildlife WatchingTrips 07837 562076 A 1.5 hour trip to a local seal colony in National Nature Reserve.

Aug Western Heights Dover 01304 241806 Beauty & Beasts on the Western Heights join arty crafty in search of the beetles & bugs that live in the nature reserve followed by a beetle beauty contest, 0.5 miles. 2hrs. 30 Aug Ghosties Walk Green Gang, 2-3miles, 1.5 hrs.

6 July RSPB Visitor Centre Dungeness Nature Reserve 01797 320588 Moth Morning.

5,13,20,27 Aug Smallhythe Place Tenterden 01580 762334 Activities for children 3+yrs, **FREE** admission to the garden for accompanying adults & welcome to picnic in the grounds

6.13.20.27 Aug Capel Le Ferne Farmers Market 07796 432445 Hawkshill Freedown

01304 241806 Green Gang event Picnic on the Hill with fun & games & hunts for mini monsters & lots more, meet car park at 12.30pm. 9 Aug Gravesend Farmers Market Junction with Windmill Street

07775 736116 Selling a variety of local produce to includes bread, seasonal vegetables & lots more.

Aug Assembly Hall Theatre Tunbridge Wells 01204 334400 In the foyer bar Aliens Love Underpants and so do we workshop.

E.

for the week

help to decorate their underpants so they can be displayed on the washing line in the theatre for the show, 2-15vrs, FREE, 23 Aug A Giant of an Art Workshop to coincide with the Jack & the Beanstalk pantomime the theatre is hosting a **FREE** arts & crafts workshop, 2-15yrs.

9-16 Aug Broadstairs Folk Week in Victoria Gardens 01843 604080 A week long festival for all the family including concerts, dances, ceilidhs, workshops, sessions, singalongs, & lots of children's events to include hobby horse club, storytime, shooting roots workshops for youngsters in song, music, dance theatre & craft, 10 Aug The Big Parade of Morris sides, entertainers, bands etc, weather permitting www. broadstairsfolkweek.org.uk

10 Aug Sandwich Forties Favre Guildhall Forecourt 01304 201066 With in period music, stalls & exhibitions & stallholders dressed in 40's style, FREE.

10-11 AUG Teston Bridge Country Park 01622 817 623 Kite Festival take part in a workshop to make your own kite, FREE.

11 Aug Brogdale Farm Brogdale Road 01795 535286 Plum Day with a guided walking tour or tractor ride around the orchards to see over 350 differnet varieities of plums plus marketplace of local shops, restaurant, play park & miniature railwav.

13 Aug South Foreland Lighthouse 01304 202756 Let's go fly a kite if you don't have your own kite, borrow on of their or even build & decorate one with their kite maker, FREE event. 21 Aug Cliff Monster Walk **FREE** need to book.

14 July Mote Park 01622 790195 Charity Dragon Boat Race & family fun, FREE admission 17 Aug Sandbanks (The Pavillion)

01304 241806 Dinosaur Footprints & Fossil Foray a walk to find out about the recent discovery of dinosaur footprints at Wear Bay beach, meet outside Sandbanks, 2pm

Aug The Forum Shopping Centre Sittingbourne 783400 Community Activity Day for all the family showcasing what Sittingbourne has to offer, including local dance, theatre & sports groups plus opportunities to sign up to groups as well as watching performances throughout the day, FREE 17-18 Aug Sevenoaks Wildlife

Reserve 01622 357832 Family fun event with opportunities participate in creative. mentally aware workshops & demonstrations to help your learn a little bit more about your natural environment & the wildlife of Kent. There will also be live music traditional folk dancing, gardening tips from the Green Fingered Gals, virtual whale watching, bug hunting small mammals searches guided walks, angling demonstrations. huge variety of stalls with arts & crafts, locally sourced food products & much more, FREE.

18 Aug Cherry Orchard Playing Field Herne 01227 742700 Family Fun Day with classic cars & fur dog show, attractions include Kent Warriors karate demonstration, go karts, face painting, chair-o-planes, Pip the Clown magic show & lots more

21 Aug Broadstairs Watergala 01227 700894 Wit family beach game's & competitions, kayak & surf boarding lessons/sessions volley ball, tug of war, raft race boat trips form the harbour, teddy bears picnic, family fun fair, crafts & nick nacks, mini golf, live music & lots

nore plus fireworks finale 22 Aug West Malling Farmers

Market 07775 736116 Selling a wide variety of local produce from the area. 23-26 Aug Sandwich Festival 01304 611619 With FREE outdoor

concerts motor cycle & classicar meets, duck race, market stall, illuminated boat parade & family fun areas.

Aug Bedgebury National Pinetum & Forest Goudhurst 01580 879820 Babe the Sheep Pig, ages 2-15yrs, Tel: 03000 580400. Last Fri of each mont Beginners Health Walk, lasting approx 30mins-1hr & will cover between 1-4km. Every Fri morr Moderate Health Walks, 1-1 1/2 hrs between 4 & 6km. Every Fri morn Green Gym session, volunteers can spend a satisfying session working in the National Pinetum helping to improve the world's best conifer collection, FREE, Tel: 01424 446395. Daily Go Ape take to the trees & experience a course of rope bridges, tarzan swings & zip slides up to 35 feet above the forest floor, 10+yrs, minimum height 1.4m.

8 Aug Dover Museum Marke Square 01304 201066 Make & decorate a Victorian style box choose for a variety of designs, drop anytime, FREE. 29 Aug Family Day bookmarks, make your own form a variety of designs or design vour own. FREE. www.parents-news.co.uk

> What's On London Calendar Go to Page 10

PQA Summer School Rochester & Tonbridge

Star in your own Musical Movie and see yourself on the big screen! Enrolling in your area NOW. Limited spaces available.

You can help write, storyboard, shoot, direct and then get to see the finished product on the big screen at our nex cinema screening!

Dates: Rochester: 12th-16th August 2013 Tonbridge: 19th-23rd August 2013

Email: verity@pqacademy.com to book

Or call **07961 387798** to find out more or book a **FREE TASTER** at our Saturday school!



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29 July-2 Aug Epsom Playhouse Ashley Avenue 01372 742555 Edustage use over 12's. Musical theatre summer school for 8-11vrs.

Painshill Park Portsmouth Road Cobham 01932 868113 Wild Summer Camp with den building, woodland craft campfires, treasure hunts & lots more, 8-13yrs.

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

Daily South Norwood **Recreation Ground** Car **FREE**. Every Sat Park run, Green Road Croydon 020- **FREE** weekly timed 5k 8760 5707 Fitness Trails run, need to register first. for adults & children of **Every Mon Parchmore** all fitness levels to get fit Community Centre 53-& keep fit. Positioned at 55 Parchmore Road 020 each exercise station are 8726 6000 x88965 Circuit signs showing the exercise for those new to exercise. to be undertaken with the suggested number of number repetitions.

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

Ongoing

has clear instruction for its Recently

re-opened Kidplay Cafe 282-284 29 July-2,5-9,12-16 Aug Lower Addiscombe Road Croydon Softplay & café, under 5's

Every Mon Lloyd Park 020 8726 6000 Health walk circular through Lloyd Park & Shirley on mainly flat terrain, ideal for beginners, **Daily Rainbow Leisure** 2 miles last approx 1hr, meet 11am FREE & same walk on potentially hilly terrain, 3+miles ideal for advanced walkers, 2pm,

returning after illness & the more mature exerciser. **Every Mon** Blenheim

Lightwater Children & Family Centre Bromley 01689 879145 Tues, Wed & Fri morn toddlers activities. **Every Tues** Farnham Library <u>www.bookstart.</u> org.uk Baby Bounce 'n' **Dupass Hill** Rhyme, **FREE**.

Blowing the Whistle on

GDC Scam.

Orthodontists and the General Dental Council are operating an illegal scam to withhold information from the public about new methods which can avoid almost

all extractions and even major jaw surgery. This is being done partly to protect

traditional methods and partly to preserve the high incomes of orthodontists and

surgeons. Research suggests that this British development is being ignored in the

UK while spreading rapidly abroad. As a result hundreds of children and young

babies & toddlers, Wiggle & Jiggle, 2-4yrs. Every Thurs Storytime, 2 ¹/₂+yrs. Every Sat Storytime, under 7's, **FREE**.

Every Tues Ashburton Library 020 8726 6900 Bookstart Rhymetime for **FREE**. Every Tues Careers, babies & toddlers. Every Thurs Wiggle & Jiggle sessions, 2-4.30pm, FREE for toddlers. Every Mon & Computer training Chatterbooks drop in courses for beginners to sessions, 8-11yrs. Every Sat Rock & Rhyme for babies & toddlers. Every Wed Social club for older 01883 people for a chat & a cup of Swim. tea. Every Thurs term time only storytime for under 7's, **FREE**

Tues Purley Everv **Library** 020 8726 6900 Rhymetime Bookstart for babies & toddlers & Wiggle & Jiggle, toddlers over 18mths, Every Fri Storytime 2 ¹/₂+yrs. Every Sat Rock & Rhyme for babies & toddlers, FREE. **Every Tues Centrale** Shopping Centre Croydon www.centrale.co.uk In the Early Learning Centre playtime sessions for

Library 020 8726 6900 kinds of arts & arts from Bookstart Rhymetime for making face masks, cards, painting, colouring or just play, **FREE**, 10-12pm, **Tel:** 020 8686 7535.

> **Every Tues Thornton** Heath Library 020 8726 6900 Bookstart Rhymetime for babies & toddlers, training & learning advice experts

Every Tues De Staffords Leisure Centre Caterham 344355 Family

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

Library 020 8726 6900 Bookstart rhymetime. babies & toddlers, Wiggle & Jiggle, 18mths+yrs, Storytime 2 $\frac{1}{2}$ +yrs. Fortnightly Rock & Rhyme for pre-school children, FREE.

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

Every Wed & Sat Millennium Arena Battersea Park 020 8871 7542 Drop in tennis sessions, 5-8,9-15yrs. **Every Thurs Caterham** Hill Library WWW.

Outdoor Gym Each item Every Tues Coulsdon children, all ages with all Rhymetime, 10am FREE. Every Fri Storytime, 2.15pm, **FREE**. **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 Selsdon Baptist Chuch Addington 020 8726 6000 Road x88965 Circuits Low intensity for mature

exercisers. Every Thurs Crovdon Sports College Croydon High School 020 8726 6000 x88965 Circuits Low intensity for mature exercisers.

Everv Thurs South Norwood Leisure Centre 164 Portland Road 020 87266000x88965Aquacise sessions

1st Fri of every month Bergundy & Black Café 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.nct. org.uk/branches/dorking/ events/bumps-and-babies. 3rd Mon of every month Nappuccino a natter about nappies as an alternative to disposables.

Every Fri Caterham Valley Library www.

surrey.gov.uk/kidstuff Rhymetime, **FREE**. Every Thurs Storytime, **FREE**. **Every Fri Dorking** Library <u>www.surrey.gov</u> uk/kidstuff Rhymetime, FREE.

Fri Redhill Everv Library www.surrey.gov. Rhymetime, uk/kidstuff FREE. **Every Fri Warlingham**

Library www.surrey gov.uk/kidstuff Storytime, FREE

Bradmore Everv Fri Library Green Old Coulsdon 020 8726 6000 X64952 Bookstart Rhymetime for babies & toddlers, Wiggle & Jiggle, 2-4yrs. Every Mon Storytime $2 \frac{1}{2}$ +vrs & Chatterbooks reading group for 8-11yrs. Fortnightly Every Sat Rhymetime, FREE.

Every Fri Broad Green Library 020 8726 6900 Bookstart Rhymetime 0-5yrs. Fortnightly on Sat Rock & Rhyme for preschool children. Every Wed Arty Crafty computers drop in sessions for under 5's, parents & carers, **FREE**. 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, FREE

Every Fri Shirley Library 020 8253 1023 Bookstart rhymetime for babies & toddlers, Wiggle & Jiggle

for 18mths+. Every Thurs Storytime for 2 ¹/₂+yrs. Every Sat Rock & Rhyme for babies & toddlers. Monthly story & craft workshops, 5-10yrs.

Every Fri New Addington Library 020 8253 1023 Bookstart Rhymeitme for babies & toddlers & Wiggle & Jiggle, 18mths+, FREE. **Every Fri Norbury** Library 020 8726 6900 Bookstart Rhymetime. Every Thurs Wiggle & Jiggle. Alternate Sat Rock & Rhyme followed by Storytime. Last Fri o each month Chatter Books reading group for 8-12yrs, FRFF

Every Fri Selsdon Library 020 8726 6900 Bookstart rhymetime for babies & toddlers, Wiggle & Jiggle, 18mths+. Every Tues Storytime for pre-school children. Every Sat Rock & Rhyme for pre-schoolers.

adults have extractions and jaw surgery, unaware they may be unnecessary Some Orthodontists mislead patients, saying that extractions can be avoided although the traditional methods they use leave too little room, risking severe damage to the face. It is wise to explore the internet yourself, many sites make great claims and show beautiful faces but very few show good results before and ter treatment. Even the media is scared of disclosing this scandal.

There is another way.

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

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The alternative to orthodontics with extractions and surgery

Orthodontics usually requires the extraction of 4 to 8 sound teeth although this is frequently denied.

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

Research shows Orthotropics can ge much better results than 'Train Tracks



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

When experts lisagree, where do ou go for answers www Orthotropics.com Ask an appropriate al to refer you for a

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surrey.gov.uk/kidstuff YES, I can touch-type Touch-typing taught in just 10 hours!

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'Great teaching, wonderful encouragement, a warm, friendly atmosphere: the results in ten bours were amazing.' mother of 13 year old

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your place Saturday school!



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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 & Wandle Park 020 8656 5947 Circular walk through Waddon Ponds & Wandle Park, 2-3 miles, meet outside Lidl, 11am, FREE. **Every Fri Thornton** Heath Leisure Centre 89-110 High Street 020 8726

6000 x88965 Aquacise pay as you go sessions. **Every Fri Pavillion** Leisure Centre Kentish Way Bromley 020 8313 9911 Families & under 11's Roller Disco sessions. 4.30-5.45pm & Families & under 16's Roller Disco

PARENTS NEWS

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safety equipment provided, doors open 6.15pm, Tel: 07970 266790. **Every Sat The Green**

Dragon 58-60 High Street Crovdon 020 8667 0684 Storytime for families 3-7yrs, drop in 2hr session with stories, puppets, arts activities & songs, **FREE**. **Every Sat morn Norman** Park Haves Lane Bromley Kent 020 8460 5291 Soccer School, 4-6.7-9 & 10+vrs. **Until 1 Sept RHS Gardens** Wisley Wisley 01483 225329 Great Garden Adventure learn all about plants, each week there will be something new to discover about air, soil, insects, water, animals or plants plus lots more

activities on offer. Bourne Hall Aug Museum Epsom 020 8394 1734 Ancient Warfare, in the morning meet a Greek soldier & in the afternoon one from the Roman army. 6 Aug Rockman returns learn about the history of the Earth, Fossils & Dinosaurs.

Aug

limited

sessions with full skate & Saxon King Raedwald from Sutton Hoo. 22 Aug Aim, Fire discover what life was like during the 18th century. During the school hols brass rubbing available in the Museum Gallery, FREE. 2 Aug Concert Hall

Fairfield 020 8688 9291 Rock 'N' Roll Paradise. 28 Aug The Wizard of Oz Great & Powerful, cinema. 30 Aug The Great Gatsby, cinema

3 Aug Yvonne Arnaud Theatre Millbrook Guildford 01483 440000 The Very Ugly Duckling 4+yrs. 8-10 Aug Just So Stories & Revolution Society performed by Arnaud Youth Theatre.

5-9,12-16 Aug Fairfield Halls Fairfield 020 8688 9291 Summer School for 6-16yrs. 17 Aug Postman Pat It's Showtime with songs, laughs & audience participation for 3-6yrs. **6 Aug Chertsev Museum**

create a designer shopping bag using fabric crayons

for the

Aug Beautiful Blackboards decorate the frame of your Baby 0-walking, activity Myths Day. 29 Aug Take own mini blackboard. 13 Aug customize your own flower pot frame. 15 Aug Decorate a special box for storing bits. 20 Aug Create a Custom Kite, 22 Aug Design & create your own jewellery using felt & other bits. 27 Aug decorate your own mini notebook & pencil in an animal cinema. 29 Aug Oz The theme. 29 Aug Customise at children & families a desk organiser, all above to explore forest school activities 5-12yrs, limited places so need to book in advance.

6 Aug Wandsworth Museum The Courthouse 11 Garrett Lane SW18 020 8871 7074 Pinhole Cameras family workshop. 7 Aug The Seaside with sand digging, sandcastle, shells, beach crafts & paddling pool for families. 8 Aug Songs & Stories for tots, parents & carers. 14 Aug Bridge & Structures become an architect & build towers & bridges out of paper, wood, spaghetti, 01932 575374 Summer Fun marshmallows & other weird materials, families, 5+yrs. 21 Aug Home for creepy crawlies, family places. 15 Aug Meet the & sparkly bits, 5-12yrs. 8 Sweet Home exhibition for 2hr event.

families. 21 Aug Museum followed by playtimes, songs, stories & playtime for tots & parents, carers. 28 Aug Kite Making 5+yrs & families, need to book all activities in advance to guarantee place.

8 Aug Sanderstead to Whyteleafe Countryside Area 020 8726 6900 Woodland Play event aimed activities, like friction fire lighting, den building & getting close to woodland creepy crawlies, need to book.

8 Aug Selsdon Wood Nature Reserve Old Farleigh Road Selsdon 020 8726 6900 Bats & Moth night time walk

10 Aug Ashcroft Theatre Fairfield Croydon 020 8688 9291 The Best of British – Strictly Variety. 29-31 Aug Younger Generation Theatre Group – Silver Stars

17,21 Aug Littleheath Woods 020 8726 6900 Minibeast Hunt in search

21-24 Aug St George's Church Hall Beckenham 020 8650 0940 Make a Film.co.uk throughout the week children will design & create their own props, learn film acting techniques, operate cameras, direct & star in their own film & on the final day of the course they will have a 'Hollywood style wrap party' complete with an Oscar style Award Ceremony.

24-25 Aug Dunsfold Park Aerodrome Stovoids Hill. Cranleigh RAF Tucano will be showing off its new desert camouflage design in an aerobatic five hour display at Wings & Wheels, tickets 08712 305572, under 5's FREE. www. wingsandwheels.net.

31 Aug Coulsdon Coppice Join the Friends group & the Mayor of Croydon as they officially open the new steps into the coppice & bring a picnic & discover the hidden woodland.

> What's On London Calendar Go to Page 10

PQA Summer School Rochester & Tonbridge

7.13.14.21.27.28

family walks

Star in your own Musical Movie and see yourself on the big screen! Enrolling in your area NOW. Limited spaces available.

Dates: Rochester: 12th-16th August 2013 Tonbridge: 19th-23rd August 2013

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|-----------------|---------------|
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| Bromley | 020 3602 9746 |
| Caterham | 020 8654 2878 |
| Croydon Central | 020 8686 6833 |
| Crystal Palace | 020 3627 1469 |
| East Dulwich | 020 8299 2811 |
| Forest Hill | 020 8699 0264 |
| | |

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Fees vary. Please refer to your local study centre

Greenwich 020 8293 4173 Lower Sydenh m 020 3002 0239 020 8325 2250 01883 723 204 020 8432 3414 Petts Wood 020 7993 8698 020 8462 4565 South Norwood Wallington 020 8819 4466

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Education Back to School

Back to school!

Get ready for the new school year with LittleLife's latest range of practical daysacks.

They are packed full of practical features and available in a whole range of colourful designs,

Adventurer Davsacks

Available in two eye-catching designs including a pretty flowery pattern and a bold camo-style print, they are perfect for adding a touch of fun to the school day. With plenty of space for your child's school essentials, each bag has a spacious 6 litre main compartment with a secure zipped closure. Two mesh pockets on each side of the bag are ideal for storing drinks or snacks so that they are close to hand at break time. Designed to fit comfortably and securely, the Adventurer Daysacks have fully adjustable, soft padded shoulder straps and a secure

chest strap, ensuring the bag won't slip from little shoulders.

Runabout Daysacks

Suitable for children aged from 1-4 years old, they are available in four vibrant colours and have reflective piping to help increase your child's visibility on dark or rainy winter evenings. With room for a snack, wipes or an extra layer, the daysacks offer young explorers an important sense of independence. A newly designed ergo-fit harness combines comfortable, padded shoulder straps and an easy to adjust waist strap harness that ensures the bag fits securely. A detachable parent's safety rein provides crucial control and peace of mind in busy areas.

For more information about LittleLife's range of daysacks, visit

www.littlelife.co.uk



New from Denman – The Bumble Bee

Brush Children can be such busy bees and taming their tangles can be a trial. The NEW Bumble Bee Brush from Denman has perfectly formed soft bristles that are innovatively clustered in two tangle teasing lengths to gently separate the hair. Knots and tangles are smoothed away. There is no catching or dragging with these bristles and their micro fine surface glides through the hair. The super slim handle is easy to hold for even the smallest of

grips plus the lightweight build and shallow air-cushioned bristle pad add extra comfort during brushing. The *Denman* **D90 Bumble Bee**

Tangle Tamer £6.99, www.denmanbrush.com 0800 262509

for stockists. Reviewer Josefine aged 11yrs.

Good: Gets rid of most knots easily without hurting or pulling your hair out; Great for thick hair; Nice image at the back of brush: Nice size. it's not too big to handle or too small; Suitable for young children Bad:-



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Its solid construction and

unique motion makes the

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Watch out though – it's great

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out, so parents

may not resist a

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features will helt

sneaky turn!

establish the

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fun for all ages and offers a full

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footplates

9kg

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choose from the 'Fab and Funky' designs, including an

For clothes they have a great

choice - choose from either

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and Lunchbox personalised lunchboxes.

Beautifully crafted from quality leather, ClaireaBella's Leather Satchels are personalised using the unique online BuildaBella App. Offered in hot pink, purple, baby blue, tan, black, cream and teal green there really is a ClaireaBella Leather Satchel to suit everyone! Create your very own -aBella character, add your chosen name, initials or personal text to your Leather Satchel and be bang on personalised trend today! An absolute favourite among

top celebrities such as Michelle Keegan and Kelly Brook, . ClaireaBella is the brand taking the

personalisation market by storm, not least with their brand NEW

Vtriker Elite 3-Wheel scooter

We all know an active child is a happy child, so let your kids enjoy hours of fun whilst keeping healthily active with the new Vtriker Elite 3-Wheel scooter from UKayed. With four great colours to choose from - black, blue, green, pink - and a modern design, all at a great value £69.99 RRP, this exciting scooter launch will stir up the playground buzz with big kids. There's no pushing or touching the floor! Simply place one foot on each side, then the unique V-shape design enables you to move your legs in and out while stationary on the platform. Now you're off, resulting in a thrilling pedal and battery free ride. There are different riding styles to hone your tricks and skills. Move your feet in and out to increase your speed with the Scissor; twist your body one way and push your opposite foot out with Skating; move your body and feet to one side as you steer the other way in the Slalom

.....produce a great range of naming products including waterproof stickers for labeling shoes, lunchboxes and equipment and several types of labels for clothes. The stickers will withstand the dishwasher. sterilizer and microwave, and come in bright colours or a



August 2013 myBunjee

Have your kids lost, smashed or had mobile phones and iPod touches stolen? myBunjee, as seen on Dragons' Den, is a unique accessory which fits any size mobile phone or iPod touch - simply clip it to you, your trousers or your bag. Personalise myBunjee by popping and swapping with the Jibbitz range of super heroes, flower, butterflies and sparkly hearts. With fabulous colours, your kids can enjoy fun and safety all summer long with myBunjee! Available from £6.95 for a *myBunjee* and from £1.10 per unit for Jibbitz www.mvbuniee.com



Reviewer Josefine aged 11yrs. Good: Don't have to worry about your phone falling out of your pocket; Fits all phones;Trendy• Bad: Might not be suitable for shorter users, due to the length of the bungee string still touching the floor.

The Vtriker Elite from www.vtriker.com Reviewer Josefine aged 11yrs. Good: Fun; Get a lot of exercise; Different ways to travel with scooter; Sustainable travel: It has brakes which make it safer to use



Bad: Instructions are vague; Hard to build; Difficult to learn how to use

labeling quicker and easier than ever before. With little buttons called EasyTags that clip onto garments and StickEasy stickers that adhere to care labels and will stay put through washing machines and tumble drying. Personalized shoe bags and bag tags can also be made. Their starter packs are great value bundles from £11.95 and Easy2name are

offering 20% off to readers of PARENTS NEWS Use Code PN20 to get

20% off your order 01635 298326 for free samples or visit www.easy2name.com

non-slip and dual system minimise risk of accidents and it's easy to carry around weighing in at only

Stay top of the stationery class with the Post-it Brand from 3M!

There's nothing cooler than heading back to school stocked up with the latest and greatest in stationery accessories!

From handy index tabs to funky dispensers, these fresh new products from the Post-it Brand are sure to make the envy of any classroom!

The average UK household will spend £35.84 on stationery during the back to school period*, so what will you be spending it on? Here are our top recommendations:

Full Post-it Super Sticky Full Adhesive Notes RRP £2.99

With a larger adhesive area, this innovative evolution of the traditional Post-it Notes offers more versatility and superior sticking power! You can stick the entire pad to something useful like a folder or notebook, ensuring you always have a note handy just when you need one!



Post-it Notes Handy Ruler Pack RRP £7.20 This pack is perfect for older students and teachers! With nine different index tabs and arrows mounted on a holepunched ruler, it enables easy marking of important text and pages in one handy product.



Post-it Super Sticky Notes Star Shape Cube RRP £3.90 Share your personality with the Post-it Brand's vibrant selection of fun shaped notes.



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They are perfect for ensuring your messages stand out, and because they're Super Sticky, you can be sure they'll stick to most vertical surfaces!



Post-it Apple Pop-up Z-Notes Dispenser & Pad RRP £8.99 Always have a Post-it Note to hand with this striking refillable Z-Note dispenser! And if the apple design isn't quite to your taste, why not check out the heart, pebble and handbag varieties? There's something for everyone!



Education Back to School

Stock the Medicine Cabinet before the School Bell Rings

Whilst it's nice for parents to have their children back at school after the summer holidays, September also fills some parents with dread due to their children's "sickness surge" as we approach the winter months. After just a few weeks into the school term the nurse's office will be packed with coughing children and classrooms full of runny noses. Hand washing

Sultan Dajani, a registered pharmacist with over 20 years experience and Board member of the Royal Pharmaceutical Society says, "This is such a basic but important concept that should be drilled into children from a young age always wash your hands before you eat something. Make the occasion fun by teaching your kids a nursery rhyme to sing whilst they wash.

Chickenpox



and easily through the coughs and sneezes of someone who is infected. It causes a rash of red, itchy

The infection is spread quickly

spots that turn into clear fluid-

filled blisters. These crust over to form scabs which eventually drop off. Some children only have a few spots but in others they can cover the entire body. The spots are very itchy so use Care ViraSoothe Chickenpox Relief Cooling Gel or Care ViraSoothe Chickenpox Relief Cooling Spray Gel, a breakthrough treatment that is clinically proven to help relieve the irritating symptoms of chickenpox.

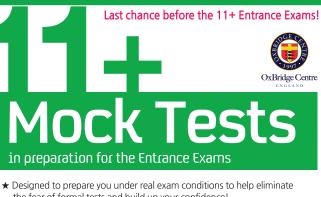
Effectively cooling the skin, it helps stop the itch-scratch infection cycle. Its special formula protects the skin's natural environment to allow the infected area to heal naturally and help to reduce long-term scarring. Sultan Dajani comments: "Care ViraSoothe is the only clinically proven gel for relieving chickenpox symptoms such as skin irritation, by cooling and relieving itching thus helping ease the child's misery. It should be applied 2-3 times a day or as required." GP Dr Sarah Jarvis adds "If your little one has chickenpox remember to call their school or nursery to let them know. It's also wise to avoid visiting people in hospital and be mindful around the elderly or

pregnant women. •Care ViraSoothe Chickenpox Relief Cooling Gel costs £5.73 for 50g and £8.33 for 75g and is available from independent pharmacies, Boots, Tesco, Sainsbury's, Co-Op pharmacy, Lloyds, Rowlands, Asda pharmacy and Superdrug. Care ViraSoothe Chickenpox Relief Cooling Spray Gel costs £8.49 for 60ml and is available from independent pharmacies, Boots, Lloyds and Tesco pharmacy.

Coughs and colds

Coughs and colds are widespread amongst school children, but if you prepare in advance by stocking up on various medicines you can prevent these minor illnesses from affecting your child's attendance record.

Dr Sarah Jarvis comments: "Colds are caused by around 200 different viruses which infect the head and chest and make you feel miserable for up to 10 days. They cannot be cured by antibiotics but with a little TLC, you can support vour child's body as it fights the virus and help by providing relief from the symptoms." Soothe an inflamed throat and relieve dry, irritating coughs with Care Simple Linctus Paediatric. It works instantly by forming a comforting film over your child's sore throat and can be used for children from 1 year old.



- the fear of formal tests and build up your confidence!
- ★ Dates 7th Sep, 14th Sep, 5th Oct, 9th Nov £45 / session
- ★ Subjects English, Maths, Verbal Reasoning, Non-Verbal Reasoning

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Secondary enquiry 020 8949 8838 email admin@oxbridgeuk.com

OxBridge Centre is a well-established tuition centre based in New Malden. Currently there are around 420 students from year 1~A-Level studying at the centre. Why don't you join us too?



Daily Tower of London Tower Hill 0844 482 7799 Fit for a King exhibition learn about the personalities, power & physical size of England's kings, from the Tudors, & the notorious Henry VIII to today's royal family. Daily The Queen's Gallery

Buckingham Palace 020 7766 7301 Become an explorer & discover the exhibition with activity bags for families. Using the bags find out which animals the adventurers shared the Antartic with and what early explorers wore to protect themselves from the cold.

From June Royal Air Force Museum Grahame Park Way 020 8205 2266 Airfix exhibition with Airfix's most popular models from the 50,60s & 70's. Ongoing Royal Mews Buckingham Palace 020 7766 7302 Family groups explore a range of self directed activities from the art trolley, 5-11yrs.

 Ongoing
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 royalacademy.org.uk
 New

 policy all children under 12yrs
 of age will have FREE entry to all exhibitions.

Ongoing Churchill War Rooms Clive Steps King Charles Street 020 7930 6961 Undercover, Life in Churchill's Bunker, learn what life & conditions were like underground & experience the authencity & emotional resonance of walking through the corridors where Churchill made history. Every Sun National Gallery

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, plus FREE family trail.

Every Sun Hildreth Street Market Balham SW12 Street Market with fresh food traders sourced from all over London. **Every Mon & Thurs Holy Trinity Church** Brook Green 07710 023743 Singing & Songwriting sessions for 6-11 & 11-14yrs.

Every 2nd Sat of month National Geographic Store 83-97 Regent Street 020 7025 6960 Animal Man comes face to face with slithering snakes, slimy insects & smelly skunks. Meet a wide variety of animals to include owls, lizards, tortoises, armadillos, meerkats & more.

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.

EverySatBlueElephantTheatreCamberwell02077010100YoungPeople'sTheatreworkshops, variousagegroups7-18yrs,FREEto join.

Every weekend Tate Modern Bankside 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

Every weekend Temple Station 020 7222 1234 Harry Potter Locations Tour, 2 ½ hrs. Every weekend Greenwich Clocktower Market Greenwich 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 encourages 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, 5+yrs. Daily Family Resources provides questions & activities which encourage children & families to explore art works, FREE. Daily Family Trails, under 5's, FREE.

Until 1 Aug The Royal Observatory Greenwich 020 8858 4422 Alien Revolution a new exhibition. 15 Aug Sci-Fi Movie Night, This Island Earth, 11+yrs. 31 Aug Saturday Space Explorers family event where families can make simple cardboard instruments, including planet finders & moon dials, 5+yrs, FREE. Throughout Aug Daytime Sky Watch Venus, 7+yrs. Throughout Summer Solar System, Galaxy, Universe show, 5+yrs. Every Weekend Space Safari, under 7's.

Until 3 Au, 13-17,27-31 Aug London Transport Museum 39 Wallington Street Covent Garden 020 7379 6344 Tackling Tunnels hear tales of young William, as he works on the first ever underground railway tunnels in the world, families 3-7yrs & then get messy dig into or build into the sandpit & see who can dig the biggest strongest tunnel, families 4-4,5,11,12,18,19,25,26 12yrs. Aug Steamy Science become a horse & drag a bus over the bumpy cobblestones, see how far the power of steam can fire a doll & discover the joys of electricity, families 6-12yrs. 6-10,20-24 Aug Make & take craft workshop, families, 4-12yrs & singalong families, 3-10yrs. Ongoing Family Station All Year Round activities for families, 3-12yrs.

Until 31 Aug Science Museum Exhibition Rd 0870 870 4868 The Energy Show an electrifying new science show for families, 7+yrs. Daily take control in 360 PARENTS NEWS On-line www. parents-news.co.uk

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parents-news.co.uk

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**. Every Weekend explore hundreds of real natural history specimens, discover evidence along the way using microscopes, the computer database & other scientific instruments, science educators are there to help you with your investigations. FREE.

Until 7 Sept Regent's Park Open Air Theatre The Ironworks Inner Circle 08700 601 811 The Sound of Music. Until 3 Nov Theatre Royal

Drury Lane Catherine St 020 7494 5060 Charlie & the Chocolate Factory 31 July Chelsea Physic Garden

020 7352 5646 Paper Stixx & Wonderful Wire Sculptures have a go at making sculpture to take home, activity run by artist Darcy Turner, 6+yrs, bring some newspapers with you. Aug Garden Photography, 8+yrs. 6 Aug Flight Club, an introduction to things that fly, 8+yrs. 7 Aug Celebrating Spectacular Seeds, 8+yrs. 12,20 Aug Art of the Garden with printing, painting, sketching & model making, 7+yrs. 13 Aug Chocolate Tuesdays, plus chocolate tasting, 7+yrs. 14 Aug Lotions & Potions an introduction to herbal medicine, 7+yrs. 15 Aug The Lost Art of Nature Printing, 10+yrs. 21 Aug Creepy Crawlie, 4+yrs. 27 Aug A Passion for Plants, gardening for beginners, 7+yrs. 28 Aug Garden Safari & Microscopic Marvels, 4+yrs. 29 Aug What's the use of plants, Ethnobotany for beginners, 8+yrs.

1-3,8-10 Aug ChickenShed Theatre Company Chase Side Southgate 020 8292 9222 Fairies' Tale summer show, 0-7yrs. 5-9 Aug Theatre workshops, 5-12yrs.

1-29 Aug Horniman Museum Forest Hill 020 8699 1872 Museum Mission trail to discover the hidden corners of the museum & gardens, 3+yrs. FREE, 3,24 Aug Carnival Fish Shakers art fun, 3+yrs. 5,12 Aug Up the Garden Path with Miss Horniman, storytelling FREE. 7 Aug Play Day a national event celebrating play of all kinds, from craft to children's theatre.

FREE 8 Aug The Fairy Clock Show interactive family show all ages, FREE. Aug Punch & Judy inspired Globe Puppets art fun, 3+yrs. 14 Aug Nature Explorers find out why bees are important, families 5+yrs. 14 Aug Take a tour with Mr Horniman, FREE, 15 Aug Punch & Judy all ages, FREE. 21 Aug Nature Explorers How Does your dinner grow, families 5+yrs. 21 Aug Carnival Drum Making, FREE, 29 Aug Meet the Owls from Jamb Owls. 31 Aug Fox Masks art fun, 3+yrs, adults FREE. Every Mon, Thurs & Fri until 30 Aug Family Art Fun with different themes each week, FREE, Every Tues until 27 Aug Family Art fun in the Gardens, FREE, 3+yrs. Every Sat Hands on family workshops, 3+yrs, Every Sun Discovery for All, 3+yrs, FREE. Every Sun A World of Stories storytelling sessions, families, 3+yrs, **FREE**. Until 1 Mar'14, The Art of Harmony, exhibition showcases Western classical musical instruments on loan from the V & A. Every Sun A World of Stories 3+yrs.

2 Aug Museum of Childhood Bethnal Green 020 8983 5200 In the Trenches learn Royal Naval signals, gas mask training & more. 9 Aug Art in the Gardens. 16 Aug Medieval picnic. 23 Aug Music in the Garden. 30 Aug V for Victory take part in 'make do and mend activities,es, drop in, all ages. 2,15,16,29 & 30 Aug National

Maritime Museum Greenwich 020 8312 6565 Trafalgar Square remembers interactive history telling session, 7+yrs, FREE. 3,10,17,24 Aug Explore Sat meet a character form the past & take part in in an exciting performance, 6+yrs, FREE. ,11,18,25 Aug Discover Sun all ages, FREE, 5.8,12,19,22,26 Aug Make a Batik mix head wrap, printmaking workshop, 8+yrs, FREE. 7,14,21,28 Aug Visions of the Universe Exhibition, 8+yrs. 23 Aug International Slavery Remembrance Day with workshops, interactive gallery tours & lots more, all ages, FREE. Until 30 Aug Who's Victory, make your own shop & find out more about the story of Britain today, drop in workshop, all ages, FREE. Until 2 Sept Message In a Bottle Summer holiday events. Play Tues, Ships in a Bottle family workshop, under 5's, FREE. Every Tues & Fri in Aug Creative cargo, ideas trolley drop in workshop, all ages, FREE. Every Mon & Wed in Aug John Simmons a sailor's Trafalgar story, 7+yrs, FREE. Until 2 Sept New family Walking trail, from Museum to Square, 6+yrs, FREE.

2-8,26-30 Aug Imperial War Museum Lambeth Road 020 7416 5439 Papers Please, children will be able to invent their own spy personas, drop in activity, FREE. 10,17 Aug From page to stage with Horrible Histories, Spies, spy themed drama workshop, under 4's FREE.

www.parents-news.co.uk

3Aug Prudenitial RideLondon FreeCycle With up to 50,000 cyclists exploring an eight mile traffic FREE loop in central London, www. PrudentialRideLondon.co.uk

3 Aug St Jame's Park Showcasing junior events, hand-cycle racing & a professional women's event on a closed road circuit in & around St James's Park, <u>www.</u> PrudentialRideLondon.co.uk

Aug Oueen Elizabeth Olympic Park Ride London the 140 mile race will start at the park & then head off into Surrey before returning to capital to finish on The Mall, www. PrudentialRideLondon.co.uk 16-18 Aug Lollibop family day out with a live theatre tent, a Lollibop kitchen where little cooks will have the chance to learn new skills, plus live demonstrations. Tween Town will host a number of activities including street dance, hula hoop & beat box workshop. Also on offer Imagination Stations with clay modelling, puppet making, balloon modelling, face painting & much more plus a pre-school 3ft & under area with the enchanted forest & the village green will live music, crafts stalls & street theatre, for more information www. lollibopfestival.co.uk

3-30 Aug Sea Life London Aquarium 0871 663 1678 www.sealife.co.uk/london Pick up a FREE trail card & follow a special superhero trail around the attraction, spotting creatures marked with fun cartoon depictions of their super alter egos & lots more on offer.

5-30 Aug Victoria & Albert Museum 020 7942 2000 The Imagination Station for families. 6-7 Aug Fashion Photography 13-15yrs, 13-14 Aug for 16-19yrs. 13 Aug Sewing Skills, 13-15yrs. 14-16 Aug Design & Make your own Garment, 13-15vrs, 20 Aug Architecture Model Making 13-15yrs. Until 27 Aug Make it Clay activity children can create their own unusual clay bowls, 5-12yrs. Daily Back Packs families can pick up an activity back pack filled with jigsaws, stories & games to explore the collection, 4-11yrs, Activity Cart hands on art fun for children to create a Samuri helmet, a silver goblet or an elephant mask to take home, FREE, drop in plus Agent Animal bag a sensory activity bag that has been developed for under 5's containing an audio map & fabric cubes, FREE.

6 Aug The Iraqi Cultural Centre Threshold & Union House 020 7969 5274 The Royal Burials of Ur, hats, board games & mysterious objects, FREE, 4-14yrs. 7 Aug The Fearsome Anzu Bird drop in activities making cartoon strips of the story creating Anzu amulet, decorate masks of characters & more, 4-14yrs, FREE, www.bsi.ac.uk.

7,10,14,21 & 28 Aug Natural History Museum 020 7942 5000 Animal Vision show which features live animals reveals a world only visible to certain reptiles & invertebrates, FREE. Until 15 Sept Every weekend & school hols Hands on Nature Dinosaurs, 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 follow 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+vrs, 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 to discover more about the natural world, FREE. Daily Focus Points handling trolleys 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.

10-22 Aug HMS Belfast Tooley Street 020 7940 6320 Dazzle Camouflage families will be able to take part in a creative animation workshop & design their own personal camouflage, all materials provided, FREE activity with general admission. 18-23 Aug London Zoo Regent's Park 020 7722 3333 Barbie Mariposa Butterfly Trail the Zoo's woodland walk will be transformed into a butterfly fans' dream with the addition of butterfly imagery intricately placed throughout the area. Daily Rainforest Life Exhibit, amazing rainforest species including monkeys sloth, armadillo, tamandua plus there's a special Night Life area, where you'll discover bats, rats & other nocturnal creatures that dwell in the dark.

24 Aug Greenwich & Bexley Community Hospice Abbey Wood www.communityhospice. org.uk Teddy Bears' Picnic in the woods with stalls, entertainment & a picnic box for every child. Entertainment to include Peppa Pig & Bearemy, Baby Ballet, magical music & stories & a special performance of Hansel & Gretel plus bouncy castle, bbq, gifts & games, 1.30-4.30pm.

Please call before you go and please mention **PARENTS NEWS** August 2013

According to the recent report A Fish in the Tree http:// drivervouthtrust.com/wpcontent/uploads/2013/04/ DYT-FishintheTree-LR.pdf by The Driver Youth Trust http://driveryouthtrust.com/ on average, 3 children in every classroom are dyslexic and struggle with literacy - this equates to 1.2 million in the UK. Reading and writing is essential when it comes to the intellectual development of a child. But if a child has literacy problems like dyslexia, this development becomes even more challenging.

Though dyslexia is categorised as a disability, if you see the signs and catch it early

enough, using the right tools and techniques, your child should have a good chance of developing at the same pace as every other pupil in their class.

Health & Fitness

Is my child dyslexic? Recognising the signs...

Here are some frequently asked questions that can help you to determine if your child is dvslexic :

Firstly, dyslexia is 1. hereditary so do you or anyone in your family have dyslexia? 2. Does your child display poor concentration and are they easily distracted? 3. Is their performance in class below average compared to their classmates? Do they struggle with 4 their 'b's and 'd's, 'p's and 'q's

round? Do they have 5 difficulty following instructions especially if they are written? When reading out loud, do they miss words or add words that are not included? 7. Do they take longer to read compared to other

and use them the wrong way

children their age? Are their oral skills 8. noticeably more developed compared to their reading and writing skills? During activities, 9.

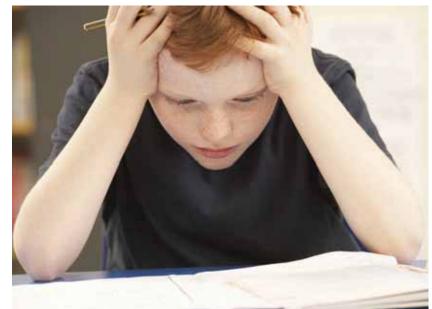
do they prefer to keep to themselves rather than play with others? 10. Do they have a headache or tummy ache on

the days they have a particular

lesson that they do not like? Should your child experience most of these indicators, it is likely that they have some degree of dyslexia. Identifying that your child has dyslexia is the first step and early identification is crucial. With a combination of technology and techniques, your child has every opportunity to overcome dyslexia at school, at home and ultimately, at work.

Texthelp, leading manufacturer of dyslexia support software would love to offer you advice on solutions that can help your child with their dyslexia. For more information visit: http://texthelp.com/uk/

campaigns/readwrite-gold



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Learn Something New on an Active Holiday this Summer

We know how much energy kids have left to burn after the school term comes to an end. Active families can learn a new skill this summer or brush up on their sporting prowess with Expressions Holidays

www.expressionsholidays. co.uk.

Enjoy story-telling in St Lucia from the author of My Sister is an Alien

Rachel Bright, will be at St James's Club Morgan Bay for two weeks in the summer holidays, starting her daily sessions on 12 August 2013. Puffin hosts will create a programme of live events especially tailored for different age groups ranging from three to teens. Life at St James's Club Morgan Bay is deliciously simple, with a wealth of activities for the active, but an air of secluded tranquillity if all you want to do is chill out on the beach or in the pool. Split

into five distinct age groups, the complimentary Kids' Club has indoor and outdoor games and activities to suit all ages. 7 nights from £1640 per adult including return flights with British Airways to St Lucia, private transfers and all inclusive.

Learn to cook in the Young Chef's Academy in Tuscany Villa San Michele offers handson cookery courses passing on the secrets of ever-popular Italian cuisine, such as pasta, gnocchi and tiramisu. Lessons are also provided in basic nutrition and in identifying fresh produce, so that kids can learn from experts how to eat and cook responsibly. Families will also enjoy enchanting picnics in the woods above the hotel's swimming pool. 7 nights from £2825 per adult including return flights with British Airways to Pisa, hirecar and bed and breakfast.

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