

Back to School



children's little feet with a super Glam collection! Innovation. tradition and creativity: once again. Primigi offers children a winter full of comfortable. versatile and stylish shoes.

Primigi pampers





PRIMIGI Autumn Winter footwear collection 2014-15

The Autumn-Winter 2014-2015 collection is incredibly advanced, complete and dynamic. featuring a special mix of

Plenty of new styles are in store this year.

Must-have sneakers, elegant ballet flats, and comfortable boots, ankle boots and combat boots with strictly simple and clean lines make up the new Primigi shoe line-up for infants up to juniors. Different styles come together to give the collection the right mix. perfect for any occasion: from fashion-glam, to punk-rock up to timeless formal elegance, ideal for giving little ones the taste of a true fairy tale.

EVERY GIRL HAS HER STYLE Primigi girls can choose

all presented with a satin.

dusty-effect finish. Purple,

antique pink and burgundy

the season, with a dramatic

effect in both the patent and

SPORT AND

CHIC MOOD FOR

SUPER DYNAMIC

CHILDREN

Primigi's line for little

boys is no exception:

sporty and chic, classic

many ideas for a fresh

came from the world

of basketball, with its

mid-height basketball

and vibrant look even in

winter! Major inspiration

inevitable and aggressive

yet fashionable, inspired

by a collection that offers

glitter variations.

are the real must-haves of

from a wide selection: from ankle boots in soft leather, to countless ballet flats in the widest range of patterns and compositions. Also featuring high quality materials: printed suede or patent, nubuck or polished leather, embellished with classic elements such as Velcro, woven fabrics or exposed elastics. Little girls with more hippy tastes can choose from boots and other styles characterized by long fringes that recreate

Finally, diversified and new, the colour palette allows little girls to choose from a myriad of variations. Metallic shades such as bronze, gold and silver are

typically street models.

September 2014

in the version with double velcro closure. Sneakers are made with high quality materials: nubuck, patent leather, waxed with an aged effect for a sporty look with a retro feel. The Primigi line-up is an impressive array of styles, featuring shoes with an active feel and technical surfaces as well as more streamlined versions made from soft nappa leather, in which the details are rich and sometimes sparkling. Energetic and comfortable sneakers are designed for sporty and lively children. The colour palette in this line is also varied. From classic grey, brown and mustard, to the delicate shades of blue: from





For the girls, boots in GORE-TEX® with leopard-effect fur embellish a collection already full of highly fashionable elements and details.

The innovative styles for boys, all super dynamic, are made with high performance, breathable and waterrepellent materials. The collection also includes classic camouflage

Blowing the Whistle on GDC Scam.

Orthodontists and the General Dental Council are operating an illegal seam to Orthodofinists and the General Defital Council are operating an inegal scien 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 orthodofinists and surgeons. Research suggests that this British development is being ignored in the UK while spreading rapidly abroad. As a result hundred 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

Orthodorifics usually requires the extraction of 4 to 8 offhough this is frequently denie

Emily was treated by natural methods No 'Train Tracks'

Research shows Orthotropics can get much better results than 'Train Tracks



you for a

When experts isagree, where de

u go for answers'

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



Primigi dedicates special attention to lines produced in collaboration with GORE-TEX®, a technology that ensures the footwear's water resistance, breathability, extreme comfort and longlasting wear, for feet that are always warm and dry.



The details are rich: gutsy interior zips, studs, rivets and wire mesh transform even the most classic styles that, combined with worn materials and trendy buckles. recreate a real punk-rock vintage

www.primigi.com

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Creativity in the Classroom

'Knowledge', Einstein observed, 'is limited. Imagination encircles the world.' In order to be ready for a professional life where knowledge must be constantly updated and expanded, pupils, like Theoretical Physicists, need to look to the future and to dream. So, whilst inspirational teachers will always make the acquisition of knowledge an exhilarating experience, the best education will also nurture a capacity for creative imagination in young people

In my school, every tonic explored in our bespoke Junior School Creative Curriculum has a mind-opening, eyeopening and imaginationopening function. Freed from the shackles of the National Curriculum, my girls take an exploratory approach to the investigation of topics like 'All Creatures Great and Small' where they encounter every kind of animal - extinct mythical, imaginary and endangered - finding wiggly worms in our Forest School; searching for evidence of dinosaurs: creating dinosaur habitats; writing about mythical creatures.

By cultivating imagination, we develop empathy. New technologies are giving pupils an inspirational window onto a wider world. Skyping. sharing letters, images and

emails give today's pupils an insight into the thoughts and concerns of children living lives very different from their own. Our link with a girls'

the privilege of an excellent education should always be

school in India encourages girls to reflect deeply on issues of sustainability - 'to act local and think global.' Crucially, the cultivation of creative energy and imagination fuels aspiration beyond the confines of the

curriculum. Those who enjoy

properly ambitious: both to make the most of their talents and to change their world for the better. Angela Drew, Headmistress,

Bromley High School www.bromleyhigh.gdst.net

Open Events: Saturday 4th October 2014, 9.30 - 1.00 pm

Sixth Form Onen Evening. Tuesday 7th October 6.45 pm. admissions@bro.gdst.net 020 8781 7000 to arrange a visit



Back to School

Bromley High SCHOOL

Firing Girls' Imagination Since 1883



PEN MORNING

Saturday October 4th 2014 9.30 am - 1.00 pm

SIXTH FORM OPEN EVENING

Tuesday 7th October 2014 at 6.45 pm Find out more about life at Bromley High School



admissions@bro.gdst.net Tel: 020 8781 7000 www.bromleyhigh.gdst.net/pn1





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Back to School

The Economy Explained by Children

The Economy is a subject most adults find difficult to get their heads around, but now there is help, in the form of an ingenious new book on The Economy, created by a group of primary school children.

The book is the brainchild of Guy Fox History Project, a unique and visionary charity that brings business leaders together with children to help them learn big subjects the fun way - whatever their background. For this book. the charity brought experts from UBS and children from Brook Community Primary School together and the result is a simple to follow picture-led book - 'How the World REALLY Works: The Economy' - created by children for children.

How the World REALLY Works: The Economy is out now and available to buy from www.guyfox.org.uk

All proceeds are used for the production of more workshops and books for more children to learn complex subjects easily, and have fun doing it

Star Performers

A joyful GCSE Results Day began early at Bromley High School with high flyers Amna Bokhari, 16 years, Hannah Wooderson, 16 years and Caroline Warren, 16 years arriving at school at 7.30am to receive their results live on national radio BBC Five Live. We are told that a girl who has benefited from a GDST education will be confident. committed, composed and courageous and the girls certainly needed to call on all these qualities as they opened their envelopes before a waiting nation.

Hannah was delighted to discover that she had achieved 9 A*s and an A grade and exchanged hugs of relief and exhilaration with Amna and Caroline who each achieved a



Mock Tests

in preparation for the Entrance Exams

the fear of formal tests and build up your confidence

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OxBridge Centre is a well-established tuition centre based in New Malden. Currently there are around 420 students from year 1~A-Level studying at the centre. Why don't you join us too?

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★ Dates 13th Sep, 27th Sep, 4th Oct, 8th Nov £50 / session

www.bromleyhighschool fluencycms.co.uk/STAR-PERFORMERS listen www.bbc.co.uk/ programmes/b04dmcrh (about 2hrs 9mins) As the morning progressed Laura Harries and Lucy Metcalfe discovered that they too had scored a stunning 10 A*s and Tabtim Duenger 9 A*s and an A. In total, 46 girls, half the year group, achieved at least 8 A*s and As and 94% of all entries were graded A*-B

New Headmistress, Angela Drew, who takes up her role in September, shared her delight in such widespread "A*s at A level are often simply the natural by-product of a developing intellectual passion for the subjects tha you love best but multiple As and A*s at GCSE require sustained hard work across nine or ten subjects over two years, so Results Day s always a moment of real celebration because

GCSE success is a reward

for consistent effort and

enthusiasm as much as

intellectual ability. My

Last chance before the 11+ Entrance Exams!

warmest congratulations to

the girls and their teachers.

Angela Drew, Bromley High

The Mall School

leading London day schools particularly St. Paul's School Hampton School and King's College School Wimbledon Excellent facilities enable them to offer a stimulating range of educational activities academic creative and

For more than 100 years boys have left The Mall School sporting: not only academically well-160 seat Creative & Performing prepared for life in senior Arts Centre school but also well-prepared Science laboratories socially. Mall boys are Art studio confident and justifiably proud ICT suite of what they have achieved but

Founded 1872 The Mall

School is a modern, purpose-

built independent prep school

for boys, which is situated

close to Twickenham town

without being arrogant.

They consistently win a range

of academic and non-academic

scholarships to leading senior

schools. The majority of

boys go on to some of the

New sports hall opened in 2014 Indoor heated 20m swimming Sports facilities for rugby

football, cricket and athletics at Rushy Park The Mall School offers a comprehensive after-school

September 2014

clubs programme to enthuse the boys and to help working parents. Daily activities run until 6pm and include judo, swimming, basketball, musical theatre, multisports, chess, ICT and homework clubs

The School offers a morning minibus service to boys living in the areas of Richmond, Tommy's funds medical St. Margaret's, Twickenham Kingston, Teddington and Isleworth To book a personal tour

telephone the Admissions Secretary on 020 8614 1082

Additional informationis on The Mall School website www.themallschool.org.uk



The Mall School

Independent day school for boys aged 4-13 years.

Open Morning

Saturday 11th October, 2014 10 am - 12 noon

meeting prospective families. There is no







The Mall School, admissions@themallschool.org.uk

The Headmaster and staff look forward to need to pre-register your attendance.







185 Hampton Road Twickenham TW2 5NO T: 020 8614 1082 www.themallschool.org.uk

September 2014

Nominate family heroes for the 2015 Tommv's Awards

Tommy's the baby charity is calling on families everywhere to nominate the heroes that are part of every family for the 2015 Tommy's Awards

research and supports families who have been touched by pregnancy complications or the loss of a baby, and the Awards celebrate and honour the friends family and healthcare professionals that have been there for each other during a tough road to parenthood.

One in four parents lose a baby during pregnancy or at birth every year and another 60.000 babies are born prematurely. The annual Awards recognise those very special people who have supported each other through tough times, or overcome pregnancy complications to have a family of their own with eight Awards: Angel, Courage, Doting Dad,

First Hug, Grandparents Healthcare Hero Super Sibling and Little Champion for the little fighters in your

Nominations are open from 27 August to 11 November and can be made via the Bounty website: www.bountv.com/tommvs-

Community Links' school Education Links starts new term as a Free School

From September 1. Community Links School, Education Links, will be converting to a fully independent Alternative Provision Academy Trust (a 'Free School'). For many years, Community

Links has been providing a

quality education for young people who have been excluded from mainstream Supporting young people who struggle with education and providing a positive learning experience has helped hundreds of young people make a successful next step in life. The Secretary of State for Education has now agreed to enter into a funding agreement with Education Links; moving to Free School status will give Education Links the long-term financial stability it needs to develop a broader curriculum tailored to the needs of its students, strengthen its staff team, extend its partnerships and improve its premises and resources.

Opening as a Free School comes just weeks after successful GCSE results which saw 91% of Year 11 students secure GCSE passes and 22 of 24 leavers going on to further study at college.

Sandy Davis, the Principal of Education Links, says: "We are thrilled with this year's GCSE successes. These results are part of a hard-fought journey for every young person and they are the next steps on

the way to a brighter future for them all. This reflects the hard work of staff and students alike. Free School

status - the next crucial phase in our school's development - will enable to us to continue that work and provide the young people of Newham and neighbouring boroughs with a sustainable education offer for the years ahead."

On September 1st, Community Links will close the existing school and transfer the staff team and all the assets and resources into the new Free School. A new Board of Governors, which has been working alongside the existing Community Links Trustees will take on responsibility for the running of the school. The services for young people and their families will be entirely unaffected

Geraldine Blake. Community

Links CEO said: "Community Links is proud of the track record of Education Links which has transformed the life chances of many hundreds of young people. We wish Education Links a very successful future in its life outside of Community Links and will continue to support

PARENTS NEWS On-line

and champion them at every

opportunity?

www. parents-news.co.uk

Advertise in PARENTS NEWS 020 8337 6337

When: Friday 3rd October.

Where: Royal Garden Hotel

Palace Suite, 2-24 Kensington

High Street, W8 4PT

Tickets: Tables of 10 cost

£1,100. To book tickets email Alex@harrisonsfund.com

www.cracking-events.

com/index.php/event-

management/skyhighball

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Downsend School Ashtead/Leatherhead hopes to go sky For more info contact Colin on 01372 739600 high at ball

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Back to School

Be part of the Natural History Museum's annual science extravaganza

extraordinary items from the

Museum's collections not

normally on display New

activities this year include:

presenter Professor Alice

a journey to discover our

nast, revealing the hidden

evolutionary story in our

Unlikeliness of Being.

Last chance to catch the

critically acclaimed Britain:

Human Story exhibition. Meet

life-size ancient human models

and uncover incredible finds

from sites around Britain that

Exhibition entrance fees apply

year's exhibition Coral Reefs:

Secret Cities of the Sea and

Museum and the Horniman

meet reef researchers from the

Museum. Find out more about

the richness of life beneath the

waves and the future of these

to work in Crowdsourcing the

Collections. Help Museum

Put your smart phone

fragile environments

reveal what life was really

like one million years ago.

Take a sneak peek at next

One Million Years of the

genes. She will sign copies of

her latest book The Incredible

Roberts as she takes us on

Meet anthropologist and TV

Science Uncovered, the free annual after-hours event returns on Friday 26 Sentember as part of European Researchers' Night. The Natural History Museum throws open its doors to give you the chance to meet worldclass scientists and visit rarely seen parts of the collections. Discover a side to the Museum you didn't know existed. discuss the latest science with researchers and enjoy a drink in the Museum's impressive Hintze Hall

For many, meeting Museum scientists is a surprise highligh of the evening. Working behind the scenes using the collections, the scientists tackle issues of global importance from malaria to climate change. Science Uncovered involves more than 300 researchers from across the Museum and other leading organisations, such as Imperial College and University of Manchester.

You can get involved in more than 200 activities on the night, from annual favourites such as the Science Bar and Nature Live talks to visiting the science stations and seeing scientists by getting up close and personal with beautiful beetle specimens and take home a souvenir snap of your Meet scientists from Oxford Brookes University and see a 3D printer working

on larger-than-life models of deadly viruses. Enjoy the birds and

the bees in the Wildlife Garden, open until 21.00. Look for creatures in the pond or search the garden for bats, bees and birds with our experts.

Keep vour eve ou for other highlights: play giant snakes and ladders, eat parasite-shaped chocolate and ioin a live link to the Johnson Space Center in Houston. Space is limited for some activities and free tickets for certain events will be available on the night on a first come

Friday 26 September 2014 15.00-22.30 020 7942 5000

Admission: Nearest tube: South Kensington

www.nhm.ac.uk/ scienceuncovered

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Please call before you go and please mention PARENTS NEWS

Centre---020 8337 7781-Soft Play, under 5's.

Daily-Sutton Ecology Centre-Festival Walk-Carshalton-020 8770 5820-Playworld fantasy

play area, 2-10yrs. Daily-Rainbow Leisure Centre-Ensom--01372 727277-Toddlers World, under 5's. Daily-Kew Gardens, 020 8847

0946-Daily Walking Tours of seasonal highlights, FREE. Every Sat Tropical Nursery Tours need to book Every Tues & Thurs Orchid Nursery Tours need to book. Every Sat Hands on Session Blowing in the wind stories of seed dispersal, FREE,

no need to book Daily-South Norwood Recreation Ground-Car Green Road-Croydon-020-8760 5707-Fitness Trails for adults & children of all fitness levels to get fit & keep fit. Positioned at each exercise station are signs showing the exercise to be undertaken with the suggested number of number repetitions. oing -Dupass Hill Outdoor Gym----Each item has clear instruction for its use over 12's Recently re-opened-Kidplay

Addiscombe Road Croydon-Softplay & café, under 5's. -YMCA--Wimbledon-020 8542 9055-Volleyball sessions for all levels for local residents in Wimbledon & Merton, FREE from 12.30pm, info@ wimblodonvolleyballclub.com,

Lower

www.gospike.net. Every Sun morn until 28 Dec-Beverley Park -Park View-New Malden-020 8339 1594-Tennis Sessions, junior beginner coaching, 4+yrs, &

adult beginner class Every Mon-SecombeTheatre-Sutton-020 8770 6990-Zumba fitness. Every Tues Line Dancing. Every Wed Ballroom Dance, under 8's to adults.

Mon-Hampton Library---020 8734 3347-Storytime session, under 5's, FREE 3rd Thurs of the month Chatterbooks reading group, 8-9yrs, 4pm, FREE.

Every Mon-Morden Library--- 020 8545 4040-Scrabble Club everyone is welcome. Every Wed Welcome Mornings with stories & crafts for pre-school children. Ist Thurs of every month Coffee mornings for adults. Every Fri Storytime 4+vrs. 1st Fri of each month Wellbeing drop in sessions. a face to face, talk through any issues you may have. sign you up for any upcoming workshops tell you more about other services available in the

borough, 020 3178 2549. Mon-Pollards Library---020 8764 5877-Musical mayhem Every Mon Employment Club improve your EREE Every fortnight on a Sat CV. covering letter, interview Chess Club, all ages & abilities. FREE, 10-12 p.m skills & more. Every Thurs Every Mon, Wed & Fri during Salsa Dance classes, FREE.

Every Fri storytimes Mon-Wimbledon Library---020 8946 7432for adults. FREE, Every Tues coffee, cakes, lunchs, soft play training courses for beginners FREE, 1st Sat of every month

Daily-Lower Morden Garden 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 8-18vrs Every 1st Sat of month Genealogy Sessions.

Church Hall-Bodley Road-New Malden-020 8942 2093 -Tiddlers Group , 9.30-11.30am get help tracing your ancestry, Library---www.bookstart.org. drop in session for all ages. uk -Baby Bounce 'n' Rhyme, Every Tues & Thurs Children's FREE Every Tues-Whitton Librarystory & rhyme time session.

--020 8734 3343-Storytime Mon-Kingston Children's Library--020 session, under 5's, FREE. 2" 8547 6438-Rhyme & storytime Thurs of month Tiny Teddies sessions for babies, toddlers & sessions baby bounce & rhyme, under 5's, Every Thurs Stories FREE & crafts for under 5's. Every Tues -Hampton Wick Library 020 8734 3358...

Every Mon-Surbiton Library -Ewell Road--020 8547 6444-Storytime for under 5's, FREE. very Tues Rhyme & storytime for baby & toddlers, FREE, Every Thurs Knitwits knitting group all abilities 11-12 30 n.m. FREE, Every 2 month Chatterbooks 9-111yrs, 4-5 p.m, FREE. Every alternate

until 20 Dec Silver Surfers beginners IT help. 10-12 p.m. Every Mon-Tudor Drive Library---020 8547 6456-Storytime for under 5's, FREE. Tues Rhymetime for under 5's followed by stay &

play until 3.30pm, FREE. Every Mon-St John's Church-Kingston Road--020 8288 1801-Tots in Tow fun for the under

Blagdon Road-New Malden-020 83361561-Stay & Play for under 5's. Every Thurs young 5's, 10-11.30am. parents drop-in, 1-3pm. Every Every Mon-Lloyd Park---Toy Library, under 5's, 10.30-1.30pm. 020 8726 6000-Health walk on mainly flat terrain, ideal for beginners 2 miles last approx

Mon-Parchmore

Community Centre-53-55--

020 8726 6000 x88965-Circuit

for those new to exercise

returning after illness & the

Every Mon eve-Sutton

Grammar School----Korfball

for Beginners for school years

3-12 various times & sessions.

time-Little Hamsters

354274-Relaxed environment

Cafe-Ham--07432

more mature exerciser

Way-Kingston-020

Play

Every

Tues-Coulsdon Library---020 8726 6900-1hr. meet 11am FREE & same Bookstart Rhymetime for habies & toddlers, Wiggle & Jiggle, 2walk on potentially hilly terrain. 3+miles ideal for advanced 4yrs. Every Thurs Storytime, walkers, 2pm, FREE. Every Sat 2 1/2+vrs. Every Sat Storytime. Park run. FREE weekly timed under 7's, FREE. 5k run need to register first

Tues-Ashburton Library---020 8726 6900-Bookstart Rhymetime for babies & toddlers. Every Thurs Wiggle & Jiggle for toddlers. Every Mon Chatterbooks drop in sessions 8-11vrs Every Sat Rock & Rhyme for babies & toddlers. Every Wed Social club for older people for a chat & a cup of tea. Every Thurs term

email for details info@ time only storytime for under nomadskorf.com 7's FREE Every Mon eye-Corpus Christi Every Tues-Purley Library-School-Chestnut Grove--07956 --020 8726 6900-Bookstart 312920-Aerobics all abilities, Rhymetime for babies & toddlers & Wiggle & Jiggle, Every Mon until 29 Dec toddlers over 18mths. Every Fri Kingston Library-Wheatfield Storytime 2 1/4+yrs Every Sat

8547 Rock & Rhyme for babies & toddlers, FREE. 6438-Rhymetime for babies & toddlers FREE to library Centre-Croydonmembers. Every Thurs until Shopping 18 Dec Storytelling session -www.centrale.co.uk -In the for 2-5vrs, term time only, Farly Learning Centre playtime FREE. Every 1st Sat of month sessions for children all ages with all kinds of arts & arts Chatterbooks a reading club for children 7-9yrs with a parent from making face masks, cards, or carer, need to contact library painting, colouring or just play, to be placed on a waiting list FREE, 10-12pm, Tel: 020 8686

7535 Every Tues-Thornton Heath Library---020 8726 6900-Bookstart Rhymetime for babies & toddlers, FREE. Every Tues Careers, training & learning advice sessions 2. Jewellery drop in workshop for mums & tots 0-5yrs offering 4 30pm. FREE & Computer Storytime session under 5's.

shapes, ball pool, ride on toys, table top activities & puzzles plus outdoor playground with indoor & outdoor seating FREE parking, FREE Wi-Fi. Mon-Wed -St James's

Tues -Farnham

Storytime session under 5's

FREE, 2nd Tues of the month

Chatterbooks reading group, 8-

Every Tues-Mitcham Library-

--020 8648 4070-Under 5's

Storytime & Craft, fun activity.

FREE, Every Thurs CV &

Careers Advice. Last Thurs of

each month, Coffee Mornings.

Every Fri Knitting Group, need

Every Tues-United Reformed

Church-Cavendish Hall--020

8949 3402-Sparkles, under 5's,

Every Tues-Malden Centre-

to bring own needles

9-11.30am.

9yrs, FREE.

Tues-De Staffords Leisure Centre--Caterham-01883 344355-Family Swim. Tues-Riddlesdown Circular Walk---020 8726 6000 x64952-Health walk, 2-3miles, meet 11am at 'Good Companions' pub. Hamsey Green, FREE.

www.parents-news.co.uk

Tiny Teddies sessions baby

Every Wed-Ursuline Pren

School-18 The Downs

Wimbledon-020 8947 0859-

Mother & Toddler playgroup, in

the nursery, play along with the

toys & make use of the facilities

plus a cup of tea is always

available & well qualified &

well trained nursery staff are on

37-39 The Broadway--020 8547

under 5's with simple crafts

FREE. Every Thurs until 18

Dec Get back to work group help

available for filling in online

application forms, looking

for jobs online CV's & basic

computer skills if required 2.15

Every Wed -Tudor Hall-Kingston-020 8893 4250-Jungle

body fitness class using boxing.

dance cardio & nilates inspired

Wed-Sanderstead

p.m-3.45 p.m, FREE.

6470-Rhyme & storytime for

hand, FREE. Every Wed-Tolworth Library

bounce & rhyme. FREE

Every Tues afternoon-Raynes Park Library----Story times for under 5's. Every Thurs morn Simple Yoga & Meditation Group.

Every Tues until 23 Dec-Old Malden Library---020 8547 6467-Rhymetime up to 3yrs, and storytime for under 5's. FREE, Every Sat until 28 Dec rhymetime with rhymes & singing for under 5's, 10.30-11 a.m, FREE. 2nd Thurs of the month chatterbooks plus book related puzzles & activities, 7-11yrs, 4-5 p.m, FREE, Every

moves. 7.30-8.30 n.m. Knit & Natter Every Tues-Donald Hope Every Library---020 8542 1975-Library---020 8726 6900-Bookstart rhymetime, babies Storytime. Every Thurs Need Help with IT? A dedicated & toddlers, Wiggle & Jiggle. volunteer will be available to 18mths+vrs Storytime 2 1/2+vrs Fortnightly Rock & Rhyme for provide assistance with a wide range of IT issues, for more pre-school children, FREE. info 020 8274 5799. Every Fri

& musical activities, 0-5yrs.

Adventure

Play sessions.

Play

FREE

FREE.

paying child.

sessions, FREE.

Every Tues-Fri-Dickerage

Dickerage Lane-Kingston-020-

8942 1707-Parent & Toddler

Adventure Playground---020

8942 1707-Parent & Todder

Richmond Library---020 8734

3303-Chatterbooks reading

group, 8-9yrs, 4.30pm, FREE.

sessions haby bounce & rhyme.

--020 8734 3354-Storytime

session, under 5's, FREE. 1st

Fri of each month Tiny Teddies

sessions baby bounce & rhyme.

High Street-Brentford-020 8232

1010.-morn Parents & babies

screenings Every Sat Drama

Zone 5-8 & 9-14yrs Every Sat

morn Family Cinema, 1 adult

goes FREE with every one

Library---020 8734 3350-

Storytime session under 5's.

FREE One Sat a month Tiny

Teddies baby bounce & rhyme

Every Wed-Hampton Hill

Library---020 8734 3320-

Wed-Ham Library-

Wed-Watermans-40

Wed-Castlenau

1st Thurs of month Tiny Teddies

Tues-Fri-Dickerage

Playground-

gight on Fri until 19 Dec

very Wed-Unitarian Church Rhymetime, Every Sat Colliers 1 The Flyover--020 8726 6000 Wood Chess Club for all ages. x88965-Zumba Latin inspired Every Tues & Thurs-West dance music & rhythms all Barnes Library---020 8274 abilities 5789-Classes for those wishing Every to learn to use the internet which runs for 6 weeks. Every Tues Rendezvous Club for over

Arena Leisure Centre-MiddletonRoad-Carshalton-020 8770 4088-Women's Recreation 55's. Every month Art Club for Mornings with a wide range children to nut your child's name of sport & social activities forward to join need to speak available for one single fee. 9to member of staff in library 12pm. Daily Playworld fantasy Every Fri Toddlers Rhyme Time play area, 2-10yrs.

ry Wed until 18 Dec-Hool & Chessington Library---020 8547 6480-Rhymetime with songs & rhymes followed by half an hour of playtime, 10.30-11 a.m, FREE. Every Tues until 16 Dec Get back to work group with help filling in online application forms, CV's & basic computer skills, 3-4.30 p.m.

FREE Every Wed & Sun-East Sheen Library---020 8734 3337-Storytime session, under 5's, EREE 3rd Wed of the month Chatterbooks reading group, 8-9yrs, 4.30pm, FREE. 1st & 3 Thurs of month Tiny Teddies sessions baby bounce & rhyme. FREE

Every Thurs-Cheam Leisure Centre--Cheam-020 8770 4830-Street Dance lessons for boys & girls 10-15yrs

Thurs-Caterham Hill Library---www.surrey.gov. uk/kidstuff -Rhymetime, 10am FREE Every Fri Storytime. 2.15pm, FREE.

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. Methodis Church Hall High St-New

Malden-Parent & toddler club 9.45-11.30am Every Thurs

Calendar

PARENTS NEWS

This infomation also ON-LINE

www.parents-news.co.uk

Other features too!



Twitter: @parentsnewsuk

Church New Malden-Parent & Toddler Group Thurs-Tolworth

Recreation Centre-020-8391 1882 Badminton Club for intermediate/advanced level 020 8395 9175.

Every Thurs-Bentall Centre-Kingston-Air,Land or Sea, 'Make & Take' workshops children can create their own costume or T-shirt FREE www.kingstonfirst.co.uk. Every Thurs Watch magic tricks & learn to do some at home held

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

Every Thurs-Selsdon Baptist Chuch-Addington Road--020 8726 6000 x88965-Circuits Low intensity for mature exercisers. Every Thurs-Croydon Sports College-Croydon High School-020 8726 6000 x88965-Circuits Low intensity for mature

exercisers. Every Thurs-South Norwood Leisure Centre-164 Portland Road--020 8726 6000 x88965 Aguacise sessions.

very Thurs in term tim Sutton Christian Centre---020 8642 8117-Special Stars a baby & toddler group for children with disabilities or additional needs, from babies to preschoolers, siblings welcome. Every Thurs until 18 Dec New Malden Library-Kingston

Road=020 8547 6438-Story time for under 5 vrs. FREE 10.30-11 a.m. Every Thurs until 18 Dec Get back to work group with job searching & application, CV writing, an IT dron in session for PC queries in partnership with Johcentre Plus. 9.30-11 a.m & 11-12.30

n.m, FREE. Every Fri Baby & toddler rhyme time up to 3yrs. FREE. Every Sat until 20 De Silver Surfers help for people wanting to gain more confidence in using the computer alternate Saturdays 9 30-11 30a m Every Sat until 13 Dec Rhymetime for under 5's, 10.30-11 a.m, FREE, 1st Thurs of the month Chatterbooks reading group 7-

11vrs, 4-5 p.m, FREE.

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 haby 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-Sutton Library ---020 8644 9696-Job Club volunteer led support group for iob seeker, all ages, FREE no need to book

Every Fri-Sutton Life Centre---020 8644 9696-Running & non contact boxing, 12-18vrs,

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.surrev.gov.uk/kidstuff -Rhymetime, FREE Fri-Warlingham

Every Library---www.surrey.gov.uk/ kidstuff -Storytime, FREE, Fri-Teddington Library-Walgrave Road- 020 8734 3304/5-Storytime session

under 5's, FREE. Every 2 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-Storvtime session, under 5's,

Every Fri-Christ Church-Coombe Road == 020 8241 9423 = Toddler Group for under 5's. 9.45-11.15am.

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

Every Fri-Bradmore Green Library-Old Coulsdon--020 8726 6000 X64952-Bookstart Rhymetime for babies & toddlers, Wiggle & Jiggle, 2-4vrs. Every Mon Storytime 2 1/2+yrs & Chatterbooks reading group for 8-11vrs, Fortnightly Every Sat Rhymetime, FREE... Every Fri-Broad Green

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

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

FREE. Every Fri-Shirley Library---020 8253 1023-Bookstart rhymetime for babies & toddlers, Wiggle & Jiggle for 18mths+. Every Storytime for 2 1/2+vrs. Every Sat Rock & Rhyme for babies & toddlers. Monthly story & craft workshops 5-10yrs

Every Fri-New Addingtor Library---020 8253 1023-Bookstart Rhymeitme for habies & toddlers & Wiggle & Jiggle, 18mths+, FREE.

Every Fri-Norbury Library---020 8726 6900-Bookstart Rhymetime. Wiggle & Jiggle. Alternate Sat Rock & Rhyme followed by Storytime, Last Fri of each month Chatter Books reading group for 8-12yrs, FREE.

Every Fri-Selsdon Library --020 8726 6900-Bookstar rhymetime for babies & toddlers. Wiggle & Jiggle, 18mths+ Every Tues Storytime for preschool children. Every Sat Rock & Rhyme for pre-schoolers. 1 Tues of the month Arty Crafty 4-8yrs plus parents & siblings Every Sat afternoon teenage reading group. Last Thurs of

month adult reading group. Every Fri-Waddon Ponds & Wandle Park---020 8656 5947-Circular walk through Waddon Ponds & Wandle Park 2-3 miles meet outside Lidl. 11am, FREE.

Every Fri-Thornton Heath Leisure Centre-89-110 High Street--020 8726 6000 x88965 -Aquacise pay as you go

Every Fri morn-Running Club 07936 240937-A mixed group consisting mainly, but not restricted to mothers with children in school, meet at 9.50am in the Pembroke Lodge car park for a run of between 3 & 4 miles. Social group no pressure on ability, new runners

Every Fri morn-Kingston 15-17 Sept Bugle Boy the Life Museum and Heritage Centre-Story of Glenn Miller. 19-20 Wheatfield Way-Kingston-Sept Not About Heroes, 13+vrs. 020 8547 5006-Snappity the 24 Sept-4 Oct Jeeves & Wooster

in Perfect Nonsense, www.

5 Sept -London Wetland

Walk-Barnes-020 8409 4400-

Family Bat Walk astonishing

aerial acrobatics, with a talk

by one of the bat experts, bat

detectors are supplied 8+vrs.

12 Sept Wildlife photography:

Bird ringing drop-in session, a

standard scientific methodology

used in the study of birds. Daily

Guided tours, Every Mon-Thurs

& Sat Guide in the hide in the

Peacock Tower, Every Tues &

Thurs Pushbabies, fitness for

new mums. Every weekend

children's activities discover the

amazing wildlife & learn weird

& wonderful facts, regular pond

821556-A Midsummer Night's

Dream. 13-14 Sept Captain

Flinn & the pirate dinosaurs

suitable families, 2+vrs, 16-20

Sent She Stoops to Conquer.

Intil 31 Oct Galsworthy & the

Human Battles on the Home

Front exhibition, Every Mon

Rhyme Time bring the little

ones to the Swallow Bakery for

a FREE morning of rhyming.

singing & laughter, www.

Sept -Thomas Wall Centre

Sutton -Mum2mummarket baby

6 Sept -Mill Studio-Millbrook

01483440000 Hev Presto, 3+vrs.

3 Sept Theo The Mouse Show

2+vrs. 20 Sept Teddy Time with

tales about Goldilocks & the

Three Bears & The Three Little

Pigs, bring along your teddy, 4-

7yrs. 27 Sept The Perfect Spot

for all ages. 4 Oct The Big Draw

a workshop make own paper

windmills based on the Big

Draw theme - It's Our World.

& children's nearly new sale.

rosetheatrekingston.org

Sept-Rose Theatre---08444

dips, wildlife walks & trails.

intermediate skills. 14

Elizabeth's

yvonne-arnaud.co.uk

Centre-Queen

Please call before you go and please mention PARENTS NEWS

Crocodile's activities for under 5's with songs, stories & crafts, FREE, Ongoing Remembering Kingston at War exhibition. 2 Oct Collecting Kingston, stories of the borough told through a

tour of the museum, FREE. & 4th Sat of the month Norbiton Childre's Centre Kings Oak Primary-Dickerage Lane--020 8949 6065-Who Let the dads out Play session for under 5's, 10-12.30pm.

rd Sat of every month Maple Road Surbiton Farmers Market---www. surbitonfarmersmarket.co.uk -Offering a wide selection of fresh seasonal produce.

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 5-9vrs. Every Mon & Tues after school The Man in The Moon Weekly drama workshops, 6-14yrs. Every Wed All Star Choir, 8-14yrs.

Every Sat-Heathfield Library --020 8734 3356-Storytime session, under 5's, FREE, Last Tues of each month Tiny Teddies sessions baby bounce & rhyme, FREE.

Every Sat-Wimbledon Park Free-standing Gazebo behind thesailing&watersportcentre. Volleyball outside sessions for all levels for local residents in Wimbledon & Merton. FREE from 10-12pm, info@ wimblodonvolleyballclub.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.

stretching, 10-11am, FREE,

Stay & Play 0-18mths

Flower Show

drop in workshop for all ages. Every Sat-The Green Dragonwww.vvonne-arnaud.co.uk 58-60 High Street-Croydon-Sept-Godalming Borough 020 8667 0684-Storytime for Hall-The Burys 07411 773692families 3-7yrs, drop in 2hr The Godalming Bazaar selling session with stories numbers handmade jewellery soan fused arts activities & songs. FREE glass, ceramics, scented candles. Every Sat morn-Canbury spices, face painting for children Park Gardens-Kingston-& lots more, FREE entry, www. -Fitness in the Gardens low surreyindependentmarkets. impact outdoor cardio exercise co.uk 6 Sent-Concert Hall-Fairfield for all with nower walking jogging & stretching, 10-11am. FREE, info@AHM-Go.com.

-020 8688 9291-Caribbean Carnival Extravaganza. 20 Sept Sat morn-Canbury Showaddywaddy. 26 Sept The Gardens Kingston-020 8547 Osmonds in Concert. 2 Oct 6422-Low impact outdoor Sixties Gold cardio exercise for all with 6-7 Sent -Hampton Court nower walking jogging & Palace-Hampton Court--0871

First Sat of every month-New Tudor cookery sessions Malden Children's Centre-Sept-Rural Life Centre-Burlington Road New Malden--Farnham--01252 795571-020 8336 1561 Saturdads Group Donkey Day Out meet the with breakfast & fun activities Donkey Breed Society plus for dads/male carers & their Farnham Beekeepers Honey children up to 5yrs. Every Mon Show, www.rural-life.org.uk

230 2200-Live Cookery monthly

Sept-Godalming Bandstand Sent-RHS Gardens Wisley Phillips Memorail Park--01483 -Wisley--01483 225329-Wisley 417051 Music in the Park featuring local musicians, bring Sept-Yvonne Arnaud your own picnic & chairs, FREE, Theatre-Millbrook-Guildfordwww.godalmingbandstand. 01483 440000-Lottv's War.

Sept -Wimbledon Common directory/lovekyn-chapel. Nature Club Wildlife Watch---020

8540 6154-Shelter Building. 5 Oct Fungi Foray, 10-12 noon, 6-14vrs. Sent-Selsdon Wood Nature

South Norwood Lake, meet Reserve-Old Farleigh Road- at 7 p.m. www.biodiversity@ Selsdon-020 8726 6900-Open croydon.gov.uk Day with fun activities for all the family, 12-4 p.m, www. friendsofselsdonwood.co.uk

www.parents-news.co.uk

9 Sent-Surrey Heath Museum---01276 707284-Last of the Summer Sunshine Catchers drop in fun & craft sessions for under 5's, FREE. Sent-Ashcroft Theatre

Fairfield-Croydon-020 8688 9291-The Billy Fury Years. 24-26 Sept Pride & Prejudice. Sept-4 Oct Blockbuster The Musical. 11-14 Sent-Warren House-

Kingston--020 8547 1777-Open Day with tours of the house. www.heritageopendays.org.uk

Sept-Sanderstead Whyteleafe Wood---020 8726 6900-Wildlife Watch at Night special night time wander over the fields to meet the creatures of the night, badgers, deer, fox & hopefully bats, 2 hr event, need to book, 07771 715 812, www. croydon.gov.uk

12-13 Sept-Hillcroft College-Tours of this Victorian mansion house built in the 1860's, to book 020 8399 2688.

13 Sept-Museum of Farnham Wrap day displaying results of this year's dig plus talks from experts about the archaeology of the Farnham region, www. findingfarnham.com

Sept -Painshill Park-Portsmouth Road, Cobham--01932 868113-Bat Walk an introduction to bats then walk around the lake where you will be able to watch them & listen to them with bat detectors, 8+yrs.,

www.painshill.co.uk 13 Sept-County Hall-Kingston

--Heritage Open Day, www. heritageopendays.org.uk Sept -Arnhem Gallery Fairfield--020 8688 9291-Hey Presto family show, 3 Oct American Superslam Wrestling, for all the family, www.farifield.

co uk Lewis discover the chalk & flint vaulted cellar built c.1350 and the remains of a medieval bridge c 1170 in the basement of John Lewis, 10-4 n.m. www.heritageopendays.org.uk/

directory/john-lewis-kingston 14 Sept-Brooklands Museum --01932 857381-Cycle Festival with a scootathon for under 10's on display & in action will be Penny Farthing & other historic bicycles, C5s from C5 Alive, Raleigh Choppers, the Elmbridge Borough Cycle Team & the Hillingdon Slinstreamers plus lots more, 27 Sept Aviation Day with a kerosene fuelled day of aviation antics & activities.

14 Sept-Lovekyn Chapel ---www.kingstonfirst.co.uk Onen Day Medieval chantry chanel & thought to be the only surviving FREE-standing chantry chapel in the country.

19 Sept -South Norwood Lake---020 8726 6900-Last chance of this season to get up close & personal to the bats at

Hall-St Mark's Hill Surbiton ...Mum2mummarket childrens

nearly new sale. 2-4n m. Sept-Chipstead Valley Primary School----Carboot Sale with refreshments open to sellers from 8 a.m, www.

chipstead.valley.com. Sept -Polesden Lacey-Dorking--01372 452048-Hospice 2 Hospice bike ride to include a 30,60 & 80 mile route passing through Bushy Park Newlands Corner & Box Hill a very similar route to Ride

100 & the Olympic Road Race. included in registration a FREE bike check, event T shirt, fully signed & marshalled route, cold refreshments, mechanical & recovery support en route, more info visit the Hospice 2 hospice bike ride website

21 Sept-The Sands Recreation Ground-The Sands Farnham--01252782021-The Farnham Pilgrim Marathon & Half-Marathon a must do race for serious runners, www.

farnhampilgrim org uk Sept -Happy Valley & Farthing Downs-Coulsdon-020 8726 6900-Nature Trail a chance to explore the Happy Valley section of this scenic & varied trail, accompanied by the Countryside Warden, 1 1/2-2hrs,

www.croydon.gov.uk Sept -New Victoria Theatre Woking---01483 545900-Northern Ballet Three Little Pigs child friendly performance will last approx 25

mins, tickets 0844 871 7645. 24-28 Sept-Polka Theatre-240 The Broadway-Wimbledon-020 8543 4888-Sparkle interactive nerformance & play session for babies, toddlers & young children, 6mths-4yrs. 24 Sep 12 Oct We're Going on a Bear

Hunt, 3-7yrs, www.polkatheatre. com Sept-South Norwood Country Park---020 8726 6900-Celebrate & discover Crovdon's Parks & Open Spaces with a family picnic, watch the demonstrations & take part in a variety of exciting activities, including bush craft & forest school taster sessions, storytelling, archery, green woodworking demonstrations & more limited car parking space

www.biodiverstity@croydon gov.uk Oct-Littleheath Woods---020 8726 6900-Night Time wander through Littleheath Woods, see if you can snot a hadger or find hats hunting in the night sky.

meet at the woodland entrance

at 7p.m for 1 1/2 hr family event in London Page 10

Back to School

St Lawrence College

St Lawrence College in Ramsgate is a thriving independent co-educational school for children aged 3 to 18 years. Why not go along to an Open Day and find out more about what the school can offer your child?

Nursery: Offering flexible attendance and an optional extended day, Nursery pupils are overseen by wellnualified, experienced staff. Enhanced afternoon sessions provide additional learning opportunities.

Junior School: Children flourish in the secure and

positive atmosphere and are given every opportunity to fulfil their notential A wide range of experiences are provided both inside and

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www. parents-news.co.uk

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Senior School: The school has a long record of providing an excellent academic education within a supportive community but is also modern in its outlook and very well suited to preparing pupils for a rapidly changing world.

Call to book a place:

Friday 3 October: Nursery & Junior School Open Day

01843 572912 Saturday 4 October: Senior School Open Day 01843 572931

www.slcuk.com





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OCTOBER 2014 OPEN DAYS

Nursery & Junior School (3-11yrs): Friday 3 October 10.00am - 12 noon & 1.30 pm - 3.00pm

Senior School (11-18yrs): Saturday 4 October 10.45am - 2.00pm

Nursery & Junior School T: 01843 572912 Senior School

E: isadmissions@slcuk.com E: admissions@slcuk.com St Lawrence College, College Road, Ramsgate, Kent CT11 7AE www.slcuk.com

Day Trips

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 Ouest log flume ride, plus a new themed restaurant plus lots more

Throughout Sept Bodiam Castle-Robertsbridge--01580 830196-Harvest season and Michaelmas traditions with wakes, revels & hopping. 27-28 Sept Mop Fair an annual hiring fair in medieval England with

medieval jobs on offer. 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. Until 14 Sept-Spinnaker Tower-Portsmouth--02392 857520-Super Saver family ticket on offer of a family visit 20% saving on standard prices. www.spinnakertower.co.uk

14 Sept-Devil's Dyke-West 857712-Sussex--01273 Seddlescombe Farm Heritage Open Day a rare chance to discover this historic downland farm, FREE

20 Sent-Bateman's-Burwash-01435 882302-Summer garden tours & tea.

20 Sept -Alfriston Clergy House-Polegate 01323 870001 Bramble-berry ramble circular 2 mile walk in Cuckmere Valley, returning for tea & scones. 28 Sept Apple & Orchard day, see woodcrafts &

speak to an apple expert. 4-5 Oct-West Dean Gardens Chichester 01243 811301 Grow! Cook! Eat cookery event with demonstrations throughout the weekend by celebrity chef plus The Big Allotment Challenge with Thane Prince preparing jams & preserves & sharing tips on how to get the best form your own garden harvest. For children there will be hands on workshops including making a musical instrument out of fresh vegetables & workshops on how to make a Pirate Ship. food market over 50 stalls plus lots

more, www.westdean.org.uk

chiropractor, commer "Making sure your child doesn't suffer from back or neck pain this autumn term can be as simple as checking they aren't carrying around heavy items with them unnecessarily and that they carry their school hag correctly

September 2014

Back to School Back to Back Pain

The British Chiropractic Association encourages parents to think about children's back health this autumn

The British Chiropractic Association (BCA) is urging parents to think about their children's posture as part of the preparation for the new school term. Whilst stationary and school books are important, it's how your child carries them that can have the most impact on their health

According to new research from the BCA, over a third (33%) of parents say that their child has suffered from back or neck pain in the past and, whilst back pain can be caused by a number of differen factors, overloaded school bags are a common trigger.

Despite most people knowing that a rucksack is the best type of bag to use to promote a more healthy posture, nearly a third (31%) of children carry a one-strapped bag which can cause a number of problems due to the weight being loaded to just one shoulder

When parents were questioned

about what their children usually carry in their school bags, the most common items included books (87%) lunchbox (59%), sports gear. including trainers (43%) and mobile phones (32%). Collectively, these items can become a heavy weight and, if carried incorrectly, that weight can cause aches and pains. With 16% of parents admitting to never checking their child's school bag, the BCA is calling for more parents to keep an eye on what their children carry around with them on a daily

Tim Hutchful BCA

"I see an increasing number of young people complaining of back or neck pain and often it's due to the weighty bags they carry. As youngsters have more belongings than ever before. like mobile phones and tablets. there's a tendency for them to overfill their bags but, by doing these two basic things, you could be beloing them avoid

Keep it light - make sure your child is not carrying any unnecessary excess weight - check that all the items in their bags are essential for the day's activity.

painful back problems".

Check it out - make sure you know what your child is taking to school with them every day as they may be carrying heavy items with them unnecessarily.

Choose the right bag - a rucksack is the best option as long as it is carried over both shoulders and the strans are adjusted so that the bag is held close to the back and weight is evenly distributed. If your child has a one-strapped bag, make sure they carry it across the body and alternate which shoulder they carry it on.

Footwear is key -Make sure your child has good footwear; soft-soled shoes that are supportive and have a good grin will make it easier for the child to carry a school bag.

The BCA recommends that if your child or teenager is experiencing pain for more than a few days then you should seek professional help. as an undiagnosed problem could lead to longer-term damage if left untreated. To watch a video of the exercises your child can do visit:

www.chiropractic-uk.co. uk/straightenup To find your local chiropractor

www.chiropractic-uk.co.uk.

PARENTS NEWS On-line

parents-news.co.uk



September 2014

The Majority of Youngsters Still Can't Wait to get Back to School

A survey over the summer holidays from Smiggle, one of the LIK's holdest and brightest children's stationery manufacturers, has revealed that far from dreading their first day back in the classroom youngsters actually can't wait. Of a total of 150 parents questioned, 66% (99) revealed that their child or children are itching to get back into their uniform, despite their virtuous efforts to keep them occupied for six weeks

2/3 of primary school parents admitted that the prospect of seeing classroom friends, coupled with a new pencil case was too compelling for their little boy or girl (aged four to

Of those parents who admitted that their children were hankering after the classroom 87% (130) said seeing fellow friends was the main reason

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New Malden/Raynes Park

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www.surreyrugby.com/girl

for wanting to return, with the prospect of a shiny pencil case almost as compelling. with 80%(120) citing this as a secondary factor.

Virtually all parents questioned (93%) said that they would be purchasing a brand new pencil case and rucksack for the new school year, in an attempt to 'set the tone' and encourage learning. And 76% of parents said that

their child had a favourite pencil, pen and rubber, which they would not want to do their homework without. Smiggle's marketing manager Emma Fulford said: "As a

children's stationery retailer, we were keen to find out how children are feeling at this time of year, but even we didn't think they'd be quite so keen to go back to school! For information about Smiggle

www.smiggle.co.uk

Every part of the jigsaw counts Jigsaw recognises children

have different qualities to be nurtured and developed in a safe environment with fun and friendship at the forefront. With a high volume of talent shows on TV it is often assumed that performing arts is associated with a thirst for fame and stardom. Of course there are many children they teach that are destined for stage success. However, the skills that we develop at Jigsaw are much more centred on confidence, self expression and individuality. They pride themselves on running small classes with top quality performing arts teachers who have the patience to cater for and inspire every single child. They plan to instil into children the belief that they can achieve their goals, whatever they are,

020 8447 4530 www.jigsaw-arts.co.uk

Back to School College of Optometrists

Francesca Marchetti member of the College of Optometrists, comments:"We know it can be a really busy time getting children ready to go back to school, but it's important that parents remain vigilant and are aware of even small changes in their children's eve health.

Children won't necessarily say 'I can't see that' or know what is normal when it comes to their vision. Ontometrists can play a significant role in detecting and recognising conditions that may affect a child's sight by ensuring children receive the appropriate vision tests early enough to make effective treatment, if needed, possible.

sight tests at schools and there's an expectation that it will be the same for their

Jigsaw Performing Arts Schools

DRAMA

SINGING

DANCE

BOOK

TEL: 020 8447 4530

WEB: www.jigsaw-arts.co.uk

with CAFOD and children However sight tests SockShop are very rarely carried out in schools today, and screening Aid and development agency should not be confused with a CAFOD is highlighting an full eye examination. Problems ethical way for parents to with vision can hinder a child's use the traditional 'back to development which is why we

Many parents used to have

encourage parents to remain vigilant to any changes and to book an appointment with their optometrist if they notice anything that concerns them If you are worried your child might have a problem with their eves then they are never too young to have them examined. It's essential that any problems are picked up at an early stage when they are more likely to be treated effectively." Examples of vision hindering a

child's development: Being short-sighted might prevent the child from reading the whiteboard correctly If a child is colour-defective, they won't be able to see colours correctly which could mean they have trouble using colours, for example, in art lessons they may use the wrong colour for the sky or grass Having a lazy eye (an eye with reduced vision) or being long-sighted can cause the child to have poor hand-eye coordination - this can be problematic in sports lessons . If a child has a lazv eve it can often affect the child's 3D vision which can again affect hand-eye coordination If a child is long-sighted they might struggle with work at close range such as handwriting, reading and concentrating on small print and tasks requiring close focu - in some cases the child's inability to read something has led to a misunderstanding of

school' shopping rush to help communities in developing countries - by buying socks for their children that will help support the agency's work. A partnership CAFOD and Sockshop will see the online sock retailer donate 10% of all online sales to CAFOD as part of their ongoing support of the charity's work. Anna Cronin-Nowakowska CAFOD's Corporate Partnership Manager, said: ... Our partnership with SockShop makes a real difference to the work that we do - fighting to eradicate global poverty and ensuring that all people, no matter where they are from or who they are, can live with dignity." SockShop sells a superb

Back to School

To take advantage of the CAFOD-SockShop partnership and donate to CAFOD, go

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end to poverty.

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the child's intelligence



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enter 'CAFOD' into the gift basket page, and click on the validate button. To find out more about CAFOD's work please go to

Ongoing-Royal Academy of Arts---020 7300 8000 www. royalacademy.org.uk policy all children under 12yrs of age will have FREE entry to all exhibitions

Sent-Peter Throughout Harrison Planetarium---020 8858 4422-Back to the Moon for Good 5+vrs. The Sky tonight Solar System, Galaxy, Universe, 5+vrs. Every Mon. Tues & Wed in Sept Meet the Neighbours, 5+vrs Every Weekend in Sent Space Safari, under 7's, www. rmg.co.uk/visit.

Every Sun. National Gallery. 7747 2885-Family workshops for families bringing paintings alive & listening to carpet, plus FREE family trail, www.nationalgallery.org.uk

Every Sun-Hildreth Street Market-Balham SW12---Street Market with fresh food traders sourced from all over London. Every Mon & Thurs -Holy Trinity Church -Brook Green --07710 023743-Singing & Songwriting sessions for 6-11

Every 2nd Sat of month-National Geographic Store-83-97 Regent Street-020 7025 6960-Animal Man comes face to face with slithering snakes, slimy insects & smelly skunks. Meet a wide variety of animals to include owls, lizards, tortoises armadillos meerkats & lots more, hands on activities are led by AnimalMan Nick Spellman for all ages.

Street Sat-Venn --020 7622 8259-Offering fine

family as well as Christmas trees & floral decorations, Christmas trees will be available.

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

Museum-London Road Forest Hill---Object handling themed sessions for families, 6 Sept Hands on Flight, 13 Sept Hands on Animals, 27 Sept BSL from families 3+yrs, FREE. Every Sat Art Makers have fun with different art techniques to create something fabulous, 6 Sept Hanging Bat Models, 13,20 Sept Owl pencil Holders (transform a owl to hold your pencils), 27

simple paper cup nto a feathery Sent 4 Oct Angler Fish Masks. turn vourself into an Angler Fish. families 3+yrs, adults FREE. very Sun A World of Stories storytelling, families, 5+yrs, FREE Every Sun Discovery for All explore thousands of real objects from around the world with the museum's Explainers,

all ages & adults, FREE. Every except 23 Sept Bus Bees lively sessions for under 5's & parents & carers with creative lay. stories & songs or simple art & craft. 30 Sept Hear it Live! An informal music session. FREE. 30 Sept Hear it Live Harnsichord FREE Every Sat Farmers Market FREE entry Oct Revisiting Romania Weekend celebrating Romanian art, music, film & food including concerts by a brass band, craft demonstrations, storytelling,

www.horniman.ac.uk Every Sat 2-4pm & after school on Tue & Thurs-South London Gallery---020 7703 foods & fresh produce plus a 6120 -The Shop of Possibilities variety of handmade crafts will for children & families living social experience of sculpture backpacks filled with explorer's

food stalls & more FREE

Elmington, Wyndham & Comber, & Sceaux Gardens are invited to play at after school & weekend workshops in this recently renovated former retail outlet on the Sceaux Gardens

> housing estate. veekend-London Transport Museum--Covent Garden =020 7379 6344-The Family Station choose some FREE activities to do as you explore the museum, families all Ongoing Family Station All Year Round activities for

families, 3-12vrs. Every weekend-Tate Modern-Bankside--020 7887 8008-Open Studio play & create with ideas & materials from artworks in the collection displays for all ages. Daily Family resources with paper based activities for families all ages, FREE, Daily Children's Multimedia Guide keeps children entertained & animates art works through music video clins & entertaining games, 5+vrs, Daily Under 5's Zone a new play space for families FREE weekend Start Sessions with games, map making & clue matching, 5+yrs, FREE.

Every weekend-Rich Mix-Bethnal Green--020 7613 7498-Kids' Cine Time family films. weekend-Temple --020 7222 1234-Harry Potter Locations Tour, 2 1/2 hrs. weekend-Greenwich Clocktower Greenwich High Road---

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

Every weekend-Tate Britain-Millbank London--020 7887 8888-Liminal invites visitors into a physical, material & FREE. Daily Family Explorer be available throughout Dec on five neighbouring estates, through touch, interaction & tools, drawing materials &

collaboration, all ages, FREE. Every weekend Art Trolley sessions encourages children to imagine & create collages & lots more FREE Every Weekeng Children's Multimedia Guide fun & interactive a sensory experience for all the family to enjoy, 5+vrs. Daily Family Resources provides questions & activities which encourage children & families to explore art works, FREE. Daily Family Trails under 5's FREE

The Royal Observatory-Greenwich =020 8858 4422= Every weekend throughout September, Meet the Time Travellers, 7+vrs, Until 4 Jan Longitude Punk'd celebrates the creation of wacky inventors, all ages, www.rmg.co.uk/visit Until 6 Sept-New London Theatre -Drury Lane--0844 412 4600-The Elephantom about a little girl who is unexpectedly visited by a giant blue ghost elephant, 3+vrs daytime performances at 10,11.30a.m & 2.30p.m.

Until 7 Sept -Natural History Museum-Cromwell Road--020 7942 5000-Mammoths: Ice Age Giants exhibitions, www.nhm. ac.uk/mammoths .Until 14 Sen Sensational Butterflies family friendly exhibition allows you to wonder through a tropical enclosure, discovering the science behind these delicate creatures & their amazing life cycles as they evolve from crawling caterpillars into beautiful butterflies, www.nhm. ac.uk/sensationalbutterflies Until 28 Sept Britian: One Million Vears of the Human Story exhibition, www.nhm. ac.uk/britainmillionyears, Daily Who Do You Think You Really Are state of the art interactive

photographs & film footage, www.royalcollection.org.uk www.nhm.ac.uk/film -River Thame Greenwich ---- Royal Greenwich Tall Ships Regatta 2014. up to 50 ships will gather in Greenwich for 4 days of festivities, www. royalgreenwich.gov.uk/

> <u>tallshops</u> 6-7 Sent -Cutty Sark ---020 8858 7755-Family fun weekend, Tiny Tall Ships Festival make your very own tiny tall ship, all ages. Until 30 Sept Doctor Geof's Fantastical Steampunk Tea Museum drink tea love 2+vrs tea, sample Doctor Geof's tea. all ages. Every weekend in Sept Cutty Sark characters, stories brought to life by characters from the ships past, 3+yrs, www.rmg.co.uk/cuttvsark

6-7 Sept -HMS Belfast-Tooley Street--020 7940 6320 020 7403 0719(f)-Totally Thames, Cracking codes with drop in family activity sessions where you can intercept messages. man hazards & even make un your own code. You'll also learn about the skills intelligence officers had to have as well as some of the dangers that surrounded HMS Belfast Until 31 Dec D-Day Family Trail Ongoing HMS Belfast Private Tours with exclusive behind the Sept Digital Design Weekend, robotics, inventive electronics,

September 2014

a number of themed events.

talks & workshops 20-2

September 2014

B 000

barrier access, discover some

of the quirky sailors' stories

of living & working on board

including the time a reindeer

joined the crew! www.iwm.org.

6,13,20,27 Sept -National

Greenwich-020 8312 6565

Explore Saturdays meet a

character from the past & take

part in an exciting performance.

6+yrs, FREE, 7,14,21,28 Sept

Discover Sundays, explore your

personal connections to the sea.

all ages FREE 9 16 23 30

Sent Play Tuesdays with music

dance & drama, families, under

8-13 Sept -Peacock Theatre-

Portugal Street off Kingsway-

-0870 737 0337-British Youth

Opera. The Little Green

11 Sept-The Scoop at More

020 7403 4866-The Croods

animated comedy adventure

4+vrs FREE 24 Sent The

11-13 Sept-Unicorn Theatre

for Children-147 Tooley

Street--020 7645 0560-Tales

from MP3 with live music heat

boxing & projection new play

for 13+yrs. 18 Sept-12 Oct The

Secret Life of Suitcases, 20-28

Sept Something Very Far Away

13 Sept-Hyde Park ---020

7306 8056-BBC Proms in the

Park with a wide ranging line

sonrano Pumeza Matshikiza

Rufus Wainwright & Earth

Church Hall---0794 3327312-

Jumble Sale 11-1 p.m, all

proceeds go toward the upkeep

Vittorio Grigolos.

Sept-Dulwich Grove

up of top act to include

Tenor

Wind & Fire.

of Dulwich Church.

8+yrs. Until 2 Nov See Saw

Lego Movie, 4+yrs, FREE.

Swallow, Tel: 08444 124322.

London -South

5's, www.rmg.co.uk/visit.

Museum-

PARENTS NEWS

This infomation also

ON-LINE

www.parents-news.co.uk

Other features too!

Twitter: @parentsnewsuk

Maritime

ist teacher

fun activities to help children

make exciting discoveries in

the galleries, www.nhm.ac.uk/

education, under 7's FREE, 20

Sept Dino Snores for 7-11yrs,

www.nhm.ac.uk/dino-snores.

hundreds of real natural history

specimens, from a shark's jaw

to a meteorite as old as Earth in

their hands-on science centre.

Until 28 Sept-Buckingham

Palace The State Rooms-

Buckingham Palace Road --020

7766 7300-Royal childhood

special exhibition spanning

more than 250 years bringing

together objects form the Royal

Collection, the Royal Archives

& the private collections of

members of the Royal Family

as well as previously unseen

families 7+yrs, FREE.

ly Investigate Centre explore

workshops, demonstrations & family activities, FREE, drop in. Every Sat in Sept Pop Up Performances with children interactive performance plus costume & drama workshops costume in the 1980's music scene, FREE, drop in for all the family. Every Sun Drop in Design create a 3D sculpture with wire FREE, drop in, 5+yrs. Daily Back Packs families activity back pack filled with jigsaws, stories & games to explore the collection, 4-11vrs,

www.vam.ac.uk 14 Sept-Kensington Hall-Hornton Street--01273 697974-Hugglets Teddies with 170 exhibitors selling new & antique bears plus a teddy bear hospital, www.hugglets.co.uk 14 Sept-Greenwich Park---020 7239 3164-Run to the Beat help to raise funds for Great Ormond Street Hospital, 13.1 miles, www.gosh.org/gen/events-andappeals/run/half-marathon/run-

to-the-beat/ 0 Sept -Hyde Park ---- Mouth Cancer 10K Awareness Walk, the start & finish area is at the Bandstand, FREE to enter, start 1 p.m, www.mouthcancerwalk.

Call before you go and please mention PARENTS NEWS

Sept-Museum Childhood-Bethnal Green--020 8983 5200-Play with Design a workshop to design a game & watch a 3D printer create well known games characters FREE, drop in suitable for all the family. 28 Sept Join the Big Draw Party with special guests, Jacqueline Wilson & illustrator Nick Sharratt, FREE, drop in for all the family, www. vam.ac.uk/moc. Until 12 Nov Daydreams & Diaries, the story of Jacqueline Wilson

20-21 Sept-Benjamin Franklin House-36 Craven Street--020 7839 2008-Open House with half hourly guided tours, FREE, www.benjaminfranklinhouse. org.

20-21 Sept -Old Royal Naval College---01494 764932-Open House with areas not usually open to the public with a FREE talk or tour, 10-4.30 p.m.

20-21 Sept -London Open House Weekend----You can visit more than 800 buildings including the View from the Shard plus also the chance to learn more about the city's edifices and landscapes with architecture-themed walks, cycle rides & debates, www.openhouselondon.org.uk 20-21 Sept -Imperial War Museum-Lambeth Road- -

020 7416 5439-Peace weekend

Dyzlexia

East Kent Support

of come & fold an origami paper crane to commemorate World Peace Day & join a creative drop in discussion for young people of all ages FREE. Oct Introduction to the Holocaust session 14+vrs. very Sun Object Conservations family object handling sessions Ongoing A Family in Wartime exhibition FREE. www.iwm.

> 21 Sept-Geffrye Museum-Kingsland Rd--020 7739 9893-Brilliant Bunting create ceramic inspired bunting to hang in your home, FREE drop in session, www.geffrye-museum.org.uk. Every weekend & school hols Geffrye explorers with FREE activity backpacks, audio guides, feely box, quizzes &

23-27 Sent -The Pheasantry. Pizza Express Jazz Club -Kings Road --- Jazz FM hosts Junior Latin jam, get kids excited about music a fun family afternoon of pizza & percussion for kids with all sorts of percussion instruments & try out dancing to these fun & fascinating rhythms, FREE entry to the Jam for under 5's, to book www.pizzaexpresslive. co.uk, 12-2.30 p.m

27 Sept -London Trekathon--01722 718444-Walk 26 miles in a day, walking west from the

Olympic Park passing famous sights including Buckingham Palace, Big Ben, London Eye passing through parks & waterways & finishing on the Thames at Greenwich by the Cutty Sark. 01722 718444 www.discoveradventure.com/ challenge.

Kensington Olympia West Halls-Hammersmith Road---Vegfest UK with health food cookery demos, entertainment for children & rows &rows of exhibitors offering plant based version of almost anything you can think of to include meat FREE chicken & steak. fish FREE smoked salmon & tuna, vegan desserts, healthy breakfast ideas & lots more entrance under 16's FREE www.londonfest.co.uk

Sept-Lammas Park Park-Ealing--0113 210 8800-Ealing Half Marathon a mass participation race starting & finishing in the park, start 9.15 www.epilepsy.org.uk/ ealing, Tel: 0113 210 8797. 2-4 Oct -Barbican Theatre

-Silk Street --020 7638 8891 www.lso.co.uk -Boy Blue Entertainment The Five & the Prophecy of Prana, 7+yrs www.

parents-news.co.uk

Meningitis Now is issuing a warning as back

at school and September sees the start of the meningitis neak season, so the charity is urging parents, students and teachers to be vigilant to the signs and symptoms and download its free phone app or request a symptoms card.

Children under 5 are most 'at risk', teenagers and students are the second most 'at risk' group (aged 15 - 23 years). 10% of the population carry the bacteria which can cause meningitis and senticaemia (blood poisoning), but about 25% for students. Every year about 3,200 cases of bacterial meningitis and senticaemia are reported in the UK - leaving 10% of victims dead and 15% of those who survive with severe after-effects such as brain damage, hearing and sight loss and where senticaemia has occurred, limb loss and scarring. It is a disease that can kill within hours, so quick action are vital. Symptoms can include fever with cold hands and feet vomiting, headache, stiff neck dislike of bright light, joint or muscle pain, pale blotchy skin, drowsiness and confusion. and in babies, a dislike of being handled, an unusual cry rapid breathing and bulging fontanelle. Symptoms can appear in any order and some may not appear at all. Advice from Meningitis Now is not to wait for a rash.

the symptom 0808 80 10 388 www.meningitisnow.org Classified £1 per word inc vat min 10 words Bo £40.00 inc vat +£5 for colour. Cheque payable 0 The Manor Drive, Worcester Park urrey, KT4 7LG Tel: 020 8337 6337

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These include: the hyperactive

subtype, and the most common

which is the combined subtype

with sufferers displaying the

majority of ADHD symptoms

Associated with a range of

learning, social, emotional

and behavioural difficulties

the effects of unrecognised

ADHD can be disastrous for

undiagnosed individuals and

their families. Treatment with

stimulant medication such

as methylphenidate (MPH)

common approaches to the

remains one of the most

management of ADHD

However, in recent years,

concerns have been raised as

to the risk of potential adverse

effects of MPH. These include

growth inhibition Despite this

during the last six years, there

has been a 50 per cent increase

depression skin rashes and

impulsive subtype, inattentive

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DARENTS NEWS UP

Distributed 6 Oct 14 Publishers & Editors: Fergus & Penny McCarthy Distribution up to 60,000 South West London & Surrey; 78,000 Kent; 54,000 London South East-Surrey & West Kent. Distributed through schools, nurseries libraries, leisure centres, restaurants, advertisers, play schemes and events.

Equazen eve q

A specific omega-3 and 6 supplement - Equazen eve q can help reduce symptoms of Attention Deficit Hyperactivity Disorder (ADHD) in children according to a new study. Equazen eve q when taken in combination with ADHD medication can also reduce the dosage of medication required so reducing the side effects.1 Commenting on this new study regarding Equazen eye q, Dr Carrie Ruxton, an independent dietitian notes: "The benefits of this specific omega-3 and omega-6 supplement in dose of MPH while reducing the side effects of MPH is really good news." "Given the findings were based solely on the specific Equazen eve a formulation this latest research data should not be translated to other omega-3 and omega-6 preparations Further studies are now required.

> in UK prescriptions for ADHD medication prompting some experts to question whether there is an over reliance on medication to treat the condition. 7 Furthermore, experts believe there is a link between a deficiency of long-chain nolyunsaturated fatty acids (PUFAs) (eg. EPA and DHA)

brain which control attention impulses and concentration and is characterised by three main types of ADHD traits.

ADHD - facts and stats: Parents should always speak to their family doctor before giving supplements particularly if medication is being prescribed

ADHD is a common and impairing behavioural condition affecting 5-7% of school-aged children with a higher prevalence in boys. This condition affects parts of the

and the development of ADHI

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email surgery@bushyparkvets.com or visit www.bushyparkvets.com





13-21 Sept-Design Museum-Shad Thames--0870 833 9955 London Design Festival, www. londondesignfestival.com 13-21 Sent -Victoria & Albert

Museum-Cromwell Road--020 7942 2000 www.vam.ac.uk London Design Festival with

Registered Charity number 1119669 Film Night



The Big Picture, Rethinking Dyslexia

Robert Redford's grandson, Dylan could barely read or write at ten. This is his story and features other well known figures like Sir Richard Branson who overcame their difficulties to achieve success.

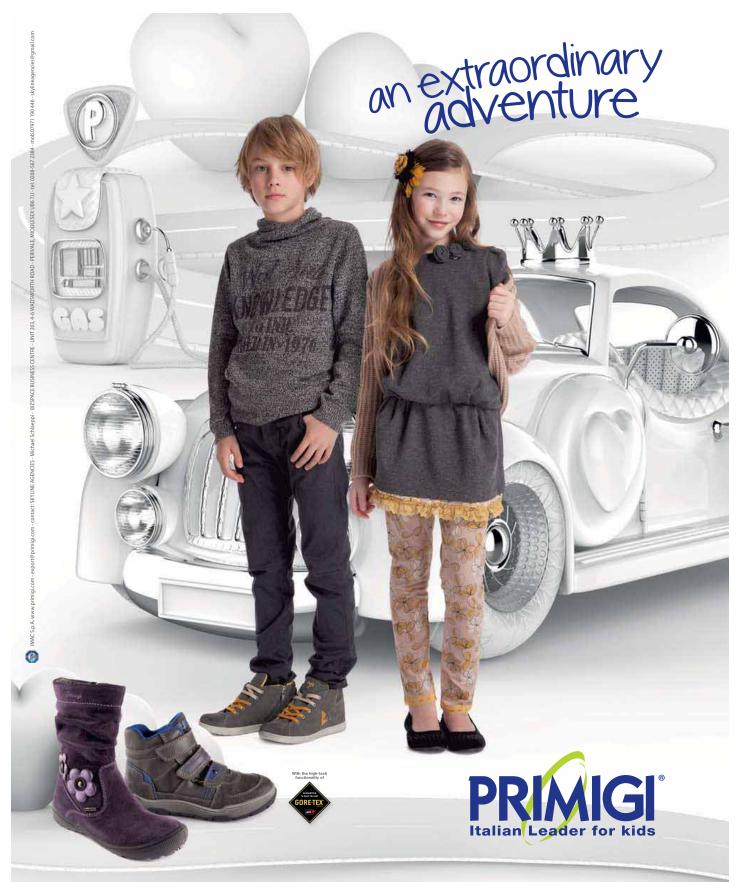
> Date: 8th October, 2014 Time: 8.00 - 9.15pm

Venue: The Spires Academy, Bredlands Lane, Westbere. Canterbury, CT2 OHD

Members Free, Non-Members; suggested donation, £3

For more information phone 0845 0038 979

Email: dyslexiaeastkent@gmail.com Website www.dyslexia-east-kent.org



For more than 30 years, Primigi has been the brand of choice for Italian mothers, making footwear for children aged 0 to 14 years. Primigi shoes are unique for their quality, style and attention to detail and are made with the exclusive Primigi System, for maximum wellbeing in every situation. You can also choose from models made with the GORE-TEX® membrane, to guarantee your child breathable and waterproof wear in any weather condition. Because every child is unique, and Primigi knows it.