

# PARENTS NEWS

August 2013 No. 179 The First & Foremost Local Monthly Newspaper for Families

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## What's On August School Summer Holidays Back to School Plans

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## PARENTS NEWS

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#### Open Days

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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 advertisers. Any endorsement by **PARENTS NEWS** is explicitly stated.

# What's On

## Farming World

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**

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](http://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.

## August 2013 Murray Manis Boosts Tennis Breaks at La Manga Club

Andy Murray's historic win at Wimbledon has seen fans of the game flock to pick up a racquet with tennis break business booming at Spain's five-star *La Manga Club* since his victory this month. The award-winning resort has reported a surge in bookings from tennis lovers eager to extend the summer season after watching Murray become Britain's first men's singles champion for 77 years by beating world number **Novak**

**Djokovic**. 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 stardom, while the *Lawn Tennis Association (LTA)* is using the venue as its overseas training base until 2016. Players of all ages and standards can brush up on all aspects of their game at the venue's magnificent 28-



### South African number one Kevin Anderson

court tennis academy over the coming months – with accommodation and daily court hire or tuition on offer from just €94 per night for a four-night stay.

Available from **August 19** until the end of October, the price includes accommodation in the fully serviced, four-star *Las Lomas Village* apartments, breakfast, VAT and access to *Spa La Manga Club's* fitness centre, indoor pool, saunas and steam rooms.

Prices for the 'Best Tennis and More' packages are based on two people sharing a twin or double room and tennis lessons must be booked in advance.

And anyone who would prefer to take a break from tennis for a day has the option to exchange a session for a variety of other activities including a round of golf on one of *La Manga Club's* three championship courses, a 30-minute spa treatment or dinner in one of the resort's many restaurants.

For more information  
00 34 968 17 5577  
reservas@lamangaclub.com  
www.lamangaclub.com

# SUMMER FUN FOR EVERYONE!



Visit  
[www.farming-world.co.uk](http://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,
- Harvest Weekend,
- 999 Emergency Services Day,

**Show this advert to receive 50p off entry per person in your party.**  
(PN Aug. Valid 29/7 - 31/8/13)

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



## YOUR KINGSTON MUSEUM

### SUMMER FUN AT KINGSTON MUSEUM!

**MORNING CAMPERS!**  
Exhibition about the British holiday camp with loads of fun activities to try out!  
26 July - 14 September

THUMBS UP IT'S THURSDAY

July 25 Magic Lanterns  
August 1 Medieval Monsters  
August 8 A Taste of History  
August 15 Beside the seaside  
August 22 Amazing animals  
August 29 Marvellous Moving Toys  
Family activities for children of all ages, Thursdays 1-4.30pm

SNAPPITY THE CROCODILE

Under 5s activities every Friday 10.15-11am

Admission and all activities are free!

KINGSTON MUSEUM  
Windsor Way, Kingston upon Thames KT1 2PS  
020 8547 3005  
www.kingston.gov.uk/museum

Tuesday, Friday & Saturday 10am-5pm  
Thursday 10am-1pm

## SWIMMING LESSONS

For Babies and Kids

Beginners to Advanced



BOOKING NOW FOR SUMMER CRASH COURSES

Available during first two weeks of school holidays  
Book a Crash Course and receive 2 weeks FREE additional tuition the last week of August

Diving and Life Saving crash courses also available.  
We teach our swimming lessons in the water

Hook Aqua Centre

7 Hawthurst Gardens, Hook, Chessington, KT9 1JH  
Phone Call on 020-8397-7731  
[www.hookaquacentre.co.uk](http://www.hookaquacentre.co.uk)

## 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:  
Downsend School Ashted/Leatherhead  
Epsom College

For more info contact Colin on 01372 739600



**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 your 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. Layering** - 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 the beach. These double up as a

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](http://www.A1travel.com)



**Epsom Downs Racecourse** has an action packed afternoon of racing and entertainment for the young and old alike on **Family Fun Day, Monday, 26th August**. Entertainment includes pony rides, a petting zoo, bouncy

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

**Surrey Bell Tents**

A local family business providing beautiful canvas Soulpad Bell Tents for any occasion. Whether you are planning a children's party, camping holiday, barbecue or any other occasion we can deliver a memorable rental package that takes all the hassle out of your planned event at a very reasonable price.

Just visit [surreybelltents.co.uk](http://surreybelltents.co.uk) to see our full range of services and prices. Then call or email us to discuss your requirements and we will do the rest. [surreybelltents@rocketmail.com](mailto:surreybelltents@rocketmail.com)

020 8395 4581  
07948 795 626

**Dancetime**  
Freestyle Line Dance Latin American Ballroom  
Classes & Private Lessons - Effingham & Oakley Parties, Club Events, Wedding Dance  
Contact Beryl: 01306-628217 07733-107079  
[www.dancetime-uk.com](http://www.dancetime-uk.com) [beryl@tecrec.net](mailto:beryl@tecrec.net)

**Old Barn Stables**  
Waffrons Farm, Woodstock Lane South, Chessington, Surrey  
**A Friendly, Family Run Riding School**  
• BHS Qualified Instructors • All weather sandschool  
• All ages & abilities • Lessons & Hacks  
• Pony Days • Holiday Fun Woodland Walk  
For directions and info, call **020 8398 0822**

Thanks Mum!

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

now I couldn't do without it.

Book your child a consultation today

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

Call us on **020 8390 1839**

**WALPOLE** THE ORTHODONTIC SPECIALISTS

[www.myorthodontist.co.uk](http://www.myorthodontist.co.uk) Walpole House, 15 St Leonards Road, Thames Ditton, KT7 0RL

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!

[thedockyard.co.uk/pirates](http://thedockyard.co.uk/pirates)

**First Class Bid**.co.uk

A new and exciting online auction site  
Win genuine quality products including  
properties starting from £1  
[www.firstclassbid.co.uk](http://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  
Email [angela.barrett@gonvilleacademy.croydon.sch.uk](mailto:angela.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

**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 Duffie**

Make packing for your trip fun with an adorable Animal Wheelie Duffie. Available in five eye-catching, animal designs including a Ladybird, Turtle, Clownfish, Dinosaur and a Bee, all of the duffies coordinate perfectly with LittleLife's popular Animal Toddler Daysacks. Packing is easy thanks to the clever 'stay-put' lid and the duffie's spacious, 20L compartment has plenty of room for your child's holiday essentials. Made from a hardwearing nylon fabric, the Animal Wheelie Duffie 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 Duffies meet most airlines' hand-luggage requirements for even greater convenience.

[www.littlelife.co.uk](http://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 you need when traveling with children. Plus the fun characters and colors bring admiring comments from other travelers.

August 2013

**Enjoy Pet-Friendly Holidays With Luxury Self-Catering Specialists, 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-from-home.

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.

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 Trewiddle 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 en-suites 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](http://www.naturalretreats.co.uk)



**Rural Life Centre**

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

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

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

From cheeky monkeys to leaping lemurs, noisy otters 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](http://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.  
Closest railway station Battersea Park.

**ZOO**  
Battersea Park  
Children's Zoo



**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](http://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 Table with 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 & practice 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 Ninja 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!



There aren't many places that you can take the kids for free in the school holidays but horseracing is a great exception with under 16s getting in free at courses across the country. And, as well as spectacular horse racing, the chance to get some fresh air and see the equine

stars strut their stuff, the budding young jockeys in your family will also be able to find out more about the Sport of Kings at the new *Kids love the Races' Roadshow*. From weighing in and seeing how they measure up to some of the sport's most famous faces, to

designing their own racing silks, kids will also be able to take a look at some specialist racing equipment and have fun learning about 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.lovethehorses.com/kids-go-free](http://www.lovethehorses.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.lovethehorses.com/kids-go-free](http://www.lovethehorses.com/kids-go-free)**





**29 July-2 Aug Epsom Playhouse** Ashley Avenue 01372 742555 Edustage Musical theatre summer school for 8-11yrs.

**29 July-2,5,9,12-16 Aug Painshill Park** Portsmouth Road, Cobham 01932 868113 Wild Summer Camp with den building, woodland craft campfires, treasure hunts & lots more, 8-13yrs.

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

**Daily South Norwood Recreation Ground** Car Green Road Croydon 020-8760 5707 Fitness Trails for adults & children of all fitness levels to get fit & keep fit. Positioned at each exercise station are signs showing the exercise to be undertaken with the suggested number of number repetitions.

**Ongoing Lightwater Country Park** 01276 479582 Meditation classes, **FREE**, donations welcome but not expected, **Tel:01276 479744**, [www.meditationuk.co.uk](http://www.meditationuk.co.uk)

**Ongoing Dupass Hill**

**Outdoor Gym** Each item has clear instruction for its use over 12's.

**Recently re-opened Kidplay Cafe** 282-284 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, 2 miles last approx 1hr, meet 11am **FREE** & same walk on potentially hilly terrain, 3-miles ideal for advanced walkers, 2pm, **FREE**. **Every Sat Park run**, **FREE** weekly timed 5k run, need to register first.

**Every Mon Parchmore Community Centre** 53-55 Parchmore Road 020 8726 6000 x88965 Circuit for those new to exercise, returning after illness & the more mature exerciser.

**Every Mon Blenheim Children & Family Centre** Bromley 01689 879145 **Tues, Wed & Fri** morn toddlers activities.

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

**Every Tues Coulsdon Library** 020 8726 6900 Bookstart Rhymetime for babies & toddlers, Wiggle & Jiggle, 2-4yrs. **Every Thurs** Storytime, 2 ½+yrs. **Every Sat** Storytime, under 7's, **FREE**.

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

**Every Tues Purley Library** 020 8726 6900 Bookstart Rhymetime for babies & toddlers & Wiggle & Jiggle, toddlers over 18mths. **Every Fri** Storytime 2 ½+yrs. **Every Sat** Rock & Rhyme for babies & toddlers. **FREE**.

**Every Tues Centrale Shopping Centre** Croydon [www.centrale.co.uk](http://www.centrale.co.uk) In the Early Learning Centre playtime sessions for

children, all ages with all kinds of arts & arts from making face masks, cards, painting, colouring or just play, **FREE**, 10-12pm, **Tel: 020 8686 7535**.

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

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

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

**Every Wed Sanderstead Library** 020 8726 6900 Bookstart rhymetime, babies & toddlers, Wiggle & Jiggle, 18mths+yrs, Storytime 2 ½+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.surrey.gov.uk/kidstuff](http://www.surrey.gov.uk/kidstuff)

**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 Church** Addington Road 020 8726 6000 x88965 Circuits Low intensity for mature exercisers.

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

**Every Thurs South Norwood Leisure Centre** 164 Portland Road 020 87266000x88965 Aquacise sessions.

**1<sup>st</sup> 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](http://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](http://www.surrey.gov.uk/kidstuff)

[surrey.gov.uk/kidstuff](http://www.surrey.gov.uk/kidstuff) Rhymetime, **FREE**. **Every Thurs** Storytime, **FREE**.

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

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

**Every Fri Warlingham Library** [www.surrey.gov.uk/kidstuff](http://www.surrey.gov.uk/kidstuff) Storytime, **FREE**.

**Every Fri Bradmore Green Library** Old Coulsdon 020 8726 6000 X64952 Bookstart Rhymetime for babies & toddlers, Wiggle & Jiggle, 2-4yrs. **Every Mon** Storytime 2 ½+yrs & 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 pre-school 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 ½+yrs. **Every Sat** Rock & Rhyme for babies & toddlers. **Monthly** story & craft workshops, 5-10yrs.

**Every Fri New Addington Library** 020 8253 1023 Bookstart Rhymeime 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 of each month** Chatter Books reading group for 8-12yrs, **FREE**.

**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.

**1<sup>st</sup> 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

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sessions with full skate & safety equipment provided, doors open 6.15pm, **Tel: 07970 266790**.

**Every Sat The Green Dragon** 58-60 High Street Croydon 020 8667 0684 Storytime for families 3-7yrs, drop in 2hr session with stories, puppets, arts activities & songs, **FREE**.

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

**1 Aug Bourne Hall 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. **7,13,14,21,27,28 Aug** family walks limited places. **15 Aug** Meet the

Saxon King Raedwald from Sutton Hoo. **22 Aug** Myths Day. **29 Aug** Take Aim, Fire discover what life was like during the 18<sup>th</sup> 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 cinema. **29 Aug** Oz The 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 Chertsey Museum** 01932 575374 Summer Fun create a designer shopping bag using fabric crayons & sparkly bits, 5-12yrs. **8**

**Aug** Beautiful Blackboards decorate the frame of your 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 theme. **29 Aug** Customise a desk organiser, all above 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, marshmallows & other weird materials, families, 5+yrs. **21 Aug** Home Sweet Home exhibition for

families. **21 Aug** Museum Baby 0-walking, activity 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 at children & families to explore forest school 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 for creepy crawlies, family 2hr event.

**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](http://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

## 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

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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.

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



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<b>East Dulwich</b>	<b>020 8299 2811</b>	<b>South Norwood</b>	<b>020 8462 4565</b>
<b>Forest Hill</b>	<b>020 8699 0264</b>	<b>Wallington</b>	<b>020 8819 4466</b>

**KUMON**

Fees vary. Please refer to your local study centre.

[kumon.co.uk](http://kumon.co.uk)



# 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 Daysacks

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](http://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](http://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:** no bad!



## A Personalised Leather Satchel and Lunchbox

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 – a *Bella* 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



personalised lunchboxes. Founded by Entrepreneur and Mum of five **Claire Barratt**, *ClaireaBella* offers a whole host of exclusive personalised paraphernalia; classic jute bags, cotton tote bags, hoodies, t-shirts, pyjamas, phone cases, diaries, notepads, candles and chocolate bars exclusively from [www.toxicfox.co.uk/claireabella](http://www.toxicfox.co.uk/claireabella) The *ClaireaBella Leather Satchel* exclusively from [www.toxicfox.co.uk/claireabella](http://www.toxicfox.co.uk/claireabella)

## 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.

Its solid construction and unique motion makes the **Vtriker Elite** ideal for 7 to 14 year olds to zoom round the park and race their mates. Watch out though – it's great fun for all ages and offers a full

body workout, so parents may not resist a sneaky turn! Other practical features will help establish the **Vtriker Elite** as the next must-have in toys: the safety grip handles, non-slip footplates and dual braking system minimise the risk of accidents and it's easy to carry around.



weighing in at only 9kg

## 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.mybunjee.com](http://www.mybunjee.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](http://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

## Easy2name .....

.....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

choice from the 'Fab and Funky' designs, including an allergy range.

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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

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## 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 hole-punched 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.

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



The infection is spread quickly and easily through the coughs and sneezes of someone who is infected. It causes a rash of red, itchy 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 your 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.



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# 11+

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email [admin@oxbridgeuk.com](mailto: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 Antarctic 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 Royal Academy of Arts** 020 7300 8000 [www.royalacademy.org.uk](http://www.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 authenticity & emotional resonance of walking through the corridors where Churchill made history.

**Every Sun National Gallery** [www.nationalgallery.org.uk](http://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.

**Every Sat Blue Elephant Theatre** Camberwell 020 7701 0100 Young People's Theatre workshops, various age groups 7-18yrs, FREE to join.

**Every weekend Tate Modern** Bankside SE1 020 7887 8008 Open Studio play & create with ideas & materials from artworks in the collection displays for all ages. Daily Family resources

with paper based activities for families all ages, FREE. Daily Children's Multimedia Guide keeps children entertained & animates art works through music, video clips & entertaining games, 5+yrs. Daily Under 5's Zone a new play space for families, FREE. Every weekend Start Sessions with games, map making & clue matching, 5+yrs, FREE.

**Every weekend Temple Station** 020 7222 1234 Harry Potter Locations Tour, 2 ½ hrs.

**Every weekend Greenwich ClocktowerMarket** Greenwich High Road Quirky weekend market has 50 stalls specialising in vintage, retro & antiques with a few contemporary craft stalls, FREE entry, [www.cloctowermarket.co.uk](http://www.cloctowermarket.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 4-12yrs. 4,5,11,12,18,19,25,26 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

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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.

**5 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. 10,17 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 from the past & take part in an exciting performance, 6+yrs, **FREE. 4,11,18,25 Aug Discover Sun** all ages, **FREE. 5,8,12,19,22,26 Aug Make a Batik mix headwrap**, 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.**

**3 Aug Prudential RideLondon FreeCycle** With up to 50,000 cyclists exploring an eight mile traffic FREE loop in central London, [www.PrudentialRideLondon.co.uk](http://www.PrudentialRideLondon.co.uk)

**3 Aug St James's Park** Showcasing junior events, hand-cycle racing & a professional women's event on a closed road circuit in & around St James's Park, [www.PrudentialRideLondon.co.uk](http://www.PrudentialRideLondon.co.uk)

**3 Aug Queen 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](http://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](http://www.lollibopfestival.co.uk)

**3-30 Aug Sea Life London Aquarium** 0871 663 1678 [www.sealife.co.uk/london](http://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**, 13-15yrs. **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](http://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+yrs, **FREE. Explorer backpacks**, families under 7's. **Dippy Floor puzzle** under 7's, **FREE. Bookasaurus**, families under 5's. **Jurassic Ark** family activity pack includes code breaking activities. **Daily Learning Activators** 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](http://www.communityhospice.org.uk) Teddy Bears' Picnic in the woods with stalls, entertainment & a picnic box for every child. Entertainment to include Peppa Pig & Bearmy, 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



## Is my child dyslexic? Recognising the signs...

According to the recent report *A Fish in the Tree* <http://driveryouthtrust.com/wp-content/uploads/2013/04/DYT-FishintheTree-LR.pdf> by The Driver Youth Trust 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.

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

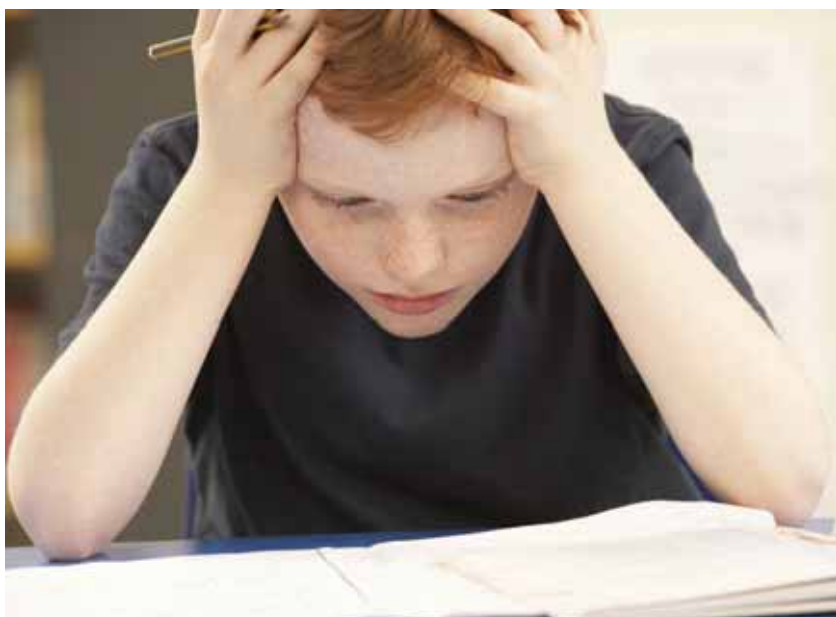
1. Firstly, dyslexia is hereditary so do you or anyone in your family have dyslexia?
2. Does your child display poor concentration and are they easily distracted?
3. Is their performance in class below average compared to their classmates?
4. Do they struggle with their 'b's and 'd's', 'p's and 'q's

and use them the wrong way round?

5. Do they have difficulty following instructions especially if they are written?
6. 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 children their age?
8. Are their oral skills noticeably more developed compared to their reading and writing skills?
9. During activities, 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>



## 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](http://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 hands-on 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, hire-car and bed and breakfast.

**Classified** Lineage-£1 per word inc vat min 10 words Box - £40.00 inc vat +£5 for colour. Classified pay for ten entries get two free. Boxes pay for 5 entries get one free. Cheque payable to **PARENTS NEWS**, 10 The Manor Drive, Worcester Park, Surrey, KT4 7LG Tel: 020 8337 6337 Deadline see P2. For a receipt send SAE.



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