

PARENTS NEWS

February 2013 No. 217 The First & Foremost Local Monthly Newspaper for Families

1993 - 2013
20th Successful Year
Thank you

FREE

What's On in February and Half Term

www.nationalgallery.org.uk
Photo © The National Gallery, London

www.sandown.co.uk

www.wwt.org.uk/london

St Lawrence College
www.slccuk.com

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society's best asset is its young
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violent issues, but not to preach or
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hope mums and dads enjoy the
articles, be interested by Calendar
(finding it useful), and use the
advertisers. Any endorsement by
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Family Health

A revolution in the way a child's temperature is taken...

...with the **Vicks Gentle Touch Behind Ear thermometer** which is set to revolutionise the way body temperature is taken in infants and children. With a simple touch, the thermometer is gentle enough to be used without waking a sleeping infant, while providing accurate measurements in one second.

Vicks Gentle Touch Behind Ear thermometer uses a novel heat flow technique to measure the temperature of the blood carotid artery which runs behind the ear, bringing blood to the brain and hypothalamus and so accurately reflecting core body temperature.

"Having a sick child is stressful for any parent, so carers need to be able to take a child's temperature quickly, accurately and in a non invasive way" said **Emanuela D'Aloisio**, Marketing Manager Healthcare at **Kaz Europe SA** which manufactures **Vicks** thermometers in Europe under license to the **Vicks** trademark. Featuring a large colour-changing display **Vicks Gentle Touch Behind Ear thermometer** is

equipped with **Fever InSight™** technology which uses a traffic light colour-coded system to display body temperature. This unique feature helps parents to know when things are getting better or worse at a glance and helps turning temperature measurement into a more stress-free and fun experience. The screen remains green if no fever is present, turns yellow if temperature is slightly elevated and red if the child has a fever (over 38 degrees). This colour-changing display also acts as a backlight for night-time temperature readings. As the thermometer only touches the skin behind the ear the risk of

cross is virtually eliminated.

The **Vicks Gentle Touch** has a multiple memory function which can store up to eight temperature readings. It comes with a two year warranty and is available in pharmacies at the recommended price of £44.99

www.kaz-europe.com/in/gentle-touch



Keep them well this winter!

Most adults experience on average two to four colds a year, whereas children can experience up to nine. And with more than 200 viruses known to cause a cold, Help boost your children's defences

1/ Hand washing
Germs on a child's hands can be easily passed to other children. Once on the hands they are easily transferred to the mouth and this is how many infections are spread. Experts recommend spending at least 15 seconds – about the time it takes to sing 'Happy Birthday' to You! twice through – to wash hands properly.

2/ Boost their EFAs
Essential fatty acids are

required for the normal functioning of lymphocytes (white blood cells). Research has demonstrated that children with a history of recurrent respiratory infections fare better when taking supplements of EFAs. Excellent food sources include oily fish and flax seed oil. Fish or flax oil supplement can be a 'peaceful' alternative.

3/ Good gut bacteria
A good probiotic formula can also help to strengthen your child's immune system. This is especially worth bearing in mind if your child has recently finished a course of antibiotics, which as well as fighting bad bacteria also destroy

good bacteria in the gut. Try **ProVen Adult Probiotic 25 Billion** £12.95 for 30 capsules. Available in **Lloyds** pharmacies, leading health food stores and online at www.provenprobiotics.co.uk.
4/ Say yes to yeast
Help boost their immune systems with **Bio-Strath Elixir**, a liquid food supplement clinically trialled to help improve immune health, concentration and vitality in children. A herbal yeast complex rich in vital nutrients, **Bio-Strath®** was found to improve fatigue and resistance to infection. From £8.59 for 100ml, **Holland & Barrett** and www.healthy2u.co.uk

Meet birds of prey at Wing Watch at WWT London Wetland Centre

Wild birds of prey are regular visitors to **WWT London Wetland Centre**, but due to their speed and agility it is often difficult to get a really good look at them. So for three days in February **WWT London Wetland Centre** is giving visitors the chance to see these magnificent raptors up close. Falcons, owls and hawks will be here with their handler, bird of prey expert **Ben Long**, from **Saturday 16 – Monday 18 February**. With their keen senses and aerial agility these avian hunters are perfectly adapted for seeking and catching their prey. This is

a rare chance to see their fierce talons and bills, and stunning plumage at first hand. Since **WWT London Wetland Centre** opened in 2000, 19 different bird of prey species have been recorded. Some are regular visitors, like the kestrels, sparrowhawks and a pair of local peregrine. Then there are the hobbies which hunt over the lakes and marsh in summer, the buzzards and red kites that drift over from the countryside, and the owls which are sometimes spotted as it gets dark. The real surprises can come during spring or autumn migration,

with merlins, ospreys, black kites and harriers making appearances. And throughout half term week, **Saturday 16 – Sunday 24 February**, they're inviting you to get to know birds better with Wing Watch: special birdwatching walks, and get creative in the bird art and craft sessions. From looking at birds close up to finding out how to spot them in the wild, this is a wonderful opportunity for everyone – from families to birding beginners – to get to know our feathered friends.
020 8409 4400
www.wwt.org.uk/visit/london


Wetland Centre





Wing watch!

Meet amazing birds of prey

Saturday 16 to Monday 18 February 2013

Meet magnificent birds of prey at this 105 acre wildlife reserve. And throughout half term join our daily bird watching sessions or take part in our bird-themed arts and crafts.

Just 10 minutes from Hammersmith by bus. Free parking.

For full details see www.wwt.org.uk/London or call **020 8409 4400**

London Wetland Centre
Queen Elizabeth's Walk, Barnes, London SW13 9WT

WWT registered charity in England & Wales, no. 10030884 and Scotland, no. SC039410
Photo credits: Ben Long, Jack Boothby, Thames Water


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February 2013

February 2013

Boost your weight loss with olive oil

If you're trying to shift a few extra pounds for Christmas (the weight ones not the £s!) then you might want to stock up on some extra virgin olive oil – which according to studies helps to burn fat and make you extra lean.

In trials, rats regularly fed extra virgin olive oil over a set period of time resulted in considerably lower body fat and had higher concentrations of noradrenalin and adrenaline excretion (an important element in burning brown fat) than rats fed corn oil and even regular olive oil.

This could be because extra virgin olive oil has been found to have a thermic effect (heat producing) which is burned off as energy as opposed to being stored by the body as fat; and also helps other fats to be burned off more efficiently.

To reap the fat burning results



of extra virgin olive oil, you should aim to consume at least a tablespoon every day. This can be mixed into your breakfast muesli, drizzled on toast or salads, eaten with dips or simply double dunked with fresh bread and herb mixes – and of course used for everyday cooking.

For best results, and if you are a neat olive oil lover, there is nothing better than mixing a tablespoon of a good quality extra virgin olive oil with a teaspoon of freshly squeezed lemon and swallowing it whole before you go to bed!

The purer the extra virgin olive oil, the better and the *Sinolea* oil from *Terra* is a fine example of such oil. Stone-crushed hand-picked and polyphenols.

www.terra-rossa.com

Pilgrims Choice Lighter and damn proud of it

When you think lighter cheese, do you sigh at the thought of a piece of tasteless and dry cheddar? Well not anymore. **Pilgrims Choice** is taking a stand against bland low fat cheese with their **Lighter Mature** and **Extra Mature** cheddars; they're strong and punchy with only one difference – 30% less fat!

This New Year, instead of eating bland, tasteless food, let the lighter range from the choosiest cheese company treat your tongue and your trouser line at the same time.

For once lighter doesn't mean that your taste buds are forced to compromise, as **Pilgrims**

Choice lighter cheddar tastes just as good at its full fat equivalents. And don't just take their word for it! **Pilgrims Choice Lighter Extra Mature** scooped Gold in the lighter cheese category at *The National Cheese Awards*.

Recipe ideas
Sundried Tomato Penne;
Cheddar and Red Onion Tart;
Jacket Potato with Tomato and Cheese; Choice Cheddar and Spring Onion Soup;
Choice Superfood Salad

Visit
www.pilgrimschoice.com
Stockist: Most major supermarkets



Healthy Eating Quinola - the everyday superfood

Looking for an alternative to rice and potatoes? Can't face another plate of pasta? **Alice & Oscar's** organic **Quinola**, a new brand of high-quality South American quinoa (pronounced "keen-wa"), is set to take this tasty, quick and nutrient-rich grain away from the shelves of health-food stores and into larders as an everyday food. The man behind the brand, **James Livingstone-Wallace**, who is a descendant of the 19th-century Scottish explorer, Dr David Livingstone, came across smallholders growing quinoa while travelling with his family in the Peruvian Andes. On returning home, James set up a *Fairtrade* partnership with the *Cabana Farming Co-operative* just north of Lake Titicaca. The *Quinola* brand is now proud to launch the best pearl, red and black Peruvian quinoa in the UK. "In Peru, where quinoa has been eaten for thousands of years and was the sacred mothergrain of the Incas, it is considered an essential part of the diet," says James, who gave

up a career as a fund manager to travel with his wife and three children.

"Not only is quinoa a 'complete protein', meaning that it contains all the essential amino acids our body needs, it is also gluten-free and easily digested. Our children, Alice and Oscar, both love the taste and texture of the quinoa – especially the black quinoa, which has a lovely crunchy texture and is hard to source in the UK. They are the inspiration for the brand's name, while our other son George makes an appearance on the packaging as a condor "Quinola" is a deeply ethical brand. We not only work directly with the smallholders of Cabana but also employ people with learning difficulties to package it in recycled cardboard in France. To find out more about

Quinola visit
www.quinola.com.
Quinola is available from, Fortnum & Mason, Planet Organic, Selfridges, and www.quinola.com



HALF-TERM FUN FOR THE WHOLE FAMILY AT NAM!

» www.nam.ac.uk

EXPLORE » Our programme of events

DISCOVER » Fantastic exhibitions and displays

ENJOY » Interactive learning in our Kids' Zone

Not sure where to take the kids this half-term? 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 Grandpa reminiscing to kids discovering history for the first time.

War Horse: Fact & Fiction, (open until 31 March 2013) 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.

Get a hands-on feel for the life of a soldier from Victorian times through to the World Wars with

Action Zones 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. They can 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.

This half-term bring your tiny troops along to our free event ...

Captain Clean
16 - 24 February 2013
Daily from 10.45

Meet Captain Clean, the Museum's own mighty champion, as he battles the forces of decay and defends our precious Collection!

» Hunt for clues and solve puzzles
» Discover ways to track down Agents of Decay and beat these pesky foes

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

Out & About

Imagine Children's Festival 2013 – Mon 11 Feb – Sun 24 Feb

Imagine Children's Festival is Southbank Centre's annual festival for children, offering a diverse programme across all art forms with a focus on featuring leading children's authors.

The festival, now in its 12th year, takes over the site for two weeks in February with events for all ages, including opportunities for adults to debate and discuss children's issues.

Children are at the heart of Imagine as signified by the introduction of the Kids Takeover in 2010, which sees children helping run the festival, from selling programmes to showing visitors to their seats.

For Imagine 2013 Southbank Centre is working with a panel of children called the Festival Ideas Cloud who are helping to shape all aspects of the festival, including the programming.

Since 2012 the Book People have sponsored Imagine, and children's publishers across the UK give their support to the festival.

020 7921 0672
www.southbankcentre.co.uk

IMAGINE

CHILDREN'S FESTIVAL

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TOP AUTHORS including David Walliams Anthony Horowitz Judith Kerr

FREE HALF-TERM ACTIVITIES

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11 - 24 FEBRUARY 2013

ARTS COUNCIL ENGLAND

SOUTHBANK CENTRE

Imagine Children's Festival

Southbank Centre

A year of discovery and superb new exhibitions at The Historic Dockyard Chatham

The Historic Dockyard Chatham - the world's most complete dockyard from the Age of Sail and one of Britain's leading maritime heritage destinations - re-opens for the 2013 season on 16th February works in No. 1 Smithery: The Gallery (Art in the Dockyard, Antarctica: The Final Expeditions of Scott and Shackleton, and Sir John Lavery: From Shore to Sea), a new, exciting digital theatre visitor experience called Hearts of Oak, new family discovery trails and activities plus ten superb maritime heritage attractions, as well as indoor and outdoor play areas. Details of special events and exhibitions being held at The Historic Dockyard in 2013 at www.thedockyard.co.uk

With tickets valid for unlimited return visits for 12 months, visitors can expect to enjoy an amazing array of art works in No. 1 Smithery: The Gallery (Art in the Dockyard, Antarctica: The Final Expeditions of Scott and Shackleton, and Sir John Lavery: From Shore to Sea), a new, exciting digital theatre visitor experience called Hearts of Oak, new family discovery trails and activities plus ten superb maritime heritage attractions, as well as indoor and outdoor play areas. Details of special events and exhibitions being held at The Historic Dockyard in 2013 at www.thedockyard.co.uk

From 16 - 24 February, families can get creative in the 'Picture This' activity, producing their own work of art and adding it to the dockyard's own huge art project! When participating in Forget Me Knots, families will learn about the age old skill of knot tying and will be able to take make a small souvenir to take away. A Potty Palms Trail around the site will allow families to test their knowledge of familiar words and sayings

There are many more events some free, plus Music and more
www.southbankcentre.co.uk

020 7921 0672
www.southbankcentre.co.uk

THE HISTORIC DOCKYARD CHATHAM

Produce your own work of art & add it to our huge art project.

PICTURE THIS

School Holiday Family Activity

16 - 24 FEBRUARY

You can draw it, paint it, sketch it, make it or cut and stick it... just be part of it.

PLUS!

Forget Me Knots' and Potty Palms & Rope Trail

*at a small additional cost

thedockyard.co.uk

01634 823807

art in the Dockyard Exhibition

16th February - 6th May

February 2013

Fitbit

'smart' technology, syncs with your iPhone 4S, 5 and other compatible devices to give real-time activity stats so you know how close you are to achieving your goals throughout the day.

The Zip is much more than a regular pedometer largely due to its free online database. It allows you to maintain an overall level of fitness by tracking all physical activity and take intake whilst making fitness fun through competing with friends and family members.

www.fitbit.com (free to use)
Availability: Fitbit.com, Apple, John Lewis, Currys/PC World and other major retailers



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020 8450 2020
www.environ.co.za

Health & Fitness

Active Surrey....

...urges people to use sport to help boost weight loss and get-fit resolutions. This is a good message for other areas too.

This January, Active Surrey is using social media to help people find a more sustainable way to lose weight and get fit. Through regular updates on Facebook and Twitter, they will share tips on how to get into sport in 2013. These tips include discounts, free sessions, legacy funding and informal sport.

Active Surrey's Partnership Director, Campbell Livingston, comments: "people assume January means tough gym sessions and boring, bland food. Sport is a much more enjoyable, and often more affordable, way to shape up. By doing something fun, with a team or a light-hearted competition, people get moving and burning calories without even thinking about it. We just want to encourage people to try something new."

Highlights on the list include £3 per-session netball, £15 off running shoes, free golf lessons and free sport for 14-25 year olds through the Sportivate initiative. People can view all of the tips at www.facebook.com/activesurrey.

Cycletta: Women Only

Cycletta is the UK's leading series of women only bike rides set in stunning, family friendly host venues. In 2013 there will be nine Cycletta events around the country featuring spectacular routes between 20km to 80km. The individual distances are not only manageable but achievable as well, even if you haven't ridden a bike in years. These fun-filled events are designed for women of ALL abilities, demonstrated by the fact that over 50% of previous participants had never taken part in a cycling event before. They aim to inspire women to get back on their bikes or to give cycling a go for the first time by removing the intimidation of both busy roads with lots of traffic and having lots of fast men in lycra! Cycletta is supported by Olympic Gold medalist Victoria Pendleton, Grazia magazine, Hovis, Sky, British Cycling and Official Charity Macmillan Cancer Support. The events have plenty on offer for supporters and participants through the day. Included in the events are free post ride Pamper Zones featuring a mini manicure, a muscle easing massage and access to the 'helmet hair remedy station.'

www.cycletta.co.uk

Open Water Swimming Series

A fast growing sport in the UK. Traditionally pool swimming has always grabbed the headlines, but recent high profile successes including Britain's Kerry-Anne Payne winning an Olympic silver medal in Beijing, have seen numbers of open water swim events and participants rocket over recent years.

Human Race organise a leading series of six open water swim events with options catering for swimmers of all abilities; distances rang from 500m to 10km. The series includes the Hampton Court Swim on Sunday 15th July. The 2.25 mile downstream swim from Hampton Court Bridge to Kingston Bridge has become a 'must do' for anyone interested in open water swimming with over 1,500 participants in 2012. The 2013 events are as follows: Eton Swim - 27th May Windsor Swim - 2nd June Hampton Court Swim - 21st July Marlow Swim - 25th August Poole Swim - Date TBC Spring Swim, Poole - Date TBC

http://swimseries.humanrace.co.uk/home
www.festivaofsport.net

There are four stages of LTA Mini Tennis; Tots, Red, Orange and Green, each with their own court size and type of ball. This tailored approach enables players to develop vital skills and techniques at an early age.

Cardio Tennis is a fun and sociable tennis based group fitness class open to people of all ages and abilities. Supported by motivating music and qualified instructors, each session consists of a short warm up and cool down either side of a 40 minute full body workout - with the chance to hit lots of shots mixed with a variety of fitness activities.

You can find out more details on both of the above programmes and your local court delivering them by logging on

www.allplaytennis.com and entering in your postcode

MERTON COUNCIL

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www.merton.gov.uk/adopt



Please call before you go and please mention **PARENTS NEWS** www.parents-news.co.uk

29 Jan-2 Feb Richmond Theatre 0844 871 7651 Oliver. 6.8-10 Feb The Moscow City Ballet: The Sleeping Beauty. 6-7 Feb Swan Lake. 11-16 Feb 9-5 The Musical with Bonnie Langford. 25-26 Feb The Chinese State Circus
29 Jan Cole Court Twick'ham Career Change Workshop www.mumandmummarket.co.uk
31 Jan-2 Feb Charles Cryer Theatre Carlshaton 020-8770 4950 Fiddler on the Roof January. 16 Feb Pandamonium with fun & games, music, magic, juggling, balloon art & more, suitable families. **Every Wed** Spiral Youth Theatre for 13-19s & **Every Thurs** Minis & Juniors 5-7yrs.

ATLANTIS
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Blowing the Whistle on the General Dental Council.
Orthodontics has one of the worst scientific records of all medical treatment. Little is known about the cause or cure of crooked teeth; but despite this, orthodontists use 'Train Tracks' and surgery to straighten them. Unfortunately these have been found to damage the enamel and roots of the teeth, flattening the face, leaving tired eyes with big noses. Methods are based on trial and error and there is little evidence to show that the long-term results are beneficial. Patients nearly always lose between four and eight permanent teeth but are often not warned of this in advance. Worse still the teeth go crooked again unless the patient wears a brace for the rest of their life.
The General Dental Council does not dispute that certain alternatives can provide better results, but are permitting orthodontists to break the law by not telling patients about more natural methods that can avoid almost all extractions and surgery as well as providing straight teeth.

There is another way.
Take a second opinion now. Eight years old is getting too late.
ORTHOTROPICS
The alternative to orthodontics with extractions and surgery.
Emily was treated by natural methods. No extractions. No "Train Tracks". No retainers.
Research shows dentists and the public think Orthotropics gets much better results than orthodontic "Train Tracks".
John Mew. The London School of Facial Orthotropics, Purley. 020-8660-3695 and Tunbridge Wells 01892 525798

29 Jan-2 Feb Snakes & Ladders Brentford 020 8847 0946 Toy Amnesty bring unwanted good quality toys to the Shooting Star Chase 4 Feb Army Craft creative fun session making a Valentine's card.
Daily New Gardens 020 8847 0946 Walking Tours. **FREE**. **Every Sat** Tropical Nursery Tours. need to book. **Every Tues & Thurs** Orchid Nursery Tours. need to book. **Every Sat** Hands on Session Blowing in the wind stories of seed dispersal. **FREE**. no need to book.
Daily Rainbow Leisure Centre Epsom 01372 727277 Toddlers World. under 5's.
Daily Sutton Ecology Centre Festival Walk Carlshaton 020 8770

with a wide range of IT issues, for more info 020 8274 5799. **Every Fri** Rhythmic. **Every Sat** Colliers Wood Chess Club for all ages.
Every Mon Pals Hill Library 020 8764 5877 Musical. **Every Mon** Employment Club improve your CV, covering letter, interview skills & more. **Every Tues** Salsa Dance classes. **FREE**. **Every Fri** storytimes.
Every Mon Hampton Library 020 8734 3347 Storytime session with 5's. **FREE**. **3rd Thurs** of the month Chatterbooks reading group. 8-9yrs, 4pm. **FREE**.
Every Mon eve Corpus Christi Church Chestnut Grove 07956 312920 Aerobics 7-8pm.
Every Tues Maudens Centre Blagdon Road New Malden 020 83361561 Stay & Play for under 5's. **Every Thurs** young parents drop-in, 10-12pm. **Every Fri** Toy Library. 5yrs, 10.30-1.30pm.
Every Tues New Malden Library Kingston Road 020 8547 6438 Baby & toddler rhyme time up to 3yrs. **FREE**. **Every Thurs** storytime for under 5's. **FREE**.

Every Tues Mitcham Library 020 8648 4070 Under 5's Storytime & Craft, fun activity. **FREE**. **Every Thurs** CV & Careers Advice. **Last Thurs** of each month, Coffee Morning. **Every Fri** Knitting Group. need to bring own needles. **Every Tues** Whitton Library 020 8734 3343 Storytime session. under 5's. **FREE**. **2nd Thurs** of month Tiny Teddies sessions baby bounce & rhyme. **FREE**.
Every Tues Farnham Library www.bookstart.org.uk Baby Bounce 'n' Rhyme. **FREE**.
Every Tues-Fri Dickering Adventure Playground Dickering Lane Kingston 020-8942 1707 Parent & Toddler Play sessions. **Every 3rd Wed** of the month.

Every Wed Mon Sutton Arena Leisure Centre Carlshaton 020 8770 4088 Women's Recreation Mornings single fee. 9-12pm. **May** Playground Friday 2-10yrs. **Every Thurs** Tolworth Recreation Centre Tolworth 020-8391 1882 Badminton Club for intermediate/advanced level. 020 8395 9175.
1st Fri of every month Bergundy & Black Café St Martins Walk Dorking Bumps & Babies www.nct.org.uk/branches/dorking/events/bumps-and-babies.
Every Primors Kingston Museum and Heritage Centre Wheatfield Way Kingston 020-854 5006 Snuggly the Crocodile's activities for under 5's, drop in. **FREE**.
3rd Sat of month Norbiton Children's Centre Kings Oak Primary Dickering Lane Who let the dads out play session for under 5's, 10-12pm.
Every Sat Early Learning Centre The Bentalls Centre A Playologist will be on hand to make children have the best fun possible with ELC products, they can have their faces painted, mess with play-doh & lots more from 10am.
Every Sat Wimbledon Park Volleyball outside sessions for all levels for local residents in Wimbledon & Merton. **FREE** from 10-12pm. wimbledonvolleyballclub.com. www.gospike.net.
Every Sat Electric Theatre Onslow Street Guildford 01483 444789 Little Sparks in the Café Bar with music, games, songs, stories & puppets & Sparkles Dance drop in

Old Barn Stables
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Twickenham 020 8224 6905
twickenham.stagecoach.co.uk
Hinchley Wood 01932 254333
hinchleywood.stagecoach.co.uk

classes for 5-9yrs. **Every Mon & Tues** after school The Man in the Moon Weekly drama workshops, 6-14yrs. **Every Wed** All Star Choir, 8-14yrs.
Every Sat Mon Canbury Park Gardens Kingston. **Every Sat** Mon Fitness in the Gardens low impact outdoor cardio exercise for all with power walking, jogging & stretching, 10-11am. **FREE**. AIM-Gn.com
Every Sat Mon Canbury Gardens Lower Ham Road Kingston 020 8547 6422 Low impact outdoor cardio exercise for all with power walking, jogging & stretching, 10-11am. **FREE**.
Every Thurs Tennis Avenue Academy 8-45am-9-30am under 8s; 9-30am-10-30am under 11s, Manor Park (KT3 6AU) 020 8336 3516. **FREE** weekend tennis coaching sessions children 10 and younger. Lively mix of technical instruction, fun and games.
Every Thurs Torilworth Recreation Centre Tolworth 020-8391 1882 Badminton Club for intermediate/advanced level. 020 8395 9175.

Weekends throughout Feb Polestar Lacey Dorking 01372 452048 Sneak Peek House Tours with special family trails available at 10.11.42.40 & 2.30pm. 16-24 Feb Half Term fun family trail.
1-2 Feb Rose Theatre 0871 252 1552 The Dreaming magical treatment of A Midsummer Nights Dream, family all ages.
2 Feb Concert Hall Fairfield 020 8688 9291 Arthur Davison Family Concert The Elements Earth, Water, Wind & Fire. 9 Feb Film Classics 6000 Drop in workshops for families 4-9yrs. **FREE**.
3 Feb Morden Hall Park 020 8648 1845 Park Stories with hands on activities, trails, storytelling & exhibitions for all the family. **FREE** entry. 3 Feb Ranger Club held on first Sun of the month take part in fun conservation tasks around the Park & learn lots of new skills, 7-9yrs. **FREE** entry.
3 Feb Orleans House Gallery Riverside Twickenham 020 8831 6000 Drop in workshops for families 4-9yrs. **FREE**.
3 Feb Gattop Park 01373 649066 www.gattopark.co.uk Gardens & Park open plus bird hide **FREE** guided tours & **FREE** activities for children. 10 Feb Snowdrop Day refreshments available, entrance children **FREE**. 18-22 Feb Snowdrop Week park & garden open to view the snowdrops. 20 Feb Tracks & Signs discover more about animal footprints & more, 4-7yrs. 21 Feb Kite making, make a selection of different kites to test out if it's a windy day, 8-12yrs. 22 Feb Toddler Trails & Tails enjoy the story of 'Monkey Puzzle' & go for a walk around the park to bring it to life. 24 Feb Snowdrop Day, entrance children **FREE**.
310 Feb New Bridge Steam Museum Brentford 020 8568 4757 Wacky Water create floating water flowers that seem to open by magic & create a bottle float orchestra, 4-11yrs. 6 Feb Painshill Park Portsmouth Road, Cobham 01932 868113 Winter Twig Walk, discover how to identify native British tree species without their leaves. 16-24 Feb Half Term Wild Woodland Camp, 18 Feb

2 Feb Chertsey Museum 01932 575374 15 mins of fun with drop in family craft activities **FREE**. 15 Feb Museum Monkeys activities for under 5's. 16 Feb Young Archaeology Club 8-16yrs need to book. 19-21 Feb Holiday activities, 5-12yrs, need to book.
2 Feb Thomas Wall Centre Benhill Avenue Sutton Email autozoom2mummarket@gmail.com Huge variety of baby & children's quality goods at a fraction of the high street price, 0-6yrs. Sell your outgrown baby & kids stuff to other mums & keep 100% of the proceeds, 11-1pm, entrance children **FREE**.
2-3 Feb Hampton Court Palace Hampton Court 0871 230 2200 Historic cookery.
3 Feb Kingston University Kingston Hill Croydon 020 8399 0788 Codes & Cliphers in History & Mystery - from The Hobbit to Winston Churchill a fun & interactive talk for 6-13yrs a chance to make your own cipher, break some real ones & have a go at others which nobody has (yet) broken, 10.30-12.30pm.
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Wild Winter Art, variety of activities including making scarecrows, clay tree trolls & creating your very own cave painting. 19 Feb Bushcraft, build a brouca to shelter in the woods, enjoy hot chocolate & marshmallows by the fire you have made. 20 Feb Winter Wildlife learn how to track to winter animals & see which creatures have passed by in the night with a footprint collector & make a fat ball for birds to take back home for your garden. 21 Feb Winter Geo-Hunt have a go at archery & use their best orienteering skills to find the buried treasure plus twilight games. 22 Feb Bushwhacking & Bivouac Building travel off to the wild woods, learn how to square-lash knots & build a survival shelter.
7 Feb New Wimbledon Theatre 020 8545 7900 One Night of Elvis. 13-14 Feb The Moscow State Circus. 16 Feb Johnny Cash Roadshow. 28 Feb Russian State Ballet of Siberia perform Coppelia perfect for the time ballet goers & for families, all ages.
8 Feb Fairfield Halls Fairfield 020 8688 9291 One Night in Vienna brand new show. 28 Feb Losing The Plot, for all ages.
9 Feb Addlestone Community Centre 08700 104950 Nearly New Sale, 10.20-12pm, 07931 617339.
9 Feb The Windmill Market St Mark's Church (opposite Department Store) www.besvindmllmarket.co.uk Farmers market with a craft market offering a wide variety of products from fresh breads & cakes, seasonal foods to handmade crafts & gifts, 10-2pm.
9 Feb Banstead Village Indoor Market Many stalls with silver jewellery, children books, Italian deli, craft, plants & lots more, 9-4pm. **FREE** entrance.
9 Feb Riverhouse Barn Walton on Thames 01932 253354 The Gardner. 16 Feb Mamma Mia Workshop learn choreography & songs from the show & perform them at the end of the session, 8-11yrs. 24 Feb Lucky Dip Disco with bubbles, lilies & games.
9 Feb Bourne Hall Museum Epsom 020 8394 1734 Kids Club Meeting, William Wilberforce & the reform of the slave trade. 19 Feb Kids Club Meeting Gladiator School.
9 Feb-14 Apr Colour House Theatre Merton Abbey Mills (Off Meranum Way) South Wimbledon 020 8542 5511 Sleeping Beauty.
12-13 Feb Camberley Theatre 01276 707600 Spot's Birthday Party with music & songs, games & stories & theatrical magic.
12-16 Feb Ashcroft Theatre Fairfield Croydon 020 8688 9291 Wuthering Heights. 19-23 Feb Half Term Horrible Histories The Terrible Tudors.
16 Feb Polka Theatre 240 The Broadway Wimbledon 020 8543 4888 Too Many Penguins fun theatrical experience. 19-23 Feb The William Stories, 4-7yrs. 20-23.26 Feb-2 Mar Why the Lion Danced featuring live music, song & dance, 6-11yrs.
16 Feb All Hallows Church Hall Emcroft Way 020 8891 1955 NCT Nearly New Sale, 2.30-4pm, 0844 243 6084.
16 Feb Cobham Village Hall 08454 757507 Mum2Mum Market Baby & Children Nearly New Sale, you can sell everything & anything relating to babies & children 0-6yrs as long as it is a quality brand in good condition plus buy some great bargains, for more info www.mum2mummarket.co.uk.
16-18 Feb London Wetland Centre Queen Elizabeth's Walk Barnes 020 8409 4400 Birds of

Prey meet a range of magnificent birds such as owls & peregrines & learn more about them. **Throughout the Half Term Week** join special birdwatching walks & get creative in bird art & craft sessions. **Every weekend** Walk with a warden. **Mon, Tues, Thurs & Sat** Guide in the hide (in the Peacock Tower). **Every Tues & Thurs** Pushbikes fitness of new mums looking to get back into shape. **Every weekend & school** hols children's activities with pond dips, wildlife walks & trails.
16-18 Feb RHS Gardens Wisley Wisley 01482 211113 Half Term Sow & Grow your own plant. 19-20 Feb Make antenna crowns. 21-22 Feb Make a butterfly mask. 23-24 Feb Make butterfly wings. **Daily** Den building in the Wild at Wisley play area & bird watching at the bird hide. **Until 24 Feb** Butterflies in the Glasshouse rare opportunity to see butterflies from the tropics in their natural habitat.
16-24 Feb Bocketts Farm Leatherhead 01483 445 085 Half Term fun with the start of the Spring lambing, there are up to 90 lambs due from 14 Feb, may even see one of them born. **Daily** Birds of Prey demonstrations, Pony grooming sessions, tractor rides, animal handling & pig racing, indoor area with 2 giant playbams & lots more.
17 Feb Whyllyre Recreation Ground Hilary Road Give a Bird a Home this Spring help our feathered friends by building them a safe nest for breeding in the Spring, all equipment & tools will be provided, family event.
20 Feb Epsom Playhouse Ashley Avenue 01372 255555 Theme Show: The Wizard of Oz, afternoon of family fun & laughter.
21-23 Feb Epsom Methodist Church 01252 714276 Charity Book Fair, thousands of quality books at bargain prices to include children's books, antiquarian, out-of-print, fiction & non-fiction, CD's, DVDs & records plus refreshments & light lunches available. Proceeds benefit a number of charities, including Action for Children, Action Duchenne, Epsom Guide District for their Little Acres Lodge Fund, 7th Epsom Scouts & the work of Epsom Methodist Church, doors open 10am, entrance children & students **FREE**, 01372 726758.

Kumon's maths and English study programmes work to improve your child's skills, develop their confidence and inspire a passion for learning.
Contact your local Instructor for a Free Assessment.

Ashford, Middlesex 020 8568 8214	Fulham 020 7266 4401	Kingston South 020 8127 0184	Tadworth 020 8394 1698
Chessington 01372 602 099	Guildford North 01372 378 377	Merton Park 020 7998 9817	Thames Ditton 020 8288 1819
Esher & Cobham 01737 359 812	Hounslow Central 020 8582 5518	Pyrford 01932 402 737	Tooting 020 8780 1618
Fetcham 01372 370 164	Kingston North & Wimbledon 020 8643 9130	Redhill 01737 277 380	Twickenham 020 8942 3623
		Southfields 020 8879 1290	Woking 01483 726 961

Fees vary. Please refer to your local study centre.

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Please call before you go and please mention **PARENTS NEWS** www.parents-news.co.uk
23 Feb The White House 45 The Avenue Mum2Mum Nearly New Sale, 2-4pm, www.mum2mummarket.co.uk.
23 Feb Wallington United Reformed Church www.mum2mummarket.co.uk Mum2Mum market nearly new.
24 Feb Happy Valley 07775 824811 Managing Happy Valley find out more about how it is being managed & what's planned for the coming years, warden led 1 1/2-hrs walk.
24 Feb The Serthing Festival & Procession Surbiton CFancy dress & join at Jewsons Yard, Brighton Rd, entertainment after, 2.30pm, www.serthingwell.co.uk.
27 Feb King's House School Richmond 020 8487 8500 Parenting Seminar.
Calendar London
is on on page 11

Success in Maths and English is the foundation for your child's future
The First Class Learning programmes focus on key Maths and English learning outcomes of the National Curriculum.
Our new study centres are now open
Hampton Linden Community Centre
Monday 3:15pm - 6pm
hampton@firstclasslearning.co.uk
North Kingston Centre
Thursday 4pm - 6pm
kingston@firstclasslearning.co.uk
New Malden Library
Monday 4pm - 6pm
newmalden@firstclasslearning.co.uk
Every child follows their own unique programme. Children develop essential core Maths and English skills. The programmes are suitable for all ages and abilities.
To book a free assessment call:
Jennie (Hampton) 07585 950910
Anjana (Kingston and New Malden) 020 8123 0709

Improve your child's study skills
Kumon's maths and English study programmes work to improve your child's skills, develop their confidence and inspire a passion for learning.

Education

For kids with an appetite for adventure...

LittleLife extends its Animal Adventures range with adorable, new *Animal Lunch Packs*.

Kids now have even more reason to look forward to lunchtime following the introduction of **LittleLife's** new *Animal Lunch Packs*. Coordinating perfectly with the brand's popular *Animal Toddler Diapers* and *Wheelie Duffles*, the Lunch Packs are ideal for nursery, school or even a picnic lunch while out and about.

Available in five eye-catching animal designs including a Ladybird, Dinosaur, Bee, Clownfish and a Turtle, each Lunch Pack is a practical addition on any day out.

Featuring a spacious and insulated interior, the *Animal Lunch Packs* have plenty of room to keep your child's lunch, drinks or snacks chilled throughout the day. A handy mesh pocket inside the pack's lid is ideal for securely storing an ice pack or cutlery.

Each pack has a wide zip easy access to the contents while the wipe-clean lining allows you to quickly and easily deal with any mess or spills. Designed to be easy for little hands to carry, each *Animal Lunch Pack* has a soft padded grab handle. The packs' durable outer fabric is robust enough to cope with your child's daily exertions and a name and address label on the rear of the pack helps to reduce the risk of the *Lunch Pack* going astray at school or nursery.



Private Tuition in Your Own Home

Britain's leading tutoring service provider has 33 years experience. Qualified, experienced, enhanced-CRB checked tutors deliver personalised tuition programmes & excellent results. *The Good Schools Guide* recommended.

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Family Holidays

Keep Children Exploring This Winter with extremities®

Using cutting-edge technology that has been tried and tested on the peaks of Mount Everest, outdoor specialists **extremities®** will ensure that children venture outside this winter with its new range of junior hats and gloves. **extremities®**, a brand from the world renowned **Terra Nova Equipment** whose award-winning equipment has been used by the military and *British Antarctic Survey*, offer superior performance products. Perfect for any young explorer, the **Junior Winter Glove** is warm and waterproof. Added insulation and a bulk reducing wrist grip create extra warmth, whilst the waterproof and breathable liner creates all round weather protection. **Junior Winter Gloves** also feature a durable grippy palm, making them ideal for everything from family walks, to making snowballs. Featuring a cosy fleece lining and a reflective piping for visibility, the gloves are available in a small, medium and large fit, catering for children aged between seven and 12 years. From the range, the matching **Junior Winter Hat** makes an excellent addition to keep the chill away. One size fits children aged five to 10 years.

CORNWALL

Mix a mild, sub-tropical climate with a stunning coastline dotted with stretches of golden sands and secluded coves. Add acres of beautiful countryside and you have the perfect holiday destination... Cornwall has it all. On this unique peninsula, almost surrounded by turquoise-coloured water you can delve into a world of myths and legends, work up an appetite with an array of activities from the blood-pumping to the more sedate, taste the freshest of seafood and the most indulgent of ice-creams, or simply kick-back, relax and take-in the views. Take your pick from the north coast with its towering cliffs and pounding surf and the gentler south coast which boasts leafy estuaries, traditional fishing villages and vibrant waterfront communities. Or why not enjoy the best of both worlds with a central base, you'll find rugged Moors with wild and beautiful landscapes and ancient monuments on your doorstep just waiting to be explored. Gorgeous gardens, adrenaline-filled sports, tantalising restaurants, indulgent spas, sublime walks - the list of things to do in Cornwall is endless. Visit www.visitcornwall.com

HOLIDAY ON THE PISTE WITH HOSTELSCLUB

HostelsClub.com pick of budget accommodation in top ski resorts without worrying about the cost. **BEST FOR A BUDGET BREAK** *Chamonix* in the French Alps. Less than two hours from the UK and with plenty of slopes to keep even the most adventurous of skiers happy this is the perfect destination for those wanting to spend a weekend on the slopes. **HostelsClub.com** is offering accommodation in Châlet Les Frenes from just £23.00 per person, per night based on bed and breakfast accommodation. **SKI IN THE SUNSHINE** Officially the sunniest ski resort in the world the *Sierra Nevada* region in Granada, Spain offers skiers a unique combination of sun and snow. The resort is almost entirely covered by an artificial snow making system – so all you need to remember is to pack the sun cream! Accommodation starts from just £9 per person, per night in **Granada Inn Backpackers** **BEST FOR WINTER SPORTS** Advanced skiers looking for a challenge should book a break to *Kitzbühel*, Austria - world famous for its winter sports! With a snow park for boarders, alpine skiing options, downhill ski course and over

11 ski schools there really is something for everyone! Head to the **SnowBunnys Backpackers Hostel** were accommodation starts from just £18.00 per person, per night based on room-only with **HostelsClub.com** **FAMILY FUN ON THE SLOPES** There's more to the stunning resort of *Park City, Utah* than just its slopes. The resorts other exciting activities include winter fly fishing and hot air balloon rides. With three large resorts catering for a range of abilities and easy access to the town this is also a perfect choice for families. **HostelsClub.com** is offering accommodation in **Avenues Hostel** from as little as £14.00 per person, per night based on room only. **ADVANCED SKIING IN THE HOT SPRINGS** Located amongst the Canadian Rockies, the resort of *Banff, Canada* offers skiers amazing views, hot springs and some of the world's most scenic skiing terrain. With three ski areas presenting a range of step and rugged terrain this one is best suited for the more advanced skier. **HostelsClub.com** is offering accommodation in the **Banff Y Mountain Lodge** where prices start from as little as £24.00 per person, per night based on room only.

February 2013

A family skiing holiday – where do you start!?!

How can you possibly be expected to work out what is best for your family from the four million options *Google* throws at you for a "family skiing holiday" search? At *Ski Famille* they make planning a family ski holiday simple. They have carefully chosen just fifteen high quality properties spread across four family focused resorts that they think are superb for skiers travelling with children. They won't all suit everyone, but there is a choice that is just right for your family.

The small *Ski Famille* sales team are all skiers with young children and understand what is important to make a high quality family skiing holiday fun, relaxing and stress free.

They'll talk through your priorities to really understand what you are trying to get from your holiday and present you with up to three different options, not four million. For a chat through skiing options that would work for your family call the *Ski Famille* team on **01252 519 239**. Alternatively visit www.skifamille.co.uk

February 2013

London Calendar

29 Jan, 5, 12, 19, 26 Feb National Maritime Museum Greenwich 020 8312 6565 Play Tuesdays making music, dance & drama, under 5's. **FREE.** **29, 16, 23 Feb Explore Saturdays** meet a character from the past 6+ yrs, **FREE.** **2, 10, 17, 24 Feb Discover Sundays** explore your personal connections to the sea, all ages, **FREE.** **18-22 Feb Family Fun Week** 16 Feb Animation Film Fridays create your own family flag to display, drop in workshop, all ages, **FREE.** **18, 20, 22 Feb From Britain to China** create an animation of your journey to China, timed workshop need to collect **FREE** tickets from des, all ages, **18, 20, 22 Feb A Sailor's tale** of Tea hear about his life on board the Cutty Sark tea clipper & working with Chinese lacars, 6+ yrs, **FREE.** **19, 21 Feb Creative cargo**, ideas to help you hunt for Chinese Roaming boats **FREE.** 6+ yrs, **23 Feb Chinese New Year** celebrations in the Year of the Snake all ages, **FREE** with entry. **Daily London Dungeon** 020 7403 7221 Vengeance: The UK's first 5D laser ride. **Throughout Feb. Peter Harrison Planetarium** 020 8858 4422 The Universe Exposed: photographing the Cosmos, 5+ yrs. Sky Tonight Live, 5+ yrs. Meet the Neighbours interactive show where you decide which planets to visit, 5+ yrs. Solar System, Galaxy, Universe, 5+ yrs. Space Safari join Ted the teddy bear, for live music and rhyme under 7's. **Every Sun Venn Street Market, Clapham Common** 020 7622 8259 **Every Sun National Gallery** www.nationalgallery.org.uk 020 7747 2885 Family workshops **FREE** family trail. **Every Sun Hildreth Street Market** Balham SW12 **Every Sat Blue Elephant Theatre** Camberwell 020 7701 0100 Young People's Theatre workshops, various age groups 7-18 yrs, **FREE** to join. **Every weekend Temple Station** 020 7222 1234 Harry Potter Locations Tour, 2 1/2 hrs. **Every weekend Greenwich Clocktower Market** www.clocktowermarket.co.uk **Until 14 Feb Royal Albert Hall** 020 7589 8212 Cirque du Soleil – Kooza Vip Rong. **Until 17 Feb Cambridge Theatre** Earlham St 020 7492 1532 Matilda the Musical, 6+ yrs. **Until 17 Feb Royal Academy of Arts** 020 7300 8000 www.royalacademy.org.uk Constable, Gainsborough, Turner & the Making of Landscape exhibition, under 12's **FREE.** **Until 17 Feb Mariko Mori:** Rebirth exhibition **10 Feb Chinese New Year Parade** Gerard Street www.chinatownlondon.org **Opening 16 Feb until Nov Horniman Museum** Forest Hill 020 8699 1872 Amazon Adventure interactive family friendly exhibition **14-24 Feb HMS Belfast** Toulage Street 020 7940 6320 Slang at Sea **Ongoing** Private Tours hear unique stories of how sailors survived in FREEzing conditions during the Arctic Convoys & what it was like to be one of the first ships firing on D Day & let more. **16-24 Feb Victoria & Albert Museum** 020 7942 2000 **Half Term** The Imagination Station **FREE.** **16, 17, 23, 24 Feb** The Boy Who Sat on the Dragon Throne, drop in. **17-20 Feb Museum of London** 150 London Wall 020 7001 9844 Characters from history Cecilia Young visit the 18th century & meet one of its famous entertainers. **18-22 Feb National Army Museum** 020 7730 0717 www.national-army-museum.ac.uk **Half**

1, 3 Feb BFI London Film Festival Tommy. **9 Feb** Charlie Chaplin Film Fun Easy Street & The Floor. **Walker. 11 Feb Senior's FREE** matinee Ping Pong. **16 Feb** The 6th BFI Future Film Festival, Fiction Day with masterclasses, hands on workshops, animation, documentary & each day will have a different focus. **16 Feb** Animation Film Fun. **17 Feb** Documentary Day. **24 Feb** Chaplin Funday Workshop with live piano accompaniment where you will be taught the comic tricks they used on screen to keep his audiences smiling, plus a chance to enter a costume competition & win some goodies. **2 Feb Cutty Sark** King William Walk Greenwich 020 8858 3445 Trading Tales, all ages, **FREE** with entry. **2, 3 Feb** Family Fun weekend **18-19 Feb** Lantern Lights activity, make a colourful lantern, drop in, all ages, **20, 21 Feb** New Year fairs, make a Chinese inspired fan **22, 23 Feb** Animal masks, make a traditional animal mask **23 Feb** Tea tasting plus discover the story of the ancient Chinese drink, all ages, drop in, **FREE** with entry. **23 Feb** Chinese New Year **6 Feb Chinese Museum** **Imax 3D Cinema** 0871 870 4771 **Pain-Free** Funfair, experience some of the treatments of the future. **8-9, 12 Feb** **Feb Questors Theatre** Mattock Lane 020 8567 0011 Mary Stuart classic drama of politics, intolerance & betrayal **8-10 Feb Natural History Museum** 020 7942 5000 Dinosaur Snores, discover what really happens at the Museum when the staff & visitors have gone, 8-11 yrs. **18-22 Feb Half Term** Curious Collections a fun **FREE** game exploring the museum & its collections, families, **FREE.** **19-21 Feb** The Animal Story a family puppet show **FREE** drop in sessions for families & younger visitors. **24 Feb** Gingerbread Man storytelling puppet show, **FREE.** need to book place at Information Desk. **Every weekend & school** **hols** Hands on Nature Dinosaurs, visit the handling station & explore interesting specimens with the help of the museums science educators. **FREE.** & Up, & Up, & Up. Away interactive storytelling for 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.** **NEW** for 2012 Dinosaur Snores for Grown Ups. **10 Feb Chinese New Year Parade** Gerard Street www.chinatownlondon.org **Opening 16 Feb until Nov Horniman Museum** Forest Hill 020 8699 1872 Amazon Adventure interactive family friendly exhibition **14-24 Feb HMS Belfast** Toulage Street 020 7940 6320 Slang at Sea **Ongoing** Private Tours hear unique stories of how sailors survived in FREEzing conditions during the Arctic Convoys & what it was like to be one of the first ships firing on D Day & let more. **16-24 Feb Victoria & Albert Museum** 020 7942 2000 **Half Term** The Imagination Station **FREE.** **16, 17, 23, 24 Feb** The Boy Who Sat on the Dragon Throne, drop in. **17-20 Feb Museum of London** 150 London Wall 020 7001 9844 Characters from history Cecilia Young visit the 18th century & meet one of its famous entertainers. **18-22 Feb National Army Museum** 020 7730 0717 www.national-army-museum.ac.uk **Half**

Term Captain Clean the museum's caped connoisseur of conservation. You identify Agents of Decay, such as woodworms & ways to beat them & go behind the scenes with experts & help clean real artefacts & Museum Collection pieces, **FREE.** **Daily** Victorian Soldier Action Zone with quizzes, games & hands on activities **FREE.** **Daily** The World's Army, Empire, Commonwealth & Dominion Soldiers 1914-45 Action Zone family interactive zone. **18-22 Feb Museum of Childhood** Bethnal Green 020 8983 5200 **Half Term** flashback to the 1980's, throughout the week there will be creative re-tellings of Shirley Hughes' popular children's book *Alfie Gets in First*, Pac-Man badge making, Care Bear card creating & opportunities to try & solve the Rubik's cube, **FREE.** **Daily** Family backpacks for under 5's containing a train map, storybooks, play mats & question sheets, **FREE.** **19 Feb Museum of London Docklands** No 1 Warehouse meet India Quay 020 7001 9844 The legend of spring-heeled Jack hear what a man or beast, 5+ yrs. **24 Feb Imagine Children's Festival** Southbank Centre 0871 6632500 Children take control for 2 weeks with theatre, music, film

& comedy and UK's top authors. **Half Term** Imagine offers events more than 100 **FREE** & ticketed events **Daily** events Valentine's Day celebrations for teens & interactive shows for adults, **FREE.** Highlights to include readings from authors David Walliams, Simon Mayo, a rare appearance from Judith Kerr & more. Dinosaur Petting Zoo, theatre for children including the premiere of The Queens Knickers & more. **13, 16, 22, 24 Feb The Royal Observatory** Greenwich 020 8858 4422 Evening with the Stars, 7+ yrs. **14 Feb** Evening with the Stars Valentine's Day Special. Until end of Feb/Astronomy Photographer of the Year exhibition, **FREE.** **23 Feb** Saturday Space Explorers fun workshop for families 5+ yrs making simple cardboard instruments, including planet finders & moon dials which they can take away and use at home, **FREE.**

Please call before you go and please mention PARENTS NEWS [www. parents-news.co.uk](http://www.parents-news.co.uk)

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YHA celebrates top 5 ranking in Best UK Hotel category with winter offer

YHA is celebrating the youth hosting charity's surprise top 5 ranking in the **BEST UK Hotel** category in the recent *Guardian, Observer and guardian.co.uk Readers' Travel Awards 2012*.

YHA was ranked at number 4 behind the luxury chains hotels, *Sofitel, Hotel Du Vin & Bistrot and Malmaison*. *Marriott* was ranked at number 5 in the category.

To celebrate its win, **YHA** is offering people a special winter warmer offer for stays between **before 28 February 2013**. Four people can stay in a private family room and have an evening meal for only £44.50 for one night or only £89.50 for two nights. Even better, up to six people can take advantage of the offer for only an extra £10 per each additional person per night.

The offer is open to **YHA** members and non-members alike, however members will make an additional saving.

The charity, which has around +150 Youth Hostels throughout England and Wales, has worked hard to shed its former reputation of rickety bunk beds, sleeping bags and

1960s dormitories by investing more than £19.5m in recent years in its network of Youth, creating great value, modern and comfortable accommodation.

Many hostels now boast private en-suite rooms, restaurants and bars and some even have honeymoon suites! **YHA London Central** was even recently praised for its comfort, location, great value and facilities in the French edition of the international 'lifestyle' magazine for women.

Caroline White, Chief Executive of **YHA** (England and Wales), explained: "As an organisation **YHA** has come a long way in recent years and this award recognises our progress in becoming an outstanding accommodation provider.

"More and more individuals and families are discovering not only what great value accommodation we have, but the overall experience we provide. Our winter warmer offer is our way of saying 'thank you' for the award and also to reach out to even more people and give them the opportunity to discover for themselves just why **YHA** is

now considered one of the Best UK Hotels."

In 2013 **YHA** is investing a further £10 million refurbishing Youth Hostels in *York, Stratford, Canterbury, Ambleside in the Lake District, Wales and Malham in North Yorkshire*. The charity will also be creating a new hostel at the gateway of the *South Downs* early next year.

Details of **YHA** (England and Wales) are available at www.yha.org.uk or, to take advantage of the Winter Warmer offer, visit www.yha.org.uk/winter or contact **01629 592700** and quote **WARMER-001** when booking.

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The Jockey Club
1750

Royal Artillery Gold Cup Day

Friday 15 February 2013

Celebrate the bravery and dedication of the British Armed Forces at an afternoon of thrilling jump racing with a truly unique atmosphere. Attractions include a spectacular Royal Artillery procession down Esher High Street, marching bands, a parade of Royal Artillery Hunt hounds and performances from the Military Wives Choir.

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