

PARENTS NEWS

July 2013 No.181

The First & Foremost Local Monthly Newspaper for Families

1993 - 2013
21st Successful Year
Thank you

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What's On in July & School Summer Holidays

www.farming-world.com

www.spinnakertower.co.uk

www.shakespearesglobe.com

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www.parents-news.co.uk

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PARENTS NEWS

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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-violent 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 advisers. Any endorsement by **PARENTS NEWS** is explicitly stated.

What's On

Visit Farming World for Plenty of Summer Fun for Everyone!

It is sometimes difficult to entertain all members of the family during the summer holidays, especially at a time when economising is at the fore front of everyone's mind. But at **Farming World**, Boughton, Nr Canterbury all the family can enjoy a brilliant day and entrance to the farm, indoor soft play area and most of the special event days are all included in the entry price.

The open farm aims to offer plenty of 'hands on' experiences, like; visiting the farm's smallest (Shetlands) and largest horses (heavy horses), taking part in an animal encounter, enjoying a tractor and trailer ride, playing a game of mini golf or watching a bird's of prey flying display. The farm also has a wide variety of special events planned throughout the summer holidays, including:

- **29th July – 2nd Aug**
– *Superheroes Week* (superhero appearances daily 1-4pm) Children dress in their favourite superhero to gain free entry.*
- **31 July, 7th, 21st, 28th Aug**
– *Creepy Crawly Days*.
- **1st Aug**
– *Forces Day* (proceeds from craft making & face painting donated to *Help for Heroes*),

- **2nd Aug** – 'Have a Go' *Falconry Day*.
- **8th Aug** – *Teddy Bear's Picnic with Mrs Back 2 Front*.
- **9th Aug** – *Heavy Horse Day*.
- **12th – 18th Aug** – *Cirque Normandie Circus* – Ever fancied running away and joining the circus? Come and join us at the circus, with amazing performances in the big top everyday and circus workshops available to all.**
- **22nd Aug**
– *999 Emergency Services Day*. Children dressed as a fireman, policeman or nurse and doctor will gain free entry.*
- **23rd Aug (pm)** – Fun and games with *Mrs Back 2 Front*.
- **29th Aug** – *Cirque workshops*.
- **30th August**
– *Art Workshop Day*. Don't forget there are also all of *Farming World's* regular attractions to enjoy. You can visit *Hawklands Birds of Prey Centre* and meet falcons, a vulture named Rodney, owls and Harris Hawks and learn more about birds of prey in the *Conservation and Rearing Room*. 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.

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

- Superheroes Week,
- 'Have a Go' Falconry,
- Creepy Crawly Days,
- Art Workshop,
- Circus Skills &
- Big Top Circus Shows,
- Teddy Bear's Picnic,

Show this advert to
receive 50p off entry per
person in your party.
(PN July, Valid 1/7 - 31/7/13)

**FARMING
WORLD**

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

Aerial Aerobics from Apache with Wings & Wheels

If the lovely British summer weather turns showery then a visit to the two storey indoor soft play area or making a souvenir to take home in the craft and activity room will keep the children entertained while the inclement weather passes. Grownups can enjoy hot and cold home cooked delights from the kitchen while waiting for the children to finish their fun!! Farming World truly is a great day out for everyone!

Farming World special events
www.farming-world.co.uk
01227 751144

Farming World is open seven days a week, 9.30am to 5.30pm, 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. ** There will be an extra fee for the circus performances.

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So come and join us!
Places can be booked online now!
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SWIMMING LESSONS
For Babies and Kids
Beginners to Advanced

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Available during first two weeks of school holidays
Book a Crash Course and receive a weeks FREE additional tuition the last week of August

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Phone Call on 020-8397-7731
www.hookaquacentre.co.uk

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020 8395 4581
07948 795 626

July 2013

July 2013

Out & About

Every Wed-Heaven at Nutfield-19 High Street-~~www.heaven-nutfield.com~~

-Smiley Faces music group for babies & toddlers for up to 2yrs & 2-4yrs, there is also a playroom for under 5's, a cafe & a crèche.

July & Aug- Spinnaker Tower-Portsmouth-02392 857520
Special Summer Saver ticket available

From 8 June every Sat during term time - The River & Rowing Museum-Mills Meadows Henley on Thames-01491 415600

-Artsy Art Club, 5 week sessions, 11-15yrs.
Every Wed during term time
Taylor Tug's under 5's Club.

10-11 July-Theatre Royal-Brighton--08700 606 680
-*Ben & Holly's Little Kingdom*, 12 months +.

13-14 July-Imperial War Museum-Duxford--01223 835000

-The Flying Legends Air Show new display in a trio of Supermarine Spitfires plus some forties fun in the Vintage Village & lots more.

Thanks Mum!

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

now I couldn't do without it.

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

No - It's Not Just You! How To Avoid

The School Holidays From Hell

From the moment they break up, it seems our 'little dears' need entertaining. And it can seem the demands for treats, outings, and supervision never end. And for all us, particularly single mums, it can be a stressful time.

Advice line **FamilyLine** is there to listen, perhaps when all other routes, such as parents, teachers, or friends, have been tried.

Alex, the duty Helpline volunteer for **FamilyLine** says, "first and foremost, our volunteers are there to listen. If appropriate, we might point a caller in the direction of a third party who can help. And as the school holidays arrive, it's noticeable that a lot more calls are from parents who are 'frazzled' by the constant demands and just need someone to talk to, someone who won't judge them, compete with them, criticise them, or worst of all, scold them. That's what we provide - an anonymous, caring service with no cost or time limit for the caller".

As government cuts continue to bite, and childcare costs escalate, it falls to organisations like **FamilyLine**

What's On

Shiver Me Tim-Bears

Pirates were Explorers too!
Swashbuckling Summer School Holiday Family Fun returns to **The Historic Dockyard**.
From 27th July until 1st September, it is fun ahoy at **The Historic Dockyard Chatham** as the popular pirate extravaganza returns. This year, in conjunction with the exhibition **Exploring Antarctica: The Final Expeditions** of Scott and Shackleton - it takes on an exploration theme!
"Pirates were Explorers too" includes a "Shiver Me Tim-Bears" challenge where children are encouraged to bring their favourite teddy

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If you, or someone you know, of whatever age, wants to talk about their particular issues or fears, be it the impact of redundancy, drug worries, anxiety, a medical condition, or even the school holiday Summer Time Blues, call FamilyLine on their free helpline

0800 800 5678.
Lines are currently open Monday to Friday 9AM - 5PM.



THE HISTORIC DOCKYARD CHATHAM

PIRATES WERE EXPLORERS TOO!

COME ALONG & ENJOY:

- 'SHIVER ME TIM-BEARS' CHALLENGE
Bring your favourite teddy bears along and join them on an adventure
- CAPTAIN FLINT'S TREASURE HUNT
Find buried treasure and claim your prize*
- INFLATABLE OBSTACLE COURSE
- SOFT INDOOR & OUTDOOR ADVENTURE PLAY AREAS

SUMMER HOLIDAY FAMILY ACTIVITIES INCLUDED WITH YOUR ANNUAL TICKET!
*small additional cost applies

27 JULY - 1 SEPTEMBER ALL SUMMER LONG!

thehackyard.co.uk/pirates

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A new and exciting online auction site
Win genuine quality products including
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FREE FAMILY ACTIVITIES

GET ACTIVE DAY 2013
KING GEORGE'S PARK
SATURDAY 13 JULY 12-5PM

Come down to this free family sport and health festival. To discover more visit www.wandsworth.gov.uk/active

Battersea Park Children's Zoo
...who will you see?

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

PLUS OUR FUN PLAY AREA FOR KIDS OF ALL AGES

Enquiries: 020 7924 5826 www.batterseaparkzoo.co.uk

Open 7 days: 10am-4.30pm (last entry 4pm) (Winter)
10am-5.30pm (last entry 5pm) (Summer)
Entrance near Chelsea Bridge Gate on Queenstown Road, GU10 2DL
Closest railway station Battersea Park.

Battersea Park Children's Zoo

The House at Pooh Corner, Hampshire from **13 July to 15 September**, explore the wonderful world of a boy and his bear, when Christopher Robin, *Winnie-the-Pooh* and the Hundred Acre Wood are

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Battersea Park Children's Zoo

Rural Life Centre

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01252 795571
www.rural-life.org.uk
The Old Kiln Museum Trust is a registered charity

What's On School's Out For Summer VisitEngland

July 2013

The summer holidays are almost upon us - fun for children but, daunting for mums and dads worrying how to keep the kids entertained for a whole six weeks. That's why *VisitEngland* has put together a roundup of some of the country's newest experiences, from giant *Gromit* trails and *Poohsticks* to knight's glamping and pop-up beaches, there's guaranteed to be something to keep the kids entertained this summer.

Spot the dog. Bristol Families can play 'spot the dog' in Bristol by following a trail of 80 giant *Gromits*, modelled on the iconic and triple Oscar-winning animated character. The giant hand-painted sculptures of *Gromit* will be let loose in Bristol from Monday 1 July for ten weeks in a major new public art trail called *Gromit Unleashed*.

Each *Gromit* has been uniquely designed by artists and celebrities including Zayn Malik from *One Direction*, The Snowman creator Raymond Briggs and *Wallace and Gromit* creator Nick Park.

www.gromitunleashed.org.uk

The House at Pooh Corner, Hampshire from **13 July to 15 September**, explore the wonderful world of a boy and his bear, when Christopher Robin, *Winnie-the-Pooh* and the Hundred Acre Wood are

celebrated at the idyllic setting of *National Trust* property *Mottisfont* in Hampshire. On show for the first time in the UK, visitors can enjoy 36 hand-painted illustrations by E.H. Shepherd, created for the books *Winnie-the-Pooh* and **The House at Pooh Corner**. Children can experience Pooh inspired forest escapades for themselves, when they embark on *Winnie-the-Pooh's Great "Exposition"* at Mottisfont - a trail which will see families racing *Poohsticks* along the River Test, tree climbing and tracking a *Woozle*, building a house of sticks just like Eeyore's, designing a trap for any unexpected *Heffalumps*, and in true *Pooh* style making up songs and creating stories.

www.nationaltrust.org.uk/mottisfont/things-to-see-and-do/events

Summer Spelltacular, **Warner Bros. Studio Tour London** This summer, *The Making of Harry Potter* invites kids to delve into the world of spell casting, potions and wizard duels as it hosts its first Summer Spelltacular event. Visitors will discover first-hand how spells such as *Wingardium Leviosa* came to life on screen and how the wand movements that accompanied them were developed. Children will be able to learn wand battle choreography and take part in special effects demonstrations, created by *BAFTA*-winning Special Effects Supervisor John Richardson, between **26th July and 2nd September**.

www.wbstudiotour.co.uk

Walk with dinosaurs, Isle of Wight This year sees the 20th anniversary of *Jurassic Park* and the release of *Walking with Dinosaurs* so 2013 is being dubbed the 'year of the dinosaur'. To celebrate, *Dinosaur Island* (aka Isle of Wight) is inviting people to cross the Solent and search for prehistoric remains using an augmented reality app. New technology, which can only be activated on the island, takes visitors on a trail to six coastal locations where they can take a picture of their family and friends walking alongside the dinosaurs that roamed the Isle of Wight 130 million years ago, while at the same time learning more about their relatives - the dinosaur characters in the movie *Walking with Dinosaurs*. A hop-on/hop-off bus service, which takes in all six of the locations, will run until 14th November and costs £10 for adults, £5 for children.

www.visitisleofwight.co.uk/dinosaur-island

Knight's Glamping at Leeds Castle, Kent Dubbed the loveliest castle in the world, is now offering families the chance to escape to the countryside for a glamorous camping holiday. Located just under an hour's drive from London, eight traditionally coloured striped tents based on medieval design, form a 'village' on the one-acre castle vineyard. Each tent is equipped with a luxury four poster bed, log burning stove, crisp cotton bedding and cosy fur throws. By day, explore the magnificent

castle stately rooms and at night, sleep under canvas in a spectacular setting of this majestic 900 castle.

www.leeds-castle.com

Festival of Neighbourhood on London's Southbank Giant art, roof gardens, allotments and a beach pop-up at the Festival of Neighbourhood until 8th September. Visit the *Beano* exhibit, British classic celebrates 75 years in 2013, watch circus theatre and cabaret at the *London Underground* and build sandcastles on the pop-up beach. Should the skies open, head to the *Imperial War Museum*, which partially reopens on **29th July** with *Horrible Histories: Spies*. www.southbankcentre.co.uk/whatson/festivals-series/festival-of-neighbourhood

www.iwm.org.uk

Meanwhile, *Cheshington's* new safari experience, *ZUFARI*, lets visitors ride in safari trucks through the extreme terrain to explore a new reserve with flamingos, giraffes and rhinos. Theme park fans should also head to *Blackpool Pleasure Beach* on Thrill-O-Matic - the world's only *Wallace & Gromit* ride from A Grand Day Out, trying out *The Wrong Trousers*, and having A Close Shave before dealing with A Matter of Loaf and Death and tackling *The Curse of the Were-Rabbit*. www.draytonmanor.co.uk

www.cheshington.com

The 30th Guildford Summer Festival
See an online version of Guildford Summer Festival Brochure.

www.guildfordsummerfestival.co.uk

Regular and Long Running Events
Throughout the Festival - free guided walks by the Guildford Town Guides.
Wednesday afternoons - Guided tours of Guildford's Hydro Power Station
Tuesdays and Saturdays - Tours of the Guildford Union Workhouse and Casual Ward.
Every Wednesday 11am - free guided tours of Guildford House.
18 June - 3 November - Frank Holt: Emerging from the Shadows
22 July - 8 August - In Search of Silence: Annie Boisseau Exhibition
10-25 July - Yvonne Arnaud art with Guildford Arts
22 June - 3 August - Flowerscapes by Meg Stevens at Guildford House
22 June - 14 July - Eye of the Mind: Tina Sturman and Rivta Willis
31 July - 3 September - Joan Drew Embroidery Exhibition at Guildford Museum
01483 444333

Swimming Lessons
Quality classes in small group
** COME AND TRY A CLASS FREE **
Lessons for:
Adults and Children from 2 yrs
Non-swimmers - Improvers
Advanced & SUPER Advanced

Classes held at:
Downs School Ashted/Leatherhead
Epsom College

For more info contact Colin on 01372 739600

July 2013

Daily Tower of London 0844 402 7799 Fri for a King's Head, learn what life & conditions were like underground & experience the authenticity & emotional resonance of walking through the corridors where Churchill made history.
Every Sun Hildreth Street Market Balham SW12 Street Market with fresh food traders
Every Wed & every Fri Horniman Museum Forest Hill 020 8699 1872 Every Tues & Fri throughout July Busy Bees sessions for under 5's with stories, songs & simple art & craft.
Every Wed & every Fri Busy Bees sessions for under 5's, FREE.
Every Sat Hands on family workshops, 3-5yrs, 6 July Toys, 13 July Music, 20 July Puppets, 27 July Costume, FREE.
6-13 July Art Makers fabric painting for families, 3-5yrs, adults FREE.
6 July Small Mammals, Furry Friends or Urban past time trail.
7 July Latin Dance Summer Day craft activities & live music, FREE.
13 July Close Encounters of the Crawling King, Bugs in our Gardens.
20-27 July Art Makers A Parrot on your Shoulder have fun with different art techniques, families 3-5yrs FREE for adults.
Every Fri until 30 Aug A World of Summer Stories, families 3-5yrs, FREE.
Every Sun Discovery for All, 3-5yrs, 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 3-5yrs.
Every 2nd Sat of month National Geographic Store 83-97 Regent Street 020 7602 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.

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 020 7887 8008 Open Studio play & create with ideas & materials from artworks. Daily Family resources with paper based activities for families all ages, FREE.

Daily Children's Multimedia Guide keeps children entertained & animates arts through music, video clips & entertaining games, 5-11yrs. Daily Under 5's Zone a new play space for families, FREE.

Every weekend Greenwich Clocktower Market Quirkly 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 a physical, material & social experience of sculpture through touch, interaction & collaboration, all ages, FREE.

Every weekend Art Trolley sessions, FREE.

Every weekend Children's Multimedia Guide fun & interactive a sensory

experience, 5-11yrs. Daily families to explore art works, FREE. Daily Family Trails, under 5's, FREE.

Until 14 July Madame Tussauds Marylebone Rd 087400 30000 Direction new was figures residing in a fully themed dedicated area.

Until 14 July Beyond the Back The Royal Albert Hall 020 7591 1000 Decauville Road Hackney 0845 120 7511 Bank On It interactive production with puppets, 5-11yrs.

Until 20 July Regent's Park Open Air Theatre Open Air Theatre The Ironworks Inner Circle 0870 601 811 Pride & Prejudice & The Winter's Tale re-imagined for 6-11yrs. 25 July - 7 Sept The Sound of Music.

Until 24 July Devonshire Square 0845 120 7520 www.coool.org Summer Fest live music, dance, street arts & circus, 12.30-2pm.

Until 26 July City of London Festival 020 7638 8891 music, dance, art, film, poetry, family & participation events www.cool.org

Until 31 July Peter Harrison Planetarium 020 8858 4422 Sci-Fi Movie Night: It Came From Outer Space, following the movie a short walk will explore the ideas of what aliens might think about humans, & where aliens might be if they do exist, 11-11yrs. 25 July Summer Science talk, 11-11yrs.

Throughout Summer shows The Universe Exposed family show how anyone with a digital camera can capture spectacular images. We Are Aliens Rupert Grint of Harry Potter fame narrates this planetarium show 5-11yrs. Meet the Neighbours show, 5-11yrs. Solar System, Galaxy, Universe, 5-11yrs. Space Safari join Ted, the teddy bear for live music & rhyme as the journey throughout the solar system for, under 7's.

25 July 2nd Sept National Maritime Museum Greenwich 020 8312 6565 Message In A Bottle Summer holiday events. 2.9.16.23 July Play Tuesdays with music, dance & drama, under 5's FREE. 6.13.20.27 July Explore Saturdays meet a character from the part & take part in an exciting performance, 6-11yrs, FREE. 7.14.21.28 July Discover

monthly workshop, 12-26yrs. 15 July Storycraft workshop using puppets, percussion instruments, singing plus a hands on craft activity, 2-5yrs. 21 July Numbri workshops play with an instrument & put words together in new ways with other people, all ages. 6.13.20.27 July Museum of Childhood Bethnal Green 020 8983 5200 Children's dance exploring rhythm & creativity. 4-6yrs. 6.20 July Introduction to chess basics, 6-11yrs. FREE. 25 July The Ironworks Festival with music, dance, walkabout acts, art & craft activities plus riskshare rides, face painting & games, FREE drop in. 8-11 July Hyde Park 020 7298 2083 Outdoor film Sky Movies Screen four times a day www.revelations.org.uk

13-14 July Shoreditch Festival Mix of live music, theatre & dance family friendly events, FREE.

13-14 July HMS Belfast Tooley Street 020 7940 6320 Dazzle Camouflage, used to keep HMS Belfast being discovered & a creative animation workshop, families, all ages, FREE. 13-14 July Slang at Sea have a go discover objects & stories of the crew.

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Daily Larkfield Leisure Centre Aylesford 01622 713225 Soft play zone with 3 storeys of interactive play equipment for under 10's with water waterfall slide, crawl tubes, ball pool & ball cannons. **New** Kickstart a brand new inclusive membership with unlimited access which offers a wide range of activities for under 10's with swimming, soft play, junior dance mat & target wall sessions, selected holiday programme activities, Saturday Fun Club pre-school bubble & adventure time sessions for 0-5yrs. **NEW** larger Fitness Studio to offer a wider range of classes including Zumba, Pilates, Body pump & circuits.

Daily Fishbourne Roman Palace Chichester 01243 789289 Guided tours, plus craft & picnic. **Selected**

Daily Maidstone Leisure Centre 0845 155227 Various times 09.15-12.15yrs learn how the body works, the benefits of a healthy lifestyle & participate in structured fitness sessions with a qualified fitness instructor. **Selected** Sals Wave Pool Party sessions with inflatables, floats, games & the latest music. **Available** Birthday Parties for children leave all the planning & tidying up to the Centre.

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

Daily Druidstone Park and Woodmill Honey Hill Blean 01227 765168 Meet the friendly animals, follow the trail around the enchanted woodland & discover the sleeping dragon & other magical creatures or have fun in the adventure play area, a fun day out for all the family.

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

New Tunbridge Swimming Pool Lower Castle Field 01732 367449 Kickstart a brand new all inclusive membership with unlimited access which offers a wide range of activities for under 10's. **Every Tues & Thurs term time only** parent & child fun swim.

Ongoing Run off your Feet FREE running sessions across Kent, women & men of all ages & abilities are putting on their trainers & jogging the streets & parks of Kent all part of a county wide campaign to get people running to be qualified, enthusiastic friendly leaders. To find your local group visit www.kentstop.org.uk/rungroups. **Tel: 07730 87096.**

Ongoing Run off your Feet 07730 87096 Running Group, first session **FREE** at your local group when mentioning Parents News.

Ongoing Lydd Library Part of a library touring exhibition by Vir-Art a Maidstone group of artists, to appeal to book lovers all ages & includes work inspired by 'The Very Hungry Caterpillar'.

Ongoing Dover Leisure Centre 01304 201145 **Ongoing** full range of exercise classes with a modern fitness suite, 2 swimming pools, squash courts & sports hall.

Ongoing on Mons Cuxton Library Rochester Baby massage

courses for babies 8wks & not yet crawling. **FREE**, to book **Tel: 01634 711391. 1st & 3rd Thurs of the month** Children's activities, Health visitor drop in clinic, meet your local health visitor plus a toy library will also be available after the session, 9.30-11am. **Tel: 01634 336209.**

2nd Sun of the month Tonbridge Farmers Market Sovereign Way 07876 685853 Held in Sovereign Way with normally 70 stalls.

4th Sun of the month West Malling Farmers Market High Street 07775 736116 Wide variety of local produce, 9.30-13.00pm.

Every Sun Edenbridge Leisure Centre Stangrove Park 01732 865665 Under 16's & families roller disco.

Every Mon Strood Library 01304 335890 Toddler Shake & Boogie activity session that offers rhymes, songs & movement for pre-school children. **FREE**, Every Tues Teatime Storytime after school, Parents News. All groups are led by qualified, enthusiastic friendly leaders. To find your local group visit www.kentstop.org.uk/rungroups. **Tel: 07730 87096.**

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Every Mon Gillingham Library 01634 337340 Storytime fun sessions for pre-school children with stories & rhymes. **FREE**, Every Fri Baby bounce & rhyme time, **FREE**.

Every Mon St Andrews Church Hall Broadstairs 01843 863480 Little Ted's Parent & Toddler group, term time only.

Every Mon-Wed The Angel Centre Tonbridge 01732 359966 Kickstart members Pre-school bounce, **Every Sat** fun club 5-10yrs, **Every Wed & Fri** dance mat & target wall fitness.

Every Mon & Fri Rochester Library Eastgate 01634 337411 Baby bounce & rhyme time with finger & nursery rhymes, 18thms & under. **FREE**, **Every Sat** Pop in and Play session for parents & children, 10.30-11am. **FREE**.

4th Fri of month Advice & support - Health & lifestyle advice, drop-in, no need to book.

Every Tues Queens Road Baptist Church Victoria Gardens 01843 602792 Raindrops, parent & toddler group, termtime. **Every Thurs** 1st Parenting meet with other 1st time parents. **Every Fri** during term time Friday Club.

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

Every Tues Chatham Library Gun Wharf Dock Road 01634 337799 Storytime for pre-schoolers. **FREE**, Every Thurs until 31 Mar Toddler shake & boogie fun packed activity session.

Every Tues Hoo Library Rochester 01634 250640 Storytime fun sessions for pre-school children with stories & rhymes. **FREE**.

Every Tues Rainham Library Rainham 01634 337799 **Every Tues** Storytime fun sessions for pre-school children that include stories & rhymes. **Every Thurs** Baby bounce & rhyme time, 18thms or under. **FREE**.

Every Tues Strood Library 01634 718161 Baby bounce & rhyme time, 18 mths, **FREE**.

Every Thurs Homework club with friendly & knowledgeable staff on hand. **FREE**, Every Tues Teatime Storytime, after-school, 3-5yrs, 2nd Tues of month Advice & support - Health & lifestyle advice, drop in, no need to book.

Every Thurs Fairview Community Primary School 01634 376270 Parents & toddlers club term time only 10-11.30am. **Every Thurs** Baby bounce & rhyme time, parents & carers can enjoy knee bouncing, finger rhymes & nursery rhymes, 18thms & under, term time only, 01634 337340.

Every Tues Walderdale Village Library Chatham 01634 686467 Toddler shake & boogie activity session that offers rhymes, songs & movement for pre-schoolers. **FREE**, Every Wed 10.30-11.30am. **FREE**.

Every Thurs Pembury Library 01892 822278 Storytimes, 2.30-3pm, drop in only. **FREE**.

Every Fri Grain Library Rochester 01634 335872 Homework club with friendly & knowledgeable staff on hand. **FREE**, Every Sat 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 Lordwood Library Chatham 01634 862096 Teatime Storytime after school storytelling, 3-5yrs & Toddler shake & boogie. **Every Fri Wigmore Library** 01634 235576 Toddler shake & boogie activity session that offers rhymes, songs & movement for pre-schoolers. Musical instruments, scarves & parachutes are often included.

Last Fri of each month Bedbugery National Pinetum & Forest Goudhurst 01580 879820 Beginners Health Walk, lasting approx 30mins-1hr & will cover between 1-4km. **Every Fri** Mon Moderate Health Walks, 1-1 1/2 hrs between 4 & 6km. **Every Fri** Mon 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.

Every Sat Medway Little Theatre Rochester 07939 921041 Youth Company for 12-18yrs & children's workshop, 7-12yrs.

Every Sat Dickens House 01843 871133 Broadstairs History Walk, 2pm.

Every weekend Broadstairs Harbour 07847 473615 Market, weather permitting.

Until 19 July Pagoda Centre Tunbridge Wells 0772 5445041 Princes Trust Team programme a 12 week course for young people 16-25yrs who are currently not in employment, education or training. It is designed to help you gain lots of new skills & develop skills that you already have. The course is **FREE**, & will not affect any benefits that you may be receiving.

Until 28 July Shorne Woods Country Park Gravesend 01474 823800 Archaeology in the Park, meet the archaeologists & take a **FREE** guided tour, 27 July-1 Sept Summer Holiday activity trail, foolw the clues, answer the questions & complete the trail to receive a prize.

Until 30 Aug Chatham Historic Dockyard Chatham 01634 832845 Exhibition of historic photographs & other artefacts in 'Exploring Antarctica the final Expeditions of Scott & Shackleton'.

2.9.16.23 July Capel Le Ferne Farmers Market 07796 432445 Selling a wide range of local produce to include fish, meat, eggs,

desserts & lots more.

5.7.12-14.19.21 July Hall Place Bexley 01322 621238 All About Owls meet captive owls & event get the chance to hold one. **24 July** Open Air Theatre Sherlock Holmes.

29 July-2 Aug Animal Magic meet owls, meercats, a porcupine, parrots, a skunk, bearded dragons, snakes, rabbits & much more.

6 July Langton Green Village Fete On the Green behind the Hare public house, Tunbridge Wells With fairground attractions for all ages, face painting, ice cream & candy floss, hog roast, 20ft slide, Punch & Judy, children's games, arena shows including a Birds of Prey demonstration, belly dancers, a dog show & lots more, entrance under 16's **FREE**, 12-5pm, www.langtongreen.org.uk.

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

6.7 July Church Street Boat Fair Church Street Whitstable 07751 307708 One of the largest boat fairs in the area, gates open at 7am.

6-7 July Broadstairs Summer Fair Victoria Gardens Broadstairs 01227 700894 Attractions to include a local seal colony.

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

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

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

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Rochester: 12th-16th August 2013
Tonbridge: 19th-23rd August 2013
Email: veribypqaacademy.com to book your place
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THE NEW GENERATION OF WEEKEND
DRAMA SCHOOLS FOR AGES 4 TO 18



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week

4-6
year olds
from
10am-1pm
only
£40
per week

family fun fair rides, children's entertainment, game stalls, lots of crafts & knick knack stalls, boat trips from the harbour plus lots more. **FREE**, entry 10am-late.

6-7 July Danson Park Bexleyheath Kent 020 8319 9230 Danson Festival with lots of crafts, 10-5pm.

6-28 July Dover Castle & The Secret Wartime Tunnels 01304 211067 Castle Comes Alive, meet members of King Henry 11's royal court interact with a host of characters including the King himself, all ages.

7 July Elm Court Farmers Market 07876 685853 There are normally more than 40 stalls, 9.30-1.30pm.

7 July Dover Carnival Parade www.dovercarnival.co.uk Charity Dragon Boat Race & family fun, **FREE** admission.

14 July Buss Farm Bertheden 01622 751000 Darling Buds Classic Car Show family day out with traditional children's rides, New Sale, www.bazaarah.co.uk.

7.14.12.18 July Open Seal & Wildlife Watching Trips 07837 562076 A one and a half hour trip to a local seal colony.

12 July Gravesend Farmers Market Junction with Windmill Street 07775 736116 Variety of local produce to include seasonal vegetables & fruit, fridge, preserves & much more.

12-14 July Sandwich Folk & Ale Festival Taking part in most pupas & several steets in Sandwich, most events will be **FREE**, there will also be Morris dancing & lots more on offer.

12-14 July Kent County Showground Maidstone 01622 630975 Three day show bringing together the very best of Kent with animals, food, fun & excitement.

Flower Show, food tent creative craft show, canine arc, show jumping, vintage vehicles hundreds of cattle, sheep & goats, pus camel racing in the ring live music & the Kent Spitfire flying overhead.

13 July Istead Rise Community Centre Worcester Close 07935 709417 Vintage Fair with arts, crafts, clothing with vintage theme.

13-14 July St Margaret's Village Hall Reach Road Dover 01304 852571 Garden Safari visit more than 30 gardens plus plants, art & refreshments on sale in some of the gardens.

13.14.20.21.26.28 July Hever Castle Kent 01732 865224 Joining Tournament. **27-28 July** Celebration Tournament.

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01892 870307 Summer holiday fun with a new mini maze

21 July Childhurst Farmers Market 07775 736116 Produce to include seasonal fruit & vegetables, chocolates, bread, meat, cheese etc

21 July Bore Place 01732 462355 Open Farm Sunday

24 July Stangrove Park High Street Edenbridge 01732 868102 Open Air Summer Concert. **FREE**.

24 July 2nd Hopi Farm Paddock Wood 01622 870821 Summer Fun 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), bumper boats, slides & more. Lots of fun to find what secrets are unearthed at an archaeological dig & lots more, activities & entrance to all events is **FREE**. **Every Sat** mom Guided Town walks, 90 minute stroll

20 July Pilgrims Hospice Canterbury 01227 812624 Summer Fair there will be many craft stalls, a bottle tombola, raffle, bbq & lots more. **FREE** entry.

20 July Otford Memorial Hall High Street Otford 07935 700417 Craft & Gift Fair. **FREE** entry.

20-21 July Brogdale Farm Brogdale Road 01795 553286 Furry Festival with tastings, orchard tours throughout the day along with other entertainment, food & craft stalls, coking demonstrations & lots more.

20-21 July Old Town Hall Gravesend 07821 252322 Gravesend Central Model Railway Show

20-25 July Deal, Walmer & Kingsdown Regatta Week 01304 201066 30 July Teddy Bears picnic on Walmer Green. 21 July 4.30pm

17-21 July Folkstone Racecourse www.thewarandpeacefestival.co.uk War & Peace Reveal visitors will be able to watch the incredible action packed battle re-enactments, a full scale choreographed battle

to give you a taste of the action at the front. Thousands of military vehicles are expected to gather from around the world representing the armies of the 20th century & lots more. **Tel: 0845 652 6263**

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What's On
London
Calendar
Go to Page 5

Stretch your child's imagination in three directions at once!



IF YOUR CHILD is between 4 and 16, he or she is ready for Stagecoach to teach them to act, sing and dance.

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

Schools are open in normal term time for three hours at weekends.

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Blowing the Whistle on GDC Scam.

Orthodontists and the General Dental Council are operating an illegal scam to withhold information from the public about new methods which can avoid almost all extractions and even major jaw surgery. This is being done partly to protect traditional methods and partly to preserve the high incomes of orthodontists and surgeons. Research suggests that this British development is being ignored in the UK while spreading rapidly abroad. As a result hundreds of children and young adults have extractions and jaw surgery, unaware they may be unnecessary.

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

There is another way.

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

ORTHOTROPICS

The alternative to orthodontics with extractions and surgery.

Orthodontists usually require the extraction of 4 to 8 sound teeth although this is frequently denied.

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

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

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

Established for over 60 years

High quality dance classes in Ballet, Tap, Street Jazz, Modern and Musical Production

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Education

The *Anti-Bullying Alliance* launches official theme of **Anti-Bullying Week 2013** and announces writing competition collaboration with children's authors

The *Anti-Bullying Alliance* (*ABA*), based at the *National Children's Bureau*, are delighted to announce this year's theme for **Anti-Bullying Week: The future is ours: safe, fun and connected.**

Despite significant improvements in technology, with global communications now at our finger tips, there is a wealth of evidence suggesting that cyber bullying is becoming ingrained within internet-culture and is as prevalent as ever. This **Anti-Bullying Week**, The *Anti-Bullying Alliance* calls on young people to take the lead on creating a future without bullying, by using the privilege of new technologies to promote positive communication rather than being held back by cyber bullying.

National Coordinator of



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The Anti-Bullying Alliance

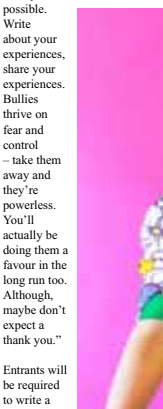
Burdock, **Laura Dockrill**. A graduate of the *Brits School of Performing Arts*, Laura has been dubbed one of *The Times* 'top ten literary talents' and named in the 'top twenty hot faces to watch' by *ELLE* magazine.

'**The 13 - 18** years will have their work appraised by incredible new author **John Lucas**, author of gritty novel *Turf*, a 'powerful and unsettling' (*Telegraph.co.uk*) read which was received with a swathe of glowing national reviews including the *Financial Times* who proclaimed it 'a terrific debut'.

Laura Dockrill said: "Creative writing is a perfect way to help tackle the root of bullying so I am honoured to support **Anti-Bullying Week 2013**. Young people can write honestly and openly, using characters and guises to explore and challenge their experience, use animals or superheroes or warriors to express their inner emotions. Emptying their heads and hearts onto an empty page can be daunting

but less scary than telling somebody their own story. This creative and cathartic response can be shared from classroom to *Facebook*, helping and encouraging others and also embracing social network sites as a place for socialising rather than negativity whilst also achieving some special dazzling work, something a young person can be proud of."

John Lucas said: "Bullies are basically unhappy. If they weren't they wouldn't feel the need to make other people's lives miserable. That's a fact. One aspect of writing that I've always loved is the opportunity to take life experiences - good or bad - and turn them into something positive by the very act of writing about them. If you're being bullied, social media gives you the chance to tell people what's happening in ways that never used to be possible. Write about your experiences, share your experiences. Bullies thrive on fear and control - take them away and they're powerless. You'll actually be doing them a favour in the long run too. Although, maybe don't expect a thank you."



Yes, I can touch-type

Over the past nine years the 'Yes, I can touch-type' course has gained an outstanding reputation; teaching young people of junior and secondary school age to touch-type in just ten hours. The course is now available with school summer holiday courses based at Sydenham High School. The *Yes, I can touch-type* program and teaching method were developed specifically to teach to young people. Complete beginners become competent touch-typists within ten hours. Importantly, the very small size of teaching groups ensures there is always a happy and relaxed atmosphere. As the mother of a 12 year old recently wrote, 'Harry has really enjoyed the course and it is a credit to you for making it fun and building up his confidence.' So, learning such an important skill as touch-typing doesn't have to be a chore.

Contact Norman on **www.yes-tuitionandtraining.co.uk**
020 7515 1707

short story, blog, news article or poem of no more than 500 words, that describes their vision of a world where young people have taken control of cyberspace - and eliminating bullying for good.

The best entries will be shared through the *RHCP* social networking sites and the *ABA* blog, websites and social networking sites. The successful applicant in each age category will win the opportunity to personally select their own collection of *RHCP* titles whilst a further fifty books will be awarded to their school or college. In addition, the winner will receive a visit to their school or college by **Laura Dockrill** (8-12 years category) and **John Lucas** (13-18 years category) who will present the prizes to the winner of each category.



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

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or call Norman on **07961 427640**
www.yes-tuitionandtraining.co.uk

Entries should be sent in via the *ABA* website **www.anti-bullyingalliance.org.uk/updates/take-part-in-abw2013-writing-competition.aspx**

The competition closes on Monday 30th September. More details can be found at **www.anti-bullyingalliance.org.uk**

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July 2013

July 2013

Good dental habits....

...start young says **Chig Amlin**, owner and principal dentist at *Epsom Dental Centre* - a family friendly dental practice in the heart of Epsom. The practice regularly treats children and their parents and is constantly asked for tips on how to keep children's teeth healthy. Here are Chig's top ten tips for looking after your children's teeth:

- 1.Start good dental habits early** - parents should start brushing baby's teeth as soon as they start to come through. Continue to help them clean their teeth until they are old enough to do it themselves - usually from about the age of seven.

- 2.Brush twice a day** - after breakfast and at bedtime ideally. If you are helping your child, the easiest way is to sit or stand behind them - this helps to get to both top and bottom teeth.

- 3.Get into a brushing routine** - this will help when your child starts to brush their teeth on their own. Use a pea-sized amount of children's fluoride toothpaste and a brush that has been designed for children.
- 4.Teach your child** the best way to brush their teeth by themselves. They should use soft circular motions on each

tooth on both the front and back.

- 5.Give lots of praise and encouragement** when they brush their teeth well so that they develop good brushing habits. Check every few days to make sure that they are doing it correctly.

- 6.They should spend at least two minutes** brushing their teeth. Use an egg timer to help them time how long to spend.

- 7.Change your child's** toothbrush every three months
- 8.Take your child with you to the dentist** from an early age as this will help them become familiar with sights and sounds of a dental surgery.

- 9.Dental check-ups are free** for children up to the age of 18. **Your child should visit the dentist every six months** once their teeth come through. The dentist will check for signs of decay or gum disease and give advice on specific issues.

- 10.Encourage plenty of healthy eating.** Avoid giving sugary snacks but eat plenty of fresh vegetables and fruit to keep your children's teeth in tip top condition and help them maintain a perfect smile for life!

Have you heard the news?
SpongeBob SquarePants says 'Come Ear' to his pals!



This summer, *Cirrus Healthcare* launch their new range of soft silicone earplugs into larger *Boots* stores, providing a new and fun way to protect your child's ears. Joining *SpongeBob SquarePants* on the shelves will be old time favourite *Mickey Mouse*, best girl *Hello Kitty*, *Nemo*, *Cars* and *Princess Ariel*. These specially designed ultra soft earplugs are ideal for swimming, showering, or bathing. Whether you want to protect your child's ears from infections whilst they swim on holiday, ensure that the loud music at festivals does not damage their ears, or just want a pair yourself because they're cute and ever so cool, these brand new earplugs offer a great solution.

Aqua Ears use the same technology as *BioEars*™, which is one of the best selling products from the world's leading innovators in ear care, *Cirrus Healthcare*. Suitable for all ages, they are available in larger *Boots* stores now.

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Baby Swimming Tips

Babies love being in water, it's a fact. After spending the first months of their life in the womb, water is a familiar environment for babies and a great way to keep them active and have some fun. It's recommended you wait until your baby is around six weeks old before taking them for their first dip in the pool, but many swimming lessons accept babies from around four weeks.

- Tip 1:** Before your first swimming trip, get your baby used to water in the bath. Make bath time fun and enjoyable, splashing water and playing - all great ways to build confidence with your baby in the water.
- Tip 2:** The swimming pool can be a busy and noisy environment. We suggest visiting the swimming pool during off peak times, ensuring a relaxing and enjoyable experience your baby.
- Tip 3:** For your first swimming experience, try spending a

maximum of 15 - 20 minutes in the water with your baby, getting them used to the surroundings and water.

- Tip 4:** Be prepared with swim nappies for your baby - necessary for keeping your baby comfortable and secure throughout their time in the water.
- Tip 5:** Check the pool temperature before you take a dip, 32 degrees is ideal temperature for babies under 3 months old.
- Tip 6:** If you aren't confident in the water, take along a partner or friend to help out. If you feel relaxed in the water, your baby will too.
- Tip 7:** Stay close to your baby and make eye contact throughout. Smiling, laughing and talking to your little one will make them feel at ease and enjoy the experience.
- Tip 8:** If you're wary of swimming with your baby for the first time, there are number swimming aids available, ideal for giving your baby support



and buoyancy in the water.

- Tip 9:** Swimming burns lots of energy and can be dehydrating, so be sure to take along food and water for your baby for afterwards.

- Tip 10:** Most importantly, have fun and enjoy this great bonding experience with your baby. For swimming tips and aids, **www.zoggs.com**

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Learn to touch type
Touch typing course for children and young people, aged 7 - 16 years. Four day courses at New Malden Library, week beginning 15th, 22nd July and 27th August, cost £125 per place. Beginners and improvers welcome. More information from nickandarah@hotmail.com or for more information, see our website at www.typingschool.co.uk

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Book Reviews

Swallows and Amazons

Arthur Ransome's classic series, *Swallows and Amazons* is available as an unabridged audiobook collection for the very first time.

Audible.co.uk will make all twelve novels available to enthrall a new generation of explorers, adventurers and pirates. Tapping into the current trend for nostalgia, but coupled with fantastic storytelling, and great characters for girls and boys, *Swallows and Amazons* is a great the audiobook experience is one that parents and children can share together - in the car on the way to school, during bath time or before bed.

Swallows and Amazons – an enduring favourite: With the audiobook launching, and the filming for a screen adaptation scheduled for 2013, take a look at the popularity of this classic children's fiction



17 - 20 July

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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.

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Help a Hamster by Hilary Robinson

The Copper Tree helping children to help themselves a series of books following the lives of a small group of children and the lives of those around them.

There was a surprise in store for the children of Copper Tree class when they returned to school after the holidays. Henry, the class hamster, had come back with four baby hamsters. A shock for everyone, as they thought Henry was a boy hamster! With the baby hamsters now needing new homes, Alfie Tate is assigned hamster monitor. Their teacher, Mr Davis, thought Alfie was the best person for the job, as he himself is adopted and could tell the rest of the class what it was like to go to a new home.

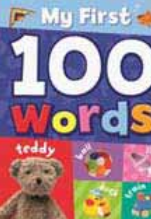
The touching story of *Help a Hamster* helps children gain a greater understanding of what it is like to be adopted. It also briefly covers the issue of bullying, as the smallest hamster, Alfonso, is ignored by his mother, Henry, and pushed aside by the others. Alfie takes pity on poor Alfonso and when he is the last to be found a new home, Alfie's adopted mum agrees to him taking the hamster home as his own.

Help A Hamster is the third book in the Copper Tree Class series of picture books aimed at 4-7yr olds £6.99 p.b

Ticktock

Summer Holiday Reading Treats!

The long summer holiday offers plenty of opportunity for reading. Why not take a *Ticktock* book for car or plane journeys, pack in the suitcase to keep busy minds occupied on holiday or even take with you on day trips to extend children's learning? Here is a round-up of some great books for children this summer.



My First 100 Words and My First 100 Numbers (£5.99) 1-5 years
My First 100... is a series of highly visual guides conceived by an educational consultant, to comply with the latest teaching techniques. Designed with bright, easily recognisable pictures drawn from the world around us to stimulate learning in young children. These books make teaching easy and learning fun!

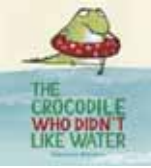
My First 100 Words (ISBN: 9781848988200)
This book features vibrant images of familiar things that children know and love to gently encourage pointing and speaking aloud. Cars, buses, trucks, animals and food are all included making this book perfect for encouraging chatter on holiday!

The Crocodile Who Didn't Like Water by Gemma Merino

Meet a most unusual crocodile!

Everybody knows that crocodiles love water, but this little crocodile is different. He doesn't like water at all. In fact, he prefers climbing trees! But it can be lonely when you're the odd one out, so the little crocodile tries his best to change. But being wet isn't for everyone – and a shiver soon becomes a cold and the cold becomes a sneeze, a very hot sneeze Could it be that this little crocodile isn't a crocodile at all?!

The Crocodile Who Didn't Like Water is a fresh and funny story, told with warmth and charm. Wonderfully witty, with comic characters and stunning illustrations throughout, this unique and uplifting story from debut author-illustrator **Gemma Merino** explores key childhood themes of friendship and acceptance, and the exciting twist in its tail proves that being different can be fun! £6.99 p.b



My First 100 Numbers (ISBN: 9781848988194)
Introducing simple counting exercises and number concepts such 'which is the biggest?' 'how many?' 'more or less?', children will enjoy recognising the familiar images on each page. An essential guide for helping with early number skills.

My Big Animal Book (£6.99) 5-7 years
No summer holiday is complete without a trip to the zoo or a farm, so be sure to take this book along! Discover the world of animals with this bright colourful book, full of fascinating facts and learn about their habitat, diet and special secrets. A perfect first reference book for young animal lovers and an entertaining introduction to a popular non-fiction subject.



My Big Truck Book (£6.99) 5-7 years
Available from 1st July 2013
If your child loves trucks, diggers and fire engines, this is the book for them! This essential reference book gives detailed insight into what each truck does and the special tools and equipment that help

it do its job. Featuring some of the busiest vehicles ever built, illustrated with superb photographs and jam-packed with fun facts to discover, this is the ultimate way to encourage fans of big vehicles to embrace books!



I Want to Draw (£6.99) 5-7 years

What better way to keep your little ones entertained this summer than with these fantastic step-by-step drawing guides from the wonderful children's artist Simon Abbott? I want to Draw is a series of four books featuring bright, exuberant illustrations to copy and add to. The special pen included on each book allows children to play clean again and again until they achieve their perfect drawing!

With Dragons, Monsters, Dinosaurs and Fairy Princesses to choose from, there are subjects to appeal to all children. The ultimate companion for a wet weather day!
ISBN: 9781848989221
ISBN: 9781848989214
ISBN: 9781848989207
ISBN: 9781848989191

The Belly Book by Fran Manushkin

Let's Have A Belly Celebration! £11.99 (hbk) Bellies come in all shapes and sizes: baby bellies, grown-up bellies, animal bellies. Some bellies are soft, some bellies are firm.

Celebrate your belly too with funny book about tummies.



July 2013

July 2013

10 Day Flab Fighting Soup Diet

Fiona Kirk's new book: Soup Can Make You Thin - The Cookbook
Soup is miracle in a bowl for weight loss, principally because of the way the liquid works with the solids which alters the way they are digested, keeping us feeling fuller for longer, curbing cravings and slashing our daily calorie intake. Studies show that including soup in a typical Western diet results in us consuming up to 200kcal less in a week - that's 1400kcal less in a week and 6000kcal less in a month!

Method
• If using fresh tomatoes, place them in a bowl, pour boiling water over and leave them for 30 seconds.
• Drain, remove the skins, stalks and seeds and finely dice the flesh. If using tinned tomatoes, remove the stalks and seeds and finely dice the flesh.

Furthermore, the bones from meat, poultry and game used to make soup stocks provide good levels of collagen and gelatin. Collagen is a protein that connects and supports body tissue; skin, bone, muscles, cartilage and gelatin supports the liver and aids detoxification.

The recommendation is to have soup twice a day; for breakfast, for lunch, for dinner or as a mid morning/mid afternoon snack and tie these in with other more solid snacks/meals.

A SAMPLE DAY IN THE DIET

Breakfast: *Very Quick Tomato Soup* (see recipe).

Mid Morning: 2 oatcakes with tinned, mashed salmon topped with cucumber slices.

Lunch: Thai Curry Sweet Potato Soup (see recipe) and a mixed green salad dressed with olive/lin seed oil and lemon juice.

Mid Afternoon: A small pot of 0% fat Greek yoghurt topped with a handful of fresh berries and a good scattering of toasted, flaked almonds.

Dinner: *Very Quick Chicken*. Steam a skinless chicken breast either on a plate (cover it loosely with tinfoil/greaseproof paper) over a pot of simmering water or in a steam basket for 10-15 minutes until cooked through. Spread pesto or olive paste on top and put under the grill (low heat) for a couple of minutes to warm through and serve with a mixed salad or at least 3 steamed, grilled or roasted vegetables.

Very Quick Tomato Soup (serves 2)

Ingredients
3 large ripe tomatoes or 3 tinned plum tomatoes
500ml fresh tomato juice
2 teaspoons Worcestershire sauce
2 teaspoons balsamic vinegar
Juice of 1 lime or half a lemon

Health & Fitness

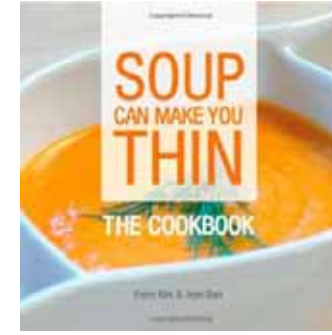
4 drops Tabasco sauce
1/2 teaspoon celery salt
Freshly ground black pepper
0% fat Greek yoghurt
Mustard cress

Method
• Put the sweet potato, red pepper, coconut milk, stock and Thai Red Curry Paste into a large pot, stir well and bring slowly to the boil.
• Reduce the heat and simmer for 20 minutes or until the sweet potato is tender and just beginning to fall apart, this will thicken the soup. You can thicken the soup further by mashing the sweet potato gently.

• Add the protein of your choice and stir over a low heat to cook through. The prawns and tofu will only take a couple of minutes, the chicken slightly longer.

• Stir in the basil leaves and when just wilted, serve the soup.
• You can add more Thai Red Curry Paste before adding the protein if you like a bit more spice.

Soup Can Make You Thin: The Cookbook by Fiona Kirk is available in print format, £12.99 through www.souperydupery.com



mugs, top each with a good dollop of yoghurt and scatter snipped mustard cress liberally around or flask it if you are on the go and top later.

Thai Curry Sweet Potato Soup (serves 4)

Ingredients
250g sweet potato peeled and chopped into bite-sized chunks
1 long, thin red pepper, de-seeded and cut into fine strips
1 x 400ml tin coconut milk (not low fat as it is liable to split when heated)
400ml chicken or vegetable stock
3 teaspoons Thai Red Curry Paste
12 fresh prawns or 1 chicken breast cut into long, thin strips or chunks of tofu
50g fresh basil leaves, chopped or torn (also works well with baby spinach leaves)

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Terms and Conditions:
1. This voucher entitles one person free admission to Chessington World of Adventures Resort, when accompanied by one person paying the full adult day rate. 2. Visitors 11 years of age or under must be accompanied by an adult aged 16 or over. 3. Visitors under 0.9 metres in height at Chessington enter free of charge. 4. Only one voucher per person and per transaction. 5. Not to be used in conjunction with any other offers or concessions. 6. Voucher must be surrendered and is not transferable / not for resale. Photocopies not accepted. 7. Restrictions apply to certain rides and attractions. 8. Voucher is valid from 10.05.13 until 04.11.13. For full terms and conditions see Chessington.com/Octonauts241

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