

PARENTS NEWS

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

Summer Holidays
Publishers & Editors:
Fergus & Penny McCarthy
Distribution 60,000 South
West London & Survey; 78,000
Kent; 54,000 London South
East-Survey & West Kent.
Distributed through schools,
nurseries, libraries, leisure
centres, restaurants, advertisers,
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.

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PARENTS NEWS believes that society's best asset is its young people' We shall accept no people' We shall accept no people' We shall accept no the people' We shall accept no the people with t

What's On

Visit Farming World for Plenty of Summer Fun for Everyone!

It is sometimes difficult to entertain all members of the family during the summer holidays, especially at a time when economising is at the fore front of everyone's mind. But at Farming World, Boughton, Nr Canterbury all the family can enjoy a brilliant day 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 as your favourite superhero to gain free entry,*

•31 July, 7th, 21st, 28th Aug – Creepy Crawly Days, •1st Aug

Forces Day
 (proceeds from craft making & face painting donated to Help for Heroes).

2nd Aug - 'Hawe a Go' Falconry Doy, 8th Aug - Teddy Bear's Pienie with Mrs Back 2 Front, 9th Aug - Heavy Horse Day, 12th - 18th Aug - Cirque Normandie Circus - Ever fancied running away and joining the circus' Come and join us at the circus, with amazing performances in the big top everyday and circus workshops available to all. **

•22nd Aug
— 999 Emergency Services Day
Children dressed as a fireman,
policeman or nurse and doctor
will gain free entry,*
•23rd Aug (pm) - Fun and
games with Mrs Back 2 Front,
•29th Aug - Circus workshops

owls and Harris Hawks and

learn more about birds of

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

bouncing on the large inflatable

playgrounds and have fun

prev in the Conservation

Farming World is open seven days a week 9 30am to 5.30pm, and is just off Junction 7 of the M2. Normal admission •30th August prices are £6.50 adults, £5.50 - Art Workshop Day Don't forget there are also all for children aged 3 - 15 years, of Farming World's regular concessions £5.50. ** There attractions to enjoy. You can will be an extra fee for the visit Hawklands Birds of circus performances Prev Centre and meet falcons. PARENTS NEWS a vulture named Rodney

www.
parents-news.co.uk
Advertising
works in

On-line

If the lovely British summer

weather turns showery then a

visit to the two storey indoor

soft play area or making a

souvenir to take home in the

craft and activity room will

keep the children entertained

while the inclement weather

nasses. Grownins can enjoy

while waiting for the children

to finish their fun!! Farming

World truly is a great day out

Farming World special events

www.farming-world.co.uk

01227 751144

hot and cold home cooked

delights from the kitchen

for everyone!

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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 Dunsfold 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

ready, Apache aircrew and ground crew, and uses aircraft drawn from the operational Apache Squadrons. This year the pool of display aircrew 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 flypasts are just some of the team's signature moves as they give visitors a glimpse of its weapons including the aptly named Hellfre 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 don't normally associate with a helicopter. This year's Show is going to be our best yet—and with this latest addition to the line-up we think our visitors will agree. "

July 2013

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 Ton 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 Dunsfold Park near Guildford and is open 09:00 until 18:00. Tickets £45 for a family (2 adults and 3 children aged 5 - 15vrs), Hospitality packages start from £65 per person, weekend passes, grandstand tickets and camping are also available

vailable. www.wingsandwheels.net

or to book 08712 305 572 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.

Out & About

Every Wed-Heaven at

Nutfield-19 High Street--www.

July 2013

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

available
From 8 June every Sat

during term time -The River & Rowing Museum-Mills Meadows Henley on Thames-

01491 415600 -Artways 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,

13-14 July-Imperial War Museum-

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.

I wanted to get back to basics children getting involved in performing & boosting their confidence through

drama

In 2007, Pauline Quirke

founded her Academy to share her experience of 40 years in the business with the young nerformers of today "The skills I learnt during drama classes as a child helped me become the person I am today and was the foundation of my whole career - so I wanted to re-create that opportunity for a nev generation of young people." The specialist modules packed full of tips that Pauline has learnt over the years. will teach you everything vou need to know to act sing, dance or direct like a professional. PQA gives 4-18 year olds an outstanding training in performing arts in an environment that is both friendly and rewarding. With modules in Comedy & Drama, Musical Theatre and Film & Television FRFF Trinity

they can make it happen. www.pqacademy.com

exams and the opportunity to

appear on the West End stage.

if you've got the ambition,

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 year 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 fo those caught up in it".

If you, or someone you know of whatever age, wants to tall 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

0808 800 5678 Lines are currently oper Monday to Friday 9AM Shiver Me Tim-Bears
were Explorers too! bears and join them on an

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

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adventure: outdoor adventure and indoor soft play: Cantain Flint's Treasure Hunt where children can find buried treasure and claim a prize and an inflatable obstacle course. In the Exploring Antarctica exhibition, families can find out what polar explorers would take with them on an expedition to Antarctica and then decide what they themselves would take with them! They can try on the clothes worn by modern day explorers and climb inside a tent from a real-life Antarctic expedition. Families can also follow the Penguin Train around the dockvard and discover amazing facts about the Antarctic. All "Pirates were Explorers too" activities are included

in The Historic Dockyard
normal admission price with
the exception of Captain Flint's
Treasure Hunt that has a small
additional charge. All tickets
are valid for 12 months, which
means visitors can come back
every day and do something

www.thedockyard.co.uk





- lirds of prey & flying
- Large adventure play,
 Rare breeds & farm
- animats,
- · Heavy horses,
- 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.

Open everyday until 3rd Nov. Farming World, Boughton, Faversham, ME13 9HY Tel: 01227 751144

M2 june 7 follow brown signs, sorry no dogs.



Superheroes Week

· Have a Go' Falconry

· Creepy Crawly Days,

· Art Workshop,

· Circus Skills &

Big Top Circus Shows



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The summer holidays are celebrated at the idyllic setting of National Trust property almost upon us - fun for children but, daunting for Mottisfont in Hampshire. On mums and dads worrying how show for the first time in the to keep the kids entertained UK, visitors can enjoy 36 for a whole six weeks. That's hand-painted illustrations by why VisitEngland has put E.H. Shepard, created for the together a roundup of some books Winnie-the-Pooh and of the country's newest The House at Pooh Corner. experiences, from giant Children can experience Pooh Gromit trails and Poohsticks to inspired forest escapades for knight's glamping and pop-up themselves, when they embark beaches, there's guaranteed to on Winnie-the-Pooh's Great be something to keep the kids "Expotition" at Mottisfont - a entertained this summer. trail which will see families Spot the dog, Bristol racing Poohsticks along the Families can play 'spot the River Test, tree climbing and tracking a Woozle, building dog' in Bristol by following a trail of 80 giant Gromits. a house of sticks just like modeled on the iconic and Eeyore's, designing a trap for triple Oscar-winning animated any unexpected Heffalumps, character. The giant handand in true Pooh style making painted sculptures of Gromit up songs and creating stories. will be let loose in Bristol from www.nationaltrust.org.uk/ Monday 1 July for ten weeks mottisfont/things-to-see-andin a major new public art trail called Gromit Unleashed.

Fach Gromit has been

creator Nick Park

uniquely designed by artists

and celebrities including Zavn

Snowman creator Raymond

Briggs and Wallace and Gromit

www.gromitunleashed.org.uk

The House at Pooh Corner,

Hampshire From 13 July to

wonderful world of a boy and

15 September, explore the

his bear, when Christopher

Robin, Winnie-the-Pooh and

the Hundred Acre Wood are

Malik from One Direction, The

Bros Studio Tour London This summer. The Making of Harry Potter invites kids to delve into the world of spell casting, potions and wizard duels as it hosts its first Summer Spells feature. 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

Freestyle

Summer Spelltacular, Warner

What's On School's Out For Summer VisitEngland Walk with dinosaurs, Isle of

This year sees the 20th anniversary of Jurassic Park and the release of Walking with Dinosaurs so 2013 is being dubbed the 'year of the dinosaur'. To celebrate. Dinosaur Island (aka Isle of Wight) is inviting people to cross the Solent and search for prehistoric remains using an augmented reality app. New technology, which can only be activated on the island, takes visitors on a trail to six coastal locations where they can take a picture of their family and friends walking alongside the dinosaurs that roamed the Isle of Wight 130 million years ago, while at the same time learning

more about their relatives - the dinosaur characters in the movie Walking with Dinosaurs. A hop-on/hop-off bus service, which takes in all six of the locations, will run until 14th November and costs £10 for adults, £5 for children.

www.visitisleofwight.co.uk/ dinosaur-island

Knight's Glamping at Leeds Castle. Kent Dubbed the loveliest castle in the world, is now offering families the chance to escape to the countryside for a glamorous camping holiday. Located just under an hour's drive from London, eight traditionally coloured striped tents based on medieval design, form a 'village' on the one-acre castle vineyard. Each tent is equipped

with a luxury four poster bed,

log burning stove, crisp cotton

By day, explore the magnificent

Ballroom

bedding and cosy fur throws.

The Curse of the Were-Rabbit. www.draytonmanor.co.uk www.chessington.com www.blackpoolpleasurebeach. com/wallaceandgromit

The 30th Guildford Summer Festival

July 2013

castle stately rooms and at

night, sleep under canvas in

a spectacular setting of this

www.leeds-castle.com

Festival of Neighbourhood on

majestic 900 castle

London's Southbank

Giant art, roof gardens

allotments and a beach

exhibit, British classic

pop-up at the Festival of

Neighbourhood until 8th

September. Visit the Beans

celebrates 75 years in 2013,

watch circus theatre and cabare

at the London Wonderground

pop-up beach. Should the skies

War Museum, which partially

www.southbankcentre.co.uk

whatson/festivals-series/

festival-of-neighbourhood

www.iwm.org.uk

Meanwhile, Chessington's new

lets visitors ride in safari trucks

safari experience, ZUFARI.

through the extreme terrain

to explore a new reserve with

Theme park fans should also

head to Blackpool Pleasure

ride from A Grand Day Out,

before dealing with A Matter

of Loaf and Death and tackling

and having A Close Shave

trying out The Wrong Trousers,

Beach on Thrill-O-Matic - the

world's only Wallace & Gromit

flamingos, giraffes and rhinos.

and build sandcastles on the

open, head to the Imperial

reopens on 29th July with

Horrible Histories: Spies.

See an online version of Guildford Summer Festival Brochure.

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 11amfree guided tours of Guildford House.

18 June-3 November-Frank Holl: Emerging from the Shadows

22 July-8 August-In Search of Silence: Annie Boiseau Exhibition 10-25 July-Yvonne Arnaud

22 June-3 August-Flowerscapes by Meg Stevens at Guildford House

22 June-14 July-Eve of the Mind: Tina Sturman and Ritva

Until 3 September—Joan Drew Embroidery Exhibition at Guildford Museum

July 2013

London Calendar

Daily Tower of London 0844 482 7799 Fit for a King exhibition personalities, power & physical size of England's kings, from the Tudors, to today's royal family

Daily London Zoo 020 7722 3333 Rainforest Life Exhibit, sights sounds, smells of the rainforest & come face to face with amazing rainforest species including monkeys sloth, armadillo, tamandua plus there's a special Night Life area, bats, rats & other nocturnal creatures in the dark.

Daily Science Museum 0870 870 4868 Daily take control in 360 degrees flight simulators or fly with the Red Arrows 3D motion effects Adventure families under 7's Spaced Out, families, 5+vrs, FREE, Ever 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,

From June Royal Air Force Hendon 020 8205 2266 exhibition with some of Airfix's most popular models from the 50,60s & 70's.

Ongoing Royal Mews Buckingham 020 7766 7302 Famil groups may explore a range of self directed activities from the art trolley, 5-11yrs.

Ongoing Royal Academy of Arts 020 7300 8000 <u>www.royalacademy.</u> <u>org.uk</u> New policy all children under 12yrs FREE entry to all exhibitions.

Ongoing Churchill War Rooms Clive Steps King Charles Street tortoises, armadillos, meerkats &

020 7930 6961 Undercover Life in Churchill's Bunker, learn what life & conditions were like underground & experience the authencity & emotional resonance of walking through the corridors where Churchill made history

Every Sun Hildreth Street Market Balham SW12 Street Market with fresh food traders Every Wed & every Fri Hornimar

Museum Forest Hill 020 8699 1872 Every Tues & Fri throughout July Busy Bees sessions for under 5's with stories, songs & simple art & craft, Every Wed & every Fr Busy Bees sessions for under 5's, FREE, Every Sat Hands on family workshops, 3+yrs, 6 July Toys 13 July Music 20 July Punnets Costume, FREE. 6,13 July Art Makers fabric painting for families, 3+yrs., adults FREE July Small Mammals, Furry Friends or Urban past nature trail. 7 July Latin Dance Summer Day craft activities & live music FREE 13 July Close Encounters of the Crawling Kind, Bugs in our Gardens. 20,27 July Art Makers A Parrot on your Shoulder have fun with different art techniques families 3+yrs FREE for adults ntil 30 Aug A World of Summer Stories, families 3+vrs, Every Sun Discovery for All, 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. 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,

led by AnimalMan Nick Spellman for all ages.

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. very weekend Tate Modern 020 7887 8008 Open Studio play & create with ideas & materials from artworks Daily Family resources with paper based activities for families all ages, FREE, Daily Children's Multimedia Guide keeps children entertained & animates 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 1/2 hrs.

Every weekend Greenwich Clocktower Market weekend market has 50 stalls specialising in vintage, retro & antiques with a few contemporary craft stalls, FREE entry, www. clocktowermarket.co.uk very weekend

Millbank 020 7887 8888 Liminal a physical, material & social rience of sculpture through touch, interaction & collaboration. all ages FREE Every weekend Art Trolley sessions, FREE. Every Weekend Children's Multimedia Guide fun & interactive a sensory

to explore art works, FREE. Daily Family Trails, under 5's, FREE. Until 11 July Madame Tussauds Marylebone Rd 0870400 3000 One

Direction new wax figures residing in a fully themed dedicated area Until 14 July Beyond Barbican The Rose Lipman Building 43 De Beau voir Road Hackney 0845 120 7511 Bank On It interactive

Intil 20 July Regent's Park Oper Air Theatre Open Air Theatre The Ironworks Inner Circle 08700 601 811 Pride & Prejudice & The Winter's Tale re-imagined for 6+vrs 25 July -7 Sent The Sound Until 24 July Devonshire Square

production with puppers 5+vrs

0845 120 7520 www.colf.org Summer Fest live music, dance street arts & circus, 12.30-2pm. Until 26 July City of London

dance, art, film, poetry, family & participation events www.colf.org. Until 3 Nov Theatre Royal Drug Lane 020 7494 5060 Charlie & the Chocolate Factory
From 1 July Imperial War

Museum 020 7416 5439 Secret War - new stories revealed, FREE. 8July Interactive family exhibition based on Horrible Histories oing A Family in Wartime Exhibition explores the lives of William & Alice Allpress & their ten children life in London during the war, FREE. Ongoing Secret War exhibition, FREE,

if they do exist, 11+yrs. 25 July Summer Science talk, 11+yrs. 3,10,17 July Questors Theatre Mattock Lane 020 8567 0011 Throughout Summer shows The Backstage tours 14-18yrs, FREE. Universe Exposed family show how 5 July Natural History Museum anyone with a digital camera can 020 7942 5000 Dino Snores for 7 capture spectacular images, We Are 11vrs 6 July Insect Day activities Aliens Rupert Gring of Harry Potter crafts, nature Live shows & bug fame narrates this planetarium hunts in the wildlife Garden, FREE show 5+yrs, Meet the Neighbours 13 July FREE family day with fun show 5+vrs Solar System Galaxy filled hands on activities for nature Universe, 5+yrs, Space Safari join lovers of all ages. Until 15 Sept Ted, the teddy bear for live music Every weekend & school hols Hands & rhyme as the journeys throughout on Nature Dinosaurs, handling the solar system for, under 7's. station specimens with the help of the

25 July-2 Sept National Maritim Museum Greenwich 020 8312 6565 Message In a Bottle Summer holiday events 2 9 16 23 July Play estigate Centre families work Tuesdays with music, dance & drama, under 5's FREE, 6,13,20,27 July Explore Saturdays meet a character from the part & take part ols Gallery characters, FREE. in an exciting performance, 6+yrs, FRFF 7 14 21 28 July Discover

2 Sept New family Walking trail. Storvcraft workshop using puppets, percussion instruments, from Museum to Square, 6+yrs singing plus a hands on craft FREE 25.26.30 July Creative

monthly workshop, 12-26yrs.

walkahout acts art & craft activities

plus rickshaw rides, face painting &

8-11 July Hyde Park 020 7298

2083 Outdoor film Sky Movies

Screen four times a day www.

13-14 July Shoreditch Festival

Mix of live music, theatre & dance

13-14 July HMS Belfast Tooley

Street 020 7940 6320 Dazzle

Camouflage, used to keep HMS

Belfast being discovered & a

families all ages FREE 13-14

Planetarium 020 8858 4422 Sci-

Outer Space, following the movie

a short walk will explore the ideas

of what aliens might think about

humans, & where aliens might be

objects & stories of the crew.

July Slang at Sea have a go discover

July Peter Harrison

Movie Night: It Came From

family friendly events, FREE.

games, FREE dron in

royalparks.org.uk

cargo, ideas trolley drop in workshops play an instrument & workshop, all ages, FREE, 26,29,3 luly A Sailors Trafalgar Story put words together in new ways with other people, all ages. interactive performance 7+vrs. 6,13,20,27 July FREE. 31 July Out of this World Childhood Bethnal Green 020 family workshop with interactive 8983 5200 Children's dance exploring rhythm & creativity. 8+vrs Until 15 Sept Visions of the Universe exhibition. 4-6yrs. 6,20 July Introduction to chess basics, 6+vrs, FREE, 28 July Summer Festival with music, dance,

www.parents-news.co.uk

27 July The Royal Observatory Greenwich 020 8858 4422 Saturday Space Explorers fun monthly workshops, 5+yrs, FREE. Until Aug Alien Revolution new

Sundays, all ages, FREE. 25 July

27-28 July Queen Elizabeth Olympic Park The Open East Festival with international music. food theatre, family art & much

more under 5's FREW www noordinarypark.co.uk . 27-28 July National Army

Museum 020 7730 0717 www. national-army-museum.ac.uk Soldier Weekend , 7+yrs FREE, Every Sat aftern Soldier's Life workshop, FREE. Daily Victorian Soldier Action Zone quizzes, games & hands on activities FREE, Daily The World's Army, Empire, Commonwealth & Dominion Soldiers 1914-45 Action family interactive zone, FREE Daily Kids Zone interactive learning & play space under 10's plus a soft play area for babies

28 July BFI Southbank 7928 3232 Film Family Funday Singalong The Jungle Book plus Workshop make instruments to accompany Disney tunes plus competition FREE to ticket holders Singalong The Jungle Book.

30 July-27 Aug Victoria & Alber Museum Cromwell Road 020 7942 2000 Make it Clay activity children 5-12vrs Daily Back Packs families filled with jigsaws, stories & games 4-11vrs, Activity Cart hands on art, FREE, drop in plus Agent Animal bag a sensory activity bag under containing an audio map & fabric cubes FREE Until 28 July David Bowie new major exhibition,

July Chelsea Physic Garden 020 7352 5646 Paper Stixx & Wonderful Wire Sculptures have a go at making sculpture to take home, run by artist Darcy Turner, 6+yrs, bring some newspapers

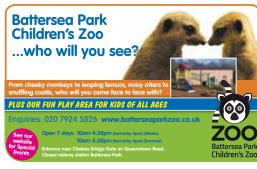
booking advised

Tel: 01843 583454 / Mobile: 07536058849

Email: info@fil-jockeys.co.uk

Web: www.lil-jockeys.co.uk







www.dancetime.uk.com beryl@tecres.net

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Dancetime

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and info, call

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Classes held at: Downsend School Ashtead/Leatherhead Ensom College

For more info contact Colin on 01372 739600

· Holiday Fun Woodland Walk 020 8398 0822

Art with Guildford Arts

01483 444333



Please call before you go and please mention PARENTS NEWS

Daily Lower Morden Garden Centre 020 8337 7781 Soft Play, under 5's.
Daily Sutton Ecology Centre Festival
Walk Carshalton 020 8770 5820 Playworld fantasy play area 2-10yrs Daily Kew Gardens, Kew Palace 020 3847 0946 Walking Tours of seasonal highlights, FREE. Every Sat Tropical Nursery Tours, need to book, Every Tue & Thurs Orchid Nursery Tours, need o book. Every Sat Hands on Session

Daily South Norwood Recreation Ground Car Green Road Croydon 020-8760 \$707 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

Ongoing Dupass Hill Outdoor Gym Each item has close in

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 Softplay & café, under 5's Every Mon Hampton Library 020 8734 3347 Storytime section

Chatterbooks reading group, 8-9vrs, 4pm, FREE.

Every Mon Kingston Children's Library Wheatfield Way Kingston 020 8547 6438 Rhyme & storytime sessions for babies, toddlers & under 5's, Every rs Stories & crafts for under 5's.
ry Mon New Malden Childs Centre Burlington Road New Malden 020 8336 1561 Stay & Play 0-18mths Every Mon Surbiton Library Ewell Road Surbiton 020 8547 6444 Storytime for under 5's, FREE. Every Tues Rhyme & storytime for baby & toddlers, FREE Every Mon Tudor Drive Library 020 8547 6456 Storytime for under 5's,

Every Mon St John's Church Kingston Road 020 8288 1801 Tots in Tow fun for the under 5's, 10-11.30am.

Every Mon St James's Church Hall Bodley Road 020 8942 2093 Tiddler'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 hilly terrain, 3+miles ideal for advan 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

afternoon Raynes Park Make your own jewellery Every Tues afternoon Story times for under 5's. Every Thurs morn Simple Yoga & Meditation Group.

Every Mon eve Sutton Grammar
School Korfball for Beginners 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

chertsey@stagecoach.co.uk

twickenham@stagecoach.co.uk

& sessions email for details info@

Chestnut Grove 07956 312920 Aerobics all abilities, 7-8pm. Mon-Wed St James's Church Hall Bodley Road New Malden 020 8942 2093. Tiddlers Group , 9.30-11.30am Every Mon, Wed & Fri during ter

time Little Hamsters Play Cafe Ham 07432 354274 Relaxed environmen for mums & tots 0-5yrs offering coffee cakes, lunchs, soft play shapes, ball pool ide on toys table ton activities & nuzzles ting, FREE parking, FREE Wi-Fi.

Every Tues Hampton Wick Library 020 8734 3358 Storytime session, under 5's FREE 2nd Tues of the mont

Cavendish Hall 020 8949 3402 Sparkles. under 5's. 9-11.30am. Every Tues Malden Centre Blacdon Road New Malden 020 83361561 Stay

& Play for under 5's. Every Thurs young Library, under 5's, 10.30-1.30pm. y Tues New Malden Library ston Road 020 8547 6438 Baby &

toddler rhyme time up to 3yrs, FREE ry Thurs storytime for under 5's, ry Tues Old Malden Library 020 8547 6467 Rhymetime up to 3yrs, and storytime for under 5's, FREE.

Every Tues Purley Library 020 8726 6900 Bookstart Rhymetime for babies & toddlers & Wiggle & Jiggle, toddlers over 8mths. Every Fri Storytime 2 ½+yrs. Every Sat Rock & Rhyme for babies & very Tues Centrale Shonning Centre

Croydon 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 ainting, colouring or just play, FREE, 10-12pm, Tel: 020 8686 7535

every Tues Farnham Library www. bookstart.org.uk Baby Bounce 'n

ry Tues-Fri Dickerage Adventure

Every Tues-Fri Dickerage Adventure

www.parents-news.co.uk

Evert Tues.Sat & Sun Sutton Climbing Wall Sutton 0845 363 1177 Junior Roel Sessions, 4+yrs, need to book. Every weekend Climbing Parties available, 7+vrs, need to book.

v 3rd Wed of the month Pichmond Library 020 8734 3303 Chatterbooks reading group, 8-9yrs, 4.30pm, FREE onth Tiny Teddies session baby bounce & rhyme, FREE.

Every Wed Charles Cryer Theatre 39 High Street Carshalton 020-8770 4950 Spiral Youth Theatre for 13+yrs members learn a variety of activities such as drama, dance & singing, musical theatre composition, set design & costume per year & Every Thurs Minis & Juniors

Wed Ham Library 020 8734 3354 Storytime session, under 5's, FREE. 1st Fri of each month Tiny Teddies sessions baby bounce & rhyme, FREE. ery Wed Castlenau Library 020 8734 3350 Storytime session, under 5's FREE One Sat a month Tiny Teddies baby bounce & rhyme sessions, FREE. ry Wed Hampton Hill Library 020 8734 3320 Storytime session, unde 5's, FREE, 1st Sat of every month Tiny

Every Wed Tolworth Library 37-39 The Broadway 020 8547 6470 Rhyme & storytime for under 5's with simple

Every Wed morn Sutton Arena Leisure Centre Middleton Road Carshalton 020 8770 4088 Women's Recreation fee, 9-12pm. Daily Playworld fantasy play area, 2-10vrs.

ery Wed & Sun East Sheen Library 9724 2227 hatterbooks reading group, 8-9yrs 4.30pm, FREE, 1st & 3st Thurs of month Teddies sessions baby bounce & ny reduces nyme, FREE.

Gardens Kew 020 7222 1234 Hands

Calendar

Every Fri South Norwood Library

020 8726 6000 Rookstart Phymotime fo

Fri New Addington Library

or babies & toddlers & Wiggle & Jiggle

8mths+, FREE. Every Fri Norbury Library 020 8726

Wiggle & Jiggle. Alternate Sat Rock & Rhyme followed by Storytime. Last Fri of each month Chatter Books reading

6900 Bookstart rhymetime for babie: & toddlers, Wiggle & Jiggle, 18mths+ Every Tues Storytime for pre-schoo

children. Every Sat Rock & Rhyme for

Crafty, 4-8yrs plus parents & siblings

group. Last Thurs of month adult reading

group.

Every Fri Caterham Valley Library

Every Fri Redhill Library www.surrey.

Every Fri Warlingham Library www.

Every Fri morn Running Club 07936 240937 A mixed

240937 A mixed group consisting mainly, but not restricted to mothers with

children in school, meet at 9.50am in

the Pembroke Lodge car park for a run of between 3 & 4 miles. Social group of

gov.uk/kidstuff Rhymetime, FREE

v Fri Selsdon Library 020 8726

Rhyme or Storytime, FREE.

6900 Bookstart Rhymetime

group for 8-12vrs, FREE.

surrey.gov.uk/kidstuff FREE.

surrey.gov.uk/kidstuff

020 8253 1023 Bookstart Rhy

Glasshouse for a closer look at the inner workings of the chocolate tree. sessions baby bounce & rhyme, FREE. Every Tues Coulsdon Library 020 8726 6900 Bookstart Rhymetime for Daily For families Treehouse Towers features climbing towers & wooden plan equipment such as giant swings, zip wires, scramble nets, slides & a mountaineering babies & toddlers, Wiggle & Jiggle, 2 4yrs. Every Thurs Storytime, 2 ½+yrs Every Sat Storytime, under 7's, FREE. ramp. Ongoing Plantastic Play area shaped like a plant, children mayto Every Sat Storytime, under //s, P.K.E.

Every Tues Ashburton Library 020

8726 6900 Bookstart Rhymetime for babies & toddlers, Every Thurs Wiggle tunnel through giant roots, clamber over a solid stem, and explore a leafy maze before reaching the flower head, where a & Jiggle for toddlers. zip wire symbolises a pollinating bee. Chatterbooks drop in sessions 8-11vr ery Thurs Cheam Leisure Centry v Sat Rock & Rhyme for habies Cheam 020 8770 4830 Street Dance

toddlers. Every Wed Social club for olde people for a chat & a cup of tea. Every lessons for boys & girls 10-15yrs

Every Thurs Sutton Life Centre 020 term time only storytime for unde 8644 9696 Employment & Training 7's FREE ... & Thurs Sutton Librar Advice drop in sessions held in Youtl basic computer training for over 50's, need to book, FREE. Every Wed Story & Contact Boxing, 12-18vrs, FREE, Held Rhyme time for under 5's FREE Eye Fri Over 50's self help computer group. basic skills required, FREE.

Last Thurs eve every month Kingston Library Wheatfield Way Kingston 020 8547 6438 Adult Readers Group

Bumps & Babies is for mums with bump & both parents or carers of non mobil meet others for tea or coffee & get your baby socialising, www.nct org.uk/branches/dorking/events/bumps and-babies. 3rd Mon of every n Nannuccino a natter about nannies as ar

native to disposables. y Fri Teddington Librar Storytime session, under 5's, FREI reading group, 8-9yrs, 4.20pm, FREE 1" Thurs of month Tiny Teddies sessions baby bounce & rhyme, FREE. Every Fri Kew Library Storytime

session, under 5's, FREE Every Fri New Malden Bantist Church

Tadpoles parent & toddler group.

Every Fri Bradmore Green Library Old Coulsdon 020 8726 6000 X6495 Mon Storytime 2 1/2+yrs & Chatterbooks reading group for 8-11yrs. Fortnightly Every Sat Rhymetime.FREE...

8734 3356 Storytime session, under 5's. FREE. Last Tues of each month Tiny Feddies sessions baby bounce & rhyme, 8726 6900 Bookstart Rhymetime 0-5yrs FREE. on Sat Rock & Rhyme for v Sat Early Learning Centre The pre-school children. Every Wed Arty Crafty computers drop in sessions for under 5's, parents & carers, FREE.

fun possible with ELC products, they can have their faces painted, mess with play doh & lots more from 10am

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.

morn Canbury Park Gardens Kingston Every Sat morn Fitness in the Gardens low impact outdoor cardio exercise for all with powe walking, jogging & stretching, 10-11am, FREE, info@AHM-Go.com.

very Sat morn Canbury Gardens Lower Ham Road Kingston 020 8547 for all with power walking, jogging & stretching, 10-11am, FREE.

16 July Kingston Museum and Heritage Centre Wheatfield Way Kingston 020 8547 5006 Green Fair 2: year celebration of the first Green Fair in Kingston, celebrating environmental thinking, FREE entry. Every Fri morn Snappity the Crocodile's activities for under 5's drop in FREE 1-6 July Fairfield Halls Fairfield 020

www.surrey.gov.uk/kidstuff Rhymetime, FREE. Every Thurs Storytime, FREE. Every Fri Dorking Library www. 6688 9291 Rocky Horror Show. 12-13 uly Ben & Holly's Little Kingdom, 12+months. 2 July Concert Hall Fairfield 020 8688

9291 Croydon Music Festival performed by people of all ages. 2,4,9,16,18 July Bikefit Surrey's Leisure & Social Cycle Ride 07801

235222 A friendly fun & relaxed cycle ride in SE Surrey, on offer, 3 levels of riding from beginners up, Tuesdays are easy & for beginners, www.bikefitsurrey co.uk 2-5 July Barn Theatre Oxted 01883 724852 The Wizard of Oz.
3-7 July Richmond Theatre Richmond
Green Richmond 0844 871 7651

runners with no pressure on ability, new 1rd & 4th Sat of the month Norbiton Gruffalo's Child. 6 July Grufflac Childre's Centre Kings Oak Primary Dickerage Lane 020 8949 6065 Who Let the dads out Play session for under 5's, Adventure workshop for families 3-5yrs. 7 July Pre-show The Gruffalos 10-12.30pm. Every Sat Heathfield Library 020 to ticket holders. 20 July Play Time

family arts & crafts & storytelling along

4-6 July Yvonne Arnaud Theatre Millbrook Guildford 01483 440000 Peter Pan. 6 July The Frog Prince featuring over 100 puppets, 4+yrs. 17-20 July Follies the musical. 23-27 July Some Like it Hotter.

12.19.26 July Horley Country Market savouries, preserves, craft, jewellery & 6 July Virginia Water The Great Park

Windsor The Baby Race an 8K event you can power walk or run without your saby in their buggy, fun event for all the family, www.tommvs.org/babyrace. 5-28 July International Youth Arts

young artists through dance, theatre & other art forms, www.ivafestival.org.uk July Gatton Park 01737 649066 the family with country crafts & demonstrations, children's activities fun dog show, gardens & grounds open entrance FREE for children. 29 July Fairy Fantasy make fairy gardens & accessories to take home 4-7yrs. 31 July

Camp Building, 8-12vrs. uly Godalming Bandstand Phillins ices & cold drinks available on site, cream teas available in church hall for sale, FREE event.

J-20 July New Victoria Theatre Woking 01483 545900 Cats the musical July Weybridge Equestrian Centre 01932 248544 Teddy Bears Picnic groom a pony, enjoy a ride & have a tedy bears picnic in the special children's play area. July Thomas Wall Centry

of nearly new baby, kids & maternity

July Court Meadow Rose Lane Ripley Ripley Rocks an all day family orientated music festival with live music of all types, plenty of sideshows plus

Please call before you go and please mention PARENTS NEWS www.parents-news.co.uk burgers & hot dogs, tea tent & bar, www. ripleyrocks.org.uk 13 July Pyrford Cricket Ground

Coldharbour Road Woking Pyrford & Wisley Flower Show & Fete plus a wide

13 July Tandridge Village Fete Fur packed afternoon with the amazing 'Team Kinetix: as the main event plus the FREE Throwing Championships. There will also be children's races, bouncy castle, craft stalls, displays, maypole dancing

rofroehmonte & lote more ontrance und 843573 Paper toys, arts & craft family fun learn all about Victorian tovs & games & make your own thaumatrope, paper windmill or tumbling acrobat to take home,

13 July Ewell Village Fair in Glyn House Grounds Ewell 07956 917635 Entertainment to include Chelsea Football Club foundation beat the goalie competition. GB Martial Arts Academy display team, Morris dancing, musical entertainment includes a number of local & Judy, pony rides, coconut shy & other side shows, bba. & liquid refreshments available entrance under 16's FREE

13 July Church Meadow Church Street Ewell Excavation Open Day in conjunction with Ewell Village Fair, www.archaeologyfestival.org.uk 3 July Chahham Village Hall Station

history of Chobham Project Open Day with a variety of activities on the day July A23 Recreation Ground Brighton Road Horley 01293 78496 Horley Carnival with a procession from the High Street into the Recreation Ground where there will be all sorts of entertainment to include children's ound rides, bands & lots more plus

13-14 July Kingston Regatta 020 8547 1221 Riverside festival brings together schools & clubs to compete in 275 rowing

Until 18 July Farm Animals of Yestervear

an exhibition of native livestock, many now rare breeds. 28 July an experience of rural life

18 July Hatchlands Park East Clandon 01483 222482 Romeo & Julie 19-21 July Loseley Park Guildford 01483 454213 The Garden Show

20 July Wallington United Reformed Church Wallington 020 8647 307 RSPCA Millbrook Animal Centre 0300 123 0740 Boot Sale with

20 July Whiteley Village Day Dozens & rides, food & drink, bar live music & lots more., www.whitelevvillage.org.uk 20 July Ripley Village Hall Portsmout Road Ripley Family fun day a summer fayre with a jazz band, accordion orchestra, dancing displays, tea tent, dog

show, pony rides & many stalls for all the family FREE entry & parking 21 July Dragon Boat Challenge Canbury Gardens 07825 000445 Featuring teams from across the country

with drums, shouting & colourful boats, a fun day out for all the family with stands www.kinstonrotaryclub.org.uk/dragon-21 July Kingston Market Monthly arts

crafts & designers market, with a mix of arts, crafts, food, fashion, jewellery, natural skin care home furnishings & more, 10-5pm, FREE entry, Asheroft Theatre Fairfield Croydon 020 8688 9291 Calebrity Cook

21 July Hampton Court to Kinton Swim Open water swim series offers 2.25 miles of river swimming from Kinston Bridge, www.humanrace.co.uk/ events/open-water-swimming/hampton-

uly The Recration Ground Church Road, Claygate 07949 853618 Rock on the Rec The Rollin Stoned, picnic in the park, all proceeds to Claygates's new clubhouse, under 5's FREE. July Redland Coleman Croydon Road Reigate 0845 3712734 Cats Protection Homing Show & Sale

24 July-1 Sept RHS Gardens Wisley

Go to Page 5

Wisley 01483 225329 Great Garde

discover about air, soil, insects, water

nimals or plants plus lots more activities

Thursday 020 8547 1221 Summer filled

calendar of events for children over the

planned throughout the town including storytelling, face painting, craft activities

7 July Museum of Richmond Old

Whittaker Avenue Richmond 020-8332

1141 Roman discovery day, fun for

all ages with roman artefacts, replica

family to try out being an archaeologist

857381 Supercar Saturday a chance for visitors to enjoy supercars at close

7-28 July Carshalton Lavender

Harvest Weekend Stanley Road Allotments 07948 174907 Open

event, stalls will offer lavender beaut

products, crafts, painting, plants & a bbq

FREE entry.
28 July Surrey Heath Archaeologica

& Heritage Trust Bagshot 07870 447810 Family Fun Day, explore the old

police station, enter the cells, see finds

FREE entry.
29 July-2 Aug Painshill Park
Portsmouth Road, Cobham 01932

868113 Wild Summer Camp with den

29 July-2 Aug Epsom Playhouse Ashle

Avenue 01372 742555 Edustage Musical

What's On

quarters, entrance under 5's FREE.

July Brooklands Museum 01932

by excavating a mock trench.

costumes & games, FREE drop in day

& entertainers, www.kingstonfirst.co.ul

school holidays with children's activitie

www.stagecoach.co.uk SING! DANCE! ACT NOW Stagecoach

Coombe Wood Lawn Tennis Club Summer Camp

Attend weekly (Monday - Friday) or on a daily basis for ages 4-18 years

Squad (11 years and over) £38/£42

 Week 1
 1 5th - 19th July
 Week 2
 22rd - 26th July
 Week 3
 29th July - 2nd August
 Week 4
 5th - 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 Transits & Mini Champs and Squad plays

For further information or an application form please contact:

We have the latest in teaching equipment including: AirZone, Speed Gun, Kick-a-Flick, Hitting Hands, Target Windows, Catcha Ball, Tag Ball, Power Resistant Ropes and much more!!!

FAMILY DAYS Advanced bookings only - Limited Tickets

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

v Movers & Shakers 0-1 & 1-3vrs

FREE drop in sessions.
Every Thurs Twickenham Library
Garfield Road 020 8734 3340 Storytime

session, under 5's, FREE, 2nd & 4th Thur

of month Tiny Teddies sessions baby bounce & rhyme, FREE. Every Thurs Methodist Church Hall

High St New Malden Parent & toddler

Every Thurs Tolworth Recreation

Centre Fullers Way North Tolworth 020-8391 1882 Badminton Club for

intermediate/advanced level, Tel: 020

Every Thurs Croydon Sports College 020 8726 6000 x88965 Circuits Low

Every Thurs South Norwood Leisur

Centre 164 Portland Road 020 8726

www.surrey.gov.uk/kidstuff Rhymetime

10am FREE, Every Fri Storytime

Special Stars a baby & toddler group for

children with disabilities or additiona

needs, from babies to pre-schoolers

intensity for mature exercisers.

8395 9175.

2.15nm FREE



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



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Hounslow Central 020 8582 5518

Kingston North & Wimbledon 020 8643 9130 **Kingston South** 020 8127 0184 **Merton Park**

020 7998 9817 Pyrford 01932 402 737

Redhill 01737 277 380 Southfields 020 8879 1290

Tadworth 020 8394 1698

Thames Ditton 020 8288 1819 Tooting

020 8780 1618 Twickenham 020 8942 3623

Woking 01483 726 961



study skills



Fees vary. Please refer to your local study centre.

the Anti-Bullving 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

•The 8 - 12 years group will

be judged by young, talented

A dream for every

pre-school child...

and their parents

The Anti-Bullving 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.

Children's Publishers UK (RHCP) and two of their Despite significant improvements in technology; brilliant young authors to raise with global communications awareness of the issue of cybernow at our finger tips, there is a bullying though a prestigious wealth of evidence suggesting and inspirational writing competition for children and that cyber bullying is becoming ingrained within internetyoung people in schools or colleges across England. The culture and is as prevalent as ever. This Anti-Bullying competition aims to encourage Week. The Anti-Bullving young people to get involved Alliance calls on young with the campaign throughout people to take the lead on the summer months for the build up to Anti-Bullying creating a future without bullying, by using the privilege of new technologies to promote The competition boasts two age categories, each to be judged positive communication rather than being held back by cyber by an expert children's author

Inspiring

art, drama, music

nique programme o

science, literacy and

IT with dedicated

teaching specialists

bullying.

The Anti-Bullying Alliance

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

•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-Bullving 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

about your experiences. share your experiences - take them away and they're powerless actually be doing them a favour in the long run too Although. maybe don' expect a thank you.

possible.

Entrants will be required

Yes, I can touch-type

Over the past nine years the 'Yes,

gained an outstanding renutation:

and secondary school age to touch

type in just ten hours. The course

summer holiday courses based at

The Yes. I can touch-type program

developed specifically to teach to

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

young people. Complete beginners

is now available with school

Sydenham High School

and teaching method were

teaching young people of junior

I can touch-type' course has

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-bullvingalliance. org.uk/updates/takepart-in-abw2013-writingcompetition.aspx

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

PARENTS NEWS On-line

www. parents-news.co.uk Advertising works in **PARENTS NEWS**

ideally. If you are helping your 020 8337 6337 child, the easiest way is to sit fergus@ or stand behind them - this parents-news.co.uk helps to get to both top and

> 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

July 2013

...start young says Chig Amin,

owner and principal dentist

at Epsom Dental Centre - a

in the heart of Ensom. The

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

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

2 Brush twice a day - after

breakfast and at bedtime

hottom teeth

usually from about the age

children's teeth:

practice regularly treats

family friendly dental practice

tooth on both the front and 5.Give lots of praise and encouragement when they brush their teeth well so that

Good dental habits.....

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

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for girls and boys aged 5-11

reading gain in a year

respect for others!

lots of one to one teaching

All learning styles catered for

We see enormous progress: up to three year's

Unparalleled levels of individual attention -

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We consider the whole child, including the role

of diet, supplements, exercise, sleeping position and Brain Gym

Dyslevia specialists English as a Second

Language - all available at no extra cost

We still teach courtesy, table manners and

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

Have you heard the news?



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 SauarePants on the shelves will be old time favourite Mickey Mouse, best girl Hello Kitty, Nemo, Cars and Princes. Ariel. These specially designed ultra soft earnlugs 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.

Aaua Ears use the same technology as BioEarsTM 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.

Baby Swimming Tips

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

Tip 1: Before your first swimming trip, get your baby used to water in the bath. Make bath time fun and enjoyable, splashing water and playing - all great ways to build confidence with your baby in the water

Tip 2: The swimming pool can be a busy and noisy environment. We suggest visiting the swimming pool during off peak times, ensuring a relaxing and enjoyable experience your baby. Tip 3: For your first swimming experience, try spending a

maximum of 15 - 20 minutes in the water with your baby. getting them used to the surroundings and water Tip 4: Be prepared with swim nappies for your baby necessary for keeping your baby comfortable and secure throughout their time in the

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 haby 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 numbe swimming aids available, ideal for giving your baby support

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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 you For swimming tips and aids www.zoggs.com



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one week or spread it over the holiday.

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

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

bath time or before bed.



17 - 20 July

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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 cathoat Swallow. and the two intrepid Amazons. plucky Nancy and Peggy

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writing workshops, backstage tours, the opportunity for families to create a play in a

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

what it is like to be adopted.

It also briefly covers the issue

hamster, Alfonzo, is ignored by

his mother, Henry, and pushed

takes pity on poor Alfonzo and

when he is the last to be found

a new home. Alfie's adonted

mum agrees to him taking the

book in the Copper Tree Class

series of picture books aimed

£6.99 n b

at 4-7vr olds

hamster home as his own.

Help A Hamster is the third

of bullying, as the smallest

aside by the others. Alfie

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



My First 100 Words and My First 100 Numbers (£5.99) 1-5 years

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

My First 100 Words (ISBN: 9781848988200)

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

My Big Truck Book (£6.99) 5-7 years Available from1st

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 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

July 2013

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such 'which is the biggest?'

exercises and number concents

'how many?' 'more or less?',

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ekille

Summer Holiday Reading Treats! July and August new publishing from Ticktock

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.



I Want to Draw (£6 99) 5-7 years

> What better way to keep your little ones entertained this summer than with these fantastic sten_hv_ster 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 conv and add to The special pen included on each book allows children to wipe clean again and again until they achieve their perfect drawing! With Dragons, Monsters,

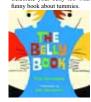
Dinosaurs and Fairy Princesses to choose from there are subjects to appeal to all children. The ultimate companion for a wet weather

ISBN: 9781848989221 ISBN: 9781848989214 ISBN: 0781848080207 ISBN: 9781848989191

The Belly Book by Fran Manushkin

Let's Have A Relly Calabration f11 99 (bb) Bellies come in all shapes and sizes: haby hellies grown-up bellies animal bellies. Some bellies are soft, some bellies are firm

Celebrate your belly too with



July 2013

Health & Fitness

10 Day Flab Fighting Soup Diet

4 drops Tabasco sauce

0% fat Greek voghurt

1/2 teaspoon celery salt

Freshly ground black pepper

If using fresh

Drain, remove the

Put the tomato flesh,

Stir well and heat

Taste and adjust.

Pour into bowls or

Name Size S. Joseph St.

tomatoes place them in a howl

nour boiling water over and

leave them for 30 seconds.

skins, stalks and seeds and

finely dice the flesh. If using

tinned tomatoes, remove the

the flesh.

stalks and seeds and finely dice

tomato juice, Worcestershire

sauce, balsamic vinegar, lime/

lemon juice Tabasco celery

salt and a few good grindings

of black pepper in a medium

through until just beginning to

adding more of any of the

flavourings and/or seasonings

until it's just how you like it.

mugs, top each with a good

dollop of voghurt and scatter

snipped mustard cress liberally

around or flask it if you are on

Thai Curry Sweet Potato Soup

250g sweet potato peeled and

1 long, thin red pepper, de-

seeded and cut into fine strips

low fat as it is liable to split

400ml chicken or vegetable

3 teaspoons Thai Red Curry

12 fresh prawns or 1 chicken

breast cut into long, thin strips

50g fresh basil leaves, chopped

or torn (also works well with

1 x 400ml tin coconut milk (not

chopped into bite-sized chunks

the go and top later.

(serves 4)

Ingredients

when heated)

or chunks of tofu

baby spinach leaves)

stock

Paste

sized soup pot.

Fiona Kirk's new book: Soup Can Make You Thin - The Cookbook

Soun 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 200kcals less per day - that's 1400kcals less in a week and 6000kcals 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 Ouick Tomato Soun (see recine).

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/flax seed oil and lemon

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

Dinner: Very Ouick 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 Ouick Tomato Soup (serves 2)

Ingredients 3 large ripe tomatoes or 3 tinned plum tomatoes 500ml fresh tomato juice 2 teaspoons Worcestershire

2 teaspoons balsamic vinegar Juice of 1 lime or half a lemon

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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 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 hit more spice

Soun Can Make You Thin: The Cookbook By Fiona Kirk is available in print format, £12.99 through

www.soupervduperv.com

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