

PARENTS NEWS

July 2014 No. 189 The First & Foremost Local Monthly Newspaper for Families

1993 - 2014
22nd Successful Year
Thank you

FREE

www.nationaltheatre.org.uk

the ELEPHANT

www.thedockyard.co.uk

What's On in July & School Summer Holidays

www.bbc.co.uk/proms
(photo: BBC/Chris Christodoulou)

Three Editions in South-East England

Southwest
London
& Surrey

London
South
E Surrey
W Kent

Kent

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

London South
East Surrey & West Kent

Out & About

Win a Giraffe.....meal!

PARENTS NEWS has teamed up with family-friendly restaurant group, *Giraffe*, to offer one lucky family the chance to win a meal at the newly refurbished Blackheath restaurant!

Take a culinary global tour and discover a world of flavours at *Giraffe*. From its delicious Daybreaker Omelette, "Firecracker" Chicken Tenders served with Asian Slaw, Fresh Lime and Wasabi Aioli or Mexican Chicken Burger to Key Lime Pie with Tangy Marmalade – there is something for everyone, be it breakfast, lunch or dinner.

Little ones are just as important as grown-ups at *Giraffe*, and have their own menu of mini-mans, desserts and drinks, complete with puzzles and games to keep them entertained.



So, whether you're treating the kids to lunch, settling in for a leisurely family breakfast, enjoying a welcome coffee break or grabbing a mid-week cocktail with friends, giraffe is the ideal destination.

Usual *PV* terms and conditions apply

Giraffe,
58-62 Tranquil Vale,
London, SE13 0BN
020 8463 9155
www.giraffe.net
[@giraffe](https://www.facebook.com/girafforestaurants)
www.giraffe.net
[@giraffe](https://www.facebook.com/girafforestaurants)

COMPETITION
To be in with a shot of taking home this tasty prize simply answer the following question:
What colour is a giraffe's tongue?
Send your answer on a post card to **PARENTS NEWS** 10 The Manor Drive Worcester Park Surrey KT4 7LG or email info@parents-news.co.uk First correct answer drawn at noon 31st July 2014 wins Family meal voucher to the value of £100 per prize.



Proms Plus Family Royal College of Music

Free family workshops are the perfect introduction to the music you'll be hearing at the *Proms*. Fun and interactive, the workshops engage with children of all ages and abilities so that they really get the most out of the music. There are six workshops to go with six *Proms*, that you and your family will enjoy. The workshops last for about an hour at the *Royal College of Music* (just opposite the *Royal Albert Hall*) – so when the workshop is finished you can make your way to the concert with time to spare. Professional musicians bring the music to life, and you may bring your own instrument! Suitable for ages 7+

Monday 21 July
5.30pm – 6.30pm
This Prom starts with Richard Strauss's comical portrait of a cheeky prankster. There's a beautiful Violin Concerto by Dvořák performed by Julia Fischer, who first heard the piece when she was just 6 or 7 years old. Then take a trip to the countryside without leaving town, with Beethoven's 'Pastoral' Symphony.

Monday 28 July
5.30pm – 6.30pm
Prom 15 is perfect if you love a great story. Both Jonathan Dove and Ravel were inspired by Greek myths to write these

stunning pieces – Dove's piece is brand new. Plus there's a famous and brilliant Piano Concerto by Mozart.

Sunday 10 August
5.45pm – 6.45pm
Prom 33, where the awesome *National Youth Orchestra of Great Britain* perform pieces by some of music's greatest rebels. Pianist Louis Schwizgebel says Prokofiev's Piano Concerto is "full of disobedience", while British composer Sir Harrison Birtwistle is known for his daring style. There are colourful sounds from Lutoslawski, and even a musical puppet show by Stravinsky.

Saturday 23 August
5.30pm – 6.30pm
This Prom is one big fairy-tale, featuring Ravel's enchanting Mother Goose and Szymanowski's sparkling Songs of a Fairy Princess. Rachel Leach will introduce exciting new music from Finnish composer Jukka Tiensuu, and a happy ending, too, when Scheherazade tells her stories from the Arabian Nights in Rimsky-Korsakov's magical masterpiece.

Thursday 28 August
5.30pm – 6.30pm
Holst's awe-inspiring Planets suite, from marching Mars

July 2014
to jolly Jupiter. Schoenberg was a pioneer who took sound to thrilling new places, and Scriabin's Poem of Fire is like a fireworks display of musical colour.
Tuesday 9 September
5.30pm – 6.30pm
Buckle up and join Rachel Leach for a whirlwind trip to America, and a whistle-stop tour of its different styles. There are cowboys and country music from Copland, and jazz, blues, and thrills of disobedience", while British composer Sir Harrison Birtwistle is known for his daring style. There are colourful sounds from Lutoslawski, and even a musical puppet show by Stravinsky.

How to book
PromsPlus Family workshops are free at the *Royal College of Music*. Workshops are unbooked but capacity is limited. Doors open 30 minutes before the events begin and entry is on a first-come, first-served basis.
PromsPlus Family Ticket Offer
A limited number of £5 tickets available for the six specially selected *Proms* at the *Royal Albert Hall* following the free *PromsPlus* Family workshops. To apply for tickets call **0845 401 5040** (9am – 9pm daily) and ask for *PromsPlus* Family tickets. Alternatively you can book in person at the *Royal Albert Hall*. Booking fees and conditions apply.
www.bbc.co.uk/proms

July 2014 Family Fun all Summer The Historic Dockyard Chatham

Families can do something different almost every day this summer at *The Historic Dockyard Chatham*. With tickets valid for 12 months, visitors can enjoy lots of new activities, clamber aboard three historic warships, enjoy 80 acres of fantastic maritime heritage, experience the ½ mile long ropewalk as rope is being made plus enjoy both indoor and outdoor play areas.

New for 2014 is "**Doc Yard's Techsplorers**" – fun and engaging engineering and technology activities. Particularly suitable for families with children aged 7 – 12. **Doc Yard's Techsplorers**

will run every day throughout August in the awe-inspiring surroundings of Slip 3, the building itself an impressive piece of engineering. This fabulous family fun is included within the annual ticket price of *The Dockyard* and will run at regular intervals throughout the year. **Doc Yard**, the dockyard's brilliant but slightly eccentric resident professor, together with his assistant **Bunsen**, will guide families through a series of hands-on practical activities, enabling them to discover the dockyard's technological and engineering past, which will bring a breath of fresh air to the science of sailing and flying. Families will build

www.thedockyard.co.uk



Out &

The Elephantom Transfers to The West End for Strictly Limited Summer Season



Stagecoach Performing Arts

Sarah Chitty has taken over a *Stagecoach Performing Arts* franchise. She is a local mum in Teddington, with her husband **Will Chitty** both actors. She works as Marilyn Monroe

www.marvelouslymarilyn.com. She runs children's parties, and they have a wedding film company *loveweddingfilm*... She has sung all round the globe and seen in many commercials on TV. They have 3 children, twins age 8 and a daughter age 5. Busy enough but excited about the new venture

elephant living in her house. He makes life so much more fun! But *Elephantom* are a bit too big for houses and before long he's causing a lot of trouble.

It is particularly appropriate that *The Elephantom* will share the same stage as the West End production of *War Horse*: Finn Caldwell was associate director of puppetry for *War Horse* in the West End and Australia from 2010 until 2013.

0844 811 052

#TheElephantom @TheElephantom

www.elephantomstage.co.uk
www.nationaltheatre.org.uk

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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.

ORTHOTROPICS

The alternative to orthodontics with extractions and surgery.

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

Easily treated by natural methods. No extractions. No "Train Tracks". No retainers.

Research shows Orthotropics can get much better results than "Train Tracks".



When experts disagree, where do you go for answers?
www.Orthotropics.com
Ask an appropriate professional to refer you for a free assessment

john.mew@virgin.net

Professor John Mew, Tunbridge Wells 01892 526406 and personal 01435 862045
Email: john.mew@virgin.net

Cbeebies BBC PROM

SATURDAY 26 & SUNDAY 27 JULY 11.00AM - ROYAL ALBERT HALL
Take a journey through London with some of your favourite Cbeebies characters and explore the sounds of the orchestra, as well as the everyday sounds around us. The BBC Philharmonic will be joined on stage by Mr Bloom, Robert the Robot from 'Justin's House', Gamma Hunt from 'Swashbuckle', Chris Jarvis from 'Show Me, Show Me!', Bernard Cribbins and Sally the Dog from 'Old Jack's Boat'.

BOOK NOW
CHILDREN £6 • ADULTS £12
£5 standing tickets available on the day, no booking fee
Visit bbc.co.uk/proms or call 0845 401 5040

Calls cost up to 5p/min from most landlines (an additional connection fee may also apply). Calls from mobiles may cost considerably more. All calls will be recorded and may be used for marketing and quality control purposes.
A booking fee of 2% of the total value (up to £1.50 per ticket) up to a maximum of £20 applies.

THE HISTORIC DOCKYARD CHATHAM

SUMMER FUN!

PIRATE PLAY DAYS
26 JULY - 31 AUGUST 2014
Join the pirates for sand pit and inflatable fun!

DOC. YARD'S 'TECHSPLORES'
1 AUGUST - 31 AUGUST 2014
Hands-on activities for budding engineers!

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thedockyard.co.uk
historic.chatham @DockyardChatham
Doc. Yard's 'Techsplorers' is supported by **together!**

A small additional charge may apply to some elements of school holiday family activities.

'A delight for kids and adults alike'
Evening Standard

The National Theatre production

The Elephantom
by Ross Collins
Adapted by Ben Power

NOW PLAYING UNTIL 6 SEPTEMBER ONLY
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0844 811 0052 | ElephantomOnStage.co.uk | 020 7452 3000
Booking fee No booking fee

Ask about our special family rate!

Out & About

DLR launches free audio guides for journeys along the DLR

An infographic including some of the key facts included in the free audio guide is also available. The audio guides are now available for all users of the DLR, created to accompany any journey along the DLR in east London. The audio guides outline a history of the area, including information about the key landmarks that can be seen from DLR trains.

An infographic outlining a number of the interesting facts about the famous landmarks in east London is also available on their website.

To view the infographic and to download the audio guide for all the different DLR routes simply visit

www.tfl.gov.uk/planet-dlr

Some of the facts included in the audio guides and infographic are:

•The Cutty Sark takes her name from a character in a



Ashtead Kids Club

23-25 July & 4-29 Aug 8am-5.30pm
From £19

Bookham Kids Club

The Dawney School 28 July-1 Aug 8am-5.30pm
Term time: 3-5.45pm

Booking: 01372 376711

info@ashteadkidsclub.co.uk

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Registration now open for our September term at all venues!

Angela's Swim School

Angela's Swim School offers a wide range of classes to cater for all ages and abilities. The classes are carefully geared to ensure they have a perfectly suitable class to aid anyone in their goal of reaching their full swimming potential. They offer both private and group lessons and pride themselves on having small group sizes to enable teachers to give each swimmer as much attention as possible.

Michael Deverell, Marketing & Communications Officer

for *Servo Docklands* said "The audio guides provide a different way to discover the colourful history of east London. Easy to download, they make any commute or journey more interesting as you can gaze out the window and find out more about the landmarks passing you by."

www.tfl.gov.uk/planet-dlr

More than a dozen events lined up for the *South East*

Minister for Communities Stephen Williams announced 170 free concerts across England on 11-13 July, bringing people from all backgrounds together to listen to and participate with the best local musicians.

The 'Our Big Gig' events, 14 of which will be in the *South East*, will be free for both participants and spectators, and will feature more than 7,000 musicians and 2,000 volunteers helping stage events at venues ranging from

FREE FAMILY ACTIVITIES

GET ACTIVE DAY 2014

www.wandsworth.gov.uk/active

KING GEORGE'S PARK SATURDAY 12 JULY 12-5PM

Daily throughout July

Castle Robertsbridge 01580 830196 All things herbal, discover plant life & learn about medieval use. **Every Wed & Thurs 30 July-28 Aug Knight & Princess academy**, sessions include dressing up in a costume, craft activities & training on how to be a knight or princess, 5+yrs, need to book.

New Legoland Windsor 01753 621621 Pirates Landing gets a major re-vamp to become *New Pirates Shores* featuring Castaway Camp a new pirate adventure play area with more than 100 brand new Lego modes & themed features on the Pirate Falls Treasure Quest log flume ride, plus a new themed restaurant & lots more.

Every Wed Heaven at Nutfield 19 High Street www.heaven-nutfield.com Smiley Faces music group for babies & toddlers for up to 2yrs & 2-4yrs, there is also a playroom for under 5's, a café & a creche.

10 July Sheffield Park and Garden Nr Haywards Heath East Sussex **0825 790231** Bat Walk. **Until 17 July International Garden Photographer of the Year Exhibition. 19 July Pop up camping set up camp & members of the Wealden Astronomers**

07432 530104

England's Biggest FREE Music Festival

Out & About

Society will be on hand in the evening to give guidance & advice on stargazing to help you tick off number 27 or your 50 things list. **24 July-4 Sept 50 things summertime challenge** a range of holiday events 7 trails to see how inventive you can be with your 50 things list.

12 July Monk's House Rodmell Lewes **01273 474760** Readings in the garden **13 July Romney Hythe and Dymchurch Railway** New Romney Kent **0679 62353** 1940's Guided Tour. **14 July-14 Sept Spinnaker Tower Portsmouth** **02392 857520** Super Saver family ticket on offer of a family visit offers a 20% saving on standard prices.

Twitter: @parentnewsuk
15 July Afriston Clergy House Polgate **01323 870001** Garden Tour. **19 July Birling Gap & Seven Sisters** Eastbourne **01323 423197** Family Open Day at Frog Firl Farm a fun day out with crafts, games, wildlife, history & tea & cake, FREE. **20 July Remarkable rockpools**, 50 things activity, explore the beach at low tide & see if you can find all the weird & colourful creatures that live there, need

shopping centres, schools, town centres, churches, parks and village greens and pubs. All venues will be open to people of all ages. The gigs are part of government's work to bring people together in strong united, communities, as well as an "Inspired by 2012" project which aims to keep the legacy of the 2012 Olympics and Paralympics alive.

Stephen Williams said: "Live music is a great way of getting people from all different backgrounds and from right across the country involved in their local community and have a weekend of free

entertainment into the bargain. The *Our Big Gig* weekend will help turn strangers and neighbours into friends and encourage lots of people to get involved in music, in some cases for the first time."

Locations and line ups:

www.superact.org.uk/ourbiggig/events/all-events

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** COME AND TRY A CLASS FREE **
Lessons for:
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starting at 9.00am and 9.30am
LENGTHS AND BRONZE at 10.00-10.45am
Established in 1979 and offering classes in Caterham, Warringham, Oxted, Hurst Green

July 2014

July 2014

Holidaying with pets – the breed of travel that continues to grow

Holidaying with a pet is one of the fastest-growing trends in the travel market. It became cheaper and easier to travel abroad when new, simpler rules were introduced in January 2012 and now many dogs, cats and ferrets, are chipped and vaccinated and have their own pet passport.

It seems that a holiday just isn't complete without the family's furry four-legged friend in tow. When it costs between £15 - £50 a day to leave Muttley (or Arthur in our case) behind in a kennel it can be more cost effective too. In 2013, *DFDS Seaways* transported 42,129 pets across their Eastern channel routes and saw a 14% year-on-year increase in April 2014*. Ferry company *LD Lines* also reported a 29% increase in pet travel last year on its Portsmouth-Le Havre route.

Pierre & Vacances offer a huge range of inspired vacations from serene spa breaks to action-packed activity holidays suitable for everyone. Their inclusive family ethos of "playing together and staying together" also extends to pets as long as they have a valid rabies certificate. All *Pierre & Vacances* properties are pet friendly and cat-friendly with pet prices from 9€ a day (1-6 days) and 55€ per week (booked in advance).

The luxury self catering accommodation ranges from studios and apartments to villas and country houses with many options just a short pet-friendly drive from Calais, Dunkirk, Le Harve Caen or



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If you would like to discuss your childcare needs call Sitters on **08447 367 367**.

Cherbourg. Set amid beautiful countryside and dotted along the stunning French coastline, *Pierre & Vacances* car-free holiday hampers offer not just comfortable holiday accommodation but fun activities and surroundings to entertain all ages and breeds.

Pierre & Vacances 4 Village Club Belle Dune* is just 1 hours drive from Calais Located alongside a striking 18-hole golf course and close to the sea, *Belle Dune Holiday Village* blends into a pretty environment of lakes, dunes and trees that are ideal for walkers. The eco-friendly, pedestrian holiday village offers a number of nature-based activities for an action-packed weekend or longer holiday. Prices in the *Village Club Belle Dune* start from £391 for a studio apartment sleeping up to 4 for 7 nights from 13th September.

Pierre & Vacances 3 Normandy Garden Holiday Village* is in easy reach of Calais, Le Havre, Caen or Cherbourg. *Normandy Garden holiday resort* is set in the heart of the Auge country, 2 hours from Paris and close to Deauville's, Cabourg's and Villers-sur-Mer beaches. The self-catering apartments, houses and cottages are all wooden with tiled or slated roofs inspired by Normandy's traditional architectural style. Normandy Garden apartments are surrounded by 30 acres of hilly landscape and split into 8 districts. *Pierre & Vacances 4* Residence Le Green Beach*

Cherbourg. Set amid beautiful countryside and dotted along the stunning French coastline, *Pierre & Vacances* car-free holiday hampers offer not just comfortable holiday accommodation but fun activities and surroundings to entertain all ages and breeds.

Gorgeous Childrens Pamper Parties

Mini Facial and Nail Art or Hair and Makeup
Sole use of beautiful clinic
Parties include invitations, food area, and choice of music

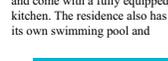
0208 943 9430

Residence Le Green Beach is situated just a few kilometres from Omaha's huge beach and unspoilt natural coastline. Based in a 7-hectare park, on the prestigious *Omaha Beach* golf course this Authentic and characterful location is ideal for those travelling with pets. After a relaxing stroll along the quays, follow the path leading up to the cliff to discover "Tour Vaughan", built in 1694 as a defence against Anglo-Dutch privateers and English raids.

From one side, you can enjoy views overlooking the entire harbour while cliffs on the other act as a barrier against the crashing waves below. Prices available from as little as £294 for 7 nights in a studio apartment that sleeps up to 4 on a self-catering basis departing 20th September. Alternatively take the puppy to the pists!

Avoriz is fantastic for an Alpine Adventure in summer or winter. Take the whole family and save on School Holidays *Avoriz* in the *Portes du Soleil* offers a wealth of outdoor activities that kids and adults love from biking, hiking, horse riding, canyoning and climbing to exploring the spectacular surroundings with the family pet. It's worth going alpine for a great value family holiday that's packed with adventure.

Pierre & Vacances 5 Premium Residence L'Amara* is situated within the recently developed *L'Amara* area of the resort featuring new restaurants, bars and shops. Apartments are contemporary and come with a fully equipped kitchen. The residence also has its own swimming pool and



COUNTRY RARE BREEDS FARM PARK

So much to do you'll need more than a day

Kick summer off with the

BIG Butterfly Count July 27th

An action packed day including:
Bumblebee Hunt • Bug Roadshow
Pond dipping • And much more!

Book online at rarebreeds.org.uk T 01233 861493

Out & About

Monkey Swimmers Makes A Splash

Just in time for the summer holidays *Monkey Swimmers* has launched a range of fun and educational swimming aids for children.

All swimming aids have been designed with safety in mind and to appeal to children and ensure maximum comfort. Since the launch of *Monkey Swimmers*, Monkeys Inc Limited has been keen to develop its product offering and become the number one choice for fun, funky and educational swimming aids for children.

New to the range this year is the *Monkey Discs* incorporate the same award winning super soft non-slip arm grip design as the *Monkey Swimmers* these funky swimming aids are fin shaped which adds additional buoyancy. Suitable for ages 1-12 years and £22 including delivery. Great for building confidence in the water and learning how to swim the new *Swim Noodles/Woggles* come in a

choice of four colours at £4.99 including delivery. The original *Monkey Swimmers*, is an armband designed to be the only one a child will ever need, with three detachable layers that can be removed one layer at a time, a storybook and progress chart. *Monkey Swimmers* £19.99 including delivery.

Swimming Floats in three colours and three cute cheeky animals, including a frog, panda and hippo. These super streamline kickboards have a handy grip position to enable ease of use. £7.99

www.monkeyswimmers.com

spa (facilities include a sauna, steam room and gym and "Algothem Deep Nature Spa treatments) and is close to the *Aquarius* complex. *Aquarius*, is Europe's highest waterpark based at 1800m - The park features natural tropical vegetation and temperatures, a central pool area with a gentle flowing river, climbing walls and a large swimming pool. Prices start from £750 based on four sharing a 1 bedroom apartment for 4/5 people, departing 19th July for 7 nights.

For more information on *Pierre & Vacances* pet-friendly accommodation visit: www.pierreenvacances.co.uk or call **0870 0267 145** It costs £16 to carry pets each way with Eurotunnel and £19 per carriage with *DFDS Seaways*. For more information about *DFDS Seaways* or to book ferry crossing: www.dfds.co.uk **0871 574 7235**



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We're passionate about wildlife

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So much to do you'll need more than a day

Kick summer off with the **BIG Butterfly Count July 27th**

An action packed day including:
Bumblebee Hunt • Bug Roadshow
Pond dipping • And much more!

Book online at rarebreeds.org.uk T 01233 861493

Daily Rainbow Leisure Centre East Street 01372 727277 Toddlers World, under 5's.
Every Mon term time The **Assembly Rooms** West Wickham Kiddi Kardo toddler fitness 2-5yrs, www.kiddikardo.com
Every Mon/Tues/Wed & Fri **Family** **Blenheim Children & Family Centre** Bromley 01689 879145 Toddlers activities.
Every Mon-Wed **The Angel Centre** Tonbridge 01372 359966 Kickstart members Pre-school bounce. **Every Sat** **mom fun club** 5-10yrs. **Every Wed & Fri** dance mat & target wall fitness.
Every Tues **Farnham Library** www.bookstart.org.uk Baby Bounce n rhyme. **FREE.**
Every Wed **darling term time** **Sydenham Tennis Club** Lavric Park Road Sydenham 020 8778 42117 Tennis drop in sessions for 8-11yrs.
Every Wed & Sat **Millennium Arena** Batters Park 020 8871 7542 Drop in tennis sessions, 5-8-9-15yrs.
Every Thurs **Caterham Hill Library** www.surrey.gov.uk/kidstuff Rhyme time, 10am **FREE.**
Every Fri Storytime, 2.15pm, **FREE.**
1st Fri of every month **Burgundy & Black Café** St Martin's 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. **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 Rhyme time. **FREE.** **Every Thurs** Storytime. **FREE.**
Every Fri **Dorking Library** www.surrey.gov.uk/kidstuff Rhyme time. **FREE.**
Every Sat **Family Library** www.surrey.gov.uk/kidstuff Rhyme time. **FREE.**
Every Fri **Warrington Library** www.surrey.gov.uk/kidstuff Storytime. **FREE.**
Every Fri **Pavillion Leisure Centre** Kentish Way Bromley 020 8313 9911 Families & under 11's Roller Disco sessions. 4.30-5.45pm & Families & under 16's Roller Disco sessions with full skate & safety equipment provided, doors open 6.15pm. **TEL: 07970 266790.**
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, 6-4yrs. **Every Wed** All Star Choir, 8-14yrs.
Every Sat **Norman Park** Hayes Lane Bromley Kent 020 8460 5291 Soccer School, 4-6-7-9-10yrs.
2nd Sun of the month **Tonbridge Farmers Market** Sovereign Way 07876 685853 Held in Sovereign Way with normally 70 stalls.
Every 2nd Sun of every month **Hempstead Valley Shopping Centre** Gillingham 01634 387076 Farmers Market in the car park offering a range of local produce including meat & much more.
Every Sun **Edenbridge Leisure Centre** 01732 865665 Under 16's & families roller disco.

Until 24 July All Surrey Libraries **Festival for Children** 01483 543599 There are a vast array of events on offer log onto the website to see what is available. www.surrey.gov.uk/library or call 01732 865665.
1 July **Epsom Playhouse** Ashley Avenue 01372 742555 That'll be the Day
1 July-31 Aug **Ightham Mote** Sevenoaks 01732 810378 Summer holiday activities. 50 things to see on poppies the names of those who died.
1 July Family music festival with stalls, bar, hog roast & more.
28 July Family Monday, activities to include, arts, crafts & guided park stroll, 5-12yrs. **FREE.** **31 July** Regency family fun day.
1-4 July **Barn Theatre** Oxted 01883 724832 Hairspray
1 July **Seotney Castle** Lamberhurst 01892 893819. Cinema under the stars. Gravity starting George Clooney. **9 July** The Great Gatsby.
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2nd Sun of the month **Tonbridge Farmers Market** Sovereign Way 07876 685853 Held in Sovereign Way with normally 70 stalls.
Every 2nd Sun of every month **Hempstead Valley Shopping Centre** Gillingham 01634 387076 Farmers Market in the car park offering a range of local produce including meat & much more.
Every Sun **Edenbridge Leisure Centre** 01732 865665 Under 16's & families roller disco.

Longfield 0843 453 9000 Sponsored bike ride for cyclists of all ages & abilities. Participants will face the challenge of completing as many 1.2 mile laps of the circuits within two hours as possible to raise money for the finest local vulnerable children & young people. www.actionforchildren.org.uk/brandshatchbikeride2014
5 July **Chertsey Museum** 01932 575374 Runnymede Remembers help write on poppies the names of those who died.
5 July **Marden Lodge School** Croydon Road Caterham 07854 772360 Summer Party a fun packed family day out with bumper aqua boats, mini fun fair, pony rides, inflatables, arts & crafts, shopping stalls, coconut shy, raffle plus entertainment to include cheerleading, belly dance & lots more. 11-4p.m.
5 July **Langton Green Village Fete** On the Green behind the Hare public house, Tunbridge Wells 07730 765600 Held on the green behind the Hare Pub with fairground attractions, bouncy assault course, inflatable slide & lots of games for children of all ages. There will also be stalls selling local produce, bric-a-brac, books & dvd's, tea tent with homemade cakes, Pimms & Beer tent, punch & jelly show, falconry display, dog show, dancing, live music & much more. 12-5 p.m., entrance **FREE** for children.
5 July **Quebec House** Westerham 01732 868381 With map & musket find out how map makers played a key role in the Quebec campaign.
26-27 July **Needles & thimbles** hear about 18th century needlework & the decorative skills that brought

fabrics to life. **Every Sun** Mrs Wolfe's recipes recreate some of Mrs Wolfe's 18th century recipes including potato pudding & lemon drops. **Every Wed** Guided & tour with special talks.
6 July **Rural Life Centre Farnham** 01252 795571 Polish Day with dancing, displays & themed stalls plus enjoy Polish food & beer. **Until 9 July** War Comes to Tilford & Frensham an exhibition examining how the opening of hostilities in 1914 affected the rural landscape. **27 July** Rustic Sunday an experience of rural life with country crafts, concert musicians & the ambience of a vanished way of life.
6 July **Gatton Park** 01737 649066 www.gattonpark.com Country Fair great day out for all the family with animals, country crafts & demonstrations, children's activities, fun dog show & lots more.
6 July **Farnham Charity Bike Ride** Offering cyclists of all ages & abilities the choice of three routes through the countryside around Farnham, children under 16 go **FREE** when accompanied by a fee paying adult, save £6 by registering online before 3 July.
6 July **Godalming Bandstand** Phillips Memorial Park Music in the Park Rotary Bandstand festival concert. **FREE** plus bouncy castle, beer tent, hot food & ice & cold drinks available plus cream tea in church hall, 3-5pm. **12 July** Music Festival featuring young bands

& musicians from local schools. **FREE**, 2-5pm. **27 July** Music in the Park featuring Godalming Rock Choir. 3-5pm. **FREE.**
7 July **Ascheroff Theatre** Fairfield Croydon 020 8688 9291 Let Your Feet Compete Grand final. **8-13 July** **Hampton Court Palace** 0844 482777 Flower Show. **31 July** Open Garden special evening tour with specialist talks.
8-27 July **Knole Park House & Gardens** Sevenoaks 01732 462100 Why the trees are blue exhibition. **Every weekend** **until 7 Sep** **Venako** bus with round trips through Sevenoaks.
9 July **Concert Hall** Fairfield 020 8688 9291 Croydon Symphonic Band Summer Concert. **12 July** Popshop. 28-30 July **Adventure**, 14-19yrs.
11-13 July **Kent Showground** Detling 01622 630975 County Show experience the flower show, food tent, creative crafts show, canine area, show jumping, vintage vehicles & hundreds of cattle, sheep & goats. Meet Tiana the Robot, watch the motorcycle stunt team & military band, listen to live music & see the Kent Spitfire

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12 July **Tandridge Village Fete** Glebe Field With lots of things to see & do including the **FREE** Slippery Pole fights & the National Egg Throwing Championships plus a band, plenty of food. **FREE** to enter children's races, bouncy castles, beer tent, cream tea, craft stalls, maypole dancing, displays & lots more, entrance under 16 **FREE.** www.tandridgefete.org.uk
12 July **Goldsworth Park** Wisbone Way Woking A family fun day in memory of Matthias Barker & in aid of Shooting Star Chase, children's hospice care. There will be stalls for children & adults, bbq, beer tent, amazing logo raffle, group monument build, bouncy castle, obstacle course, pony rides. **FREE** arts & crafts area, plus entertainment from various groups & Surrey schools fashion show extravaganza.
12-13 July **Museum of Kent Life** Sandling 01622 763936 Teddy

flies overhead, something for all the family, entrance under 5's **FREE.**
12 July **Barnes Village Fair** Barnes Green A mix of stalls about 500, selling everything from vintage clothing, jewellery & accessories to antiques, bric-a-brac, toys etc., something for all the family, entrance **FREE**, 9.30-5pm.
12 July **Pyrford Cricket Ground** Colnhurbar Road Woking 07712 183245 Flower Show & Fete with displays of horticulture, flower arranging, domestic produce & handicrafts by local residents plus a wide range of stalls & sideshows + entrance children **FREE**, 12.30-5.15p.m.
Twitter: @parentnewsuk
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12-13 July **Museum of Kent Life** Sandling 01622 763936 Teddy

Bears Picnic bring your favourite teddy to join in the teddy bear show. **20 July** **Classic & Vintage Vehicle Show** children can meet some of the animals in Cuddle corner & take in the scenery on tractor rides, plus lots of indoor & outdoor fun & activities for all ages. **24 July** **3 Sept** Summer holiday fun, daily entrance, competitions, tours & trails.
12-13 July **The Sportsground** Central Tonbridge 01732 353048 Football Fiesta. **FREE** to spectators.
12-26 July **St Martin of Tours Church** Epsom 07513 060179 Music Festival offering a platform to talented artists.
13 July **The Tilford Institute** 01252 729446 Walk for the Wards 5 or 10 mile route, cream tea for every walker. www.wptd.org.uk
13 July **Darrent Valley Hospital** Dartford 01322 428392 Sponsored Walk & family fun day stalls, entertainment through the afternoon in the arena, tea & beer tent, children's rides, dog show & more, entrance & car parking **FREE.**
18-20 July **Loseley Park** Guildford 01483 454213 The Garden Show with plenty of entertainment on site for the whole family with puppet shows, juggling, craft activities, children's castle plus The Huxley Birds of Prey & the Wandering Jazz Trio, entrance under 4's **FREE.**
19 July **RSPCA Milkbrook Animal Centre** 0300 123 0740 Car Boot Sale with all proceeds going to animal welfare.
19 July **Basingstoke Canal Centre** Mytchett Place Road Mytchett 01932 830493 Baby & Children's Nearly New Sale entrance **FREE** for children, 2.30-4p.m

19 July **Ripley Village Green** Village Fair with stalls, displays, live music, children's entertainment, pony rides, dog show, classic cars, vintage tractors, vintage cycles, Harley Davidson's, food & drink, ice cream vans & all proceeds to local charities including the RNLI. **25 July** **Leatherhead Palace** 01372 365141 Old Macdonald Had A Farm a magical medley of games, giggles & sing along songs for families.
25-27 July **Mellow Farm** Docketfield Farnham 020 8549 2926 Singing It Back Family Camp with daily singing workshops, supervised kids arts, crafts & sports, kayaking, archery, assault course plus more, www.singingitback.com.
30 July **Horsell C of E Junior School** Medbury Drive Leatherhead Village Hall Crafts Show with flower, cake, crafts displays, Chobham Morris men, punch & jelly, pimms tent, food, maypole dancing & lots more fun for all the family www.horsellvillagehall.org
30 July **Banstead Village Market** Indoor with handmade jewellery, photography, kitchenware, handmade soaps, designer clothes, baby gifts, crafts & lots more.
26-27 July **Carshalton Lavender Harvest Weekend** Surrey Road Allotments 07860 312839 Visitors may pick their own lavender plus see distilling the lavender essential oil on their still. There will also be stalls selling lavender related craft goods, lavender beauty products & more. entrance **FREE.** www.carshaltonlavender.org
26 July-1 Aug **Chatham Historic Dockyard** Chatham 01634 823845 Pirate Play Days with arts &

crafts, sandpit treasure Hunt plus storytelling for younger children & families. **26 July-30 Nov** **The Royal & the War at Sea** exhibition.
26-27 July **Hampton Court Palace** Hampton Court 0871 230 2200 Georgian Garden Party experience life at the Georgian court.
27 July **The Green Burgh Heath** Tadworth 01737 352883 Companion Dog Show pedigree, cross breed & novelty classes, something for every type of dog. There will also be stalls, refreshments & **FREE** ringside parking.
30 July **Sandown Park Racecourse** 01372 470047 Sandown Live with Tom Jones.
30 July **Alice Holt Forest** Bucks **Twitter:** @parentnewsuk
 Horn Oak Farnham 01252 745444 The Jungle Book musical fun show for all ages.
30 July **Guildford House Gallery** 155 High Street 01483 444751 Summer workshop create your own spinning animation toy! See a real zoetrope in action & make your own version of this popular Victorian toy.
30 July **Birdworld** Farnham 01420 22140 Teddy Bears Picnic bring along a teddy, fun games, dancing & loads of prizes.
31 July **Epsom Downs Racecourse** Tickets 0844 848 0197 Epsom Live featuring Boyzone.

What's On London
 Go to Page 10

Calendar

Co-educational, day & boarding school for ages 3-18 years in South-East England



SUMMER HOLIDAY ACTIVITY CAMP

30 JUNE - 29 AUGUST 2014

For children aged 3-14 years
All welcome - come and join in the fun!

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T: 01843 572855
E: holidaycamps@slcuk.com
www.slcuk.com
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Summer Sizzlers Courses at Hillcroft, summer 2014

Hillcroft was awarded a grade 2, good college by Ofsted in 2014 and has been supporting women returners to education through a unique blend of intensive residential learning since 1920, enabling learners to gain the skills they require to improve their employment prospects, increase basic skills, engage with IT, progress onto university and develop pathways to a brighter future. We have lots of short weekend courses starting Friday evening to Sunday and courses which run during the week. Courses are FREE for those on means tested benefits including accommodation, childcare, and travel. (There is a £20 enrolment fee for most courses) Call Admissions for eligibility and for more information on 020 8399 2688.

Starting Points
 Returning to learning but not sure what to study? Discover your pathway on this skills taster.
 11th July to 20th July 2014
 9th June to 11th June 2014 (Monday to Wednesday)

Improving Productivity Using ICT Level 2
 11th July to 20th July 2014
 (Runs over 2 consecutive weekends)

English and maths
Creative Reading, Writing and Speaking 2
 2nd June to 6th June 2014 (Monday to Friday)

Maths - Measurement and Data
 16th June to 20th June 2014 (Monday to Friday)

Creative Reading, Writing and Speaking 3
 30th June to 4th July 2014 (Monday to Friday)

English for Rusty Students
 11th July to 13th July 2014 (Weekend)

Make the Most of Time and Money
 11th July to 20th July 2014 (Weekend)

Careers and Enterprise
Start-up & Stiletto: Using Social Media
 6th June to 8th June 2014 (Weekend)

Information Communication Technology
Spreadsheets Software Level 2
 6th June to 15th June 2014 (This course runs over 2 consecutive weekends)

Beginners IT
 27th June to 29th June 2014 (Weekend)

Website Software Level 1
 30th June to 4th July 2014 (Monday to Friday)



For more information on our courses, visit www.hillcroft.ac.uk. If you would prefer to talk to someone, call our team on 020 8399 2688 or email us at enquiry@hillcroft.ac.uk

Introduction to Careers in Beauty, Spas, Hair and Nails
 16th June to 20th June 2014 (Monday to Friday)

Introduction to Accounting
 20th June to 22nd June 2014 (Weekend)

Introduction to the Security Services
 4th July to 6th July 2014 (Weekend)

Introduction to Careers in Fashion, Crafts and Retail
 7th July to 11th July 2014 (Monday to Friday)

AAT Access Level 1
 21st July to 31st July 2014 (This course runs Monday to Thursday over 2 consecutive weeks)

ESOL: English for speakers of other Languages
ESOL: Employment and Job-seeking
 6th June to 8th June 2014 (Weekend)

ESOL: Communication Skills
 27th June to 29th June 2014 (Weekend)

ESOL: Emails and Formal Letters
 11th July to 13th July 2014 (Weekend)

ESOL: Summer School
 24th July to 31st July 2014 (Thursday to Thursday)

Digital Arts
Introduction to Digital Making
 7th July to 15th June 2014 (Weekend)

Digital Filmmaking: Documentary
 7th July to 11th July 2014 (Weekend)

Personal Development
Introduction to Confidence Building
 20th June to 22nd June 2014 (Weekend)

Managing Stress through Mindfulness & Meditation
 4th July to 6th July 2014 (Weekend)

Developing Self-esteem and Confidence
 7th July to 13th July 2014 (Weekend)

ESOL: Employment and Job-seeking
 6th June to 8th June 2014 (Weekend)

ESOL: Communication Skills
 27th June to 29th June 2014 (Weekend)

ESOL: Emails and Formal Letters
 11th July to 13th July 2014 (Weekend)

ESOL: Summer School
 24th July to 31st July 2014 (Thursday to Thursday)

Hillcroft College, South Bank, Surbiton, Surrey, KT6 6DF
 Registered Charity No. 312825



If your goal is University join one of our Access to HE programmes in Business, Health and Human Sciences or Humanities and Social Sciences.

We also run courses on Dyslexia / Dyspraxia strategies



The School Food Standards

Eating in school should be a pleasurable experience; time spent sharing good food with peers and teachers.

These school food standards are intended to help children develop healthy eating habits and ensure that they get the energy and nutrition they need across the whole school day. It is just as important to cook food that looks good and tastes delicious; to talk to children about what is on offer and recommend dishes; to reduce queuing; and to serve the food in a pleasant environment where they can eat with their friends.

As a general principle, it is important to provide a wide range of foods across the week. Variety is key – whether it is different fruits, vegetables, grains, pulses or types of meat and fish. Children love to hear the stories behind their food. Use fresh, sustainable and locally-sourced ingredients (best of all, from the school vegetable garden), and talk to them about what they are eating. Go to www.schoolfoodplan.com to find examples of what other schools are doing to encourage children to eat well.

Buying foods in line with the Government Buying Standards will help reduce salt, saturated fat and sugar, and increase fruit, vegetable and fibre content.

* This Standard applies across the whole school day, including breakfasts, morning breaks, tuck shops, and after school clubs

Fruit and vegetables

One or more portions of vegetables or salad as an accompaniment every day

One or more portions of fruit every day

A dessert containing at least 50% fruit which include pastry each week

At least three different fruits and three different vegetables each week



Foods high in fat, sugar and salt

No more than two portions of food that has been deep-fried, batter-coated, or breadcrumb-coated, each week*

No more than two portions of food which include pastry each week*

No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat*

Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food

No confectionery, chocolate or chocolate-coated products*

Desserts, cakes and biscuits are allowed only at lunchtime. They must not contain any confectionery

Salt must not be available to add to food after it has been cooked*

Any condiments must be limited to sachets or portions of no more than 10g or one teaspoonful*

Milk and dairy

A portion of food from this group every day

Lower fat milk and lactose reduced milk must be available for drinking at least once a day during school hours



Meat, fish, eggs, beans and other non-dairy sources of protein

A portion of food from this group every day

A portion of meat or poultry on three or more days each week

Oily fish once or more every three weeks

For vegetarians, a portion of non-dairy protein on three or more days each week

A meat or poultry product (manufactured or homemade, and meeting the legal requirements) no more than once each week in primary schools and twice each week in secondary schools*

Food provided outside lunch

• Fruit and/or vegetables available in all school food outlets

• No savoury crackers and breadsticks

• No cakes, biscuits, pastries or desserts (except yoghurt or fruit-based desserts containing at least 50% fruit)

Starchy food

One or more wholegrain varieties of starchy food each week

One or more portions of food from this group every day

Three or more different starchy foods each week

Starchy food cooked in fat or oil no more than two days each week*

Bread - with no added fat or oil - must be available every day

Healthier drinks*

Free, fresh drinking water at all times

The only drinks permitted are:

- Plain water (still or carbonated)
 - Lower fat milk or lactose reduced milk
 - Fruit or vegetable juice (max 150 mls)
 - Plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks
 - Unsweetened combinations of fruit or vegetable juice with plain water (still or carbonated)
 - Combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium; cocoa and lower fat milk; flavoured lower fat milk
 - Tea, coffee, hot chocolate
- Combination drinks are limited to a portion size of 330ml. They may contain added vitamins or minerals, but no more than 5% added sugars or honey or 150mls fruit juice. Fruit juice combination drinks must be at least 43% fruit juice



July 2014

Topsy and Tim Activity Books are Perfect for Summer!

Little ones will love reliving the adventures from the live-action TV drama, with two brand new sticker activity books to be published by Ladybird on 3rd July 2014. The fun-filled sticker books, based on the hit CBeebies show, are the perfect activity books for fans of Topsy and Tim and will keep them entertained on long journeys and over the summer holidays.

www.topsyandtim.com



Summer holiday touch typing courses at New Malden Library for 8-16s

July 14th - 17th, 10:00 - 12:15 pm daily. Cost £145
 July 21st - 24th, 10:00 - 12:15 pm daily. Cost £145
 Aug 26th - 29th, 10:00 - 12:15 pm daily. Cost £145

Beginners and improvers welcome. 10% sibling and bring a friend discounts available. OFSTED registered, payment by child care vouchers accepted. For more information contact

Nick Holt 07812 632238 or nickandsarahholt@hotmail.com.
 See our website at www.typingscool.co.uk for more information

Colin The Crab

Norfolk's Shellfish Hero Gets All Bookish

With the summer holidays just around the corner, Colin The Crab, leading light of Norfolk-based Gone Crabbing, has launched a new book about him and his shoal of seaside sole mates - Sally the Starfish and Mike the Mussel with the help of Mr Pop-up, Robert Crowther

www.robertcrowtherpopup.co.uk

Life goes swimmingly for the three friends living happily in their remote rock pool. Then, one summer's day, Sally and Mike are swept up into a bucket by a couple of children who are exploring the beach. After a bit of a lie down to recover from the shock, Colin is just about to set off to find his friends when, miraculously, they're returned to their home at the end of the day.

Beautifully illustrated and brought to life by a series of delightful pop-ups, the underlying message in the book is a serious one. Thousands of families enjoy crabbing and rock pooling up-and-down the UK during the summer. However, it's important to limit the number of sea creatures collected at any one time and to ensure the water is kept cool. And, just as the children in the story do, they should be returned as close to where they were found as possible.

With an RRP of £7.99, the story of Colin The Crab is the perfect summer tale for young children. Written by Gone Crabbing's Susie Mason, Colin The Crab's story can be bought online at www.gonecrabbing.co.uk from June 2014 as well as in Gone Crabbing stockists throughout the UK.



Education St Lawrence College Holiday Camp

During the summer holidays St Lawrence College in Ramsgate will again be running its popular sports and activities camp for children aged 3-14 years. Children can attend for a half or full day place, from a single day to a full week.

The camp provides the ideal place for children to explore and enjoy sports and activities whilst making new friends and having fun in a safe environment. Based at the school's extensive campus, the children make use of all the superb facilities on site. Similar successful holiday camps have been run at the school for the last 3 years and many children return year after year.

Sports offered include swimming, tennis, climbing, football, tag rugby and hockey.

Other activities include art and craft, cookery, table tennis, dance and drama. All the camp staff are fully qualified teachers and professionals who have been hand-picked for their energy and enthusiasm to guarantee a fun-packed experience for all.

For more information call 01843 572855 or email holidaycamps@slcuk.com www.slcuk.com

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Registered charity no: 296454

Do you love reading? Would you like to make a difference?

Beanstalk is a charity that trains volunteers to help children aged 6-11 to become confident and literate. You need to have time to visit a school for two half-days a week and commit to stay for at least one year. Being a Reading Helper is a rewarding, enjoyable experience and can make a real difference to a child's life. If you are able to offer this commitment we would love to hear from you.

For more information, contact the Inner London Branch :

020 7730 8259 or 0845 450 0331

Email: innerlondon@beanstalkcharity.org.uk



London Calendar

Ongoing Royal Mews Buckingham Palace 020 7766 7302 Family self directed activities from the art trolley, 5-1yrs.

Throughout July Peter Harrison Pteridomania 020 8858 4422 Back to the Moon for Good, 5-9yrs. The Sky Tonight, From Stars to Satellites, 3-5yrs. Space Safari, under 7s. 31 July Sci-Fi Movie Night, 11-19yrs.

Every Saturday Harehresh Street Market Balham SW12 fresh food traders sourced from all over London.

Every Sun Victoria & Albert Museum 020 7942 2000 Drive in Design create architectural drawings with professionals or make a puppet horse inspired by the NT's production of War Horse, 5-9yrs. **FREE.** Daily Back Packs families jigsaws, stories & games to explore the collection, 4-11yrs. Activity Cart hands on art for **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.**

Weekends & school hols throughout July The Royal Observatory Greenwich 020 8858 4422 Meet the Time Travellers, 7-9yrs find out about life & work at Greenwich in the 18th century.

Every Sat Venn Street Market, Clapham Common 020 7622 8259 Offering fine foods & produce.

Every Sat Blue Elephant Theatre Camberwell 020 7701 0100 Young People's Theatre workshops, various groups 7-18yrs. **FREE** to join. **Every weekend Temple Station** 020 7222 1234 Harry Potter Locations Tour, 2 1/2 hrs.

Every 2 weeks Greenwich Clocktower Market Greenwich High Road Quirky weekend market has 50 stalls vintage, retro & antiques with a few contemporary craft stalls. **FREE** entry. www.cloctkowermarket.co.uk

Until 6 July E4 Udderly Best Festival Southbank Centre 0844 545 8282 A Simple Place the performers turn themselves into human skipping ropes, sing each other into the rafters sousaalt & tumble on the spot & much more. 8-12 July Circus Maximus circus competition. www.underbelly.co.uk

Until 6 July The Scoop at Marlow 01753 61000 Parsons Green Fulham Fair on the Green community fun

4866 outdoor festival with a programme of music, dance, award winning theatre, films & live entertainment from Wimbledon, 11.30a.m - 7pm. **FREE**, all ages. 16, 17, 23 July Balkan Express lunchtime performances from Gypsy & Balkan bands part of the More London Festival, **FREE** all ages.

Until 6 Sept New London Theatre Drury Lane 0844 412 4600 *The Elephant* about a little girl who is unexpectedly visited by a giant blue gosh elephant, 3yrs daytime at 10.11.30a.m & 2.30p.m.

Until 31 Aug Watch This Space Festival 020 7452 3231 The National's **FREE** summer festival & the hub will be at St John's Church on Waterloo Roundabout, with outdoor entertainment in & around the churchyards, they will also pop up with unexpected shows across Lambeth & Southwark from Brockwell Park & Brixton Market to Camberwell Green & the Aylesbury Estate. There will be the best of UK circus, theatre, dance & music & international visitors & some newly commissioned surprises.

Until 14 Sept Natural History Museum 020 7942 5000 Sensational Butterflies family friendly exhibiting tropical enclosure, discovering the science behind these delicate creatures **Daily** Who Do You Think You Really Are state of the art interactive film. **FREE.** Daily Family Explorer backpacks under 7s. **FREE.** Daily Investigate Centre explore hundreds of real natural history specimens, from a shark's jaw to a meteorite as old as Earth, families 7yrs. **FREE.**

3-6 July Olympia National Hall Hammersmith with traditional style market stalls, live cookery demonstrations 020 8899 6596 Greek Festival with traditional antiques with a few contemporary craft stalls. **FREE** entry. www.cloctkowermarket.co.uk

4 July Benjamin Franklin House 36 Craven Street 020 7839 2008 Independence Day Party, 29 July Family Day Festival of British Archaeology, Bones in the Basement, **FREE** for adults.

5 July Foyles Bookshop Charing Cross Road London Grand Opening Festival with an all star programme of events.

5 July Parsons Green Fulham Fair on the Green community fun

day with bouncy castles, punch & judy, carousels, ventriloquist, magician, bands, instant circus, fire act, climbing frame, food stalls, side show, children's dancing & more. 11.30a.m - 7pm. **FREE.**

5 July British Museum Great Russell Street 020 7323 8000 Digital workshop, dress up turn yourself into a samurai warrior or other characters using photoshop, families. **FREE.** limited places. 6 July Egyptian photo booth. **FREE.** drop in. 12 July Passport to after life follow an augmented reality trail through the Egyptian galleries solving clues. **FREE.** drop in. 13 July Reshuffling the deck, card game workshop. **FREE.** 19 July Talk like an Egyptian. **FREE.** drop in. 19 July Young Friends Sleepover. 20 July Neolithic workshop **FREE.** booking advised. 26 July Exploring Egyptian mummies. **FREE.** drop in. 27 July Graphic design workshop. **FREE.** need to book.

5 July St Barnabas Hall Dulwich Village 07778 027799. Baby & children's market selling nearly new baby & children's items from birth - 8yrs entrance children. **FREE.**

5 July All Saints Church 0959 Family Fun Day with games, tombolas, craft stalls, cakes, refreshments, children's colouring competition & more. **FREE.**

5 July Old Royal Naval College Greenwich 020 8269 4799 Treasures of the Thames sort & identify archaeological objects hands on family workshop, 7-9yrs.

5-6 July Curry Sark & National Maritime Museum Greenwich www.rmg.co.uk/cutysark Family fun weekend, Fly the Flag learn how to send a coded message using signal flags & design your own flag, all ages. **FREE**, with entry. 5, 29, 30 July James Robson, the cook on Curry Sark sing songs, learn sailor skills & find out what was for dinner on board the ship, all ages. **FREE** with entry. 6, 12, 13, 19, 20, 24, 28, 31 July Akey Captain! Meet Captain Woodgett the longest serving master to learn life on board the fastest tea clipper. **FREE** with entry. 5-6 July The Royal Society 6 Carlton House Terrace Family activities throughout the day as part of the 2014 Summer Science

Exhibition offering hands on activities, shows & demonstrations for children & families. Dive into water, climbing frame, food stalls, side show, children's dancing & more. 11.30a.m - 7pm. **FREE.**

5, 6, 20, 27 July Jubilee Park Canary Wharf Children's theatre for all the family outdoor performances telling classic stories such as Peter Pan & the lost Boys, Alice Through the Looking Glass & more. **FREE.** 30 July Peter Pan & the Lost Boys join the Lost Boys as they stage an overnight protest to save their local skate park, 3pm, solving clues. **FREE.** drop in. 24 July Nature Trail sww which animals large & small are living in & around the park, all ages. **FREE.** 6 July Battersea Park Battersea Park 01483 741430 The Sunwalk Festival, a walking challenge for all the family. 5K, 10K, or half marathon, there will be live music on stage, food, a children's area including soft play, fun fair & lots more, to raise money & awareness for breast cancer. www.heartbreakproductions.co.uk

24 July Nature Trail sww which animals large & small are living in & around the park, all ages. **FREE.** 6 July Battersea Park Battersea Park 01483 741430 The Sunwalk Festival, a walking challenge for all the family. 5K, 10K, or half marathon, there will be live music on stage, food, a children's area including soft play, fun fair & lots more, to raise money & awareness for breast cancer. www.heartbreakproductions.co.uk

10-17 July BFI Southbank 020 7928 3232 London Indian Film Festival. **12 July Dairy Art Centre** 7a Wakefield Street 0207 7138 900 Family Day art workshop for 3-9yrs, pop up performances & lots more. **16, 23, 30 July Jazz Picnic** bandstand concert. **FREE** 30 July-27 Aug series of Big Wednesdays & performances. **26 July The Founding Museum** 40 Brunswick Square 020 7841 3600 Wonderful Weaving, family workshop take away a framed tapestry about your own family. **FREE** for children & two accompanying adults. **26-27 July Lloyd Park** Walthamstow Walthamstow Garden Party a weekend of music, theatre, arts & crafts & family activities. **FREE.** www.barbican.org.uk

27 July Museum of Childhood Bethnal Green 020 8983 5200 Summer Festival day of family friendly activities, including live music, dance, art & crafts, face painting, rickshaw rides, food & games, for families, drop in. **FREE.** 28 July-1 Aug Artbash Camp, Dreamers, a week of art workshops offering children the opportunity to experiment with different materials, 5-11yrs, book before 18 July www.artbash.co.uk **Until 2 Nov** Daydreams & Diaries, the story of Jacqueline Wilson one of Britain's best loved children's authors exhibition. **28 July-10 Aug** 18-24 Aug Imperial War Museum Lambeth Road 020 7416 5439 Forget Me Not, postcards from the front, drop in activity will give you the chance to see your own personal postcards to take away, families, all ages. **FREE.** **Every Sun** from 20 July Object Conservations family object handling sessions & Creative Response make a creative response to themes held within the new atrium & Terrace Galleries. Ongoing A Family in Wartime exhibition explores the lives of William & Alice Allpress & their ten children & what life in London was like during the war. A Family in Wartime is brought to life through interactive exhibits, photographs, recorded interviews with the family, archive film footage & more. **FREE.**

30 July Creekside Discovery Centre Deptford 020 8692 9922 Urban Safari with den building, bread & fire making & lots more, 5-12yrs.

12-13 July Hornam Museum London Road Forest Hill 020 8699 1872 Curious Tea Party a weekend of Edwardian inspired entertainment with live music, pop up performances & lots more. **16, 23, 30 July Jazz Picnic** bandstand concert. **FREE** 30 July-27 Aug series of Big Wednesdays & performances. **26 July The Founding Museum** 40 Brunswick Square 020 7841 3600 Wonderful Weaving, family workshop take away a framed tapestry about your own family. **FREE** for children & two accompanying adults. **26-27 July Lloyd Park** Walthamstow Walthamstow Garden Party a weekend of music, theatre, arts & crafts & family activities. **FREE.** www.barbican.org.uk

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Will Greenwood to climb Mount Kilimanjaro

Fathers including Will Greenwood to climb Mount Kilimanjaro to help prevent premature birth

World Cup winner Will Greenwood will lead a team of 16 'trekkers' to climb 5,895 metres to the summit of Mount Kilimanjaro, between 6-16 August 2014 to raise £250,000 for **Borne**.

In the UK, more than 1 in 10 babies are born too soon, and premature birth accounts for over 70% of disability and death in newborn babies. **Borne** is a collaboration between *Chelsea and Westminster Health Charity* and the maternity team at *Chelsea and Westminster Hospital*, which aims to change this. By raising £250,000, "Team Greens" will enable **Borne** to continue its vital work in preventing disability and death in childbirth and creating lifelong health for mothers and babies. Members of "Team Greens" are from all walks of life and none have a regular hobby of walking up the highest freestanding mountain in the world. Trekkers include lead neonatal nurse at *Chelsea and Westminster Hospital*, investment bankers, a photographer, a doctor, a gym director, and CEO of *Chelsea and Westminster Health Charity*, Mark Norbury. The seven day challenge is not for the faint hearted with

temperatures ranging from -20°C to over 35°C, a 5,895m ascent and the unpredictability of altitude sickness. They will be guided by the experienced team at *Charity Challenge*. There will be seven fathers on the trek who all understand first hand, the precious gift of children and are passionate about creating lifelong health of mothers and babies.

Will Greenwood and his wife **Caro** are climbing Kilimanjaro together as keen supporters of **Borne**. Their first son, Freddie, was born at 22 weeks and lived for just 45 minutes. **Professor Mark Johnson**, co-founder of **Borne**, supported Will and Caro through three successful subsequent pregnancies. Will says: "You can keep your medals, keep everything else. Just let me have the kids and without Mark Johnson, we wouldn't have them. There would be this giant gaping void in our life. Supporting **Borne** is so exciting. Through research, **Borne** will be able to help thousands of mothers and babies and that for me is a very special thing."

The trek also means a lot to team member **Nick**, **Pye**, founder of *Mangrove Consulting*. He says: "Over and above the good work **Borne** is doing, on a personal level, completing this trek means quite a bit. On 9th February 2011 we lost a son at full term.

We subsequently met Mark Johnson and he and the team undoubtedly kept my daughter alive...there are some debts which can never be paid."

To find out more visit www.borne.org.uk To support Team Greens reach their summit of £250,000, www.justgiving.com/willgreenwood or text WILL13 and the amount you want to donate to 70070 (eg WILL13 £10 to 70070)



Image by Sam Bowen.

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Thank you so much for the help and support you have provided, to both our children. Frankly, it's been fantastic. They have really blossomed!!" K.S.

Contact Mrs. Anne Goodsall B.H.(Hons.), P.G.C.E. MOB: 07443 496 724 Email literacylounge@tscali.co.uk TEL: 020 8397 8262 www.literacylounge.co.uk

Editor Letters' Page

13th June 2014

Sir/Madam

Urgent appeal to runners to join us in the *Great North Run!*

On behalf of *The Children's Trust*, I would like to make an urgent appeal to running enthusiasts, who would like to take part in the *Great North Run 2014* on Sunday 7th September. *The Children's Trust* has a few guaranteed places left to fill but the deadline for registration is 7th July, so please visit our website as soon as possible to register and secure your place www.thechildrenstrust.org.uk/greatnorthrun

We would also be thrilled to hear from our own place runners who would be interested in joining our team. For further details, please visit the website, or phone me 01737 364323.

The Children's Trust is the UK's leading charity for children with brain injury.

Yours faithfully

Michelle Oakley Events Co-ordinator *The Children's Trust* www.thechildrenstrust.org.uk

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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THE SPORTS VILLAGE

If you are looking for ways to keep the children entertained while school is out for the holidays, look no further! The Sports Village, located in Rose Hill Park, is a reputable and established sports facility with more than 20 years' experience coaching children and running holiday programmes. Our coaches and camp leaders are fully-qualified, CRB-checked and completely professional.

Our next Camps will run during Easter Holiday (April 7th – 18th) and Summer Holiday (July 21st – Aug 29th)

We are running Teddy Tennis sessions for three and four year olds, as well as half- and full-day camps for children aged five and over. These camps include tennis and multi-sports, such as hockey, basketball, netball, football, dance, cricket and more! Our fantastic indoor facilities allow camps to run regardless of the weather.

We also run camps over Half-Term

For more information and an application form, please contact The Sports Village.

020 8641 6611 E-mail: info@thesportsvillage.org.uk THE SPORTS VILLAGE, Rose Hill Park, Rose Hill, Sutton, Surrey SM1 3HH www.thesportsvillage.org.uk

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