

# PARENTS NEWS

February 2014 No. 184 The First & Foremost Local Monthly Newspaper for Families

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February and  
Half Term**

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Out & About

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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 in Clarendon (finding it useful), and use the advertisers. Any endorsement by **PARENTS NEWS** is explicitly stated.

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COMING SOON TO CROYDON  
**HORRIBLE HISTORIES LIVE ON STAGE!**  
**BARMY BRITAIN**  
TUE 4 - SAT 8 MARCH  
You'll LAUGH YOUR HEAD OFF  
Horrible Histories is a registered trademark of Scholastic Inc. and used under authorization. All rights reserved. Based on the books written by Terry Deary and illustrated by Martin Brown. Illustration copyright © Martin Brown.  
Croydon Guardian  
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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.  
**ORTHOTOPICS**  
The alternative to orthodontics with extractions and surgery.  
Orthodontics usually requires the extraction of 4 to 8 sound teeth although this is frequently denied. Emily was treated by natural methods. No extractions. No "Train Tracks". No retainers.  
Research shows Orthotopics can get much better results than "Train Tracks".  
Professor John Mew, Tunbridge Wells 01892 526406 and The London School of Facial Orthotopics, Purley. 020-8660-3695.  
[www.orthotopics.com](http://www.orthotopics.com)  
Ask an appropriate professional to refer you for a free assessment  
john.mew@vsn.net

**WWT London Wetland Centre**  
Migration vs hibernation  
Saturday 15 - Sunday 23 February  
Meet hedgehogs (15 & 16 Feb only) to discover why they hibernate.  
Join in our migration challenge game and follow our animal trail.  
Indoor / outdoor play areas, cafe and free parking.  
For full details visit [www.wwt.org.uk/london](http://www.wwt.org.uk/london) or call 020 8409 4400  
Queen Elizabeth's Walk, Barnes, London SW13 9WT  
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Seven nights in Orlando with Virgin Atlantic, including scheduled flights with Virgin Atlantic from London Gatwick direct to Orlando, accommodation at the 3V+ Maingate Lakeside Resort on a room only basis with car hire starts from £599.  
Price is per person based on 2 adults travelling and sharing accommodation including all applicable taxes and fuel surcharges which are subject to change. Price is based on a departure on 14 March 2014.  
Virgin Holidays is a member of ABTA and is ATOL protected. To book: [www.virginholidays.co.uk](http://www.virginholidays.co.uk) 0844 557 3859  
or visit one of 100 stores in Debenhams, House of Fraser, Tesco and Sainsbury's stores nationwide.

**BARMY BRITAIN**  
to grove with party Queen Victoria and prepare to do battle in the frightful First World War.  
It's the history of Britain with the nasty bits left in!  
Presented by *Birmingham Stage Company*, **Barmy Britain** is adapted by Terry Deary and Neal Foster from Deary's best-selling Horrible Histories books.  
Performances are at: Tues 7pm, Wed 10.30am, & 7pm, Thurs 10.30am & 1.30pm, Fri 10.30am & 7pm and Sat 11am, 2.30pm & 7pm.  
Tickets are available from the *Fairfield Halls* Box Office 020 8688 9291  
or [www.fairfield.co.uk](http://www.fairfield.co.uk)  
Adults £14.50, Children £10, Family Ticket £44, Schools £8. A booking fee of £1.50 per ticket applies, reduced to £1 when paying in person in cash. Booking fee for Schools: £1 per ticket.

**What's in Store for Spring – Summer 2014**  
moods. Starting from shoes for children's very first steps to the line for juniors, with sandals, sneakers and ballet flats influenced by the themes that inspire the collection.  
In perfect harmony  
digressions and neon details. The must-have look of the season is camouflage, in shades of green and multicolour prints.  
lilac, aquamarine and coral, presented with both a patent and washed finish.  
The Vintage mood is inspired by a street-  
gives the footwear a vintage flair. Pyramid rivets and small studs accent the Rock-n-Roll style and appear in bronze, gold and silver.

**Primigi's Spring-Summer 2014** collection traces the lines that have marked the brand's history: design research, technological innovation and comfort. Style,  
fashion and quality distinguishing the footwear brand that has always  
and versatile spirit, effortlessly influences the collection's three  
Color's mood is reminiscent of a happy, sun-drenched summer made of rich and saturated colours that alternate with powdery pastel shades and lead into iridescent  
with the joy and light-heartedness of the season, *Primigi* shoes for little boys are tinged in royal blue, orange and washed red, while girls can choose from plenty of fuchsia, neon yellow,  
fashion look, for a metropolitan style with a feisty and dynamic spirit. The "used" effect dominates the line with a fake worn look that  
Materials range from aged denim to camouflage canvas in various shades, patent leather or suede, and sequin or printed fabrics.

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Ashcroft Theatre, Fairfield Halls, Croydon  
Tues 4 to Sat 8 March 2014  
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Out & About

A Squash and a Squeeze: Sharing Stories with Julia Donaldson
A brand new exhibition showing at The Historic Dockyard Chatham

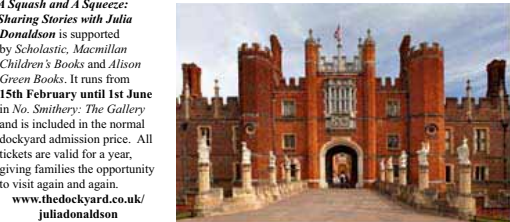
The Historic Dockyard Chatham opens for the 2014 season with the perfect exhibition for families - "A Squash and a Squeeze: Sharing Stories with Julia Donaldson", which runs from 15th February until 1st June. Julia Donaldson, author of children's modern classics such as The Gruffalo, Room on the Broom, Princess Mirror-Belle and The Troll, has worked with Seven Stories National Centre for Children's Books to bring these best-selling children's captivating stories to life, allowing visitors to enter the imagination of this much loved author and discover how she inspires her readers with story, rhyme and rhythm. Julia's journey can be followed from song writer for children's television to Children's Laureate 2011-2013. Families can share stories, cuddle the Gruffalo, crawl into the Squash and a Squeeze House, climb into Cave Baby's cave and enjoy dressing up, looking in the funny mirrors. They can follow in Toddler Waddle's footsteps, and even sing-a-long to her songs on Julia's Jukebox or perform a play on the special stage! Visitors can view the amazing original artwork by her many illustrators - most famously Axel Scheffler, but also Lydia Monks, David Roberts, Nick Sharratt, Karen



15 FEBRUARY - 1 JUNE
PAY ONCE & VISIT AGAIN & AGAIN
THE HISTORIC DOCKYARD CHATHAM
A Squash and a Squeeze
Sharing Stories with Julia Donaldson
See Julia Donaldson's captivating stories brought to life in an exhibition featuring her wonderful characters
www.thedockyard.co.uk/juliadonaldson

Lace Up Your Boots and Walk Together in London to Face Breast Cancer

Breast Cancer Care is encouraging supporters to lace up their boots and walk together for the Hampton Court Pink Ribbonwalk to help support those with breast cancer. The Pink Ribbonwalk will start in the ornate gardens of Hampton Court Palace on the banks of the River Thames, on Saturday 17 May. The route will take walkers through the very best of the Hampton Court Palace Estate, the Thames Path and Royal Parks leaving no doubt as to why Richmond and Kingston-Upon-Thames are widely regarded as the most scenic part of London and a retreat from the hustle and bustle of city life. Registration for the event is open now - visit www.breastcancercare.org.uk/walk or call 0870 145 0101 Hampton Court Pink Ribbonwalk will have guides to keep you on track and cheer points where friends and family can gather to spur you on, and enjoy the amazing atmosphere of a Pink Ribbonwalk. Walkers will receive a T-shirt and training guide to help prepare, and at the finish line will be treated to a well earned massage, a post walk meal and a medal. Walkers at each location will be asked to raise £100 in sponsorship to help fund Breast Cancer Care's specialist services which help people live with, through and beyond breast cancer. Denise Lewis says "I have taken part in Pink Ribbonwalks for a number of years now, and it is a day I very much look forward to, the atmosphere is always fantastic with lots of cheering and laughter on the way. So get those walking shoes on and join us! It's a fantastic way to help Breast Cancer Care to support those affected by breast cancer." It costs just £30 to register to take part and you will also receive free entry to the venue grounds (with a reduced entry fee for friends and family). Breast Cancer Care is the only UK-wide support charity helping the thousands of people who wake up to the harsh reality of breast cancer every day. The specialist nurses, local services and emotional support network mean there's always someone to turn to for information and support.



Lil' Jockeys Ltd.....
.....is a family run entertainment business, founded in 2012, based in Kent. Remember how fun that Rocking Horse was when you were a kid? Now imagine how much more fun it is when the horse doesn't just rock, but can be ridden just like a real horse, Lil' Jockeys Ride-On animals do exactly that! A stress free party with a difference. One happy parent quoted "I wanted to thank you for the Lil' Jockeys session you ran for my daughters 5 birthday party. All the kids had such a fantastic time on your vast selection of horses, unicorns and zoo animals. I don't think there was a single minute where the animals weren't being ridden during the whole 2 hours..... We will be back again for some more."
www.lil-jockeys.co.uk

Romantic Getaway
Pershire countryside in Scotland. Men can enjoy a lazy game of golf while ladies get pampered at the Spa, then reconvene in the evening over a romantic candlelit dinner. Turn up the heat at the Shanti-Som Wellbeing Retreat, located in the Sierra de Las Nieves Nature Park, Spain. Oozing tranquility (and waterfalls!), this Asian style escape is the perfect place to relax, soak up the sun and get to know one another better. Nothing says romance like a medieval castle! Penha Longa Resort, Portugal is located just minutes away from the fairytale castles of



The London Bike Show
The UK's largest cycling exhibition, The London Bike Show - Driven by SEAT, returns to ExCeL London 13 - 16 February 2014, bringing along everything you need from the world of cycling. After a packed 2013 show, it's back, bigger and better than ever before. For those looking for their dream bike or beginners wanting to make their first purchase, make your way to the RCUK Cycling Test Track where some of the biggest bike brands will be showcasing their bikes. Once you've found your perfect bike, the experts in the BikeRadar Training Hub will be on hand with tests and consultations designed to help your performance (separate tickets required). The Animal WD-40 Sports Tour returns with the display team showing off their skills on and off their bikes. There will be demos each day mixing incredible skill, control and balance with some spectacular aerial action from athletes including Pro Mountain Biker Blake Samson. For the chance to hear from the greats of the cycling world, head to The Cycling Performance Theatre where experts will be sharing their experiences. Olympic cycling legend Sir Chris Hoy will be taking part in a Q&A in the Theatre as well as showcasing his bike range at the show and the Total Women's Cycling Awards ceremony will take place in the Theatre too. The London Bike Show will once again run alongside The Telegraph Outdoor and Adventure Travel Show and a new show, the Triathlon Plus Show. A ticket for one show allows visitors access into all three shows where there will be lots more to see and do, creating an entertaining, affordable day out for all visitors. For more information, visit: www.thelondonbikeshow.co.uk PARENTS NEWS On-line www.parents-news.co.uk ATLANTIS SWIM SCHOOL LTD GOING AWAY ON HOLIDAY? HAVE PEACE OF MIND THAT YOUR CHILDREN ARE SAFE IN THE WATER We are currently holding children's lessons in Croydon, Epsom, Chessington, Worcester Park and Sutton. All ages and abilities. Small structured classes. Instructors in the water with beginners. All teaching staff ASA qualified and police checked. INTENSIVE COURSES EASTER Parent/Toddler classes from 18 months For bookings/information etc. please telephone the office on: 020 8335 3536 Or visit our website www.atlantisswimschool.co.uk

Out & About

New Year - New Start - New Career!

Is that what you've been thinking? Is it time for you to take control and be your own boss? It might sound good but we all know it's not easy starting up your own business, so could buying a franchise be the answer? Of course, running a business is not everyone's cup of tea but it is surprising how many people find they really can do it and wished they tried earlier. Interestingly, two-thirds of those who go into franchising were in salaried employment immediately before taking out their current franchise. So why not you? There was a time when franchising was thought of as being "a bit dodgy" but a recent survey (NatWest/BEA - Jan 2014) shows that there are now over half a million people in the UK employed in franchised businesses, an increase of 20% over the last 5 years. So maybe it's not so dodgy after all. MAD Academy are always looking for new franchisees who would love to teach and entertain young children. They have opportunities throughout the country and a variety of franchise packages available to suit all lifestyles and business ambitions. I f that sounds interesting, call our mail Elaine for no obligation chat? 07732 322 540 0118 926 1384 claine.edmondson@madacademy.co.uk



MAD Academy
the best music and dance classes for preschool children
MAD Academy classes are available in many parts of the country, including south London, but now we would like to enable the children of Kent to enjoy the delights of our fun packed, high energy classes. Our aim is to help children develop confidence, co-ordination and social skills whilst learning to express themselves creatively and to inspire them to form a life-long love of music and dance. Joining MAD Academy can be a life changing experience! The benefits of a MAD Academy franchise are: A highly motivating career where you are the boss Relatively low start-up costs Flexible hours - working term-time only is an option Job satisfaction - see the children's delight in attending your classes Local working - close to home so no more commuting An expandable business - employ your own team of class instructors Are you enthusiastic, passionate and fun-loving? We are looking for self-motivated and confident communicators to join our team of franchisees and open the doors of MAD Academy in Kent and south-east London. For more details call Elaine on 07732 322540 or 01189 261384 or email her at franchise@madacademy.com Quote PN114 to receive a 10% discount voucher



**28 Jan-1 Feb Churchill Theatre** High Street Bromley 08448 717 620 The Buddy Holly Story. **2 Feb** That'll Be The Day. **10-15 Feb** Dreamboats & Petticoats. **23 Feb** Let's Hang On musical. **28 Feb** The Magic of Motown.

**30 Jan-1 Feb Ashcroft Theatre** Fairfield Croydon 020 8688 9291 Kidnapped family show. **1 Feb** Bananas in Pyjamas, family show. **19 Feb** Abbanania celebrating the 40<sup>th</sup> anniversary of Abba. **31 Jan Fairfield Halls** Fairfield 020 8688 9291 Rhapsody Queen smash hit show. **Half Term 19-22 Feb** Charlie & Lola's Best Bestest Play family show.

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

**Ongoing Run off your Feet FREE** running sessions across Kent, women & men of all ages & abilities are putting on their trainers & jogging the streets & parks of Kent all part of a county wide campaign to get

people running to feel fitter, healthier & happier. In Kent leaders have been trained to set up local running groups & they are keen to welcome new runners. Get your first running session **FREE** at your local group when you mention Parents News. All groups are led by qualified, enthusiastic friendly leaders. To find your local group visit [www.kentsport.org/rungroups](http://www.kentsport.org/rungroups). Tel: 07730 870696.

**Daily Bateman's** Burwash 01435 882302 An Edwardian Christmas enjoy the sights, sounds & scents of a candlelit Edwardian Christmas. Daily Christmas garden trail, Father Christmas has gone missing, follow the trail around the garden looking for the clues & collect a surprise when you have finished the trail & don't miss the elves workshop in the garden.

**Daily Alfriston Clergy House** Polegate 01323 870001 See Christmas through the ages in the seasonally decorated house. **Daily Rainbow Leisure Centre** East Street 01372 727277 Toddlers World, under 5's.

**Daily South Norwood Recreation Ground** Car Green Road Croydon 020-

## PARENTS NEWS

This information also  
ON-LINE  
[www.parents-news.co.uk](http://www.parents-news.co.uk)

### Other features too!

8760 5707 Fitness Trails for adults & children of all fitness levels to get fit & keep fit. Positioned at each exercise station are signs showing the exercise to be undertaken with the suggested number of number repetitions.

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

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

**Recently re-opened Kidplay Cafe** 282-284 Lower Addiscombe Road Croydon Softplay & café, under 5's.

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

**Every Sat during term Every Mon Lloyd Park**

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

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

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

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

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

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

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

**Every Tues Purley Library** 020 8726 6900 Bookstart Rhymetime for babies & toddlers & Wiggle & Jiggle, toddlers over 18mths. **Every Fri** Storytime 2 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 & arts from making face masks, cards, painting, colouring or just play. **FREE**, 10-12pm, Tel: 020 8686 7535.

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

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

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

**Every Thurs Caterham Hill Library** [www.surrey.gov.uk/kidstuff](http://www.surrey.gov.uk/kidstuff) Rhymetime, **FREE**. **Every Thurs** 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 Coudson 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** Artzy Craffy computers drop in sessions for under 5's, parents & carers, **FREE**.

**Every Fri South Norwood Library** 020 8726 6900 Bookstart Rhymetime for babies & toddlers. **Every Tues** Wiggle & Jiggle, 2-4yrs. **Alternate Sat** Rock & Rhyme or Storytime, **FREE**.

**Every Fri Shirley Library** 020 8253 1023 Bookstart rhymetime for babies & toddlers, Wiggle & Jiggle for 18mths+. **Every Thurs** Storytime for 2 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

Low intensity for mature exercisers.

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

**1<sup>st</sup> Fri of every month Bergundy & Black Café** St Martins Walk Dorking Bumps & Babies is for mums with bumps & both parents or carers of non mobile babies, meet others for tea or coffee & get your baby socialising, [www.nct.org.uk/branches/dorking/events/bumps-and-babies](http://www.nct.org.uk/branches/dorking/events/bumps-and-babies). **3rd Mon of every month** Nappuccino a natter about nappies as an alternative to disposables.

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

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## Calendar

each month Chatter Books reading group for 8-12yrs, **FREE**.

**Every Fri Selsdon Library** 020 8726 6900 Bookstart rhymetime for babies & toddlers, Wiggle & Jiggle, 18mths+. **Every Tues** Storytime for pre-school children. **Every Sat** Rock & Rhyme for pre-schoolers. **1<sup>st</sup> Tues of the month** Arty Craffy, 4-8yrs plus parents & siblings. **Every Sat** afternoon teenage reading group. **Last Thurs** of month adult reading group.

**Every Fri Waddon Ponds & Wandale Park** 020 8656 5947 Circular walk through Waddon Ponds & Wandale Park, 2-3 miles, meet outside Lidl, 11am, **FREE**. **Every Fri Thornton Heath Leisure Centre** 89-110 High Street 020 8726 6000 x88965 Aquacise pay as you go sessions.

**Every Fri term time Youth Centre Bromley Parish Church** Church Road Bromley 07812 676815 Kiddi Cardio toddler fitness 2-5yrs, [www.kiddicardio.com](http://www.kiddicardio.com).

**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.

**Every Sat Electric Theatre** Onslow Street Guildford 01483 444789 Little Sparks in the Café Bar with music, games, songs, stories & puppets & Sparkles Dance drop in classes for 5-9yrs. **Every Mon & Tues after school** The Man in The Moon Weekly drama workshops, 6-14yrs. **Every Wed** All Star Choir, 8-14yrs.

**Every Sat The Green Dragon** 58-60 High Street Croydon 020 8667 0684 Storytime for families 3-7yrs, drop in 2hr session with stories, puppets, arts activities & songs, **FREE**. **Every Sat morn Norman Park** Hayes Lane Bromley Kent 020 8460 5291 Soccer School, 4-6,7-9 & 10+yrs. **Until 2 Feb** Nomad Theatre

East Horsley 01483 284747 Sleeping Beauty. **1 Feb St Luke's Church Hall** St Luke's Road Tunbridge Wells 07742 953200 Canterbury Record & CD Collector Fair, entrance **FREE**. **5-22 Feb Yvonne Arnaud Theatre** Millbrook Guildford 01483 440000 Othello. **8-15 Feb** Grease the musical. **19-20 Feb** Kidnapped a family adventure tale. **21-22 Feb** Carmen. **27 Feb-1 Mar** Boeing Boeing. **8 Feb Hall Place Bexley** 01322 621238 National Storytelling Week- Tudor Britain's Got Talent! **17-21 Feb Half Term** The Tale of Sebastian the Silkworm hear his story & then make your own puppet pet to look after at home, adults **FREE**. **8 Feb Mill Studio** Millbrook 01483 4400 00 The Timberbox 4+yrs. **8 Feb Wallington United Reformed Church** Wallington 020 8647 3077 Table Top Sale with wide variety of stalls to include craft, candles, jewellery, bric-a-brac, toys, refreshments on sale & lots more, entrance children **FREE**. **8 Feb Sanderstead United Reformed Church** Surrey 07971 212584 Mum2Mum Nearly New Sale. **9 Feb Selsdon Wood Nature Reserve** Old Farleigh Road Selsdon 020 8726 6900 Family Winter Woodland look for tracks & trails, winter trees & toast a marshmallow over the fire, [biodiversity@croxdon.gov.uk](http://biodiversity@croxdon.gov.uk)

**11 Feb Surrey Heath Museum** 01276 707284 Toddler Tuesday, Buckingham Palace Soldiers make & take your very own toy soldier complete with his

fluffy Busby. **22 Feb** craft sessions make a marionette soldier. **Starting 14 Feb Hampton Court Palace** Hampton Court 0871 230 2200 Chocolate Kitchen discover the 18<sup>th</sup> century chocolate kitchen. **Half Term Workshops 15-16,22-23 Feb** Make your own Drinking Chocolate workshop, 7-11yrs, **FREE** bookable at info desk. **15-16,22-23 Feb** Storytelling, meet Princess Caroline whilst she is drinking her hot chocolate, & hear her gossip & takes of Georgian court life, 7-11yrs, **FREE** drop in included in Palace admission, Object Handling, Drinking chocolate items, 4-11yrs, **FREE**, drop in included in Palace admission. **17-21 Feb** Craft workshop design your own chocolate cup, 4-11yrs, drop in included in Palace admission. **17-21 Feb** Have your own Georgian Hot Chocolate party with child's coffee set, 2-5yrs, Georgian treasure basket, 0-3yrs & Fabric floor map showing where spices came from with spices to smell & touch, 0-11yrs, **FREE**, drop in.

**15 Feb Birling Gap & Seven Sisters** Eastbourne 01323 423197 Nature's medicine chest learn to make remedies from seasonal plants with a medical herbalist. **15,16,22-23 Feb Ightham Mote** Sevenoaks 01732 810378 Half Term children's fun activities with estate trail, wild art & animal tracking to tick off some of your 50 Things. **20 Feb** Family baking workshop make, bake & decorate edible goodies. **15-23 Feb Leeds Castle** 01622 765400 **Half Term** a week of merriment with Peterkin the Fool, join in with acrobatics, stunts, daily

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## Education

### Kent County Council

Parents in Kent can get up to 15-hours free early education for their two-year-olds. The nationally-funded scheme is for looked-after children, and parents who receive certain benefits.

Early education can improve children's communication and

social skills, helping them to make friends and prepare for school. It is also good for families, helping parents to return to work, save on current childcare costs or spend more time with their other children. Checking eligibility and finding a registered early years

provider or childminder is simple. Visit [www.kent.gov.uk/childcare](http://www.kent.gov.uk/childcare) and click on *free childcare for two year olds*.  
Or chat with an advisor: phone **03000 41 23 23**  
email [kentcfs@kent.gov.uk](mailto:kentcfs@kent.gov.uk)

### Relate: Being Parents Apart

Families come in all shapes and sizes, being a parent isn't easy especially in the tough times like dealing with separation. That's why *Relate* has launched a campaign called, *Being Parents Apart*. Young Persons Counselling Family Counselling Individual Counselling Relationship Counselling

[www.relate-mid-surrey.co.uk](http://www.relate-mid-surrey.co.uk)

### BFI Future Film Festival.

The hugely popular event for 15-25 year olds returns to *BFI Southbank* from 21-23 February 2014, with a packed line-up of workshops, masterclasses, screenings and Q&As, designed to help aspiring filmmakers develop their knowledge and skills and help them find their own pathway into the world of film.

[www.bfi.org.uk/southbank](http://www.bfi.org.uk/southbank)

John Parashar's Children's Fun Fair in partnership with **h&f**

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Music by Martin Ward

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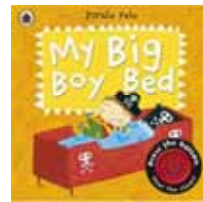
Sponsored by **Morrisons**

### Progress through the Toddler Years with Pirate Pete and Princess Polly

Here to guide your little ones through life's everyday journeys, the new *Pirate Pete* and *Princess Polly* books publishing in 2014, are packed with fun-filled adventures. With rewarding and motivational activities in each, the new books from *Ladybird* offer the perfect learning tool to help and encourage your toddler through each important life stage. This year's adventures include the transition from cot to big bed in *My Big Boy Bed* and *My Big Girl Bed* and ditching the nappies and learning to use the potty in the *Pirate Pete Potty Sticker Book* and *Princess Polly Potty Sticker Book* in addition to a whole many more adventures in the *Little Box of Books*.

**My Big Boy Bed:** A *Pirate Pete* book and **My Big Girl Bed:** A *Princess Polly* book published in January  
Age Range: 0 – 5 years  
Price: £6.99 Board book

**My Big Boy Bed** and **My Big Girl Bed** are the brand new titles starring the famous *Pirate Pete* and *Princess Polly*, part of *Ladybird's* best-selling *Pirate Pete* and *Princess Polly* series for toddlers and young children.



**My Big Boy Bed** and **My Big Girl Bed** describe the excitement of moving from a cot to a big bed and all the stages along the way, such as choosing bedding, getting rid of the cot and finally *Pirate Pete* and *Princess Polly* discovering what it's like to sleep all night in a big bed of their own.

The simple text and colourful illustrations in both books will help little boys and girls understand more about sleeping in a big bed; even why it may at first seem a bit daunting, but how in the end moving to a big bed is an important stage of growing up.

Pressing the cheer sound button on every page is also a fun way to motivate your child and involve them in the story.

February 2014

**Pirate Pete Potty Sticker Activity Book and Princess Polly Potty Sticker Activity Book** by *Ladybird*  
06 March Age Range: 0 – 5 years Price: £3.99

Both *Pirate Pete* and *Princess Polly's* well-loved potty-training journeys come to life for the first time in two interactive sticker activity books, ideal for sharing with a potty-training child.

*Pirate Pete* and *Princess Polly* are both getting rid of their nappies and learning to use the potty like a big boy and girl.

Follow them on their potty training adventures and join in by adding stickers to the story. At the end you can fill in your very own potty training reward chart.



February 2014

### Viral video helps boost students' physics knowledge

New project helping raise standards in physics, maths and engineering -

A viral video seen by almost three million people is helping boost students' knowledge of physics as part of a new resource funded by the *Department for Education*. *Professor Mark Warner* is encouraging A Level students to solve the physics problems behind the popular BBC science clip - which shows a chain in a jar appearing to defy gravity by leaping up in the air before falling to the floor - as part of the £7 million project. As well as giving a formal explanation of the physics involved in the 'chain fountain' in a science journal, Professor Warner and his colleague *Dr John Biggins* have published a collection of problems online which require sixth-form students to use their subject knowledge to explain the problem.

The challenge is part of a five-year project to prepare students better for university courses in physics, maths and engineering, and widen their access to top universities. The Rutherford Schools Physics Partnership (RSPP) sees Cambridge academics tutor students online or through regionally-run face-to-face

classes, and offer support to teachers. Education Secretary Michael Gove welcomed RSPP's approach to getting students interested in physics problems. Professor Warner said: "This project was only possible with the encouragement and funding that the *Department for Education* provided. It aims to raise standards and to make academic subjects and places at top universities available to all. "We hope that by showing how the problems studied at school relate to real academic challenges, young people will develop confidence in their ability to solve physics problems and be inspired to continue studying physics to a higher level."

*The Department for Education* granted the funding to *RSPP* in May last year. The full online course is still being designed and eventually students will be able to create their own specific training course, allowing them to have their progress tracked and problems and challenges suggested to them. They will also be notified when new materials and classes are available. For further information [www.rutherford-physics.org.uk/](http://www.rutherford-physics.org.uk/)

### St Lawrence College Junior School in Ramsgate offers outstanding value for money.

**Junior School (5-11 years):** Children thrive in the secure and positive atmosphere.

With small class sizes, teachers really get to know each individual child's needs, stretching and inspiring the most able whilst supporting and encouraging those whose confidence is still developing.

The Junior School also prepares pupils thoroughly for the 11+ Kent Test.

With its exceptional facilities and outstanding pastoral care, find out more about how *St Lawrence College* can make a difference for your child.

**Open Day on Friday 7 February** - a warm welcome awaits you and your family!

For more information contact **Lindsey Harris**, Junior School Registrar, on **01843 572912**  
[lah@slcuk.com](mailto:lah@slcuk.com)  
[www.slcuk.com](http://www.slcuk.com)



Co-educational, day & boarding school for ages 3-18 years



### NURSERY & JUNIOR SCHOOL OPEN DAY

FRIDAY 7 FEBRUARY 2014

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TAKE THE OPPORTUNITY TO HAVE AN INFORMAL LOOK AROUND  
FIND OUT HOW WE CAN MAKE A DIFFERENCE FOR YOUR CHILD  
CALL TODAY TO BOOK A PLACE



**St LAWRENCE COLLEGE**

For further information and to book a place, please contact:

Mrs Lindsey Harris  
Junior School Registrar  
T: 01843 572912  
E: [lah@slcuk.com](mailto:lah@slcuk.com)

[www.slcuk.com](http://www.slcuk.com)  
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# London Calendar

## PARENTS NEWS

This information also  
ON-LINE

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

Other features too!

**31 Jan-1 Feb Madame Tussauds** 08700 7000 Chinese New Year celebrations with special visit from the wax likeness of Chinese martial arts masters Jackie Chan & Bruce Lee On Sat there will be performances of the Lion Dance at regular intervals plus lots more. **Daily** The **Queen's Gallery Buckingham Palace** London 020 7766 7301 Become an explorer & discover the exhibition with activity bags for families. Using the maps find out which animals the adventurers shared the Antarctic with and what early explorers wore to protect themselves from the cold. **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. **Throughout Feb. Peter Harrison Planetarium** 020 8858 4422 Uncovered Worlds, 5-yrs & Sky Tonight Live, 5-yrs. Every Weekend We Are Aliens planetarium show, 5-yrs. Meet the Neighbours, 5-yrs. Solar System, Galaxy, Universe, 5-yrs. Space Safari with live music & rhyme, under 7's. **Every Sat Venn Street Market, Chatham Common** 020 7622 8259 Offering fine foods & fresh produce plus a variety of handmade crafts to be available throughout Dec with gifts & cards for all the family as well as Christmas trees & floral decorations. Christmas trees will be available. **Every Sat Blue Elephant Theatre** Camberwell 020 7701 0100 Young People's Theatre workshops, various age groups 7-18yrs, **FREE** to join. **Every weekend Temple Street** 020 7222 1234 Harry Potter Locations Tour 2 1/2 hrs. **Every weekend Greenwich Clocktower Market** Greenwich High Road Quirky weekend market has 50 stalls specialising in vintage, retro & antiques with a few contemporary craft stalls. **www.cloctowermarket.co.uk** **Every weekend Tate Britain** Millbank London 020 7887 8888 physical, material & social experience of sculpture through touch, interaction & collaboration, all ages, **FREE**. **Every weekend Art**

Trolley sessions encourages children to imagine & create collages & lots more. **FREE**. **Every Weekend Children's Multimedia Guide** fun & interactive a sensory experience for all the family to enjoy, 5-yrs. **Daily Family Resources** provides questions & activities which encourage children & families to explore art works. **FREE**. **Daily Family Trails**, under 5's, **FREE**. **Every weekend & school holidays** **London Transport Museum** Covent Garden 020 7379 6344 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. **Until 1 Feb British Museum** Great Russell Street 020 7323 8000 Magical Mosaic Masks workshop, over 7's **FREE**. **Until 1 Feb Olympic Champions** workshop become an ancient Greek Olympian using a green screen & then use comic book software to decorate your portrait with ancient accessories, 7+yrs, **FREE**. **Until 2 Feb Barbican Theatre** Silk Street 020 7638 8891 [www.lso.co.uk](http://www.lso.co.uk) London International Mime Festival, 6-15 Feb A Midsummer Night's Dream. **Half Term 16 Feb LSO** Discovery Family concert 7-12yrs, with pre-concert foyer events plus crèche available **www.lso.co.uk/family** concerts. **20-23 Feb** Porcelain Band with puppets, music & storytelling, 7+yrs. **Until 9 Feb Barbican Arts Centre** Silk Street 0845 120 7550 Pop Art Design exhibition. **Until 14 Feb The RSPB Big Garden Birdwatch** Schoolchildren will be counting the birds in their school grounds as part of the Big Schools' Birdwatch, the survey encourages schoolchildren of all ages & their teachers to discover which birds they share their school grounds with & learn about their behaviour. There is also a Little Schools' Birdwatch for under 5's & the Really Big Schools' Birdwatch for 11-14yrs. For more information visit [www.rspb.org.uk/schoolswatch](http://www.rspb.org.uk/schoolswatch) **Until 15 Feb National Portrait Gallery** St Martin's Place 020 7312 2463 Storytelling for families art activity, 3+yrs, **FREE**. **Until 28 Feb** Drop in drawing workshop, **FREE**. **Until 16 Feb Canary Wharf Ice Rink** Canada Square Park 0870 4000 601

**BFI FUTURE FILM FESTIVAL**

21 - 23 February

Just bring the ideas

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and drama, under 5's. **15 Feb** Chinese New Year a day of workshops, performances & traditional lion dance, all ages, **FREE**. **15-19 Feb** Rare maps of China from the archives & find out how they came to be in the museum, 7+yrs, **FREE**. **17-21 Feb** A sailor's tale of tea hear about his life sailing on the Cutty Sark tea clipper & working with Chinese lascars, 6+yrs, **FREE**. **18-20 Feb** The extraordinary story of tea, storytelling session, 7+yrs. **19 Feb** Play Tuesdays, Horsing around, explore the museum to find the horses hiding in the galleries, drop in, 7+yrs, **FREE**. **11,15,22 Feb** Natural History Museum Cromwell Road 020 7942 5000 Hands on Nature, Ocean Life handle real specimens, make your own 3D starfish & take part in rock star challenges, featuring amazing starfish costumes from costumier Anna Cocciaferro **FREE** drop in family activity all ages. **11,15,22 Feb** Hands on Nature, Dinosaurs **FREE** drop in activity 5-12yrs. **21,26,23 Feb** Cutting Edge workshop investigate teeth & diet using animal skulls, **FREE** drop in families with primary school aged children. **6-13,20,27 Feb** Specimen Preparation Area in action, see the museum's scientists & volunteers in action in Cocoon's Specimen Preparation Area. **FREE**. **8 Feb** Dino Snores, 7-11yrs. **8,18-20 Feb** Animal Vision Animal Vision **FREE** all ages. **13 Feb-28 Sep** Britain, One Million Years of the Human Story meet life size models & uncover incredible finds from sites around Britain that reveal what life was like one million years ago. **17,22 Feb** Gallery characters meet scientists from the past as they roam the museum's galleries. **FREE**. **18-20 Feb** Animal Story puppet show fun way to learn about native wildlife. **FREE** book at information desk on day of the event. **23 Feb** Gingerbread Man interactive storytelling puppet show to discover amazing things about the natural world, families, 3+yrs. **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** activities 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 Big Table using real specimens, activities will encourage you to look closely, make comparisons, discuss ideas & develop your knowledge & understanding of Antarctica's penguin. **FREE**. **Daily Who Do You Think You Really Are?** narrated by Sir David Attenborough. **FREE**. **Daily Investigate** Centre explore hundreds of real natural history specimens, 7+yrs, **FREE**. **2 Feb BFI Southbank** 020 7928 3232 Family Funday The Princess Bride, before the screening there is a Funday workshop in the foyer from 11.30am with arts & crafts & an array of prizes to be won. **7-8 Feb** The Royal Observatory Greenwich 020 8858 4422 An Evening with the Stars 7+yrs. **14 Feb** Valentine's Evening with the

February 2014

February 2014

## London Calendar

**17 Feb** The Broadway Theatre Cardiff 020 8690 0002 Bananas in Pyjamas. **21 Feb** Snow White & the Seven Dwarfs **18 Feb Fulham Palace Museum** Bishops Avenue 020 7736 3233 Young Wildlife Detectives workshop, 8-12yrs. **19 Feb** Fun Day with crafts, drama & dressing up. **18-21 Feb** **Geffrey Museum** Kingsland Rd 020 7739 9893 Amazing Animals with craft activities including creating a pet ornament from clay, puppets & portraits inspired by the animals from the museum. **18-24 Feb** **London Dungeon** [www.thedungeons.com](http://www.thedungeons.com) Half Term Survival Outbreak where the live action attraction will be preparing for an outbreak of the bubonic plague & guests will be 'quarantined' to await their fate. **20 Feb** **Battersea Arts Centre** London SW11 020 7223 2223 Art Adventure workshops make a tissue paper stained glass window, 3 1/2-5yrs. **22 Feb** **Make Venice** marbled paper workshops, both workshops include a game, an art activity & a story. **20,22 Feb** **Alexandra Hall** Charlton, London 07867 627987 Sleeping Beauty **21 Feb** **LSO St Luke's** 16 Old Street 020 7638 8891 Discovery Lunchtime concerts 5+yrs, no need to book **FREE**. **22 Feb** **St Martin-in-the-Fields** [www.lmarchestra.com Tel: 020 7766 1100 John Landor's Mini Maestro Family fun concert: Mozart Symphony No 40 & there will be musical games & stories, singing, clapping & conducting. \*\*4-11yrs\*\* \*\*23 Feb\*\* \*\*Cremorne Riverside\*\* Cremorne Gardens, London SW10 0QH 020 7349 9591 Go Canoeing Guided Tour, Family's Afloat action packed morning to encourage families to spend quality time together, 9+yrs. \*\*Please call before you go and please mention PARENTS NEWS\*\* \[www.parents-news.co.uk\]\(http://www.parents-news.co.uk\)](http://www.lmarchestra.com)

## Jonnie Peacock asks public to help beat meningitis and septicaemia

Gold medalist and World Champion sprinter **Jonnie Peacock** is encouraging everyone to join him in 2014 by supporting **Meningitis Research Foundation** in its 25th anniversary year. Jonnie lost his right leg below the knee when he was five years old after contracting group B meningococcal meningitis and septicaemia in October 1998, but it hasn't held him back. He won the Gold medal for the 100m in the London 2012 Paralympics

Jonnie became Patron for **Meningitis Research Foundation (MRF)** in 2012 because its supports the families, like his, affected by the disease, promotes awareness and has invested over £17m in research to encourage more vaccines. Jonnie says: "There are lots of ways you can support us from taking part in a 25th Anniversary Walk, signing up to run with us at events across the UK or taking part in cycle rides, we could even mark your own special anniversary with a one-off donation... Please do what ever you can to help .Visit the website: [www.meningitis.org](http://www.meningitis.org) for more information and join us in the fight against meningitis and septicaemia."

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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