

# PARENTS NEWS

July 2012 No.170

The First & Foremost Local Monthly Newspaper for Families

1993 - 2012  
20th Successful Year  
Thank you

# FREE

## What's on in July & School Summer Holidays

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



Centrale Petting Zoo  
[www.centrale.co.uk](http://www.centrale.co.uk)

St Lawrence College Summer Camp  
[www.slcuk.com](http://www.slcuk.com)

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

Three Editions in South-East England



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KENT



## PARENTS NEWS

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PARENTS NEWS believes that society's best asset is its young people! We shall accept no advertising in the opinion of the Publisher, is considered demeaning to children. We intend to encourage environmental, health, and non-violent issues, but not to preach or claim to always be right. Different opinions published are the opinions of the authors and not necessarily those of PARENTS NEWS. We hope mums and dads enjoy the articles, be interested by Calendar (finding it useful), and use the advertisers. Any endorsement by PARENTS NEWS is explicitly stated.

## Hall Place and Gardens,

Bourne Road, Bexley Kent  
DA5 1PQ  
[www.hallplace.org.uk](http://www.hallplace.org.uk)  
[info@hallplace.org.uk](mailto:info@hallplace.org.uk)  
Ticket booking line:  
01322 621238

## NEW Eco-explorers Activities

Join them on the third Sunday of the month at the Hall Place glasshouses for activities that use recycled materials or explore the environment at Hall Place. Just £2 per person, no need to book, meet at the glasshouses.

**Sunday July 15:** Transform a plastic bottle into a bird feeder. Drop-in anytime between 2pm & 4pm  
**Sunday August 19:** A walk on the wild side! Meet the inhabitants of our gardens. Meet at 2pm.

**Thursday 19 July, 7pm** (gates open at 6pm)  
**Open Air Theatre:**  
*Grimm's Fairytales*  
Magic, music and darkly delicious tales of wicked witches, talking animals, and dashing adventurers.

**Open Air Theatre:**  
*Grimm's Fairytales*  
Magic, music and darkly delicious tales of wicked witches, talking animals, and dashing adventurers.

This inventive show by The *Pantaloons* is a must for adults and children alike. Bring a rug or low-backed chair to sit on. Picnics welcome. £12 adults, £10 concs, £8 under 16s. No under 5s. All tickets in advance.

**30, 31 July & 1, 2, 3 August Animal Magic**  
Meet owls, meercats, porcupine, parrots, skunk, rabbits, guinea pigs and much more! 10am, 11.30am, 2pm & 3.30pm, £6 children, £3 adults. All tickets in advance.

**8 August Open Air Cinema: Grease PG**  
The greatest musical film of all time! See *Grease* as you have never before on a big screen under the stars. Come and Join John Travolta and Olivia Newton John at Hall Place for an unforgettable night of cinema. Gates open 7.30pm, film starts 8.45pm. £12 adults, £8.50 children. For tickets: [www.thelunaticmac.com](http://www.thelunaticmac.com)  
0844 858 6767

August 6, 7, 8, 9 & 10  
**Wet & Wild Week**

An action-packed safari in the gardens. Catch and view the many small but deadly beasts that live here on land and in water. All equipment supplied. 10am & 2pm, £4 per child, adults free. All tickets in advance.

**August 13, 14, 15, 16 & 17 Fairy School**  
Calling all trainee fairies! An enchanting school where pupils enjoy storytelling, fairy cake decorating, dancing, crafts and other magical skills. Perfect for 3 to 9 year olds. 10am & 2pm (2 hours per session), £8 per child, adults free. All tickets in advance.

**August 14 & 16 Bat Walks**  
Join them on a dusk walk to listen to and see these nocturnal creatures in their natural habitat. Bat detector supplied! Followed by tea and cake. 8pm, £10 adults, £8 children. All tickets in advance.

## SEA SEARCHER BOAT TRIPS

The new *Sea Searcher* operating until the end of September.

**Thanet Coast & Windfarm trips**  
A 3 hour trip to see the East Thanet Coast and the Thanet Offshore Wind Farm. £30 per person.  
**August Tues 14 & 28 1200. September Mon 10 0900**

**Seal & Wildlife Watching Trips**  
A one and a half hour trip to a local seal colony in a National Nature Reserve, cost £20 per person.

**July Sun 8 1500, Wed 18 1000, Mon 23 1430, Thurs 16 0900, Sat 18 1030, Sun 19 1000**

1100, Thurs 23 1500, Thurs 30 0930, Fri 31 1000.

**3 Hour Fishing Trips** 0900 to 1200 Open 3 hour trips, especially suitable as a taster of sea angling. Rod hire and bait included in the price of £25.00 per person. Book now!  
**July Sun 1, Thurs 12, Sun 15, Thurs 19, Sat 28, Sun 29, August Thurs 2, Sat 4, Sun 5, Tues 7, Thurs 9, Sun 12, Tues 21, Thurs 23, Sat 25, Sun 26.**  
Full day Fishing 0900 to 1630  
Open full day fishing trips available

[www.seasearcher.co.uk](http://www.seasearcher.co.uk)  
[seasearcher-boat@live.co.uk](mailto:seasearcher-boat@live.co.uk)  
07837562076



## Free Running Sessions across Kent

Women and men of all ages and abilities are putting on their trainers and jogging the streets and parks of Kent. This is part of a county-wide campaign to get people running, to feel fitter, healthier and happier! In Kent, Leaders have been trained to set up local running groups and they are keen to welcome new runners. Liza Melver-Hall, Group Leader for 'Run off your feet' said "everyone has a different motivation for running but I was really proud of my 21 runners who recently completed their first 5k run".

Ruth Nash was one of those runners and said "it was really fab, can't wait for the next one, it did me a lot of good".

Get your first running session free at your local group when you mention PARENTS NEWS

All groups are led by a qualified, enthusiastic, friendly leaders. To find local group, [www.kentsport.org/rungroups](http://www.kentsport.org/rungroups) or contact Lucy Tomlinson, Kent Running Activator on 07730 870696.

## Get Running in Kent...

Improve your fitness and have fun! Join a sociable running group today.



Groups at Sevenoaks, Tunbridge Wells, Maidstone, Ashford, Ramsgate and many more...

Contact: Lucy Tomlinson  
Kent Running Activator call: 07730 870696  
Find your local beginner group... [www.kentsport.org/rungroups](http://www.kentsport.org/rungroups)  
KentSport

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## Farming World Has Acres of Fun for Everyone!

Set in the heart of the beautiful Kent countryside, yet within easy access of the motorway a visit to *Farming World*, Boughton promises plenty of fun for everyone. The working farm has a wide variety of rare breeds and heavy horses, indoor and outdoor play areas and *Hawklands Birds of Prey Centre*. *Farming World* also has brilliant activities throughout the summer holidays, all included in the entry price. **23 - 27 July - Superheroes Week, 27 July - Olympic Day, 3 and 31 August - 'Have a Go' Falconry Day, 8 August - Fun and games with Mrs Back 2 Front, 9 August - Art Workshop, 10 and 29 August - Creepy**

*Crawly Day, 15 August - Circus Workshop, 16 Aug - Heavy Horse Day, 17 August - Fun and mayhem with Dizzy Lolly, 22 August - Teddy Bear's Picnic with Mrs Back 2 Front, 25 - 27 August - Harvest and Threshing Weekend, 30 August - Toy Story Day, Farming World's ethos is to offer visitors the chance of plenty 'hands on' experiences, having fun and learning within a safe environment. Children may be lucky enough to groom Shetlands Lily and Rosie and meet some of the centre's babies including, piglets and lambs. There are many other animals to visit around the farm including: heavy horses, Cupid*



## SUMMER FUN FOR EVERYONE!

Visit [www.farming-world.co.uk](http://www.farming-world.co.uk) for special event details including:

- Superheroes Week,
- Olympic Day
- 'Have a Go' Falconry,
- Creepy Crawly Day,
- Art Workshop,
- Circus Skills,
- Teddy Bear's Picnic,
- Birds of prey & flying demonstrations,
- Large adventure play,
- Rare breeds & farm animals,
- Heavy horses,
- Indoor soft play,
- Craft room,
- Mini golf course,
- Tractor and Trailer Rides,
- Hot & cold refreshments, (Some activities weather permitting)

Show this advert to receive 50p off entry per person in your party. (PN July. Valid 1/7 - 31/7/12)

Open everyday until 4th Nov.  
**Farming World, Boughton, Faversham, ME13 9HY**  
Tel: 01227 751144

M2 junc 7 follow brown signs, sorry no dogs.

Out and About  
English Heritage Events

**Monday 23 - Tuesday 31 July 2012 Medieval Siege**  
**Dover Castle**  
Dover, Kent - CT16 1HU  
**Sat 28 & Sun 29 July**  
10am- 5pm  
Experience the atmosphere and drama of a medieval castle under attack. The Siege of 1216 was one of the bloodiest that *Dover Castle* had ever seen. Witness the opposing forces prepare for battle, with armour displays, fletchers

and blacksmiths crafting their weaponry and an awe inspiring trebuchet in action. Experience the fear and anticipation of battle with the rallying cry of generals as they prepare their soldiers for the impending bloodshed.  
Prices: Adult: £16.50 / Concessions: £14.90 / Child: £9.90 / Family: £42.90  
**Free**  
*Time Travellers Go... Ugly Bug Safari*

**Home of Charles Darwin.**  
Down House  
Downe, Kent - BR6 7JT  
**Mon 30 Jul - Fri 3 Aug**  
11am-4pm  
Grab a magnifying glass and join a Victorian explorer for a hunt through the gardens at the *Home of Charles Darwin* to find fascinating minibeasts.  
Prices: Adult: £9.90 / Concessions: £8.90 / Child: £5.90 / Family: £25.70  
*English Heritage Members: Free*

## Avast Me Hearties! Pirate Play Days at The Historic Dockyard Chatham 'Arrr' Back!

**21 July - 2 September** it is fun ahooy at *The Historic Dockyard Chatham* as the ever popular pirate extravaganza returns - **Pirate Play Days!**

Young visitors will be happy for hours in the undercover Pirates' Play Place, with fantastic family fun, including soft play, a desert island sand pit and arts and craft activities! A pirate themed assault course and 'cannon firing' sessions mean there truly is something for children of all ages. Storytelling on board *HMS GANNET (1878)* with *Pirate Pam* and her puppets provides one of the highlights of the day. The friendly crew is looking forward to welcoming

promising pirates aboard! All *Pirate Play Days* activities are included in *The Historic Dockyard* normal admission price with the exception of cannon firing (subject to availability with a small additional charge) and with all tickets valid for 12 months, visitors can come back every day!  
[www.thedockyard.co.uk](http://www.thedockyard.co.uk)



THE HISTORIC DOCKYARD CHATHAM

## PIRATE PLAY DAYS

ALL SUMMER 21 JULY - 2 SEP

WELCOME ABOARD, ME HEARTIES!

Come along and enjoy:

- Inflatable obstacle course
- Arts and crafts
- Sand pit fun
- Soft play
- Outdoor adventure play
- Peppa Pig making a special visit on 26 July!
- Cannon firing (small additional charge applies, subject to availability)

Suitable for children of all ages and it's all included in your normal admission price!



[thedockyard.co.uk/pirateplaydays](http://thedockyard.co.uk/pirateplaydays) 01634 823807

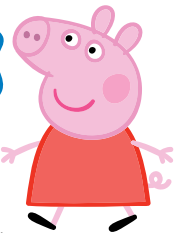
Family Race Day  
at Folkestone Racecourse  
Sunday 12th August

There will be lots of free entertainment for the children as well as six fast and furious flat races. The entertainment includes:

- Face Painting
- Balloon Modellers
- Colouring Corner
- Gladiator Joust
- Giant Inflatable Slide
- A Bouncy Castle
- Space Hopper Race



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



Peppa Pig will be making personal appearances at intervals throughout the day!



© ABD/Ent. One UK Ltd 2003.

Gates open: 12pm  
First race: 2pm Last race: 5pm

Race goes under 18 are FREE when accompanied by an adult and if adults book online they will receive a discount (online booking closes at noon two days before each race meeting).



For more information log onto [www.folkestone-racecourse.co.uk](http://www.folkestone-racecourse.co.uk) or email [info@folkestone-racecourse.co.uk](mailto:info@folkestone-racecourse.co.uk)

Tel: 01303 266407





**HAMPSHIRE'S TOP ATTRACTIONS**

CENTRAL LONDON TO NORTH HAMPSHIRE IS JUST 50 MILES AND AROUND 50 MINUTES!

FROM WILDLIFE, ROLLER COASTERS, ACTION AND ADVENTURE THROUGH TO STEAM TRAINS, CLASSIC CARS, MUSEUMS AND HERITAGE - HAMPSHIRE'S TOP ATTRACTIONS HAS THEM ALL!

**hampshireattractions.co.uk**

- Special offers • Competitions
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- Guide to the best places to visit

**WIN!** A one night family stay in a Hampshire Hotel and tickets to four attractions of your choice!

**WORTH UP TO £500!**

To enter, sign up to our newsletter with the codeword **PARENTS**:

**hampshireattractions.co.uk/signup**



**Hampshire Top Attractions @HantsTopDaysOut**

Competition closing date: 30th July 2012. One prize winner will be drawn at random on 1st August and will win a family stay for 2 adults and 2 children, bed and breakfast at Best Western Chilworth Manor, Southampton and family tickets to four attractions of their choice within Hampshire's Top Attractions. Accommodation prizes supplied, with thanks to the Southampton and Region Hoteliers Association.

## Out and About

Family fun at **Bedgebury** this summer

As always, **Bedgebury National Pinetum & Forest** in the heart of Kent has a full programme of fun family activities this summer. As well as its perennially popular adventure play, cycling and picnics, **Bedgebury** is offering a number of special events during the summer holidays.

**Hands on Nature** is a touchy-feely day for young children to look at nature's colour, camouflage and texture in a race against the clock. **Tuesday 24th and 31st July**, 10am – 12pm. 5+ years, £6 per child. Booking essential, numbers limited. Children must be accompanied by an adult.

**Family Map Challenge** returns again to Bedgebury by popular demand. Pop in and try your hand at map-reading for about an hour and a half - it's fun and challenging for adults as well as

youngsters. **Thursday 2nd and 9th August**, 10am start, 7-9 year olds, 1pm start for age 10+ years. £2.00 per participant - children and adults. Booking is not necessary for this event, but children must be accompanied by an adult.

**Wild Life Games.** **uesday 21st and 28th August.** 10am – 12 noon. Age 5+ years. £6 per child. Booking essential.

**Shelter Building** is a collaborative effort to design and build survival dens. Using timber poles and natural materials in a forest setting, this will be truly a hands-on session.

**Thurs 23rd & 30th August.** 10am – 12 noon Age 9+ years. £4 for each participant (children and adults). Booking is essential as numbers will be limited. Children must be accompanied by an adult during the whole event.

**The Twits** is a magical open-air theatre production of the *Road Dahl* children's classic from the award-winning *Illyria Theatre Company*. Tickets available **03000 680400**. **Weds 29th Aug** 2.30 – 4pm Bedgebury Visitor Services **01580 879820** [www.forestry.gov.uk/bedgebury](http://www.forestry.gov.uk/bedgebury)



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## Kent Walks

**Saturday 21 July** 8.00pm **BAT TALK & WALK ON THE WESTERN HEIGHTS** Start by listening to an illustrated talk by the 'Bat Lady' Shirley Thompson, followed by a walk up onto the meadows of the nature reserve, and into the historic ditches of the Western Heights fortifications. Discover what species of bats are feeding on the Heights. Please bring a torch, and a bat detector if you have one. Adult £4; Child £2. **LEADERS:** Shirley Thompson (Kent Bat Group) and Melanie Wrigley. **White Cliffs Countryside Partnership 01304 241806 or 07880 706990.** **MEET:** Clarendon & Westbury Community Hall, Belgrave Road, Dover, CT17 9RA. 1.5 miles. **GRADE:** 5 (night and some steep steps). **Tues 24th July** 1.00 – 3.30pm **DRAGONS AND DAMSELS OF THE HOE** Damsellies and dragonflies that have colonised this addition to the Kent Coast. Suggested donation of £2

appreciated. **LEADER:** Paul Holt. **White Cliffs Countryside Partnership 01304 225649 or 07771 635370.** **MEET:** Site management office, *Samphire Hoe* The Hoe is sign posted off the A20 from Dover to Folkestone (TR 294 391 or CT17 9EL). Dogs on leads. 1.00pm **DRAGON AND DAMSELFLY WORLD** Look what it is like to see through a dragonflies' eye and feel the crusty case of a nymph. **DURATION:** 1 hour. 2.00pm **LIVING DINOSAURS (Green Gang)** Short walk see, some dragonflies and damselflies. 0.5 mile (1 hour). **GRADE:** 2 3.00pm **MAKE YOUR OWN DRAGONFLY (Green Gang)** 1 hour. **Thursday 26th July** 2.00pm **FAMILY CYCLE RIDE: A CYCLE SAFARI** New section of *National Cycle* route 2 which runs alongside the Royal Military Canal between West Hythe Dam and Aldgate Bridge before pedalling out for a

short loop on the quiet lanes of the Marsh. Exotic wildlife such as Giraffes, Zebra and Ostrich pass Port Lympne Zoo. Donation appreciated. **LEADER:** Mark Tuson, **Romney Marsh Countryside Partnership 01797 367934 or 07971 276698.** **MEET:** West Hythe car park at the bottom of Lympne Hill (TR 125 344 or CT21 4NB). 11 miles **Monday 30th July** 3.00pm **FOSSIL FORAY (Green Gang)** A family fossil foray in the East Cliff & Warren Country Park. Find your own fossils to take home. Please wear strong footwear. Suggested donation of £2 per child appreciated. **LEADER:** Phil Green, **White Cliffs Countryside Partnership 01304 241806 or 07880 706993.** **MEET:** The Pavilion, Wear Bay Road, Folkestone (TR 239 364). 1.5 miles **GRADE:** 5 (rocky shore).

[www.whitecliffscountryside.org.uk/index.php?id\\_sec=6&id\\_sub=6](http://www.whitecliffscountryside.org.uk/index.php?id_sec=6&id_sub=6)



## Out and About

Wild adventures for city families

Celebrate the great outdoors in Deptford this summer

Every **Thursday** of the summer holidays, the **Creekside Discovery Centre** are running activities aimed at local families. From survival training with den building and sculpture making to fishing and bug hunts – there is something for everyone. All activities run from 11am – 1pm and cost between £5 per person or £15 for a family of 4. Children can be left under the care of **Creekside Discovery Centre's** CRB checked staff but parents are encouraged to stay and join in the fun too. Most activities are aimed at 5-12 year olds. **Mandie Wrasall** (Trainer at the **Creekside Discovery Centre**) said: "This is a chance for city families to experience what are traditionally seen as 'countryside' activities. Visitors are always amazed at the variety of urban wildlife we find in the centre grounds and in *Deptford Creek*."

Joshua, 10 years, summarised his experience by, "Really fun, epic and there's nothing that you want again!"



\*Survival Skills: £6 person, £18 per family, to include lunch **020 8692 9922** [info@creeksidecentre.org.uk](mailto:info@creeksidecentre.org.uk)

The dates for your diary are: **Thursday 26th July – Mud Larking** in Deptford Creek (ages 7+); **Thursday 2nd August – Survival Skills: Shelter-Fire-Food!**; **Thursday 9th August – Catch crabs** in Deptford Creek **Thursday 16th August – Survival Skills: Shelter-Fire-Food!**; **Thursday 23rd August – Recycled Art** using Creek Treasures (ages 7+); **Thursday 30th August – Become a bug hunter!** (ages 3+)

## Blowing the Whistle on the General Dental Council.

Traditional train tracks create flat faces, big noses and tired looking eyes: if you doubt this, just look at those who have been treated in the past. They also routinely damage the enamel and roots of the teeth and worse still the teeth go crooked again unless the patient wears a brace for the rest of their life. Extractions of sound teeth are almost always required although patients may not be told about this until near the end of treatment. Newer treatments can achieve better and more permanent results without extractions but orthodontists avoid comparative research as they don't want the damage they do to faces to be exposed. Worst of all the General Dental Council allows orthodontists to withhold information about some newer methods. This leaves many patients accepting extractions and even major surgery unaware that improved techniques can render them unnecessary. If you have suffered you are entitled to compensation.

## 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.

Andrew was treated by modern methods. No extractions. No "Train Tracks". No retainers.

Research shows dentists and the public think Orthotropics gets much better results than orthodontic "Train Tracks".



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



John Mew, The London School of Facial Orthotropics, Purley. 020-8660-3695 and Tunbridge Wells 01892 526406

## BLUEWATER PRESENTS =Rollerfest= AT GLOW



**Bluewater** **Glow**

**21 July – 1 Sept 2012**

We're proud to be Red, White & Bluewater this summer and to celebrate we're hosting RollerFest. The whole family can enjoy this amazing summer event at Glow, Bluewater.

RocknRoller is proud to present one of the largest indoor roller discos in the UK.

This event is not to be missed, so book your skating today, the British summer won't last forever!

### Mini Rollers

A 90 minute session designed for Families with under 11's & complete beginners. Sessions held every day.

### The Main Event

This is an open family orientated skate session, designed to cater for all ages & abilities. Multiple sessions held every day.

### Over 18's

Roller Disco for Over 18's perfect for birthdays, hen & stag parties and VIP experiences. Sessions on Fridays & Saturdays only.

Book roller skating at [glowbluewater.co.uk](http://glowbluewater.co.uk)



Roller Rink ★ Fairground ★ Festival Food Village  
Giant Sports Screens ★ Bluewater Arms Pub



**Every Sun Edenbridge Leisure Centre** 01732 865665 Under 16's & families roller disco.  
**Every Mon Tunbridge Wells Library** 01892 522532 Storytime, 11-11.30am, **FREE**.

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

**Every Mon-Wed The Angel Centre** Tonbridge 01732 359966 Kickstart members Pre-school bounce, **Every Sat mon** 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 month Advice & support - Health & lifestyle advice, drop-in, no need to book.

**Every Tues The Pavilion** Broadstairs 01843 581185 Salsa Classes with Leon.

**Every Tues 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.



**Angela's Swim School** was started by an ex-international swimmer in 2002. The swim school is well established with instructors ASA qualified and CRB checked. They offer a wide variety of lessons ranging from parent and child right through to adults.

There are also opportunities for children to do lifesaving and triathlon training. They run small classes of 6 to a group and private lessons. The courses run all year round with crash courses available in the summer holidays.

To take advantage and book onto the lessons please visit

[www.anglasswimschool.co.uk](http://www.anglasswimschool.co.uk) or call

**07990 570 423**  
*They look forward to hearing from you soon.*

**Stagecoach Parties!**

We take children (age 6 months - 16 years) on a roller coaster ride through their imagination and land their safety back home with a bagging bag of amazing memories.

★ Unforgettable stories & characters!  
 ★ Thrilling & exciting games!  
 ★ A party they'll remember forever!

Call now to book on:  
**01932 256294**  
 or email [parties@stagecoach.co.uk](mailto:parties@stagecoach.co.uk)

Trust Stagecoach to know parties!

**Every Thurs 26 July-23 Aug Royal Naval Submarine Museum** 02392 545034 Submarine Kids Bookfest meet the best selling authors, get crafty, see puppets & hear stories lots of family fun.

**1-6.8-13.15-23 July New House Youth Centre** Sittingbourne 01634 829468 singing & dancing to musicals & modern pop, 5-11yrs.

**6-8 July Seaside Shuffle** Ramsgate Jazz events taking place at a variety of venues around the town, [www.visitramsgate.co.uk](http://www.visitramsgate.co.uk).

**7 July Chartwell** Westerham 01732 868381 Fabulous Falconry.

**9 July Garden Tour & Afternoon Tea** 11 July Open Garden, 22 July Sunday Luncheon Jazz. **24 July Apple Tree Pruning**

**7 July Godinton House** Ashford 01233 820461 Grimm Fairy Tales inventive open air show for adults & children with music, magic & some of the best loved stories.

**01634 235576 Toddler shake & boogie** activity session that offers rhymes, songs & movement for pre-schoolers. Musical instruments, scarves & parachutes are often included.

**Every Sat Medway Little Theatre** Rochester 07939 921041 Youth Company for 12-18yrs & children's workshop, 7-12yrs.

**Every Sat mon Fleur de Lis Heritage Centre** Faversham 01795 534542 Guided Town walks, 90 minute guided stroll through Faversham.

**7 July St Lawrence Church Bump & Beyond** Craft Fair & Pre-loved Sale event for families to sell their pre-loved clothes, toys & equipment (maternity & up to five) plus sale of new clothes, fingerprint jewellery family photo shoots & much more, 10.30-12pm, **FREE** entry.

**7 July Dover Regatta Dragon Boat Event** [www.dragonboatfestivals.co.uk](http://www.dragonboatfestivals.co.uk) Raising funds for the RNLI.

**7-8 July The Racecourse Sportsground** Tonbridge Tonbridge Football Fiesta, family

fundraising event, Tel: 01732 353048, [www.tjfc.org.uk](http://www.tjfc.org.uk).

**7-8 July Brogdale Farm Faversham** 01795 536250 Cherry Festival taste & take home some of the many heritage varieties of cherries on display plus fun family entertainment, gardening & cookery demonstrations, craft stalls, guided tours of the 100 acres of orchards on foot or by tractor trailer, ride on the miniature railway, children's play area, cream teas & lots more, 10-12pm.

**12 July Ightham Mote** Sevenoaks 01732 810378 Open Garden a 14 acre garden & moated medieval manor C1320.

**12-14 July Orchard Theatre** Dartford 01322 220000 Hoorary for Hollywood rock 'n roll variety show **22 July Dream Concert**.

**12.15.19.28.29 July Open Seal & Wildlife Fishing Trips** 07837 562076 3hr trips as a taster of sea angling, rod hire & bait included in the price.

**12-15 July St Mary's Church** Easby Sandwich 01304 614400 Flower Festival & Fete, the theme is Golden Celebrations, **FREE** entry, 10-6pm.

**8 July Buss Farm** Pluckley Road 01622 751000 Darling Buds Classic Car Show for pre-1990 vehicles, the showfield & amenities are now closer to the famous Pop Larkin's farmhouse used in the TV series.

**'The Darling Buds of May' & is the only time the farm is open to the public. All proceeds are donated to the Kent Air Ambulance & Demelza House Children's Hospice, [www.darlingbudshospicecharity.co.uk](http://www.darlingbudshospicecharity.co.uk)**

**8 July Motor Park** 01622 790195 Race For Life a 10K walk/run 11.30-1pm, in aid of Cancer Research.

**14 July Tales of Beatrix Potter** 15 July Open Air Shakespeare Tales of Beatrix Potter. 19 July For those who missed out on the celebration at Leeds Castle, a **FREE** community concert will be held at the park at the same time broadcasting the events live from the castle on a large

screen, [www.visitmaidstone.com](http://www.visitmaidstone.com).

**8 July Elham Farmers Market** Rose & Crown Courtyard Rose & Crown Courtyard Selling local produce to include fruit & vegetables, meat & game, free range eggs, cottage garden plants, refreshments & lots more, 10-12pm.

**12 July Gillingham Mote** Sevenoaks 01732 810378 Open Garden a 14 acre garden & moated medieval manor C1320.

**12-14 July Orchard Theatre** Dartford 01322 220000 Hoorary for Hollywood rock 'n roll variety show **22 July Dream Concert**.

**12.15.19.28.29 July Open Seal & Wildlife Fishing Trips** 07837 562076 3hr trips as a taster of sea angling, rod hire & bait included in the price.

**12-15 July St Mary's Church** Easby Sandwich 01304 614400 Flower Festival & Fete, the theme is Golden Celebrations, **FREE** entry, 10-6pm.

**8 July Buss Farm** Pluckley Road 01622 751000 Darling Buds Classic Car Show for pre-1990 vehicles, the showfield & amenities are now closer to the famous Pop Larkin's farmhouse used in the TV series.

**'The Darling Buds of May' & is the only time the farm is open to the public. All proceeds are donated to the Kent Air Ambulance & Demelza House Children's Hospice, [www.darlingbudshospicecharity.co.uk](http://www.darlingbudshospicecharity.co.uk)**

**8 July Motor Park** 01622 790195 Race For Life a 10K walk/run 11.30-1pm, in aid of Cancer Research.

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## Calendar

all dogs welcome. There will also be raffles, tombola hot food, cakes, stands & much more. Raising money for 2 charities Sarah Kitchener Perrow Fun (Brain tumour trust) & Support Aid for Pets.

**14-15 July Hever Castle** Kent 01732 865224 Jousting tournament with sensational stunts, fights & falls. **21-22.28-29 July Jousting Tournaments** in an authentic arena complete with Royal Box for the King & Queen. Until 18 Nov 'A Royal Romance' new exhibition of Anne Boleyn includes a replica of her coronation gown.

**15 July Royal Naval Museum** 02392 737562 Following the arrival of the Olympic Torch Relay through the site the museum is hosting 'It's a Naval Knockout in Victory Arena with fun for all the family, an event to suit everyone, plus FREE candy floss. **25 July Athens** explore the birthplace of the Olympic Games & make a special torch & laurel wreath, drop-in workshop, **FREE** all ages.

**20 July Olympic Torch Relay route in Kent** The Kent leg of the Olympic torch Relay will begin on 17 July at Tunbridge Wells & on 18 July passing through Hamstreet, Ashford, Hythe, Sandgate, Folkestone & Dover. On 19 July the torch will pass 10 communities in the Thanet district including Ramsgate Broadstairs, Canterbury & an overnight stop at Leeds Castle. Kent will wave off the torch on 20 31 July. [www.visitkent.co.uk](http://www.visitkent.co.uk)

**18 July Dover Seafrost** 01304 205108 Relay Celebration with a 2hr stage show taking place as the Olympic Torch makes its journey through Dover. Torch cauldron ceremony & a fireworks finale.

**19 July Leeds Castle** 01622 765400 Olympic Torch Relay Evening celebration, this is **FREE** evening celebration & there are 8,000 tickets available Tel: 01622 602750. Until 21 Oct 'What the Butler Saw' a new exhibition which will tell stories from above & below stairs life at Leeds in the 1930's, through the eyes of the servants.

**Daily World of Wings** Shows falconry & free flying bird shows in a flying arena near the maze plus Go Ape! free forest adventure in the castle parkland. **27 July-12 Aug** Medieval Games with a variety of fun demonstrations & displays

including twice daily Jousting tournaments on 30 July & 2 Aug.

**19-20 July Maidstone Town Centre** 01622 678777 People of Maidstone will be able to join in the celebrations to welcome the flame to the town which can be viewed in full at [www.london2012.co.uk/olympictorchrelay](http://www.london2012.co.uk/olympictorchrelay) gives street by street details & proposed start time for when the Olympic Flame will travel through Maidstone.

**20 July Rochester Castle Gardens** Medway Festival Events 01634 338338. The Soul Party. 21 July Castle Proms with Amore operatic quartet who performed to the Royal Family at the Follia, picnics, champagne & fireworks. 27 July The Medway Mile mass family race for adults & children around Rochester starting from the Castel gardens. The Castel will ten be transformed in an official London 2012 community live site with a big screen for everyone to watch the Opening Ceremony of the 2012 games. The Medway Mile as **FREE** to enter every participant receives a **FREE** t-shirt, [www.whitemedway.co.uk](http://www.whitemedway.co.uk)

**21 July-3 Sept Chatham Historic Dockyard** Chatham 01634 823845 Pirate Play Days family fun including soft play, a desert island sand pit & arts & craft activities, a pirate themed assault course & 'cannon firing' sessions, storytelling plus Pirate Pam & her puppets.

**21 July-3 Sept Museum of Kent** Life Lock Lane Maidstone 01622 765396 Summer holiday camp with themed animal & children's activities, 2nd year's **FREE**.

**21 July-3 Sept Penshurst Place** [www.penshurstplace.com](http://www.penshurstplace.com) School holidays spring back to the 1950s & try your hand at some games from the era with hoopla & lots more. **Every Sun 29 July-19 Sept** join storytellers as they rekindle the early days of rock 'n' roll

**22 July West Malling Farmers Market** High Street 07775 736116 Selling a wide variety of local produce, 9.30-1.30pm, **FREE** entry.

**23 July-10 Aug St Edmund's School** Canterbury 01227 475600 Olympic Summer Fun activities 8-15yrs football, cricket, golf, cycling, drama, art, music for fun, dance & more plus a full range of activities for 5-8yrs & a daily swim.

**24 & 31 July Bedbury National Pinetum & Forest** Goudhurst 01580 879820 Hands on Nature events, 5-yrs. **Last Fri morn of each month** 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.

**27 July Dover Museum Market Square** 01304 201066 Family Day & Archaeological Finds Day opportunity to try a wide range of activities with an Egyptian theme, choose from bookmarks, door hangers, mobiles, jointed figures, write your name in hieroglyphics, colouring sheets, quizzes & much more, entrance **FREE**.

**27 July-19 Sept** **RSBP Dungeness Nature Reserve** 01797 320588 Family event, Pond dipping with beetles, dragonfly nymphs & lots more creatures to be found in the underwater wildlife of Dungeness, booking essential. 27 July Wildlife Safari 2hr adventure looking at the variety of birds, butterflies, bugs & underwater creatures, booking essential.

**28 July St Georges School**

Meadow Road Gravesend Olympic Family Fun Festival, watch the Olympics on the big screen with mini Olympic games, stalls, live music, entertainment, bbg & much more, admission **FREE**, for more info [www.ellenmills.org](http://www.ellenmills.org)

**28-29 July Chill Farm Country Fair & Kent VW Festival** 01227 700894 Steam engines & railway, classic & vintage cars, motorcycles, commercials, military, tractors, hundreds of VW's taking part plus crafts & trade, arena events, family fun fair rides & inflatables, bent tent, live entertainment, children's entertainment, horse & cart rides, birds of prey & lots more, entrance under 5's **FREE**.

**28-29 July Dover Castle & The Secret Wartime Tunnels** 01304 211067 Medieval Site, experience the atmosphere & drama of a medieval castle under attack.

**28-29 July 1066 Battle of Hastings Abbey & Battlefield** 0870 333 1183 The Knights Tournament plus archery competitions & much more.

**30 July-3 Aug The Home of Charles Darwin** Down House 01689 859119 Time Travellers Go, Ugly Bug Safari hunt through the gardens to find minibeasts.

**30 July-4 Aug Ramsgate Week** [www.ramsgateweek.com](http://www.ramsgateweek.com) A full programme of racing & is a recognised alternative to Cowes Week.

**8.18 July Sea Searcher Boat Trips at Ramsgate** 07837 562076 Seal & wildlife watching trips.

Please call before you go and please mention **PARENTS NEWS**

where children & adults alike will be able to design their very own torch or flag ready to wave as the torch passes through the town. There will also be lots of craft stalls plus **FREE** face painting, 11-4pm.

**21 July Spa Valley Railway** West Station Tunbridge Wells 01892 537715 Meet Bob the Builder.

**21 July Dartford Central Park** The Concert in the Park with brass band competition & family fun day, 11-6pm, **FREE**, [www.theconcertinthepark.co.uk](http://www.theconcertinthepark.co.uk)

**21 July The Forum Shopping Centre** Sittingbourne Family friendly activities happening throughout the day to include balloon modelling & juggling plus opportunity to learn tricks & acts from the Entertainer workshop, all ages, 11-4pm.

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## London Calendar

Please mention **PARENTS NEWS**

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

**Daily Harry Potter London Locations Tour** 020 7222 1234 Meet at Temple Station, 2 ½ hr bus tour of London locations featured in the Harry Potter films. Learn more about the boy wizard & the Hogwarts world with facts, discussions & an insight into how the films were made.

**Daily Tower of London** Tower Hill London 0844 482 7799 Fit for a King exhibition learn about the personalities, power & physical size of England's kings, from the Tudors, & the notorious Henry VIII to today's royal family.

**Daily London Zoo** Regent's Park London 020 7722 3333 Rainforest Life Exhibit, experience the sights, sounds, smells of the rainforest & come face to face with amazing rainforest species including monkeys, sloth, armadillo, tamandua plus there's a special Night Life area, where you'll discover bats, rats & other nocturnal creatures that dwell in the dark.

**Daily National Army Museum** 020 7730 0717 [www.nam.ac.uk](http://www.nam.ac.uk) - Victorian Soldier Action Zone with quizzes, games & hands on activities to help your learn about life as a Victorian soldier. **FREE.** **Daily The World's Army, Empire, Commonwealth & Dominion Soldiers** 1914-45 Action Zone family interactive zone, **FREE.** **Daily Kids Zone**, interactive learning & play space for under 10's plus a soft play area for babies.

**Daily The Queen's Gallery** Buckingham Palace London 020 7766 7301 Become an explorer & discover the exhibition with

activity bags for families. Using the bags find out which animals the adventurers shared the Antarctic with and what early explorers were to protect themselves from the cold.

**Just opened London Dungeon** London 020 7403 7221 Vengeance: The UK's first 5D laser ride

**Ongoing Royal Mews Buckingham Palace** 020 7766 7302 Family groups may explore a range of self directed activities from the art trolley, 5-11yrs.

**Ongoing Churchill War Rooms** Clive Steps King Charles Street 020 7930 6961 Ongoing Undercover, Life in Churchill's Bunker, learn what life & conditions were like underground & experience the authenticity & emotional resonance of walking through the corridors where Churchill made history.

**Every Sun Venn Street Market, Clapham Common** 020 7622 8259 Now with new small independent producers taking part to include The Garlic Farm, Market Gourmet which produces Michelin quality foods ready made, Seriously Italian & lots more, 10-4pm.

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

**Every Sun Hildreth Street Market** Balham SW12 Street Market with fresh food traders sourced from all over London.

**Every Sun South London**

**Galleries 65** Peckham Road 020 7760 6120 Hands on workshops for families led by gallery artists, **FREE.**

**Every Sun 1 July-30 Sept Horniman Museum** London Road Forest Hill 020 8699 1872 Discovery for all, **FREE.** Drop in, 3+yrs. 1 July Tales from the Horniman, drop in, 3+yrs, **FREE.** 7,14,21 July Art Makers Dance Belts, families 3+yrs, adults **FREE.** 28 July Medals workshop, families, 3+yrs, adults **FREE.** 7,14,21,28 Aug Hands on family workshops with a different theme each week, families 3+yrs, **FREE.** 8 July Big Dance Picnic, **FREE.** 14 July Nature Explorers with trail & pond session for families, 6+yrs, adults **FREE.** 23 July Torch Relay Event, **FREE.** Every Mon, Wed & Fri 23 July-31 Aug Nature explorers family art fun, 3+yrs. Every Mon 23 July-30 Aug Nature Explorers fun family sessions, 4+yrs. Every Tues 24 July-28 Aug Museum Mission fun & different trail each week, **FREE.** Every Wed 25 July-29 Aug Nature Trail Discovery, 3+yrs. Every Thurs 26 July-30 Aug Discovery for All, drop in, **FREE.** Every Thurs 26 July-30 Aug World of Stories, drop in, 3+yrs, **FREE.** Every Thurs 26 July-30 Aug Nature Trail Trekkers, **FREE.** ticketed. 27 July Taonga Puoro demonstration with Maori music making & storytelling, 3+yrs. 9 Sept Mummies, Maypoles and Milkmaids - A Journey Through the English Ritual Year exhibition, **FREE** for under 16's. Until 31 Dec

The Art of Harmony: The V & A & Horniman Music Collections, **FREE.**

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

**Every Sat Blue Elephant Theatre** Camberwell 020 7701 0100 Young People's Theatre workshops, various age groups 7-18yrs, **FREE** to join.

**Every weekend Rich Mix** Bethnal Green 020 7613 7498 Kids' Cine Time a collection of films suitable for all the family

**Every weekend Temple Station** 020 7222 1234 Harry Potter Locations Tour, 2 ½ hrs.

**Every weekend Greenwich Clocktower Market** Greenwich High Road Quirky weekend market has 50 stalls specialising in vintage, retro & antiques with a few contemporary craft stalls, **FREE** entry, [www.greenwichmarket.co.uk](http://www.greenwichmarket.co.uk)

**Until 8 July Little Angel Theatre** 14 Dagmar Passage Cross Street London 020 7226 1787 The Ugly Duckling, 3+yrs.

**Until 8 July Science Museum** Imax 3D Cinema 0870 870 4771 Universe of Sound to include a live performance of The Planets, **FREE.**

**Until 8 July Southbank Jubilee Gardens** 0871 663 2501 E4 Udderby Festival

July 2012

July 2012

### Summer Sports and Activities Camp

**St Lawrence College** runs a Summer Sports and Activities Camp **9th July to 31st August 2012** Camp is a fantastic way to spend the holidays, offering a truly rounded experience for children through fun and energetic activities.

A camp environment offers children the fun and thrills of new activities and ones they know. Campers look forward to returning for the 2012 holiday camps. One parent, **Claire Nickols** says, "The kids thoroughly enjoyed last year, they wanted to go everyday and when it ended they said they couldn't wait for next year."

The camp environment is a powerful force in shaping the lives of young children. **St Lawrence College** offers a range of activities to offer a very beneficial to children. Exposure to so many activities such as swimming, climbing, arts and crafts, sports and outdoor recreational games, ...

along with new activities for 2012, including scuba diving and Olympic themed week, children are able to build on and develop skills that will last them a lifetime while ultimately having fun.

They strive to make every camp experience a success, and every child is included in each activity and that each child interacts in a positive way. What develops is the fostering of a team atmosphere which in turn leads to lasting friendships. These friendships are often unique and special as the camp is open to anyone between the ages of 4-14 so it's a great chance to meet and interact with a diverse group of people. Another parent, **Debbie Cassell**, says "I like the camp because it is well organised, secure, and friendly while offering a wide variety of activities. ..."

**St Lawrence College** places the highest emphasis on providing a safe and healthy environment for children.

A camp leaflet and booking form can be downloaded from [www.slccuk.com](http://www.slccuk.com) or call **01843 587666**

Continued on page 11

### Volunteers Sought for Summer Youth Project in Kent & Medway

A new project that gives teenagers the chance to help their local community – and a summer of adventure – is looking for enthusiastic volunteers.

**National Citizen Service** delivery partners **CXK** (formerly **Connexions Kent & Medway**), in association with **O2 Think Big** and the **National Youth Agency**, are looking for enthusiastic volunteers in Kent and Medway to support **NCS** participants this year. **NCS** is a flagship government initiative, which aims to promote a more cohesive, responsible and engaged society by bringing young people from different backgrounds together to make a difference in their communities. It brings together 16 and 17-year-olds from different backgrounds to make a difference in their communities, learn new skills, ...

make new friends and improve their CVs.

**CXK** is recruiting volunteers across Kent & Medway to help deliver the programme over the summer. Those volunteers will need to be prepared to commit between two to five weeks of their time from the end of June to the beginning of September. **Lauren Anning**, Head of **Delivery Support** at **CXK**, said: "If you are caring, flexible, energetic and enjoy working with young people, this is the chance to further your experience. You would be invited to join the teams on a week's residential in Yorkshire and during the induction phase in late June/July. There is also the opportunity to support the young people as they design their own local community project across two weeks in July and August."

Contact **CXK** on **01622 683155** [info@cxk.org](mailto:info@cxk.org).

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**Wimbledon** Ph 020 8543 7333  
[numberworkswords.co.uk](http://numberworkswords.co.uk)

**Number Works nWords**  
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## Education

### Youth Club

Do you have a child 11-15 years of age & interested in meeting new people? If so, please have them join the **Youth Club** at **The Salvation Army**, 74-80 Union Street, Maidstone ME14 1ED

**The Youth Club** is open to all 11-15 year olds.

It is held on the 1st and 3rd Friday of the month and the July club dates are **6th & 20th July**, from 7-9pm.

Cost of entry £1.50 per person. The tuck shop is extra. At the youth club you can enjoy playing WII, darts, nerf guns, table tennis, pool and lots more.

Why not come along and join in the fun? For further details, please phone the Church Office on **01622 681808**

### Do you enjoy meeting new people & singing gospel music?

If so, please come and join the **Community Gospel Choir** at **Salvation Army**, 74-80 Union Street, Maidstone ME14 1ED. Rehearsals are held fortnightly on Sunday afternoons. The rehearsal dates for July are **8th July & 22 July**, from 4-5pm. The choir is open to anyone – all ages (over 8). This is a great opportunity for whole families to come and enjoy singing together and to meet new people.

Tea/coffee will be provided at the end of each rehearsal. For further details, please phone the Church Office on **01622 681808**

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# SUMMER FUN FOR THE WHOLE FAMILY AT NAM!

Not sure where to take the kids these summer holidays? March down to the **National Army Museum (NAM)** for the day, explore the interactive exhibitions, events and activities on offer for a free, fun-filled family day out.

Home to historic works of art and the latest captivating collections from modern day conflict, the **National Army Museum** brings to life the diverse stories, objects and histories of the British Army. From mittens to machine guns and everything in between, the Museum's extensive collection of historical and military artefacts bring to life the stories of the British Army from its creation to current-day Afghanistan.

Learn something new with a range of events, activities

and exhibitions, featuring something for every member of the family, from Grandma reminiscing to kids discovering history for the first time.

**War Horse: Fact & Fiction** ties in with the **Michael Morpurgo's** compelling novel, the **National Theatre's** acclaimed stage production and the **Steven Spielberg** directed film, digging deeper into the role of horses throughout centuries of war. Real-life stories and objects are presented with exclusive material from **Michael Morpurgo**, the **National Theatre** and original costumes from the film, with stunning sculptures providing an emotive backdrop.

**Jubilee: 60 Years of The Sovereign and Her Soldiers**, draws inspiration from The

» [www.nam.ac.uk](http://www.nam.ac.uk)

EXPLORE » Our programme of events

DISCOVER » Fantastic exhibitions and displays

ENJOY » Interactive learning in our Kids' Zone

Queen's Diamond Jubilee celebrations, with an array of images, artefacts and The Queen's own ATS uniform providing a look at the relationship between The Queen and her Army. Get a hands-on feel for the life of a soldier from Victorian times through to the World Wars with **Action Zones** are dotted throughout the Museum. Try on an officer's uniform, hideout in the trenches, and challenge each other to traditional army pastimes, discovering whether you're a drummer boy, infantryman, or cavalry officer.

Little ones will thoroughly enjoy a visit to the **Kids' Zone**, where you can watch

them explore the soft play area, interact and create with themed activities and models designed to excite their senses and kick start their learning. A small admission charge does apply for **Kids' Zone**, check out the Museum's website to order your tickets in advance. The **National Army Museum** offers a fascinating and fun day of discovery for all the family, spend the day and do something different these holidays.

**NATIONAL ARMY MUSEUM**

FREE ENTRY

National Army Museum, Royal Hospital Road, Chelsea, London SW3 4HT • ☎ Sloane Square • 10.00am to 5.30pm (except 24-26 Dec & 1 Jan) • T: 020 7730 0717

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## Helping Children Deal with Anxiety and Build Confidence

by Maria Furtak

More and more I am being asked by parents to work with their children, teenagers and young adults to help them overcome anxiety and build confidence. As many of you may know I am both a parent of a 10 year old child and a former Secondary School Teacher, so working with young people is a heart felt passion of mine.

With the pressures of school life, home life, exams, bullying, family issues, friendship issues and all the stresses that this can put upon a child, there is no wonder that some children get into a state of worry and find it difficult to feel happy, relaxed and confident about themselves and life again. Worrying can then become a real habit for some children and breaking the pattern of the worrying thoughts can be a challenge that parents often don't know how to deal with. Just telling a child who is anxious to "stop worrying" and pull themselves together has limited effect.

If you have a child who is anxious and would like more information, then please call me on

020 8395 5471

Children who worry too much are held captive by their fears and will often go to great lengths to avoid frightening

I am currently working with children aged from 10 years to 17 years old.

www.London2012.com/  
torch-relay/route/

## Expert advice on preventing vitamin D deficiency in toddlers

How to avoid preventable diseases like rickets in the under threes  
**The Infant & Toddler Forum (ITF)** - leading experts in early years nutrition and development - has launched brand new guidance on how to meet toddlers' vitamin D needs. "Preventing Vitamin D Deficiency in Toddlers" provides easy-to-follow tips to help families with this important nutritional issue.

Vitamin D is essential for good bone health and although recognition of its importance is increasing, more awareness is needed about meeting children's needs in the early years for its benefits to have the best chance for their long-term health. With the re-emergence of diseases like rickets - thought to have disappeared at the beginning of the last century - this expert advice on foods, sunlight and supplements could not have come at a better time.

Download 'Preventing Vitamin D Deficiency in Toddlers' and other free ITF resources from [www.infantandtoddlerforum.org](http://www.infantandtoddlerforum.org)

## Promising prospects for physics graduates

£3,000 after one year in employment more than the average graduate. Increase in unemployed physics graduates lower than average increase. Data collected by the **Institute of Physics (IOP)** between 2006 and 2010 demonstrates the potential rewards on offer to those who study physics at university.

Data shows that, while the majority of those who study physics (52.4%) go on to further study (studying for Master's and PhDs), those who go into employment earn an annual salary almost £3,000 more than graduates of all subjects.

The data, gathered from almost 6,000 final year graduates from 55 universities between 2006 and 2010, suggests the average salary for a physics graduate one year after graduation is £22,500, contrasting favorably to the average graduate salary in 2008 of £19,700.

The unemployment rate is significantly lower among physics graduates than all graduates - in 2007, 8% of physics graduates were unemployed, while the national average for all graduates stood at 18% - and the increase in graduate unemployment,

following the financial crash in 2008, was much lower for physics graduates than the national average. The survey, undertaken yearly between 2006 and 2010, collected responses from more than a third (5737) graduates of all of the UK's physics graduates over five years; surveying a new year group each year and re-visiting those surveyed the year before. The questions sought to discover what the physics graduates intended to do upon graduation, and then, revisiting them year on year, asked where their career path had taken them one, two, three and, in some cases, four years after graduation.

**Professor Peter Main**, director of education and science at the *Institute of Physics*, explains, "While there were various sources of information that gave us a partial understanding of where physics graduates find themselves, we have lacked the robust data to see the whole picture of the paths graduates take as they start their careers. "This survey has provided the evidence for us to give far more definitive answers to questions about the prospects of physics graduates."

[www.iop.org/publications/iop2012/page\\_55925.html](http://www.iop.org/publications/iop2012/page_55925.html)

July 2012

July 2012

## London Calendar

Please mention **PARENTS NEWS** [www.parents-news.co.uk](http://www.parents-news.co.uk)

Continued from page 8

**4 July** Benjamin Franklin House 36 Craven Street 020 7839 2008 Independence Day Party with cake & bubbly.

**4.11.18.25 July-1 Aug** Davenport's Magic Theatre Strand London 020 7836 0408 Tea with a Magician show for all the family, bring your own drink, biscuits & small cakes to eat at your seat in the auditorium.

**4 July-12 Aug** Old Royal Naval College Foundation House 2 Curry Sark Gardens Greenwich 0870 169 0101 Forty day festival that includes dance, music, comedy, film, art, theatre & lots more. [www.greenwichsummerfestival.co.uk](http://www.greenwichsummerfestival.co.uk)

**7 July** Parsons Green Fulham Fair on the Green with over 100 community, charity & craft stalls, with main stage & children's stage, bouncy castles, punch & judo, carousels, ventriloquist, magician, bands, fire eater, food stalls, side shows, childrens dancing display plus lots more, entrance **FREE**, 11.30-5.30pm.

**7 July** Dulwich Grove Church Hall East Dulwich Grove SE22 RH 0794 3327312 Summer Fair with tombola, bouncy castle, face painting, gifts, clothes, refreshments & lots more.

**7 July** Laban Creekside London 020 8691 8600 Saturday morning childrens classes end of year show.

**7-8 July** HMS Belfast Tooley Street London 020 7940 6320 020 7403 0719(9) Points on a Compass find out more about the countries, cultures & journeys HMS Belfast has taken whilst in service, suitable all ages. **FREE**.

**8 July** National Maritime Museum Greenwich 020 8312 6565 Discover Sundays, all ages. **FREE**. 3.10 July Play Tuesdays families have fun as they explore the museum through making music, dance & drama, under 5's **FREE**. 7.14 July Explore Saturdays meet a character from the past, 6+yrs. **FREE**. 24 July-3 Sept The World in London explore the galleries with fun activity craft, all ages. **FREE**.

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**6-29 July** Victoria & Albert Museum Cromwell Road London 020 7942 2000 Britain Creates 2012: Fashion & Art Collusion, New Display. **Daily** Back Packs families can pick up an activity bag packed filled with jigsaws, stories & games to explore the

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interesting specimens with the help of the museums science educators, **FREE**, Up, Up and Away interactive storytelling for under 7's, **FREE**, Daily Family Earth Lab explore the wonder of fossils, rocks & minerals, families, 6+yrs. **FREE**, Explorer backpacks, families under 7's. Dippy Floor puzzles under 7's, **FREE**, Bookasaurus, families under 5's. Jurassic Ark family activity pack includes code breaking activities. **Daily** Learning Activators encourage visitors of all ages to discover more about the natural world. **FREE**. **Daily** Focus Points handling trolleys explore real specimens with the help of volunteers, using different natural history themed activities, all ages. **FREE**.

**14 July-9 Dec** Museum of Childhood Bethnal Green 020 8983 5200 Happy Birthday Mr Punch new display & exhibition. 29 July Summer Festival with live music, dance, art & craft activities, designer stalls, face painting, rickshaw rides & games, drop in, all ages. **Untill 9 Sept** New exhibition Beautiful Games explores the science behind sport, **FREE**. Daily Family backpacks for under 5's containing a train map, storybooks, play mats & question sheets. **FREE**.

**15 July** Queen's Theatre Billet Lane Essex 01708 443333 Car Boot & Table Top Sale to book a pitch Tel: 07785 222955.

**15 July** Quosters Theatre Mattock Lane London 020 8567 0011 Car Boot & Table Top Sale, to book 07785 222955.

**18 July-28 Oct** Tate Modern Bankside SE1 020 7887 8008 Opening of The Tanks with a 15 week festival celebrating performance & installation art & the historical works that have shaped it. **Every weekend** Open Studio play & create with ideas & materials from artworks in the collection displays for all ages. **Daily** Family resources with paper based activities for children all ages. **FREE**, Daily Families

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Chartered Psychologist  
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Tel: 020 8943 0253 Email: [brucepicton@btinternet.com](mailto:brucepicton@btinternet.com)

www.sitters.co.uk and quote promo code PNEWSFREE.', 'If you would like to discuss your childcare needs call Sitters on 08447 367 367.'"/&gt;

MultiMedia Guide keeps children entertained & animates art works through music, video clips & entertaining games, 5+yrs. **Every weekend** Start Sessions with games, map making & clue matching. 5+yrs. **FREE**. 20 July Science Museum Imax Theatre 0870 870 4868 New Batman film The Dark Knight Rises 25 July-30 Aug Hackney Museum 1 Reading Lane Hackney 020 8356 3500 School hols, every Wed & Thurs Artist led Olympic art & craft drop in workshops. **FREE**. **Now** On Olympic Corner Exhibition. **Now** On A-Z of Hackney Trail take a tour around Hackney. **Now** on Olympic Artists exhibition. 27 July Apsley House Hyde Park Corner London 020 7499 5676. Late night opening. 27 July-9 Sept Madame Tussauds 0870400 3000 Opens out of hours for special tours over the Olympics. 28 July London Coliseum St Martin's Lane London 0871 9110200 Nutcracker the ballet. 29-29 July Lacey Road Street Party Putney An impressive marquee will be erected & sponsored by The Exchange Shopping Centre, alongside Workman LLP, Savills, Allan Fuller & Gidden Place with a weekend event of food, music & entertainment plus a flat screen television to watch the Olympic Cycling Road Race, the cyclists will pass through Putney twice enabling onlookers to cheer them on. 29 July-1 Aug Eltham Palace Court Yard London 020 8294 2548 Time Travellers Go, Archaeology, take part in a sand pit dig to unveil secrets from the past with lots of hands on activities.



[illegible]

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 from models made with the GORE-TEX® membrane, to guarantee your child breathable and waterproof wear in any weather condition. Because every child is unique, and Primigi knows it.