

#### PRIMIGI SHOE REVIEW

for style. In fact, I'd

like a pair myself! My

son looks super-cool in

get on and off in a rush

(do three-year-olds do

to the elasticated laces

and single Velcro strap

them and they're easy to

anything slowly?), thanks

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.itsamummvlook Lois tried Baby Nordic

Cvbill 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

www.fussybird.co.uk and deter 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

Design-wise you boy's trainers: couldn't ask for more These striking Aygo for an active little boy. Cocky trainers are a Anti-shock cushioning in lovely bright blue colour the soles and a generous with a thin neon yellow shape means he has trim along the sole, plenty of freedom of movement and his feet making them look really high-end. Already a are both comfortable thumbs- up from Mumn and protected, no matter

how many walls he's iumping 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 walks her dog, runs, plays and still wants to look

Who knew six year old girls were so fashion conscience?

April 2015

Parents Laurie and Gill, both working, have two children. They reported on their son Fin. who tried out: Boy TRENDY DIAMOND and parents reported:

Fin loves his. Very comfortable, easy for him to get on and off and they look great. He wore them to a christening and they looked very smart with chinos and a shirt, but could have easily paired them with jeans and a t-Overall, very pleased

with them

www.primigi.com.









## Blowing the Whistle on GDC Scam.

Orthodontists and the General Dental Council are operating an illegal seam to Orthodophrists farm the Cenerar Dential Council are operating an inegal scien 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 orthodophrists and surgeons. Research suggests that this British development is being ignored in the UK while spreading rapidly abroad. As a result hundred 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

Ormodonfics usually requires the extraction of 4 to 8 offhough this is frequently denk

Emily was treated by natural methods

No extractions. No 'Train Tracks' Research shows Orthotropics can get much better results than 'Train Tracks'





When experts isagree, where de a go for answers

you for a

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







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#### April 2015

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

display and Animal Encounter

there is also plenty of space to

The Easter holidays are packed

with fun and adventure. On

Wednesday 15th April they

will be holding Birdworld Easter Egg Hunts.
From 7th to 10th April there

Wednesday 1st April &

at the farm. Catering is available around the site but

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

Birdworld

Come face to face with some of the more unusual slithering and crawling residents during this

fantastic week of discovery. For the ultimate value why not take out a Birdworld Annual Pass allowing you to come to all of these great events plus a summer holiday packed with at www.birdworld.co.uk

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even more brilliant days out. For full details visit thr website At certain times of the year, children can help the keepers

Visit family-friendly Rattersea 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.

laugh at the antics of emus feed the farm animals in the Ant and Dec, and spy on the Barlev Mow Farm, including meerkats in the secret lookout pigs, chickens and rabbits. The donkeys chasing each other around their field are There are special activity always a big hit with children days for children throughou while Kune Kune pigs Piggle

Children can get up close to Meerkat Days, Monkey Days an amazing range of animals and Halloween Fun Days including emu, chipmunks, bearded dragon lizards, And don't forget the funcapuchin monkeys, lemur,

Battersea Park Children's Zoo

tamarins, ferrets, parrots,

snakes, mice, coati and ring

wallabies Boomer and Juno,

They can meet resident

tailed lemur.

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







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 Tamworth 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 (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 Granary restaurant....

You can tickets book online www.rarebreeds.org.uk 01233 861493

info@rarebreeds.org.uk for more information.

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, squidgy 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 dockvard

served basis

at The Historic Dockyard

is away at the World Scientist

unleashed in the summer of

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,

Convention in Australia

to discuss an even more

2015

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

Historic Dockyard give a Last summer, the amazing Doc. Yard stunned audiences fascinating insight into the way Chatham supported the Royal Navy. Doc and Bunsen Chatham with the discovery of A1R Dockvard Gas. Doc carry on the great scientific,

The Historic Dockyard Chatham

the next generation of young engineering and mathematical traditions of the Dockyard by promoting STEM subjects to

innovators Information on The Historic Dockyard's galleries, attractions, admission prices and STEM programmes can be found at

www.thedockvard.co.uk







#### April 2015

#### Help: have you seen this duck?



A group of GIANT ducks will he 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 hideand-seek skills to find these rubbery yellow visitors. There are prizes and vummy treats to be won, as well as a certificate for taking part.

Hannah Clifford from WWT

"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 keen 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.

Come on our **GIAN**7

Easter Duck Hunt

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 iust 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

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



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.

Perseverance: 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'!

For more information on 020 8447 4530 Jigsaw Performing Arts





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



South Norwood Green Road Crovdon 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 be undertaken with the suggested number of number repetitions

Daily Lower Morden Garden Centre 020 8337 7781 Soft Play under 5's Daily Sutton Ecology Centre Festival Walk Carshalton 020

8770 5820 Playworld fantasy play area, 2-10yrs. Easter hols Gambado Beckenham, Natwest Sports Ground 020 7384 1635 Holiday Camps in conjunction wth Kidsplay Childcare, a full or half day of jam packed & Family Centre Bromley

fun, themed activities, weekly day trips & much more . www.gambado.com/clubs/ beckenham/holidaycamps. php. For parents who want to pay with childcare vouchers. Tel: 0333 800 7000.

Dupass Hill Outdoor Gvm 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 Mon Parchmore Community Centre 53-55 Parchmore Road 020 8726 6000 x88965 Circuit for those Shopping Centre Croydon new to exercise, returning after illness & the more mature exerciser

Every Mon Secombe Theatre Cheam Road Sutton 020 8770 6990 Zumba fitness. Every Tues Line Dancing. Every Wed Ballroom Dance, under 8's to adults

Recreation Ground Car & Shirley on mainly flat terrain, ideal for beginners. 2 miles last approx 1hr, meet 11am FREE & same walk on potentially hilly terrain, 3+miles ideal for advanced walkers, 2pm, FREE. Every Sat Park run FREE weekly timed 5k run need to register Every Mon eye Sutton Grammar School Korfball for Reginners for school years 3-12 various times &

sessions, email for details info@nomadskorf.com. Every Mon term time The Assembly Rooms West Wickham Kiddi Cardio toddler fitness 2-5yrs, www. kiddicardio.com

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

Every Tues Coulsdon Library 020 8726 6900 Bookstart Rhymetime for babies & toddlers. Wiggle & Jiggle, 2-4yrs. Every Thurs Storytime, 2 1/2+yrs, Every Sat Storytime, under 7's, FREE. Every Tues Purley Library 020 8726 6900 Bookstart Rhymetime for babies & toddlers & Wiggle & Jiggle, toddlers over 18mths. Every Storytime 2 1/2+vrs. Every t Rock & Rhyme for babies

& toddlers, FREE, Every Tues Centrale In www.centrale.co.uk

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 Thornton Heath Every Mon Lloyd Park Library 020 8726 6900 020 8726 6000 Health walk Bookstart Rhymetime for Arena Leisure Centre Rhymetime, FREE.

circular through Lloyd Park babies & toddlers, FREE. Middleton Road Carshalton Every Tues Careers, training & learning advice sessions, 2-4.30pm, FREE & Computer training courses for beginners activities available for one to experts.

Every Tues De Staffords Leisure Centre Caterham 01883 344355 Family Swim Every Tues Riddlesdown Circular Walk 020 8726 6000 x64952 Health walk 2= 3miles meet 11am at 'Good Companions' pub. Hamsey Green, FREE. www.croydon.

Tues Ashburton Every 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 Wed Sanderstead Library 020 8726 6900 Bookstart rhymetime, babies & toddlers, Wiggle & Jiggle, 18mths+yrs, Storytime 2 +vrs. Fortnightly Rock

Rhyme for pre-school children, FREE. Every Wed Church 1 The Flyover 020 8726 6000 x88965 Zumba Latin inspired dance music & rhythms, all abilities.

Every Wed & Millennium Arena Battersea Park 020 8871 7542 Drop in tennis sessions, 5-8.9-15vrs. Every Wed during term time Sydenham Tennis Club Lawrie Park Road Sydenham 020 8778 4217 Tennis drop in sessions for 8-11vrs

Every Wed morn Sutton

020 8770 4088 Women's Library 020 8726 6900 Recreation Mornings with a wide range of sport & social single fee, 9-12pm. Daily Playworld fantasy play area, 2-10vrs

Every Thurs Norbury Park and Norwood Grove 020 8726 6900 A circular walk through Norbury Park & Norwood Grove 2-3 miles meet at Norbury Train Station 1.30nm. FREE. 21 Aug Butterfly Walk. 2 hrs around the park to learn about these insects, 07968 832508.

**Every Thurs Selsdon Baptist** Chuch 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 6000 x88965 Aquacise sessions

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

Every Fri Bradmore Green Library Old Coulsdon, 020 8726 6000 X64952 Bookstart Rhymetime for babies & toddlers, Wiggle & Jiggle, 2-4yrs. Every Mon Storytime 2 1/2+vrs & Chatterbooks reading group for 8-11yrs.

Every Fri Broad Green Bookstart Rhymetime 0-5yrs. Fortnightly on Sat Rock & Rhyme for preschool children. Every Wed Arty Crafty computers drop in sessions for under 5's. parents & carers, FREE.

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 1/2+yrs. Every Sat Rock & Rhyme for babies & toddlers. Monthly story & craft workshops, 5-10yrs.

Every Fri New Addingtor Library 020 8253 1023 Bookstart Rhymeitme for babies & toddlers & Wiggle & Jiggle, 18mths+, Free. Every Fri Norbury Library

020 8726 6900 Bookstar Rhymetime. Every Thurs Wiggle & Jiggle. Alternate Sat Rock & Rhyme followed by Storytime, Last Fri of each month Chatter Books reading group for 8-12vrs. FREE. Every Fri Selsdon Library 020 8726 6900 Bookstart

rhymetime for babies & toddlers, Wiggle & Jiggle. 18mths+. Every 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

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

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

Every Fri Pavillion Leisure Centre Kentish Way Bromley 020 8313 9911 Families & under 11's Roller Disco. sessions 430-545nm & Families & under 16's Roller Disco sessions with full skate & safety equipment provided, doors open 6.15pm, Tel: 07970 266790.

Every Sat The Green Dragon 58-60 High Street Croydon 020 8667 0684 Storytime for families 3-7vrs, drop in 2hr session with stories, puppets, arts activities & songs, FREE.

Every Sat morn Norman Park Haves Lane Bromley

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

Calendar



## Twitter: @parentsnewsuk

Kent 020 8460 5291 Soccer School, 4-6,7-9 & 10+yrs. 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. 27 Apr 2 May Anything Goes the musical by Cole Porter, www. orchardtheatre.co.uk

27 Mar & last Fri of ever month Bedgebury National Pinetum & Forest Goudhurst 01580 879820 Beginners Health Walk, lasting approx 30mins-1hr & will cover between 1-4km. Every Fri morn Moderate Health Walks, 1-1 1/2 hrs between 4 & 6km Every Fri morn Green Gym session, volunteers can spend a satisfying session working in the National Pinetum helping to improve the world's best conifer collection FREE Tel: 01424 446395 Daily Go Ape take to the trees & experience a course of rope bridges, tarzan swings & zip slides up to 35 feet above the forest floor, 10+yrs, minimum

height 1.4m. 27Mar Concert Hall Fairfield 020 8688 9291 American Superslam Wrestling,family show. 18 Apr Waterloo: The Rest of Abba Mar 3 10 17 24 An

Sutton Library 020 8644 9696 Job Club volunteer led support group for job seeker, all ages, FREE 28 Mar Haling Grove 020 8726 6900 Join the Friends of Haling Grove to celebrate the Easter Season, meet in the park between 2-4 p.m for tea, cake & activities, contact friends@haling-grove.org.uk Mar Ashcroft Theatre Fairfield Croydon 020 8688 9291 The Chris & Pui show from CBeeebies family show, www.chrisandpui.com.

28 Mar-12 Apr London Wetland Centre Barnes 020 8409 4400 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 eggstravaganza plus egg-citing games, 4 Apr Members Walk 10 Apr Wildlife photography

intermediate skills. 28 Mar-12 Apr Hall Place Bexley 01322 621238 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 29 Mar Penshurst Place 01892870307 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 8+yrs. www.penshurstplace.

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

Apr Balham Library Ramsden Road 020 8871 7195 Children's Easter fun & crafts spend the afternoon sticking, gluing, drawing & printing your very own Easter decorations, drop in families 3+vrs, FREE.

1 8 15 22 29 Apr Charles Crver Theatre 39 High Street Carshalton 020-8770 4950 Spiral Youth Theatre for 13+yrs members learn a variety of activities such as drama, dance & singing. musical theatre composition, set design & costume making two productions per year & Every Thurs Minis & Juniors 5-7vrs.

1.8.10 Apr Crofton Roman Villa Crofton Road Orpington 01689 873826 Take to the Roman Stage discover all the fun of Roman theatre & ioin in a miming story of an ancient Roman legend 'The Geese that saved Rome'. make a colourful 'Roman' theatre mask to take home need to book 07805 138465 www.the-cka.fsnet.co.uk

2-19 Apr Ightham Mote Sevenoaks 01732 810378 www.nationaltrust.org.uk Easter holiday family fun with activity packs, craft activities & the chance to wild in their natural play area. 4 Apr Follow the trail the Easter Bunny has left around the garden & win a Cadbury's chocolate Egghead, www. eastereggtrail.com www. nationaltrust.org.uk

3-4 Apr Knole Park House & Gardens Sevenoaks 01732462100 Easter Egg trail snot 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 eggsploring Knole's medieval parkland, Every Thurs, Sat & Sun Guided walks in the deer park suitable for little legs, www.nationaltrust.org.uk.

3-5 APR Chartwell Westerham Explore the natural playeround 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, nationaltrust.org.uk

3-5 Apr Brogdale Farm Brogdale Road 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.

3-5 Apr Emmetts Garden Idle Hill Sevenoaks 01732 868381 Easter egg trail with a Cadbury chocolate Egghead prize for those who find all the hidden clues. www.nationaltrust.org.uk 3-5 Apr Quebec House

Westerham 01732 868381 Explore the garden discover how the British won America in battle, earn your soldiers certificate & claim a Cadbury chocolate Egghead as vour medal of honour Every Sun Mrs Wolfe's recipes recreate some of Mrs Wolfe's 18th century recipes including potato pudding & lemon drops. Every Wed Guided tours FREE

3-6 Apr Smallhythe 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.com. Every Wed & Sat Backstage Tours, find out what happens behind the scenes.

3-6 Apr Spa Valley Railway West Station Tunbridge Wells 01892 537715 Faster Specials children are invited to spot the Easter eggs or bunnies from the steam train to win chocolate egg prizes. 18,19,25,26 Apr Day out with Thomas booking recommended.

4-5 Apr Hawley Garden Centre Hawley Road Dartford 03122 224108 Easter Craft Weekend making hats for the Easter Bonnet Competition on 5 Apr. need to book, www. hawlevgardencentre.co.uk

5 Apr Waddon Ponds & Wandle Park 020 8656 5947 Easter Sunday Wandle Wander a stroll along the Wandle River to Beddington Park & back. Every Fri Circular walk through Waddon Ponds & Wandle Park, 2-3 miles, meet outside

Lidl, 11am, FREE. -10 Apr Beechwood Sacred Heart School Tunbridge Wells 07973 846731 Young Artists Faster School with two age groups, under 10vrs & over 10's, www. artsawardinitiative.co.uk Apr York Gardens

Library & Community Centre London SW11 8871 7471 Children's Easter fun & crafts spend the afternoon sticking, gluing, drawing & printing your very own Easter decorations, drop in families 3+vrs, FREE,

8-10 Apr Arnhem Gallery Fairfield 020 8688 9291 Nana and Nunu - The Big Sneeze family show, 11 Apr The Original Jukebox Heroes 18-19 Apr The Snail & The Whale with storytelling, live music & lots of laughs, 4+vrs. www.fairfield.co.uk

11-12 Apr Fairfield Halls 020 8688 9291 Ben & Holly's Little Kingdom, live on stage for all the family, www.benandhollylive.com. 13-18 Apr Dreamboats & Miniskirts the musical.

12 Apr Sanderstead to Whyteleafe Countryside 07766 421236 Wood Nature's Treasure Trail exploring the downs, 1 1/2 hr walk, aimed at families. Tel: 07771 715812.

12 Apr Selsdon Wood Nature Reserve Old Farleigh Road Selsdon 020 8726 6900 Spring time stroll with the Friends of Selsdon Wood through the fields & woods to marvel at the fresh green of spring, www.

friendsofselsdonwood.org.uk Apr National Gardening Week Gardens all over Britain that normally charge for entry or are closed to the public will be opening their doors for FREE on 17 Apr. www. nationalgardeningweek.org.

14-15 Apr Assembly Hall Theatre Tunbridge Wells 01892 530613 Ben & Holly's Little Kingdom, www. benandhollvlive.com

16 Apr Battersea Arts Centre Old Town Hall Lavender Hill London SW11 020 7223 2223 Toddler Time Travel workshops ,explore Wandsworth's unique history from the time of hunter gathers to the present day through song, stories, object handling & creative play, 6mths-4yrs, Discover Early Man. 23 Apr Unearth Roman Wandsworth 30 Apr Uncover Tudor Wandsworth 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. 19 Apr Happy Valley 020

8726 6900 Be a Dormouse

Detective find out about the

life of the elusive dormouse.

find out how to spot their

signs & how Happy Valley are managing to help this rare & protected species, meet at 2p.m at the Farthing Downs car nark. Chislehurst Anr

Farmers Market 07775 736116 The market is held in a new location of Hornbook House Car park, High Street, produce includes seasonal fruit & vegetables, chocolates bread meat preserves & much more FREE entry 19 Apr Purley Beeches

Purley Downs Road Sanderstead 020 8688 6680 Family woodland ramble marvel at the giant beech trees, look for animal clues & more on this family friendly 1 1/2 hr walk.

24 Apr South Norwood Lake 020 8726 6900 Watch bats hunting for insects over the lake, meet at 7.30 p.m by the main entrance to the nark.

26 Apr King's Wood Sanderstead 020 8726 6000 Enjoy the freshness of new leaves on trees above us & delicate flowers at our feet a gentle 2hr ramble starting at 10a.m, www.croydon.gov.uk

What's On ut and Ab Pages 10 & 11 Also on-line www. parents-mnews co.uk

## Coombe Wood Lawn Tennis Club Easter Camps

GALSWORTHY ROAD, KINGSTON UPON THAMES, SURREY KT2 (opposite Kingston

#### Attend weekly (Monday - Friday) or on a daily basis for ages 4-18 years

Tiny Tots (4-5 years) & Shorties (6-7 years) Foam/Large soft tennis balls will be used with emphasis on racquet & ball co-ordination skills Ability to play on a short court Attend 10 00am - 1 00pm

£96/£108

(get one day free!!!)

Monday to Friday each week Ratio 1:6

Transits & Mini Champs (8-11 years) Low/High compression soft tennis balls will be used with emphasis on stroke technique Ability to play from midcourt/baseline Attend 10 00am - 4 00pm Monday to Friday each week

Using proper tennis balls and being able to play from baseline Emphasis on stroke technique & Attend 10.00am - 4.00pm Monday to Friday each week

Squad (11 years and over)

£42/£48

Please note: Ages act as a guideline only, player's ability will be taken into account Prices shown are per per

f42/f48

Weekly

Week 1 Mon 30th March - Fri 3rd April

£24/£27

Week 2 Mon 6th April - Fri 10th April

f168/f192

(get one day free!!!)

(get one day free!!!) Week 3 Mon 13th April - Fri 17th April

£168/£192

Multi-Activity Competition Day will take place each Friday from 10.00am-4.00pm for Transits & Mini Champs and Squad players For further information or an application form please contact

or visit our website to download an application form www.coombewoodltc.co.uk We have the latest in teaching equipment including: AirZone, Speed Gun, Kick-a-Flick, Hitting Hands, Target Windows, Catcha Ball, Tag Ball, Power Resistant Ropes and much more!!!

Tennis Fun Games include: Singles Champion, Doubles Champion, Rotation Tennis, Tennis Cricket, Tennis Volleyball, Wipe-In, Wipe-Out, Games of Lives, Touch Tennis and many more!!!



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

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



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**JUNIOR SCHOOL OPEN MORNING** Bank Holiday Monday 4 May 2015 10AM - 12 NOON

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#### 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

Airborne allergy expert Max Wiseberg can really empathise with children and young people taking exams this May and June. "I've suffered from havfever 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 vour runny nose makes vou 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

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

Havfever 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 havfever occurring. This is not a cure, but a prevention.

Avoid being outside in the

league table position!

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

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. HavMax 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 clothes 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

HayMax organic drug-free

pollen barrier balms are proven to trap pollen before t gets in the body. They also work for dust and net 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 HavMax trapped one third more pollen grains than an uncoated nostril and that it also trapped dust and pet allergens [2].

Unlike many anti-histamines. HavMax 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

HayMax drug-free allergen barrier balms are available from Holland & Rarrett selected Morrisons Waitrose and Boots: independent chemists, pharmacists and health stores; on

01525 406600 and from

www.havmax.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. Naughtv 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



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

whether it's at an airport, in the

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

April 2015

#### 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.

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 niece 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:

"The story about the Minions is a complicated idea, well knitted together. It's amusing and very,

very different. The two sides of friendship are set neatly against one another in the story which ends up being both light and memorable.

Isabella Harrod, the winning student, commented "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

As a reaction to not getting

www.bromleyhigh.gdst.ne

### 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

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 master new skills. stick to our values, and show pro-social behaviours such as care and concern for others. Egotism, on the other hand, is an unhealthy focus on one's self and a disregard for others a feeling of being better than everyone else, and, often, a fear of failure. Children who have healthy,

balanced self-esteem are likely to be happy and cooperative and make friends easily They're eager to learn and succeed, and they can cope with stress effectively So how do you build healthy self-esteem in children? Professor Matt Sanders from Triple P has some advice: Take a consistent, positive approach to their upbringing. Tell your child you love them, and demonstrate this by spending time talking to and playing with them. This helps your child feel valued and cared for.

Watch what you say. Constant criticism can create low selfesteem, and make problem behaviour even worse. Display confidence in their ability to persist. Let them attempt appropriate things by themselves. Teach them that mistakes are important ways of

learning, and show them how to set realistic goals and work what they want, children may 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

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/



Aventure Activities avo

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07973564381

# Bromley High SCHOOL



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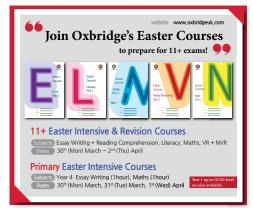
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England

Museum

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the trail to find

the chicks &

egg hidden in

them museum

You can then

decorate your

home

chocolate

egg for every

Discover Gold

exhibition.

117

Street 020

new permanent

Empire Theatr

& Holly's Little Kingdom for all

the family, www.benandhollylive.

with FREE activity backpacks,

audio guides, feely box, quizzes &

trails, www.geffrve-museum.org

1-12 Apr HMS Relfast Tooley

crossing the equator for the first

rituals, dressing up as different

god Neptune & made to do forfeits.

Locker impress your friends &

t-shirt, inspired by traditional navy

tattoos, & the sailor you wouldn't

want to be visiting Davy Jones's

locker in a hurry. Ongoing HMS

behind the barrier access, discover

some of the quirky sailors' stories

Explorers family drop in workshops

where you will have the opportunity

to make a star finder, 5+yrs. 6-

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

Experiencewww.iwm.org.uk

2.3.9.10 Apr

events, all ages. 25-20

animal finger

plus

7601 5545

Easter hols Chelsea Gambado Station Court, Chelsea Holiday Camps in conjunction wth Kidsplay Childcare, a full or half day of jam packed fun, themed activities, weekly day trips & much more www.gambado.com/clubs/chelsea/ holidaycamps.php. Maypay with childcare vouchers 0333 800 7000. Ongoing Science Musnem Imax Theatre 0870 870 4868 Mysteries of the Unseen World daily screenings, 8+yrs.

Sun Hildreth Street Market Balham SW12 Street Market with fresh food traders sourced from all over London. Every Mon & Thurs Holy Trinity

Church Brook Green 07710 023743 Singing & Songwriting sessions for 6-11 & 11-14yrs, www.holytrinityw6/org

very weekend London Transpor Museum Covent Garden 020 7379 6344 The Family Station choose some FREE activities to do as you explore the museum, families all ing Family Station All Year Round activities for families. 3-12yrs, www.ltmuseum.co.uk

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

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

Every weekend Tate Modern Bankside 020 7887 8008 Open Studio play & create Daily Family resources with paper based activities for families all ages, FREE, Dail Children's Multimedia Guide keens children entertained & animates art works through music, video clips &entertaining games 5+vrs Da Under 5's Zone a new play space for families FRFF Every weekend Start Sessions with games, map making & clue matching, 5+yrs, FREE, www.tate.org.uk/visit/tatemodem

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

ekend Temple Station 020 7222 1234 Harry Potter Locations Tour, 2 1/2 hrs. weekend Greenwich

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

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 end Children's Multimedia the collections plus special packs Guide fun & interactive a sensory available for families with children

enjoy, 5+yrs. Daily Family Resources provides questions & activities which encourage children & families to explore art works. FREE, Daily Family Trails, under 5's, FREE, www.tate.org.uk/visit/ tate-britain.

Science Museum Exhibition Rd 0870 870 4868 Unlocking Lovelock: Scientist, Inventor, Mayerick 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 7's, FREE, Every Weekend Spaced Out, families, 5+vrs, FREE, Every Weekend A Cockroach Tour of the museum visitors take on the form of cockroaches dressing up in realistic costumes, FREE. Every Weekend explore hundreds of real natural history specimens, discover evidence along the way using

microscopes, the computer database

& other scientific instruments,

science educators are there to

help you with your investigations,

FREE, Ongoing Engineer Your

Future exhibition, 11+yrs, FREE. www.sciencemuseum.org.uk Until 12 Apr Imperial War Museum Lambeth Road 020 7416 5439 Faster holidays new family activity Art Workshop, design a 1940s scarf to tak home with you. 11+yrs. Every Sun ir Object Conservations family object handling sessions, 19.26 Apr Creative Response make 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.

28 Mar Camden Arts Centre Arkwright Road London 020 7472 5500 Petting Zoo, a nig. a donkey a goat & other farm animals with visiting the centre as part of Ruth Ewan's exhibition Back to the Fields, FREE entry, www. camdenartscentre.org.

Childhood Bethnal Green 020 8983 5200 Paper Houses family activity children are invited to play with paper & unfold a world paper houses, cardboard dens & disposable costumes drop in Small Stories of your Own David Lucas, author & illustrator will help children to create their own picture book, 5-12vrs, 30 Mar-3 Apr Paper Light House Workshops make a paper house which can be transformed into a glowing light, 5-12yrs. 3-10 Apr Paper House Performances a pop up paper performance orchestra 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 jigsaws, stories & games to explore

explores children's birthday parties from the perspective of both children & adults, FREE, Until Sept Small Stories: At Home In a Dolls' House exhibition, www. museumofchildhood.org.uk

Mar-26 Apr Unicorn Theatre 147 Tooley Street 020 7645 0560 Velveteeen Rabbit, 4+yrs. Until 12 Apr The Chair with live music & songs, 7+yrs www. unicorntheatre.com

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

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 part of the motley crew of HMS Adventure, Until 31 Aug Against Captain's Orders: A Journey into the Uncharted exhibition. www. rmg.co.uk

Mar Horniman Museum London Road Forest Hill Community Music Day the programme will include jazz classical concerts, gamelan workshops, a capella singing & 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-Apr The Greatest Adventure interactive gallery with a wide range of activities. FREE. Every on,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 Chirpy 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 dens 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 entry. 8 Apr Plantastic day of activities inspired by plants, dance like a flower, make a natural botanical flower print & see the mini beast home being rebuilt & lots more, FREE. Hands on family Workshops 3+yrs, 11 Apr Adornment themed sessions 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 Every Sat Farmers Market FREE entry. Every Sat except 4 Apr Art Makers with different themes each week, families, 3+vurs, Every Busy Bees creative play stories & songs or simple art & craft, under 5's & their parents/carers, FREE. Every Sun except 6 Apr A World of Stories storytelling sessions

families, 5+vrs, FREE, Every

thousands of real objects from

around the world, FREE,www,

Sun Discovery for All explore

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



## Twitter: @parentsnewsuk

Meet the time Travellers, Nevil Maskelyne or his human computer Mary Edwards, 7+vrs. www.rmg. co.uk/visit

com,www.hackneyempire.co.uk Apr Southbank Centre 1.4.7.15.28 Apr Geffrye Museum Belvedere Road 0844 8750073 The festival will bring thousands Restored almshouse tours a rare of singers onto the Southbank glimpse into the lives of London's site over the Easter weekend to poor & elderly in the 1780's & perform, learn & exchange, with 1880's 7-10 Apr Easter holiday a range of large scale & intimate activities Gardens Galore, celebrate projects. 6 Apr A day of events the reopening of the gardens & the focusing on singing & wellbeing launch of the new garden activity rship with the Sidney Do cart. Create seasonal headwear Haan Centre & various projects by plant seeds for spring & make the National Youth Choirs of grea Britain at the heart of the festival Nursery Rhyme Time with stories www.southbankcentre.co.uk songs & craft activities, 2-5yrs. Apr-12 Sept Natural History weekend Geffrye explorers

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 Street 020 7940 6320 020 7403 butterfly garden at home. Games & activities exploring surprising 0719(f) Crossing the Line find butterfly facts, the chance to watch out what it was like for sailors butterflies emerge from their chrysalises through the hatchery time as they took part in initiation window, a riot of colourful tropica plants in the house & garden & characters from the court of the sea tins & advice from the butterfly house manager. Daily Who Do You Think You Really Are state Apr Tattoo T-Shirts Dayy Jones's of the art interactive film, www. nhm.ac.uk/film FREE. Da family be designing your very own Family Explorer backpacks filled materials & fun activities to helt children make exciting discoveries in the galleries, www.nhm.ac.uk/ Belfast Private Tours with exclusive education. under 7's FREE Daily Investigate Centre explore hundreds of real natural history of living & working on board specimens, from a shark's jaw to including the time a reindeer joined a meteorite as old as Earth in their the crew! Ongoing Gun Turret hands-on science centre, families 7+vrs. FREE, Daily Nature The Royal Observatory Greenwich 020 Through the Lens with close-up: of insects & extraordinary time 8858 4422 Daytime Sky Watch lapse photography, FREE, www. 11+yrs. 4,5,11,12 Apr Meet the nhm.ac.uk/whats-on. Daily David Time Travellers, Albert Einstein Attenborough: Life on Camera & his modern day companion Anna Bastable, 7+yrs. 5 Apr Space enjoy some of the best loved clips from his landmark television series, FREE www.nhm.ac.uk/whatson Daily Wildscapes experience

> through the ocean & in the Arctic & Antarctic circles, FREE, www. nhm.ac.uk/whats-on 3-12 Apr Victoria & Alber Museum 020 7942 2000 www. vam.ac.uk The Imagination Station visitors will be able to create their own pieces of wild fashion, inspired

what it's like to be an animal

on the African plain, swimming

by fairy tales, myths, legends & animals in the V & A collections drop in 3+vrs, FREE, 3-12 Apr ioin in interactive performances to meet fantastical characters & hear strange & wonderful tales, drop in families, FREE, 4-12 Apr Digital Kids children create digital art with help from experts, 5+vrs, Every Sur Drop in Design on selected days, create a 3D sculpture with wire FREE, drop in, 5+yrs. Daily Back Packs filled with jigsaws, stories & games to explore the collection. 4-11vrs. Activity Cart hands on art fun create a Samuri helmet a silver goblet or an elephant mask to take home, FREE, drop in Agent Animal has developed for under 5's containing an audio map & fabric cubes, FREE, www.vam.ac.uk

Apr Chelsea Physic Garden London 020 7352 5646 Chocolate Tuesday, the day will include craft activities, a Garden tour. chocolate tasting & the chance to create your own mixtures to take away, 7+yrs, 8 Apr A Passion for Plants - gardening for beginners. Apr Celebrate Spectacular Seeds discover amazing seeds from around the world, 6+yrs. 14 Ap Lotions & Potions, an introduction to herbal medicine for spring into Summer, 7+yrs. 15 Apr Garden Photography, 11+yrs. 16Apr Creepy Crawling discover the divers world of animal with Vic Taylor from Mynewt Enterprises who will show his marvellous menagerie including a hissing cockroach. giant millipede, com snake, gian African snail & Mr Jelly Belly the tree frog, find out how they are suited to their environments and hold them if you want to, 4+yrs. www.chelseaphysicgarden.co.uk. 8-9 Apr Isis Education Centre

020 7036 8056 Discovery Day, Flower Power. hidden plant facts plus go into the Discovery Room with FREE activities to include, crafting flower on a stick making a daisy bookmark, spring blossom finger painting, making a paper pot & planting a seed, drop in all ages, no need to book. 14 Apr Nature Explorers: Spring Hatchings a lay of activities & outdoor game to include exploring the wilder parts of Hyde Park looking for enring hatchings discovering how birds make their nests & making

#### Calendar

the sounds of baby birds in their nests & snotting some ducklings on the lake, tadpole dipping & lots more, 8-11yrs, need to book. 15-16 Apr Discovery Day:Animal Magic activities to include Pond dipping, painting colouring pictures babies, looking at real bird's nests in the Discovery Room, making a birds nest collage & following the Discovery Trail, drop in, families all ages, FREE, no need to book www SupportTheRoyalParks.org/ experiences.

Apr-19 July E4 Udderbelly Festival Southbank Centre 0844 545 8282 The iconic upside down Purple Cow returns for its seventh year hosting exciting comedy cabaret & theatre from around the

10 Apr Peter Harrison Planetarium 020 8858 4422 Planetarium Morning Stars show for children with an Autistic Spectrum Condition & their families, 7+yrs Throughout April Dark Universe planetarium show, 5+yrs, The Sky Tonight live show, 5+yrs, Space Safari follow the adventures of Ted as he searches the Solar System fo the great hig bear in the sky under Meet The Neighbours.

5+yrs. www.rmg.co.uk. 11-25 Apr Barbican Theatre Silk Street 020 7638 8891 www. lso.co.uk English National Opera

25 Apr The Foundling Museun 40 Brunswick Square 020 7841 3600 Instrument Parade join artis & instrument maker Giles Leaman & make some musical instruments vourself FRFF

28 Mar-12 Apr Sheffield Park and Garden Nr Haywards Heath 01825 790302 Explore what makes our trees special & why they were so useful in times gone by, a Cadbury chocolate Egghead prize will be awarded to each Eggsplorer, www. www.eastereggtrail.com,

nationaltrust.org.uk

28 March -12 Apr Royal Gunpowder Mills Waltham Abbey Essex EN9 1BN 01992 767 022 Eggsplosive Easter Holida Fun with Professor Nitrate back in his MadLab and will be set to unveil even more 'secret science experiments. On Good Friday & Sat there will be a range Easter activities designed for younger children with a traditional Easter Egg hunt, crafts & face painting as well as the chance to meet the Easter bunny. On Easter Sun & Mon there will be a spectacular arena event featuring live gunnowder & other pyrotechnic explosives in twice daily shows plu try your hand at launching rockets bikes, trikes & carts & try the new 'Mega Marble Run', plus lots more, entrance under 3's FREE

Apr Alfriston Clergy House Polegate 01323 870001 Easter egg trail search for the bunnies hidden around the garden. find all the bunnies & receive a Cadbury chocolate Egghead prize, Until 12 Apr Bodiam Castle

01580 830196 Robertsbridge Explore the castle & grounds with the Cadbury Easter Egg trail hunt, plus Heathcliff Heroics will be onsite providing archery lessons. 10 Apr Outlaw Academy take par in the special academy & learn how to live off the land & survive on the run from medieval justice.

Days Out
Until 12 Apr Bateman's Burwash

01435 882302 Follow the spring bird Eggsplorer trail around the property, how good are you at spotting nests & working out who laid the eggs. Have fun & discover more about garden birds. There's a Cadbury Egghead at the end for those who completer the quest, www.eastereggtrail. com, www.

Apr The River & Rowing on Thames 01491 415600 Taylor Tugs Holiday Happenings, make, sing & play with creative Easter fun. 18mths-5yrs. 1 Apr Secret Theatre unique session exploring set design & theatre production, discover behind the scenes & create your own set at the museum inspired by their emporary exhibitions, 11-15yrs. Apr Pom Pom Chick Chick, have learning new skills to create Pom Pom chicks & paper posies in a little basket for spring time, 4-7yrs. 8 Apr Gargoyles Galore explore the world of grotesques, gargovles & green men. 7-11vrs. 8 Apr Caterpillar Crazy make a crazy model to show how a caternillar urns into a butterfly, 4-7yrs, 9 Ar Feathers and Fur meet the animals from Mill Cottage Farm Experience including donkeys, rabbits & chicks & get crafty in the museum. Ever erm time Artways Art Club, 5 week sessions, 11-15yrs.

co.uk 2-19 Apr Kent Life Heritage Farm Park Lock Maidstone Kent 01622 763936 Meet all the new babies on the farm, including lambs. wiener piglets, calves & Easter chicks. Have a go at bottle feeding the newborn lambs, hop on a tractor for a ride around the grounds, paint

Every Wed during term time Taylor

Tug's under 5's Club, www.rrm.

a pot in the art studio & snuggle ur to the smaller animals in Cuddle have your face painted, meet the blacksmith (Fri & Mon only). fairground rides follow the wooden egg trail & look out for the Easter bunny, www.kentlife.org.uk

3-6 Apr Birling Gap & Seven Sisters Easthourne 01323 422512 Easter egg trail collect clues to win a chocolate prize, try your skill in the egg & spoon races plus lots more family fun on offer www.eastereggtrail.com, www

naltrust org uk 3-6 Apr Standen East Grinstead 01342 323029 Meet on Goose Green to pick up a trail map to start your adventure which ends with a Cadbury Egghead prize. www. Easter holiday family fun with make & take crafts & outdoor activity days, www.nationaltrust.org.ul 3-6 Apr Monk's House Rodmell Lewes 01273 474760 Follow the Easter trail around the garden & win a Cadbury Egghead.

4-6 Apr Devil's Dyke West Sussex 01273 857712 Easter egg trail collect your quiz sheet & map & find the eggs hidden around the Dyke, solve, the clues & claim your chocolate prize, 6 Apr Egg Rolling bring your own hand decorated hardboiled egg & try your luck at this Easter egg rolling custom, the egg that gets furthest down the Dyke valley wins plus prizes for the best decorated

16 Apr Nymans Garden Handcros

Haywards Heath 01444 40032 Head Gardener's spring highlights walk, need to book. 25-26 Apr New Brighton Floral Pavillion 0151 666 0000 Ben & Holly's Little Kingdom Live on Classified £1 per word inc vat min 10 words Bo - £40.00 inc vat +£5 for colour. Cheque payable o Parents News, 10 The Manor Drive, Worceste Park, Surrey, KT4 7LG Tel: 020 8337 6337 For

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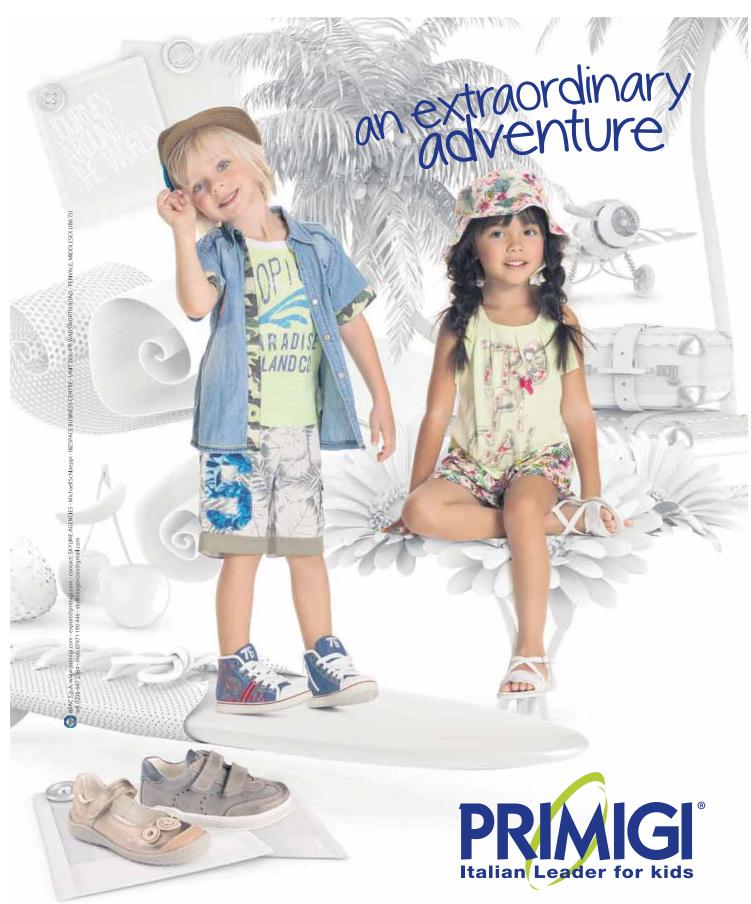
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