

PARENTS NEWS

March 2015 No.198

The First & Foremost Local Monthly Newspaper for Families

1993 - 2015
23rd Successful Year
Thank you

FREE

www.leeds-castle.com/falconry

What's On in March Independent Schools

www.bromleyhigh.gdst.net

www.shakespeareweek.org.uk

Back to Baby

www.foundlingmuseum.org.uk

Published on time, every time since 1993

www.parents-news.co.uk

Three Editions in South-East England

Southwest
London
& Surrey

London
South
E Surrey
& West
Kent

Kent

ISSN 2050-4772

KENT

Endometriosis: Fertility implications, symptoms and treatment

Dr Sebastian Renz MRCPG DFFP, Richmond Practice Medical Director provides an insight into the symptoms and treatment of endometriosis and how it affects fertility. Endometriosis is a condition in which the tissue (endometrium) normally lining the womb (or uterus) grows outside, on and around the pelvic and abdominal organs. We most often find that it is associated with heavy and/or abnormal menstrual flow and painful periods. Over 1.5 million women are affected by endometriosis in the UK. As far as we know the problem is hereditary. Endometrioses can cause infertility, depending on how the disease has affected the reproductive organs. In some cases the fallopian tubes can become blocked which causes damage to the ovaries, making conception increasingly difficult and causing infertility.



Consult your doctor, if you: Struggle with painful and heavy periods Have chronic pelvic pain Experience pain during sexual intercourse You cannot get pregnant We find that symptoms can vary in severity depending on where the endometriosis has implanted and how long the woman has had the condition. **Diagnosis and treatment** Endometriosis is diagnosed by excluding other conditions, such as fibroids with similar symptoms. It requires a thorough assessment by a GP or Gynaecologist. At **Richmond Practice** a female consultant Gynaecologist will meet with you to discuss your symptoms. She will then do a pelvic examination, ultrasound scan and/or blood tests. Once all other causes are excluded the final diagnosis is made by referring for a laparoscopy or key-hole surgery. With the help of a camera the doctor will establish whether endometrial tissue outside of the womb developed. If tissue is found, it is treated at the time laparoscopy is undertaken. To book an appointment **020 8940 5009** **www.richmondpractice.co.uk**

What you eat while pregnant can positively influence your baby's future health

"Research shows that at most, 20% of a baby's future health is influenced by genes, with environmental factors such as what you eat during pregnancy and breastfeeding playing an important role in influencing lifelong health" said **Charlotte Hemmings**, Senior Medical Affairs Manager, **Nutricia Early Life Nutrition**. "nutrimum was inspired by the science of early life to create a delicious range of muesli and cereal bars fortified with key nutrients to help pregnant and breastfeeding women positively influence their baby's future health." The **nutrimum** range of foods is fortified with key nutrients to help mums get the nutrition they need during pregnancy and breastfeeding.

The pregnancy range has been specifically developed to provide 5 important nutrients women need during pregnancy, each cereal bar or portion of muesli contains: 400ug folic acid, the recommended daily intake by the **UK Department of Health** for all women during the first 12 weeks of pregnancy, DHA (omega 3), which contributes to normal foetal brain and eye development, vitamin D to help maintain normal bones, iron to support normal blood formation and the

normal function of the immune system, and iodine.8-13 The breastfeeding range provides continued nutritional support for mum and baby with 10 key nutrients, which in addition to those included in the pregnancy range, also contains: vitamins B1 and biotin (B7) to contribute to normal functioning of the nervous system 14,15 and vitamins B2 and B6 to contribute to the reduction of tiredness and fatigue 16,17 as well as zinc to contribute to normal functioning of the immune system.18

The **nutrimum** range of fortified foods, inspired by the role maternal nutrition can have in influencing a baby's future, can support women to meet their nutritional needs and provide their baby with the best possible start.6

nutrimum is now available exclusively at **Boots** (£4.99 per box from selected stores and on **Boots.com**). The **nutrimum** range of fortified foods is part of **Nutricia's** commitment to **Early Life Nutrition**.

For more information on **nutrimum** visit **www.nutrimum.co.uk**

March 2015 Super Camps

The UK's No1 holiday activity company for children today announced it is doubling the number of cooking courses on offer across the country in response to a surge in demand. **Super Camps** – which puts on children's holiday activities in schools across England – said it had increased the number of cooking courses on offer in 2015 to 80 from last year's 40. "The number of children who are interested in learning how to cook properly has grown exponentially over the last few years," said **Guy Ker**, Managing Director of **Super Camps**. "The success of stand-out TV shows like the BBC's **Bake-Off** series is undoubtedly a contributing factor – we call it the Hollywood effect - but there are other reasons behind this surge in interest. "One is a definite rebellion against junk-food. Children want to learn about proper ingredients and how they can use them to make themselves delicious, nutritional food." Signature dishes like Baba

Ghanoush with Flatbreads, Thai Green Curry, Quinoa Salad with Mint and Mango, and Southern Bean Burgers with Sweet Potatoes Fries are part of "A Passion For... Cultured Cooking". **The Great Super Camps Bake-Off**, meanwhile, teacher's children to cook kitchen classics like Artisan Focaccia Bread, Lemon and Poppy Seed Muffins and Dorset Apple Tray Bake. Mr Ker said he expected around 1000 children would sign-up to the **Super Camps** cooking courses during the Easter and Summer holidays this year – which was good news for the future. "Hospitality is an important industry in the UK, and dining well is a key ingredient in its success. I would like to think that a number of future chefs will have learned their first culinary arts at a **Super Camps** kitchen." Children will be awarded Cooking Diplomas

www.supercamps.co.uk

Days Out

15 Mar Birling Gap & Seven Sisters Eastbourne 01323 422512. Mother's Day champagne breakfast, **www.nationaltrust.org.uk**

31 Mar Drusillas Park East Sussex 01323 874100 Hello Kitty visit her in her beautiful themed house & have a souvenir photo taken with her. **www.drusillas.co.uk**

March 2015



The Primigi System, guarantee of quality and technological innovation

For more than 40 years children's well-being has been the guiding principle behind every pair of **Primigi** shoes. More and more mothers are turning to **Primigi** for the know-how the company has developed over many years of creating products for children.

The performance of the shoes, the materials used, the meticulous attention to detail, the

unrivalled quality-price ratio and attention to the season's trends make **Primigi's** shoes a guarantee of quality that mothers demand.

Driving the technological innovation of **Primigi** products is the continuously improved **Primigi System**: in addition to the footwear's unmistakable lightness, flexibility and amazing fit, **Primigi's** shoes are

made with additional performance features such as the anti-shock system, to protect the heel from impact, and removable insoles for maximum hygiene. To prevent allergy-related problems, the metal parts are nickel-free while the insole contains no chrome VI, for products that are even more health-conscious and natural.

www.primigi.com

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.



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

Research shows Orthotropics can get much better results than "Train Tracks". Professor John Mew. Tunbridge Wells 01892 526406 and personal 01435 862045 Email: john.mew@virgin.net



A dream for every pre-school child...



We have **OPEN DAYS** coming up! Check our website for details.

Come and visit our wonderful nurseries **Chiswick, Kingston, Fulham & Dorking** Contact us for more information 020 3031 4700 **info@activelearningchildcare.co.uk**

Inspiring Unique programme of art, drama, music, science literacy and IT with dedicated teaching specialists

Healthy Specialist sports coaching, organic cafe, adventure playgrounds, holistic education

Innovative Purpose designed activity studios, sensory room, baby sleep room, secure webcams

A fresh approach to nursery education.

www.activelearningchildcare.co.uk



Learn to Read in 4 Weeks FREE with Reading Eggs!

The multi-award winning online reading programme for 3-13 year olds.

With hundreds of reading lessons and activities to explore, sign up for our special **4 WEEK TRIAL*** and see first-hand how your child's reading can improve in just 4 weeks! **Reading Eggs** provides a comprehensive range of online reading lessons and eBooks that teach children aged 3-13 the literacy skills needed for lifetime reading success.

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.

Sign up for our special **4 WEEK FREE trial*** and see for yourself how your child's reading improves by using **Reading Eggs**.



FREE 4 WEEK TRIAL*

Register today at

www.readingeggs.co.uk/parentnews

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

FREE TRIAL

The **Ashford Designer Outlet** is a shopping centre in Ashford, Kent, at the **McArthurGlen Designer Outlet Ashford** you'll find your favourite



Ted Baker Red Moccrospurse
RRP: £75 Outlet Price: £50



LK Bennett Red Alexia clutch
RRP £225 Outlet Price £135

Mother's Day gifts

play area and more than 80 boutiques.

The wide range of stores range from iconic fashion brands such

as **Abercrombie & Fitch**, **Polo Ralph Lauren**, **Ted Baker**, **Fred Perry** and **Lacoste** to athletic



Michael Kors blue and gold bangle, RRP £115, Outlet Price £69.99

labels, such as **Nike** and **Adidas**, and high-street favourites, such as **Guess** and **Levi's**.

Ashford Designer Outlet, Adventure playgrounds to explore. There's plenty to



French Connection cranberry embroidered dress, RRP £110 Outlet Price £66

keep the children entertained at **McArthurGlen Designer Outlet Ashford**. Little ones can have fun on the slides and tunnels at the Adventure Playground and there are lots of clothing stores for kids too, including **Polo Ralph Lauren Children** and **Abercrombie Kids**. **Kimberley Way**, **Kent**, **TN24 0SD**

www.mcarthurglen.com/uk/ashford-designer-outlet/en/



OSPREY London Dark Amber Diffuser RRP £32 Outlet Price £19.95

Fossil Silver cross over ring with diamante, RRP £49.00, Outlet Price £29.99

New baby buddy phone app helps raise awareness of meningitis symptoms

International charity **Meningitis Research Foundation (MRF)** to endorse a free phone app. **Baby Buddy**, developed by charity **Best Beginnings** and funded by **Big Lottery Fund**. The app, launched is designed to support parents during pregnancy and for 6 months into parenthood in a fun and interactive way. **MRF** has provided vital information about meningitis symptoms in babies which can be used to guide parents if their child is sick. **Chris Head**, Chief Executive of **MRF**, said "We are delighted to have contributed to this exciting new phone app which provides important evidence based information to new parents in an accessible

way. Babies are at the highest risk of developing meningitis and septicaemia so it is vital to get symptoms information out to all parents as soon as possible." "Our **Meningitis Baby Watch card** is already distributed to many new parents via the **Red Book** but including symptoms information as part of this app will increase awareness and help save lives" **The Baby Buddy phone app** is compatible with both android and iphones. It can be downloaded free of charge from

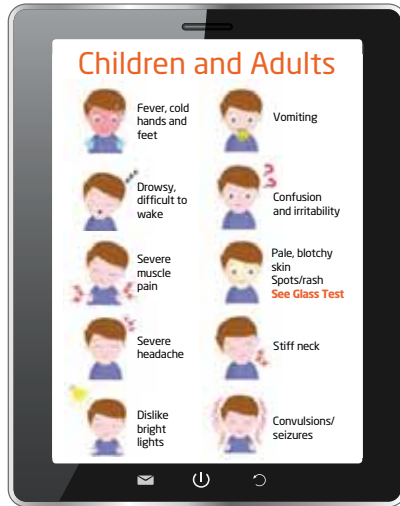
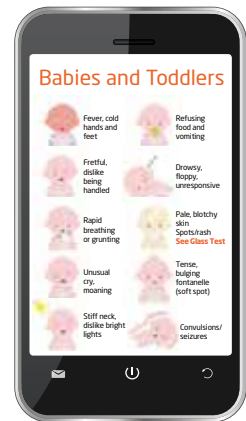
www.bestbeginnings.org.uk/phone-apps
To find out about the symptoms of meningitis in babies visit: www.meningitis.org/symptoms/babies

Meningitis now

Meningitis and septicaemia

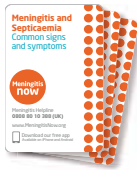
Know the signs and symptoms

Trust your instincts - get medical help immediately



Meningitis and septicaemia can affect anyone. It can kill within hours.

Call our Meningitis Helpline on **0808 80 10 388** for your symptoms card or download our free mobile app at www.meningitisapp.co.uk



March 2015

March 2015

Health and Fitness Travel Launch New Healthy Holidays for Families

From the health conscious to the sporty and active, globetrotting parents can now share their favourite wellness holidays with their little ones, as the leading specialists in healthy holidays worldwide, **Health and Fitness Travel**, launch their new **For Families'** collection. With more children out of shape, parents are looking to encourage healthy habits and revamp their stagnant family holidays lounging by the pool with a healthy change of pace and get the kids active whilst soaking up the sun. Discover a diverse selection of healthy family holidays worldwide, from cultural adventures in Vietnam, to sports breaks in St Lucia and family spa retreats in Italy.

Parents in need of a rejuvenating spa break no longer have to choose between family time and relaxation on a **Family Spa holiday**. Let the kids join in with specially designed teen and children's mini-treatments or catch-up on some much needed alone time with a couples massage, whilst the kids meet new friends at the **Kids Club**.

Show them the fun way to keep fit and burn energy whilst making the most of quality family time with a host of group sport and fitness activities. Ocean kayak and hike on a **Family Activity holiday** in St. Lucia, cycle and Zumba on a **Family Fitness holiday** in Thailand or try out football academy training and tennis on a **Sports Family holiday** in Portugal.

Make a splash on a **Family**



PARK RESORTS REPORTS RECORD BREAKING BOOKINGS FOR 2015

Record breaking start to the year with bookings for 2015 up 21% YoY
School holiday bookings up 29% YoY
Increase in off-peak bookings, with June/early July up 28% and autumn up 49% YoY
93% of customers rated their holiday good/ very good*
Company predicts mobile and tablet bookings will overtake desktop bookings in 2015

Park Resorts record bookings come as the company invests over £20million in its 48 UK holiday parks.

Park Resorts has seen a trend for customers booking early for the school holiday dates, especially through their early booking campaign. However, with the introduction of their new 'Inspired' entertainment programme aimed at adults and 'Play Tax' for the under 5's as well as the new premium accommodation offering on the Isle of Wight and in the Lake District, off-peak breaks are also growing in popularity with pre-school families and couples.

Park Resorts prides itself on customer satisfaction and 93% of holiday makers rated their overall holiday score as good/ very good*.

Beach & Water Sports holiday and re-balance with a beach yoga class while the kids learn to surf the waves. Discover new experiences and new destinations as you open their minds on a **Family Adventure & Culture** holiday. From cultural visits to historical towns in Tuscany, to chocolate making in Thailand and paragliding in Oman, spend your days experiencing new adventures around the world.

With such a varied choice of where to go and what to do, everyone will be able to keep active, have fun and learn something new. There really is something for everyone on a **For Families holiday with Health and Fitness Travel**.

For advice, guidance and booking visit:

www.healthandfitnesstravel.com/family-holidays or call **0203 397 8891**.

Teenagers collection provide new experiences away from the screens of their laptops and smartphones. Find exactly what you're looking for with a handpicked selection of **Affordable Family holidays**, **Luxury Family holidays** and the **Best Family Friendly Resorts**.

For advice, guidance and booking visit: www.healthandfitnesstravel.com/family-holidays or call **0203 397 8891**.

Make a splash on a **Family**

100 Family Adventures by Tim, Kerry, Amy and Ella Meek,

"The idea for 100 Family Adventures grew from wanting to spend more quality family time outdoors – walking, cycling, kayaking ... simply doing things together as a family. We were worried about our time pressured lifestyle that persistently put a squeeze on our family time. We didn't want our children to grow up molly coddled and wrapped up in cotton wool, preferring to spend their time indoors in front of a TV or computer screen rather than enjoying the great outdoors. We wanted them, instead, to be connected to nature as well as technology and to balance their screen time with plenty of green time. It is our hope that they grow up as bold individuals who grasp opportunities and who look for adventure and fulfilment in life." *The Meeks in the introduction.*

The 100 adventures in this book are designed to encourage other families to get out and do things together, to help adults and children alike to push their own comfort zones – even if it is just a little. "Adventure is out there – you just have to go and find it!"

To view the new website and for further information on investment for 2015 visit www.park-resorts.com.

Swimming Lessons

Quality classes in small group
** COME AND TRY A CLASS FREE **

Lessons for:
Adults and Children from 2 yrs
Non-swimmers - Improvers
Advanced & SUPER Advanced

Classes held at:
Downsend School Ashted/Leatherhead
Epsom College

For more info contact Colin on 01372 739600

Old Barn Stables

Waffons Farm, Woodstock Lane South, Chessington, Surrey

A Friendly, Family Run Riding School

- BHS Qualified Instructors
- All ages & abilities
- Pony Days
- Lessons & Hacks
- Holiday Fun

For directions and info, call 020 8398 0822

Reclaim your social life!

Now you can find professional, experienced babysitters even at short notice. We interview each babysitter in person and check all references thoroughly. All have professional childcare experience with most being Registered Childminders or qualified Nursery Nurses & Nannies.

For your first booking FREE of any booking fee visit us at www.sitters.co.uk and quote promo code PNEWSFREE.

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

Have you explored Surrey?

Discover the countryside on your doorstep
Visit www.surreycc.gov.uk/explore to start your adventure

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 inflatables, 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** Henry Hill Blean 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 Tonbridge 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. Tel: 07730 870696.

Ongoing Pepenbury Farm www.pepenbury.info With friendly farm animals plus goats, donkeys, Kune Kune pigs, chickens, ducks rabbits, guinea pigs plus woodland trails suitable for all ages. Woodland walks **FREE** but donations welcome.

2nd Sun of the month Tonbridge Farmers Market Sovereign Way 07876685853 Held in Sovereign Way with normally 70 stalls, www.tonbridgefarmersmarket.co.uk

3rd Sun of the month Chislehurst Farmers Market 07775 736116 The market is held in a new location of Hornbook House Car park, High Street, produce includes seasonal fruit & vegetables, chocolates bread, meat, preserves & much more. **FREE** entry.

3rd Sun of the month Aylesford Farmers Market Aylesford 07876 685853 Farmers Market with more than 30 stalls, www.aylesfordfarmersmarket.co.uk

Every 2nd Sun of every month Hempstead Valley Shopping Centre Gillingham 01634 387076 Farmers Market is held in the car park offering a range of local produce including meat & much more.

Every Sun Dover Leisure Centre 01304 201145 Roller Disco, www.atlantis-entertainment.co.uk

Every Sun Edenbridge Leisure Centre Stangrove Park 01732 865665 Under 16's & families roller disco.

Every Mon term time The Assembly Rooms West Wickham Kiddi Cardio toddler fitness 2-5yrs, www.kiddicardio.com

Every Mon, Tues, Wed & Fri morn Blenheim Children & Family Centre Bromley 01689 879145 Toddlers activities.

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 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.

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 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 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 Mon term time The Assembly Rooms West Wickham Kiddi Cardio toddler fitness 2-5yrs, www.kiddicardio.com

Every Mon, Tues, Wed & Fri morn Blenheim Children & Family Centre Bromley 01689 879145 Toddlers activities.

Every Mon-Wed The Angel Centre Tonbridge 01732 359966 Kickstart members Pre-school bounce, **Every Sat morn** 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** 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 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 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 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 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 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 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 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 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 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 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 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 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 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.

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



Twitter: @parentsnewsuk

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 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 chance 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

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 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 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 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 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 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 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 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 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 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 Dunorlan Park 07990 973313 Buggy Workout, exercise for mother & baby, power walking around the park utilising the benches & steps available, 10.30-11.30am.

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 Tues** Teatime Storytime, afterschool, 3-8yrs, 2nd Tues of month Advice & support - Health & lifestyle advice, drop in, no need to book.

Every Thurs White Oak Leisure Centre Swanley 01322 662188 Under 16's Roller Disco.

Every Thurs Thomas Aveling School & Community Library Rochester 01634 338728 Teatime Storytime after school storytime for 3-8yrs.

Every Thurs Luton Library Chatham 01634 406923 Storytime fun sessions that include stories & rhyme.

Every Sat Pop in & Play for parents & children, 10-12pm. **Every Thurs Pembury Library** 01892 822778 Storytimes, 2.30-3pm, term time only, **FREE**.

Every Thurs during term time Margate Baptist Church 4 Cecil Sq 01843 290869 Little Fishes Toddler group for parents & carers to meet & socialise with food, games & fun, 10-11.30am.

Every Fri Grain Library 01843 871133 Broadstairs History Walk, 2pm.

Every Thurs during term time Margate Baptist Church 4 Cecil Sq 01843 290869 Little Fishes Toddler group for parents & carers to meet & socialise with food, games & fun, 10-11.30am.

Every Thurs during term time Margate Baptist Church 4 Cecil Sq 01843 290869 Little Fishes Toddler group for parents & carers to meet & socialise with food, games & fun, 10-11.30am.

Every Thurs during term time Margate Baptist Church 4 Cecil Sq 01843 290869 Little Fishes Toddler group for parents & carers to meet & socialise with food, games & fun, 10-11.30am.

Every Thurs during term time Margate Baptist Church 4 Cecil Sq 01843 290869 Little Fishes Toddler group for parents & carers to meet & socialise with food, games & fun, 10-11.30am.

Every Thurs during term time Margate Baptist Church 4 Cecil Sq 01843 290869 Little Fishes Toddler group for parents & carers to meet & socialise with food, games & fun, 10-11.30am.

Every Thurs during term time Margate Baptist Church 4 Cecil Sq 01843 290869 Little Fishes Toddler group for parents & carers to meet & socialise with food, games & fun, 10-11.30am.

Every Thurs during term time Margate Baptist Church 4 Cecil Sq 01843 290869 Little Fishes Toddler group for parents & carers to meet & socialise with food, games & fun, 10-11.30am.

Charity to set up camp in Kent

Free recreational activity camp at **Grosvenor Hall** in Ashford will help children and families affected by serious illnesses



Over The Wall, the children's charity dedicated to providing therapeutic camps for children with serious illnesses, is to run a free Kent based camp at Grosvenor Hall in Ashford in May. The charity is encouraging families affected by serious illnesses to join them for the experience of a lifetime.

As part of the **SeriousFun Children's Network**, founded by **Paul Newman**, the charity aims to provide children, teenagers and families with a welcoming, safe and fun environment that allows them to face challenges and overcome obstacles - helping them to achieve more than they ever imagined possible.

Those attending the camps will participate in activities such as archery, clay pigeon shooting, fishing, drumming circles, creative writing, climbing and kayaking.

Last year, **Over The Wall** supported more than 500 children and families and is hoping to reach out to at least 600 this year, increasing the life changing experiences it provides to children with a vast range of medical conditions.

These conditions may include, cancer and leukaemia, blood disorders, diabetes, gastrointestinal disorders (such as Crohn's or liver disease), rheumatological conditions like arthritis, skin conditions such as severe eczema, multiple severe allergies, heart conditions, kidney disease, neurological disorders such as epilepsy and many more.

The recreational activity camps are medically sound environments, with highly skilled medical professionals, available 24 hours a day. **Over The Wall** also offers separate camps for the siblings of children with illnesses and long weekends that the whole family can attend, completely free of charge.

CEO of the charity, **Kevin Mathieson** says, "We are delighted to be hosting a camp in Kent and we encourage any children and families affected by serious illness to join us for what will be a memorable and life changing experience. Our camps have been proven to boost children's confidence, improve their self-belief, enhance their resilience and most importantly, help them reach beyond the limits of their medical condition."

If you know of a child or family that would benefit from **Over The Wall's** camps, or if you are a person that would be interested in volunteering at the Kent based camp, you can contact **Over The Wall**

02392 477110
www.otw.org.uk

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

Education

Paddington
From the Producer of *Harry Potter* Comes The UK's Biggest Family Film of 2014

I just loved this movie it is pure escapism! *Paddington* is the magical adventure of a polite young Peruvian bear, who travels to London in search of a home. Finding himself lost and alone at Paddington Station, it seems that city life is not all he imagined, until he meets the Brown family, who kindly offer him a place to stay... But little do the Browns realise just how much chaos one small bear can cause – and they soon discover that their lives will never be the same again. The perfect family adventure. If you want or need a really good belly laugh this is the film for you!

Available on DVD, Blu-ray & Download from 23rd March, RRP £19.99/£24.99.



The Ursuline Preparatory School

The *Ursuline Preparatory School* move into their brand new "St Angela's" building. During the February half term break, staff and children from *Ursuline Preparatory School* moved into their new purpose built accommodation. This accommodation is called "The St Angela's Building" and comprises a brand new Nursery and Reception teaching facility, as well as 4 further classrooms for older girls. This bright and airy accommodation, with access to refurbished and a purpose built playground is the perfect environment for young children to learn and develop whilst remaining in a central Wimbledon location. **Open Day Saturday 21st March** from 10am to 12noon – and all families looking for the perfect start to school life will be warmly welcomed. *Ursuline Preparatory School*, 18 The Downs, Wimbledon, SW20 8HR

020 8947-0859
admissions@wups.co.uk
www.ursuline-prep.merton.sch.uk



OPEN DAY
Saturday 21st March
10 am to 12 noon



COME AND VISIT US -
you will be sure
of a warm welcome

"The quality of the pupils' achievements is
EXCELLENT".
Independent Schools Inspectorate, Report 2014

OPEN FEBRUARY 2014 – New purpose built Early Years' facility and four additional classrooms.

- ★ A leading Catholic Preparatory School, welcoming girls of all faiths.
- ★ Girls prepared for a range of secondary schools at 11+
- ★ After school care available until 5:45pm daily.

The Ursuline Preparatory School Wimbledon

18 The Downs, London SW20 8HR
Telephone: 020 8947 0859
Email: admissions@wups.co.uk
www.ursuline-prep.merton.sch.uk



March 2015

School Talk

Sydenham High School,

Sydenham High SE26 6BL, Girls, age range 4-18yrs, total pupils in school 620, class size Junior 20-24, Senior 20-25. Choice of subjects drama, music, languages, Junior, French plus Latin, Senior, French, Spanish, German, Italian plus Latin, Science,

Sports to include athletics, tennis, cricket, netball, hockey, football, rugby, swimming, trampolining, gymnastics, dance, fencing & scuba diving. **Open Day Junior 6 May 15, Senior & 6th Form 27 May,**

020 8557 7004,
www.sydenhamhighschool.gdst.net.

Hampton School,

Hampton School, Hampton, TW12 3HD

Boys, 11-18yrs, 1200 pupils in school, class size 24 in lower years, with smaller class sizes for GCSE & A level subjects. Choice of subjects, drama, music, languages French, Spanish, German, Russian & Mandarin, Science.

Sports to include football, rowing, rugby, cricket & tennis. **Open Day 26 Sept 15**

020 8979 5526,
www.hamptonschool.org.uk

St Hilary's School,

St Hilary's School Godalming, GU7 1RZ,

Boys 2-7yrs, girls 2-11yrs, 268 pupils in school, class size 16 on average. Choice of subjects drama, music, languages, French, Latin & Spanish, Science in Key Stage 1 is taught by class teacher & in Key Stage 2 it is taught by specialist teachers in a modern purpose built laboratory. Sports to include tag rugby, football, cricket, netball, athletics, gym & dance. **Open Day 21 May 15,**

01483 416551,
www.sthilarysschool.com.

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

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

these articles, and willing to share revenue with the writers, so 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

March 2015

Royal Institution launches new videos to revolutionise science learning in the home

The *Royal Institution of Great Britain* has announced the launch of a new web series of **Experimental**, which supports and empowers parents and families to do easy and fun science activities at home as often as they would arts and crafts or cooking. Following on from the success of the first 10 films released in summer 2014 which explored physics, this second series encourages families to get stuck into chemistry.

Experimental aims to give viewers the confidence and ideas to explore, question and test some of the fundamentals of science with children aged four to nine. The activities have been specifically designed to appeal to those families who have never considered doing science at home with their children or who do not feel confident in their abilities to do so. All the activities require only common household objects or cheap and easy to buy materials.

You can watch the first film of this second **Experimental** series *Colour Quest* and all 10 films from the first series www.rigb.org/Experimental. The remaining chemistry films will be released one per week until 17 March 2015 when they release three films in one week in celebration of *British*

Science Week. All the films are free to watch.

The second series is set to be even more exciting than the first. The presenters come from all over the UK including families in Scotland, Wales, England.

Physics teacher and filmmaker **Alom Shaha**, who helped developed the project, said: "**Experimental** films encourage viewers to go several steps further than simply carrying out the activity. As well as covering basic scientific facts, **Experimental** focuses on developing scientific skills like observation, prediction and how to conduct a fair test. Worksheets help parents to prompt their children to look more closely at what's happening, to ask questions and to discover the answers for themselves. These films are not just about demonstrating cool scientific phenomena and providing an 'explanation' but about encouraging children to explore science through play."

Dr Gail Cardew, Director of Science and Education at the Ri, said: "For 200 years our mission has been to encourage people to think more deeply about the wonders and applications of science and the *Royal Institution* is often called 'the home of the science demo'. **Experimental**

embodies this 200 year old mission completely by bringing exciting hands-on science into people's homes, wherever they may live.

"With **Experimental**, our ultimate goal is to help parents, grandparents, aunts and uncles, teachers, health workers, foster parents and childcare professionals to spark the natural curiosity of children at an early age through play and to set them on a lifelong course of scientific exploration and investigation."

Dom McDonald, Outreach Programme Manager at the *Royal Society of Chemistry* which supports this second **Experimental** series, said: "We think it's hugely important to support activities outside school that make chemistry accessible to new audiences. That's part of the fundamental principles of the *Royal Society of Chemistry*'s 170 year-old Royal Charter and is just as relevant today. We're very excited to have this opportunity to support the Ri in such a fun and exciting project."

The first **Experimental** series was a fantastic success with the films being viewed over 110,000 times on the Ri's YouTube, AOL, on, Daily Motion and Bibblio channels. www.rigb.org/experimental



Oxbridge Centre
ENGLAND

Experts In Tuition

Join Oxbridge's Easter Courses to prepare for 11+ exams!



11+ Easter Intensive & Revision Courses

Subjects: Essay Writing + Reading Comprehension, Literacy, Maths, VR + NVR
Dates: 30th (Mon) March – 2nd (Thu) April

Primary Easter Intensive Courses

Subjects: Year 4 Essay Writing (1hour), Maths (1hour)
Dates: 30th (Mon) March, 31st (Tue) March, 1st (Wed) April

Year 1 up to GCSE level are also available.

Blagdon 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?

Bromley High Junior School

Kent LTA Tennis School of the Year 2014

It was with great pride that **Mrs Dickerson** and **Mrs Botham** attended the *Kent LTA* annual awards ceremony to pick up the much coveted *Kent LTA School of the Year Award* presented by **Austin Smith**, President of the *Kent LTA*. The Junior School was shortlisted for this prestigious award due to the outstanding achievements of its school teams in all age groups at the 2014 *Kent Schools'* Team and Doubles Championships.

In addition, the school was recognised for its extensive extra-curricular tennis programme, offering Years 3 – 6 girls both coaching at early morning tennis clubs and competitive tennis opportunities against local schools and through the internal *Bromley High School* mini tennis red, orange, green and full ball championships. **Mrs Dickerson**, Head of *Bromley High Junior School*, commented, "It is

BROMLEY HIGH SCHOOL

"Thinking Creatively about Girls' Learning Since 1883"



OPEN MORNING
Tuesday 3rd March 2015
10.15 am – 12.15 pm

FURTHER OPEN EVENTS
June and October 2015
(dates to be confirmed)

Scholarships and Bursaries available

FOR GIRLS 4-18 YEARS

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



fantastic that both the girls' and **Mrs Botham**'s hard work and dedication have been recognised in this way, as tennis, alongside many other sports, is an integral part of life at *Bromley High Junior*

School." Award presented by Austin Smith, President of the Kent LTA.

<http://bitly.com/16TTHK>

Julius Zebra

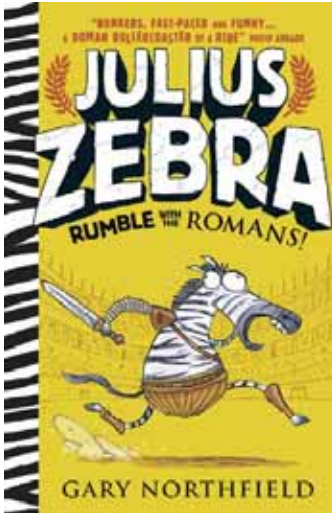
Rumble with the Romans

Julius Zebra: Ideal book for children who are studying The Romans at School. This the debut novel from cartoonist **Gary Northfield**, author of *The Terrible Tales of the Tecomysaurus* introducing a hilarious and wacky new series.

The black and white illustrated short chapters include plenty of jokes making reading fun for children aged 7yrs plus.

A hilarious action-packed tale about a zebra, giving up survival around a watering hole deep in the heart of the Serengeti to a tussle with a grumpy gladiator Julius and his motley crew have a tough contest on their hands or should that be hooves - a fight in The Colosseum!

www.garynorthfields.com



Traditional games are just the ticket for long journeys

When it comes to keeping children entertained during a long car journey it would appear that the more traditional games have the edge over modern day technology. A survey, conducted by *Be Wiser Insurance*, revealed that over a quarter of drivers, 26.8%, thought that the old favourites such as *Eye Spy*, the *Number Plate Game* and the *Yellow Car game* were the most popular and effective ways of keeping the cries of "are we there yet?" to a minimum as families take to the open road.

Music, with 25.6%, was voted the next best way of assuring a stress free journey and more effective than modern day gadgets such as hand held consoles which had 24% of the vote, while films were the third most popular choice with 19.9% of UK drivers.

"All parents know that keeping their children entertained while on a long journey can be a bit of a challenge," said *Be Wiser's* chairman **Mark Bower-Dyke**. "However, nowadays with so many different options available it is becoming somewhat easier, which is why we were pleasantly surprised to see that the more traditional games have stood the test of time and are still keeping children entertained."

London Calendar

Daily Science Museum Exhibition Rd London 0870 870 4868 Interactive experience: Flyzone Studio a new experience that transports visitors using the latest in green screen technology. Children, adults & families are able to come along & dress up as pilots or astronauts & then take away photographs of themselves flying through the air or exploring Space, all ages. **Every weekend** Icy Cool Adventure families, under 7's, **FREE**. **Every Weekend** Spaced Out families, 5+yrs, **FREE**. **Every Weekend** A Cockroach Tour of the museum visitors take on the form of cockroaches dressing up in realistic costumes, **FREE**. **Every Weekend** explore hundreds of real natural history specimens, discover evidence along the way using microscopes, the computer database & other scientific instruments, science educators are there to help you with your investigations, **FREE**. **Ongoing** Engineer Your Future exhibition, 11+yrs, **FREE**. **www.science-museum.org.uk**

Daily The Queen's Gallery Buckingham Palace London 020 7766 7301 Become an explorer & discover the exhibition with activity bags for families. Using the bags find out which animals the adventurers shared the Antarctic with and what early explorers wore to protect themselves from the cold. **Science Musuem Imax Theatre** 0870 870 4868 Mysteries of the Unseen World, daily screenings, 8+yrs. **Ongoing Royal Academy of Arts** 020 7300 8000 **www.royalacademy.org.uk** New policy all children under 12yrs of age will have **FREE** entry to all exhibitions. **Ongoing Churchill War Rooms** Clive Steps King Charles Street 020 7930 6961 Undercover, Life in Churchill's bunker, learn what life & conditions were like underground & experience the authenticity & emotional resonance of walking through the corridors where Churchill made history. **www.iwm.org.uk**

Throughout Mar National Maritime Museum Greenwich 020 8312 6565 Ahoy! Opening of the new gallery dedicated to younger visitors, board a pirate ship, stoke the fire of a steamship, navigate an ice breaker & lots more, under 7's **FREE**. 1.8.15.22.29 Mar Discover Sundays explore your personal connections to the sea, all ages, **FREE**. 3.10.17.24 Mar Play Tuesdays young children can have fun with their families as they explore the museum through making music, dance & drama, under 5's. 7.14.21.28 Mar Explore Saturdays, meet a character from the past & take part in an exciting performance that will bring maritime history to life. 6+yrs. 28 Mar-31 Aug Against Captain's Orders: A Journey into the Uncharted to take 6-12yrs & their families on the adventure of a lifetime, life,

jackets will be donned as visitors become part of the motley crew of HMS Adventure. 30 Mar-10 Apr The Greatest Adventure interactive gallery with a wide range of activities. **FREE**. **www.rmg.co.uk**

Every Sun National Gallery 020 7747 2885 Family workshops for families bringing paintings alive & listening to a themed story on the magic carpet, plus **FREE** family trail, **www.nationalgallery.org.uk**

Every Sun Hildreth Street Market Balham SW12 Street Market with fresh food traders sourced from all over London. **Every Mon & Thurs Holy Trinity Church** Brook Green 07710 023743 Singing & Songwriting sessions for 6-11 & 11-14yrs, **www.holytrinitywv6.org**

Selected Thurs & Sats in Mar Kensington Palace 0844 482 7799 Tiny Explorers multisensory workshop explore & play in the palace through music, movement & messy play, discover the fascinating stories of Kensington Place 0-4yrs, need to book **www.hrp.org.uk**

19 Sat of every month Royal National Theatre South Bank 020-7452 3234 Family Days, discover the skills & secrets behind the NT's productions, families 8+yrs.

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

Every Sat Blue Elephant Theatre Campbellwell 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, & Seaxa Gardens are invited to play at after school & weekend workshops in this recently renovated former retail outlet on the Seaxa Gardens housing estate, **www.southlondongallery.org**

Every weekend Geffrey Museum Kingsland Rd London 020 7739 9893 Geffrey explores with **FREE** activity backpacks, audio guides, feely box, quizzes & trails, **www.geffrey-museum.org.uk**

Every weekend Tate Modern Bankside London SE1 020 7887 8008 Open Studio Play & create with ideas & materials from artworks in the collection displays for all ages. **Daily** Family resources

with paper based activities for families all ages, **FREE**. **Daily** Children's Multimedia Guide keeps children entertained & animates art works through music, video 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 ½ hrs.

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

Every weekend Tate Britain Millbank London 020 7887 8888 Liminal invites visitors into a physical, material & social experience of sculpture through touch, interaction & collaboration, all ages, **FREE**. **Every weekend** Art Trolley sessions encourages children to imagine & create collages & lots more, **FREE**. **Every weekend** Children's Multimedia Guide fun & interactive a sensory experience for all the family to enjoy, 5+yrs. **Daily** Family Resources provide questions & activities which encourage children & families to explore art works, **FREE**. **Daily** Family Trails, under 5's, **FREE**. **www.tate.org.uk/visit/tate-britain**

Until 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 raves, **FREE** shows & interactive light displays. 7 Mar Greenlight! Albee Vector the Sound Collaborations, 3+yrs. 7 Mar Soho Theatre: Comedy Club 4 Kids, 6+yrs. 8 Mar Big Fish Little Fish: Magic Under London, under 11yrs. **www.vaultfestival.com**

Until 13 Mar Unicorn Theatre 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. **Until 15 Mar** What Does It Take To Be a Man?,

play, explore & have fun together, up to 5yrs, need to book 020 7001 9844. 7-8 Mar & every weekend **London Transport Museum** 39 Wallington Street Covent Garden London 020 7379 6344 The Family Station choose some **FREE** activities to do as you explore the museum, families all ages. **Ongoing** Family Station All Year Round activities for families, 3-12yrs, **www.ltmuseum.co.uk**

7.14.21.28 Mar & every Sat **South Bank 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.vennstreetmarket.co.uk**

7.21.28 Mar **Horniman Museum** London Road Forest Hill Hands on Family Workshops touch real museum objects & discover them with your family in themed sessions, 7 Mar, Music, 21 Mar Nature, 28 Mar Costume, **FREE**, 3+yrs. 14 Mar Youth Panel Takeover: Family Day a day of family fun, arts & crafts, music, stories & more, **FREE**. 29 Mar Community Music Day the programme will include jazz & classical concerts, gamelan workshops, a capella singing & more, **FREE**. 31 Mar Hear it Live informal live performance in the Music Gallery bringing to life the keyboard instruments on display in At Home with Music, **FREE**. **Every Sat** Farmers Market, **FREE** entry. **Every Sat** except 14 Mar Art Makers with different themes each week, families, 3+yrs. **Every Tues & Wed except 18 & 31 Mar** Busy Bees creative play, stories & songs or simple art & craft, under 5's & their parents/carers, **FREE**. **Every Sun** Discovery for All explore thousands of real objects from around the world, **FREE**. **www.horniman.ac.uk**

7-8 Mar **HMS Belfast** Tooley Street London 020 7940 6320 020 7403 0719(f) Cracking Codes Activity, can you decipher secret messages, intercept messages, map hazards on the sea chart & make up your own secret code. Learn about the skills intelligence officers had to have as well as some of the dangers that surrounded HMS Belfast at sea. 28 Mar-12 Apr Crossing the Line find out what it was like for sailors crossing the equator for the first time as they took part in initiation rituals, dressing up as different characters from the court of the sea god Neptune & made to do forfeits. **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.iwm.org.uk**

8 Mar **Museum of London** 020 7001 9844 A Bear Called Paddington exhibition. 21 Mar Sherlock's Night Owls Sleepover become a young Sherlock Holmes & unravel mysteries of the past in activities including Dark Seekers, Crime Scene Detectives & time Detectives, 7-11yrs, **www.museumoflondon.org.uk**

8 Mar **Barbican Theatre** Silk Street 020 7638 8891 **www.jsr.co.uk** Alice in Wonderland. 12-15 Mar **Barbican Arts Centre Cinemas** 2 & 3 Silk Street 0845 120 7550 Focus Festival helps teenagers understand the industry including possible careers & pathways plus opportunities to gain hands on filmmaking experience including a Studio with Chocolate Films, **www.barbican.org.uk**

16-22 Mar **Shakespeare Week** The Shakespeare Birthplace Trust organiser of the week is planning all sorts of ways that families can join in, both at home & at cultural attractions nationwide. Register as a family on the Shakespeare Week website (**www.shakespeareweek.org.uk**) and download **FREE** activity sheets & games to get to know Shakespeare at home. For younger children there's design & make activities, while older children can try Tudor recipes & explore a map of Shakespeare's England. 19 Mar **The Foundling Museum** 40 Brunswick Square 020 7841 3600 Bach to Baby innovative classical concert for babies created by Mum & pianist, Miaomiao Yu, **FREE**. 22 Mar **Victoria & Albert Museum** 020 7942 2000 **www.vam.ac.uk** Norouz: Celebrating Spring At Persian New Year. Storytelling of Ancient Persia & create a giant pop up paper Persian carpet & tile design based on the 'Persian Ladies in a Garden' panel on display, drop in, all ages, **FREE**. **Every Sat** Pop Up Performance, sing along with Music Hall Marvels & African Storytelling, drop in for families, **FREE**. **Every Sun** Drop in Design create a 3D sculpture with wire **FREE**, drop in, 5+yrs. **Daily** Back 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 Dolls' House exhibition, **www.museumofchildhood.org.uk**

29 Mar **Design Museum** Shad Thames 020 7940 8783 Create & Make: Fashion Power & Play, create your own customised fashion accessories, drop in sessions, 5-11yrs, **www.designmuseum.org**

30 Mar **Bank of England Museum** Threadneedle Street London 020 7601 5545 Eggstrordinary Fun, follow the trail to find the chicks and egg hidden in the museum, you can then decorate your own Easter animal finger puppet to take home plus there is a chocolate egg for every child. **Ongoing** Discover Gold new permanent exhibition.

LESSONS
Exam Revision
Small groups or 1:1
New Malden
Value for Money
Few places still available
GCSE / IGCSE Chemistry, Physics Biology AS-A2
Biology AS Chemistry
07771 348838
020 8241 9901
wchandra@hotmail.com

SWIMMING LESSONS
Colin Bull Swimming Lessons
All ages/abilities.
See advert pg 5
01372 739600

ENTERTAINERS
Children's Entertainer
3 to 7s Magic & Balloons
Chaperone Licence & D & B certificate held
Equity Member
www.guynormas.com
07913 299919
Glitterbox Parties
Make-over parties for girls
01622 850422
www.glitterboxparties.co.uk

EXOTIC CREATURES
FOR THE "WOW" FACTOR
SNAKES, LIZARDS, OWLS, SKUNKS AND INSECTS FOR YOUR NEXT PARTY / EVENT
020 8659 0877
07950 796210

EXPERT 11+ TUITION
7+10+11+English Reading Writing Spelling. Experienced teachers. GCSE Revision, Maths, Science & English Free assessment if lesson booked telephone now.
Progress Tuition Centre 020 8336 1951
www.surreytuition.co.uk

Looking for a Pregnancy Yoga Class on Saturdays?
Need a Pregnancy Massage or Reflexology?
Call Pamela 07735 502251

You shop They benefit

over 1.2 MILLION free donations generated so far

The amazing, simple and free way to raise money for the schools and charities you care about from your daily online shopping.

Simply click through to your favourite shops from TheGivingMachine.co.uk. Those shops then make a cash donation to your nominated schools or charities every time you shop online.

Join us for free and start giving today.

Find out more at www.thegivingmachine.co.uk

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



Twitter: @parentsnewsuk

8+yrs. 20 Mar-12 Apr The Chair with live music & songs, 7+yrs. **Until 21 Mar** The Caucasian Chalk Circle 11+yrs. 28 Mar-26 Apr The Velvetreen Rabbit, 4+yrs. **www.unicontheatre.com**

28 Feb **Cutty Sark** King William Walk, Greenwich 020 8858 3445 Toddler Time with songs, stories & playtime on board, families, under 4yrs. 28 Feb **Cutty Sark** characters incredible stories brought to life by characters from the ship's past, families, 3+yrs, all activities **FREE** with admission ticket. **www.rmg.co.uk/cuttrysark**

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.mmg.co.uk**

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

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 Mar **BFI Southbank** 020 7928 3232 Pinocchio. 8 Mar Mukhsin. 15 Mar Film Funday Preview: Home (3D) plus a funday workshop where little ones can create an intergalactic adventure with their very own alien race, plus the usual storyboarding competition **FREE** to ticket holders of Home. **Every Sat until 21 Mar** Mini filmmakers learn about filmmaking, including animating, scripting, acting, using cameras, editing, special effects & much more, 8-12yrs, details, **whatson.bfi.org.uk/Online/families**

March 2015

London Calendar

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 SAE.

healthy children,
happy mothers

IMAC S.p.A. www.primigi.com - export@primigi.com - contact@skyline-primigi.com - UNIT 203, 4 VIA DOWORTH ROAD - PERIVALE, MIDDLESEX UB8 2JJ -
tel. 0208 261 2384 - fax 0207 791 170 442 - skyline@primigi.com

PRIMIGI
Italian Leader for kids

The PRIMIGI SYSTEM delivers maximum well-being and reliability



ergonomic shape
Rounded toe and comfortable fit



easy fitting
Easy to wear



antishock
Supportive cushioning in the heel



sky effect
Breathable, anatomical insole lined in leather



flexible action
Maximum sole flexibility



removable insole
For maximum foot hygiene



lightness
Featherweight fit



soft-comfort
Soft well-being



nickel-free
Nickel-free



chrome VI-free lining
Chrome VI-free lining

For more than 30 years, Primigi shoes have been the preferred children's footwear of Italian mums. From their first steps to school, Primigi accompanies kids throughout their growth with attractive, innovative and reliable shoes. The experience of a large group, modern technologies, the careful selection of high-quality materials and Italian style come together to create specific products that satisfy all childhood needs. Thanks to its extremely vast range, Primigi offers the right product for every situation, including GORE-TEX® shoes, Primigi Sport shoes (for the most extreme sport, growing up!), and Primigi Girls shoes for the fashion-conscious Tween.