

# PARENTS NEWS

March 2015 No. 239 The First & Foremost Local Monthly Newspaper for Families

1993 - 2015  
23rd Successful Year  
Thank you

**FREE**

[www.leeds-castle.com/falconry](http://www.leeds-castle.com/falconry)

## What's On in March Independent Schools

[www.bromleyhigh.gdst.net](http://www.bromleyhigh.gdst.net)

[www.shakespeareweek.org.uk](http://www.shakespeareweek.org.uk)

Back to Baby  
[www.foundingmuseum.org.uk](http://www.foundingmuseum.org.uk)

Published on time, every time since 1993  
[www.parents-news.co.uk](http://www.parents-news.co.uk)

Three Editions in South-East England

Southwest  
London  
& Surrey

London  
South  
E Surrey  
& W. Kent

Kent

ISSN 1362-5551

South West London & Surrey

## Endometriosis: Fertility implications, symptoms and treatment

**Dr Sebastian Renz MRCCG, 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. Endometriosis 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](http://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 Hennings**, 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 **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](http://www.nutrimum.co.uk)

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

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## Super Camps

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](http://www.supercamps.co.uk)

## Days Out

**15 Mar Birling Gap & Seven Sisters** Eastbourne 01323 42512 **Mother's Day** champagne breakfast, [www.nationaltrust.org.uk](http://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](http://www.drusillas.co.uk)

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## 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](http://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.

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

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

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

When experts disagree, where do you go for answers? [www.Orthotropics.com](http://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](mailto:john.mew@virgin.net)



## A dream for every pre-school child...



...and their parents

Everything you'd expect in a nursery, and more

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](mailto: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](http://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](http://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 brands at up to 60% less, all year round. There's something for everyone, within the beautiful settings you'll find cafes, restaurants, a children's

### 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

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

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



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



**LKBennett Red Alexia clutch**  
RRP £225 Outlet Price £135



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



**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/](http://www.mcarthurglen.com/uk/ashford-designer-outlet/en/)



**OSPREE 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

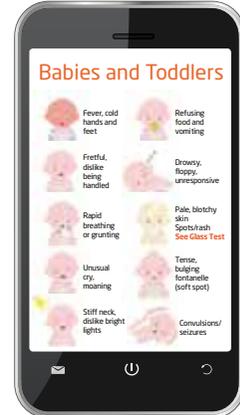
way. Babies are at the highest risk of developing meningitis and septicaemia so it's vital to get symptoms information out to all parents as soon as possible." "Our **Meningitis Baby Watch card** is already distributed to many new parents via the **Red Book** but including symptoms information as part 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](http://www.bestbeginnings.org.uk/phone-apps) To find out about the symptoms of meningitis in babies visit: [www.meningitis.org/symptoms/babies](http://www.meningitis.org/symptoms/babies)



# 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](http://www.meningitisapp.co.uk)



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### 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 healthy 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**

**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.

Whether you are just beginning your family or are well versed in the terrible teens, **Health and Fitness Travel** have you covered. **Family Babymoon** holidays provide expectant couples with a host of relaxing spa retreats and wellness activities; whilst fun-filled activities like white water rafting from the **Family**

**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**.

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](http://www.healthandfitnesstravel.com/family-holidays) or call **0203 397 8891**.



### 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

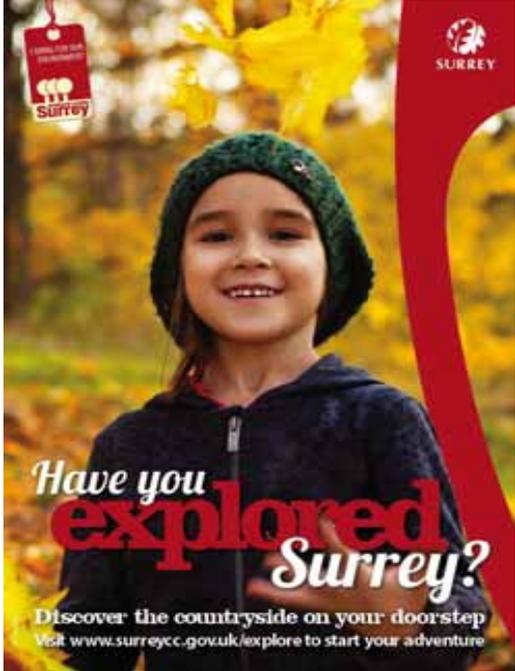
**Park Resorts** record bookings come as the company invests over £20million in its 48 UK holiday parks. **Park Resorts** has seen a trend for customers booking early for the school holiday dates, especially through their early booking campaign. However, with the introduction of their new 'Inspired' entertainment programme aimed at adults and **Play Tots** 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\*.

### 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.

\*Based on the 2014 season customer satisfaction survey completed by 31,664 responses To view the new website and for further information on investment for 2015 visit [www.park-resorts.com](http://www.park-resorts.com).



**Swimming Lessons**  
Quality classes in small group  
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Lessons for:  
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Non-swimmers- Improvers  
Advanced & SUPER Advanced  
Classes held at:  
Downsend School Ahshead/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 weather sandschool  
• All ages & abilities • Lessons & Hacks  
• Pony Days • Holiday Fun  
Woodland Walk  
For directions and info, call **020 8398 0822**

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For your first booking FREE of any booking fee visit us at [www.sitters.co.uk](http://www.sitters.co.uk) and quote promo code PNEWSFREE.  
If you would like to discuss your childcare needs call Sitters on **08447 367 367**.

**Daily Sutton Ecology Centre** Festival Walk Carshalton 020 8770 5820 Playworld fantasy play area, 2-10yrs.

**Daily Rainbow Leisure Centre** East Street 01372 727277 Toddlers World, under 5's.

**Daily New Gardens** 020 8847 0946 Daily Walking Tours of separate highlights, **FREE**.

**Every Sat Tropical Nursery** Tours, need to book. **Every Tues** & **Thurs** Orchid Nursery Tours, need to book. **Every Sat** Hands on Session Blowing in the wind stories of seed dispersal, **FREE**, no need to book.

**Daily South Norwood Recreation Ground** Car Green Road Croydon 020-8760 5707 Fitness Trails for adults & children of all fitness levels to get fit & keep fit. Positioned at each exercise station are signs showing the exercise to use and undertaken with the suggested number of number repetitions.

**Ongoing Kingston Museum and Heritage Centre** Wheatfield Way Kingston 020 8547 5006 Remembering Kingston at War exhibition.

**Ongoing Dupass 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 & café, under 5's.

**Every Sun YMCA** Wimbledon 020 8542 9055 Volleyball sessions for all levels for local residents in Wimbledon & Merton. **FREE** from 12.30pm. [info@wimbledonvolleyballclub.com](http://info@wimbledonvolleyballclub.com).

[www.gospike.net](http://www.gospike.net)

**Every Mon Secombe Theatre** Sutton 020 8770 6990 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 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+yrs. **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** storytimes.

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

**Every Mon Tudor Drive** Library 020 8577 6456 Storytime for under 5's, **FREE**.

**Every Tues** Rhymetime for under 5's followed by stay & undertake with the suggested number of number repetitions.

**Every Mon St John's Church** Kingston Road 020 8288 1801 Toys in Tow fun for the under 5's, 10-11.30am.

**Every Mon eve Corpus Christi** School Chestnut Grove 07956 312920 Aerobics all abilities, 7-8pm.

**Every Mon, Wed & Fri during term time Little Hamsters Play Cafe** Ham 07432 354274 Relaxed 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 Mon-Wed St James's Church** Hall Bodley Road New Malden 020 8942 2093. **Tidlers** Group, 9.30-11.30am

**Every Tues Whitton Library** 020 8734 3343 Storytime session, under 5's, **FREE**. **2nd Thurs** of month Tiny Teddies sessions baby bounce & rhyme, **FREE**.

**Every Tues 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 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** Colliers Wood Chess Club for all ages.

**Every Tues Mitcham Library** 020 8648 4070 Under 5's Storytime & Craft, fun activity, **FREE**. **Every Thurs** CV & Careers Advice. **Last Thurs** of each month, Coffee Mornings. **Every Fri** Knitting Group, need to bring own needles.

**Every Tues United Reformed Church** Avenish Hall 020 8949 3402 Spunkies, under 5's, 9-11.30am.

**Every Tues Morden Centre** 020 83361561 Stay & Play for under 5's. **Every Thurs** young parents drop-in, 1-3pm. **Every Fri** Toys Library, under 5's, 10.30-1.30pm.

**Every Tues Coudson Library** 020 8726 6900 Bookstart Rhymetime for babies & toddlers, Wiggle & Jiggle, 2-4yrs. **Every Thurs** Storytime, 2 ½yrs. **FREE**. **Every Wed** **Ashturton Library** 020 8726 6900 Bookstart Rhymetime for babies & toddlers. **Every Thurs** Wiggle & Jiggle for toddlers. **Every Mon** Chatterbooks drop in sessions, 8-11yrs. **Every Sat** Rock & Rhyme for babies & toddlers. **Every Wed** Social club for older people for a chat & a cup of tea. **Every Thurs** term time only storytime for under 7's, **FREE**.

**Every Tues Purley Library** 020 8726 6900 Bookstart Rhymetime for babies & toddlers & Wiggle & Jiggle, under 5's followed by stay & undertake with the suggested number of number repetitions.

**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 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 Tolworth Recreation Centre** Fullers Way North Tolworth 020-8391 **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 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 Tolworth Library** 020 8547 6470 Rhyme & storytime for under 5's with simple crafts, **FREE**.

**Every Wed Centrale Shopping Centre** Croydon [www.centrale.co.uk](http://www.centrale.co.uk) In the Early Learning Centre, playtime sessions for children, all ages with all kinds of arts & arts from making face masks, cards, painting, colouring or just play, **FREE**, 10-12pm. **Tel: 020 8686 7535**.

**Every Tues afteraaron Raynes** Park Library Story times from under 5's. **Every Thurs** mom 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 New Malden 020 8942 1707 Parent & Toddler Play.

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**Every Tues-Fri** Dickering Adventure Playground New Malden 020 8942 1707 Parent & Toddler Play.

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

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

**Selected Thurs & Sats in Mar Hampton Court Palace** Hampton Court 0871 230 2200

activities such as drama, dance & singing, musical theatre composition, set design & costume making culminating in two productions per year & hear stories of Hampton Court Palace, 0-4yrs, need to book. [www.hamptoncourt.gov.uk](http://www.hamptoncourt.gov.uk)

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

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

**Every Thurs** **Methodist Church** 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** **Bentall Centre** Kingston Air, Land or Sea, 'Make & Take' workshops children can create their own costume or T-shirt, **FREE**. [www.kingstonfirst.co.uk](http://www.kingstonfirst.co.uk)

**Every Thurs** **Walsingham 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** **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** **Tolworth Library** 020 8547 6470 Rhyme & storytime for under 5's with simple crafts, **FREE**.

**Every Wed** **Tudor Hall** Kingston 020 8893 4250 Jungle club fitness class using boxing, dance, cardio & pilates inspired moves, 7.30-8.30 p.m

**Every Wed** **Sanderstead Library** 020 8726 6900 Bookstart rhymetime, babies & toddlers, Wiggle & Jiggle, 18mths+yrs, Storytime 2½+yrs.

**Every Thurs** **South Norwood Leisure Centre** 164 Portland Road 020 8726 6900 x88965 Aquatics sessions.

**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.

**Selected Thurs & Sats in Mar Hampton Court Palace** Hampton Court 0871 230 2200 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.gov.uk](http://www.hamptoncourt.gov.uk)

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

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

**Every Fri** **Caterham Valley Library** [www.surrey.gov.uk/](http://www.surrey.gov.uk/)

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.gov.uk](http://www.hamptoncourt.gov.uk)

**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** 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**.

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# Calendar

[www.parents-news.co.uk](http://www.parents-news.co.uk)

This information plus much more online



Twitter: @parentsnewsuk

**Parents News** Rhymetime, **FREE**.

**Every Fri** **Teddington Library** Walgrave Road 020 8734 3304.5 Storytime session, under 5's, **FREE**. **Every 2nd** Wed of the month Chatterbooks reading group, 8-9yrs, 4.20pm, **FREE**. **1st Thurs** of month Tiny Teddies sessions baby bounce & rhyme, **FREE**.

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

**Every Fri** **Bradmore Green Library** Old Coudson 020 8726 6900 X64952 Bookstart Rhymetime for babies & toddlers, Wiggle & Jiggle, 2-4yrs. **Every Mon** Storytime 2 ½+yrs & Chatterbooks reading group for 8-11yrs. **Fortnightly** **Every Sat** Rhymetime. **FREE**.

**Every Fri** **Broad Green Library** 020 8726 6900 Bookstart Rhymetime 0-5yrs. **Fortnightly** on Sat Rock & Rhyme for pre-school children.

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

**Every Fri** **Shirley Library** 020 8253 1023 Bookstart rhymetime for babies & toddlers, Wiggle & Jiggle for 18mths+. **Every Thurs** Storytime for 2 ½yrs. **Every Sat** Rock & Rhyme for babies & 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 Baptist Church** Addington Road 020 8726 6000 x88965 Circuits Low intensity for mature exercisers.

**Every Thurs** **Croydon Sports College** Croydon High School 020 8726 6000 x88965 Circuits Low intensity for mature exercisers.

**Every Thurs** **South Norwood Leisure Centre** 164 Portland Road 020 8726 6900 x88965 Aquatics sessions.

**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.

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**Every Fri** **Caterham Valley Library** [www.surrey.gov.uk/](http://www.surrey.gov.uk/)

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 & Wandle Park** 020 8656 5947 Circular walk through Waddon Ponds & Wandle Park, 2-3 miles, meet outside Lidl, 11am, **FREE**.

**Every Fri** **Thornton Heath Leisure Centre** 89-110 High Street 020 8726 6000 x88965 Aquatics pay as you go sessions.

**Every Fri** **Moren 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 **Norbiton Children'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](http://www.surbitonfarmersmarket.co.uk) Offering a wide selection of fresh seasonal produce.

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

**Every Sat** **Wimbledon Park Free-standing Gazebo** behind the sailing & watersport centre. Volleyball outside sessions for all levels for local residents in Wimbledon & Merton, **FREE** from 10-12pm. [info@wimbledonvolleyballclub.com](http://info@wimbledonvolleyballclub.com). [www.gospike.net](http://www.gospike.net)

**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**.

**Every Sat** **Moren Canbury Gardens** Lower Ham Road Kingston 020 8547 6422 Local impact outdoor cycle exercise for all with power walking, jogging & stretching, 10-11am, 10-11am, **FREE**. [info@AHM-Go.com](http://info@AHM-Go.com)

**First Sat** of every month **New Malden Children's Centre** Burlington Road New Malden 020 8336 1561 Saturdays Group with breakfast & fun activities for dads/male carers & their children up to 5yrs. **Every Mon**

Stay & Play 0-18mths

**28 Feb** **Mill Studio** Millbrook 01483 4400 00 Adventures with Sam in Outer Space, 3-7yrs.

**19-21 Mar** **Pandemonium! A Greek Myth-adventure**, 25-28 Mar Bartholomew. **FREE**.

**28 Feb** **London Wetland Centre** Queen Elizabeth's Walk Barnes 020 8409 4400 Weekend family activities, come & spot the first signs of spring & see which birds have returned from their winter 'holiday' in warmer climates & join in the spring nature crafts. **7 Mar** Winter birdwatching walk, guided walk around the wildlife reserve to see what's about & give you tips on field craft & bird ID. **18 Mar** Star gazing event, need to book.

**21 Mar** Family bird watching, the session starts in the Headley Discovery Hill showing you how to use binoculars offering bird ID tips & clues on how to watch wildlife plus lots more.

**28-31 Mar** **Mar Giant Easter** duck hunt follow the trail to find where they are hiding plus create your own colourful duckling to take home in the duck painting eggs-travagance plus egg-citing games.

**28 Feb** **G Live** London Road Guildford 0844 7701 797 Comedy Workshop 4 Kids who will learn how to write & perform comedy & how to feel confident in front of an audience & try the bitter taste of wood sorrel, families, 5+yrs. [www.GLive.co.uk](http://www.GLive.co.uk)

**Until 28 Feb** **Yvonne Arnaud Theatre** Millbrook Guildford 01483 440000 Room on the Broom, 3+yrs, get a preview at [www.roomonthebroomlive.co.uk](http://www.roomonthebroomlive.co.uk), 24-28 Mar Oh What A Lovely War The Musical. [www.yvonne-arnaud.co.uk](http://www.yvonne-arnaud.co.uk)

**Until 8 Mar** **RHS Gardens Wisley** Wisley 01483 225329 Butterflies in the Glasshouse where exotic butterflies take flight amongst plants from far off shores. [www.rhs.org.uk/gardens/wisley](http://www.rhs.org.uk/gardens/wisley)

**Until 31 Dec** **Chertsey Museum** 01932 575374 Magna Carta: Freedom under Law exhibition. **3,10,17,24,31 Mar** **Farnham Library** [www.bookstart.org.uk](http://www.bookstart.org.uk) Baby Bounce n' Rhyme, **FREE**.

**5 Mar** **Fairfield Halls** Fairfield 020 8688 9291 Verdi La Traviata [www.fairfield.co.uk](http://www.fairfield.co.uk)

**5 Mar & every Thurs** **Caterham Hill Library** [www.surrey.gov.uk/kidstuff](http://www.surrey.gov.uk/kidstuff) Rhymetime, 10am **FREE**. **Every Fri** Storytime, 2.15pm, **FREE**.

**6 Mar** **Concert Hall** Fairfield 020 8688 9291 Antin & Erin That's Entertainment dance show. **8 Mar** **Arthur Davison family concert**, Merlin & the Magician's Castle featuring characters as Harry Potter, Hansel & Gretel, Cinderella & more, 4+yrs. **17 Mar** The Bootleg Beatles musical. **21 Mar** Disney's Frozen Sing Along. **27 Mar** American Superlam Wrestling family show. **28 Mar** 80s Mania multi tribute concert.

**6 Mar** **Hamsey Green** 0208726 6000 Looping Hamsey Green & King's Wood easy level 2hr walk. [www.croydon.gov.uk](http://www.croydon.gov.uk)

**6 Mar & every Fri** **Drinking Water** [www.surrey.gov.uk/kidstuff](http://www.surrey.gov.uk/kidstuff) Rhymetime, **FREE**.

**6 Mar & every Fri** **Redhill Library** [www.surrey.gov.uk/kidstuff](http://www.surrey.gov.uk/kidstuff) Rhymetime, **FREE**.

**6 Mar & every Fri** **Worthingham Library** [www.surrey.gov.uk/kidstuff](http://www.surrey.gov.uk/kidstuff) Storytime, **FREE**.

**6 Mar & 1st Fri** of every month **Burgundy & Black Café** St Martins Walk Dorking Bumps & Babies is for mums with bumps & both parents or carers of non mobile babies, meet others for tea or coffee & get your baby socialising. [www.nct.org.uk/branches/dorking/events-bumps-and-babies](http://www.nct.org.uk/branches/dorking/events-bumps-and-babies). **3rd Mon** of every month Nappagecino a natter about nappies as an alternative to disposables.

**7 Mar** **Epsom Methodist Church** 01252 714276 Guide Jumble & Nearly New Sale stalls to include brick-a-brac, glass, China, books, games, toys, clothes, jewellery & lots more plus refreshments available, entrance under 12's **FREE**.

**7 Mar** **Selsdon Wood Nature Reserve** Old Farleigh Road Selsdon 020 8726 6900 Wildlife Woodland Wander through the woods, enjoy the delights of spring, spot the first butterfly, or try the bitter taste of wood sorrel, families, 5+yrs. [www.croydon.gov.uk](http://www.croydon.gov.uk)

**7,14,21,28 Mar** **Electric Theatre** Onslow Street Guildford 01483 444789 Little Sparks in the Café **8 Mar** 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](http://www.guildford.gov.uk/electrictheatre)

**8 Mar** **Epsom Playhouse** Ashley Avenue 01372 742555 The World's Most Popular Musicals featuring all the West End favourites. [www.epsonplayhouse.co.uk](http://www.epsonplayhouse.co.uk)

**12-15 Mar** **Squires Garden Centre** Woodstock Lane North Lond Ditton 020 8398 7170 Mother's Day Create & Grow Workshop plant a beautiful gift for mum plus **FREE** activities to include a colouring competition, word search & a chance to win a prize, drop in, all children will be accompanied by an adult. [www.squiresgardencentre.co.uk/events](http://www.squiresgardencentre.co.uk/events)

**14 Mar** **Bourne Hall** Ewell Village 020 8393 9571 Hourne of Spring Festival, Bourne Hill will be transformed with a primeval imagery of flower fairies & garden goblins there will also be kids crafts, demonstrations of rustic skills, St Mary's Morris Men will welcome the spring, Huxley's Birds of prey will show the flying skills of hawks & falcons. There will also be a treasure hunt for the fairies hidden in the garden & a chance for children to enter

the fancy dress competition as a little prize. **FREE** entry [www.epson-ewell.gov.uk](http://www.epson-ewell.gov.uk)

**15 Mar** **Painshill Park** Portsmouth Road, Cobham 01932 868113 Mother's Day **FREE** entry for Mum's 30 **Mar-2 Apr** Wild Easter Camp. [www.painshillpark.co.uk](http://www.painshillpark.co.uk)

**15 Mar** **Claremont Landscape Gardens** 01372 467806 Monthly Sunday entrance **FREE** for mothers to the garden when accompanied by their children.

**15 Mar** **Sanderstead to Whyteleaf** Countryside Wood 07766 421236 Tracks & Trails see what animal tracks & trails can be found on the Downs, from scat to fur, broken twigs to animal tracks, 07766 5yrs to book **Tel: 07766 15812**. [www.croydon.gov.uk](http://www.croydon.gov.uk)

**15 Mar** **Happy Valley** 020 8726 6900 Wildlife Trackers learn how to read the clues animals leave behind, look at signs such as tracks, burrows, droppings & tooth marks & make your own animal track plaster casts. **Tel: 07966 113413** & make your own animal track plaster casts. **Tel: 07966 113413** & make your own animal track plaster casts. [www.croydon.gov.uk](http://www.croydon.gov.uk)

**27 Mar** **Buddy & The Illegal Crickets**. **28 Mar** **The Chris & Pui** Show songs, comedy sketches magic 2+yrs & families. [www.chrisandpui.com](http://www.chrisandpui.com)

**21 Mar** **River Wandle** 020 8726 6000 Ghosts along the Wandle learn about the various spooks & spectres that haunt the River Wandle on this evening stroll to Beddington & back.

**28 Mar** **Haling Grove** 020 8726 6900 Celebrate the Easter Season, meet in the park between 2.4 p.m for tea, cake & activities, contact friends@haling-grove.org.uk

**Advertise in PARENTS NEWS**

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fergus@parents-news.co.uk

**What's On in London & Out and About**

Pages 10 & 11

**TRY SOMETHING NEW... TRY GIRLS RUGBY!**

Whether you want to get fit, be part of a team or just have a laugh

Come along to your local rugby club and be a part of girls rugby in Surrey

Your local club is:

**Old Emanuel RFC** Est 1909  
Everyone welcome whether you have played before or not.  
Shannon Corner KT3 4PU  
New Malden/Raynes Park  
[www.emanuelrugby.co.uk](http://www.emanuelrugby.co.uk)  
020 8337 8778

For more information go to:  
[www.surreyrugby.com/girls](http://www.surreyrugby.com/girls)

# 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 23<sup>rd</sup> March, RRP £19.99/£24.99.



## The Ursuline Preparatory School

The **Ursuline Preparatory School** move into their brand new, staff and children from break, "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  
 admmissions@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: admmissions@wups.co.uk  
 www.ursuline-prep.merton.sch.uk



March 2015

## School Talk

### Sydenham 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 & 6<sup>th</sup> 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 classes in 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](http://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 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](mailto: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](http://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**.

**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 Biblio channels. [www.rigb.org/experimental](http://www.rigb.org/experimental)



# Experts In Tuition

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

<b>E</b> Easter Courses Library Day 1 Easter Day 1	<b>L</b> Easter Courses Library Day 2 Easter Day 2	<b>A</b> Easter Courses Library Day 3 Easter Day 3	<b>V</b> Easter Courses Value Added Day 1 NVR Day 1	<b>N</b> Easter Courses Value Added Day 2 NVR Day 2
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**11+ Easter Intensive & Revision Courses**

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

**Primary Easter Intensive Courses**

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

Year 1 up to GCSE level are also available.

Blagdon Centre  
**020 8949 2131**  
 email [info@oxbridgeuk.com](mailto:info@oxbridgeuk.com)

Cavendish Centre  
**020 8949 8838**  
 email [admin@oxbridgeuk.com](mailto: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 1833"



## OPEN MORNING

Tuesday 3<sup>rd</sup> March 2015  
 10.15 am – 12.15 pm

### FURTHER OPEN EVENTS

June and October 2015

Scholarships and Bursaries available  
 For GIRLS 4-18 YEARS  
 admissions@bro.gdst.net  
 Tel: 020 8781 7000 [www.bromleyhigh.gdst.net](http://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**.

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

<http://bitly.com/16T1THK>

## 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 Tentymsaurs* 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.

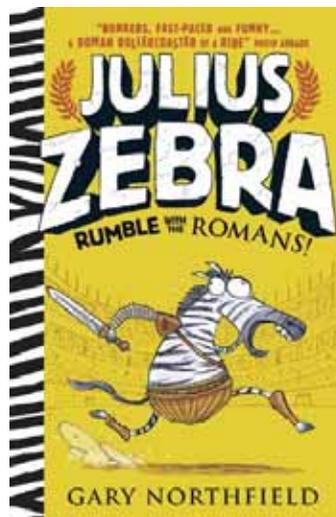
A hilarious action-packed tale about a zebra, giving up survival around a watering hole deep in the heart of the Serengeti to a tussle with a grumpy gladiator Julius and his motley crew have a tough contest on their hands or should that be hooves - a fight in The Colosseum!

## 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 Wisser 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 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 Wisser'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** Ice Cool Adventure families, under 7s, **FREE**. **Every Weekend** Spaced Out families, 5+yrs, **FREE**. **Every Weekend** A Cockroach Tour all over London. 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 went 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 Step 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 7s **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

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 provides questions & activities which encourage children & families to explore art works, **FREE**. **Daily** Family Trails, under 7yrs, **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 Collector, 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 Tootley 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 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.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, 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 Bess 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** Tootley 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** Jun 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.silk.co.uk** Alice in Wonderland. 12-15 Mar Barbican Arts Centre Cinemas 2 & 3 Silk Street 0845 120 7550 Food 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](http://www.shakespeareweek.org)) 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, interactive performances & a journey to China & the Middle East with and meet Peter Rabbit with No Nonsense Theatre, 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 families filled with jigsaws, stories & games to explore the collection, 4-11yrs. Activity Cart 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 for under 5's containing an audio map & fabric cubes, **FREE**. **www.vam.ac.uk**

**28 Mar Camden Arts Centre** 020 7472 5500 Petting Zoo, a pig, a donkey & goat & other farm animals with be visiting the centre Back to the Fields, **FREE** entry, **www.camdenartscentre.org**

**28 Mar-10 Apr Museum of Childhood** Bethnal Green 020 8953 5200 Paper Houses family activity children are invited to play with paper & unfold a world of paper houses, cardboard dens & disposable costumes, drop in all ages. 30 Mar-3 Apr Make Small Stories of your Own David Lucas, author & illustrator will help children to create their own picture book, 5-12yrs. 30 Mar-3 Apr paper Light House Workshops make a paper house which can be transformed into a glowing light, 5-12yrs. **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.

## 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 Velvetine Rabbit, 4+yrs. **www.unicorntheatre.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.mg.co.uk/cuttysark**

**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.mg.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 0800 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, [www.tatson.bfi.org.uk/online/families](http://www.tatson.bfi.org.uk/online/families)

March 2015

# London Calendar

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