

# PARENTS NEWS

October 2013 No. 181 The First & Foremost Local Monthly Newspaper for Families

1993 - 2013  
21st Successful Year  
Thank you

**FREE**

## What's On in October Half-Term Education all ages

Nutcracker on Ice London Palladium  
[www.reallyusefultheatres.co.uk](http://www.reallyusefultheatres.co.uk)  
Photo by Glenn Edwards

[www.rural-life.org.uk](http://www.rural-life.org.uk)

[www.broadstairsfoodfestival.co.uk](http://www.broadstairsfoodfestival.co.uk)

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Three Editions in South-East England



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London South  
East Surrey & West Kent

# Out & About

## Autumn and Halloween Fun at Farming World

### PARENTS NEWS

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

There will again be lots of seasonal "hands on" activities to try at the popular "Activity Thursday" at the **Rural Life Centre**, Tilford, on **October 31st**. You could have fun making a traditional Guy, play with conkers, be a nature detective, or even try apple bobbing.  
 There will be period toys to play with; a working pole lathe and you can find out when "children should be seen and not heard!" All activities undercover if wet.  
 For very young, the museum dolls house will be open. You can also spend time exploring the other interesting museum buildings and exhibits. There is plenty to see and do.  
 Remember don't miss the last "Activity Thursday" of the year. Come and stay all day. You can wrap up warmly

## New look World Rugby Museum

Twickenham, 3 October 2013: The new look **World Rugby Museum** officially re-opened. It houses the world's finest collection of rugby memorabilia – over 25,000 iconic object dating back to the start of the game.

Located under the East Stand of **Twickenham Stadium**, the **World Rugby Museum** was given a wholesale makeover this summer in preparation for the hotly anticipated home World Cup in 2015.

As well as a contemporary re-brand for the world's finest collection of rugby artefacts and even more films and iconic footage of rugby's most memorable moments, a brand new 'Play Rugby' interactive zone has been created. This allows visitors to test their own skills including speed, jumping ability, strength and kicking prowess and poses the question: 'What Kind of Rugby Player Are You?'

The museum's award-winning educational facilities are now also integrated into its permanent galleries.

Old favourites return in a refreshed setting including:

- A glittering array of trophies including the Calcutta Cup, the intricately engraved trophy made of 270 silver rupees that England and Scotland have been competing for since 1879.
- The only surviving jersey from rugby's first-ever international in 1871.
- The real story of William Webb Ellis and how he didn't invent the game.
- Film and video footage, including the Rugby World Cup film, which allows visitors to re-live some of the most memorable rugby moments as they journey through the ages.

To find out more visit: [www.rfu.com/museum](http://www.rfu.com/museum)

## FAMILY FUN FOR ALL !

and bring a picnic, or buy some lunch in the excellent café, Accompanied children only. Pay for admission then

all the things to do are FREE Information on **01252 795571** [www.rural-life.co.uk](http://www.rural-life.co.uk)



**Farming World**, Boughton will be celebrating Halloween with a variety of activities planned for **October half term**. Visitors to the open farm will be able to create a range of Halloween themed crafts, and carve pumpkins **between the 28th October and 3rd November**. With winter on the horizon the open farm provides a great opportunity to get outside and make the most of the autumn sunshine. The location of the farm gives a great vantage point to enjoy the beautiful autumnal colours of the Kent countryside.

The wide range of facilities at **Farming World** offers enjoyment for all ages and in any weather. The indoor play barn will be a hive of activity and spooky fun **between the 28th Oct and 3rd Nov**, children can make witches hats and go to town selecting, designing and carving pumpkins. These completed craft projects will make great souvenirs to take home. The barn also has a large, two storey soft play area to entertain the children and shelter adults in the event of a shower. The indoor soft play barn and craft room is a great asset if you are visiting in bad weather, especially as admission is at no extra charge. If you are lucky enough to

visit on the **30th October** the friendly farm animals will be joined by a variety of spiders from **Invicta Arachnids**. This is a great opportunity to learn more about spiders, will you be brave enough to hold one? **Farming World** aims to provide all the family with a fun day out, full of new experiences. As well as spooky fun there are plenty of other attractions at the open farm to enjoy. These include a host of friendly animals to visit, such as, pigs, rabbits, llamas, sheep and heavy horses. A visit to **Hawklands Birds of Prey Centre** is also a must. You can meet eagles, owls and Rodney the vulture. Birds of prey flying demonstrations are held twice daily (except Mondays). On the **1st November** you can also take part in one of these demonstrations during 'Have a Go' Falconry Day. Sharon Hollens, the farm's resident falconer will be happy to answer any questions visitors have about any of the birds. You can also visit the conservation and rearing room to learn more about the life cycle of different birds. When all the animals and birds have been visited there are always the two outdoor adventure playgrounds to tackle, jumping pillows to bounce on and a round of mini golf to master. You can also

take a tractor and trailer ride (weather permitting) to enjoy and explore the beautiful surrounding countryside.

**Farming World** will close for the winter on the **3rd November**.

For further details call **01227 751144** or visit [www.farming-world.co.uk](http://www.farming-world.co.uk).

**Farming World** is open seven days a week until 3rd November, 9.30am to 5.30pm, and is just off Junction 7 of the M2. Admission prices are £6.50 adults and £5.50 for children aged 2 - 15 years. Sorry no dogs. Some activities weather permitting.

### PARENTS NEWS

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**020 8337 6337**

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# Halloween Half Term Fun!



**28th Oct - 3rd Nov**

- Make witches' hats and complete Halloween crafts,
- Carve your own pumpkin to take home,
- Meet the spiders (30th),
- Animal Day (31st),
- 'Have a Go' Falconry Day (1st),

Visit [www.farming-world.co.uk](http://www.farming-world.co.uk) for further details of our special events.

**Show this advert to receive 50p off entry per person in your party.**  
(PN Oct. Valid 7/10 - 3/11/13)

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






## 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)  
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**01252 795571**  
[www.rural-life.org.uk](http://www.rural-life.org.uk)  
The Old Kiln Museum Trust is a registered charity



**Bats and Broomsticks  
at The Historic Dockyard Chatham!**

Things get spooky this Autumn **Half Term** at **The Historic Dockyard Chatham**, as visitors explore the eerie and ethereal through a range of exciting family activities.

and attractions are included in the normal admission price, however a small additional charge applies to some of these activities. **The Historic Dockyard Chatham** is open every day until 1 December.

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

Running from **25 October** through to **3 November**, visitors can join in the **Bats and Broomsticks** activities, suitable for all the family. These include a **Bat Trail**, the return of Megan the witch with spell binding stories to enchant and - back by popular demand - families can challenge their creative skills and try their hand at **Pumpkin Carving** or take the spooky mini **Ghost Tours** through the eerie Hearts of Oak gallery in the dark!

Access to **The Historic Dockyard Chatham** and all its galleries



**Dining out with Kids**

Restaurants & Children Can Co-Exist thanks to new **KID-FRIENDLY Sticker**

We all know the nightmares of eating out with small children. Whether a parent yourself or a diner in the same venue as a family with a screaming baby/ unruly children, what should be a great night out has a tendency to turn into a nightmare for all involved.

**MotherDriven** has made it easy for both parents and restaurants by creating and distributing a **KID-FRIENDLY Sticker**. Further on the site, Editor and Mum **Olivia Richardson** has identified five top tips for dining out with kids.

**Etiquette guidelines** include:

1. Call beforehand to make sure the restaurant's equipped for kids. Does it have a high chair available? Are kids' meal options on the menu? If not, that's a dead giveaway it's not kid-friendly and it's best to look elsewhere.
2. BYO entertainment – an iPad, crayons, paper... whatever will maintain the kids' attention for about two hours.
3. Watch wanderers. Kids can get bored easily and a restaurant can be a busy place where the kitchen's often open and breakables and sharps are at their

reach. Remain seated at all times please!

4. Grab-proof the area. Make sure the wine glasses, the water glasses – whatever's breakable – isn't within reach of a grabber's curious little fingers.  
5. Take screamers out, ASAP. It's time for a walk outside if your child opens their lungs, Jimmy Barnes' style, at the dinner table. Kids or not, patrons won't (and shouldn't have to) put up with this. "Parents should know most of these guidelines already, but given the horror stories we've heard it seems they're not putting them into practise," says Mum, diner and online editor of **MotherDriven.com** Olivia Richardson.

"When it comes to dining out, parents need to be realistic about whether their family and a desired restaurant are going to mesh well together. Our new **KID-FRIENDLY Sticker** help with that choice."



**WWT London Wetland Centre**

In-flight entertainment at half term - **26 Oct - 3 Nov**  
Autumn is one of the best times to visit **WWT London Wetland Centre** to watch the beautiful ducks in their brightly coloured plumage. Teal, wigeon and shoveler - like the one pictured - return in the autumn to spend the winter

Visit **Guide in the Hide** each day to see which water birds are about and where they have been over the summer. Join in the nature craft sessions, using natural and recycled materials, focusing on the over-wintering birds at the Centre.

The end of summer and the changing of the seasons heralds the beginning of one of nature's greatest events, migration. As days shorten and temperatures fall, millions of birds begin their flight south in search of food and more favourable weather conditions. Come and experience the wonders of migration at London Wetland Centre.

**WWT London**  
Everyday Cost: Included in admission Free for members  
Accessibility for wheelchairs & pushchairs  
**020 8409 4400**

**THE HISTORIC DOCKYARD CHATHAM**

**BATS AND BROOMSTICKS**  
**25 OCT - 3 NOV | FAMILY ACTIVITIES**  
**PUMPKIN CARVING, BAT TRAILS AND MINI GHOST WALKS**

**thedockyard.co.uk**  
Some activities require a small additional charge.

**PAY ONCE COME AGAIN & AGAIN TICKET VALID FOR A YEAR**

**WWT London Wetland Centre**

**In-flight entertainment**

Drop in at half-term to see our colourful wild ducks

Experience the wonders of migration [wwt.org.uk/London](http://wwt.org.uk/London)  
Queen Elizabeth's Walk, Barnes, London SW13 9WT  
t 020 8409 4400

WWT registered charity in England & Wales, no. 1030884 and Scotland, no. SC039410  
Photo credit: Tom Hines

## Wear it Blue for children's charity

The new look for the autumn term is blue. It's the style soon to be seen in schools across the country. That's why **Sparks**, the children's medical research charity, is asking schools to follow the latest fashion and take part in their brand new fundraiser, **Wear it Blue**.

**Wear it Blue** is a simple and fun way for pupils to come together and give hope to thousands of children and their families by simply making a small donation and coming to school wearing something blue.

The official Wear it Blue week is **21-25 October** (the week before half-term) and schools can take part any day that week. If that week is not convenient, schools can still **Wear it Blue** at another more convenient time.

**Sparks** is dedicated to funding pioneering research into a wide range of medical conditions affecting the lives of babies, children and mums-to-be. Schools can take part in **Wear it Blue** and help the

one child in 30 born in the UK with a medical condition or disability which may affect them for life. That's about one child in every classroom.

Children's health is always in fashion at **Sparks**, where their goal is for every child to be born healthy and stay healthy. Whether pupils don a simple pair of blue socks or come to school dressed up as their favourite blue character, by taking part in **Wear it Blue** they will be helping those children who need **Sparks** support.

Register to take part at [www.sparks.org.uk/wearitblue](http://www.sparks.org.uk/wearitblue) and you'll receive a fundraising pack, containing everything you'll need to help **Sparks** make a difference to the lives of babies, children and mums-to-be.



## Halloween October Fun

@ Battersea Park Children's Zoo

**Pumpkin Trail** Sat 26<sup>th</sup> Oct – Sun 3<sup>rd</sup> Nov

Purchase a quiz sheet upon entry and use the clues to find which animals have put out pumpkins! £1 (includes prize)

**The Big Draw** Sat 26<sup>th</sup> Oct

October is Big Draw month in 15 countries, and over 200,000 people take part every year. Today's event is for kids & grown-ups who love to draw, and those who think they can't! So come and get arty...draw your favourite animal at the zoo and add your mark to our communal drawing. Drop in sessions: **11am- 12.30 & 1.30- 3.30pm**

**Free** Usual entrance fees apply. Children must be accompanied by an adult.

**Hedgehog Day** Tues 29<sup>th</sup> Oct

The **PTES** (People's Trust for Endangered Species) are coming to the zoo to bring us this fun filled event with Hedgehog themed activities, there's... Hedgehog arts + crafts, Hedgehog story time, a chance to chat with a hedgehog rescuer & meet a real hedgehog!

**Pre bookable sessions: 11am & 1.30pm** through the PTES website [www.ptes.org](http://www.ptes.org)

**Drop in sessions: 12pm & 2.30pm** sign up upon entry. Sessions last approx 45mins. Suitable for children 3-11yrs. **Usual entrance fees apply**

**Turbo The Snail Day** Wed 30<sup>th</sup> Oct

**Lots of Turbo the Snail goodies to be won!**  
**Create your very own snail puppet.**

**Drop in sessions: 11-12.30 & 1.30-3.30pm**  
Snail Story Time & meet a real Giant African Land Snail @ **11.45am & 2pm**

**Free** Usual entrance fees apply. Children must be accompanied by an adult.

**Halloween Fun Day** Thurs 31<sup>st</sup> October

(Slightly) **Scary Story Time @ 12pm & 2pm** For those brave enough to come and listen! (Not too scary!) **Free**

**Make a Trick or Treat Bag**

Come and create your very own terrifying design. **Cost £1**

**Drop in sessions: 11am-1pm & 2pm-3.30pm.**

**Spooky Face-painting**

Become a scary ghost or Dracula with fangs.

**Cost £2.50** 11am-1pm & 2pm-3.30pm.

Children must be accompanied by an adult. **Usual entrance fee applies**

Appetising events being held **16 - 20 October**

**RHS Garden Wisley**, Surrey will celebrate harvest this October with **Taste of Autumn**, a festival aimed at foodies, families and grow-your-own enthusiasts. The festival will take place from **Wednesday 16 to Sunday 20 October** and will feature cookery demonstrations, apple tastings, stalls, family activities at the weekend and a host of famous faces.

At the heart of the festival will be more than 40 local producers and experts selling autumn produce and tasty dishes, including cheese, sausages and pies, fruit and veg, chocolate, breads, tempting snacks and street food. Celebrity chef **James Martin** headlines the roster of foodie talent and will be signing books at 2pm on the Wednesday. Food writer and local produce champion **Rosemary Moon** will be holding cookery demonstrations in the marquee alongside preserving workshops from **Taste of Wisley**. Later in the week

author **Sarah al-Hamd** will be talking about her latest recipe book *Sun, Bread and Sticky Toffee*.

**RHS** experts will be on hand all week, giving talks and master classes on growing your own food in **Wisley's** famous veg plot and fruit demonstration gardens. There will also be talks on edible mushrooms, cheese making, beekeping and cheese and wine tasting. Those wanting to make a day of it can start their festival experience with a harvest brunch at the **Wisley Restaurant** from 10-11:30am over the weekend. The brunch includes classic egg dishes, Greek yoghurt with **Wisley** berry compote, brioche rolls with Fruit Field jam and freshly pressed **Wisley** apple juice, all eaten while the chef gives a talk on how to cook and preserve the autumn bounty. The Restaurant will also feature a three-course autumn lunch menu, specially devised to show off **Wisley**

produce and an array of local ingredients at their peak. All events are free with normal garden admission, for Restaurant prices and times or for more detail on events please visit

[www.rhs.org.uk/Gardens/Wisley/What-s-on/Taste-of-Autumn](http://www.rhs.org.uk/Gardens/Wisley/What-s-on/Taste-of-Autumn)

Find Autumnal Inspiration at **RHS London Shows** **8 - 9 and 22 - 23 October** [www.rhs.org.uk/londonshows](http://www.rhs.org.uk/londonshows)

**22 - 23 October 2013**

**RHS London Shades of Autumn Show**

Lawrence Hall & Lindley Hall, Greycoat Street, Westminster SW1P 2PE

Featuring the best of autumn planting, this show will be packed with plants to buy and inspire, including a large dahlia display from Jon Wheatley of the **National Dahlia Society**.

**The Ornamental Plant Competition**, open to all

amateur growers, will present the pick of seasonal foliage and flowers from plantsmen around the UK. Complementing this colour and creativity will be images selected from the **RHS Photographic Competition**.

**CityScapes Remix Garden Project**. The last of a series of five installations around London since May, the garden is a 'remix' of the **Cloudy Bay Discovery Garden**, which appeared at **RHS Chelsea Flower Show 2013** in the Fresh Garden category. It will demonstrate an imaginative response to greening the urban environment through creative recycling.

Visitors will enjoy browsing the new shopping stands and can attend expert talks from the nurseries on seasonal topics.

The **RHS Advisory Service** will be on hand to tackle any gardening queries.



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## Lil' Jockeys Ltd.....

.....is a family run entertainment business, founded in 2012, based in Kent.

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[www.lil-jockeys.co.uk](http://www.lil-jockeys.co.uk)

October 2013

## Go Batty for Bats' and Halloween Family Discovery Day

**Half-term activities at the Isis Education Centre in Hyde Park**

Two Halloween-based activity days for families:

**Go Batty for Bats** (Family Workshop) - **Tuesday 29 Oct** 10am-12noon, £10-£15  
*Hyde Park and Kensington Gardens* are home to several different bat species – common pipistrelles, soprano pipistrelles, and noctules – and **Royal Parks Foundation** team at the **Isis Education Centre** at the **LookOut** in Hyde Park runs events to inform visitors about them.

In October, as the Park's bats prepare to hibernate, **Go Batty for Bats** will focus on the lifestyles of these mysterious creatures and show visitors of all ages how to make hibernation boxes, how to camouflage them, and where to put them.

The two-hour daytime session will also explore the real truth about bats; where they live, how they hunt and what they like to eat. Visitors will get the chance to follow the bat trail in the garden and learn all about these important nocturnal creatures.

**Halloween Family Discover Day - Wednesday 30 October** 11am-3pm, free

All ages are welcome to drop in for a wander around the nature trails at the **Isis Education Centre**. **Discovery Days** are regular activities held at the Centre during school holidays. On this special day, visitors get in the Halloween

spirit and take part in a host of spectacularly spooky activities:

- Colouring-in bat masks and finger bats
- Feely boxes with yucky things inside
- Bat trail in the garden
- 'Pin the wart on the witch' activity
- Potion making from herbs, sticks and mud.

There is no need to book, visitors are welcome any time between 11am and 3pm. **The Isis Education Centre** in Hyde Park is well-placed to host a range of outdoor activities exploring nature in the Park. It is a unique eco-friendly building, set in an acre of enclosed grounds, and the perfect base for outdoor learning. Facilities include with state-of-the-art equipment and web cams both in nest boxes and underwater. With a wide variety of habitats to study, from log piles to meadows and ponds, there's no end to discovery.

**The Royal Parks Foundation** delivers a wide ranging and accessible outdoor education programmes. The schools programme for primary and secondary schools is linked to the National Curriculum, and there is a year-round programme of informal activities for individuals and groups to join, from guided walks to hands-on sessions. Booking info visit [www.SupportTheRoyalParks.org](http://www.SupportTheRoyalParks.org)  
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## THE NUTCRACKER ON ICE

Starring **Keith Chegwin** and **Olga Sharutenko** from TV's *Dancing on Ice*  
At **The London Palladium**

International ice dance sensation **The Imperial Ice Stars** bring the UK Premiere of their dazzling new production of **The Nutcracker on Ice** to the heart of the West End this autumn. Starring ITV's *Dancing on Ice* duo **Keith Chegwin** and **Olga Sharutenko**. It opens at **The London Palladium** on **Thursday 24 October** for a strictly limited season of 14 performances only.

**The Palladium** is no stranger to ice; the iconic London venue was once the site of

The National Skating Palace in the late 1890s, and hosted the *World Figure Skating Championships* in 1898. **The Nutcracker on Ice** marks the first time almost 36 years that the **London Palladium** stage will be transformed into an ice rink.

To Tchaikovsky's famous score, the 26-strong cast of Olympic, World, European and National Championship skaters will astound and mesmerise audiences with their adrenaline-rich, dramatic performance, in the intimate

setting of a frozen theatre stage.

Set in early 1900s St Petersburg, **The Nutcracker on Ice** follows the classic Russian tale of Marie, the little girl whose love brings to life her cherished Nutcracker doll - a magical Christmas gift from her mysterious godfather Drosselmeyer - leading to adventures with the Mouse King, the enchanted Prince, and the Sugar Plum Fairy.

**The Nutcracker on Ice** at the **London Palladium** from **Thursday 24 October** until

**Sunday 3 November** will thrill and enchant all ages.

**Keith Chegwin** and **Olga Sharutenko** captured the nation's hearts with their fun and energetic routines on ITV's *Dancing on Ice* earlier this year, surviving the public vote twice before they were eventually eliminated in Week 7. With a career that spans almost 50 years **Keith Chegwin**, who will skate as Drosselmeyer, is much loved by television audiences

[www.reallyusefultheatres.co.uk](http://www.reallyusefultheatres.co.uk)

★★★★★ 'NOTHING SHORT OF SPECTACULAR'  
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# Calendar

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

**Daily Rainbow Leisure Centre** East Street 0172 72777 Toddlers World under 5's.

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

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

**Ongoing Dupass Hill Outdoor Gym** Each item has clear instruction for its use over 12's. Recently re-opened Kidplay Cafe 282-284 Lower Addiscombe Road Croydon Softplay & cafe, under 5's.

**Every Mon Lloyd Park** 020 8726 6000 Health walk circular through Lloyd Park & Shirley on mainly flat terrain, ideal for beginners, 2 miles last approx 1hr, meet 11am FREE & same walk on potentially hilly terrain, 3-miles ideal for advanced walkers, 2pm, FREE. Every Sat Park run, FREE, weekly tent 5k run, need to register first.

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

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

**Every Mon term time The Assembly Rooms** West Wickham Kiddi Cardio toddler fitness 2-5yrs, [www.kiddicardio.com](http://www.kiddicardio.com)



**Spotlites Youth Theatre for 4-13s**  
Free Registration with this advert!

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**Blowing the Whistle on GDC Scam.**

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

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

**There is another way.**  
Take a second opinion now. Nine years old may be too late.

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

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

**Fri Storytime** 2 ½yrs. Every Sat Rock & Rhyme for babies & toddlers, FREE.

**Every Tues Centrale Shopping Centre** Croydon [www.centrale.co.uk](http://www.centrale.co.uk) In the Early Learning Centre playtime sessions for children, all ages with all kinds of arts & crafts from making face masks, cards, painting, colouring or just play, FREE, 10-12pm, Tel: 020 8686 7535.

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

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

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

**Every Wed Sanderstead Library** 020 8726 6900 Bookstart rhymetime, babies & toddlers, Wiggle & Jiggle, 18mths-yrs, Storytime 2 ½ yrs. Fortnightly Rock & Rhyme for pre-school children, FREE.

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

**Every Wed & Sat Millennium Arena** Battersea Park 020 8871 7542 Drop in tennis sessions, 5-8yrs-15yrs.

**Every Thurs Caterham Hill Library** [www.surrey.gov.uk/kidstuff](http://www.surrey.gov.uk/kidstuff) Rhymetime, 10am FREE.

**Every Fri** Storytime, 2.15pm, FREE.

**Every Thurs Norbury Park and Norwood Grove** 020 8726 6900 A circular walk through Norbury Park & Norwood Grove, 2-3 miles, meet at Norbury Train Station, 1.30pm, FREE, 21 Aug Butterfly Walk, 2 hrs around the park to learn about these insects, 07968 832508.

**Every Thurs Selsdon Baptist Church** Addington Road 020 8726 6000 x88965 Circuits Low intensity for mature exercisers.

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

**Every Thurs South Norwood Leisure Centre** 164 Portland Road 020 8726 6000 x88965 Aquatic sessions.

**1<sup>st</sup> Fri of every month Bergundy & Black Café** St Martins Walk Dorking. Bumps & Babies is for mums with bumps & both parents or carers of non mobile babies, meet others for tea or coffee & get your baby socialising, [www.nci.org.uk/branches/dorking/events/bumps-and-babies](http://www.nci.org.uk/branches/dorking/events/bumps-and-babies).

**3rd Mon of every month Nappuccino** a natter about nappies as an alternative to disposables.

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

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

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

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

**Every Fri Bradmore Green Library** Old Coulsdon 020 8726 6000 x64952 Bookstart Rhymetime for babies & toddlers, Wiggle & Jiggle, 2-4yrs. Every Mon Storytime 2 ½yrs & Chatterbooks reading group for 8-11yrs. Fortnightly Every Sat Rhymetime, FREE.

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

**Every Fri South Norwood Library** 020 8726 6900 Bookstart Rhymetime for babies & toddlers. Every Tues Wiggle & Jiggle, 18mths- 2yrs. Alternate Sat Rock & Rhyme or Storytime, FREE.

**Every Fri Shirley Library** 020 8253 1023 Bookstart rhymetime for babies & toddlers, Wiggle & Jiggle for 18mths+. Every Thurs Storytime for 2 ½yrs. Every Sat Rock & Rhyme for babies & toddlers. Monthly story & craft workshops, 5-10yrs.

**Every Fri New Addington Library** 020 8253 1023 Bookstart Rhymetime for babies & toddlers & Wiggle & Jiggle, 18mths+, FREE.

**Every Fri Norbury Library** 020 8726 6900 Bookstart Rhymetime. Every Thurs Wiggle & Jiggle. Alternate Sat Rock & Rhyme followed by Storytime. Last Fri of

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[www.surreyrugby.com/girls](http://www.surreyrugby.com/girls)

**10-12 Oct Ashcroft Theatre** Fairfield Croydon 020 8686 2011 Teachers, 18 Oct Divas Through the Decades, 27 Oct The Wonderful Wizard of Oz, 4yrs. 29 Oct 2-12 Nov Horrible Science live on stage.

**10,17,24 Oct Hampton Court Palace** Hampton Court 0871 239 2200 Bike Tour can inc. bike hire, Royal Park & afternoon tea picnic. Tel: 07795 77644 [www.norpedalherbertours.co.uk](http://www.norpedalherbertours.co.uk)

**12 Oct Bourne Hall Museum** Epsom 020 8394 1734 Revolving Romans, a visiting Roman cook will introduce you to everything from fast food to fine dining which you would eat in the traveller's ins found in Roman Ewell, will an opportunity to make your own Roman delicacy.

**12 Oct Offord Memorial Hall** High Street Offord 07935 700417 Craft & Gift Fair offering a wide range of local crafts.

**13 Oct Bewl Water** 01892 890661 Rainbow Walk for Tompys, Save Babies' Lives participants will be walking a half marathon, aim to arrive at 9am, 020 7398 3446

**13 Oct Englefield Green Surrey** 0844 249 1895 Fascinating Fungi Woodland Walk meet at the top of Coopers Hill Lane, 11-12.30pm.

**3 Nov Autumn Glory Woodland Walk**, bring the family & kick up the leaves, meet at the top of Coopers Hill Lane, 11-12.30pm.

**13 Oct Gatton Park** 01737 649066 [www.gattonpark.com](http://www.gattonpark.com) Gaton Volunter Project Day for all ages & abilities, 10-4pm. 27 Oct Gatton Ghost stories for families, 7-9yrs a guide will lead you around to hear some spooky stories, 28 Oct-1 Nov Autumn Ramble Week. 30 Oct All about Owls discover more about these creatures of the night through games, Art & trails, 4-7yrs.

**1 Nov Toddlers Tales & Trails** enjoy the story of Room on the Broom & go for a walk around the park to bring the story to life, 2-4yrs.

**13 Oct Englefield Green Surrey** 0844 249 1895 Fascinating Fungi

**6 Oct Hill Place** Bexley 0775 756116 Farmers Market with a variety of local produce on offer.

**7,14,21,28 Oct London Wetland Centre** Queen Elizabeth's Walk Barnes 020 8409 4400 Pond Dipping for adults. 30 Oct Halloween Night Safari with Halloween games & storytelling plus lots more, 7-9yrs. Daily Guided tours. Every Mon-Thurs & Sat Guide in the hide in the Peacock Tower, join one of WWT's experienced birdwatchers who will be on hand to point out unusual species & answer any questions you may have. Every Tues & Thurs Parkwalks, fitness for new mums. Every weekend children's activities discover the amazing wildlife & learn weird & wonderful facts, regular pond dips, wildlife walks & trails.

**8,11,15,18,22,25,29 Oct** Nov Spotlites Kings Theatre 338 High Street Chatham 01634 829468 Toddlies drama with games, stories, dressing up, face painting & more, different theme each week, 3-4yrs.

**9-12 Oct Seombe Theatre** Cheam Road Sutton 020 8770 6990 Rent a musical based on Puccini's opera La Boheme. 18 Oct The

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**Thurs Minis & Juniors** 5-7yrs.

**24 Oct Concert** Hail Fairfield 020 8688 9291 Arthur Davison Family Concerts, Adventure Concerts - Myths & Legends, meet heroes, monsters, princesses & villains of the part including Romeo & Juliet, Beauty & the Beast, Lord of the Rings & lots more. 30 Oct The Secret Garden in Concert.

**25 Oct Shorne Woods Country Park** Gravesend 01474 823800 Shorne Screen spooky trail around the woodlands with the path lit only by lantern, 8-yrs. 26 Oct Mini Scream follow a self led pumpkin trail with a Halloween theme & see some of the park's spooky residents on your way, under 8's.

**26 Oct-3 Nov Hall Term Activity Trail**, follow the clues, answer the questions & complete the trail to receive a prize, trail sheets are available from the visitor centre, need to book.

**25 Oct Longmead Stadium** Tonbridge 07952 908716 Fireworks Display plus a mini fanfair & other side stalls, hot & cold food plus a licensed bar.

**25 Oct Crampton Tower** Halloween Quiz 07925 185052.

**25-27 Oct Glow Event** Centre Bluewater Retail & Entertainment Centre 0844 847 1744 Pet-Expo London with a huge variety of pets, pet products, service providers, entertainers, clubs & organisations that cater for pets plus visitors will get to see & interact with lots of varieties of animals from dogs & cats to fish, ponies, reptiles & many other cuddly animals. Other features include Pets Corner, ask the vet clinic, daily fun dog show ask the trainer, pet grooming showcase, doggies fashion show, strictly come dancing competition for dogs & lots more a great family day out, [www.petexpo.co.uk](http://www.petexpo.co.uk)

**26 Oct-3 Nov Polesden Lacey** Dorking 01752 452048 Half Term Halloween crooks & stories, scary trail in the wild woods. 30 Oct Children's photography workshops 6-10yrs & 10-16yrs.

**26 Oct-3 Nov Leeds Castle** 01622 765400 Half Term Halloween fun a pumpkin trail through the grounds, plus ghostly tales & stories & daily fancy dress competition at 2pm with prizes for the best costume.

**26-27 Oct Bodiam Castle** Robertsbridge 01580830196 Crime & punishment & medieval surgery, gory talks & demonstrations on medieval surgery, learn the horrific fate of medieval criminals. Half Term 26 Oct-1 Nov Halloween Trail hunt down the clues & solve the mystery to claim your prize. 2-3 Nov All Souls weekend & Bodiam's lost soul, the Red Lady is on the prowl.

**26 Oct-3 Nov Hop Farm Country Park** Paddock Wood 01622 872068 Half Term Halloween fun with lots of activities, attractions & entertainment with a Halloween twist, FREE entry.

**26 Oct-3 Nov Museum of Kent** Half Term Spook Fest a week of pumpkin carving, trick or treating, creepy bugs & competitions. 2 Nov Bonfire & Firework Spookacular musical firework display plus children's fairground rides, glow sticks plus fire performers suitable for all ages.

**27 Oct Hatchlands Park** East Clendon 01483 22482 Half Term Have-a-go Archery. 29-31 Oct Halloween activities fun for all ages. 30 Oct Autumn walk, showcase, doggies fashion show, strictly come dancing competition for dogs & lots more a great family day out, [www.petexpo.co.uk](http://www.petexpo.co.uk)

Bertie the Brooklands Bear will be making guest appearances & lots more. 31 Oct Behind the scenes tour of the museum, 12-16yrs.

**29 Oct Haslemere Visitor & Local Information Centre** High Street 01483 543599 Spooky Spooky Spooky a joint event with Surrey libraries, a fun collage workshop with author Cathy MacLennan, followed by a book signing, 4-9yrs. 30 Oct Marvellous Mummies a fun educational workshop where you can learn how to make your own mummy, 4-9yrs. [www.surrey.gov.uk/libraries](http://www.surrey.gov.uk/libraries).

**31 Oct Haslemere Museum** 01483 543599 Horrific Halloween make Halloween related craft, bring a pumpkin or squash to carve & take part in the Halloween procession through Haslemere which starts at the museum at 4.30pm & finishes in the town's central car park.

**2 Nov Lingfield Park** 01342 834800 Firework display including a bonfire, fanfair, show displays & stalls plus a hog roast, hot chestnuts, toilet accessories & lots more, display starts at 7.30pm.

**2-3 Nov Fairfield Halls** 020 8688 9291 Peppa Pig's Big Splash all dancing adventure full of songs, games & muddy puddles.

**28 Oct-1 Nov Brooklands Museum** 01932 857381 Half Term family fun with car rides, trails for children, Bertie the Brooklands Bear will be making guest appearances & lots more. 31 Oct Behind the scenes tour of the museum, 12-16yrs.

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## Bullying- One of the Greatest Crisis Facing us in Society Today

With children now 'safely' returned back to school, cognitive neuroscientist and chartered psychologist **Dr Lynda Shaw** is calling for parents, teachers, carers and friends alike to tackle bullying head on as it increasingly becomes one of the greatest crises facing us in society today.

Shaw says: "**Bullying is unacceptable. Full stop.** There is never a situation that justifies bullying. It is too awful to contemplate that not only do many of our children not feel safe at school, they may also have problems when they are using their computers in their own home, because we are witnessing a rise in teenage cyber bullying. It is common knowledge that if children and teenagers bully they often turn into adult bullies. Bullying needs to be strongly addressed in school by teaching target children what precisely they need to do to help themselves, such as considering body language and how to be assertive, even if they feel insecure and downtrodden." Shaw suggests that getting the bully and target to talk is a good idea, but a third party needs to be involved whether it be a teacher, teaching assistant or school counsellor however, she estimates one in four

teachers do not recognise even so called 'light' bullying and only intervene around 5% of the time.

"The *NSPCC* report that 38% of young people have been affected by cyber-bullying and 18% of children and young people who are worried about bullying said they would not talk to their parents about it. 8 out of 10 young people believe that cyber bullying is getting worse, according to research from the *Diana Award Anti-Bullying Ambassadors* programme. Cyber bullying is spiralling out of control."

Shaw argues that whenever anyone is made to feel bad about themselves, this can be a clear warning that they are being bullied. Bullying is increasingly having tragic consequences, with targets often under achieving at school or work, becoming isolated, developing anxiety and depression, and in extreme cases being driven to end their own lives. Shaw believes that with the right help, the targets of bullies can deal with their emotions and bring a successful end to their bullying. Shaw's book, '*Beat the Bullies: Use your brain*' is designed to help children who are being bullied while giving them a clearer understanding of the wonders of the brain.

## Low Omega-3 could explain why some children struggle with reading

University study has shown that a representative sample of UK schoolchildren aged seven to nine years had low levels of key Omega-3 fatty acids in their blood. Furthermore, the study found that children's blood levels of the long-chain Omega-3 DHA (the form found in most abundance in the brain) 'significantly predicted' how well they were able to concentrate and learn. *Oxford University* researchers explained the findings, recently published in the journal *PLOS One*.

The study was presented at the conference by co-authors **Dr Alex Richardson** and **Professor Paul Montgomery** from *Oxford University's Centre for Evidence-Based Intervention* in the *Department of Social Policy and Intervention*.

"Technical advances in recent years have enabled the

measurement of individual Omega-3 and other fatty acids from fingerstick blood samples. "These new techniques have been revolutionary – because in the past, blood samples from a vein were needed for assessing fatty acids, and that has seriously restricted research into the blood Omega-3 status of healthy UK children until now," said **Dr Richardson**.

The authors believe these findings may be relevant to the general UK population, as the spread of scores in this sample was within the normal population range for both reading and behaviour. However, they caution that these findings may not apply to more ethnically diverse populations as some genetic differences can affect how Omega-3 fatty acids are metabolised. Most of the children participating in this study were white British.

## Switched-on Parents ahead of Primary Schools in use of iPads for Learning

Tech savvy and engaged parents are using *iPad* apps to give their children a head start in education, and are keen for primary schools to follow their lead. The leading UK education app developer, *Apps in My Pocket*, conducted a survey of 456 parents. It revealed how the *iPad* is changing the way children are learning to read and write.

Parents using the *iPad* or *iPad* as a learning tool for 3-7 year olds were surveyed. Parents that were using education apps at home were overwhelmingly in favour of using *iPads* in primary schools, with 88 per cent of the respondents supportive of the idea. A recent *Ofcom* survey has highlighted the increasing use of *iPad* and other tablets in the home, which more than doubled in the last year\*. However this isn't being reflected in schools. Primary schools in the UK

are starting to use *iPads* to help children with reading and writing skills. However the survey indicated that only 40 per cent of primary schools were using *iPads* at all, with most having just a handful.

*Android* based tablets were even more rare, with only three per cent reporting their schools using them. Which leaves 57 per cent of primary schools not even experimenting with tablets in education. Use of *iPads* drops to 18 per cent in pre school.

The survey showed that while costs are a prohibiting factor, the *iPad* was far more prevalent in schools than cheaper *Android* based tablets by a factor of 14:1.

Some of the comments from users of *PocketPhonics* demonstrated the success parents are having with the app.

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Saturday 28<sup>th</sup> September 10.00am - 12.30pm

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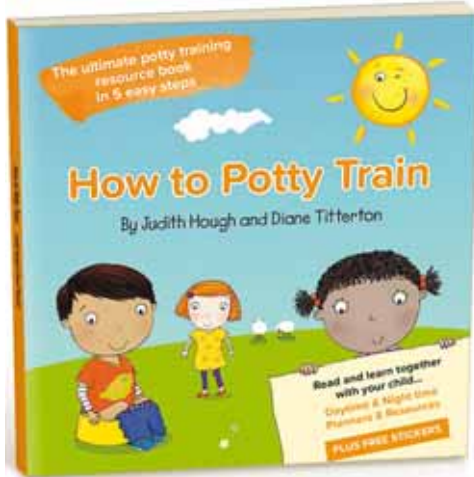
Tuesday 8<sup>th</sup> October 7.30pm

For further details contact: registrar@kgs.org.uk  
Tel 020 8546 5875 www.kgs.org.uk

## How to Potty Train

Potty training can be one of the most stressful stages of parenting, with many parents also unsure when they should start. Now there's an easy-to-use and beautifully illustrated book that is full of common-sense tips to make potty training easier. 'How to Potty Train' guides parents through each stage of potty training and combines fun sections for kids with advice for parents, so that they can learn together. Full of colourful illustrations that will appeal to children, the book includes a number of 'read together' sections, with the first of these a 'routine story book' that helps to explain the process to children in a fun and engaging way. Other read-together sections cover 'How Your Body Works', including 'what goes in must

come out' and 'What to Expect When Out and About' including tips on getting used to noisy hand-driers and queues. In 'How to Potty Train', authors **Jude Hough** and **Diane Titterton** guide parents through their easy-to-follow stages of potty training. The book includes stickers that can be used to reward children for their potty training efforts and there are also special places in the book for the children to add the stickers as they progress. A 'Certificate of Achievement' is included for when day-time potty training has been mastered. Published by **Brewin Books** and costs around £8.95. It is available from a range of retailers including *Amazon* and from the *Dry Like Me* website [www.drylikeme.com](http://www.drylikeme.com)



## The Ursuline Prep School Opens a New Building

The Ursuline Preparatory School Wimbledon is opening a wonderful new building in the school grounds. This new building, known as *St Ursula's*,

is a multi-purpose learning area that is also suitable for after school clubs and activities. *St Ursula's* other purpose is as a useful space for **The Parents'**

**Association** to use for social events and fund-raising occasions. This light, open, modern space is furnished with a generous kitchen area, interactive whiteboard and superb raised decking area outside, which will allow the free flow of children's play.

**Mrs Anne Farnish**, Headmistress, said "We are delighted to have this wonderful multi-purpose facility, which will provide our pupils with further opportunities for extra-curricular learning. We are particularly grateful to the *Parents' Association* and *Governors* for their support in helping to make this project such a success."

The Ursuline Preparatory School has an **Open Day on Saturday 12th October 2013**, from 10am to 12 noon, when you will be able to tour the entire school as well as the new *St Ursula's* block.

**Open Week is 21st – 25th October 9:30 – 11:30 am**  
[www.ursuline-prep.merton.sch.uk](http://www.ursuline-prep.merton.sch.uk)  
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# Education

## How to get the most out of Open Days – 6 top tips.

By **Louise Simpson**, Head, **Bromley High School**

Open events in Schools can be challenging for all concerned. What if the weather is poor? What if we can't squeeze everyone into the hall? What if the carefully rehearsed Year 7 pupils forget their lines in the presentations? With everyone at the school doing their best to show you the school in its best light, there is much at stake. But it can be a challenge for prospective parents and pupils too, so how can you get the most out of the open days and what should you be looking for when you go?

**1. Plan ahead** – it is never too early to start looking at possible schools for your offspring, and sometimes two or more visits are needed to get a good sense of the school and the personnel there. Parents often visit my school two or three years in advance, and we welcome them when they come back again, it is nice to have a chance to forge a relationship with the family before joining.

**2. Choose your schools** – just as it is not a good idea to sit your child for lots of entrance tests, it is not a good idea to visit too many schools. You will lose clarity over the specific offer of each of the schools and start to get muddled in your decision making. You will feel more focussed in your visit if you have some clear criteria over school choice before planning open day visits (ie Single sex or co-ed? Boarding or day? Large or small?)

**3. Do your homework** – research the school in advance, have an idea of what you are looking for when you get there. If your child is a great swimmer, make sure that you have researched the quality of the pool and the inclusion of swimming in the curriculum for example. If your child is a brilliant musician, make sure the schools you are visiting have music scholarship programmes and a wide range of visiting music teachers. Local reputation, friends and family as well as the literature and website can give a clear picture.

**4. Be ready to be surprised** – despite doing your homework, you may still find that there is much about a school that you did not know, that you can find out on the visit. Keep an open mind when you are there and be prepared for surprises; hopefully they will be pleasant ones.

**5. Listen to the pupils** – the pupils are the product of the school and an excellent school will produce impressive pupils in every respect. Ask the pupils questions; do they know their school well? Are they proud of their school? Do they reflect the values and ethos of the school? Everything you need to know about the quality of teaching and learning, the co-curricular programme and pupils' personal development

should be evident from the pupils and their behaviour. **6. Ask to come again** – all schools can put on a good show once in a while, but the real proof of the pudding is in the eating. Ask to come back and meet key personnel and have a tour on a working day. This really will show the school in its true light and, hopefully,

will make the decision making easy. If the school cares about you making the right decision they will happily welcome you back and will do all you can to make you feel as welcome as possible on that visit and on subsequent ones.

[www.bromleyhigh.gdst.net](http://www.bromleyhigh.gdst.net)  
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# London Calendar

[www.parents-news.co.uk](http://www.parents-news.co.uk)

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

**Daily Science Museum** Exhibition Rd 0870 870 4868 Take control in 360 degrees flight simulators or fly with the Red Arrows in their sensational 3D motion effects theatre. **Every weekend** Icy Cool Adventure families, under 7's, **FREE**.

**Every Weekend** Spaced Out, families, 5+yrs, **FREE**. **Every Weekend** A Cockroach Tour of the museum visitors take on the form of cockroaches dressing up in realistic costumes, **FREE**.

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

**Daily The Queen's Gallery Buckingham Palace** 020 7766 7301 Become an explorer & discover the exhibition with activity bags for families. Using the bags find out which animals the adventurers shared the Antarctic with and what early explorers wore to protect themselves from the cold.

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

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

**Ongoing Royal Academy of Arts** 020 7300 8000 [www.royalacademy.org.uk](http://www.royalacademy.org.uk) New policy all children under 12yrs of age will have **FREE** entry to all exhibitions.

**Ongoing Churchill War Rooms** Clive Steps King Charles Street 020 7930 6961 Undercover, Life in Churchill's Bunker, learn what life & conditions were like underground & experience the

authenticity & emotional resonance of walking through the corridors where Churchill made history.

**Every Sun National Gallery** [www.nationalgallery.org.uk](http://www.nationalgallery.org.uk) 020 7747 2885 Family workshops for families bringing paintings alive & listening to a themed story on the magic carpet, plus **FREE** family trail.

**Every Sun Hildreth Street Market** Balham with fresh food traders sourced all over London. **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.

**Every Sat Venn Street Market, Clapham Common** 020 7622 8259 Offering fine foods & fresh produce plus a variety of handmade crafts

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

**Every Sat 2-4pm & after school on Tue & Thurs South London Gallery** 65 Peckham Road 020 7703 6120 The Shop of Possibilities for children & families living on five neighbouring estates, Pelican, Southampton Way, Elmington, Wyndham & Comber, & Sceaux Gardens are invited to play at after school & weekend workshops in this recently renovated former retail outlet on the Sceaux Gardens housing estate.

**Every Sat afternoon National Army Museum** 020 7730 0717 [www.national-army-museum.ac.uk](http://www.national-army-museum.ac.uk) A Soldier's Life workshop learn about the life of a soldier, **FREE**. **Daily** Victorian Soldier Action Zone with quizzes, games & hands on activities to help your

learn about life as a Victorian soldier, **FREE**. **Daily** The World's Army, Empire, Commonwealth & Dominion Soldiers 1914-45 Action Zone family interactive zone, **FREE**. **Daily** Kids Zone, interactive learning & play space for under 10's, a soft play area for babies plus arts & crafts, dressing-up costumes, books,

interactive toys & lots more.

**Every weekend Tate Modern** Bankside London SE1 020 7887 8008 Open Studio play & create with ideas & materials from artworks in the collection displays for all ages. **Daily** Family resources with paper based activities for families all ages, **FREE**. **Daily** Children's Multimedia Guide keeps children entertained & animates art works through music, video clips & entertaining games, 5+yrs. **Daily** Under 5's Zone a new play space for families, **FREE**. **Every weekend** Start Sessions with games, map making & clue matching, 5+yrs, **FREE**.

**Every weekend Temple Station** 020 7222 1234 Harry Potter Locations Tour, 2 1/2 hrs.

world, **FREE** all ages. **29-31 Oct** Nature Explorers, Autumn Colours find out why some plants change colour in the autumn & have a go at making art with autumn plants, 3+yrs. **30 Oct** Nature Trail Discovery, **FREE**, 3+yrs. **1 Nov** Miss Horniman's Favourite Things tour of the museum, all ages, **FREE**. **3 Nov** Big Draw: Draw Tomorrow help shape a new Horniman gallery as part of the Big Draw, **FREE**. **Every Tues except 29 Oct & every Fri except 1 Nov** Busy Bees, sessions with stories, songs & simple arts & crafts, families, under 5's, **FREE**. **Every Sat** Hands on Family workshops, families, 3+yrs, **FREE**. **Every Sun** Discovery for All, 3+yrs,

Fashion Festival an insight & an overview of career opportunities aimed at 16-24yrs, **FREE**, drop in. **26 Oct-3 Nov Half Term** The Imagination Station activity families explore animals in Chinese culture, **FREE** drop in. **Until 9 Feb** Afro Supa Hero exhibition, **FREE**.

**19 Oct Natural History Museum** Cromwell Road 020 7942 5000 Dino Snores for Grown Ups. **Every weekend** Gallery characters, **FREE**.

**Daily** Family Earth Lab explore the wonder of fossils, rocks & minerals, families, 6+yrs, **FREE**. Explorer backpacks, families under 7's. Dippy Floor puzzle under 7's, **FREE**. Bookasaurus, families under 5's. Jurassic Ark family activity pack includes code breaking activities. **Daily** Learning Activators encourage visitors of all ages to discover more about the natural world, **FREE**. **Daily** Focus Points handling trolleys explore real specimens with the help of volunteers, using different natural history themed activities, all ages, **FREE**. **Every Sat** The Bird Table using real specimens, activities will encourage you to look closely, make comparisons, discuss ideas & develop your knowledge & understanding of Antarctica's penguins, **FREE**. **Every Sat** Hands on Nature: Ocean Life, drop in family activity all ages, **FREE**.

**19-20 Oct Imperial War Museum** Lambeth Road 020 7416 5439 Martin Brown Draws Horrible Histories an action packed show full of jokes, stories & live drawing there will also be a chance for budding artists to meet Martin at a book signing after the event, **FREE** for under 4's. **Until end of Nov** Horrible Histories, Secrets & Spies family exhibition offering a range spy themed **FREE** activities for **Half Term**.

**20 Oct Rich Mix** Bethnal Green 020 7613 7498 Numbi Workshops learn the fundamentals of photography & explore still-life photography in the city. **20 Oct** Mwalimu Express with live music & stories from the African continent, with dance, games & films for all. **28 Oct** Wiggly Jigglers creative movement sessions 0-2yrs. **Every weekend** Kids' Cine Time family films

**Opens 21 Oct National Maritime Museum** Greenwich 020 8312 6565 Nelson, Navy, Nation a new permanent gallery.

**22 Oct-9 Feb Barbican Arts Centre** Silk Street 0845 120 7550 Pop Art Design exhibition. **23,24,29 & 30 Oct Song Academy** Fulham & Hammersmith 07710 023743 Half Tem singing & songwriting workshops, [www.songacademy.co.uk](http://www.songacademy.co.uk)

**26 Oct Canada Water Culture Space** 21 Surrey Quays Road 020 8692 4446 Comedy Club 4 Kids, families 6+yrs

**26 Oct Stratford Circus Theatre Square, Stratford** 0844 357 2625 Pinocchio with live music, puppetry, physical storytelling for families all ages.

**26,27,29-31 Oct Artsdepot** 5 Nether Street 020 8369 5454 Room on the Broom Half Term Show 3+yrs, **29-31 Oct** Craft Workshops.

**26-31 Oct 1-3 Nov HMS Belfast** Tooley Street 020 7940 6320 Get

creative designing your very own tattoo shapes & drawing them onto t-shirts, as you draw, you will learn about different tattoos worn by people in the navy & what they mean, part of the Big Draw.

**27-29 Oct Eltham Palace & Gardens** Court Yard 020 8294 2548 Time Travellers Go ... Ghosts & Ghouls, with creepy crafts, spooky activities, ghost hunting & lots more.

**28 Oct-3 Nov London Transport Museum** Covent Garden 020 7379 6344 **Half Term** families can explore the Puppet Zoo by joining in on storyline & make & take craft workshops. Storytime told through puppets, 3-7yrs. Make & Take use felt collage to create finger puppets, families 4-12yrs. **Every weekend & school** The Family Station choose some **FREE** activities to do as you explore the museum, families all ages. **Ongoing** Family Station All Year Round activities for families, 3-12yrs.

**29 Oct Benjamin Franklin House** 36 Craven Street 020 7839 2008 18<sup>th</sup> Century Workshop discover the past & make 18<sup>th</sup> century toys such as whirligigs, cup-and-ball, optical illusions & paper dolls, 5-11yrs.

**29 Oct Chelsea Physic Garden** 020 7352 5646 Lotions & Potions, an introduction to herbal medicine, find out something of the history of medicine & the amazing power of plants & try your hand at making some of your own ointments, syrups & scented bags to take away, 7+yrs. **30 Oct** The Big Draw help will be on hand to develop your observational skills & drawing techniques, 6+yrs. **31 Oct** Creepy Crawling discover the diverse world of animals with Vic Taylor from Mynewt Enterprises see a hissing cockroach, giant millipede, corn snake & more, 4+yrs.

**31 Oct, 2 Nov Leicester Square Theatre** 08448 733433 Marty McDonald's Farm, 3-8yrs, [www.leicestersquaretheatre.com](http://www.leicestersquaretheatre.com).

**1 Nov Queen Elizabeth's Hunting Lodge** Rangers Road, Chingford London 020 7332 1911 Gunpowder Plot find out how & why we mark this event, make paper props so that you can leave looking like Guy Fawkes, family event.

**2 Nov London Tower Bridge** 01691 671671 London Bridges Night Walk, 10 miles along the banks of the River Thames starting at Albert Bridge & crossing 11 bridges to finish at the Tower of London in aid of Hope House Children's Hospices who provide care & support to life limited children, [www.hopehouse.org.uk](http://www.hopehouse.org.uk).

**2 Nov Cadogan Hall** 5 Sloane Terrace 020 7621 2800 Crash Bang Wallop! The Mad Professor family concert plus prior to the concert musical & craft activities related to the theme of the concert such as conducting a live string quartet or taking part in percussion workshops.

**Please call before you go please mention PARENTS NEWS**

**Every weekend Greenwich Clocktower Market** Quirky 50 stalls specialising in vintage, retro & antiques with a few contemporary craft stalls, **FREE** [www.clocktowermarket.co.uk](http://www.clocktowermarket.co.uk)

**Every weekend Peter Harrison Planetarium** 020 8858 4422 We Are Aliens planetarium show, 5+yrs, Sky Tonight Live, 5+yrs, Meet the Neighbours, 5+yrs, Solar System, Galaxy, Universe, 5+yrs, Space Safari with live music & rhyme, under 7's.

**Until 2 Oct Dance Umbrella** 2013 Annual festival of dance from around the world theatrical performances, outdoor events, talks, photo exhibitions. **0207 288 0266**.

**Until 13 Nov Theatre Royal** Drury Lane 020 7494 5060 Charlie & the Chocolate Factory

**8-12 Oct Bloomsbury Theatre** Gordon Street 020 7388 8822. Horrible Science

**12 Oct Horniman Museum** Forest Hill 020 8699 1872 The Wonderful Adventures of Mrs Seacole in Many Lands, all ages, **FREE**. **Every Sat Art Makers** have fun with different art techniques to create something different to take home, **12 Oct** Autumn Leaf Creatures, **19 Oct** Day of the Dead Happy Skeleton Masks, families, 3+yrs. **26-27 Oct** Halloween Fair go on a spooky trail, find goodies in their special arts & crafts market & enjoy some Halloween themed food, **FREE**. **28 Oct-1 Nov** Family Art fun, **FREE**, 3+yrs. **28-31 Oct** Discovery for All explore & handle objects from around the

**FREE**. **Every Sun** A World of Stories storytelling sessions, families, 3+yrs, **FREE**. **Until 1 Mar '14**, The Art of Harmony, exhibition showcases Western classical musical instruments on loan from the V & A.

**12 Oct Victoria & Albert Museum** Cromwell Road 020 7942 2000 The Big Draw: Drawing Tomorrow, as part of the Big Draw, children will work with the Central Illustration agency, telling the professionals what to draw to create a unique artwork, **FREE**, drop in all ages.

**19 Oct** Romp & Roll fun playful dance session for 2-5yrs. **27 Oct** Montessori for families, practical workshop led by Montessori educators & aimed at carers to teach fun, creative & useful techniques to use at home to help your child's learning, **FREE** drop in all ages. **28 Oct-1 Nov Half Term** Heroes & Superheroes children can dress up as super heroes & create their own personal mask, **FREE**, drop in all ages. **29-31 Oct** Play in a Day, 5-11yrs, limited places. **Daily** Back Packs families can pick up an activity back pack filled with jigsaws, stories & games to explore the collection, 4-11yrs, Activity Cart hands on art fun for children to create a Samuri helmet, a silver goblet or an elephant mask to take home, **FREE**, drop in plus Agent Animal bag a sensory activity bag that has been developed for under 5's containing an audio map & fabric cubes, **FREE**.

**19 Oct Museum of Childhood** Bethnal Green 020 8983 5200

All these rides are available for School, Christmas and Summer Fairs



For your best option please call John on

**07956 245531**

[www.parnhamfunfairs.co.uk](http://www.parnhamfunfairs.co.uk)

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## Give away, 10 Big Book of Pesto from Italian food producer Sacla'

See the recipe below which is an example from the book you could get for free! Just send your name and address on a postcard to **PARENTS NEWS** 10 The Manor Drive Worcester Park Surrey KT4 7LG

(RRP £14.99).

We will draw 10 to receive free copies. Usual PN rules apply

### A Souper Sacla' Supper -deliciousness in a bowl

Soup, glorious soup – it's everything you need in a bowl and it really couldn't be easier to make! Take the humble British carrot for example. By adding an onion, some stock and a generous swirl of Sacla' Coriander Pesto you've conjured up a meal packed with goodness that brightens up an Autumn evening or makes you smile at lunchtime. Add your own touch, maybe croutons, or some chopped herbs – or try one of the other gorgeous Sacla' Pesto varieties. Whatever you fancy you really can't go wrong. Buon appetito!

### Carrot Soup with Coriander Pesto

Serves 4  
Ingredients  
1 tbsp olive oil  
1 onion, roughly chopped  
500g carrots, peeled and roughly chopped  
1 tsp ground coriander  
750ml-1 litre vegetable or chicken stock  
4 tsp Sacla' Coriander Pesto  
salt and freshly ground black pepper  
Instructions  
Heat the oil in a large saucepan over a medium heat. Add the onion and cook gently for

about 5 minutes, until softened and just starting to turn golden. Stir in the carrots and ground coriander and cook for a minute.

Pour in 750ml of the stock and bring to the boil. Lower the heat and simmer, partly covered with a lid, for 30 to 40 minutes, until the carrots are lovely and tender.

Using a stick blender, puree the soup, adding a little extra hot stock if needed until you get the consistency you like. Season, to taste, with salt and pepper. Ladle into warm bowls and swirl a dollop of Pesto on top, followed by a good grinding of black pepper. Join Sacla' and become one of their special fans

[www.facebook.com/SaclaItalianFoodLovers](http://www.facebook.com/SaclaItalianFoodLovers) or visit the website to be even more inspired by the creative recipes for every occasion – [www.sacla.co.uk](http://www.sacla.co.uk)

This recipe comes from the **Big Book of Pesto** which offers 70 original recipes for using Pesto every day – for quick and easy meals, classic home comforts and for creating something special to impress. Published by *Ebury Press* RRP £14.99



### Poppy Cat's Counting Adventure

£9.99 hb

Learn to count with **Poppy Cat**  
*Poppy Cat* is back. And on another exciting adventure! Join her as she plays in the garden, goes to the beach and has a yummy picnic with her friends! Every page of this colourful storybook has lots of things to spot and count, from butterflies to seashells, but watch out – some of them are hidden away behind fun flaps and secret peep-holes!

Children will love searching for, discovering and counting all the beautifully illustrates things that *Poppy Cat* encounters on her adventures. From one aeroplane to ten stars, this bright and interactive board book is perfect for teaching inquisitive toddlers to count.

### Ripley's Believe It or Not!

This **half term** meet global travellers, come face-to-face with the tallest and heaviest men in the world and compete 'Mission Impossible' style in London's largest **LaseRace** For a fun-filled half term treat to entertain the whole family head to London's most bizarre attraction, **Ripley's Believe It or Not!** London. Visitors will be greeted by characters in full costume, including Robert Ripley himself – the world explorer whose travels inspired the wonderfully weird collection of exhibits.

**Ripley's Believe It or Not!** London is open seven days a week, 365 days a year from 10am until 12 midnight.

[www.ripleyslondon.com](http://www.ripleyslondon.com)

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# Out & About

**Every Wed Heaven at Nutfield** 19 High Street [www.heaven-nutfield.com](http://www.heaven-nutfield.com). Smiley Faces music group for babies & toddlers for up to 2yrs & 2-4yrs, there is also a playroom for under 5's, a café & a crèche.

**Every Sat 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.

**11-13, 18-20, 25 Oct-2 Nov Thorpe Park** Chertsey Surrey Fright Nights, 12+ yrs for more info [www.thorpepark.com](http://www.thorpepark.com)

**12-13 Oct Spinnaker Tower** Portsmouth 02392 857520 Big Draw event this year's theme set as 'Draw Tomorrow', **FREE**.

**13 Oct Birling Gap & Seven Sisters** Eastbourne 01323 423197 An autumn amble ranger led archaeology & natural history walk on Belle Tout hill.

**19 Oct-3 Nov Family Learning Festival** Fantastic Journeys take an adventure in learning with Your family & check the Family Learning Festival website [www.welovelearning.co.uk](http://www.welovelearning.co.uk) for special events & activities happening around the country.

**25 Oct-3 Nov Bateman's** Burwash 01435 882302 **Half Term** Halloween Trail put your spooky costumes on & follow the garden trail to find the creepy characters & win a creepy prize.

**26 Oct-3 Nov Gilbert White's House** Selbourne 01420 511275 **Half Term** The Apples & Tortoises family fun event find the 'tortoises' amongst the plants plus a variety of activities including apple bobbing & tastings.

**26 Oct-3 Nov Alfriston Clergy House** Polegate 01323 870001 **Half Term** Halloween trail, prwl around the garden in search for pumpkins.

### School Talk

Open Days, Car Boot Sports Days, Fayres, Plays; Christmas

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**PARENTS NEWS** [info@parents-news.co.uk](mailto:info@parents-news.co.uk)

**12 Oct - The Study School**, New Malden, **Open Morning**, 9.30-12pm **020 8942 0754**.

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



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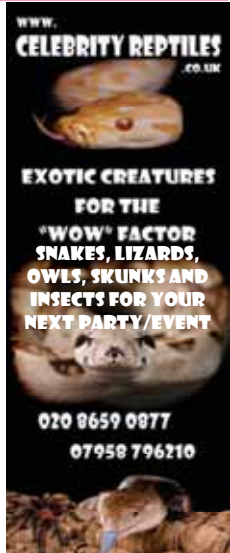
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