

PARENTS NEWS

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What's On in February & Half-Term



London Wetlands Centre
www.wwt.org.uk

www.southbankcentre.co.uk/imagine
Photo by Brian Slater

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Three Editions in South-East England



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KENT

What are your options for screening for Down Syndrome during pregnancy?

by Dr Elisabeth Peregrine, consultant obstetrician at **richmond practice**

Down syndrome is the most common chromosomal abnormality and there are several options on how to screen for it during pregnancy. **Combined Screening**, the most frequently used test, detects around 85% of Down syndrome. It involves a scan and blood test at 11-13 weeks, giving you a risk of Down syndrome (e.g. 1 in 1000). It carries no risk to the pregnancy, but cannot give you a definite 'yes' or 'no' answer. A new screening test: **Free Fetal DNA** testing is now available. It involves taking blood from you from 10 weeks onwards and can detect >99% of Down syndrome. There are several different tests available (e.g. the *Harmony* test) but none are currently available on the *NHS*. They are only available in private clinics at a cost of around £500. The test cannot give you a definite answer but carries no risk to

the pregnancy. Amniocentesis and CVS (Chorionic Villus Sampling) are diagnostic tests, which can give you a definite answer as to whether your baby has Down syndrome or another chromosomal abnormality. However, these tests both involve putting a needle into the womb and therefore carry a risk of miscarriage of around 1 in 100 (1%). CVS can be done from 11 weeks and involves taking a biopsy of the placenta and amniocentesis can be done from 15 weeks and involves taking some fluid from around the baby. Usually these 'diagnostic' tests are only done if you are considered high risk of having a baby with Down syndrome. **Consult your doctor:** - if you are pregnant and want to know more about your options in screening for Down syndrome - if you have had a test which

gives you a high risk of Down syndrome and are considering having a 'diagnostic' test - if you unsure what would be the best test for you

richmond practice provides private pregnancy care and baby scan services by a multi-disciplinary team of specialists, tailored to your needs. The consultant gynaecologists and obstetricians offer continuity of care and the patients are assisted in a comfortable and caring environment. To book an appointment **020 8940 5009** www.richmondpractice.co.uk

Dr Elisabeth Peregrine was trained in London in Obstetrics and Gynaecology and worked at two large teaching Hospitals. She is a subspecialist in fetal and maternal medicine and a Consultant in Obstetrics and Fetal Medicine at *Kingston Hospital*.



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Get Out of the House and into the Capital's Best Venues for Afternoon Tea this Half Term

February half term London's top venues are offering dedicated afternoon teas for children – so you can have your cake and eat it too, without breaking the bank. From *Magic Milkshakes* to a *Jelly Wonderland*, sightseeing Bus Tours to the *Queens of Heart's Strawberry Tarts*, venues across the capital are putting a playful twist on their afternoon tea offerings.

www.Afternoontea.co.uk is the online home of afternoon tea, is the place to find the perfect one, with over 200 family-friendly venues in London alone. Here are some of the highlights: Tumble down the Rabbit Hole to the Sanderson Hotel *Soho's Mad Hatter's Afternoon Tea*. Kids will love finding their menus hidden inside vintage books, while teapots adorned with kings and queens and sandwich plates featuring zebras, birdcages, carousels and ticking clocks will keep them entertained. That's before the *Jelly Wonderland* has arrived - a lavish cake trolley filled with delicious fruit jellies made in Victorian jelly moulds (from £38.00) **One Albyway**, Covent Garden offers a scrumdiddlyumptious way to spend the afternoon with their *Charlie & The Chocolate Factory Tea*,

where sweet treats include a golden egg filled with vanilla cheesecake and you can choose Smooth Caramel tea, made with caramel chunks and a hint of vanilla. Ideal for little ones with a sweet tooth. (from £34.50)

Radisson Blu Edwardian New Providence Wharf, Canary Wharf. Take everyone outside to watch the river from the hotel's outdoor waterside terrace before heading in to enjoy the *Queen of Hearts Afternoon Tea*. Featuring Alice's home made Liddell scones with the Cheshire Cat's clotted cream and Jabberwock Jelly. Big kids can also sip on the potent potion of Curiouser and Curiouser... (from £24.95) Savoury lovers will love **BRRCO, Soho's Afternoon Tea**, where kids can feast on finger-licking good butcher's cut & cheddar cheese sliders, southern fried chicken & coleslaw and Lobster & crayfish sliders, all washed down with a mini vanilla milkshake. (from £17.00) At Covent Garden's **Mercer Street Hotel**, the *Stupendous Afternoon Tea* is perfect for pre-show munching before taking your seats for *Matilda the Musical* - everyone can get stuck in around the chocolate fondue and discover the secret behind their Magic Milkshakes. (from £29.50)

The Berkeley, Knightsbridge offers mini fashionistas the chance to explore pastries through the world's finest designers, including an exquisite *Jimmy Choo* zebra print bag and extremely cute *Dolce and Gabbana* night owl. (from £45.00) Departing from Covent Garden, the **BB Bakery Bus** will take you past the sights of London, including *The London Eye*, *Big Ben* and *Buckingham Palace* on a vintage London double decker bus whilst you sample all the delights of a traditional afternoon tea. Not for under-5s, but fantastic for older kids who will love taking photos with their uniformed driver. (from £35.00) At **Grosvenor House**, Mayfair, little ones can enjoy their very treat with *Grover's Tea Time*, which includes a glass of Luscombe wild elderflower bubbly and their very own cuddly Grover to take home. (£14.00) And finally, all of the **Red Carnation Hotels** in London are offering *The 'Little Prince & Princess' menu*, which includes child-friendly sandwiches, freshly baked scones with Devonshire clotted cream, mini cheese cakes and macarons accompanied by a delicious hot chocolate drink. (£12.50) **www.Afternoontea.co.uk**

February 2015

Treat the kids to a history lesson for half-term

Langton School House is the wing of a handsome listed building, a former school, just a few minutes from the 1066 Abbey and Battle of Hastings site in the centre of the attractive old market town of Battle, East Sussex. Families can visit the battlefield and experience the combat through dramatic film, audio tours and interactive exhibits. Available over half-term from **Kent and Sussex Holiday Cottages 01580-720770** **www.kentandsussexcottages.co.uk** the house sleeps six and costs £330 for three nights and £440 for seven. The coast at Hastings and Rye is only six miles away.



Another other attractive family-friendly properties available for half-term is a beautifully restored old coach house, adjoining a traditional oast on the outskirts of the village of Biddenden in rural Kent. Furnished and decorated with great style and flair, **The Old Coach House** sleeps four and is warm and welcoming with a cosy wood-burner and pretty country kitchen. The picturesque village has a pub and a Michelin-starred restaurant, while nearby is *Tenterden* with its great shops, *Sissinghurst Castle and Gardens*. Rental is £296 for three nights and £395 for seven.

Brighton, England's lively 'city by the sea'. Half-term families can stay at **Cobblers Cottage**, a traditional Regency terraced home only 200 yards from the seafront and pier. This homely cottage sleeps three and costs £368 for three nights and £490 for the week. **Blue Notes**, virtually on the beach at Camber. The ground-floor apartment sleeps four and is only a few steps over the sand dunes from the famous seven-mile beach. A shop and pub are within a short walk, while the attractive old Cinque Port town of Rye is just up the road. Three nights over half-term is £379 and seven nights £505.

Eggs, Bugs & Rock n Roll WWT London Wetland Centre takes a light-hearted look at mating and dating

Love is in the air and nowhere more so than at **London Wetland Centre**. Come along to discover how birds, bugs and mammals attract a mate, their dating habits and what sort of partner they make. If you thought your partner was clingy until you hear about male puffer fish! And the Beatles aren't the only ones to make sweet music; discover how animals use melody to make themselves more attractive. **The Eggs, Bugs & Rock n Roll** show is a fun and fascinating look at how animals meet, mate and mind the kids. After all, birds do it, bees do it, even

educated fleas do it – so come along and find out how! The show is suitable for all ages over 8 years and runs daily at 14.30 from **Saturday 14 to Sunday 22 February, 2015**. And it's a good time of year to build a Love Nest. Come and decorate a bird box to give a good home to a young (feathered) couple or build a fish feeder from scrap, their own *Scrap Cheep Challenge!* **Eggs, Bugs & Rock n Roll** is free with paid admission to the Centre: reserve your tickets by emailing info.london@wwt.org.uk

Some charges apply for the craft activities. **WWT London Wetland Centre** is a 105 acre wetland visitor centre in Barnes, London, an international award-winning visitor attraction and a *Site of Special Scientific Interest (SSSI)*. It is home to a wide range of wildlife species including birds, water voles, bats and amphibians. Facilities include six wildlife hides, Water's Edge Café, Observatory, a gift shop, free car park, and adventure play areas for children. **020 8409 4400** www.wwt.org.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 through this is frequently denied.

Easily was treated by natural methods. No extractions. No 'Train Tracks'. No retainers.

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



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john.mew@virgin.net

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

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Defeat the evil Cyberwitch with real sonic screwdrivers! Disable Extremisians with the Doctor! Kids come onstage throughout!

7th December - 22nd February £7.50 (£6.50) £26 family

Puss in Boots

Interactive play for 2-6s Help Puss storm ogre's bouncy castle! 'Outstanding' FringeReview

20th Dec, 24th Jan, 28th Feb @4pm

Christmas Holiday Drama Workshops for 5-12s ES ***** British Theatre Guide

FORCE AWAKENS **CYBERMEN** **MARSH** **FROZEN** **THE GREAT ESCAPE** **THE GREAT ESCAPE** **THE GREAT ESCAPE**

Spotlites @ Kings Theatre, 338 High Street, Chatham ME4 4NR www.spotlites.co.uk 01634 829468

Reserve tickets NOW

WWT London Wetland Centre

Eggs, Bugs & Rock 'n' Roll Show

Saturday 14 - Sunday 22 February

Join us for a light-hearted look at dating and mating. For full details see www.wwt.org.uk/london WWT London Wetland Centre, Queen Elizabeth's Walk, Barnes SW13 9WT t 0208 409 4400 e info.london@wwt.org.uk

FEET DRY AND PROTECTED WITH PRIMIGI GORE-TEX

Mums, do you believe that the sudden changes of winter temperature can be a problem for your children? Nothing to worry about, you can also leave them free to play outside. *Primigi* together with *Gore-Tex* will protect and keep their feet dry.

PRIMIGI shoes with *GORE-TEX* deliver a special combination of total breathability and waterproofness, keeping feet dry and protected against the

cold and overheating with extraordinary health benefits. Thanks to the microscopic pores of the *GORE-TEX* membrane, rain and water are not able to penetrate while excess heat and sweat escape easily. The best technology depending on the situations:

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technical materials with lightweight soles.

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February 2015

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Curly Haired Mangalitzta Piglets

Feel Good Farm's very own *Sonia* the sow gave birth to nine rare breed Mangalitzta piglets in the picturesque setting of Ockley, set in the Surrey Hills. Nine healthy, curly haired piglets were born. Their beautiful blonde coats resembled that of their father, *Amadeus*. The piglets were born with striped coats, which will change to one colour as they get older. This was the second litter of Mangalitztas at *Feel Good Farm* and *Sonia* has proven to be a very good mother. As featured on *BBC Breakfast*, the Mangalitzta pigs bred at *Feel Good Farm* are renowned

as the 'sheep-pig'. They are of Hungarian origin and following reintroduction to the UK are now recognised as a *British Rare Breed*. There are only a handful of breeders in the UK specialising in this rare breed. All of the pigs are pedigree Mangalitztas and *British Pig Association* approved. *Feel Good Farm* is a small holding focussed on farming using ethical, free range, organic principles. The slow maturing pigs spend all their time outside snuffing the mud, preparing the ground for the crop and are weaned naturally. The small holding homes 28 rare breed Mangalitzta pigs, alpacas, goats and a variety of

chicken and duck breeds. Local to *Village Greens Farm* shop, Ockley, which has its sister shop at *Denbies Vineyard* in Dorking. They stock Mangalitzta products. The farm hosts educational and social open days and is developing and working towards a petting farm for parties and school visits. They attend many local events around the Surrey area in order to promote awareness of the breed as well as our small holding. This also contributes to 'keep it local' values and supports the local economy.

Want to see more go to www.wearfeelgoodfarm.com



The Historical Dockyard Chatham

2015 "Sailors' Academy" school holiday activities. 14th to 22nd February, children and grown-ups can go aboard the impressive Victorian Naval Sloop, *HMS Gannet* (1878) and "join" the *Sailors' Academy* to sharpen their nautical skills. They will learn how to tie knots and whistle commands; they can follow the 'ship's cat trail', learn flag signalling and advanced language, try out a hammock and find out about *HMS Gannet's* armaments. Whilst absent, they can explore her history through new display boards below deck. Activities are being held on deck as well as undercover in the Commander's Cabin and below decks. One of the *Sailors' Academy* crew will be demonstrating the hazards of cannon firing in No 3. Covered Slip. Certificates will be awarded to the "new recruits" each day! Fully fledged members of the *Sailors' Academy* can join the rest of the *Dockyard's* visitors and visit the brand new exhibition "HMS Victory: The Untold Story", *The Historic Dockyard Chatham's* first exhibition of the year, which commemorates the 250th anniversary of the launch of *HMS Victory* at Chatham and runs from 14 February – 31 May in No. 1 Smithery: The Gallery. *Sailors' Academy* activities

and *HMS Victory: The Untold Story* are both included in the normal dockyard annual admission ticket. Special discounts are available for - booked groups of 15 or more. More information on all *The Historic Dockyard's* galleries and attractions can be found at www.thedockyard.co.uk

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*Free trial only available for new customers who sign up at the above address. Not applicable to schools.

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HMS VICTORY: THE UNTOLD STORY 14 FEB - 31 MAY

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

27-31 Jan Orchard Theatre Dartford 01322 220000 Calamity Jane. 1 Feb Rumours of Fleetwood Mac. 2-7 Feb 25th Anniversary Tour Return to the Forbidden Planet. 8 Feb Milkshake party, party, live with lots of audience participation, fun for all the family. www.orchardtheatre.co.uk
30 Jan, 1, 7, 8 Feb Singleton Village Hall Ashford 01233 639427 Sleeping Beauty. www.dreamdragons.co.uk
Daily Larkfield Leisure Centre Aylesford 01622 713225 Soft play zone with 3 storeys of interactive play equipment for under 10's with wavy waterfall slide, crawl tubes, ball pool & ball cannons. **NEW** Kickstart a brand new all inclusive membership with unlimited access which offers a wide range of activities for under 10's with swimming, soft play, junior dance mat & target wall sessions, selected holiday programme activities, Saturday Fun Club plus pre-school bounce & adventure time sessions for 0-5yrs. **NEW** larger Fitness Studio to offer a wider range of classes including Zumba, Pilates, Body pump & circuits.
Daily Fishbourne Roman Palace Chichester 01243 789829 Guided tours, plus café & picnic area.
Daily Maidstone Leisure Centre 0845 1552277 Various times Junior Fitness, 12-15yrs learn how the body works, the benefits of a healthy lifestyle & participate in structured fitness sessions with a qualified fitness instructor. **Selected Sats** Wave Rave Pool Party sessions with inflatable, floats, games & the latest music. **Available** Birthday Parties for children leave all the planning & tidying up to the Centre.
Daily Wingham Wildlife Park Canterbury 01227 720836 Meet the animals including their hands on animal encounters plus children's play area.
Daily Druidstone Park and Woodland Honey Hill Bleas 01227 765168 Meet the friendly animals, follow the trail around the enchanted woodland & discover the sleeping dragon & other magical creatures or have fun in the adventure play area, a fun day out for all the family.
Daily Tides Leisure Centre Deal 01304 373399 Indoor tropical lagoon with waves & gusher, fun water features & giant slide Jacuzzi & toddler pool. **Every weekend** Family Splash.
New **Southbridge Swimming Pool** Lower Castle Field 01732 367449 Kickstart a brand new all inclusive membership with unlimited access which offers

a wide range of activities for under 10's. **Every Tues & Thurs** term time only parent & child fun swim.
Ongoing Run off your Feet FREE running sessions across Kent, women & men of all ages & abilities are putting on their trainers & jogging the streets & parks of Kent all part of a county wide campaign to get people running to feel fitter, healthier & happier. In Kent leaders have been trained to set up local running groups & they are keen to welcome new runners. Get your first running session **FREE** at your local group when you mention Parents News. All groups are led by qualified, enthusiastic friendly leaders. To find your local group visit www.kentsport.org/rungroups
07730 870696.
Every Sun Edenbridgel Leisure Centre Stangrave Park 01732 865665 Under 16's & families roller disco.
Ongoing on Mons Cuxton Library Rochester 01634 336209 Baby massage courses for babies 8wks & not yet crawling. **FREE**, to book **Tel: 01634 711391, 1st & 3rd Thurs of the month** Children's activities, Health visitor drop in clinic, meet your local health visitor plus a toy library will also be available after the session. 9.30-11am. **Tel: 01634 336209.**
Every Mon St Matthew's Church Hall Rochester 01634 843666 Baby Sensory classes for babies up to 16mths, activities to include bells, balls, bubbles, light shows & more. **Tel: 07813 632552.**
Every Mon Walderslade Hook Meadow Library Chatham 01634 861531 Baby bounce & rhyme time, 18mths & under. **FREE. Every Wed** Storytime fun sessions for pre-school children that include stories & rhymes.
Every Mon Gillingham Library 01634 337340 Storytime fun sessions for pre-school children with stories & rhymes. **FREE. Every Fri** Baby bounce & rhyme time, **FREE.**
Every Mon St Andrews Church Hall Broadstairs 01843 863480 Little Ted's Parent & Toddler group, term time only.
Every Mon St Andrew's Leisure Centre 01304 201145 Roller Disco, www.atlantis-entertainment.co.uk
Every Mon term time The Assembly Rooms West Wickham Kiddi Cardio toddler fitness 2-5yrs. www.kiddi cardio.com
Every Mon Strood Library 01634 335890 Toddler Shake & Boogie activity session

that offers rhymes, songs & movement for pre-school children. **FREE. Every Tues** Teatime Storytime after school, 3-8yrs, term time only. **Every Fri** Homework club with friendly staff on hand to help you with all your homework questions, 3.30-5pm.
Every Mon-Wed The Angel Centre Tonbridge 01732 359966 Kickstart members Pre-school bounce, **Every Sat** mom fun club 5-10yrs, **Every Wed & Fri** dance mat & target wall fitness.
Every Mon & Fri Rochester Library Eastgate 01634 337411 Baby bounce & rhyme time with finger & nursery rhymes, 18mths & under. **FREE. Every Sat** Pop in and Play sessions for parents & children, 10.30-11am. **FREE. 4th Fri of month** Advice & support - Health & lifestyle advice, drop-in, no need to book.
Every Tues Queens Road Baptist Church Victoria Gardens 01843 602792 Raindrops, parent & toddler group, termtime. **Every Thurs** 1st Parenting meet with other 1st time parents **Every Fri during term time** Friday Club.
Every Tues Grosvenor Park 07990 973313 Buggy Workout, exercise for mother & baby, power walking around the park utilising the benches & steps available, 10.30-11.30am.
Every Tues Chatham Library Gun Wharf Dock Road 01634 337799 Storytime for pre-schoolers. **FREE. Every Thurs until 31 Mar** Toddler shake & boogie fun packed activity session.
Every Tues Hoo Library Rochester 01634 250640 Storytime fun sessions for pre-school children with stories & rhymes. **FREE.**
Every Tues Rainham Library Rainham 01634 337799 Storytime fun sessions for pre-school children that include stories & rhymes. **Every Thurs** Baby bounce & rhyme time, 18mths or under. **FREE.**
Every Tues Walderslade Village Library Chatham 01634 686467 Toddler shake & boogie activity session that offers rhymes, songs & movement for pre-schoolers. Musical instruments, scarves & parachutes are often included. **Every Fri** Storytime fun sessions for pre-school children that include stories & rhymes.
Every Tues Fairview Community Primary School 01634 376270 Parents & toddlers club term time only 10-11.30am. **Every Thurs** Baby bounce & rhyme time, parents & carers can enjoy

knee bouncing, finger rhymes & nursery rhymes, 18mths & under, term time only. **01634 337340.**
Every Tues Hundred of Hoo Swimming Pool Rochester 01634 401989 Beaver Swimming Club.
Every Tues Southborough Library 01892 529808 Storytime, 2.15-2.45pm, **FREE.**
Every Tues Hempstead Library 01634 361544 Baby bounce & rhyme time for parents & carers, 18mths & under. **Every Fri** Storytime fun interactive sessions for pre-schoolers. **FREE. 1st & 3rd Sat of month** Medway Health Walks change to improve fitness levels, all ages.
Every Wed Dunorlan Park 07990 973313 Buggy Workout, exercise for mother & baby, power walking around the park utilising the benches & steps available, 10.30-11.30am.
Every Wed St Saviours Centre Canterbury Road, Folkestone 01303 244610 Fabulous Fare Market with locally sourced fresh fruit & veg, meat, fish & dairy, preserves & jams & lots more. Also on offer recipe tasting, take away meals, tapas & ready salads, natural home & body products, book/magazine exchange, plants, flowers & lots more.
Midweek & weekends Kingsmead Leisure Centre Canterbury 01227 769818 Funtime sessions available in the pool.
Every Thurs Strood Library 01634 718161 Baby bounce & rhyme time, 18 mths, Homework club with friendly & knowledgeable staff on hand, **FREE.** Every conifer collection. **FREE.** **Tel: 01424 446395.** Daily Go Ape take to the trees & experience a course of rope bridges, tarzan swings & zip slides up to 35 feet above the forest floor, 10+yrs, minimum height 1.4m.
Every Sat Medway Little Theatre Rochester 07939 921041 Youth Company for 12-18yrs & children's workshop, 7-12yrs.
Every Sat Dickens House 01843 871133 Broadstairs History Walk, 2pm.
Every Sat Morn Fleur de Lis Heritage Centre Faversham 01795 534542 Guided Toddler walks, 90 minute guided stroll through Faversham.
Every weekend Broadstairs Harbour 07847 473615 Market, weather permitting. **Until 1 Feb Hornby Visitor Centre** Margate 01483 233500 Airfix D-Day Exhibition exhibition features a huge interactive diorama & displays setting out some of the key stories from the Day

meet & socialise with food, games & fun, 10-11.30am.
Every Fri Grain Library Rochester 01634 338727 Homework club with friendly & knowledgeable staff on hand to help. **FREE.**
Every Sat Craft Club for under 8's, **FREE.**
Every Fri Hempstead Library Gillingham 01634 361544 Homework club with friendly staff on hand to help with all your homework questions.
Every Fri Pavilion Leisure Centre Kentish Way Bromley 020 8313 9911 Families & under 11's Roller Disco sessions, 4.30-5.45pm & Families & under 16's Roller Disco sessions with full skate & safety equipment provided, doors open 6.15pm. **Tel: 07970 266790.**
Every Fri Lordswood Library Chatham 01634 862096 Teatime Storytime after school storytelling, 3-8yrs & Toddler shake & boogie.
Every Fri Wigmore Library 01634 235576 Toddler shake & boogie activity session that offers rhymes, songs & movement for pre-schoolers. Musical instruments, scarves & parachutes are often included.
Last Fri of each month Beddegury National Pinetum & Forest Goudhurst 01580 879820 Beginners Health Walk, lasting approx 30mins-1hr & will cover between 1-4km. **Every Fri morn** Moderate Health Walks, 1-1 1/2 hrs between 4 & 6km.
Every Fri morn Green Gym session, volunteers can spend a satisfying session working in the National Pinetum helping to improve the world's best conifer collection. **FREE.** **Tel: 01424 446395.** Daily Go Ape take to the trees & experience a course of rope bridges, tarzan swings & zip slides up to 35 feet above the forest floor, 10+yrs, minimum height 1.4m.
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Calendar

www.parents-news.co.uk

This information plus much more online



Twitter: @parentsnewsuk

of Days, www.hornby.com/visitors/
3-7 Feb Gulbenkian Theatre Canterbury 01227 769075 Oily Cart's There Was An Old Woman, 3-5yrs, www.thegulbenkian.co.uk
1, 7, 8, 14, 15, 21, 22, 28 Feb Sissinghurst Castle Garden Cranbrook 01580 710700 www.nationaltrust.org.uk
Winter Tours learn about the people, history & what's going on around the property with the knowledgeable guides. **Half Term 18-19 Feb** National Nest Box Week find out how to build your own nest boxes & bird feeders for your garden, afterwards explore the bird hide & grab a young explorer pack from reception, www.nationaltrust.org.uk

an evening of entertainment from poetry readings & live music to film screenings & interesting talks, **FREE** entry, 29 Jan Special Steadman Evening. www.museummaidstone.gov.uk **First Wed of the month** Musical Merry-Go-Round with singing & storytelling activities, under 5's. **14 Feb Spolites Kings Theatre** 338 High Street

Chatham 01634 829468 The Enormous Turnip interactive play 2-6yrs, www.spolites.co.uk
14-22 Feb Chatham Historic Dockyard Chatham 01634 823845 **Half Term** Sailors Academy school holiday activities, visitors will learn how to tie knots & whistle commands, they can follow the 'ship's cat trail' learn flag signalling & nautical language, try out a hammock & find out about HMS Gannet's armaments, plus one of the Sailors' Academy crew will be demonstrating the hazards of cannon firing in No 3 Covered Ship, certificates will be awarded to the 'new recruits' each day. **14 Feb-31** May the Untold Story exhibition which commemorates the 250th anniversary of the launch of HMS Victory at Chatham., www.thedockyard.co.uk
14-22 Feb Leeds Castle 01622 765400 **Half Term** Fairytale Trail discover different objects from your favourite fairytales as you follow the trail into the woodland, past the Castle, through the gardens & onto the adventure playgrounds, www.leeds-castle.com
14-22 Feb Ightham Mote

Sevenoaks 01732 810378 www.nationaltrust.org.uk
Half Term family fun outside activities with a winter activity pack including some of the most popular 50 things activities & other games & items, www.nationaltrust.org.uk
14-22 Feb Scotney Castle Lamberhurst 01892 893819. Kite Flying, join the team & design & make your own kite & then head on to the estate to see how high it flies, www.nationaltrust.org.uk
16 Feb Knole Park House & Gardens Sevenoaks 01732 462100 Family Monday with a range of themed activities including wild arts & crafts activities for 5-12yrs, or go on a parkland walk. **FREE.** **Every Thurs, Sat & Sun** Guided walks in the deer park suitable for little legs, www.nationaltrust.org.uk
16-20 FEB Chartwell Westerham Half Term Winter Craft enjoy some indoor fun in the Mulberry Room with craft activities & games inspired by Sir Winston Churchill including painting your own picture inspired by the man itself, www.nationaltrust.org.uk

16, 23 Feb Crampton Tower Museum 01843 871133 Busy Bs Sewing Group Victorian period costumes & everyday clothing, help always on hand. **Every Wed** Scalextric Racing Club.
19-21 Feb The Brook Theatre Old Town Hall Chatham 01634 338319 **Half Term**, Snow White & the Seven Dwarfs.

22 Feb Capel-Le-Ferne Village Hall Folkestone 01303 244847 Indoor Boot Fair with a large variety of stalls, entrance **FREE**, www.capel-le-ferne.org
28 Feb Hartsdown Swimming Pool Leisure Centre Margate 01843 233934 Pilgrims Hospices Themat Swimathon sponsored swim inviting teams of up to 6

aged 11-18yrs, www.pilgrimshospices.org

What's On in London & Out and About Pages 10 & 11

Love is in the air in the Garden of England with a host of exciting offers For Mums & Dads

Valentine's at **Rowhill Grange Hotel and Utopia Spa** Wilmington, Kent From £205pp

The romantic Valentine's escape includes an overnight stay with breakfast, glass of Champagne on arrival, homemade chocolates, a meal for two, full use of the spa and £50 per person to spend on treatments. www.alexanderhotels.co.uk/rowhill-grange-luxury-hotel-kent



Valentine's for... exciting appetites **Walleys Court Hotel & Spa** St Margaret's At Cliffe, nr Dover From £300 per couple www.visitkent.co.uk

Enjoy the spa facilities of this beautiful manor house, champagne, and a four course dinner www.walleyscourthotel-spa.com

February Half Term Fun...

Sat 14th Feb

This Valentine's Day come and join in the heart shaped fun! At various Feeding Times help the zookeepers to give the animals their food in different heart shaped ways!



Love Bird Puppet Making.

These birds are so named because they often sit close together and look like they're kissing! Make your own pair of lovebirds! Lots of colouring & sticking fun. **Cost £1**

Drop in from... 11am-12.30pm & 1.30pm-3.30pm. Usual entrance fees apply. Children MUST be accompanied by an adult.

14th- 22nd Feb Love Heart Count...

This half term we're placing lots of red love hearts around the zoo, count them up as you go round and give your guess in to the shop for a chance to win a Family Day Ticket to the zoo.

Mon 16th Feb Small Furry Animal Story Time

A chance to listen to an animal story AND get the opportunity to meet the real life characters (& have some colouring-in fun too!) @ 11.15am & 2.15pm The activity is free and takes place in the warmth of our jungle themed cabin. Usual entrance fees apply. Children MUST be accompanied by an adult.

Tues 17th Feb Make a Bird Feeder

Help our feathered friends this winter by providing them with a tasty meal. Drop in from... 11am-12.30pm & 1.30pm 3.30pm. **Cost £1** Then do the bird spotting challenge around the zoo! Usual entrance fees apply. Children MUST be accompanied by an adult.

Battersea Park Children's Zoo 020 7924 5826 www.batterseaparkzoo.co.uk

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IMAGINE CHILDREN'S FESTIVAL

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- * THE PRINCESS AND THE PEA
- * PIRATE SCHOOL
- AND A FREE PROGRAMME OF CRAFT, MUSIC & DANCE

9 - 22 FEBRUARY 2015

southbankcentre.co.uk/imagine

ARTS COUNCIL ENGLAND

Education

Imagine at Southbank Centre

Monday 9 – Sunday 22 Feb
Imagine highlights include:
A presentation by **Russell Brand** and **Chris Riddell**, about their children's book *The Pied Piper of Hamelin* **20 Feb**
The London premiere of *Brundibar* **11-14 Feb** a renowned children's opera by **Hans Krása**.
A free family concert, with the **Young Orchestra for London**, conducted by **Sir Simon Rattle** on *The Clore Ballroom* **15 Feb**
A rare concert featuring the **12 Cellists of the Berliner Philharmoniker** **15 Feb**.
Southbank Sinfonia with *Musica and the Deaf* provide *Passenger Seats* into a live orchestra, for both hearing and deaf children
The Big Sleepover on the iconic *Royal Festival Hall*

Monday 9 Feb
Interactive performance pieces including *Charlie and Lola's Bestestest Plays*
A new early years soft play village and a bigger programme for babies with *Baby Yoga 9-13 Feb*, *Dragon Babies*, *Move & Shake* and two shows for under-threes by *Half Moon Young People's Theatre*, *Curious and Circles* in The Sand
Judith Kerr author of *The Tiger Who Came To Tea*, readings and events with award-winning children's authors and illustrators including **A new Southbank Centre** commission by Hip Hop spoken word artist **Maxwell Golden** who is creating *'Bouncing Cats and Boom Boom Pups'* a call and response children's show

Immersive opera, theatre and site-wide installations to celebrate *Alice In Wonderland's* 150th anniversary.
Literature is a key part of **Imagine**. **The Redhouse Children's Book Awards**, hosted by children's presenter **Helen Skelton**, also takes place at the festival.
Craft workshops and live drawing will be offered at Imagine from leading illustrators and book makers.
Half term week will see the *Kids Takeover* again – when children will be in charge of several site operations – managing the day-to-day running of the festival, selling programmes, assisting light technicians, making intercom announcements and ensuring shows start on time. There

will also be two days when children are invited to dress up, as animals for *Animal Parade Day* **16 Feb** and as characters from *Alice in Wonderland* for *Down The Rabbit Hole Day* **20 Feb**. Other interactive activities around the site will include several daily performances by **Cowboy Max**, a family-friendly wild-west comedy extravaganza, **Lost & Found's Pirate School** will encompass a series of workshops and participatory shows where children will enact their dreams of being at sea. To finish off the festival in true *Imagine* style we will be hosting our first **Big Fish Little Fish** rave, free for all parents and children to get involved.
www.southbankcentre.co.uk/imagine

Dyspraxia Foundation

Dyspraxia Foundation survey reveals 95% of parents and carers stated that their teenage child had experienced feeling of anxiety – due to such as being late for lessons, forgetting appointments, losing books or equipment and poor presentation of their written work. 40% of teenagers with dyspraxia who took part in the survey said they felt anxious "all of the time."
Dyspraxia, a form of developmental coordination

disorder (DCD) is a common disorder affecting fine and/or gross motor coordination. It may also affect speech. Dyspraxia affects around 5% of the population (2%, severely) and males are up to three times more likely to be affected than females. Dyspraxia sometimes runs in families.
The **Dyspraxia Foundation** has developed a new resource for teenagers (*Dyspraxia: Hints and Tips for Teenagers*) providing a practical guide to

school and other day-to-day tasks such as getting dressed and personal grooming, leisure activities, writing and typing, social skills cooking, housework and time management.
Dyspraxia Foundation has also introduced a new **Teenage Information Officer**, Claire Cripps (who joins the charity from a background of working with young people within the NHS). From January, Claire is available to offer advice for

young people experiencing difficulties associated with dyspraxia, whilst sharing info via the charity's social media networks.
It is widely recognised that teenagers with dyspraxia are at greater risk of social isolation because their co-ordination difficulties may make it hard to participate in "socially-valued" activities such as playing an instrument or team sports.
www.dyspraxiafoundation.org.uk

February 2015 Epsom College

Epsom College announces the opening of their Lower School in **September 2016** for day pupils at 11+

The College believes that the opening of a Lower School will further support the wider Educational community by welcoming day pupils who have a strong desire to learn and to achieve success at 11+. The development of the Lower School will be built upon: The belief in the breadth of an education.
An innovative 21st century academic programme that prepares and supports pupils in their transition to the Senior School and beyond.
Providing the foundation for every pupil to develop a true sense of self-worth and resilience that will enable them to be of value to society.
State-of-the-art and purpose built facilities located within the beautiful 85 acre College estate.
Full access to all on-site specialist facilities.

their worlds, the chance of challenge and achievement, an attachment to the life of the mind," said Headmaster, **Jay Pigott**.
The College will continue to retain a wide and accessible point of entry at 13+ in addition to admitting Year 7 pupils.

The College will hold **Information Mornings** for parents who are interested in this exciting new development on **7th March 2015 and 13th June 2015**.

Parents are also warmly invited to the main **School Open Morning on 14th March**. Please call the knowledgeable and friendly admissions department for more information on **01372 821234**.

PARENTS NEWS
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fergus@parents-news.co.uk

February 2015 Doodlers to scribble their support for epilepsy

Creative types up and down the country are being urged to doodle and raise much-needed cash for national charity **Epilepsy Action**. **National Doodle Day** is on **Friday 6 February 2015**, with proceeds directly supporting the 600,000 people living with epilepsy in the UK.



eBay auction, starting on **National Doodle Day, Friday 6 February**.

Over 1,200 celebrities, including **Mary Berry, Steven Gerrard, Rita Ora, Eddie Redmayne and Sophie Dahl** have taken part in **National Doodle Day** since it began twelve years ago.

Philippa Cartwright, Fundraising Manager at **Epilepsy Action** said: "Every year we are overwhelmed with the support from celebrities and members of the public. We always look forward to seeing the variety and creativity of the doodles that are sent in to us. "National Doodle Day" is always a terrific success, raising thousands of pounds for **Epilepsy Action**.

The highest-grossing doodle ever raised £1,600 alone, but each one makes a huge

difference to people with epilepsy and their families. "Just a few minutes of creativity really will make all the difference to people affected by epilepsy. Absolutely anyone can take part so please round up your family and friends and get doodling!"

National Doodle Day is supported by **Dodo Pad**, publishers of the original family 'doodle' diary. Information on both the **National Doodle Day** celebrity auction and competition can be found at www.nationaldoodleday.org.uk.

The eBay auction will run from **Friday 6 February to Sunday 15 February 2015**. The closing date for entries into the **National Doodle Day** competition is **Friday 20 March**. Voting closes on **Friday 3 April**. Epilepsy affects around one in every 100 people in the UK alone and 87 people are diagnosed with the condition every day. Each year **Epilepsy Action** directly helps around one million people through a range of services, including its **Epilepsy Helpline freephone 0800 800 5050**, branch network, specialist nurse scheme and award-winning website, www.epilepsy.org.uk

16th~20th February Half-term Courses

OxBridge Centre
UNIVERSITY OF OXFORD

11+ Half-term Intensive Course website www.oxbridgeuk.com

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

Subjects **Essay Writing + Reading Comprehension, Literacy, Maths**

Dates **16th (Mon) ~ 20th (Fri) February**

Times **Between 9am - 3:30pm**

Primary Intensive Courses *Apply early as spaces are limited!

Use this half-term to revise and review the concepts you have found difficult at school

Subjects **Year 4 Essay Writing (1hour), Maths (1hours)**

Dates **16th (Mon), 18th (Wed), 20th (Fri) February**

Reading Club Yr 1- Yr 6

Improving your reading & writing skills in a fun environment with books

Subjects **Reading Club** Dates **16th~20th February (Mon-Fri, 3 hours everyday)**

Advanced English and Maths for Yr 6!

Y6 English Classes

cover all the necessary skills to write good sound essays and answer complex comprehension questions.

Y6 Maths Classes

focus on improving problem solving skills and enable in-depth understanding of all the mathematical concepts needed at KS2 level and above.

Blondish Centre **020 8949 2131**
email info@oxbridgeuk.com

Cavendish Centre **020 8949 8838**
email admin@oxbridgeuk.com

Oxbridge Centre is a well-established tuition centre based in New Malden. Currently there are around 500 students from year 1-A-Level studying at the centre. Why don't you join us too?

100% Oxbridge Success at Bromley High School

Bromley High School is celebrating the success of all five of the Oxbridge Candidates in receiving offers to study at **Oxford and Cambridge** next year.



The range of subjects covered – Social Sciences, Arts, Science and Languages – reflects the strength of the school across the academic disciplines.

- **Sarah Christie**, 17 years, Human Social and Political Science, *Newnham College, Cambridge*
- **Laura Kruszewski**, 17 years, Veterinary Medicine, *Murray Edwards College, Cambridge*
- **Rebecca Lennard**, 17 years, Economics, *Homerton College, Cambridge*
- **Anna Myers**, 18 years, Land Economy, *St Catharine's College, Cambridge*
- **Stefanie Tegeler**, 18 years, German, *St Hugh's College, Oxford*

"We are delighted for the girls" observed **Mrs Drew**, Headmistress. "This is a wonderful reward for their hard work and for the skilled and unstinting support of their teachers. We rightly celebrate Oxbridge offers but they are only a reflection of the quality of University offers currently held by students across the Upper Sixth. The drive, determination and ambition with which girls have approached the

UCAS process has been truly impressive".
Picture below is of four of the five successful Oxbridge Candidates (**Stefanie Tegeler** is not in the picture)
Please contact the school via the website www.bromleyhigh.gdst.net
The admissions office may be contacted on admissions@brogdst.net **020 8781 7000** to arrange a visit.
[twitter @bromleyhs](https://twitter.com/bromleyhs)

Blog Writers Wanted

PARENTS NEWS has had a great brand name in print since 1993, and has been online since 1997.
A project for 2015 is to develop, even more, the website www.parents-news.co.uk

these articles, and willing to share revenue with the writers, so that we get the good, unique content.

A mum or dad with something interesting to say? Someone with a regular blog looking to expand? Do you have opinions on cinema, travel, sport, theatre, education, parenting, schools, clubs?



If so, contact Penny or Fergus writers@parents-news.co.uk

For this we need writers producing unique articles of interest to families. We plan to build advertisements around

2015 is a Rugby World Cup Year and it takes place in England

In September and October the world will be coming for the biggest sports event after Olympics and Football World Cup. They are using same people who organised 2012 Olympics and three London locations for matches, Twickenham (most matches), Olympic Stadium and Wembley. There will be a lot of excitement. Look at rugby for you and your family Mini and junior rugby is so

well organised and low priced, that it is a shining example of how to get children exercising as well as teaching the core values of rugby: *Teamwork, Respect, Enjoyment, Discipline, and Sportsmanship*
www.englishrugby.com
about-the-ru/core-values/
There are contact and non-contact options for boys and girls. Touch Rugby is one of the fastest growing sports, and many try that and then try

and, some switch back. A different sized ball for age-groups, and coaches are well qualified as are safety officers. **Old Emanuel Rugby Club** with minis and juniors, **Emanuel Lions** is a superb example of rugby from 5 years for girls and boys through to adults, and veterans. Many parents enjoy the friendship found in volunteering. All welcome
www.emmanuelrugby.co.uk

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Call now on **07748756250** or [email paul.davies31@blueyonder.co.uk](mailto:paul.davies31@blueyonder.co.uk)

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www.activelearningchildcare.co.uk

Day Trips

13-21 Feb Legoland Windsor Information: 01323 8741000 The Fat Controller enjoy photo opportunities with Sir Topham Hat himself. **18 Feb** Hello Kitty visit her in her beautiful themed house & have a souvenir photo taken with her. **www.drussillas.co.uk**

17 Feb Drusillas Park East Sussex Information: 01323 8741000 The Fat Controller enjoy photo opportunities with Sir Topham Hat himself. **18 Feb** Hello Kitty visit her in her beautiful themed house & have a souvenir photo taken with her. **www.drussillas.co.uk**

17 Feb The River & Rowing Museum Mills Meadows Henley on Thames 01491 415600 Teeny Tiny Town, children's workshop, make a little person to take on a dancing journey to a magical world, 4-7yrs. **18 Feb** Silk Painting learn new resist techniques & create a series of silk paintings, 7-11yrs. **18 Feb** Busy Bees with bee themed activities & the crafts, 4-7yrs. **19 Feb** Fables & Fairy tales with tales & crafts, **FREE** with admission. **Every Sat during term time** Artworks Art Club, 5 week sessions, 11-15yrs. **Every Wed during term time** Taylor Tug, under 5's Club. **www.rm.co.uk**

18 Feb Birling Gap & Seven Sisters Eastbourne 01323 423197 Teddy Bear's Picnic enjoy party games & themed activities plus a picnic provided for children need to book, **01323 422512**. **www.nationaltrust.org.uk**

16-20 Feb Half Term Sheffield Park and Garden Nr Haywards Heath East Sussex 01825 790302 Kite making workshops. **www.nationaltrust.org.uk**

17 Feb Discover Saturdays meet a character from the past & take part in an exciting performance that will bring maritime history to life, 6-9yrs. **FREE**. **31 Feb** Chinese New Year celebrate the Chinese New Year of the Sheep and British East Asian heritage with a day of workshops & performances, families all ages. **FREE**. **www.rmg.co.uk/cutysark**

28 Jan-8 Mar Vault Festival Leake Street Tunnels Waterloo For the first time ever Vault will present Mini Vault, a magical world for under 11's including glitter balls, little ravens. **FREE**. Shows & interactive light displays. **7-8 Feb** Pirates of the Caribbean: Flow Excerpts, under 11yrs. **FREE**. **7/8,21/22 Feb** Mini Vault workshops a programme of exciting interactive workshops & **FREE** programmed events allowing children to be creative whilst learning new & exciting skills. The workshops included range from hula hooping to percussion to synth workshops. Storytelling Corner will host an event every hour whilst a Mardi Gras parade will take place through the tunnels. **7,21 Feb** Soho Theatre, Comedy Club 4Kids, 6+ yrs. **8 Feb** Greenlight: AlbeeVector the Sound collector, 3+ yrs. **21-22 Feb** Classical Mayhem: Decomposed! My Brother's Turning into a Zombie, 6yrs. **22 Feb** Figs in Wigs: Show Off, 8+ yrs. **www.vaultfestival.com**

Every Sat Farmers Market, FREE entry. **Every Sun** Discovery for All explore thousands of real objects from around the world. **FREE**. **www.hrp.org.uk**

31 Jan-8 Feb Chelsea Physic Garden London 020 7352 5646

27 Jan Queen's House Greenwich 020 8858 4422 Play Tuesdays, under 5's. **31 Jan** Discover Saturdays meet a character from the past & take part in an exciting performance that will bring maritime history to life, 6-9yrs. **FREE**. **31 Feb** Chinese New Year celebrate the Chinese New Year of the Sheep and British East Asian heritage with a day of workshops & performances, families all ages. **FREE**. **www.rmg.co.uk/cutysark**

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31 Jan-8 Feb Chelsea Physic Garden London 020 7352 5646

London Calendar

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. **www.national Geographic.com**

Every Sat Venn Street Market, Clapham Common 020 7622 8259 Offering fine foods & fresh produce plus a variety of handmade crafts will be available throughout Dec with gifts & cards for all the family as well as Christmas trees & floral decorations. Christmas trees will be available. **www.vennstreemarket.co.uk**

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

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

Every weekend London Transport Museum Covent Garden London 020 7379 6344 The Family Station choose some **FREE** activities to do as you explore the museum, families all ages. activities for families, 3-12yrs. **www.ltmuseum.co.uk**

Every weekend Tate Modern Bankside London SE1 020 7887 8008 Open Studio play & create with ideas & materials from artworks all ages. **FREE**. **Daily** Children's Multimedia Guide keeps children entertained & animates art works through music, video clips & entertaining games, 5+yrs. **Daily** Under 5's Zone a new play space for families. **FREE**. **Every weekend** Start Sessions with games, map making & clue matching. 5+yrs, **FREE**. **www.tate.org.uk/visit/tate-modern**

Every weekend Rich Mix Bethnal Green 020 7613 7498 Kids' Cine Time family films. **www.richmix.org.uk**

Every weekend Temple Station 020 7222 1234 Harry Potter Locations Tour, 2 1/2 hrs. **Every weekend** Greenwich Clocktower Market Quirky weekend market vintage, retro & antiques with a few contemporary craft **FREE** entry. **www.clocktowermarket.co.uk**

Every weekend Tate Britain Millbank London 020 7887 8888 Liminal sculpture through touch, interaction & collaboration, all ages. **FREE**. **Every weekend** Art Trolley sessions create collages & lots more. **FREE**. **Every weekend** Children's Multimedia Guide fun & interactive a sensory, 5+yrs. **Daily** Family Trails, under 5's. **FREE**. **www.tate.org.uk/visit/tate-britain**

Until 28 Feb Canary Wharf Ice Rink Canada Square Park 0870 4000 601 This year the rink will be bigger & better than ever before suitable for families. **www.canarywharf.com**

Every 2nd Sat of month National Snowdrop Days with a variety of Walks, Talks & Workshops with creative & snowdrop specialists. **3 Feb** A plant lover's guide to snowdrops with planting demonstration & a book signing. **FREE**. **5-8 Feb** Best in snow tour highlights from a winter garden. **FREE**. **6 Feb** Garden pharmaceuticals, a talk on snowdrops, daffodils & other garden drugs. **FREE**. **www.chelseaphysicgarden.co.uk/snowdrops**

Throughout Feb Peter Harrison Planetarium 020 8858 4422 Dark Universe physicist Neil de Grasse Tyson narrates this exciting planetarium show, families, 5+yrs. **Throughout Feb** The Sky Tonight families, 5+yrs. **Throughout Feb** Space Safari families, under 7yrs. **www.rmg.co.uk**

Every Sun National Gallery 020 7747 2885 Family workshops for families bringing paintings alive & learning new & exciting skills. The workshops included range from hula hooping to percussion to synth workshops. Storytelling Corner will host an event every hour whilst a Mardi Gras parade will take place through the tunnels. **7,21 Feb** Soho Theatre, Comedy Club 4Kids, 6+ yrs. **8 Feb** Greenlight: AlbeeVector the Sound collector, 3+ yrs. **21-22 Feb** Classical Mayhem: Decomposed! My Brother's Turning into a Zombie, 6yrs. **22 Feb** Figs in Wigs: Show Off, 8+ yrs. **www.vaultfestival.com**

Every Sat Farmers Market, FREE entry. **Every Sun** Discovery for All explore thousands of real objects from around the world. **FREE**. **www.hrp.org.uk**

31 Jan-8 Feb Chelsea Physic Garden London 020 7352 5646

February 2015

London Calendar

www.parents-news.co.uk

This information plus much more online



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1 Feb BFI Southbank 020 7928 3232 Funday preview Shaun the Sheep The Movie for families & before screening Funday workshop with arts & crafts, great prize giveaways more **FREE** to ticket holders. **8 Feb** Watership Down, 8+yrs. **9 Feb** Seniors' Archive Free Matinee: A Time Travellers Guide to China. **FREE** for over 60's. **15 Feb** The 5,000 Fingers of Dr T, musical fantasy film for children. **16,18 Feb** Chicken Run, 17,19 Feb Wallace & Gromit: The Curse of the Were Rabbit, **www.bfi.org.uk/southbank**

17 Feb Aardman Messy Time for the Very Young, making plasticine animals of doing painting & crafts, 0-7 yrs. **www.bfi.org.uk/family**. **Every Sat 10 Feb Half Term** Lots of filmmaking fun from making stop motion animations to creating dramas using the dressing up boxes or green screen with opportunities to explore themes from much loved Aardman films, 8-15yrs. **www.bfi.org.uk/family**. **Every Sat 28 Feb-21 Mar** Mini filmmakers learn about filmmaking, including animating, scripting, acting, using cameras, the editing, special effects & much more, 8-12yrs, details, **whatson.bfi.org.uk/Online/families**

1 Feb Artisped 5 Nether Street London 020 8369 5454 The Magic Porridge Pot & other Tasty Tales, 3-9yrs. **www.artisped.co.uk**

18,15,22 Feb Cutty Sark & National Maritime Museum Greenwich 020 8858 4422 Discover Sundays be inspired by your maritime past & explore your personal connections to the sea, all ages. **FREE**. **3,10,24 Feb** Play Tuesdays with crafts, music, dance & drama, families, under 5's. **7,14,21,28 Feb** Every Sat meet a character from the past & take part in an exciting performance, 6+yrs. **FREE**. **16,20 Feb** Half Term Tea Story Make a cup to hold your memories of having tea with your family & friends, families, all ages. **FREE**. **16,18,20 Feb** Tea ships come sailing, find out how tea first came from China & make your own tea carrying ship to sail across The Great Map, families, all ages. **FREE**. **16,18,20 Feb** James Robson: a sailor's tale of tea learn about his life aboard the Cutty Sark & working with Chinese Lacuars, his tale will uncover the little known cost of the national favourite drink, families, 6+yrs. **FREE**. **17 Feb**: A little tea ship with

a range of activities for families, under 5's. **FREE**. **www.rmg.co.uk/cutysark**

18,15,22 Feb Imperial War Museum 020 7416 5439 explore objects from the collections & feel the weight of a shrapnel piece from the First World War & much more, families all ages. **FREE**. **1,8 Feb** Creative Response art activity, all ages. **14-22 Feb Half Term**, Printing Activity Truth & Memory & then transfer your design into print, families, all ages. **FREE**. **Until 17 Feb** A **FREE**, hour long tour around the art exhibition Truth and Memory. **18-19yrs**. **19 Feb** British Art & Memory: British Art of the First World War art exhibition. **Ongoing** A Family in Wartime exhibition archive film footage & more. **FREE**. **www.iwm.org.uk**

3 Feb 13 Mar Unicorn Theatre for Children 147 Tooty Street 020 7645 0560 Storm, Children & adults with autism, spectrum disorder or profound & multiple learning disabilities are invited to take part in the development process of a new theatrical project inspired by William Shakespeare's The Tempest. The audience will be guided individually through the world of the performance, experiencing a unique journey of exploration, groups are welcome. **To Be a Man?**, 8+yrs. **14-22 Feb** Half Term 50 Dangerous Things (You Should Let your Children Do) . Be Brave, Explore the World & Experiment, 3-10yrs. **Until 21 Mar** The Caucasian Chalk Circle 11+yrs. **www.unicorntheatre.com**

4,11,25 Feb Cutty Sark King William Walk, Greenwich 020 8858 3445 Toddler Time with songs, stories & playtime on board, families, under 5yrs. **7-8 Feb** Family fun weekend, Dancing Sailors make a colourful sailor puppet to dance around the ship & take home with you, families, all ages. **Half Term** 16-18 Feb Chinese tea hats, learn how tea gets from plant to cup & decorate a tea farmer's hat with Chinese symbols, patterns & your own designs, families, all ages. **19-20 Feb** Fab-tastic animals celebrate the year of the Sheep by creating an animal fan to play with, families, all ages. **17,18,21 Feb** Cutty Sark characters James Robson, join him to sing songs, learn sailor skills & find out what was for dinner on board, families, 3+yrs. **21 Feb** Dancing dragons bring a traditional Chinese mythical creature to life by making a colourful dancing dragon Cutty Sark & working with Chinese Lacuars, his tale will uncover the little known cost of the national favourite drink, families, 6+yrs. **FREE**. **www.rmg.co.uk/cutysark**

8 Feb The Royal Observatory Greenwich 020 8858 4422 Sunday Space Explorers drop in family workshops, families 5+yrs. **16-17 Feb** Half Term out of this World Activity morning with planetarium show, workshops & entry to the historic Meridian Courtyard & Flamsteed House, families 5+yrs. **Weekends & holidays** throughout Feb Meet the Time Travellers & find out about their life & work at Greenwich in the 18th century, families 7+yrs. **www.rmg.co.uk/visit**

9-22 Feb Imagine Children's Festival Southbank Centre 020 7960 4200 A range of theatre, music, dance, film & a wide range of **FREE** activity alongside readings by some of the UK's top authors. **15 Feb** Family concert featuring the 12 cellists of the Berliner Philharmoniker, the residency will culminate with a performance by Young Orchestra for London – a giant orchestra formed of children, young people & amateur musicians. **FREE**. **16 Feb** The Big Sleepover when children will explore the Royal Festival Hall by torchlight, hear & tell stories before spending the night on the stage & in the auditorium. **www.southbankcentre.co.uk/whats-on/festivals**

14 Feb Museum of Childhood Bethnal Green 020 893 5200 London Children's Bookswap, children are invite to bring their unwanted books & swap them for new stories they haven't read yet, drop-in, 0-14yrs. **14 Feb** Books of Love Craftspeople from London Centre for Book Arts will be helping visitors to make their own beautiful books to give to a loved one, drop in all ages. **16-20 Feb** Half Term Miniature Worlds visitors will be able to hang for little people, create a room & multiple mini rooms & try on costumes, drop in, all ages. **16-20 Feb** Miniature Book Making children are invited to make their own miniature books, 5-12yrs. **16-18,20 Feb** Miniature Wallpaper children will work with a printmaker to create pieces of miniature wallpaper, 5-12yrs. **16-18,20 Feb** Miniature Furniture children will be shown how to create a piece of miniature bespoke furniture. **5-12yrs**. **19 Feb** The Shadow Firecracker make a shadow puppet to help tell the story of the New Year Monster, drop in, all ages. **19 Feb** Chinese New Year. Yellow Earth Theatre Company invite children to bring their puppets to join in & help them tell the story of the New Year Monster, 4+yrs. **Daily** Book-Packs filled with jigsaws, stories & games to explore the collections plus special packs available for families with children on the autistic spectrum. **FREE**. **Until 5 July** It's My Party display explores children's birthday parties from the perspective of both children & adults. **FREE**. **Until 6 Sept** Small Stories: At Home In a Doll's House exhibition. **www.museumofchildhood.org.uk**

14-22 Feb HMS Bellini Tooty Street London 020 7940 6320 020 7403 07190 **Half Term** Tattoo T-Shirts designed by your very own t-shirt inspired by traditional Navy tattoos. **Ongoing** HMS Belfast Private Tours with exclusive behind the barrier access, discover some of the quirky sailors' stories of living & working on board including the time a reindeer joined the crew! **Every weekend** Cutty Sark Experience **www.iwm.org.uk**

14-22 Feb Half Term Victoria & Albert Museum Cromwell Road London 020 7942 2000 **www.vam.ac.uk** Imagination Station materials can be collected from the imagination desk to create designs with ceramics ideas from around the world to inspire children to create their own blue & white pattern to add to an installation, drop-in, 3+yrs. **FREE**. **14-22 Feb** Pop up Performance drop in, for all the family. **FREE**. **14-22 Feb** Digital Kids help create an interactive blue & white art landscape using digital

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Dear Editor
MAKE A DIFFERENCE!
The Children's Trust is the UK's leading charity for children with brain injury, helping them to make the best recovery possible after a serious accident or illness. The Children's Trust has lots of fundraising activities taking place during the year. We have places available in many famous running events – including half and full marathons - and would love to hear from runners who would like to run for us in the Great North Run, the Great South Run, Brighton Marathon, other regional runs or the Virgin Money London Marathon.

For those of you who are enthusiastic about taking on a special challenge on an 18-day Everest Base Camp Trek should tick the box! Alternatively, if you are looking for a special event that will appeal to supercar enthusiasts and offer lots of entertainment for all the family, then The Supercar Event, held at Dunsfold Park – home of the famous Top Gear track - on 20th and 21st June is an event not to be missed. For further details on all The Children's Trust's fundraising events this year, visit: **www.thechildrenstrust.org.uk**

With very best wishes for a happy and fulfilling New Year, Yours sincerely
Katie Roberts
Head of Voluntary Fundraising
The Children's Trust

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Email: info@lil-jockeys.co.uk
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