

PARENTS NEWS

July 2014 No. 233 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)

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Kent

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South West London & Surrey

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 Tanga 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-mains, 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. **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.

Usual *PN* terms and conditions apply

Giraffe, 58-62 Tranquil Vale, London, SE3 0BN
020 8463 9155
www.giraffe.net
[facebook.com/girafferestaurants/](https://www.facebook.com/girafferestaurants/)
giraffetweet@giraffetweet



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 Schwizgel 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 fairytale, 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

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, thrills and spills from the Brubeck family, in music never before heard in the UK.

How to book
PromsPlus Family workshops are free at the *Royal College of Music*. Workshops are unticketed 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 ¼ 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 feat of engineering. This fabulous family fun is included within the annual ticket price of *The Dockyard* and will run at regular intervals throughout the day. **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

their own balloon car and race it against others on the track; design and make a kite, seeing how it catches the breeze and how high it will fly; and build dockyard structures out of K'nex. The activity culminates in Doc Yard's breath taking, interactive science show. **Doc Yard's Techsplorers** activities run every day from **1st – 31st August**, suitable for 7-12 year olds and are included in the dockyard ticket price. Pirate Play Days runs from **26th July until 1st August** and a small additional charge applies to the Sand-pit Treasure Hunt.

www.thedockyard.co.uk



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.

Emily was 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', Gemma Hunt from 'Swashbuckle', Chris Jarvis from 'Show Me, Show Me', Bernard Cribbins and Salty 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 monitored for training and quality-control purposes.
*A booking fee of 2% of the total value (plus £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

Doc. Yard's 'Techsplorers' is supported by **together!** RAE SYSTEMS INSPIRED WORK

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

Out & About

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



The National Theatre's hugely popular adaptation of Ross Collins' much loved children's picture book *The Elephantom*, about a little girl who is unexpectedly visited by a giant blue ghost-elephant, will be charging into the *New London Theatre* for a strictly limited summer season from **30 June until 6 September 2014**.

It will be performed at the *New London Theatre*, Drury Lane, in the daytime 10am, 11.30am, and 2.30pm performances, whilst the *National Theatre's* production of *War Horse* continues its regular performance schedule which includes Thursday and Saturday matinees and evening performances Monday to Saturday.

The Elephantom recently played to packed houses in the *NT's South Bank* venue, The Shed.

For children of 3+ and grown-ups of all ages, the story of one little girl and her larger-than-life friend is brought to life with puppetry, movement, dance, music and theatrical ingenuity. At first, the little girl is thrilled to have a ghost-

elephant living in her house. He makes life so much more fun! But *Elephantoms* 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.elephantomonstage.co.uk

www.nationaltheatre.org.uk

020 3700 9127

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.marvellouslymarilyn.com.

She runs childrens parties, and they have a wedding film company loveweddingfilm.com. 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

twickenham@stagecoach.co.uk

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Adapted by Ben Power

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0844 811 0052 | ElephantomOnStage.co.uk | 020 7452 3000
Booking fee No booking fee

Out & About

DLR launches free audio guides for journeys along the DLR

An infographic including some of the key facts included in the audio guide is also available. Free 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

poem by Scottish poet Robert Burns in 1790

- The **DLR** station at Bank is the deepest station below street level on the Transport for London network in central London, about 136 feet below ground

- Part of a paint factory over the river at **Burrells Wharf** would send out different coloured smoke depending on the paint being produced. The area was famous for its pink pigeons

Michael Deverell, Marketing & Communications Officer for **Serco 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.



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.

Lessons from 4 months to adult with high quality teachers. They now offer the **RLSS Rookie Lifeguard Program**, which is geared for swimmers who are a minimum of 8 years of age and can swim at least 25 meters.

They have 4 venues in Gravesend – **Cecil Road Primary**, **St. Josephs Prep School**, **Cobham Hall** and **Istead Rise**. **Angela's Swim School** has recently franchised and proud owner and director of the Gravesend, Dartford and Medway franchises is Canadian **Janice Hutton**. Hutton is a former National Level competitive swimmer in Canada.

07432 530104

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

Daily throughout July

Bodiam 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 crèche.

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

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: @parentsnewsuk

15 July Alfriston Clergy House Polegate **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

to book. **31 July** 50 things Thursday, with art workshops, kite making, fossil discovery & lots more, need to book.

19 July Bateman's Burwash 01435 882302 An audience with Kipling. **24 July** Jungle Book & Just So, Jungle book trail.

24,25,28,29 July The River & Rowing Museum Mills Meadows Henley on Thames **01491 415600** Discover Art workshop for families. **30 July** Fish & Eels workshop, for families. **31 July** Princesses & Peas make a magical summer castle & star in your own fairytales for families. **Every Sat during term time** Artways Art Club, 5 week sessions, 11-15yrs. **Every Wed during term time** Taylor Tug's under 5's Club.

26 July-2 Sept Standen East Grinstead **01342 323029** 50 things activity with family trails & activities, special events & craft days.

29 July-28 Aug Royal Naval Submarine Museum **02392 545034** Summer hols activities with craft, living history, puzzles, challenges games & lots more. **29 July** Submarine top trumps, fun game using cards. **31 July** Life of HMS Alliance find out more about the life onboard.

England's Biggest FREE Music Festival

shopping centres, schools, town centres, churches, parks and village greens and pubs. All venues will be open to people 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

In 2012 more than 200 community-led performances attracted 200,000 people on the closing day of the Paralympics, and last summer's **Our Big Gigs** saw over 200,000 people attend free concerts.

Our Big Gig is organised by not for profit arts organisation **Superact**, with the **Department for Communities and Local Government** as the main sponsor. Ten of the 170 events are going ahead through 'crowd funding' from people eager to have an event locally.

Our Big Gig will again offer a unique way for communities to come together.

www.gov.uk/government/policies/bringing-people-together-in-strong-united-communities

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July 2014

Out & About

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 Mutley (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 mutt 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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Cherbourg. Set amid beautiful countryside and dotted along the stunning French coastline, **Pierre & Vacances'** car-free holiday hamlets 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 walkies. 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**

0208 943 9459

Gorgeous Childrens Pamper Parties

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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 pistes!* **Avoriaz** is fantastic for an Alpine Adventure in summer or winter. Take the whole family and save on School Holidays **Avoriaz** 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

spa (facilities include a sauna, steam room and gym and **'Algothem 'Deep Nature Spa'** treatments) and is close to the **Aquariaz** complex. **Aquariaz** 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.pierreetvacances.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

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



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Every Mon Wimbledon Library 020 8946 7432 Jewellery drop in workshop for adults, **FREE**. **Every Tues** Coffee morning for over 50s. **Every Tues** IT also Basic IT Training. **Every Wed** Sewing Circle for adults. **FREE**. **Every Wed** French Conservation drop in classes, beginner & intermediate levels, for adults. **Every Wed** Teenage French Tutorials, 8-18yrs. **Every 1st Sat of month** Genealogy Sessions, get help tracing your ancestry, drop in session for all ages. **Every Tues & Thurs** Children's story & rhyme time session.

Every Mon Kingston Children's Library Wheatfield Way Kingston 020 8547 6438 Rhyme & storytime sessions for babies, toddlers & under 5's. **Every Thurs** Stories & crafts for under 5's.

Every Tues Coudson Library 020 8726 6900 Bookstart Rhymetime for babies & toddlers, Wiggle & Jiggle, 2-4yrs. **Every Thurs** Storytime, 2 ½+yrs. **Every Sat** Storytime, 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 ½+yrs. **Every Sat** Rock & Rhyme for babies & toddlers, **FREE**.

Every Tues-Fri Dickerage Adventure Playground Dickerage Lane Kingston 020-8942 1707 Parent & Toddler Play sessions.

Every 3rd Wed of the month **Richmond Library** 020 8734 3303 Chatterbooks reading group, 8-9yrs, 4.30pm, **FREE**. **1st Thurs of month** Tiny Teddies sessions baby bounce & rhyme, **FREE**.

Every Wed Castelnau Library 020 8734 3350 Storytime session, under 5's. **FREE**. **One Sat a month** Tiny Teddies baby bounce & rhyme

sessions, **FREE**. **Every Wed Hampton Hill Library** 020 8734 3320 Storytime session, under 5's, **FREE**. **1st Sat of every month** Tiny Teddies sessions baby bounce & rhyme, **FREE**.

Every Wed morn Sutton Arena Leisure Centre Middleton Road Carshalton 020 8770 4088 Women's Recreation Mornings with a wide range of sport & social activities available for one single fee, 9-12pm. **Daily** Playworld fantasy play area, 2-10yrs.

Every Wed until 16 July Wimbledon Park Revelstoke Road Merton www.merton.gov.uk/ activeplus Sewing Club.

Every Wed & Sat Millennium Arena Battersea Park 020 8871 7542 Drop in tennis sessions, 5-8, 9-15yrs.

Every Thurs Twickenham Library Garfield Road 020 8734 3340 Storytime session, under 5's, **FREE**. **2nd & 4th Thurs of month** Tiny Teddies sessions baby bounce & rhyme, **FREE**.

Every Thurs Tolworth Recreation Centre Fullers Way North Tolworth 020-8391 1882 Badminton Club for intermediate/advanced level, **Tel: 020 8395 9175**.

1st 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.

3rd & 4th Sat of the month **every month** Nappuccino a natter about nappies as an alternative to disposables.

Every Fri Sutton Library 020 8644 9696 Job Club volunteer led support group for job seeker, all ages, **FREE**. no need to book.

Every Fri Sutton Life Centre 020 8644 9696 Running & non contact boxing, 12-18yrs, **FREE**.

Every Fri Caterham Valley Library www.surrey.gov.uk/kidstuff Rhymetime, **FREE**. **Every Thurs** Storytime, **FREE**.

Every Fri Dorking Library www.surrey.gov.uk/kidstuff Rhymetime, **FREE**.

Every Fri Redhill Library www.surrey.gov.uk/kidstuff Rhymetime, **FREE**.

Every Fri Warringham Library www.surrey.gov.uk/kidstuff Storytime, **FREE**.

Every Fri Teddington Library Walgrave Road 020 8734 3304/5 Storytime session, under 5's, **FREE**. **Every 2nd Wed of the month** Chatterbooks reading group, 8-9yrs, 4.20pm, **FREE**. **1st Thurs of month** Tiny Teddies sessions baby bounce & rhyme, **FREE**.

Every Fri Kew Library Storytime session, under 5's, **FREE**.

Every Fri New Malden Baptist Church Kingston Road New Malden 8942 6912 Tadpoles parent & toddler group.

Every Fri New Malden Library Kingston Road 020 8547 6438 Baby & toddler rhyme time up to 3yrs, **FREE**. **1st Thurs of month until 5 June** Chatterbooks, 7-11yrs, **FREE**.

Every Fri Waddon Ponds & Wandle Park 020 8656 5947 Circular walk through Waddon Ponds & Wandle Park, 2-3 miles, meet outside Lidl, 11am, **FREE**. **3rd & 4th Sat of the month** **Norbiton Childre's Centre Kings Oak Primary** Dickerage Lane 020 8949 6065 Who Let the dogs out Play session for under 5's, 10-12.30pm.

Every first Sat of the month **Kingston Library** Wheatfield

Way Kingston 020 8547 6438 Chatterbooks a reading club for children 7-9yrs with a parent or carer, need to contact library to be placed on a waiting list, **FREE**.

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 Wimbledon Park Freestanding Gazebo behind the sailing & watersport centre. Volleyball outside sessions for all levels for local residents in Wimbledon & Merton, **FREE** from 10-12pm, info@wimbledonvolleyballclub.com, www.gospike.net.

Every Sat Early Learning Centre The Bentalls Centre A Playologist will be on hand to make children have the best fun possible with ELC products, they can have their faces painted, mess with play-doh & lots more from 10am.

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

Every Sun YMCA Wimbledon 020 8542 9055 Volleyball sessions for all levels for local residents in Wimbledon & Merton, **FREE** from 12.30pm, info@wimbledonvolleyballclub.com, www.gospike.net.

First Sat of every month **New Malden Children's Centre** Burlington Road New Malden 020 8336 1561 Saturdays Group with breakfast & fun activities for dads/ male carers & their children up to

5yrs. **Every Mon** Stay & Play 0-18mths **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.surreycc.gov.uk/libraries or call **01483 543599**.

Until 16 Aug **Polka Theatre** 240 The Broadway Wimbledon 020 8543 4888 Moominsummer Madness with puppetry, laughter & live original music, 4-8yrs. **Until 16 Aug** Skitterbang Island, **19 July** Relaxed Performance for 3-6yrs.

1 July Epsom Playhouse Ashley Avenue 01372 742555 That'll be the Day.

1-4 July Barn Theatre Oxted 01883 724852 Hairspray

2 July Fairfield Halls Fairfield Croydon 020 8688 9291 Guided Tour get behind the scenes & learn more about the history of this 50 yr old building, **FREE**, need to book early.

3-5 July Yvonne Arnaud Theatre Millbrook Guildford 01483 440000 James & the Giant Peach. **28 July- 1 Aug** Play in a Week intensive workshop, 7-12yrs.

3-6 July Richmond Theatre Richmond Green Richmond 0844 871 7651 What the Ladybird Heard with live music, puppetry & lots of audience participation.

5 July Thomas Wall Centre Benhill Avenue Sutton Emailsuttonmum2mummarket@gmail.com Mum2mum market baby & children's nearly new sale.

5 July Chertsey Museum 01932 575374 Runnymede Remembers help write on poppies the names of those who died.

5 July Hampton Hill High Street Summer Fair with a treasure hunt, tug of war, **FREE** puppetry &

music workshops, face painting, craft market, food market, bike markings, dog show, pony rides, reptile show, children's rides, rodeo fun, plant stalls & lots more plus live music, family events & gourmet food stalls, entrance **FREE**, www.lovehamptonhill.com.

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, 11-4pm

Twitter: @parentsnewsuk

5-6 July Stoke Park Guildford 01483 536937 Guildford Model Engineering Society's annual rally event with miniature steam train rides on two layouts, model boating pools, model aero engines, demonstrations, crafts & much more, entrance under 16's **FREE**.

5-27 July Museum of Farnham Archaeological test-pitting open to the public each weekend & participants of all ages are welcome to try their hands at digging, sieving material & processing finds, in order to find out more about the town's fascinating buried past! www.findingfarnham.com

6 July Painshill Park Portsmouth Road, Cobham 01932 868113 Ferret Fun with fun activities for all the family, learn all about them, entrance under 5's **FREE**. **20 July** Honey Bee Event find out all about beekeeping & join in with bee themed children's activities, plus taste & buy some of the finest local honey & discover other honey

bee products including candles & cosmetics, entrance under 5's **FREE**.

Calendar

6 July Rural Life Centre Farnham 01252 795571 Polish Day with dancing, displays & themed talks 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, country 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 & ices & cold drinks available plus cream teas 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**.

6 July Wimbledon Common Nature Club Wildlife Watch 020 8540 6154 Secret Life of the Honey Bees, 6-14yrs.

7 July Ashcroft Theatre Fairfield Croydon 020 8688 9291 Let Your Feet Compete Grand final.

8-13 July Hampton Court Palace 0844 4827777 Flower Show. **31 July** Open Garden special evening tour with specialist talks.

9 July Concert Hall Fairfield 020 8688 9291 Croydon Symphonic Band Summer Concert. **12 July** Popchoir. **28-30 July** Avenue Q, 14+yrs.

12 July Pyrford Cricket Ground Coldharbour 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.

13 July Ham House & Gardens Richmond 020 8940 1950 Romeo & Juliet

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, bouncy castle plus The Huxley Birds of Prey & the Wandering Jazz Trio, entrance under 4's **FREE**.

19 July RSPCA Millbrook 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**

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 & all proceeds to local charities including the RNLI, entrance **FREE**, 1.30-5pm, www.wokingdistrictrotary.org.uk

20 July Clarendon Landscape Gardens 01372 467806 Romeo & Juliet open air theatre, 0844 2491895.

20 July London Wetland Centre Queen Elizabeth's Walk Barnes 020 8409 4400 Drawing Workshop. **Daily** Guided tours. **Every Mon-Thurs & Sat** Guide in the hide in the Peacock Tower, join one of WWT's experienced birdwatchers who will be on hand to point out unusual species & answer any questions you may have. **Every Tues & Thurs** Pushbabies, fitness for new mums. **Every weekend**

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children's activities discover the amazing wildlife & learn weird & wonderful facts, regular pond dips, wildlife trails.

20 July Dragon Boat Challenge Canbury Gardens 07825 000445 Fun day out for all the family with lots of food stands & craft stalls, no experience is necessary & all fitness levels are welcome no registration fee but participants are asked to raise a minimum of £100 sponsorship, www.beatingbowelcancer.org.

23 July-1 Aug Polesden Lacey Dorking 01372 452048 Wild Learning with den building, wild art, woodland games, tracking & lots more, 5+yrs. **28 July-29 Aug** Summer holiday activities with different each week of the holidays including flying a kite & snail racing.

24-26 July Rhoda McGaw Theatre, The Peacocks Centre Woking 020 8890 6826 The Adams Family a musical comedy

24 July -31 Aug RHS Gardens Wisley 01483 225329 Great Garden Quest & each week there will be something new to discover, design your own explorer costume, make clay pendants & mythical creatures, have a go at archery & in sword fighting, music workshops, storytelling birds of prey displays, sow & grow & much more.

25 July Leatherhead Theatre 01372 365141 Old Macdonald Had A Farm a magical medley of games,

giggles & sing along songs

25-27 July Mellow Farm Doekenfield Farnham 020 8549 2926 Singing It Back Family Camp with daily singing workshops, supervised kids arts, crafts & sports, kayaking, archery, assault course & more, www.singingitback.com.

26 July Banstead Village Market Indoor with handmade jewellery, photography, kitchenware, handmade soaps, designer clothes, baby gifts, crafts & lots more.

26 July Horsell C of E Junior School Medway Drive Horsell Village Hall Village Show with flower, cake, crafts displays, Chobham Morris men, punch & judy, pimm's tent, food, maypole dancing & lots more fun for all the family www.horsellvillageshow.co.uk

26-27 July Hampton Court Palace Hampton Court 0871 230 2200 Georgian Garden Party experience life at the Georgian court.

26-27 July Carshalton Lavender Harvest Weekend Stanley Road Allotments 07860 312839 Visitors are given the opportunity to pick their own lavender plus watch the process of 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.

27 July The Green Burgh Health 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 Horn Oak Farnham 01252 745444 The Jungle Book musical fun show for all ages.

30 July Guildford House Gallery 01372 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 your own favourite teddy, there will be fun, games, dancing & loads of prizes to be won.

31 July Epsom Downs Racecourse Tickets 0844 848 0197 Epsom Live featuring Boyzone.

Twitter: @parentsnewsuk

What's On in London Page 10



Summer Courses
28th July ~ 15th Aug 2014 (3 weeks)

11+ Summer Intensive Course

It's your last chance to prepare for the upcoming 11+ exams!

Subjects VR, NVR, English and Maths
Times 9:00am~3:30pm (1.5hour / subject)
Venue King's College School, Wimbledon SW19 4TT

*Apply early as spaces are limited!

website www.oxbridgeuk.com

Reading Club

Improve your reading & writing skills in a fun environment!

Subjects Reading Club for Yr1~6 & Shakespeare Stories for Yr7~8
Times 9am~12pm OR 12:30pm~3:30pm (3 hours everyday)
Venue OxBridge Centre, Cavendish House, Cavendish Avenue, New Malden KT3 6QQ

Primary Summer Courses

Begin your new school year with confidence by taking our Summer Courses!

Yr 1~3	English, Maths - build up your fundamental skills!
Yr 4	English (with VR & NVR), Essay Writing, Maths - learn 11+ key concepts in advance!
Yr 6	Essay Writing, Maths, Science - acquire Year 7 concepts in advance!
Times	Between 9am - 3:30pm
Venue	OxBridge Centre, 118 Blagdon Road, New Malden KT3 4AE



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www.surreyrugby.com/girls

Coombe Wood Lawn Tennis Club Summer Camps

GALSWORTHY ROAD - KINGSTON UPON THAMES - KT2 7BS (opposite Kingston Hospital)

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

<p>Tiny Tots (4-5 years) & Shorties (6-7 years)</p> <p>Foam/Large soft tennis balls will be used with emphasis on racquet & ball co-ordination skills</p> <p>Ability to play on a short court</p> <p>Attend 10.00am - 1.00pm</p> <p>Monday to Friday each week</p> <p>Ratio 1:6</p>	<p>Transits & Mini Champs (8-11 years)</p> <p>Low/High compression soft tennis balls will be used with emphasis on stroke technique</p> <p>Ability to play on midcourt/baseline</p> <p>Attend 10.00am - 4.00pm</p> <p>Monday to Friday each week</p> <p>Ratio 1:8</p>	<p>Squad (11 years and over)</p> <p>Using proper tennis balls and being able to play from baseline</p> <p>Emphasis on stroke technique & matchplay</p> <p>Attend 10.00am - 4.00pm</p> <p>Monday to Friday each week</p> <p>Ratio 1:8</p>	
<p>Weekly £84/£96 (get one day free!!!)</p>	<p>Daily £21/£24</p>	<p>Weekly £144/£168 (get one day free!!!)</p>	<p>Daily £36/£42</p>

Week 1 14th - 18th July **Week 2** 21st - 25th July **Week 3** 28th July - 1st August **Week 4** 4th - 8th August

Week 5 11th - 15th August **Week 6** 18th - 22nd August **Week 7** 25th - 29th August

Multi-Activity Competition Day will take place each Friday from 10.00am-4.00pm for Transits/Mini Champs/Squad players

For further information or an application form please contact:

Sunny Dimic (Head Pro): 07949 169882 or **Ollie Lloyd (Assistant Pro): 07748 961359**

or visit our website to download an application form www.coombewoodltc.co.uk

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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/www 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



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 ml)
- 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 45% 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.

Jam-packed with colourful stickers and exciting activities, large format books allow plenty of room to doodle, draw and colour and will be a huge hit with fans of the live-action TV drama. Ready for School: A Ladybird Topsy and Tim sticker activity book £3.99

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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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, 5-11yrs.
Throughout July Peter Harrison Planetarium 020 8858 4422 Back to the Moon for Good, 5+yrs. The Sky Tonight, From Stars to Satellites, 5+yrs. Space Safari, under 7s. **31 July** Sci-Fi Movie Night, 11+yrs.
Every Sun Hildreth Street Market Balham SW12 fresh food traders sourced from all over London.
Every Sun Victoria & Albert Museum 020 7942 2000 Drop in Design create architectural drawings with professionals or make a puppet horse inspired by the NT's production of War Horse, 5+yrs, **FREE**. **Daily** Back Packs families jigsaws, stories & games to explore the collection, 4-11yrs, Activity Cart hands on art fun 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+yrs 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 ½ hrs.
Every weekend Greenwich Clocktower Market Greenwich High Road Quirky weekend market has 50 stalls vintage, retro & antiques with a few contemporary craft stalls, **FREE** entry, www.cloctowermarket.co.uk
Until 6 July E4 Underbelly Festival Southbank Centre 0844 545 8282 A Simple Space the performers turn themselves into human skipping ropes, sling each other into the rafters somersault & tumble on the spot & much more.
8-12 July Circus Maximus circus competition, www.underbelly.co.uk
Until 6 July The Scoop at More London South Bank 020 7403

4866 Outdoor festival with a programme of music, dance, award winning theatre, films & live tennis coverage from Wimbledon, 11.30a.m-7p.m, **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 ghost elephant, 3+yrs 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 exhibition 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 7's **FREE**. **Daily** Investigate Centre explore hundreds of real natural history specimens, from a shark's jaw to a meteorite as old as Earth, families 7+yrs, **FREE**.
3-6 July Olympia National Hall Hammershmith traditional style market stalls, live cookery demonstrations 020 8899 6596 Greek Festival with traditional style market stalls, live cookery demonstrations & lots more.
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 eater, climbing frame, food stalls, side show, children's dancing & more, 11.30-5.30 p.m, **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 photostop, 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 Hall Beretta Road Eltham 020 8859 0599 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+yrs.
5-6 July Cutty Sark & National Maritime Museum Greenwich www.rmg.co.uk/cuttysark 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 Cutty Sark sing songs, learn sailor skills & find out what for dinner on board the ship, all ages, **FREE** with entry. **6,12,13,19,20,24-28,31 July** Ahoy Captain! Meet Captain Woodgett the longest serving master to learn about 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

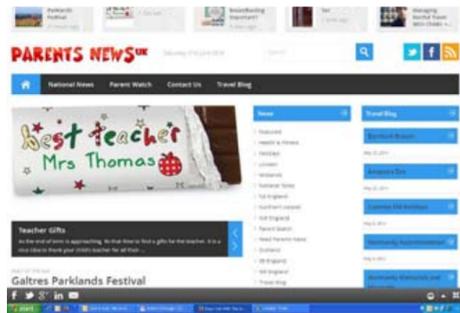
Exhibition offering hands on activities, shows & demonstrations for children & families. Dive into the world of science hands on experiments, 8-14yrs, **FREE**, www.royalsociety.org/events.
5,6,20,27 July Jubilee Park Canary Wharf Children's theatre for all the family outdoor performances telling classic stories such as Peter Pan & the lost Boys, Alice Through The Looking Glass & more, **FREE**. **20 July** Peter Pan & the Lost Boys join the Lost Boys as they stage an overnight protest to save their local skate park, 3pm, www.heartbreakproductions.co.uk
24 July Nature Trail swim 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.walkthewalk.org/sunwalk.
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+yrs, www.dairycentre.org.uk
12 July Laban Creekside 020 8691 8600 Children's Creative dance classes summer show from toddlers to teenagers. **13 July** Junior Trinity prizegiving concert.
12-13 July HMS Belfast Tooley Street 020 7940 6320 Cracking Codes, intercept messages, map hazards on their sea chart & make up your own secret code, family activity. To commemorate the 70th anniversary you'll also learn about the skills intelligence officers had to have as well as some of the dangers that surrounded HMS Belfast during this important battle of the Second World War. **Throughout school hols July-Sept** drop in family activities for all ages, **FREE** included in admission price. **Until 31 Dec** D-Day Family Trail. **Ongoing** HMS Belfast Private Tours exclusive behind the barrier access, discover some of the quirky sailors' stories of living on board including the time a reindeer joined the crew!
19 July Dance Nations Dalston, Gillett Square London N16 Fun filled day of music & dance brings together some of east London's finest talent & the local community to create a carnival atmosphere with an afternoon of dance workshops for all ages & abilities, **FREE**, www.barbican.org.uk
19 July-31 Aug Leicester Square Theatre 08448 733433 Aliens Love Underpants live on stage.
22 July-3 Aug Science Museum Exhibition Rd 0870 870 4868 The Energy Show, 7+yrs. **Daily** Take control in 360 degrees flight simulators or fly with the Red Arrows in their sensational 3D motion effects theatre. **Every weekend** Icy Cool Adventure families, under 7's, **FREE**. **Every Weekend** Spaced Out, families, 5+yrs, **FREE**. **Every Weekend** A Cockroach Tour of the museum visitors take on the form of cockroaches dressing up in realistic costumes, **FREE**. **Every Weekend** explore hundreds of real natural history specimens, discover evidence along the way using microscopes, the computer database & other scientific instruments, science educators are there to help you with your investigations, **FREE**.
24 July Jubilee Park Leyton 020 8533 8022 Nature Trail fun family

PARENTS NEWS

This information also ON-LINE

www.parents-news.co.uk

Other features too!



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12-13 July Horniman 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 with art & craft, storytelling, pond-dipping & minibeast safaris & lots more.
13 July British London 10K Run 020 7398 3453 Route through the heart of central London raising money to fund research into miscarriage, premature birth & stillbirth, www.tommys.org.
19 July Mental Health Awareness Walk www.claspcharity.com Walking out of Darkness involves a 25 mile overnight walk to Central London starting & finishing at Richmond's Old Deer Park & aims to raise awareness of mental health issues & suicide prevention.
19 July The Place 17 Duke's Road 0207 121 1100 Something for Kids family event, one day festival with all sorts of dance activities, with things to watch, things to do, places to relax, ear & drink & lots more, families, under 10's.
19 July Dance Nations Dalston, Gillett Square London N16 Fun filled day of music & dance brings together some of east London's finest talent & the local community to create a carnival atmosphere with an afternoon of dance workshops for all ages & abilities, **FREE**, www.barbican.org.uk
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24 July Jubilee Park Leyton 020 8533 8022 Nature Trail fun family

event see which animals large & small are living in & around the park, all ages, 11-3 p.m, **FREE**
25-27 July Earls Court One Exhibition Centre Warwick Road 0870 122 1313 Hyper Japan a three day celebration dedicated to bringing Japanese fashion, food & culture with workshops & 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 sew your own personal postcard 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 & Terraced 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.

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 a 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.

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 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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SUTTON HOLIDAY CAMPS

• 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.

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We also run camps over Half-Terms

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

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