

PARENTS NEWS

July 2013 No. 222 The First & Foremost Local Monthly Newspaper for Families

1993 - 2013
21st Successful Year
Thank you

FREE

www.farming-world.com

What's On in July & School Summer Holidays

www.spinnakertower.co.uk

www.shakespearesglobe.com

Published on time, every time since 1993
www.parents-news.co.uk

Three Editions in South-East England



ISSN 1362-5551

South West London & Surrey

PARENTS NEWS

Next Issue August
Editorial Deadline: 12 July
Advertiser Deadline: 18 July
Distributed 29 July

Summer Holidays
Publishers & Editors:
Fergus & Penny McCarthy
Distribution 60,000 South
West London & Surrey; 78,000
Kent; 54,000 London South
East Surrey & West Kent.
Distributed through schools,
nurseries, libraries, leisure
centres, restaurants, advisers,
play schemes and events.
Subscription by post £15 year.

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

PARENTS NEWS UK
ISSN 1362-5551
10 The Manor Drive,
Worcester Park, Surrey,
KT14 7LG.
020 8337 6337
info@parents-news.co.uk
www.parents-news.co.uk

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

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 front of everyone's mind. But at **Farming World**, Boughton, Nr Canterbury all the family can enjoy a brilliant day out 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 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*).

SUMMER FUN FOR EVERYONE!

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

- Superheroes Week,
- 'Have a Go' Falcorny Day,
- Creepy Crawly Days,
- Art Workshop,
- Circus Skills & Big Top Circus Shows,
- Teddy Bear's Picnic,
- Birds of prey & flying demonstrations,
- Large adventure play,
- Rare breeds & farm animals,
- Heavy horses,
- Indoor soft play,
- Craft room,
- Mini golf course,
- Tractor and Trailer Rides,
- Hot & cold refreshments.

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

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

- **2nd Aug** – *'Have a Go' Falcorny 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 from and joining the circus? Come and join us at the circus, with amazing performances in the big top everydays 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** – *Circus 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.

PARENTS NEWS 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 children aged 3 - 15 years, concessions £5.50. ** There will be an extra fee for the circus performances.

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

let us cook.co.uk
info@letuscook.co.uk

Exciting new cookery school opening up in Sutton for children & young people of all ages and abilities.

Our classes are fun, rewarding and knowledgeable.

Come and learn to cook exciting, tasty food with a Lettis qualified teacher.

Cooking is a Life skill

So come and join us! Places can be booked online now! www.letuscook.co.uk

SWIMMING LESSONS For Babies and Kids
Beginners to Advanced

Book a Crash Course and receive a weeks FREE additional tuition the last week of August

Available during the two weeks of school holiday

Book a Crash Course and receive a weeks FREE additional tuition the last week of August

Hook Aqua Centre
Trainer/Guide/Pool Overseer/OTSM
Phone Cass on 020-8397-7731
www.hookaquacentre.co.uk

Surrey Bell Tents

A local family business providing beautiful canvas Souped 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 for our full range of services and prices. Then call or email us to discuss your requirements and we will do the rest. surreybelltents@btckemail.com
020 8395 4681
07948 795 626

July 2013

Aerial Aerobatics from Apache at Wings & Wheels

The **Apache Attack Helicopter Display Team** is joining the **Wings & Wheels** line-up this **Bank Holiday on Saturday 24th and Sunday 25th August at Dunsford Aerodrome** in, Guildford, Surrey. Treating visitors to heart stopping aerial-acrobatic manoeuvres as the pilot appears to cheat gravity with a series of heart-stopping barrel rolls, the display team, unlike some other display teams, is not a permanent assignment. It is drawn from a pool of suitably qualified and experienced, operationally ready, Apache aircrew and ground crew, and uses aircraft drawn from the operational Apache Squadrons. This year the pool of display aircraft has been drawn from **662 Squadron AAC** which has recently returned from a successful operational tour of Afghanistan.

The Apache team performs manoeuvres in the helicopter, rather than aerobatics like the Red Arrows team. High hovers, twists, pedal turns, wingovers and flybats are just some of the team's signature moves as they give visitors a glimpse of its weapons including the aptly named Hellfire missiles, rockets and a 30mm chain gun. **Jamie McAllister**, Event Director comments: "The

Apache is a truly fierce defender of the skies and it leaves everyone in its path buzzing over the incredible manoeuvres you won't normally associate with a helicopter. This year's **Wings & Wheels** is going to be our best yet – and with this latest addition to the line-up we think our visitors will agree."

Visitors can also enjoy **Red Arrows, Wildcat Helicopter, Typhoon, Vulcan, Team Breitling, Wingwalkers** and a host of other modern and historic aircraft during the 5 hour flying displays. Supercars and classic and vintage icons also put on an awe inspiring display of power and speed on the **Top Gear** track in a 2 hour auto spectacular from **Brooklands Museum**. The 9th annual **Wings & Wheels** will be held over the **August Bank holiday weekend; Saturday 24th & Sunday 25th August 2013, at Dunsford Park** near Guildford, and is open 09:00 until 18:00. Tickets £45 for a family (2 adults & 3 children aged 5 – 15yrs). Hospitality packages start from £65 per person, weekend passes, grandstand tickets and camping are also available.

www.wingsandwheels.net or to book 08712 305 572

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 café & a crèche.

July & Aug- Spinneraker 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
-Artsways 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.

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

W WALPOLE THE ORTHODONTIC SPECIALISTS

www.myorthodontist.co.uk Walpole House, 15 St Leonards Road, Thames Diton, 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**

to take up the slack. 70% of all callers to **FamilyLine** just talk, get issues 'off their chest' and reach clarity about their issue in the process of talking and sharing their fears or concerns.

Chris Marchington, spokesman for **FamilyLine** points out, the organisation is there for anyone who can pick up a phone: "FamilyLine is not just for Mums, who in our experience, are often the most resilient and able to cope: it's a service for anyone from any age group who needs to talk before a problem or a fear becomes a crisis. At this time of call with the start of the school holidays, we often get a type of call with a 'non-specific problem' that is particularly concerning and distressing for those caught up in it".

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 806 5678. Lines are currently open Monday to Friday 9AM – 5PM.

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 ahooy 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

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



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!

f @ thedockyard.co.uk/pirates

First Class Bid

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

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

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

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

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 2JL
Battersea Park Children's Zoo

Rural Life Centre

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

Open Wed - Sun & BH 10am to 5pm
(Nov - Mar Wed & Sun only 11am - 4pm)
Reeds Road, Tilford, Farnham, Surrey, GU10 2JL
01252 795571
www.rural-life.org.uk

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 Expedition* 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 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 upon 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, rug burning stove, crisp cotton bedding and cosy fur throws. By day, explore the magnificent

Dancetime

Freestyle Line Dance Latin American Ballroom

Classes & Private Lessons - Effingham & Ockley Parties, Club Events, Wedding Dance
Contact Beryl: 01306-628217 07733-10709
www.dancetime.co.uk beryl@tecrs.net

Old Barn Stables

Waffons Farm, Woodstock Lane South, Chessington, Surrey
A Friendly, Family Run Riding School
BHS Qualified Instructors All weather sand school
All ages & abilities Lessons & Hacks
Pony Days Holiday Fun Woodland Walk

For directions and info, call 020 8398 0822

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 482 7999 For a King exhibition, personalities, power & physical size of England's kings, from the Tudors, to today's royal family. 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 children's theatre and cabaret at the *London Wonderground* 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/whatsontofestivals-series/festival-of-neighbourhood www.iwm.org.uk

Meanwhile, *Chessington'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. There's also a new park for all ages head to *Blackpool Pleasure Beach* on Thrill-O-Matic - the world's only *Wallace & Gromit* ride from a Grand Day Out, trying out The Wronse Trousers, and having A Close Shave before dealing with A Matter of Leaf and Death and tackling The Curse of the Were-Rabbit. www.draytonmanor.co.uk www.chessington.com www.blackpoolpleasurebeach.com/wallaceandgromit

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 Holl: Emerging from the Shadows
22 July-8 August—In Search of Silence: Annie Boisauc 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 Rivra Willis
Until 3 September—Joan Drew Embroidery Exhibition at Guildford Museum 01483 444333

London Calendar www.parents-news.co.uk

July 2013

Daily Tower of London 0844 482 7999 For a King exhibition, personalities, power & physical size of England's kings, from the Tudors, to today's royal family. 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 children's theatre and cabaret at the *London Wonderground* 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/whatsontofestivals-series/festival-of-neighbourhood www.iwm.org.uk

Meanwhile, *Chessington'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. There's also a new park for all ages head to *Blackpool Pleasure Beach* on Thrill-O-Matic - the world's only *Wallace & Gromit* ride from a Grand Day Out, trying out The Wronse Trousers, and having A Close Shave before dealing with A Matter of Leaf and Death and tackling The Curse of the Were-Rabbit. www.draytonmanor.co.uk www.chessington.com www.blackpoolpleasurebeach.com/wallaceandgromit

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 Holl: Emerging from the Shadows
22 July-8 August—In Search of Silence: Annie Boisauc 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 Rivra Willis
Until 3 September—Joan Drew Embroidery Exhibition at Guildford Museum 01483 444333

Guildford summer festival
22 June - 3 August 2013

30th Anniversary 1983 - 2013

Make the most of your summer in Guildford

For more details contact the Guildford Tourist Information Centre on 01483 444333 or visit www.guildfordsummerfestival.co.uk

July 2013

Daily Tower of London 0844 482 7999 For a King exhibition, personalities, power & physical size of England's kings, from the Tudors, to today's royal family. 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 children's theatre and cabaret at the *London Wonderground* 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/whatsontofestivals-series/festival-of-neighbourhood www.iwm.org.uk

Meanwhile, *Chessington'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. There's also a new park for all ages head to *Blackpool Pleasure Beach* on Thrill-O-Matic - the world's only *Wallace & Gromit* ride from a Grand Day Out, trying out The Wronse Trousers, and having A Close Shave before dealing with A Matter of Leaf and Death and tackling The Curse of the Were-Rabbit. www.draytonmanor.co.uk www.chessington.com www.blackpoolpleasurebeach.com/wallaceandgromit

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 Holl: Emerging from the Shadows
22 July-8 August—In Search of Silence: Annie Boisauc 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 Rivra Willis
Until 3 September—Joan Drew Embroidery Exhibition at Guildford Museum 01483 444333

Available for Hire
Ride on Animals
Children's Parties • School Fairs
Charity Events • Christenings
Weddings • Festivals
and more...

For more information please call
Tel: 01483 583454 / Mobile: 0753058849
Email: info@il-jockeys.co.uk
Web: www.il-jockeys.co.uk

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

Daily Lower Morden Garden Centre 020 8337 7781 Soft Play, under 5's.
Daily Sutton Ecology Centre Festival Walk - Carshalton 020 8770 5820
Daily Walsley Fantasy Play area, 2-10yrs.
Daily 76 Walking, Gales Palace 020 8847 0946 Gardening Tours of seasonal highlights. **FREE**. Every Sat Tropical Nature Trails for adults & children. **FREE**.
Every Tues & **Thurs** Orchid Nursery Tours, need to book. **Every Tues** & **Thurs** Open House, need to book. **Every Sat** Hands on Session Blowing in the wind status of seed dispersal. **FREE**, no need to book.
Daily South Norwood Recreation Ground - Green Road Croydon 020 8760 5707 Fitness Trails for adults & children of all fitness levels to get fit & keep fit. Positioned at each exercise station are signs showing the exercise to be undertaken with the suggested number of number repetitions.
Daily Rainbow Leisure Centre East Street 01372 727277 Toddlers Under 5, under 5's.
Ongoing Dupax Hill Outdoor Gym Each item has clear instruction for its use over 12's.
Ongoing Lightwater Country Park 01276 479582 Meditation classes, **FREE**, donations welcome but not expected. Tel:01276 479744, www.meditationuk.co.uk
Recently re-opened Kidplay Cafe 282-284 Lower Addiscombe Road Croydon Sotplay & cafe, under 5's.
Every Mon Hampton Library 020 8734 3347 Storytime session, under 5's. **FREE**.
Every Tues Chatterbooks reading group, 8yrs+, 4pm, **FREE**.
Every Mon Kingston Children's Library Whatfield Way Kingston 020 8547 6438 Rhyme & storytime sessions

for babies, toddlers & under 5's. **Every Thurs** Stores & crafts for under 5's.
Every Mon **St James' Church** South Norwood 020 8547 6444 Storytime for under 5's. **FREE**.
Every Tues Rhyme & storytime for babies & toddlers. **FREE**.
Every Mon Tudor Drive Library 020 8547 6456 Storytime for under 5's. **FREE**.
Every Tues Rhyme & storytime for babies & toddlers. **FREE**.
Every Mon St John's Church Kingston 020 8228 1801 Toys in Tin Fun for the under 5's, 10-11.30am.
Every Mon St James's Church Bodley Road 020 8942 2093 Toddler's Group for all parents and toddlers plus siblings in the holidays.
Every Mon Lloyd Park 020 8726 6000 Health walk circular through Lloyd Park & Shirley on mainly flat terrain, ideal for beginners, 2 miles last lap, meet Ham **FREE** & same walk on approximately 1.5 miles, 2pm, **FREE**.
Every Sat Park run, **FREE**, weekly time, 8.30am, need to register first.
Every Tues **Purchase Community Centre** 53-55 Parchmore Road 020 8726 6000 889695 Circuit for those new to exercise, returning after illness & the more mature exerciser.
Every Mon afternoon **Raynes Park Library** Make your own jewellery workshop. **Every Tues afternoon** **Story** **School** **Knuffell** for Beginners **Simple Yogi** & Meditation Group. **Every Mon eve Sutton Grammar School** **Knuffell** for Beginners **Simple Yogi** & Meditation Group for school years 3-12 various times.

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

stagecoach theatreArts
 The original and largest network of part-time performing arts schools in the UK
Chertsey 0845 265 7081
chertsey@stagecoach.co.uk
Twickenham 020 924 6905
twickenham@stagecoach.co.uk
Walton 01932 284 383
walton@stagecoach.co.uk

Coombe Wood Lawn Tennis Club Summer Camps
 GALS WORTHLY ROAD, KINGSTON UPON THAMES, SURREY KT1 (opposite Kingston Hospital)
Attend weekly (Monday - Friday) or on a daily basis for ages 4-18 years

Trips (16 years & shorter) (10 years)		Triads & Mini Champs (10-11 years)		Squad (12 years and over)	
Team/age-off tennis balls will be used with emphasis on fun and social skills		Using proper tennis balls and using correct technique		Using proper tennis balls and using correct technique	
No co-ordination skills		No co-ordination skills		Emphasis on stroke technique & ball control	
Attend 10.00am - 1.00pm		Attend 10.00am - 4.00pm		Attend 10.00am - 4.00pm	
Monday to Friday each week		Monday to Friday each week		Monday to Friday each week	
Rate 18		Rate 18		Rate 18	

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

Weekly £84/E96	Daily £144/E168	Weekly £144/E168	Daily £36/E42
(get one day free/11)	(get one day free/11)	(get one day free/11)	(get one day free/11)

Week 1 15th - 19th July **Week 2 22nd - 26th July** **Week 3 29th July - 2nd August** **Week 4 6th - 9th August**
Week 5 12th - 16th August **Week 6 19th - 23rd August** **Week 7 26th - 30th August**

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

Sunny Dimic (Head Pro): 07949 169882 or **Olly Lloyd (Assistant Pro): 07748 961359**
 or visit our website to download an application form www.coombewoodtennis.co.uk

We have the latest fit testing equipment including AllZone, Speed Walk, Risk-File, Tinting Hands, Target Windows, Catch Ball, Top Ball, Power Resistant Ropes and much more!!!!

stagecoach
 www.stagecoach.co.uk

FAMILY DAYS
 Advanced bookings only - Limited Tickets

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

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

Face Painting
 BBQ
 Ice cream
 Bouncy castle
 Arts & crafts

Gates Open 11am to 5pm

Suggested entry donation £10 per person Under 5s free

Entry with pre-booked tickets only

ONLINE BOOKING ONLY
www.whf.org.uk

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

Calendar

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

Every Tues/Fri Dickering Adventure Playground 020 8942 1707 Parent & Toddler Play
Every Tues,Sat & Sun Sutton Climbing Wall Sutton 0845 363 1177 Junior Rock Club team to climb 7-16yrs, need to book.
Every Wed,Sat & Sun James's Church Hall Bodley Road St. James' Church 07432 354274 Related environment for mums & tots 10-15yrs offering coffee, cakes, lunches, soft play tables, ball pool, ride on toys, table top activities & puzzles and outdoor playground and outdoor seating. **FREE** parking. **FREE** Wi-Fi.
Every Tues **Hampton Wick Library** 020 8734 3358 Storytime session, under 5's. **FREE**.
2nd Tues of the month **Chatterbooks** reading group, 8-9yrs, **FREE**.
Every Tues United Reformed Church Cavendish Hall 020 8949 3402 Sparkles, under 5's, 9-11.30am.
Every Tues Malden Centre Blagdon Road New Malden 020 83361561 Play & Play for under 5's. **Every Tues** young parents drop-in, 1-3pm. **Every Fri** Toy Library, under 5's, 10.30-1.30pm.
Every Tues New Malden Library 020 8734 3350 Storytime session, under 5's. **FREE**.
Every Tues **Methodist Church Hall** High St New Malden Parent & toddler club, 9-5.11.30am.
Every Tues **Tolworth Recreation Centre** Fullers Way North Tolworth 020-8391 1882 Badminton Club for intermediate/advanced level. Tel: 020 8395 9175.
Every Thurs **Tolworth Sports College** 020 8726 6000 889695 Circuits Low intensity for mature exercisers.
Every Thurs **South Norwood Leisure Centre** 164 Portland Road 020 8726 6000 889695 Aquatics sessions.
Every Thurs **Caterham Hill Library** 020 8734 3337 Storytime session, 2.15pm. **FREE**.
Every Thurs **in term time** **Sutton Christian Centre** 020 8642 8117 Special Stars a baby & toddler group for children with disabilities or additional needs, from babies to pre-schoolers, siblings welcome.
Every Tues **Whitton Library** 020 8734 3343 Storytime session, under 5's, **FREE**.
2nd Thurs of month **Tiny Teddies** sessions baby bounce & rhyme. **FREE**.
Every Tues **Coonday Library** 020 8726 6000 Bookstart Rhymetime for 0-5yrs. **FREE**.
Every Tues **Broad Green Library** 020 8726 6000 Bookstart Rhymetime 0-5yrs. **FREE**.
Every Tues **South Norwood Library** 020 8726 6000 Bookstart Rhymetime for babies & toddlers. **Every Tues** **Wiggle & Jiggle**, 2-4yrs. **Every Thurs** **Storytime**, 2-4yrs. **Every Sat** **Storytime**, 2-4yrs. **Every Sun** **Storytime**, 2-4yrs. **Every Mon** **Storytime**, 2-4yrs. **Every Tues** **Storytime**, 2-4yrs. **Every Wed** **Storytime**, 2-4yrs. **Every Thurs** **Storytime**, 2-4yrs. **Every Fri** **Storytime**, 2-4yrs. **Every Sat** **Storytime**, 2-4yrs. **Every Sun** **Storytime**, 2-4yrs. **Every Mon** **Storytime**, 2-4yrs. **Every Tues** **Storytime**, 2-4yrs. **Every Wed** **Storytime**, 2-4yrs. **Every Thurs** **Storytime**, 2-4yrs. **Every Fri** **Storytime**, 2-4yrs. **Every Sat** **Storytime**, 2-4yrs. **Every Sun** **Storytime**, 2-4yrs. **Every Mon** **Storytime**, 2-4yrs. **Every Tues** **Storytime**, 2-4yrs. **Every Wed** **Storytime**, 2-4yrs. **Every Thurs** **Storytime**, 2-4yrs. **Every Fri** **Storytime**, 2-4yrs. **Every Sat** **Storytime**, 2-4yrs. **Every Sun** **Storytime**, 2-4yrs. **Every Mon** **Storytime**, 2-4yrs. **Every Tues** **Storytime**, 2-4yrs. **Every Wed** **Storytime**, 2-4yrs. **Every Thurs** **Storytime**, 2-4yrs. **Every Fri** **Storytime**, 2-4yrs. **Every Sat** **Storytime**, 2-4yrs. **Every Sun** **Storytime**, 2-4yrs. **Every Mon** **Storytime**, 2-4yrs. **Every Tues** **Storytime**, 2-4yrs. **Every Wed** **Storytime**, 2-4yrs. **Every Thurs** **Storytime**, 2-4yrs. **Every Fri** **Storytime**, 2-4yrs. **Every Sat** **Storytime**, 2-4yrs. **Every Sun** **Storytime**, 2-4yrs. **Every Mon** **Storytime**, 2-4yrs. **Every Tues** **Storytime**, 2-4yrs. **Every Wed** **Storytime**, 2-4yrs. **Every Thurs** **Storytime**, 2-4yrs. **Every Fri** **Storytime**, 2-4yrs. **Every Sat** **Storytime**, 2-4yrs. **Every Sun** **Storytime**, 2-4yrs. **Every Mon** **Storytime**, 2-4yrs. **Every Tues** **Storytime**, 2-4yrs. **Every Wed** **Storytime**, 2-4yrs. **Every Thurs** **Storytime**, 2-4yrs. **Every Fri** **Storytime**, 2-4yrs. **Every Sat** **Storytime**, 2-4yrs. **Every Sun** **Storytime**, 2-4yrs. **Every Mon** **Storytime**, 2-4yrs. **Every Tues** **Storytime**, 2-4yrs. **Every Wed** **Storytime**, 2-4yrs. **Every Thurs** **Storytime**, 2-4yrs. **Every Fri** **Storytime**, 2-4yrs. **Every Sat** **Storytime**, 2-4yrs. **Every Sun** **Storytime**, 2-4yrs. **Every Mon** **Storytime**, 2-4yrs. **Every Tues** **Storytime**, 2-4yrs. **Every Wed** **Storytime**, 2-4yrs. **Every Thurs** **Storytime**, 2-4yrs. **Every Fri** **Storytime**, 2-4yrs. **Every Sat** **Storytime**, 2-4yrs. **Every Sun** **Storytime**, 2-4yrs. **Every Mon** **Storytime**, 2-4yrs. **Every Tues** **Storytime**, 2-4yrs. **Every Wed** **Storytime**, 2-4yrs. **Every Thurs** **Storytime**, 2-4yrs. **Every Fri** **Storytime**, 2-4yrs. **Every Sat** **Storytime**, 2-4yrs. **Every Sun** **Storytime**, 2-4yrs. **Every Mon** **Storytime**, 2-4yrs. **Every Tues** **Storytime**, 2-4yrs. **Every Wed** **Storytime**, 2-4yrs. **Every Thurs** **Storytime**, 2-4yrs. **Every Fri** **Storytime**, 2-4yrs. **Every Sat** **Storytime**, 2-4yrs. **Every Sun** **Storytime**, 2-4yrs. **Every Mon** **Storytime**, 2-4yrs. **Every Tues** **Storytime**, 2-4yrs. **Every Wed** **Storytime**, 2-4yrs. **Every Thurs** **Storytime**, 2-4yrs. **Every Fri** **Storytime**, 2-4yrs. **Every Sat** **Storytime**, 2-4yrs. **Every Sun** **Storytime**, 2-4yrs. **Every Mon** **Storytime**, 2-4yrs. **Every Tues** **Storytime**, 2-4yrs. **Every Wed** **Storytime**, 2-4yrs. **Every Thurs** **Storytime**, 2-4yrs. **Every Fri** **Storytime**, 2-4yrs. **Every Sat** **Storytime**, 2-4yrs. **Every Sun** **Storytime**, 2-4yrs. **Every Mon** **Storytime**, 2-4yrs. **Every Tues** **Storytime**, 2-4yrs. **Every Wed** **Storytime**, 2-4yrs. **Every Thurs** **Storytime**, 2-4yrs. **Every Fri** **Storytime**, 2-4yrs. **Every Sat** **Storytime**, 2-4yrs. **Every Sun** **Storytime**, 2-4yrs. **Every Mon** **Storytime**, 2-4yrs. **Every Tues** **Storytime**, 2-4yrs. **Every Wed** **Storytime**, 2-4yrs. **Every Thurs** **Storytime**, 2-4yrs. **Every Fri** **Storytime**, 2-4yrs. **Every Sat** **Storytime**, 2-4yrs. **Every Sun** **Storytime**, 2-4yrs. **Every Mon** **Storytime**, 2-4yrs. **Every Tues** **Storytime**, 2-4yrs. **Every Wed** **Storytime**, 2-4yrs. **Every Thurs** **Storytime**, 2-4yrs. **Every Fri** **Storytime**, 2-4yrs. **Every Sat** **Storytime**, 2-4yrs. **Every Sun** **Storytime**, 2-4yrs. **Every Mon** **Storytime**, 2-4yrs. **Every Tues** **Storytime**, 2-4yrs. **Every Wed** **Storytime**, 2-4yrs. **Every Thurs** **Storytime**, 2-4yrs. **Every Fri** **Storytime**, 2-4yrs. **Every Sat** **Storytime**, 2-4yrs. **Every Sun** **Storytime**, 2-4yrs. **Every Mon** **Storytime**, 2-4yrs. **Every Tues** **Storytime**, 2-4yrs. **Every Wed** **Storytime**, 2-4yrs. **Every Thurs** **Storytime**, 2-4yrs. **Every Fri** **Storytime**, 2-4yrs. **Every Sat** **Storytime**, 2-4yrs. **Every Sun** **Storytime**, 2-4yrs. **Every Mon** **Storytime**, 2-4yrs. **Every Tues** **Storytime**, 2-4yrs. **Every Wed** **Storytime**, 2-4yrs. **Every Thurs** **Storytime**, 2-4yrs. **Every Fri** **Storytime**, 2-4yrs. **Every Sat** **Storytime**, 2-4yrs. **Every Sun** **Storytime**, 2-4yrs. **Every Mon** **Storytime**, 2-4yrs. **Every Tues** **Storytime**, 2-4yrs. **Every Wed** **Storytime**, 2-4yrs. **Every Thurs** **Storytime**, 2-4yrs. **Every Fri** **Storytime**, 2-4yrs. **Every Sat** **Storytime**, 2-4yrs. **Every Sun** **Storytime**, 2-4yrs. **Every Mon** **Storytime**, 2-4yrs. **Every Tues** **Storytime**, 2-4yrs. **Every Wed** **Storytime**, 2-4yrs. **Every Thurs** **Storytime**, 2-4yrs. **Every Fri** **Storytime**, 2-4yrs. **Every Sat** **Storytime**, 2-4yrs. **Every Sun** **Storytime**, 2-4yrs. **Every Mon** **Storytime**, 2-4yrs. **Every Tues** **Storytime**, 2-4yrs. **Every Wed** **Storytime**, 2-4yrs. **Every Thurs** **Storytime**, 2-4yrs. **Every Fri** **Storytime**, 2-4yrs. **Every Sat** **Storytime**, 2-4yrs. **Every Sun** **Storytime**, 2-4yrs. **Every Mon** **Storytime**, 2-4yrs. **Every Tues** **Storytime**, 2-4yrs. **Every Wed** **Storytime**, 2-4yrs. **Every Thurs** **Storytime**, 2-4yrs. **Every Fri** **Storytime**, 2-4yrs. **Every Sat** **Storytime**, 2-4yrs. **Every Sun** **Storytime**, 2-4yrs. **Every Mon** **Storytime**, 2-4yrs. **Every Tues** **Storytime**, 2-4yrs. **Every Wed** **Storytime**, 2-4yrs. **Every Thurs** **Storytime**, 2-4yrs. **Every Fri** **Storytime**, 2-4yrs. **Every Sat** **Storytime**, 2-4yrs. **Every Sun** **Storytime**, 2-4yrs. **Every Mon** **Storytime**, 2-4yrs. **Every Tues** **Storytime**, 2-4yrs. **Every Wed** **Storytime**, 2-4yrs. **Every Thurs** **Storytime**, 2-4yrs. **Every Fri** **Storytime**, 2-4yrs. **Every Sat** **Storytime**, 2-4yrs. **Every Sun** **Storytime**, 2-4yrs. **Every Mon** **Storytime**, 2-4yrs. **Every Tues** **Storytime**, 2-4yrs. **Every Wed** **Storytime**, 2-4yrs. **Every Thurs** **Storytime**, 2-4yrs. **Every Fri** **Storytime**, 2-4yrs. **Every Sat** **Storytime**, 2-4yrs. **Every Sun** **Storytime**, 2-4yrs. **Every Mon** **Storytime**, 2-4yrs. **Every Tues** **Storytime**, 2-4yrs. **Every Wed** **Storytime**, 2-4yrs. **Every Thurs** **Storytime**, 2-4yrs. **Every Fri** **Storytime**, 2-4yrs. **Every Sat** **Storytime**, 2-4yrs. **Every Sun** **Storytime**, 2-4yrs. **Every Mon** **Storytime**, 2-4yrs. **Every Tues** **Storytime**, 2-4yrs. **Every Wed** **Storytime**, 2-4yrs. **Every Thurs** **Storytime**, 2-4yrs. **Every Fri** **Storytime**, 2-4yrs. **Every Sat** **Storytime**, 2-4yrs. **Every Sun** **Storytime**, 2-4yrs. **Every Mon** **Storytime**, 2-4yrs. **Every Tues** **Storytime**, 2-4yrs. **Every Wed** **Storytime**, 2-4yrs. **Every Thurs** **Storytime**, 2-4yrs. **Every Fri** **Storytime**, 2-4yrs. **Every Sat** **Storytime**, 2-4yrs. **Every Sun** **Storytime**, 2-4yrs. **Every Mon** **Storytime**, 2-4yrs. **Every Tues** **Storytime**, 2-4yrs. **Every Wed** **Storytime**, 2-4yrs. **Every Thurs** **Storytime**, 2-4yrs. **Every Fri** **Storytime**, 2-4yrs. **Every Sat** **Storytime**, 2-4yrs. **Every Sun** **Storytime**, 2-4yrs. **Every Mon** **Storytime**, 2-4yrs. **Every Tues** **Storytime**, 2-4yrs. **Every Wed** **Storytime**, 2-4yrs. **Every Thurs** **Storytime**, 2-4yrs. **Every Fri** **Storytime**, 2-4yrs. **Every Sat** **Storytime**, 2-4yrs. **Every Sun** **Storytime**, 2-4yrs. **Every Mon** **Storytime**, 2-4yrs. **Every Tues** **Storytime**, 2-4yrs. **Every Wed** **Storytime**, 2-4yrs. **Every Thurs** **Storytime**, 2-4yrs. **Every Fri** **Storytime**, 2-4yrs. **Every Sat** **Storytime**, 2-4yrs. **Every Sun** **Storytime**, 2-4yrs. **Every Mon** **Storytime**, 2-4yrs. **Every Tues** **Storytime**, 2-4yrs. **Every Wed** **Storytime**, 2-4yrs. **Every Thurs** **Storytime**, 2-4yrs. **Every Fri** **Storytime**, 2-4yrs. **Every Sat** **Storytime**, 2-4yrs. **Every Sun** **Storytime**, 2-4yrs. **Every Mon** **Storytime**, 2-4yrs. **Every Tues** **Storytime**, 2-4yrs. **Every Wed** **Storytime**, 2-4yrs. **Every Thurs** **Storytime**, 2-4yrs. **Every Fri** **Storytime**, 2-4yrs. **Every Sat** **Storytime**, 2-4yrs. **Every Sun** **Storytime**, 2-4yrs. **Every Mon** **Storytime**, 2-4yrs. **Every Tues** **Storytime**, 2-4yrs. **Every Wed** **Storytime**, 2-4yrs. **Every Thurs** **Storytime**, 2-4yrs. **Every Fri** **Storytime**, 2-4yrs. **Every Sat** **Storytime**, 2-4yrs. **Every Sun** **Storytime**, 2-4yrs. **Every Mon** **Storytime**, 2-4yrs. **Every Tues** **Storytime**, 2-4yrs. **Every Wed** **Storytime**, 2-4yrs. **Every Thurs** **Storytime**, 2-4yrs. **Every Fri** **Storytime**, 2-4yrs. **Every Sat** **Storytime**, 2-4yrs. **Every Sun** **Storytime**, 2-4yrs. **Every Mon** **Storytime**, 2-4yrs. **Every Tues** **Storytime**, 2-4yrs. **Every Wed** **Storytime**, 2-4yrs. **Every Thurs** **Storytime**, 2-4yrs. **Every Fri** **Storytime**, 2-4yrs. **Every Sat** **Storytime**, 2-4yrs. **Every Sun** **Storytime**, 2-4yrs. **Every Mon** **Storytime**, 2-4yrs. **Every Tues** **Storytime**, 2-4yrs. **Every Wed** **Storytime**, 2-4yrs. **Every Thurs** **Storytime**, 2-4yrs. **Every Fri** **Storytime**, 2-4yrs. **Every Sat** **Storytime**, 2-4yrs. **Every Sun** **Storytime**, 2-4yrs. **Every Mon** **Storytime**, 2-4yrs. **Every Tues** **Storytime**, 2-4yrs. **Every Wed** **Storytime**, 2-4yrs. **Every Thurs** **Storytime**, 2-4yrs. **Every Fri** **Storytime**, 2-4yrs. **Every Sat** **Storytime**, 2-4yrs. **Every Sun** **Storytime**, 2-4yrs. **Every Mon** **Storytime**, 2-4yrs. **Every Tues** **Storytime**, 2-4yrs. **Every Wed** **Storytime**, 2-4yrs. **Every Thurs** **Storytime**, 2-4yrs. **Every Fri** **Storytime**, 2-4yrs. **Every Sat** **Storytime**, 2-4yrs. **Every Sun** **Storytime**, 2-4yrs. **Every Mon** **Storytime**, 2-4yrs. **Every Tues** **Storytime**, 2-4yrs. **Every Wed** **Storytime**, 2-4yrs. **Every Thurs** **Storytime**, 2-4yrs. **Every Fri** **Storytime**, 2-4yrs. **Every Sat** **Storytime**, 2-4yrs. **Every Sun** **Storytime**, 2-4yrs. **Every Mon** **Storytime**, 2-4yrs. **Every Tues** **Storytime**, 2-4yrs. **Every Wed** **Storytime**, 2-4yrs. **Every Thurs** **Storytime**, 2-4yrs. **Every Fri** **Storytime**, 2-4yrs. **Every Sat** **Storytime**, 2-4yrs. **Every Sun** **Storytime**, 2-4yrs. **Every Mon** **Storytime**, 2-4yrs. **Every Tues** **Storytime**, 2-4yrs. **Every Wed** **Storytime**, 2-4yrs. **Every Thurs** **Storytime**, 2-4yrs. **Every Fri** **Storytime**, 2-4yrs. **Every Sat** **Storytime**, 2-4yrs. **Every Sun** **Storytime**, 2-4yrs. **Every Mon** **Storytime**, 2-4yrs. **Every Tues** **Storytime**, 2-4yrs. **Every Wed** **Storytime**, 2-4yrs. **Every Thurs** **Storytime**, 2-4yrs. **Every Fri** **Storytime**, 2-4yrs. **Every Sat** **Storytime**, 2-4yrs. **Every Sun** **Storytime**, 2-4yrs. **Every Mon** **Storytime**, 2-4yrs. **Every Tues** **Storytime**, 2-4yrs. **Every Wed** **Storytime**, 2-4yrs. **Every Thurs** **Storytime**, 2-4yrs. **Every Fri** **Storytime**, 2-4yrs. **Every Sat** **Storytime**, 2-4yrs. **Every Sun** **Storytime**, 2-4yrs. **Every Mon** **Storytime**, 2-4yrs. **Every Tues** **Storytime**, 2-4yrs. **Every Wed** **Storytime**, 2-4yrs. **Every Thurs** **Storytime**, 2-4yrs. **Every Fri** **Storytime**, 2-4yrs. **Every Sat** **Storytime**, 2-4yrs. **Every Sun** **Storytime**, 2-4yrs. **Every Mon** **Storytime**, 2-4yrs. **Every Tues** **Storytime**, 2-4yrs. **Every Wed** **Storytime**, 2-4yrs. **Every Thurs** **Storytime**, 2-4yrs. **Every Fri** **Storytime**, 2-4yrs. **Every Sat** **Storytime**, 2-4yrs. **Every Sun** **Storytime**, 2-4yrs. **Every Mon** **Storytime**, 2-4yrs. **Every Tues** **Storytime**, 2-4yrs. **Every Wed** **Storytime**, 2-4yrs. **Every Thurs** **Storytime**, 2-4yrs. **Every Fri** **Storytime**, 2-4yrs. **Every Sat** **Storytime**, 2-4yrs. **Every Sun** **Storytime**, 2-4yrs. **Every Mon** **Storytime**, 2-4yrs. **Every Tues** **Storytime**, 2-4yrs. **Every Wed** **Storytime**, 2-4yrs. **Every Thurs** **Storytime**, 2-4yrs. **Every Fri** **Storytime**, 2-4yrs. **Every Sat** **Storytime**, 2-4yrs. **Every Sun** **Storytime**, 2-4yrs. **Every Mon** **Storytime**, 2-4yrs. **Every Tues** **Storytime**, 2-4yrs. **Every Wed** **Storytime**, 2-4yrs. **Every Thurs** **Storytime**, 2-4yrs. **Every Fri** **Storytime**, 2-4yrs. **Every Sat**

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

the **Anti-Bullying Alliance** **Lauren Seager-Smith**, said: 'Now is the time for children and young people to take the lead in getting rid of cyber bullying for good – to work together to create a future where the internet is a positive place to be – to stand together in cyberspace and send a message loud and clear that bullying is not acceptable.' This year, **ABA** have joined forces with *Random House Children's Publishers UK (RHCP)* and two of their brilliant young authors to raise awareness of the issue of cyber-bullying through a prestigious and inspirational writing competition for children and young people in schools or colleges across England. The competition aims to encourage young people to get involved with the campaign throughout the summer months for the build up to **Anti-Bullying Week**. The competition boasts two age categories, each to be judged by an expert children's author: **The 8 – 12 years** group will be judged by young, talented writer/illustrator of Darcy

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.'

Entrants will be required to write a

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.

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

PARENTS NEWS
On-line
www.parents-news.co.uk
Advertising works in
PARENTS NEWS
020 8337 6337
fergus@parents-news.co.uk

July 2013

The Anti-Bullying Alliance

July 2013

Good dental habits....

...start young says **Chig Amin**, 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 child'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!

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

Baby Swimming Tips

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

Education



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

The Ursuline Preparatory School
18 The Downs, Wimbledon SW20 8HR
Telephone: 020 8947 0853

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

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 improves welcome. More information from nickandarah@hotmail.com or for more information, see our website at www.typingscool.co.uk

Active Learning
Nurseries for children aged 3 months – 5 years

A dream for every pre-school child... and their parents

Everything you'd expect in a nursery, and more

Come and visit our fabulous nurseries in: Fulham, Kingston and Dorking
Contact us for more information
0800 081 1620 info@activelearningchildcare.co.uk

Inspiring
Unique programme of art, drama, music, science, literacy and IT with dedicated teaching specialists

Healthy
Specialist sports coaching, organic cafe, adventure playgrounds, holistic education

Innovative
Purpose designed activity studios, sensory room, baby sleep room secure webcams

A fresh approach to nursery education.
www.activelearningchildcare.co.uk

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

YES, I can touch-type
Touch-typing taught in just 10 hours!
School Summer Holiday Courses

Constant guidance: from experienced, enthusiastic and sympathetic tutors

A unique program: developed by us and suitable for all learners

Small groups: just four students to each tutor creates a pleasant, friendly atmosphere

Flexibility for parents: you can plan the course over one week or spread it over the holiday.

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

To find out more call: **020 7515 1707**
email: info@yes-tuitionandtraining.co.uk or call Norman on 07961 427640
www.yes-tuitionandtraining.co.uk

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.

UNIQUE LEARNING ENVIRONMENT

The Anchor School
Rosehill, Sutton
Independent day school for girls and boys aged 5-11

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

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

Telephone 07734 11 00 54 for further details
www.anchoroschool.co.uk

Summer Courses
29th July ~ 16th Aug

11+ Summer Intensive Courses *Apply early as spaces are limited!
It's your last chance to boost your skills for the 11+ exams!

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

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

for Yr 1-3 Eng & Maths for Yr 7-10 English, Maths & Science
for Yr 4 Yr 5 VR+NVR & Maths preparation - learn 11+ key concepts in advance!
Essay Writing - build up your fundamental essay skills!
for Yr 6 Yr 7 Maths preparation - acquire Year 7 concepts in advance!
Essay Writing - accelerate your formal essay writing & critical thinking skills!

Reading Club
Improving reading & writing skills in a fun environment with books

Subjects: Reading Club & Shakespeare Stories
Times: 9am-12pm OR 12:30pm-3:30pm (3 hours everyday)

Invitation for Year 4 parents. www.oxbridgeuk.com

What Seminar on
1. 11+ Exam Preparation and Secondary Schools
2. How to Develop Essay writing skills
When: 3pm, 6th July 2013
Call on 02089492131 now to book as spaces are limited!

020 8949 2131 Primary Enquiry
info@oxbridgeuk.com

020 8949 8838 Secondary Enquiry
admin@oxbridgeuk.com

OxBridge Centre is a well-established tuition centre based in New Malden. Currently there are around 450 students from year 1-A-Level studying at the centre. Why don't you join us too?

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, 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



For anyone who loves sailing and holiday, a Summer Adventure Essentials: must have for parents preparing for the summer holidays

The series is based mostly in the Lake District between the two World Wars and follows the adventures of a group of children during the school holidays, the Walkers and the Blacketts. The Walker family camp on Wild Cat Island, the able-bodied carboat Swallow, and the two intrepid Amazons, plucky Nancy and Peggy Blackett.

The children meet on an island on the lake, and have a series of adventures that weave imaginative tales of pirates and exploration into everyday life in inter-War, rural England.

"Enchanting nostalgia, and tremendous storytelling." Editor

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.

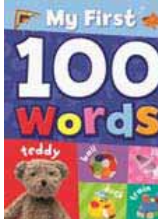
The touching story of *Help a Hamster* helps children gain a greater understanding of what it is like to be adopted. It also briefly covers the issue of bullying, as the smallest hamster, Alfonso, is ignored by his mother, Henry, and pushed aside by the others. Alfie takes pity on poor Alfonso and when 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!

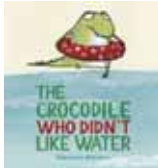
My First 100 Words (ISBN: 9781848982000)
This book features vibrant images of familiar things that children know and love to gently encourage pointing and speaking aloud. Cars, buses, trucks, animals and food are all included making this book perfect for encouraging chatter on holiday!

The Crocodile Who Didn't Like Water by Gemma Merino

Meet a most unusual crocodile!

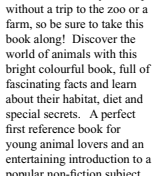
Everybody knows that crocodiles love water, but this little crocodile is different. He doesn't like water at all. In fact, he prefers climbing trees! But it can be lonely when you're the odd one out, so the little crocodile tries his best to change. But being wet isn't for everyone - and a shiver soon 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: 978184898194)
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

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

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!



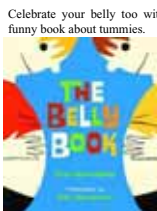
I Want to Draw (£6.99) 5-7 years
What better way to keep your little ones entertained this summer than with these fantastic step-by-step drawing guides from the wonderful children's artist Simon Abbott? I want to Draw is a series of four books featuring bright, exuberant illustrations to copy and add to. The special pen included on each book allows children to wipe clean again and again until they achieve their perfect drawing!

The Belly Book by Fran Manushkin
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
Celebrate your belly too with funny book about tummies.

The Belly Book by Fran Manushkin

Very Quick Tomato Soup (serves 2)
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



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 per day - that's 1400kcal less in a week and 6000kcal less in a month!

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/linseed 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
• 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.

• Put the tomato flesh, tomato juice, Worcestershire sauce, balsamic vinegar, lime/lemon juice, Tabasco, celery salt and a few good grindings of black pepper in a medium sized soup pot.

• Stir well and heat through until just beginning to boil.

• Taste and adjust, adding more of any of the flavourings and/or seasonings until it's just how you like it.



• 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.souperdupery.com

ENTERTAINERS

Glitterbox Parties
Makeovers, Dancing, Craft, Karaoke, Cheerleading, Games
www.glitterboxparties.co.uk
01622 850422

Jumping Jellyfish is a family run company with amazing Soft play and bounce castle hire party packages to suit most budgets or can offer any combination of play equipment for a bespoke price.

Including 6x6 ball pool with step and slide, 12 x 15 bounce castle with rain/sun cover, large soft play train, wavy tactile path, assorted colourful shapes, animal hoppers, rockers, twist and turn turtle, ride on's, trampolines, tunnels, large animal hop bags, baby walkers, musical mat's, instruments, bubble machine
Contact
01622 717385
079311 77755.
viv31martin@yahoo.com
www.thejumpingjellyfish.co.uk

EXPERT 11+ TUITION
7+10+11+English Reading Writing Spelling. Experienced teachers. GCSE Revision, Maths, Science & English. Free assessment if lesson booked telephone now.
Progress Tuition Centre 020 8336 1951 07

SPECIAL OFFER
We will write **YOUR WILL** For just £79.00 + VAT Single or £95.00 + VAT for two Wills. A Consultant can visit you to take your Will instructions and offer guidance and advice
Call to make an appointment
0208 408 0836
Making your Will is the only way to ensure that your wishes are carried out and you can appoint guardians for your minor children. We also specialise in setting up trusts to protect your assets and Lasting Power of Attorney
www.ewild.com info@ewild.com
Established 1997 Members of the Society of Will Writers

PARENTS NEWS
On-line
www.parents-news.co.uk
Advertise in
PARENTS NEWS
020 8337 6337
fergus@parents-news.co.uk

Classified Linage-£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, KT14 7LG Tel: 020 8337 6337. Deadline see P2. For a receipt send SAE.

sitters
Follow us on: **TRUSTED**
Reclaim your social life!
Now you can find professional, experienced babysitters even at short notice. We interview each babysitter in person and check all references thoroughly. All have professional childcare experience with most being Registered Childminders or qualified Nursery Nurses & Nannies.
For your first booking FREE of any booking fee visit us at www.sitters.co.uk and quote promo code PNEWSFREE.
If you would like to discuss your childcare needs call Sitters on 08447 367 367.

SWIMMING LESSONS
Colin Bull Swimming
Lessons
All ages/abilities.
See advert pg 4
01372 739600

LESSONS
i12Learn Tuition Centre
Kingston
11 Plus | English | Maths | Summer Holidays
www.i12Learn.co.uk
020-3638-4367

EXOTIC CREATURES FOR THE 'WOW' FACTOR
SNAKES, LIZARDS, OWLS, SKUNKS AND INSECTS FOR YOUR NEXT PARTY / EVENT
020 8659 0877
07958 796316

Teddington's longest established Vets, serving the community for over 30 years

BushyParkVets
Ian Leggett Veterinary Surgeon

Our friendly and caring team ensures your pet receives the best professional care.

Our large, separate cat and dog waiting areas, together with an appointment system ensures your pet enters the consulting room with minimum stress.

- Fully Integrated In-house Laboratory Facilities, most results available within half an hour
- X-ray, Surgical and Dental Facilities
- Passports and Import/Export Certificates

The perfect practice for your new pet.

Call us on **020 8977 3452**
2 & 3 The Pavement • Bushy Park Road • Teddington • Middlesex TW11 9JE
also at Veterinary Health Centre • 250 Twickenham Road • Isleworth • Middlesex TW7 7DT • Tel: 020 8892 4432
email surgery@bushyparkvets.com or visit www.bushyparkvets.com

No parking restrictions

17 - 20 July **ROYAL COURT**

Kids Court.

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

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

Tickets from £5
020 7565 5000
www.royalcourttheatre.com

Published & Copyright 2013 Parents News UK, 10 The Manor Drive Worcester PK Surrey KT14 7LG 020-8337 6337 Prop & Printing: Mottoms, Morton Way, Hemel Hempstead, Herts. SG9 6LR 01507-523456

Cruelty DOESN'T Fly WITH US.



BE AN

Angel

FOR ANIMALS.

Only bullies hurt animals.
Don't be afraid to report them.

Ava Jones,
Anais Gallagher
& Stella Jones,
for **PETA**



Meet us at



Chessington World of Adventures

NOW!

Visit Chessington.com



www.theOctonauts.com
OCTONAUTS™ Meomi © 2013 VSP Ltd.

FREE ENTRY TO



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. Photographs 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/Octonauts24.



933746

FREE ENTRY TO



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. Photographs 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/Octonauts24.



933746

FREE ENTRY TO



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. Photographs 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/Octonauts24.



933746

FREE ENTRY TO



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. Photographs 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/Octonauts24.



933746