

# PARENTS NEWS

April 2015 No. 199 The First & Foremost Local Monthly Newspaper for Families 23rd Successful Year

1993 - 2015

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## What's On April and Easter

Three Editions in South-East England



ISSN 2050-4772

KENT

## PRIMI GI SHOE REVIEW

We have asked three families to review some Primigi shoes for us and give us a critique based on comfort wearability and style.

Mum & Dad Simon and Lucy with a girl Lois and boy Reuben. Lucy, is co-founder and editor of



[www.fussybird.co.uk](http://www.fussybird.co.uk) and [www.itsamummylook.com](http://www.itsamummylook.com)

Lois tried *Baby Nordic Cybill* girl's shoes: *The Baby Nordic Cybill* booties have become a firm favourite for my little girl. Lois is 16 months old and has only been walking for two months, so I like that they give a bit of ankle support. The thick rubber soles give her a good grip and make the shoes nice and robust. While initially being wary of the laces - surely too fiddly for busy mornings? - the shoes are beautifully made of good quality leather, making them easy to open wide when putting on (great for her high instep). The laces, while a little too long, can be doubled up to keep them safe and to

debar her from fiddling with them. Style-wise, though pink, they are not overly girly, which I like. More of a subtle dusky rose colour, they feature a hint of shimmer with little star and disc motifs to keep them fun. The almost metallic shade means they work with most outfits and, alongside the great quality, comfort and ease of putting on, this is another reason they score highly. Reuben tried Aygo Cocky boy's trainers: These striking Aygo Cocky trainers are a lovely bright blue colour with a thin neon yellow trim along the sole, making them look really high-end. Already a thumbs-up from Mummy

for style. In fact, I'd like a pair myself! My son looks super-cool in them and they're easy to get on and off in a rush (do three-year-olds do anything slowly?), thanks to the elasticated laces and single Velcro strap.



Design-wise, you couldn't ask for more for an active little boy. Anti-shock cushioning in the soles and a generous shape means he has plenty of freedom of movement and his feet are both comfortable and protected, no matter

how many walls he's jumping off. They're also surprisingly lightweight, and I love the fact that you can remove and wash the leather insoles (anatomically fitted to support busy feet), as when it comes to boys' trainers, hygiene is key!

Mum & Dad Julie and Rob with daughter Lila. Rob is a stay at home dad. He reports: for Lila age 6 shoes: *SP Trendy ORTHIA* "Wow, Daddy, they are so cool!" ----- and they are. Incredibly soft, comfortable and hard wearing, I would definitely recommend these shoes to anyone whose child likes to walk her dog, runs, plays and still wants to look cool.

[www.primigi.com](http://www.primigi.com).

April 2015

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## Birdworld

*Birdworld* is a great day out for all of the family. Admission includes entry to the *Bird Park* and gardens, *Underwater World* and the *Jenny Wren Farm*. The park is open every day and there are daily events including Penguin feeding, Outdoor Flying

capers with *Pirate Week*. If you can't make it during Easter then don't worry because 'Love Your Zoo' week runs throughout the *May* half term. Come face to face with some of the more unusual slithering and crawling residents during this

fantastic week of discovery. For the ultimate value you won't take out a *Birdworld Annual Pass* allowing you to come to all of these great events plus a summer holiday packed with even more brilliant days out. For full details visit [www.birdworld.co.uk](http://www.birdworld.co.uk)



display and Animal Encounter at the farm. Catering is available around the site but there is also plenty of space to picnic.

The Easter holidays are packed with fun and adventure. On **Wednesday 1st April & Wednesday 15th April** they will be holding *Birdworld Easter Egg Hunts*. From **7th to 10th April** there is a full week of swashbuckling



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## Battersea Park Children's Zoo

Visit family-friendly *Battersea Park Children's Zoo* for a great day out with the children. Located in *Battersea Park* in the heart of London, right next to the River Thames, the zoo offers a perfect blend of animal adventures and playground fun.

Children can get up close to an amazing range of animals, including emu, chipmunks, bearded dragon lizards, capuchin monkeys, lemur, tamarins, ferrets, parrots, snakes, mice, coati and ring tailed lemur.

They can meet resident wallabies *Boomer* and *Junio*, laugh at the antics of emus *Aur* and *Dec*, and spy on the meerkats in the secret lookout tunnel.

There are special activity days for children throughout the year, such as *Hedgehog Adventures*, *BLAZA Big Bug Bonanza Week*, *Reptile Days*,

*Meerkat Days*, *Monkey Days* and *Halloween Fun Days*.

And don't forget the fun-packed adventure playground, with its tractors, diggers, water play, sand pit, rides and life-sized fire engine. Birthday parties and school groups are welcome and animal adoptions are also available. See the website for further details. *Battersea Park Children's Zoo*, Battersea Park, Chelsea Embankment, London SW11 4NJ

020 7924 5826  
[www.batterseaparkzoo.co.uk](http://www.batterseaparkzoo.co.uk)

**Battersea Park Children's Zoo... who will you see?**

From cheeky monkeys to leaping lemurs, noisy otters to snuffling coats, who will you come face to face with?

**PLUS** our fun play area for kids of all ages!

Visit our website [www.batterseaparkzoo.co.uk](http://www.batterseaparkzoo.co.uk) Tel: 020 7924 5826

Battersea Park, Chelsea Bridge Gate  
Battersea London SW11 4NJ

we're passionate about wildlife

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



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.

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](mailto:john.mew@virgin.net)



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



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**BIRDWORLD**  
BIRD PARK • JENNY WREN FARM • UNDERWATER WORLD

## Easter Fun at Birdworld!

**Easter Egg Hunt -**  
Wednesday 1st & 15th April 2015

**Pirate Week -**  
Tuesday 7th - Friday 10th April 2015

**Birdworld 2 for 1 TICKET OFFER**  
One entry FREE with one full paying visitor!  
(cheapest ticket FREE - please present this voucher)  
Not valid in conjunction with an Annual Pass, Tesco Vouchers or any other ticket offer

**Valid 28th March - 19th April 2015**

**Thumbs Up!**  
It's Thursday!

**VISIT KINGSTONFIRST.CO.UK FOR VENUES AND MORE INFORMATION**

## SPRING SPECIAL

**APRIL 2 & APRIL 9 MAY 28**

**FREE ACTIVITIES IN KINGSTON FOR KIDS AGED 2-11**

**kingstonfirst.co.uk**

iPhone App Android App

## Easter Fun and Lambing at the Rare Breeds

Lambs, lambs and more lambs here at **The Rare Breeds Centre**.....Everyone is excited about the arrival of the star attractions, due from the middle of March and throughout the school holidays. You may be lucky enough to see a lamb being born or feed a sock lamb! We will also have an explosion of cute little Easter chicks and of course cheeky piglets too!

Easter wouldn't be Easter without chocolate so why not take part in the **Chocolate Bunny Hunt**.....great fun for kids and grown-ups too and there's always their own **The Easter Bunny** to help you (Easter week end only).

**Thursday 2nd April** marks the start of the famous pig racing season. The new seasons racers are a cross between Tanworth and Gloucester Old Spot, chosen especially for their speed and agility. Don't miss this, it's great fun and you could even be picked to run with the pigs!!

The fantastic **Easter show** this year is **Monster Emporium**, an exciting live 'puppet show' suitable for all ages... performances are 12 noon, 1 pm and 2pm in the **Benson Barn**. (Easter week end only).

All this and the usual fun of the farm, including **Meet the**

**Animals** (and maybe feeding lambs) and **Creepy Crawlies**, Falconry displays, trailer rides and exciting outdoor and indoor play areas. (Some activities are subject to weather conditions). Plus the beautiful woodland walks, to the **Secret Lake**....why not take a picnic or you can eat delicious food at very reasonable prices in The **Granny** restaurant....

You can tickets book online [www.rarebreeds.org.uk](http://www.rarebreeds.org.uk) or call

**01233 861493**  
[info@rarebreeds.org.uk](mailto:info@rarebreeds.org.uk)  
for more information.



Last summer, the amazing **Doc Yard** stunned audiences at **The Historic Dockyard Chatham** with the discovery of **AIR Dockyard Gas**. Doc is away at the **World Scientist Convention** in Australia to discuss an even more exciting project which will be unleashed in the summer of 2015.

Doc's Assistant **Bunsen** has been left in charge of Doc's **Secret Lab** and needs help from **Dockyard Techsplorers** of all ages to complete the challenges that Doc has set, including: what way does water go down the drain? When is a liquid not a liquid? How strong is water? How does plastic work? These hands-on 30 minute sessions are full of wet, squiddy and warm experiments and visitors can take home some of things they make! They run from **7th - 19th April**, are all included in the normal dockyard admission price and places are allocated on a first come, first served basis.

The Naval Dockyard at Chatham was a centre of shipbuilding excellence for nearly 400 years and constantly at the forefront of new technology. Today, the many buildings, exhibits, artefacts and three historic warships preserved at **The**

## The Historic Dockyard Chatham

**Historic Dockyard** give a fascinating insight into the way Chatham supported the Royal Navy. **Doc** and **Bunsen** carry on the great scientific, engineering and mathematical traditions of the **Dockyard** by promoting **STEM** subjects to



the next generation of young innovators. Information on **The Historic Dockyard's** galleries, attractions, admission prices and **STEM** programmes can be found at [www.thedockyard.co.uk](http://www.thedockyard.co.uk)

## April 2015

## Help: have you seen this duck?



A group of **GIANT** ducks will be landing at **WWT Wetland Centres** this Easter, and they need your children to help them find them all! The **GIANT** rubber duck hunt will take place at **WWT's** eight **Wetland Centres** across Great Britain, promising prizes and lots of family fun for the holidays.

On arrival you'll be given an activity sheet to take a trail round the grounds, where you'll need to search high and low - and use all your hide-and-seek skills to find these rubbery yellow visitors. There are prizes and yummy treats to be won, as well as a certificate for taking part.

**Hannah Clifford** from **WWT** said: "Our wardens are great at spotting all the baby ducklings, goslings and cygnets waddling

around our wetland nature reserves right now. But for some reason they keep missing these cheeky **GIANT** yellow rubber ducks - so we desperately need your help to find them!"

Find the **Wetland Centres** across Great Britain at Arundel (Hampshire), Caerlaverock (nr Dumfries), Llanelli (Carmarthenshire), London (at Barnes), Martin Mere (Lancashire), Slimbridge (Gloucestershire), Washington (Tyne & Wear) and Welney (Norfolk).

Many **WWT Wetland Centres** will also have daily family activities during the Easter holidays to keep visitors of all ages entertained, including walks and talks, craft sessions, bug hotel building and pond dipping.

**WWT Wetland Centres** are easy, safe places to enjoy the wonders of wetland wildlife. **WWT** offers eight different **Wetland Centre** experiences across Great Britain where adults and children can have close encounters with some of the world's most dramatic and rare birds, surrounded by stunning scenery. And it's not just birds - some centres are home to mammals, reptiles and creepy crawlies too!

All **WWT Wetland Centres** are fully accessible, have comfortable hides, buggy and wheelchair friendly pathways, a fully stocked cafe and gift shop and disabled and parent & baby facilities.

For a full range of Easter holiday activities, find your nearest **WWT Wetland Centre** [www.wwt.org.uk](http://www.wwt.org.uk)

## Jigsaw's Top Five Reasons to Choose Performing Arts!



For more information on **Jigsaw Performing Arts**

[www.jigsaw-arts.co.uk](http://www.jigsaw-arts.co.uk)  
020 8447 4530

2015 is a very exciting year in our Jigsaw calendar looking back over the past 20 years that they have been offering Performing Arts classes to 3-18 year olds across London. Reflecting on this, they have come up with 20 reasons why it's important to take part in the **Performing Arts**, and here are the top 5:

**Creativity:** Being able to think on your feet and think 'outside the box' is a useful skill for children to have whilst growing up and in the future.

**Confidence:** Performing Arts encourages children to step out of their comfort zone and challenges them to open up in front of others and believe in themselves.

**Persistence:** Teaching children that by learning new skills, practising and not giving up you will achieve success in all that you put your mind to.

**Problem Solving:** Helping to develop children's skills in reasoning and understanding by working as a team.

**Fitness:** A fun source of exercise for children - it never feels like 'hard work'!

**Daily Larkfield Leisure Centre** Aylesford 01622 713225 Soft play zone with 3 stores 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 book & adventure time sessions for 0-5yrs. **NEW** larger Fitness Studio to offer a wider range of classes including Zumba, Pilates, Body pump & circuiting.

**Daily Fishbourne Roman Palace** Chichester 01243 789829 Guided tours, plus café & picnic area.

**Daily Maidstone Leisure Centre** 0845 155227 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 Wintham Wildlife Park** Canterbury 01227 720836

Meet the animals including their hands on animal encounters plus children's play area.

**Daily Druidstone Park and Woodland Honey Hill** 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.kentsonpost.org/rungroups](http://www.kentsonpost.org/rungroups). Tel: 07730 870696.

**Ongoing Run off your Feet** 07730 870696 Running Group, first session **FREE** at your local group when mentioning Parents News.

**Ongoing Penbury Farm** [www.penburyinfo.com](http://www.penburyinfo.com) 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.

**2<sup>nd</sup> Sun of the month Tonbridge Farmers Market** Sovereign Way 07876 685853 Held in Sovereign Way with normally 70 stalls, [www.tonbridgefarmersmarket.co.uk](http://www.tonbridgefarmersmarket.co.uk)

**5 Apr & every Sun Edenbridge Leisure Centre** Stangrove Park 01732 865665 Under 16's & families roller disco.

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

**6 Apr & 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 62552.

**6 Apr & 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.

**7 Apr & every Mon Gillingham Library** 01634 337340 Storytime fun sessions for pre-school children with stories & rhymes. **FREE. Every Fri** Baby bounce & rhyme time, **FREE.**

**7 Apr & every Mon St Andrews Church Hall** Broadstairs 01843 863480 Little Tod's Parent & Toddler group, term time only.

**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, 3-5yrs, term time only.

**Every Fri** Homework club with friendly staff on hand to help you with all your homework questions, 3.40-5pm.

**Ongoing on Mons Cuxton Library** Rochester 01634 336209 Baby massage courses for babies 8wks & not yet crawling. **FREE**, to book Tel: 01634 711391. 1<sup>st</sup> & 3<sup>rd</sup> Thurs of the month Children's activities, Health visitor drop in clinic, meet your local health visitor plus a toy library will also be available after the session, 9.30-11am. Tel: 01634 336209.

**Every Mon-Wed The Angel Centre** Tonbridge 01732 359966 Kickstart members Pre-school book. **Every Sat mom** fun club 5-10yrs, **Every Wed & Fri** dance mat & target wall fitness.

**Every Mon & Fri Rochester Library** Eastgate 01634 337411 Baby bounce & rhyme time with finger & nursery rhymes, 18mths & under. **FREE. Every Sat** Pop in and Play sessions for parents & children, 10.30-11am. **FREE.**

**4<sup>th</sup> Fri of 10mth Advice & support** - Health & Lifestyle advice, drop-in, no need to book. **Every Tues** Queens Road Baptist Church Victoria Gardens 01843 602792 Raintrops, parent & toddler group, termtime. **Every Thurs** 1st Parenting meet with other 1<sup>st</sup> 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 Wed Chatham Library** Gun Wharf Dock Road 01634

337799 Storytime for pre-schoolers. **FREE. Every Thurs until 31 Mar** Toddler shake & boogie fun packed activity session.

**Every Tues Hoo Library** Rochester 01634 250640 Storytime fun sessions for pre-school children with stories & rhymes. **FREE.**

**Every Tues Rainham Library** Rainham 01634 377999 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 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 Hemstead Valley** 01634 361544 Baby bounce & rhyme time for parents & carers, 18mths & under. **Every Fri** Storytime fun interactive sessions for pre-schoolers. **FREE. 1<sup>st</sup> & 3<sup>rd</sup> 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 Ludwood Library** Chatham 01634 862096 Teatime Storytime after school storytelling, 3-8yrs & Toddler shake & boogie.

**1<sup>st</sup> Sat of every month Weald of Kent School** Tonbridge Art Club learn some new skills, look at the work of famous artists, learn how to handle artists materials and try new artworks, 10yrs, 10.30-12.30 p.m., 8-10yrs, 12.45-2.30 p.m., family fun for 4-7yrs, 12.45-2.30 p.m. Tel: 0797 3846731

**4 Apr & every Sat Medway Little Theatre** Rochester 07939 921041 Youth Company for 12-18yrs & children's workshops. **4 Apr & every Sat Dickens House** 01843 871133 Broadstairs History Walk, 2pm.

**4 Apr & every Sat Morn Fleur de Lis Heritage Centre** Faversham 01795 534542 Guided Town walks, 90 minute guided stroll through Faversham.

**Every weekend Broadstairs Harbour** 07847 473615 Market, weather permitting.

**26-29 Mar Orchard Theatre** Dartford 01322 220000 Ben & Holly's Little Kingdom live on stage a magical musical adventure packed full of games, songs & laughter for all the family. **Hatt 6 Apr** Hello Kitty meet & greet opportunities throughout the day. **8 Apr** Peppa Pig & George with regular performances throughout the day.

**27 Mar & last Fri of every month** Bedgebury National Pinetum &

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** 01227 769818 Funtime sessions available in the pool.

**2 Apr & every Thurs Luton Library** Chatham 01634 406923 Storytime fun sessions that include stories & rhyme. **Every Sat** Pop in & Play for parents & children, 10-12pm.

**2 Apr & every Thurs Tonbridge Library** 01892 822278 Storytimes, 2.30-3pm, term time only, **FREE.**

**Every Thurs Strood Library** 01634 718161 Baby bounce & rhyme time, 18 mths, Homework club with friendly & knowledgeable staff on hand, **FREE. Every Tues** Support Musical instruments, scarves & parachutes are often included. **Every Thurs** White Oak Leisure Centre Swanley 01322 662888 Under 16's Roller Disco.

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

**3 Apr & every Fri Grain Library** Rochester 01634 338727 Homework club with friendly & knowledgeable staff on hand to help, **FREE. Every Sat** Craft Club open for under 8's. **FREE.**

**3 Apr & every Fri Hemstead Library** Gillingham 01634 361544 Homework club with friendly staff on hand to help with all your homework questions.

**3 Apr & every Fri Ludwood Library** Chatham 01634 862096 Teatime Storytime after school storytelling, 3-8yrs & Toddler shake & boogie.

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**27 Mar & last Fri of every month** Bedgebury National Pinetum &

## Calendar

[www.parents-news.co.uk](http://www.parents-news.co.uk)  
This information plus much more online



Twitter: @parentsnewsuk

**Forest Godalshurst** 01580 879820 Beginners Health Walk, lasting approx 30mins-1hr & will cover between 1-4km. **Every Fri** moon Moderate Health Walks, 1-1 1/2 hrs on a 4.6 km. **Every Fri** moon Green Gym session, volunteers can spend a satisfying session working in the National Pinetum helping to improve the world's best conifer collection. **FREE. Tel: 01424 446395. Daily** Go Ape take to the trees & experience a course of rope bridges, tarzan swings & zip slide up to 35yrs, minimum height 1.4m.

**27-29 Mar Port of Dover Race Festival** 01304 201066 The Festival will take place along Dover's esplanade & Prince of Wales pier. [www.whitecliffcountry.org.uk](http://www.whitecliffcountry.org.uk)

**28 Mar-12 Apr Hall Place** Bexley 01322 622128 Easter Garden Trail a fun family trail that leads you through the gardens. **30 Mar-2 Apr** The Hungry Frog make your own hungry frog toy & help him catch his dinner, includes fun story & craft activity. **19 Apr** Plant Fairs Roadshow, find interesting perennial plants, shrubs & grasses & take the opportunity to track down some stunning plants. **FREE. Entry** [www.hallplace.org.uk](http://www.hallplace.org.uk)

**29 Mar Penhurst Place** 01892 870307 Spring Stroll & Lunch a 2hr guided walking tour across the parkland. **3-19 Apr** Medieval Easter with Magna Carta trails, medieval themed crafts & storytelling. Follow a fun & educational family Magna Carta trail collecting clues along the way to solve a puzzle with a small chocolate on offer as a reward. **17 Apr** Spring cupcake decorating workshop with a chef from Leiths, 8yrs+. [www.penhurstplace.com](http://www.penhurstplace.com)

**1 Apr Drusillas Park** East Sussex 01323 874100 Ben & Holly enjoy some meet & greet magic, as the popular pair leave visitors spellbound at various intervals throughout the day. **3 Apr** The Fat Controller enjoy photo opportunities with Sir Topham Hatt **6 Apr** Hello Kitty meet & greet opportunities throughout the day. **8 Apr** Peppa Pig & George with regular performances throughout the day. [www.drusillas.co.uk](http://www.drusillas.co.uk)

**1.8.10 Apr Crofton Roman Villa** Crofton Road Orpington 01689

America in battle, earn your soldiers certificate & claim a Cadbury chocolate Egghead as your medal of honour. **Every Sun** Mrs Wolfe's recipes recreate some of Mrs Wolfe's 18<sup>th</sup> century recipes including potato pudding & lemon daisy. **Every Wed** Guided tours **FREE.**

**3-6 Apr** **Dover Castle & The Secret Wartime Tunnels** 01304 211067 Children's Festival travel on a journey back in time with Peterkin the Jester, where Roman gladiators seek new recruits & medieval knights & princesses roam, a fun packed day of time travel for kids of all ages. **25-26 Apr** George & the Dragon relate the story of St George & the Dragon, soak up the sights, smells & sounds of a medieval village & witness St. George bravely battle the dragon with his spear, jousting, circus skills, workshops & jesters too, day out for all the family.

**3-6 Apr** **Dover Transport Museum** 01304 822409 Easter Egg Hunt - great day out for all the family. **25-26 Apr** 1940s Weekend with dancing displays, entertainment & music by the Victory Wartime Band & lots of nostalgia. [www.dovertransportmuseum.org.uk](http://www.dovertransportmuseum.org.uk)

**3-6 Apr** **Smallhays Place** Tenterden 01580 762334 Follow the white rabbit around the garden, find all the clues & work out the secret code at the end of the trail to claim your chocolate prize. [www.eastereggtrail.co.uk](http://www.eastereggtrail.co.uk)

**3-4 Apr** **Knole Park House & Gardens** Sevenoaks 01732 462100 Easter Egg trail spot the difference between a surprising fact & silly lie, join in with 'You'll Never Believe It' Easter egg trail & play the role of a journalist exploring Knole's medieval parkland. **Every Thurs, Sat & Sun** Guided walks in the deer park suitable for little legs. [www.nationaltrust.org.uk](http://www.nationaltrust.org.uk)

**3-5 Apr** **Chartwell** Westerham Explore the natural playground on the Cadbury Easter egg trail, trek through the grounds & woodlands to find the hidden clues, collecting a Cadbury Easter egg at the end. [www.eastereggtrail.com](http://www.eastereggtrail.com)

**3-5 Apr** **Brogdale Farm** Brogdale Road 01795 536250 Easter at Brogdale, meet the lambs, calves, pigs, sheep, bunnies & guinea pigs in the Animal Barn & take an adventure through the blossom filled orchards on the Easter Egg trail. [www.brogdalecollections.co.uk](http://www.brogdalecollections.co.uk)

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**3-5 Apr** **Quebec House** Westerham 01732 868381 Explore the garden discover how the British won

224108 Easter Craft Weekend making hats for the Easter Bonnet Competition on 5 Apr, book. [www.halvedgardens.co.uk](http://www.halvedgardens.co.uk)

**5 Apr Ramsgate Blitz Walks** [www.summerf40.webeden.co.uk](http://www.summerf40.webeden.co.uk) A walk around the heaviest bombed seaside town in the UK, hear the stories of the people under fire, all walks start from Ramsgate library at 10am, take 2hrs. **FREE.**

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**3-6 Apr** **Stoney Castle** Lamberhurst 01892 893819 Easter egg trail hunt for the baskets filled with Easter eggs in the garden, & win a chocolate Egghead. [www.nationaltrust.org.uk](http://www.nationaltrust.org.uk)

**3.10.17.24 Apr** **Wigmore Library** 01634 235576 Toddler shake & boogie activity session that offers rhymes, songs & movement for pre-school children. Musical instruments, scarves & parachutes are often included.

**3-19 Apr** **South Foreland Lighthouse** 01304 852463 Help the lighthouse keeper save a troubled ship in the bay & follow the trail & solve the clues to be the hero of the hour & the winner of a Cadbury Egghead. A minibus service will be running between the White Cliffs visitor centre & the South Foreland Lighthouse & with every family bus ticket purchased a FREE

trail sheet will be given. **4 Apr** **Spottles Kings** Tonbridge 338 High Street Chatham 01634 829468 Easter Egg Hunt & Games holiday 2 day workshop for 5-12yrs. **15-18 Apr** The Pirate queen, the musical [www.spottles.co.uk](http://www.spottles.co.uk)

**4-5 Apr** **Hawley Garden Centre** Hawley Road Dartford 03122

**17 Apr** **Dartford Farmers Market** 07775 736116 Offering a variety of local produce including meat, bread, seasonal fruit & vegetables, jams, preserves & much more. **FREE** entry.

**18 Apr** **Leas Cliff Hall** The Leas Folkestone 01303 247066 Magic the Market is held in a new location of Hornbook House Car park, High Street, produce includes seasonal fruit & vegetables, chocolate bread, meat, preserves & much more. **FREE** entry.

**19 Apr** **Aylesford Farmers Market** Aylesford 07876 685853 Farmers Market with more than 30 stalls. [www.aylesfordfarmersmarket.co.uk](http://www.aylesfordfarmersmarket.co.uk)

**24 Apr & every last Fri of each month** **Folkestone ArtMart** 01303 247458 A specialist event held in the precinct between W.H Smith & Debenhams with a wide range of art, craft & artisan foods.

**25 Apr** **St George's Day Event** Sittingbourne 01795 426081 The High Street will be host to an amazing market, fair & entertainment zone for the day, see a Classic Car display & competition, tug of war, costumes,

acting, performances, bands & music, SFM Radio Roadshow, stalls & fairground rides as well as food from around the world. **FREE**, 11-5 pm.

**26 Apr** **Umbrella Centre** Tankerton Slopes, Marine Parade, Whitstable 01222 263595 Oyster & Pearl Vintage Fair where you will find a brilliant mix of vintage clothing & accessories, kitchen/retro homeware, handmade goods, jewellery & much more, entrance **FREE**. [www.oysterandpearlvintage.co.uk](http://www.oysterandpearlvintage.co.uk)

**26 Apr** **Wye Village Hall** 01795 522880 Wye Book & Collectors Fair with a wide collection of books, there will also be a selection of postcards & other ephemera, along with a selection of collectables. **FREE** car park **FREE** entry with refreshments available, 9.30-2 pm.

**18-22 Apr** **Rye Harbour Nature Reserve** East Sussex 01732

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365583 Birdwatching with Tonbridge RSPB local group, beginners & experts welcome. [www.rspb.org.uk/groups/tonbridge/events](http://www.rspb.org.uk/groups/tonbridge/events)

**19 Apr**

Unsure about September 2015?

St Lawrence College Junior School offers outstanding value for money, with small class sizes and an exciting range of opportunities for every child to achieve their potential, both in and out of the classroom.

Children are treated as individuals and thrive in the secure and positive atmosphere. Teachers rely

get to know each child's needs, stretching and inspiring the most able whilst supporting and encouraging those whose confidence is still developing. The Junior School also prepares pupils thoroughly for the 11+ Kent Test.

With all the advantages of a small, friendly environment plus the added extra of acres of

outdoor space and unbeatable facilities, why not take the opportunity to see for yourself? Visit the next Junior School Open Morning on Bank Holiday Monday 4 May 2015. For more information and to book a tour, contact: Lindsey Harris.

01843 572912  
jsadmissions@slcuk.com  
www.slcuk.com



**ST LAWRENCE COLLEGE**  
Co-educational, day & boarding school for 3-18 years in South East England



**JUNIOR SCHOOL OPEN MORNING**  
BANK HOLIDAY MONDAY 4 MAY 2015  
10AM – 12 NOON

**STILL UNDECIDED ABOUT SEPTEMBER 2015?**  
CALL TODAY TO BOOK A TOUR

T: 01843 572912 E: jsadmissions@slcuk.com www.slcuk.com  
St Lawrence College, College Road, Ramsgate, Kent CT11 7AE

Exam time can be a breeze not a sneeze!

Hay fever can have a real and dramatic effect on children and young people's performance in their exams, with studies showing that a hayfever sufferer is 40% more likely to drop a grade from January to May/June. Fortunately, airborne allergens expert Max Wiseberg has some practical suggestions that may help...

Hay fever is the most common allergy in the UK, with around 15-20% of people being sufferers. It is more common in younger people, with nearly 40% of 15-25s suffering from the condition.

Common symptoms include sneezing, a runny nose, a stuffed up nose, itchy, watery or streaming eyes, nasal congestion and a general stuffed up feeling in the nose and throat. All of this can lead to tiredness and fatigue. Hay fever can also affect how you sleep, causing sleep disturbance and difficulty getting to sleep. These can in turn zap your energy levels, leaving you feeling low and sluggish. Not ideal when revising and sitting exams.

Airborne allergy expert Max Wiseberg can really empathise with children and young people taking exams this May and June. "I've suffered from hayfever all my life. I was the kid who took not one but two toilet rolls into the exam hall in summer, just to get me through to the end of the exam. Having hayfever on your exam day makes you feel miserable from the start and your runny nose makes you dehydrate more quickly. Just 2% dehydration can mean a reduction in performance of 30%. Taking anti-histamines can also dehydrate you, and some can make you feel drowsy too.

So what can parents do? Well, firstly, be prepared. Remember in advance that your child may start suffering from hayfever any time, as it's probably 8 or 10 months since their last attack. Speak to the school or college to see if they can offer an exam room away from playing fields or on the eastern side of the building – prevailing winds blow pollen west to east. Your child won't be the only one affected, so it's not an unreasonable request, and it could help improve their league table position!

Hayfever is the body's over-reaction to a harmless substance – pollen. Each person can tolerate a certain amount of pollen before a reaction is triggered. Keeping the body below this trigger level will stop the symptoms of hayfever occurring. This is not a cure, but a prevention.

Avoid being outside in the morning and evening – the peak pollen times – though this is easier said than done if you have a morning exam. Keep the bedroom door and windows shut, to avoid pollen getting into the room and affecting sleep. Pollen sticks to anything and everything, including the hair. So – possibly a difficult task here – encourage your child to shower every night to get rid of the pollen from the day, so they get a better night's sleep.

Applying a pollen barrier balm, such as HayMax, will help stop the pollen getting into the body, reducing the chances of your child's hayfever being triggered. HayMax has been proven to trap a third more pollen than an uncoated nostril [2]. This is enough to effectively reduce the pollen count from high to medium and all but the highest pollen days.

Pollen also sticks to clothes and bed clothes. So changing your child's bedding regularly is a real help – as is fresh, clean laundry on the day of the exam. And though it may sound strange, vacuuming a jacket, blazer or jumper that they wear every day will help too.

And finally, don't forget to give your child plenty of sympathy and a bottle of water on exam day!"

HayMax organic drug-free pollen barrier balms are proven to trap pollen before it gets in the body. They also work for dust and pet allergens. In July 2014, results of a survey by Allergy UK showed that almost eight out of ten respondents said that the balm helped some or all of their hayfever symptoms [1]. And independent research on HayMax by The National Pollen and Aerobiology Research Unit (NPARU) concluded that HayMax trapped one third more pollen grains than an uncoated nostril, and that it also trapped dust and pet allergens [2].

Unlike many anti-histamines, HayMax has no drowsy side effects, which means they are ideal for when taking and preparing for exams. As they're drug-free, they are also suitable for children, teenagers and pregnant and breast-feeding women.

HayMax drug-free allergen barrier balms are available from Holland & Barrett, selected Morrisons, Waitrose and Boots; independent chemists, pharmacists and health stores; on 01525 406600 and from www.haymax.biz. They retail at £6.99 per pot.

Easter holidays and why Minus Activity Books are the 'must-have' collection

Minus are interactive Activity Books with witty and educational content designed to capture the imagination of its readers. With 8 quirky and cute titles to choose from including 'If I Were An Artist' and 'Oh, Naughty Me!', their vibrant colours and humorous illustrations are bound to keep the whole family amused. Minus booklets is an ideal way to occupy the kids when travelling to and from your

holiday destination especially on those long car journeys. The Minus concept was to make a smart and entertaining series of books to inspire simple moments of togetherness between adults and children. Minus encourages users to learn about everything, everywhere, anytime whilst having fun. Their miniature size allows you to pop them in your handbag and pull out anytime

whether it's at an airport, in the queue or on a train. The entire collection is made in France at a traditional printing firm in Roubaix (Northern France) using vegetable-based inks and paper issued from FSC-certified forests. They entrust all of their delivery shipments to a work assistance centre dedicated to helping disabled workers. Be your own artist and explore the wonders of Minus... Activity Book prices start at £5.50

If I Were An Artist!  
Oh, Naughty Me!  
Draw Me A House  
Once Upon A Time...  
Picasso In The Eyes Of Picasso  
If I Were Prime Minister  
Grandpa, Grandma And Me  
www.stonegift.com



Role models for the future – young Bromley High School writer marks International Women's Day with winning short story

Aspiring author, Isabella Harrod, 10 years, from Bromley High School is celebrating after winning a top prize in the annual Girls' Day School Trust (GDST) Creative Writing Competition. Her story, 'My Role Model', beat 16 other entries to take first place in the junior category.

The theme of this year's competition was 'role models' and entries were judged by distinguished adult and children's author, Anne Fine, an alumna of Northampton High School, GDST.

Your child's self-esteem are you getting the balance right?

So what is healthy self-esteem? Professor Matt Sanders, founder of the Triple P Positive Parenting Program explains: Self-esteem is the term psychologists use to describe how a person feels about their innate worth as an individual, their skills and attributes, and how they interact with the world. Under a daily bombardment of "winning is everything" advertising messages, it can be particularly hard for kids to learn to deal with disappointment, and/or to stop measuring themselves against impossible standards. This is an often-overlooked element of the development of healthy self-esteem. True self-esteem is something we build up ourselves, as we work to assure them they understand. They'll develop a deeper sense of self-worth as they learn that with a bit of help from you, they can work out reasonable ways to deal with strong emotions.

learning, and show them how to set realistic goals and work towards them. Follow a healthy lifestyle. Taking care of one's self with regular exercise, healthy food, and grooming habits all help children develop a positive self-image. Teach them to be balanced. When they've made an effort and mastered a new skill or achieved something, teach them to enjoy their accomplishments, without gloating or boasting. Help them understand that everyone is good at different things. Teach them that life isn't always about winning. Your role is not to make every problem disappear or smooth over every bad feeling; instead, let your child express how they feel and assure them you understand. They'll develop a deeper sense of self-worth as they learn that with a bit of help from you, they can work out reasonable ways to deal with strong emotions.

As a reaction to not getting what they want, children may sometimes put themselves down, saying things like "I'm dumb, you hate me", or "I'm just stupid!". If this happens, try not to get dragged in to being overly sympathetic; instead, encourage your child to try again after the set-back, and to enjoy the activity or game even if they aren't the winner. Encourage a sense of humour. Laughter really is a great medicine, and it doesn't hurt kids to see that even parents can laugh at themselves sometimes. Enjoying the little things in life helps people cope with tough times. Help your child to laugh by listening to their stories, playing games and having fun together.

By following this advice parents can help their children develop healthy self-esteem – a gift that will stay with them throughout their lives. www.triplep-parenting.uk.net/online/

**UP & ABOUT**  
UP & ABOUT fun activities with infectious enthusiasm & fun, don't believe me? Come and test yourself! Army Style!

**Kids Book Camp Parties!**

- Navigate Mine Fields
- Anti-Rabbit Course
- Casualty Evacuation
- First Aid Challenge
- Grenade Throw
- Book Camp Games
- Refreshments
- Creative Photo Team
- Biscuits
- Keg of Hay
- Post the Letters
- Glitterate Letters

**Adventure Activities!**  
Adventure Activities available:

- Mini Expeditions
- Geog Walking
- Rock Climbing
- Spot Reading
- River Rafting
- White Water Rafting
- Mountain Biking
- White Water Rafting

Each command task is broken down into scenarios to help build and develop their ability and knowledge to engage the Enemy as if it was the combat situation.

For bookings, Enquiries & Discount offers contact Chris 07973564381  
c\_salling@upondabout.co.uk  
www.upondabout.co.uk  
07973564381

Activities up to 8 year olds and above, session times depend on activity and location

**BROMLEY HIGH SCHOOL**  
Thinking Creatively about Girls' Learning Since 1883

Commenting on the overall quality of the entries, Anne Fine said: "The standard was excellent. A good number of the stories have that intriguing quality that makes us want to read on and know more, and that's the most essential ingredient for any piece of writing. Storytelling is a splendid and enriching way for girls and young women to find their own voice and reflect on their place in the world." Praising Isabella's story she said: "I really enjoyed writing this story. It has given me inspiration for my future writing". Isabella will receive a prize of £100. The GDST intends to publish all winning and highly commended stories in an ebook. www.bromleyhigh-gdst.net

**OPEN EVENT**  
Friday 5<sup>th</sup> June 2015  
2.15 pm – 3.30 pm  
**YEAR 5 TASTER SESSION**  
May 13<sup>th</sup> and June 11<sup>th</sup> 2015  
10.55 am - 2.45 pm  
Scholarships and Bursaries available (Senior School)  
**FOR GIRLS 4-18 YEARS**  
admissions@bro.gdst.net  
Tel: 020 8781 7000 www.bromleyhigh.gdst.net

**Experts In Tuition**  
OXBRIDGE CENTRE ENGLAND

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: 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

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?

# London Calendar

**Daily The Queen's Gallery Buckingham Palace** 020 7766 7301 Activity bags for families, find out which animals the adventurers shared the Antarctic with and what explorers were to protect themselves from the cold.

**Easter Hols Chelsea Gambado** 7 Station Court, Chelsea Holiday Camps in conjunction with Kideplay Childcare, a full or half day of jam packed fun, themed activities, weekly day trips & much more - [www.gambado.com/clubs/chelsea/](http://www.gambado.com/clubs/chelsea/)

**holidayscamps.php** Maysay with childcare vouchers **0333 800 7000**

**Ongoing Science Museum Imap Theatre** 0870 870 4868

Mysteries of the Unseen World, daily screenings, 8+ yrs.

**Every Sat** **Hidreth 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, 6-11 & 11-14yrs.

[www.holytrinity.org](http://www.holytrinity.org)

**every weekend London Transport Museum** Covent Garden 020 7379 6344 The Family Station choose some FREE activities to do as you explore the museum, families all ages.

**Every Sat** **11+ Family Fun** Year Round activities for families, 3-12yrs. [www.lmsmuseum.co.uk](http://www.lmsmuseum.co.uk)

**1st Sat of every month Royal Festival Theatre** South Bank 020-7452 3234 Family Days, discover the skills & secrets behind the NT's production families.

**Every Sat 2-4pm & after school on Tue & Thurs South London Gallery** 65 Peckham Road 020 77036120 The Shop of Possibilities for children & families living on five neighbouring estates, Pelican, Southampton Way, Wyndham & Combe, & Secaucu Gardens are invited to play at after school & weekend workshops in this recently renovated former retail outlet on the Secaucu Gardens housing estate, [www.southlondongallery.org.uk](http://www.southlondongallery.org.uk)

**Every weekend Tate Modern Bankside** 020 7887 8008 Open Studio play & create **Daily Family** resources with paper based activities for families all ages. **FREE**. [www.tate.org.uk/visit/tate-modern](http://www.tate.org.uk/visit/tate-modern)

**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 of, math making & clay matching, 5+yrs. **FREE**. [www.tate.org.uk/visit/tate-modern](http://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](http://www.richmix.org.uk)

**Every weekend Temple Station 020 7222 1234 Harry Potter Locations Tour**, 2-18yrs.

**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](http://www.clocktowermarket.co.uk)

**Every weekend Tate Britain Millbank** London 020 7887 8888 Linnal 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 quality & activities which encourage children & families to explore art works. **FREE**. **Daily Family Trails**, under a Dolls' House exhibition, [www.museumofchildhood.org.uk](http://www.museumofchildhood.org.uk)

**28 Mar-26 Apr Unicorn Theatre** Exhibition Rd 0870 740 4868 Unlocking Lovelock: Scientist, Inventor, Maverick exhibition all ages. **FREE**. **Daily 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 7s, **FREE**. **Every Weekend** Spaced Out, families, 5+yrs. **FREE**. **Every Weekend** A Cockroach Tour of the Museum, visitors on the hunt for 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 & the interactive microscope. **Every science educators** are there to help you with your investigations. **FREE**. **Ongoing** Engineer Your Future exhibition, 11+yrs. **FREE**. [www.sciencemuseum.org.uk](http://www.sciencemuseum.org.uk)

**Until 12 Apr Imperial War Museum** Family Fun 020 7416 5439 **Easter holidays**, new family activity Art Workshop, design a 1940s scarf to take home with you. 11+yrs. **Every Sun in Apr** Object Conservations family object handling sessions, 19-26 Apr Creative Response make a creative response to themes held within the new atrium & Terraced Galleries. **Ongoing** A Family in Wartime exhibition explores the lives of William & Alice Allpress & their ten children & what life in London was like during the war. A Family in Wartime is brought to life through interactive exhibits, photographs, recorded interviews with the family, archive film footage & more. **FREE**. [www.imw.org.uk](http://www.imw.org.uk)

**28 Mar- 30 Mar Camden Arts Centre** Arkwright Road London 020 7472 5500 Petting Zoo, a pig, a donkey, a goat & other farm animals will be visiting the centre as part of Ruth Ewan's exhibition Back to the Fields. **FREE**. [www.camdenartscentre.org](http://www.camdenartscentre.org)

**28 Mar- 10 Apr Museum of Childhood** Bethnal Green 020 8983 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, 6-12yrs. 3-10 Apr Paper House Performance a pop up paper performance orchestrated by artists from Cabinet of Curiosity who with the help of visitors will turn everyday material into an extraordinary paper house installation, drop in, all ages. 18 Apr Dolls' House Study Day **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**. **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](http://www.museumofchildhood.org.uk)

**28 Mar-26 Apr Unicorn Theatre** Exhibition Rd 0870 740 4868 The Velvetene Rabbit, 4+yrs. **Until 12 Apr** The Chair with legs music & dance, 7+yrs xxxxx. [www.unicorntheatre.com](http://www.unicorntheatre.com)

**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](http://www.designmuseum.org)

**29 Mar National Maritime Museum** Greenwich 020 8312 6565 Discover Sundays explore your personal connections to the sea, all ages. **FREE**. **Until 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. **Until 31 Aug** Against Captain's Orders: A Journey into the Uncharted exhibition. [www.empirictheatre.com](http://www.empirictheatre.com)

**29 Mar Horniman Museum** London Road Forest Hill Community Music Day the programme will include jazz & classical concerts, gamelan workshops, a capella singing & more. **FREE**. **Easter holiday** 020 7940 8783 **Mar-10 Apr** Craft activities for families inspired by springtime & Easter, different activities each day include Easter Bunny Messengers, Pecking Hens, Bee Headdresses & Leafy Plant Masks. **FREE**. 30 Mar-10 Apr The Greatest Adventure interactive gallery with a wide range of activities. **FREE**. **Every Mon, Tues & Fri 30 Mar-10 Apr** Discovery for All Drop in Hands On Base to explore thousands of real objects from around the world. **FREE**. 1 Apr Chippy Chickens a day of activities all about chickens, find out all about the chickens & their friends in an animal walk, touch some chicken taxidermy, eggs & other objects plus traditional Easter egg rolling. **FREE**. 4-5 Apr Easter Fair hop around the gardens with the Horniman Bunny, go on an Easter Egg trail, take part in craft activities, discover what's in the arts & crafts market & lots more. **FREE**. **Every 8 Apr** Plantastic day of activities inspired by plants, dance like a flower, make a natural botanical flower print, re-seed the mini beast home being rebuilt & lots more. **FREE**. Hands on family Workshops 3+yrs, 11 Apr Adornment themed sessions for families, 18 Apr Animals workshop, 24 Apr Mud Kitchen get messy playing with earth & water & making mudpies, drop in, under 5's & families. **FREE**. 25 Apr hands on family Workshops Puppets themes session, 28 Apr Hear it Live informal live performance. **Every Sat Farmers Market**, **FREE** entry. **Every Sat** except 4 Apr Art Makers with different themes each week, families, 3+yrs. **Every Tues & Wed** except 1,7,8 Apr Buses creative play, stories & songs or simple art & craft, under 5's & their parents/carers. **FREE**. **Every Sun** except 6 Apr Art World Stories, storytelling sessions families, 5+yrs. **FREE**. **Every Sun** Discovery for All explore thousands of real objects from around the world. **FREE**. [www.horniman.org.uk](http://www.horniman.org.uk)

**30 Mar-2 Apr & 7-10 Apr Bank of England Museum** Threadneedle Street 020 7601 5545 Eggstraordinary Fun, follow the trail to find the chicks & egg hidden in the museum. You can then decorate your own Easter animal finger puppet to take home, plus there's a chocolate & egg for every child. **Ongoing** Discover Gold new permanent exhibition. 1-2 Apr **at a k n o w Empiric Theatre** 117 Wilton Street 020 8985 2424 Ben & Holly's Little Kingdom for all the family. [www.bendollivix.co.uk](http://www.bendollivix.co.uk)

**2-6 Apr Southbank Centre** Belvedere Road 0844 8750073 The festival will bring thousands of singers onto the Southbank site over the Easter weekend to perform, learn & exchange, with a range of large scale & intimate projects. 6 Apr A day of events, focusing on singing & wellbeing in partnership with the Sidney De Haan Centre & various projects by the National Youth Choirs of great Britain at the heart of the festival. [www.southbankcentre.org.uk](http://www.southbankcentre.org.uk)

**2 Apr-12 Sept Natural History Museum** Cromwell Road 020 7942 5000 Sensational Butterflies highlights to include an outdoor butterfly garden with tips on how to attract butterflies & create your own butterfly garden at home. Games & activities exploring surprising butterfly facts, the chance to watch butterflies emerge from their chrysalises through the hatchery window, a riot of colourful tropical plants in the house & garden & tips & advice from the butterfly house manager. **Daily** Who Do You Think You Really Are state of the art interactive film. [www.nhm.ac.uk/film](http://www.nhm.ac.uk/film) **FREE**. **Daily** Family Explorer backpacks filled with explorer's tools, drawing materials & fun activities to help children make exciting discoveries in the galleries. [www.nhm.ac.uk/education](http://www.nhm.ac.uk/education) under 7's **FREE**. **Daily** Investigate Centre explore hundreds of real natural history specimens, from a shark's jaw to a meteorite as old as Earth in their hands-on science centre, families 7+yrs. **FREE**. **Daily** Nature Through the Lens with close-ups of insects & extraordinary time lapse photography. **FREE**. xxxxx. [www.nature.com](http://www.nature.com) **23,310 Apr** The Royal Observatory Greenwich 020 8858 4422 Daytime Sky Watch 11+yrs. 4,5,11,12 Apr Meet the Time Travellers, Albert Einstein & his modern day companion Anna Bastable, 7+yrs. 5 Apr Space Explorers family drop in workshops where you will have the opportunity to make a star finder, 5+yrs. 6-7 Apr Out of this World Activity Mornings, join the astronomers to celebrate the impending arrival of the NASA spacecraft Dawn at the dwarf planet Ceres in the asteroid belt, with a planetarium show, workshop & entry to the historic Meridian Courtyard & Flamsteed House, 5+yrs. **Selected weekends & holidays** throughout Apr

[www.parents-news.co.uk](http://www.parents-news.co.uk)  
This information plus much more online



Twitter: @parentsnewsuk

Meet the time Travellers, Nevil Maskelyne or his human computer Mary Edwards, 7+yrs. [www.nhm.ac.uk/visit](http://www.nhm.ac.uk/visit)

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**PRIMIGI**<sup>®</sup>  
Italian Leader for kids

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