

PARENTS NEWS

February 2015 No. 238 The First & Foremost Local Monthly Newspaper for Families

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What's On in February & Half-Term



London Wetlands Centre
www.wwf.org.uk

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

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www.parents-news.co.uk

Three Editions in South-East England



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South West London & Surrey

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*.



GP • Paediatrician • Gynaecologist

020 8940 5009 richmondpractice.co.uk

Blowing the Whistle on GDC Scam.

Orthodontists and the General Dental Council are operating an illegal scam to withhold information from the public about new methods which can avoid almost all extractions and even major jaw surgery. This is being done partly to protect traditional methods and partly to preserve the high incomes of orthodontists and surgeons. Research suggests that this British development is being ignored in the UK while spreading rapidly abroad. As a result hundreds of children and young adults have extractions and jaw surgery, unaware they may be unnecessary.

Some Orthodontists mislead patients, saying that extractions can be avoided although the traditional methods they use leave too little room, risking severe damage to the face. It is wise to explore the internet yourself, many sites make great claims and show beautiful faces but very few show good results before and after treatment. Even the media is scared of disclosing this scandal.

There is another way.

Take a second opinion now. Nine years old may be too late.

ORTHOTROPICS

The alternative to orthodontics with extractions and surgery.

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

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

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



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

john.mew@virgin.net

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

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, bircages, 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) **www.Afternoontea.co.uk**

February 2015

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

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' 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) **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



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Disney **FROZEN SING-ALONG**

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Professional interactive play for 5-12s

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★★★★★ Broadway Baby

★★★★★ EuffMag

Interactive theatre for kids who don't just want to sit still and watch!

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

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Reserve tickets NOW

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:

for children always on the move, who don't want to give fun outdoor games up, even with snow and low temperatures, *GORE-TEX*

INSULATED COMFORT shoes, besides guaranteeing waterproofing and breathability over time, perfectly protect the foot keeping it dry and cool.

Choose for your child the only mix of technology and style able to assure the maximum performances combined with the latest fashion trends.

Many are the must-have of the season: all super trendy, made of

technical materials with lightweight soles.

www.primigi.com



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
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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Lessons for:
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FREE TRIAL

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The reason why over 90% of parents using **Reading Eggs** report a noticeable improvement in their child's reading skills is because the programme makes learning phonics and basic reading skills fun.

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FREE 4 WEEK TRIAL*

Register today at

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Registration is quick, easy and FREE Offer ends 28th February 2015
*Free trial only available for new customers who sign up at the above address. Not applicable to schools.

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Visit www.surreycc.gov.uk/explore to start your adventure

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AT THE HISTORIC DOCKYARD CHATHAM

14 - 22 FEB 2015

HMS VICTORY: THE UNTOLD STORY 14 FEB - 31 MAY

LEARN KNOT TYING AND FLAG SIGNALLING, TAKE THE SHIP'S CAT TRAIL AND RECEIVE YOUR SAILOR'S CERTIFICATE!

FUN FILLED ACTIVITIES FOR ALL THE FAMILY

thedockyard.co.uk

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

Calendar

www.parents-news.co.uk
This information plus much more online



Twitter: @parentsnewsuk

Daily Lower Morden Garden 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.
Day Rainbow Leisure Centre East St Epsons 01372 727277 Toddlers World, under 5's.
Daily Kew Gardens, Kew Palace 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.
Ongoing Dupess Hill Outdoor Gym Each item has clear instruction for its use over 12's.
Recently re-opened Kidplay Cafe 282-284 Lower Addiscombe Road Croydon Softplay & cafe, under 5's.
Every Sun& Sat YMCA Wimbledon 020 8542 9055 sessions for all levels for local residents in Wimbledon & Merton, **FREE** from 12.30pm, info: wimbledonolyvellyballclub.com, www.gospike.net
Every Mon Morden Library 020 8545 4040 Scrabble Club everyone is welcome. **Every Wed** Welcome Mornings with stories & crafts for pre-school children. **1st Thurs** of every month Coffee mornings for adults. **Every Fri** Storytime 4-5yrs. **1st Fri** of each month Wellbeing drop in sessions, a Wellbeing Coordinator will be on hand to meet you 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, **Tel: 020 3178 2549.**
Every Mon Pollards Hill Library 020 8764 5877 Musical mayhem. **Every Mon** Employment Club improve your CV, covering letter, interview skills & more. **Every Thurs** Salsa Dance classes, **FREE.** **Every Fri** Storytime.
Every Mon Wimbledon Library 020 8946 7432 Jewellery drop in workshop for adults, **FREE.** **Every Tues** Coffee morning for over 50s. **Every Tues** IT also Basic IT Training. **Every Wed** Sewing Circle for adults, **FREE.** **Every Wed** French Conversation drop in classes, beginner & intermediate levels, for adults. **Every Wed** Teenage French Tutorials, 8-18yrs. **Every 1st Sat** of month Genealogy Sessions, get help tracing your ancestry, drop in session for all ages. **Every Tues & Thurs** Children's story & rhyme time session.
Every Mon Seacombe Theatre Cream Road Sutton 020 8770 6900 Zumba fitness. **Every Tues** Line Dancing. **Every Wed** Ballroom Dance, under 8's to adults.
Every 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 Kingston Children's Library Whitefield Way 020 8547 6438 Rhyme & Storytime for babies, toddlers & under 5's. **Every Thurs** Stories & crafts for under 5's.
Every Mon Tudor Drive Library 020 8547 6456 Storytime for under 5's. **Every Tues** Rhymetime for under 5's followed by stay & play until 3.30pm, **FREE.**
Every Mon St James's Church Hall Bodley Road 020 8942 2093 Tiddler's Group for all parents and toddlers plus siblings in the holidays.
Every Mon Parchmore Community Centre 53-55 Parchmore Road 020 8726 6000 x89865 Circuit for those new to exercise, returning after illness & the more mature exerciser.
Every Mon eve Sutton Grammar School Korball for Beginners for school years 3-12 various times & sessions, email for details info@nomadskorf.com.
Every Sat morn Canbury Gardens Lower Ham Road Kingston 020 8547 6422 Low impact outdoor cardio exercise for all with power walking, jogging & stretching, 10-11am, 10-11am, **FREE.** info: AHM.Go.com.
Every Mon, Wed & Fri during term time Little Hamsters Play Cafe Ham 07432 354274 Related environment for mums & tots 0-5yrs offering coffee, cakes, lunches, soft play shapes, ball pool, ride on toys, table top activities & puzzles plus outdoor playground with indoor & outdoor seating. **FREE** parking. **FREE** Wi-Fi.
Every Tues Donald Hope Library 020 8542 1975 Storytime. **Every Thurs** Need Help with IT? A dedicated volunteer will be available to provide assistance with a wide range of IT issues, for more info **020 8274 5799.** **Every Fri** Rhymetime. **Every Sat** Collers Wood Chess Club for all ages.
Every Tues Mitham 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 to bring own needles.
Every Tues Farnham Library www.bookstart.org.uk Baby Bounce n' Rhyme, **FREE.**
Every Thurs Hampton Wick Library 020 8734 3358 Storytime session, under 5's, **FREE.** **2nd Tues** of the month Chatterbooks reading group, 8-9yrs, **FREE.**
Every Tues Malden Centre Blagdon Road New Malden 020 8336 1561 Stay & Play for under 5's. **Every Thurs** young parents drop-in, 1-3pm. **Every Fri** Toy Library, under 5's, 10.30-1.30pm.
Every Tues Coulsdon Library 020 8726 6900 Bookstart

Rhymetime for babies & toddlers, Wiggle & Jiggle, 2-4yrs. **Every Thurs** Storytime, 2 ½yrs. **Every Sat** Storytime, under 7's, **FREE.**
Every Tues Purley Library 020 8726 6900 Bookstart Rhymetime for babies & toddlers & Wiggle & Jiggle, toddlers over 18mths. **Every Fri** Storytime 2 ½yrs. **Every Sat** Rock & Rhyme for babies & toddlers, **FREE.**
Every Tues Centrale Shopping Centre Croydon www.centrale.co.uk In the Early Learning Centre playtime sessions for children, all ages with all kinds of arts & crafts making, face masks, cards, painting, colouring or just play, **FREE.** 10-12pm, **Tel: 020 8686 7535.**
Every Tues De Stafford's Leisure Centre Caterham 01883 344355 Family Swim.
Every Tues afternoon Raynes Park Library Story times for under 5's. **Every Thurs** morn Simple Yoga & Meditation Group.
Every Tues & Thurs West Barnes Library 020 8274 5789 Classes for those wishing to learn to use the internet which runs for 6 weeks. **Every Tues** Rendezvous Club for over 55's. **Every month** Art Club for children, toputyourchild'sname forward to join need to speak to member of staff in library.
Every Fri Toddlers Rhyme Time & musical activities, 0-5yrs.
Every Tues Fri Dickering Adventure Playground Dickering Lane Kingston 020 8942 1707 Parent & Toddler Play sessions.
Every 3rd Wed of the month **Richmond Library** 020 8734 3303 Chatterbooks reading group, 8-9yrs, 4.30pm, **FREE.** **1st Thurs** of month Tiny Teddies sessions baby bounce & rhyme, **FREE.**
Every Wed Ursuline Prep 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 hand, **FREE.**
Every Wed Charles Crier Theatre 39 High Street Carshalton 020-8770 4950 Spiral Youth Theatre for 13+yrs members learn a variety of activities such as drama, dance & singing, musical theatre composition, set design & costume making culminating in two productions per year & **Every Thurs** Minis & Juniors Storytime session, under 5's, **FREE.** **2nd Tues** of the month Chatterbooks reading group, 8-9yrs, **FREE.**
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Every Tues Coulsdon Library 020 8726 6900 Bookstart

paying child.
Every Wed Clactenau Library 020 8734 3350 Storytime session, under 5's, **FREE.** **One Sat** a month Tiny Teddies baby bounce & rhyme sessions, **FREE.**
Every Wed Hampton Hill Library 020 8734 3320 Storytime session, under 5's, **FREE.** **1st Sat** of every month Tiny Teddies sessions baby bounce & rhyme, **FREE.**
Every Wed Tolworth Library 37-39 The Broadway 020 8547 6470 Rhyme & storytime for under 5's with simple crafts, **FREE.**
Every Wed Tudor Hall Kingston 020 8893 4250 Jungle body fitness class using boxing, dance, cardio & pilates inspired moves, 7.30-8.30 p.m.
Every Wed morn Sutton Arena 01883 344355 Family Swim.
Every Tues afternoon Raynes Park Library Story times for under 5's. **Every Thurs** morn Simple Yoga & Meditation Group.
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Every Wed Watermans 40 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

paying child.
Every Tues Whitton Library 020 8734 3343 Storytime session, under 5's, **FREE.** **2nd Thurs** of month Tiny Teddies sessions baby bounce & rhyme sessions, **FREE.**
1st Fri of every month **Berghly & Black Cafe** St. Martins Walk, Dorking Bumps & Babies is for mums with bumps & both parents or carers of non mobile babies, meet others for tea or coffee & get your baby socialising, www.nct.org.uk/branches/dorking/events/bumps-and-babies. **3rd 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 job seeker, all ages, **FREE**, no need to book.
Every Fri Sutton Life Centre 020 8644 9696 Running & non contact boxing, 12-18yrs, **FREE.**
Every Fri Dorking Library www.surrey.gov.uk/kidstuff Rhymetime, **FREE.**
Every Wed & Sun East Sheen Library Sheen Lane London SW14 8LP 020 8734 3337 Storytime session, under 5's, **FREE.** **3rd Wed** of the month Chatterbooks reading group, 8-9yrs, 4.30pm, **FREE.** **1st & 3rd 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.
Every Thurs Caterham Hill Library www.surrey.gov.uk/kidstuff Rhymetime, 10am **FREE.** **Every Fri** Storytime, 2.15pm, **FREE.**
Every Thurs Twickenham Library Garfield Road 020 8734 3340 Storytime session, under 5's, **FREE.** **2nd & 4th Thurs** of month Tiny Teddies sessions baby bounce & rhyme, **FREE.**
Every Thurs Methodist Church Hall High St New Malden Parent & toddler club, 9.45-11.30am.
Every Thurs Tolworth Recreation Centre Fullers Way North Tolworth 020-8391 1882 Badminton Club for intermediate/advanced level, **Tel: 020 8395 9175.**
Every Thurs Bental 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 on 3rd floor.
Every Thurs Croydon Sports College Croydon High School 020 8726 6000 x89865 Circuits Low intensity for mature baby bounce & rhyme, **FREE.**
Every Thurs in term time Sutton Christian Centre 020 8642 8117 Special Stars a baby & toddler group for children with disabilities or additional needs, from babies to pre-schoolers, siblings welcome.

toddlers. Monthly story & craft workshops, 5-10yrs.
Every Fri New Addington Library 020 8253 1023 Bookstart Rhymetime for babies & toddlers & Wiggle & Jiggle, 18mths+, **Free.**
Every Fri Norbury Library 020 8726 6900 Bookstart Rhymetime. **Every Thurs** Wiggle & Jiggle. **Alternate Sat** Rock & Rhyme followed by Storytime. **Last Fri** of each month Chatter Books reading group for 8-12yrs, **FREE.**
Every Fri Selsdon Library 020 8726 6900 Bookstart Rhymetime for babies & toddlers, Wiggle & Jiggle, 18mths+, **Every Tues** Storytime for pre-school children. **Every Sat** Rock & Rhyme for pre-schoolers. **1st 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 & Wandale Park 020 8656 5947 Circular walk through Waddon Ponds & Wandale Park, 2-3 miles, meet outside Lidl, 11am, **FREE.**
Every Fri Thornton Heath Leisure Centre 89-110 High Street 020 8726 6000 x89865 Acquisce pay as you go sessions.
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 of runners with no pressure on ability, new runners more than welcome.
3rd & 4th Sat of the month **Northon Childre's Centre Kings Oak Primary** Dickering Lane 020 8949 6065 Who Let the dads out play session for under 5's, 10-12.30pm.
3rd 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 5-9yrs. **Every Mon & Tues** after School The Man in the Moon Weekly drama workshops, 6-14yrs. **Every Wed** All Star Choir, 8-14yrs. www.guildford.gov.uk/electrictheatre

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 The Green Dragon 58-60 High Street Croydon 020 8667 0684 Storytime for families 3-7yrs, drop in 2hr session with stories, puppets, arts activities & songs, **FREE.**
First Sat of every month **New Malden Children's Centre** Burlington Road 020 8336 1561 Saturdays Group with breakfast & fun activities for dads/male carers & their children up to 5yrs. **Every Mon** Stay & Play 0-18mths
31 Jan Ricards Lodge School Lake Road Wimbledon Mum2mummarket Baby & childre's nearly new sale, 2-4p.m, entrance children **FREE.** www.mum2mummarket.co.uk
Until 1 Feb Nomad Theatre East Horsley 01483 284747 Whistle Down the Wind, www.nomadtheatre.com
Until 8 Feb Polka Theatre 240 The Broadway Wimbledon 020 8543 4888 Grand, 2-5yrs, 13-14 Feb Curious cake making gets messy in this introduction to theatre, at the end of the performance children are invited onto the stage to create their own recips, by digging in

soft, moist soil, 6 month-3 yrs. **Until 14 Feb** Peter Pan6+yrs. www.polkatheatre.com
Until 8 Feb London Wetland Centre Queen Elizabeth's Walk Barnes 020 8409 4400 Family weekend activities with storytelling in their yurt throughout the day, on cold days a wood burning stove will be lit to make it extra cosy. Hear tales of wetland creatures & their amazing adventures. Also on offer bird watching walks to see the colourful ducks that live there in the winter and visit the guide in the Headley Discovery Hide who will give you bird watching tips & explain how to use the binoculars & telescopes to see birds up close. **14-22 Feb Half Term** Eggs, Bugs & Rock n Roll show a fun & fascinating look at how animals meet, mate & mind the kids, 8+yrs, tickets, info.london@www.org.uk
Until 1 Feb Nomad Theatre East Horsley 01483 284747 Whistle Down the Wind, www.nomadtheatre.com
Until 8 Feb Polka Theatre 240 The Broadway Wimbledon 020 8543 4888 Grand, 2-5yrs, 13-14 Feb Curious cake making gets messy in this introduction to theatre, at the end of the performance children are invited onto the stage to create their own recips, by digging in

1 Feb Croydon Airport Visitor Centre Airport House Purley Way Open Day you will be shown the booking hall, control tower & radio room, 11-4p.m, entrance **FREE.**
7 Feb The Barn Church Nearly New Sale large sale of good quality pre-loved baby, nursery & maternity kit, 10.30-12 p.m., www.nct.org.uk/branches/richmond-branch-nearly-new-sale-1
14 Feb Yvonne Arnaud Theatre Millbrook Guildford 01483 440000 Sister Act, **16 Feb** Old MacDonald had a farm for families, **25-28 Feb** Room on the Broom, 3+yrs, get a preview www.roomonthebroomlive.co.uk.
14-28 Feb G Live London Road Guildford 0844 7701 797 14 Feb G Live Family Day with lots of **FREE** activities for children, parents & friends in the foyer spaces, the day will include a treasure hunt, colouring competitions, creative crafts, storytelling & more. **16 Feb** GLive Magic School-Magic with Mat, one day masterclass teaches magic tricks, plate spinning, escapology stunts & more. **17 Feb** Circus Skills course have a go at stilt walking, unicycling, diabolo ball walking & lots more. **19-20 Feb** Creative Orchestra 2 day course participants will work with professional conductor

musicians from Southern Pro Music & tutors from Surrey Music Hub to create a brand new piece of music from scratch. **19 Feb** The Sooty Show for all the family, **25 Feb** 7 Feb The Barn Church Nearly New Sale large sale of good quality pre-loved baby, nursery & maternity kit, 10.30-12 p.m., www.nct.org.uk/branches/richmond-branch-nearly-new-sale-1
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workshop, create drawings, sound effects & music which can be used in the final film, 4-7yrs, included in palace admission price. **Selected Thurs** & **Sat** in Feb Tiny Explorers multi-sensory workshops explore & play in the palace together through music, movement & messy play & hear stories of Hampton Court Palace, 0-4yrs, need to book. www.hamptoncourt.org.uk
19-21 Feb Mill Studio Millbrook 01483 4400 00 Five Children And It, **28 Feb** Adventures with Sam in Outer Space, 3-7yrs.
19-21 Feb Epsom Methodist Church Ashley Road 01372 728535 Annual Charity Book Fair with quality books at bargain prices & the vast range includes children's book, antiquarian, out-of-print, fiction & non fiction, plus CDs, DVDs & records, refreshments will be available throughout. Proceeds from the Fair will benefit a variety of national & local charities, 10-4 p.m., entrance children & students **FREE.**



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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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**.

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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

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 www.emmanuelrugby.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, 6+ yrs. **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.humanmuseums.com**

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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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 Greenwich High Road 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**

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 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**

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February 2015

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www.parents-news.co.uk
This information plus much more online



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1 Feb Artisped 5 Nether Street London 020 8369 5454 The Magic Porridge Pot & other Tasty Tales. 3-8yrs. **www.artisped.co.uk**

18,18,22 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**

18,18,22 Feb **Imaginative 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** CreativeResponse art activity, all ages. **14-22 Feb Half Term**, PrintingActivity 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**. **Until 8 Mar** Truth & Memory: British Art of the First World War art exhibition. **Ongoing** A Family in Wartime exhibition archive film footage & more. **FREE**. **www.wam.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 **Imaginative Children's Festival Southbank Centre** 020 7960 4200 From 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/whatsontofestivals**

14 Feb **Museum of Childhood** Bethnal Green 020 8983 5200 London Children's Bookshop, 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** 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 Bellbird 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! **Ongoing** Gun Turret Experience **www.ivm.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 tools, drop in, 5+yrs. **FREE**. **16-20 Feb** Make It! Painting, modelling will work with an artist to explore different printmaking techniques & create their own designs, 5-12yrs, need to book. **Every Sun** Design selected days, participants can create a 3D sculpture with wire inspired by the museum's collections. **FREE**, drop in, all ages. **Daily** Book Packs families can pick up an activity bag pack filled with jigsaws, stories & games to explore the collection, 4-11yrs. Activity Card hands on art fun for children to create a Samurai helmet, a silver goblet or an elephant mask to take home. **FREE**, drop in plus Agent Animal bag a sensory activity bag that has been developed for under 5's containing an audio map & fabric cubes. **FREE**. **www.vam.ac.uk**

16-20 Feb **Bank of England Museum** Threadneedle Street London 020 7601 5545 Striking Gold. Stories all told by a costumed storyteller plus a gold trail around the museum leads to a prize. **Ongoing** Discover Gold new permanent exhibition. **www.museumofbankofengland.org.uk**

17 Feb **Isis Education Centre Hyde Park** 020 7036 9056 **Half Term** Nature Explorers- Winter Art Activities to include, finding hidden designs in leaves & wood using magnifying glasses, creating a giant outdoor sculpture using natural materials, making cosy habitat from clay to keep bugs protected from the wintry weather & lots more. 8-11yrs, need to book. **19 Feb** Discoveries Day, Inland Birds with activities to include making a bird feeder, bird watching, crafts & more. drop in 11.5-3pm for all the family. **FREE**. **27 Feb** Walk in Hyde Park- wintry Water discover the secrets of Hyde Park's waterways from the elegance of the Serpentine to hidden underground rivers & reservoirs. **www.SupportTheRoyalParks.org**

18-28 Feb **Dominion Theatre** Tottenham Court Road London 020 7656 1888 **Half Term** Frozen, a series of sing along screenings of the smash hit Disney film **www.dominiontheatre.com**

Classified £1 per word inc vat min 10 words Box - £40.00 inc vat +£5 for colour. Cheque payable to Parents News, 10 The Manor Drive, Worcester Park, Surrey, KT4 7LG Tel: 020 8337 6337 For a receipt send SA£.

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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 18-24 *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

an extraordinary
adventure



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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 styles made with the **exclusive SURROUND™ GORE-TEX® Technology**, to guarantee your child breathable and waterproof wear in any weather condition. Because every child is unique, and Primigi knows it.