

PARENTS NEWS

June 2013 No.180

The First & Foremost Local Monthly Newspaper for Families

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www.chessington.com

What's On in June 21st Annual Children's Party Feature

www.farming-world.com

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Parties

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hope mums and dads enjoy the
articles, be interested by Calendar
(finding it useful), and use the
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stated.

Birthday Parties and Fun on the Farm!

Farming World is a family run open farm with a firm emphasis on providing plenty of fantastic memories and 'hands on experiences'. Visit the open farm, just off the motorway between Faversham and Canterbury, and join in the fun! There are plenty of special events planned throughout the year and *Farming World* also provides a truly unique birthday party venue. In this day and age an approaching birthday party can be a horrifying thought for a parent. Will the guests be able to find the venue? How will I amuse the children? What should I feed them? What happens if it rains? What should I put in the party bags? Do I need to take out another mortgage to pay for the experience? And at the end of a long day who will do the clearing up? All of these problems can be solved by holding a party at *Farming World*. The farm will also be happy to tailor parties to the child's individual requirements, providing each child with a unique and fun-filled experience. Each party is provided with a 'base' for the duration of the party, which will be decorated prior to arrival. This area can be used to store all the presents and food, cut the cake and hide in the event of a shower. Guests can then explore the farm, meet the farm animals and rare breeds, watch a birds of prey flying demonstration, explore the large adventure

playgrounds or challenge each other to a round of mini golf. The children can also enjoy the enormous jumping pillow (weather permitting). This is a giant inflatable that can be jumped on until the children and adults are all exhausted! In the event of rain, which can definitely put a damper on a party, the children can enjoy the two storey indoor soft play area or get creative in the craft and activity room painting a memento to take home, which can provide a great addition to the party bags. When the children start to get hungry a hot or cold buffet can be provided. Both menus include drinks and a variety of children's favourites, not forgetting the all important fairy cakes, jelly and ice cream! Menu per head start from £15.00, which also includes entrance to *Farming World*. If you prefer you can bring your own picnic. There are also a variety of other activities that the birthday child can add to their wish list to make their party perfect; these include: face painting, tractor & trailer rides, horse & cart rides, birds of prey experience, craft fun and pre packed party bags. All of these services and attractions will add up to a truly hassle free party, whatever the weather. Not only that but a terrifically memorable experience for the birthday child and all their friends, an experience that will be talked about in the playground for a

long time to come! As well providing a fantastic birthday party venue *Farming World* has some very exciting special events planned. **Fathers Day** will be celebrated on the 16th June with fathers gaining free entry to the farm on this day. There are also plenty of special events planned throughout the summer holidays, including: **Superheroes Week**, **Creepy Crawly Days**, **Teddy Bear's Picnic**, **Circus Workshops**, **Heavy Horses Days and Harvest and Threshing Weekend** - to name but a few! And don't forget you can also enjoy all of the farm's regular attractions. You can meet the heavy horses, play a game of mini golf, visit the friendly farm animals, watch a birds of prey flying demonstration, run wild in the large adventure playgrounds or make a mess in the craft and activity room! With this variety of special events and regular attractions there really is plenty of fun for everyone! For details of birthday parties or special events visit www.farming-world.co.uk or call 01227 751144

Need space for a party? Think Surrey Bell Tents.

Steve Nash from tent-hire company **Surrey Bell Tents** says "Tell us the date and venue and we'll put up the tent, supply extras such as bedding, flooring, cushions, bunting and lighting, and then collect everything at the end of the event. It's as easy as booking a bed and breakfast and much more fun!" **Surrey Bell Tents**, run by Steve and Debbie, offer stunning Soulpad tents, which are renowned for their quality and beauty. The tents come in two sizes: the 4-metre which sleeps up to four adults and the 5-metre which sleeps up to six adults. Bell tents provide maximum floor space and head room and they are made from natural cotton canvas which breathes and gives a much more comfortable camping experience than modern nylon. The tents provide a perfect, hassle solution for parents with children who are clamouring for sleep-overs and parties when there is not enough room indoors: kids just love the fun of having their own private, chill-out zone in the garden. They are ideal for adults too.

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WIMBLEDON COMMON VILLAGE FUN FAIR
Thur 13th - Sun 23rd JUNE
Family SAT 15th and SUN 23rd JUNE ALL FREE RIDES for 30 Minutes
THURS 13th & THURS 20th JUNE ALL RIDES HALF PRICE!
THURSDAY/FRIDAY 8.00 - 8.00pm Saturday 9.00 - 8.00pm Village Fair Day 22nd 10.30-8.00pm Sunday 1.00 - 7.00pm
FREE ADMISSION - FREE CAR PARK - SAT NAV: SW19 4UF
SHOW UP EARLY AND STALLS - SOMETHING FOR EVERYONE!

June 2013



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June 2013

Really Wild Birthday Parties

Cheshington World of Adventures Resort
Why just have an ordinary birthday party, when you could have a really wild experience at **Cheshington World of Adventures Resort**? Bring your family, bring your friends, meet the Zoo animals, have a delish party lunch and hey, even spend the afternoon in the Theme Park. **Cheshington's** the new party central. PS. for parents - they do all the catering... and all the clearing up. Your **Really Wild Birthday Party** includes all this - from just £14 per person: Themed invitations you can send out to your lucky party guests. An hour of Zoo animal meet 'n' greets, plus your own Zoo Keeper to share fun facts and answer your questions. A private room with music. Birthday lunch for all the kids with yummy (and healthy!) stuff like sandwiches, crisps, soft drinks and fruit, all served up on animal-themed tables. A **Cheshington** party expert on

www.stagecoach-parties.co.uk

are mobile, linked racing car simulators allowing 4 or 8 drivers to race each other in the same race at the same time, 7-ys, operate in all weathers, 2 hours hosted party, driver's passes for all drivers, winners medal for Birthday boy/girl, 01993 845428

Key Bridge Steam parties with inside & outside space, 1-20 children catered for with packed lunch, or hot/cold buffet available
020 8567 4757

LEGOLAND Windsor Resort
LEGOLAND Party includes: A section of the fully themed Bricks restaurant Balloons and party novelties **LEGO** themed Birthday Cake Unlimited soft drinks Party Tea buffet Party bags

The Dungeons
Come and celebrate your birthday with one of our terrific birthday party packages!

Lil' Jockey Children's Parties party is tailor made to suit your requirements. The basic party consists of 2 party co-ordinators and 6 small and/or medium animals of your choice for 2 hours of fun filled entertainment for your children. Also included are organised fun party games, exciting animal races with winner prizes, certificates, rosettes, treats and much more. The basic party price with 6 animals of your choice is £120 plus £10 for any additional animal you require. You can have a mixture of small, medium and large animals as long as your venue or hall can accommodate them. If you require further information regarding the parties contact 01843 583454 07536 058849 www.lil-jockey.co.uk

See Back Page for Free Cheshington entry coupons

Old Barn Pony Parties



For more details Please phone Jenny on 020 8398 0822

Old Barn Stables
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A Friendly, Family Run Riding School
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For more info contact Colin on 01372 739600

Children's Party Tips by Mr. Mysto
Time Your Party Like A Pro
Time your party so that food break is in middle of your party and at a time your children normally have their food. Children are only interested in food when they are hungry the rest of the time it is pretty boring. If you feed them too late they will be distracted away from anything you are doing and too early they will not be interested. 11.30 a.m. to 1.30 p.m. with lunch at 12.30 p.m. or 3.30 p.m. to 5.30 p.m. with tea at 4.30 p.m. works well avoid 2.00 p.m. to 4.00 p.m. like the plague. Have fun, Best Mr. Mysto www.StressFreeChildrenParties.co.uk

Parties

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Children's Celebrations
01689 824040
www.legendentertainers.biz

TOP ENTERTAINERS.biz
Disco's Magic games
balloon animals & more
madnick
07534 968290
01689 824040

Diggerland
2 1/2 hour birthday party in Diggerland, 2 hours in the Diggerland park to have unlimited rides and drives on REAL diggers and mopers on picnic lunch, video and more
0871 22 77 007 (10p/min)
www.diggerland.com

LEGOLAND Discovery Centre
As the nation's Thrill Capital, THORPE PARK is the 'must do' destination for adrenaline junkies!

Alton Towers Resort
Children's birthday parties are all wrapped up at the **Alton Towers Resort**.
Waterpark Birthday Party

www.merlingroups.com/friends-family/birthdays/

Mini Tanks invade Surrey!
The most fun you can have with mad **Mini Tanks** are an exciting alternative to **Quad Bikes** and **Go Karts** - fantastic for children's parties or just a great fun day out. They are exactly what they say they are - **MINI TANKS!** They are engineered in Britain and are genuine miniature versions of the real military tanks used by the army.
Control a real tank
Come to the specially designed battleground at **Apps Court Farm** in Surrey, either on your own or with a group of friends to one of the taster sessions and experience what it's like to be in control of a real tank. Unforgettable fun!
Mini tanks are real tanks but in miniature so children can drive them on their own. How cool is that? **Mini Tanks Elite** birthday parties offer brilliant, outdoor, excitement for kids aged 8 and over. The tanks can run in all weathers (even snow) and parents can sit back and relax knowing their children are safe driving around in tanks designed for the job.
Mini Tanks have been available in other parts of the country for some time, but **Mini Tanks Elite** is the first and only track in the South East of England. The specially designed tank course at **Apps Court Farm**, Walton-on-Thames is convenient for Kingston, Richmond, Leatherhead, Guildford and not far of M25
www.minitankelite.co.uk
07783 293866

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MINI TANKS HAVE ARRIVED IN SURREY!
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All weather Mini Tanks. They are safe and great fun for children and adults alike.
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email.info@minitankelite.co.uk

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and their families

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Royal Court Theatre

June 2013

OPEN COURT:
KIDS COURT: *Primitave*
Fri 19 July 5pm & Sat 20 July 11am
Jerwood Theatre Downstairs, Royal Court Theatre,
Sloane Square, SW1W 8AS
Age Guidance 5+ (Under 14 must be accompanied by an adult)
Tickets: Adults: £10, Children (Under 16): £5
Ten short plays written by 8-11 year olds for the **Royal Court's Young Writers Festival 2012** and the *Peckham Young Playwrights Project*. Performed as productions in the *Jerwood Theatre Downstairs* by a company of professional actors directed by **Simon Godwin**.
KIDS COURT: *In a Minute*
Wed 17 July 4pm
Royal Court Theatre Café Bar,
Sloane Square, SW1W 8AS
Age Guidance 5+ (Under 14 must be accompanied by an adult)
Tickets: **Free.**
Not bookable in advance
Working with a local school, young people aged 8-11 will take part in a project to write a one minute play. The final plays will be performed in the *Royal Court Café Bar*.

KIDS COURT: *Happy Hour* - Writing Workshop
- Introduction to Playwriting
Wed 17 & Thurs 18 July 5-6pm
Jerwood Theatre Upstairs, Royal Court Theatre,
Sloane Square, SW1W 8AS
Age Guidance 8-11 years
Tickets: £5 (includes entry to VIP Hostage)
A playwriting workshop for young people aged 8-11 years old, run by playwright **Vivienne Franzmann**.
KIDS COURT: *Happy Hour* -VIP Hostage
Wed 17 & Thurs 18 July 6.15pm - 7pm
Jerwood Theatre Upstairs, Sloane Square, SW1W 8AS
Age Guidance 8-11 years
Tickets: £5
A panel of children will have the chance to take the famous person of their choice hostage, putting them in the hot seat to answer their burning questions.
KIDS COURT: *Family Play Day* - Family Play in a Day
Saturday 20 July 10am-5pm. (Public Sharing at 5.30pm)
Jerwood Theatre Upstairs, Royal Court Theatre,
Sloane Square, SW1W 8AS
Age Guidance 7+
Tickets: £5 for family workshop. Free for performance at 5.30pm
Families will have the chance to create a play in a day, in a workshop led by **Royal Court Writers**. At the end of the day, there will be a chance to perform their new work in the *Jerwood Theatre Upstairs*.
KIDS COURT: *Family Play Day* - *Family Writing Workshop*
The *Wilson Studio*,
Royal Court Theatre,
Sloane Square, SW1W 8AS
Age Guidance 8-11
Tickets: £5
A playwriting workshop for young people aged 8-11 years old and their families, run by writer **Nick Payne**.
KIDS COURT: *Family Play Day* - *Backstage Tours* by **Young Writers** aged 8-11
Saturday 20 July 1pm, 2pm and 3pm
Royal Court Theatre,
Sloane Square, SW1W 8AS
Age Guidance 7+
Tickets: Free (but ticketed)
Audiences will have the chance to take a trip around the *Royal Court Theatre* in a guided tour by young people aged 8-11.
020 7565 5000
www.royalcourttheatre.com



June 2013

THE OCTONAUTS ARRIVE FOR A SPECIAL MISSION AT SEA LIFE, CHESSINGTON WORLD OF ADVENTURES RESORT

Captain Barnacles and Kwazii, heroes of the *Octonauts* crew, have arrived at *Chessington World of Adventures Resort* for a brand new adventure in 2013
The popular *CBeebies* series - *Octonauts* - is all about exploring the undersea world and protecting sea creatures and is therefore perfectly suited to the Resort's *SEA LIFE* centre. This partnership is set to bring to life the importance of looking after marine welfare and conservation for audiences young and old alike.
When guests visit the *SEA LIFE* centre at *Chessington World of Adventures Resort* they will have the chance to become an *Octonauts* for the day, roaming the ocean environments inside the *SEA LIFE* centre in search of adventure and fun! Visitors can join in the exciting missions and activities, which include:
- An exciting *Octonauts Quiz Trail* through the *SEA LIFE* centre
- Your own *Octonauts* hat to take home
- An *Octonauts* sticker for completing the trail
- Photo opportunities with **Captain Barnacles and Kwazii!**
Even more for Pre-Schoolers
With lots for our youngest adventurers to enjoy,
Chessington also now offers a fantastic *Pushchair Pass* which gives one adult and one child up to and including the age of 5 as many wonderful days out at *Chessington* as you can fit in for a fantastic price*!

For more information visit www.chessington.com/groups/parent-toddler.aspx
The *Pushchair Pass* also comes with a load of value-added extras including free car parking, queue-beating entry at the Park gates and 20% off items across the park!
Chessington is packed full of things to do for the whole family! With a brand new attraction *ZUFARI: Ride into Africa*** offering guests an incredible off-road safari truck adventure, *Adventurers* can experience a taste of Africa in the heart of Surrey and get up close and personal with amazing live animals including endangered White Rhinos and rare Rothschild Giraffes. Continue the party with the *DreamWorks Madagascar Live! Prepare to Party* stage show, plus enjoy over 40 rides and attractions in ten themed lands, and over 1000 amazing animals in the Zoo and *SEA LIFE* centre. With too much to do in one day, why not make it a short break and book a stay in *Chessington's* very own safari-themed hotel. For more information and to benefit from advanced booking discounts or to find out more about the *Pushchair Pass* visit www.chessington.com
See Back Page for FREE entry coupons
Katy (right) is one of three White Rhino in *ZUFARI: Ride into Africa*, an off-road safari truck adventure. He has settled in very well with his two new friends on *ZUFARI: Dozer* and *Gyasi*.



17 - 20 July

Kids Court.



It's play time! A week of plays, workshops and special events curated by young playwrights aged 8-11.

The week includes plays written and directed by primary school children, children's writing workshops, backstage tours, the opportunity for families to create a play in a day and much more.

Tickets from £5
020 7565 5000
www.royalcourttheatre.com

Grand Summer Steam Up

Kew Bridge Steam Museum

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Daily Larkfield Leisure Centre 01622 713225 Soft play zone with 3 stores of interactive play equipment for under 10's NEW Kickstart membership with unlimited access under 10's NEW larger Fitness Studio to offer a wider range of classes including Zumba, Pilates, Body pump & circuits. **Daily Maidstone Leisure Centre** 0845 152277 Various times Junior Fitness, 12-15yrs Selected Sats Wave Rave Pop Party Available Birthdays Parties for children **Daily Tides Leisure Centre** Deal 01304 373399 Indoor tropical lagoon with waves & Jacuzzi, fun water features & giant slide Gaezuzzi & toddler pool. **Every weekend** Family Splash. **New Tonbridge Swimming Pool** Lower Castle Field 01732 364449 Kickstart a brand new all inclusive membership with unlimited access which offers a wide range of activities for under 10's. **Every Tues & Thurs** term time only parent & child fun swim. **Ongoing Run off your Feet** FREE running sessions for Kent, women & men of all ages & abilities are putting on their trainers & jogging the streets & parks of Kent all part of a county wide campaign to get people running to feel fitter, healthier & happier. In Kent leaders have been trained to set up local running groups and they are keen to welcome new runners. Get your first running session FREE at your local group when you mention Parents News. All groups are led by qualified, enthusiastic friendly leaders. To find your local group visit www.kentrunoffyourfeet.org/rungroups. **0730 870696** **Ongoing Run off your Feet** 0730 870696 Running Group, first session FREE at your local group when mentioning Parents News.

Ongoing Lydd Library Part of a library touring exhibition by Viv Art at a Maidstone group of artists, to appeal to book lovers young & old & includes book inspired by the children's book "The Very Hungry Caterpillar". **Ongoing Dover Leisure Centre** 01304 201445 **Ongoing** full range of exercise classes with a modern fitness suite, 2 swimming pools, squash courts & sports hall. **Every Sun Edenbridge Leisure Centre** Stangrove Park 01732 865665 Under 16's & families roller disco. **Every Mon Strood Library** 01634 335890 Toddler Shake & Boogie activity session that offers rhymes, songs & movement for pre-school children. **FREE. Every Tues** Teenage Storytime after school, 3-8yrs, term time only. **Every Fri** Homework club with friendly staff on hand to help with all your homework questions, 3-30pm. **Every Mon St Peter's Church** Hall Broadstairs 01843 602452 Sprats Parent & Toddler group, term time only. **Every Mon St Matthew's Church** Hall Rochester 01634 843666 www.heritageopendays.org.uk Baby sensory classes for babies up to 16months, activities to include bells, balls, bubbles, light shows & more. **Tel: 07813 632552**. **Every Mon Walderslade Home Meadow Library** Chatham 01634 337340 Storytime fun sessions for pre-school children with stories & rhymes. **FREE. Every Wed** Storytime for pre-school children that include stories & rhymes. **Every Mon Gillingham Library** 01634 337340 Storytime fun sessions for pre-school children with stories & rhymes. **FREE. Every Fri** Baby bounce & rhyme time. **Every Thurs** Baby bounce & rhyme time only. **Ongoing on Mans Cuxton Library** 01634 337340 Baby massage courses for babies 8wks & not yet crawling. **FREE, to book Tel: 01634 711391**. **1st & 3rd Thurs** of the month Children's activities. Health visitor drop in clinic, meet your local health visitor plus a toy library will also be available after the session, 9.30-11am, **Tel: 01634 336209**. **Every Mon-Wed The Angel Centre** Tonbridge 01732 359966 Kickstart members Pre-school club. **Every Sat** mom fun club 5-8yrs, **Every Wed & Fri** dance mat & target wall disco. **Every Mon & Fri Rochester Library** Eastgate 01634 337411 Baby bounce & rhyme time with finger & nursery rhymes, 18mins & under. **FREE. Every Sat** Pop in and Play sessions for parents & children, 10.30-11am, **FREE. 4th Fri** of month Advice & support - Health & lifestyle advice, drop-in, no need to book. **Every Tues Chatham Library** Gun Wharf Dock Road 01634 337999 Storytime for pre-schoolers, **FREE. Every Thurs** until 31 Mar Toddler shake & boogie fun packed activity session. **Every Tues Ho Lybriary Rochester** 01634 250640 Storytime fun sessions for pre-school children with stories & rhymes. **FREE. Every Tues Strood Library** 01634 718161 Baby bounce & rhyme time, 18 mins, **FREE. Every Tues** Homework club with friendly & knowledgeable staff on hand, **FREE. Every Tues** Teenage Storytime after school storytime for 3-8yrs. **Every Thurs Luton Library** Chatham 01634 406923 Storytime fun sessions that include stories & rhyme. **Every Sat** Pop in & Play for parents & children, 10-12pm. **Every Thurs Pembury Library** 01892 822278 Storytimes, 2.30-

3pm, term time only. **FREE. Every Thurs** during 1.15pm **Margate Baptist Church** 4 Cecil Spm, 01843 290869 Little Fishes Toddler group for parents & carers to meet & socialise with food, games & fun, 10-11.30am. **Every Fri Grain Library** Rochester 01634 338727 Homework club with friendly & knowledgeable staff on hand to help, **FREE. Every Sat** Craft Club for under 8's, **FREE. Every Fri Hempstead Library** Gillingham 01634 361544 Homework club with friendly staff on hand to help with all your homework questions. **Every Fri Lordwood Library** Chatham 01634 862096 Teenage Storytime after school storytelling, 3-8yrs & Toddler shake & boogie. **Every Wed Wignmore Library** 01634 255576 Toddler shake & boogie activity session that offers rhymes, songs & movement for pre-schoolers. Musical instruments, scarves & parachutes are often included. **Last Fri** of each month **Bedbegny National Pinetum & Forest** Goodhurst 01580 879820 Beginners Health Walk, lasting approx 30mins-1hr & will cover between 1-4km. **Every Fri** mom Moderate Health Walks, 1-1 1/2 hrs between 4 & 6km. **Every Fri** mom Green Gym session, volunteers can spend a satisfying session helping in the National Pinetum working 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, 10-9yrs, minimum height 1.4m. **Every Sat** **Medway Little Theatre** Rochester 07939 921041 Youth Company for 12-18yrs & children's workshop, 7-12yrs. **Every Sat Dickens House** 01843 871133 Broadstairs History Walk, 2pm. **Every Sat** **mor Fleur de Lis Heritage Centre** Faversham 01795 534542 Guided Town walks, 90 minute guided stroll through Faversham. **Every Wed Dunorlan Park** 07990 972313 **Every Wed** Bugzy Workout, exercise for mother & baby, power walking around the park utilising the benches & steps available, 10.30-11.30am. **Every weekend** **Broadstairs Harbour** 07847 47615 Market, weather permitting. **Until 19 July** **Pagoda Centre** Tonbridge Wells 0772 5445041 Princes Trust team programme a 12 week course for young people 16-25yrs who are currently not in employment, education or training. It is designed to help you gain lots of new skills & develop skills that you already have. The course is **FREE** & will not affect any benefits that you may be receiving. **Until 30 Aug** **Chatham Historic Dockyard** Chatham 01634 823845 Exhibition of historic photographs & other artefacts in "Exploring Anticilla the final Expeditions of Scott & Shackleton". **12-29, 15-16, 22-29 & 30 June** **Sea Searcher Boat Trips** at Ramsgate 07837 562076 **Faster** 3hr trips of sea angling, rod hire & bait included in the price, 3-19 June Full day fishing trips. **3-9 June** **Penshurst** 01892 870307 **Glorious** Gardens week. **4-11 June** **Capel Le Ferne Farmers Market** 07796 432445 Local produce with fish, meat, eggs, speciality dishes & lots more. **5-9 June** **Maidstone Museum & Bent Art Gallery** 01622 602838 Tiny Talk Time, Jack and the Flum Flum Tree storytelling & colouring activity for under 5's. **19 June** **Wiggle & Jiggle** play instruments & sing along to popular nursery rhymes, under 5's. **7-14, 21, 28** **June** **Folkstone Library** 0800 8494000 **Heritage Centre** 01227 769075 **The Girl With No Heart** with puppetry, storytelling, live music & shadowplay, 8-9yrs, **22 June** **Bin Men** a story of music, movement, recycling, re-using, puppetry & fun. **29 June** **The Incredible Book Eating Boy**, 4-9yrs, **30 June** **Centrally Heated Knickers**, with songs, grooves & live music, **29-30 June** **Meet Fireman Sam** appearing at intervals throughout the day, the local fire station will also be there with their fire engines for a short time on both days. Also on offer face painting, visit furry friends in Cuddle corner, take a tractor ride & lots more. **8-9 June** **Teston Bridge Country Park** 01622 817623 **Kite Festival** take part in a workshop to make your own kite, **FREE** event. **8-9 June** **New Romney Station** 01797 362553 Family Weekend bringing together visiting miniature railways, traction engines & model railways, fun for all ages. **8-9 June** **Le Wealden** in **Sandwich Guildhall** Forecourt. Two day authentic French Market plus **FREE** outdoor concert with music

from 'Les Troubadours de Park' & Can Can dancing in the streets plus lots more, **01304 611619**. **8-9 June** **Wimmer Castle & Gardens** Deal 0870 333 1181 **Punch & Deal** traditional show & playing with giant garden games. **8-15 June** **Open Seal & Wildlife Watching Trips** 07837 562076 A one and a half hour trip to a local seal colony. **9 June** **Brookhill Park Performing Arts College** Sandring Road, Hythe Kent 01913 719697 **Open Farm Sunday** with community pet show, shearing demonstrations & more. **9 June** **Shorne Village Hall** Gravesend Craft & Gift Fair for booking www.craftfairuk.co.uk. **9 June** **Gulbenkian Theatre** Canterbury 01227 769075 **The Girl With No Heart** with puppetry, storytelling, live music & shadowplay, 8-9yrs, **22 June** **Bin Men** a story of music, movement, recycling, re-using, puppetry & fun. **29 June** **The Incredible Book Eating Boy**, 4-9yrs, **30 June** **Centrally Heated Knickers**, with songs, grooves & live music, **29-30 June** **Meet Fireman Sam** appearing at intervals throughout the day, the local fire station will also be there with their fire engines for a short time on both days. Also on offer face painting, visit furry friends in Cuddle corner, take a tractor ride & lots more. **8-9 June** **Teston Bridge Country Park** 01622 817623 **Kite Festival** take part in a workshop to make your own kite, **FREE** event. **8-9 June** **New Romney Station** 01797 362553 Family Weekend bringing together visiting miniature railways, traction engines & model railways, fun for all ages. **8-9 June** **Le Wealden** in **Sandwich Guildhall** Forecourt. Two day authentic French Market plus **FREE** outdoor concert with music from 'Les Troubadours de Park' & Can Can dancing in the streets plus lots more, **01304 611619**. **8-9 June** **Wimmer Castle & Gardens** Deal 0870 333 1181 **Punch & Deal** traditional show & playing with giant garden games. **8-15 June** **Open Seal & Wildlife Watching Trips** 07837 562076 A one and a half hour trip to a local seal colony. **9 June** **Brookhill Park Performing Arts College** Sandring Road, Hythe Kent 01913 719697 **Open Farm Sunday** with community pet show, shearing demonstrations & more. **9 June** **Shorne Village Hall** Gravesend Craft & Gift Fair for booking www.craftfairuk.co.uk. **9 June** **Gulbenkian Theatre** Canterbury 01227 769075 **The Girl With No Heart** with puppetry, storytelling, live music & shadowplay, 8-9yrs, **22 June** **Bin Men** a story of music, movement, recycling, re-using, puppetry & fun. **29 June** **The Incredible Book Eating Boy**, 4-9yrs, **30 June** **Centrally Heated Knickers**, with songs, grooves & live music, **29-30 June** **Meet Fireman Sam** appearing at intervals throughout the day, the local fire station will also be there with their fire engines for a short time on both days. Also on offer face painting, visit furry friends in Cuddle corner, take a tractor ride & lots more. **8-9 June** **Teston Bridge Country Park** 01622 817623 **Kite Festival** take part in a workshop to make your own kite, **FREE** event. **8-9 June** **New Romney Station** 01797 362553 Family Weekend bringing together visiting miniature railways, traction engines & model railways, fun for all ages. **8-9 June** **Le Wealden** in **Sandwich Guildhall** Forecourt. Two day authentic French Market plus **FREE** outdoor concert with music

include stories & rhymes. **Every Tues** Baby bounce & rhyme time, 18mins or under. **FREE. Every Sat** **Dover Museum** Market Square 01304 201066 Family Day Pop up Puppets workshop, make & design a pop up puppet. **FREE. Every Sun** **Kennington Recreation Ground** Kennington 01233 634410 Summer Fayre with many stalls & attractions a fun day for all the family, **FREE** entrance. **29 June** **Pilgrims Hospice** Canterbury 01227 812621 Summer Fair with stalls, raffle, hot & cold refreshments, live music & children's activities, **FREE** entry. **29 June** **Penshurst Village Hall** 01892 740213/01342 850550 Vintage Fayre with garden wares, clothes, jewellery, antiques, live music, refreshments & much more, entrance children **FREE**. **29-30 June** **Brogdale Farm** Brogdale Road 01795 535286 Strawberry Fair, first fruits of the season will be available to see, taste & buy, plus guided tours with interesting stories, histories & facts about the wonderful varieties growing in the orchards, entrance children **FREE**, bookings 01795 536259. **29 June-28 July** **Shorne Woods Country Park** Gravesend 01474 823800 Archaeology in the Park, meet the archaeologists & take a **FREE** guided tour. **23 June** **The Astor Theatre** Deal 01304 370220 **Auntie Nora's** Bonanza a vintage & handmade market, **FREE** entry. **23 June** **West Malling Farmers Market** 07775 736116 Variety of local produce, **FREE** entry. **24-30 June** **Hempstead Valley Shopping Centre** Gillingham Summer Food & Drink Fayre held throughout the malls of the shopping centre, up to 30 stalls selling a range of food & drink, **FREE** admission & car parking. **Every 2nd Sun** of every month **Farmers Market** is held in the car park offering a range of local produce including meat & much more. **29 June** **Rainham Library** Rainham 01634 337790 Stories & crafts for 3-8yrs, need to book. **FREE. Every Tues** Storytime fun sessions for pre-school children that

Blowing the Whistle on GDC Scam.

Orthodontists and the General Dental Council are operating an illegal scam to withhold information from the public about new methods which can avoid almost all extractions and even major jaw surgery. This is being done partly to protect traditional methods and partly to preserve the high incomes of orthodontists and surgeons. Research suggests that this British development is being ignored in the UK while spreading rapidly abroad. As a result hundreds of children and young adults have extractions and jaw surgery, unaware they may be unnecessary.

Some Orthodontists mislead patients, saying that extractions can be avoided although the traditional methods they use leave too little room, risking severe damage to the face. It is wise to explore the internet yourself, many sites make great claims and show beautiful faces but very few show good results before and after treatment. Even the media is scared of disclosing this scandal.

There is another way.

Take a second opinion now. Nine year old may be too late.

ORTHOTROPICS

The alternative to orthodontics with extractions and surgery.

Orthotropics usually require the extraction of 4 to 8 sound teeth. Orthotropics is a non-invasive method. Family was treated by natural methods. No extractions. No "Train Tracks". No retainers.

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

Professor John Mew, Tonbridge Wells 01892 526406 and The London School of Facial Orthodontics, Purley. 020-8660 5695.

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Dyalexia East Kent Support

is holding an evening talk on:

'Supporting Dyslexics through the Secondary School Transition to Further Education'

Speaker: Clare Hewitt BSc, Cert Ed, Dip SpLD, AEPATOSS

'How students with Dyslexia can be supported at University'

Speaker: Norma Kitson: BA (Hons), PGCE, PGCert (SpLD)

RSA - Celta, AMBDA

When: Tuesday 18th June 2013

7.45 pm for 8 pm start until 9.15pm.

Venue: The Spire Academy, Bredlands Lane, Westbere, Sturry, Canterbury. CT12 0HD (just off the A28). The talk is at the new school on the opposite side of the road to the old school. **Cost:** no need to book a seat (members free, non-members £3) Certificates of attendance will be available.

For more information phone 0845 0038 979
Email: dyslexiaeastkent@gmail.com
Website: www.dyslexia-east-kent.org

Dyalexia
East Kent Support
Registered Charity number 1119669

What's On London Calendar

Go to Page 10

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High quality dance classes in Ballet, Tap, Street Jazz, Modern and Musical Production

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Classes available weekdays after school and Saturdays

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Education

The gift of socks the best for Fathers Day

Subscription service says "Thanks, Dad" all year round. The sock subscription service lifestyle website

www.Socked.co.uk offers the best value all-year gift for Father's Day. The regular delivery of high-quality black cotton socks on a regular basis is the ideal way to say "Thank you" to dads throughout the year. Not only is a sock subscription the perfect surprise gift, but it's far cheaper than you think,

the site's spokesman says, with subscription costing as little as £5.99 a month or £19 a year. "Our socks the best value out there for the gent who dislikes shopping for clothes," said **Mark Hall of Socked.co.uk**,

A special Father's day discount code is available from socked.co.uk simply enter dadsocks for 10% off any plan

www.Socked.co.uk

BEING SUPER DAD

<http://touceanbox.com/> – a monthly delivery of arts, crafts and activities for children, can inspire all the Super Dad's to get creative with playtime, including fun things to make and do and adventures to explore. Here are our top activities for children and their amazing dads. Such things as

1. Treasure Hunt
2. Make some Medieval fruit sweets
3. Get a ToucanBox (of course!)

Every month a box is delivered straight to your door with all the ideas, instructions, materials and tools to create fun and hands-on projects. With themes ranging from bugs to outer space, each box is designed to stimulate your child's creativity and encourage key development skills

Rescuing Gus by Melissa Warham

Melissa Wareham loves her job at **Battersea Dogs and Cats Home**, caring for lost and abandoned animals. When Gus – elderly, smelly and poorly, arrive at the Home one day, she knows that she has found the dog for her, and he has found the human for him! *Life with Gus* takes some getting used to, from him insisting on drinking out of the toilet bowl to his sleep destroying snore and bath aversion tactics, but Gus is a funny, gentle, loving dog and Melissa and he quickly become the best of friends. This is a funny, sad, wise and kind tale of the joy that adopting a rescue animal brings.

pb £5.99

Advertise in PARENTS NEWS call Fergus 020 8337 6337 fergus@parents-news.co.uk

Art Lab for Little Kids

52 Playful Projects for Preschoolers
By Susan Schwake

£16.99 Paperback

Developed for 4-6 year olds and targeting one of the most critical developmental periods for children, *Art Lab for Little Kids* is the perfect book for both parents and teachers who are seeking enriching and unique experiences to offer this age group, with 52 unique projects covering: Drawing, Painting, Printmaking, Sculpture and Mixed Media. As in Susan Schwake's first book, *Art Lab for Kids*, each project or "Lab" can be used as a singular project, or to build up to a year of hands-on fine art experiences, taking their inspiration from the works of prominent artists. The book begins with an introduction on materials and setting up a space for making art. The lessons that follow are open-ended to be explored over and over, with different results each time; they don't result in "cookie cutter" end products, but are a method

of guiding children to learn something new each time they are used.

This motivational book stands out as a unique reference for creating fine art with children through finding the student's own voice, marks and style and with playful lessons that result in significant skill building. Gorgeous photography shows different results from children using the same lesson, exemplifying the way the lesson brings out each artist's personal style. *Art Lab for Little Kids* is a fresh source of creative activities for families and community groups works as lesson plans teachers



June 2013

June 2013

Parents reject Government plans to relax childcare ratios despite cost saving promises, survey finds

Parents are overwhelmingly opposed to Government proposals to relax childcare ratios in England's day nurseries and pre-schools, even if this would result in lower childcare fees, a survey carried out by **Bounty** – the parenting club – on behalf of the **Preschool Learning Alliance** has revealed.

The survey found that 84 per cent of respondents would not support lower staff-to-child ratios even when faced with the difficult decision of trading quality for cheaper childcare bills.

Prime Minister **David Cameron** is reportedly reconsidering plans to relax ratios in childcare settings and for childminders, first revealed in the Government's *More Great Childcare* document in January. Under the proposed ratio changes "appropriately-qualified" staff at childcare settings would be allowed to look after six two-year-old children, up from the current limit of four, and four children under the age of one, up from three, from this September.

Neil Leitch, Chief Executive of the **Preschool Learning Alliance**, which is the largest representative early years and childcare organisation in England, said he was not surprised by the findings.

"Parents using childcare want it to be of a high standard. They have made it clear that they do not want their children to be in settings where ratios are relaxed, even if that will save them money on their childcare costs...."

Big by Tom Hoppood

£5.99 A spectacular celebration of size. Refreshingly simple book that celebrates growing up. Up! A little boy wonders if he will ever be Big.

Tim Hoppood's stylish illustrations bring this endearing little boy to life as he contrasts himself with an ant, a bear and an elephant... The boy grows throughout the story, and by the end he's bigger than his best friend. This book confronts a preoccupation of every child, and every child will recognise and empathise with this little boy's wish to be BIG! Tim is an award-winning illustrator and he brings to life a charming, engaging central character.

CARERS WEEK 10 to 16 June 2013

Across the UK the number of people caring, unpaid for a family member or friend who is ill, frail and disabled has now risen to 6.5 million. Every day at least 6,000 people start caring. Becoming a carer can impact significantly on a person's life – it takes time, energy, can leave you isolated and can be costly.

Prepared to Care? – the 2013 **Carers Week** campaign – will focus on how the UK's current carer population is coping, how effectively Government

is supporting the growing numbers of carers, and whether the wider population is prepared for future caring responsibilities.

Through **Prepared to Care?** **Carers Week** will highlight the impact of caring on daily life and, with an ageing population and higher incidence of disability and serious illness, encourage the public to think whether they could manage a caring role.
www.carersweek.org
www.facebook.com/carersweek
Twitter @carersweek

SCHOOL TALK

- 8 June – St Michael's School** Southfields, **Beach Party Summer Fete**, a great family day with fun for all the family with giant slides, bouncy castle, Anzac bbq, Asian food stalls, tea tent, plant stall, face painting, traditional side stall games including coconut shy, maggot racing & tombola, 12-4pm.
- 12 June – Dalmain Primary School**, Forest Hill, **Open Morning**, 9.15am-11.15am, **Tel: 020 8699 2675**
- 28 June – Ashmole Primary School**, SW8, **Summer Fair**, 3-6pm, **Tel: 020 7735 2419**.
- 15 June – Hilcross Primary School**, Morden, **Medieval Summer Fair** to include archery, Medieval jester, apple bobbing, children's medieval themed crafts, pony rides, giant inflatable activities, beer tent, bbq, a visit from a modern day fire engine & crew plus stalls, **FREE** entry for children, 12-3pm.
- 29 June – Poplar Primary School**, Merton Park, **80th Birthday Summer Fair**, 12-3pm.

Schools that distribute **PARENTS NEWS** may get these entries, **free** info@parents-news.co.uk

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Term time literacy tuition also available, Wednesdays 4.00pm-5.00pm, £21.50 per session. 3 children to 1 teacher.

Telephone 07734 11 50 54 for further details
www.anchor-school.co.uk

Kids Swimming Aids For Summer Education



Summer is fast approaching, and there is nothing better than taking a dip in the pool or sea when enjoying your family holiday. But with recent statistics finding that 1/3 of all UK children cannot swim, spending time around the water when on holiday can be a leave parents a little uneasy. Taking a look at the range of kids water aids available from swimwear specialists **Zoggs**, For swimming aids and tips www.zoggs.com

The Ursuline Preparatory School
18 The Downs, Wimbledon SW20 8HR
Telephone: 020 8947 0859

- ★ Offers now being made for entry 2014, co-educational Nursery
- ★ Part-time and full-time Places
- ★ After School Care until 5.45pm
- ★ Contact us for further details: admissions@wups.co.uk

July~Aug 2013 Summer Courses
29th July ~ 16th Aug 2013 (3 weeks)

11+ Summer Intensive Course *Apply early as spaces are limited!

It's your last chance to prepare for the upcoming 11+ exams!

Subjects VR, NVR, English and Maths
Times 9:00am-3:30pm (1.5hour / subject)
Venue King's College School, Wimbledon SW19 4TT

Reading Club www.oxbridgeuk.com

Improve your reading & writing skills in a fun environment with books!

Subjects Reading Club for Yr1-6 & Shakespeare Stories for Yr7-8
Times 9am-12pm OR 12:30pm-3:30pm (3 hours everyday)
Venue Oxbridge Centre, Cavendish House, New Malden KT3 6QQ

Primary and Secondary Summer Courses
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Primary Courses * Times : Between 10am - 2:30pm
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Secondary Courses * Times : 4pm - 7pm (1hour / subject)
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★ GCSE Preparation : English & Maths (Yr 9 & Yr 10)

020 8949 2131 Primary Enquiry **020 8949 8838** Secondary Enquiry
info@oxbridgeuk.com admin@oxbridgeuk.com

Oxbridge Centre is a well-established tuition centre based in New Malden. Currently there are around 500 students from year 1-A-Level studying at the centre. Why don't you join us too?

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TWICKENHAM

Open Afternoon
Prep & Senior
Saturday 22nd June
1:00pm

In addition we are holding a Year 5 Activities Morning on this day.

A Catholic school warmly welcoming girls of all faiths, age 3-18.

Call Mrs Angelita Faulkner to reserve your place for either event on 0203 261 0139 email admissions@stcatherineschool.co.uk

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www.activelearningchildcare.co.uk

London Calendar

June London Palladium Argyle Street 020 7494 5020 Charlie & the Chocolate Factory Musical. **Ongoing Imperial War Museum** 020 7416 5439 A Family in Wartime Exhibition the lives of William & Alice Allpress & their ten children & what life in London was like during the war. **FREE. Ongoing Secret War exhibition, FREE.** **Every Sun National Gallery** www.nationalgallery.org.uk 020 7747 2885 Family workshops for families bringing paintings alive & listening to a themed story on the magic carpet. **FREE** family trail. **Every Sun Hildreth Street Market** Balham SW12 Street Market with fresh food traders sourced from all over London. **Every Tues & Wed from 25 June-24 July** **Devonshire Square EC2** 0845 120 7520 www.wcof.org Summer Fest with live music, dance, street acts & circus, 12.30-2pm. **Every Sat Venn Street Market, Clapham Common** 020 7622 8259 Offering fine foods & fresh produce plus a variety of handmade crafts will be available throughout Dec with gifts & cards for all the family as well as Christmas trees & floral decorations. Christmas trees will be available. **Every Sat Blue Elephant Theatre** Camberwell 020 7701 0100 Young People's Theatre workshops, various age groups 7-18yrs. **FREE** to join. **Every weekend Tate Modern** Bankside London SE1 020 7887 8008 Open Studio play & create with ideas & materials from artworks in the collection displays for all ages.

Daily Family resources with paper based activities for families all ages. **FREE.** **Daily Children's Multimedia** Guide keeps children entertained & animates art works through music, video clips & entertaining games, 5+yrs. **Daily** Under 5's Zone a new play space for families. **FREE.** **Every weekend Start** Sessions with games, map making & clue matching, 5+yrs. **FREE.** **Every weekend Temple Station** 020 7222 1234 Harry Potter Locations Tour, 2 ½ hrs. **Every weekend Clocktower Market** High Road Quirky weekend market has 50 stalls specialising in vintage, retro & antiques with a few contemporary craft stalls. **FREE** entry, www.clocktowermarket.co.uk **Every weekend Tate Britain** Millbank 020 7887 8888 Liminal invites visitors into a physical, material & social experience of sculpture through touch, interaction & collaboration, all ages. **FREE.** **Every weekend Art Trolley** sessions encourage children to imagine & create collages & lots more. **FREE.** **Every Weekend Children's Multimedia** Guide fun & interactive a sensory experience for all the family to enjoy, 4+yrs. **Daily** Family Resources provides questions & activities which encourage children & families to explore art works. **FREE.** **Daily** Family Trails, under 5's. **FREE.** **Ends 30 June Science Museum** 0870 870 4668 Last chance to see, Codebreaker exhibition. **Daily** take control in 360 degrees flight simulators or fly with the Red Arrows

in their sensational 3D motion effects theatre. **Every weekend** **Icy Cool Adventure** families, under 7's. **FREE.** **Every Weekend Spaced Out**, families, 5+yrs. **FREE.** **Every Weekend** A Cockroach Tour of the museum visitors take on the form of cockroaches dressing up in realistic costumes. **FREE.** **Until 11 July Madame Tussauds** Marylebone Road 087400 3000 One Direction new wax figures in a fully themed dedicated area. **Until 15 Sep Natural History Museum** 020 7942 5000 **Every weekend & school hols** Hands on Nature Dinosaurs, using the handling station & explore interesting specimens with the help of the museums science educators. **FREE.** **Up & Up** and **Away** interactive storytelling for under 7's. **FREE.** **Investigate** Centre families can work together as scientists to investigate specimens, 7+yrs. **FREE.** **Until 15 Sept** Sensational Butterflies follows the trail along the life cycle route, watch hungry caterpillars hatch by your side & witness hundreds of striking butterflies & moths fluttering above your head. **Every weekend & school hols** Gallery characters. **FREE.** **Daily** Family Earth Lab explore the wonder of fossils, rocks & minerals, families, 6+yrs. **FREE.** **Explorer** backpacks, families under 7's. **Dippy** Floor puzzle 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 Point handling trolleys

explore real specimens with the help of volunteers, using different natural history themed activities, all ages. **FREE.** **Every Sat** The Bird Table using real specimens, activities will encourage you to look closely, make comparisons, discuss ideas & develop your knowledge & understanding of Antarctica's penguins. **FREE.** **Every Sat** Hands on Nature/Ocean Life, drop in family activity all ages. **FREE.** **5.12.19.26 June Questers Theatre** Mattock Lane 020 8567 0011 Backstage tours a chance to find out if you would like to get involved in theatre, 14-18yrs. **FREE.** **7-9 June Old Spitalfields Market** 020 7247 8556 Jewel East Friday showcase event for new jewellery designers, costume & vintage jewellery & lots more. **7-9 June Foodies Festival Clapham Common** Various top chefs will cook their signature dishes in the Chefs' Theatre & explain how amateur cooks can prepare the same dishes at home. Also included is a spectacular Cake & Bake Theatre with members of the audience invited to participate, a BBQ arena featuring hourly BBQ classes & competitions for foodies to get involved in, a Wine Village a dining & VIP area serving signature dishes from top local restaurants & lots more. There will also be a City Beach where families can chill out on deckchairs with ice cream or an afternoon tea whilst children build sand castles, entrance under 12's. **FREE.** when accompanied by an adult. **www.foodiefestival.com** or **Tel: 0844 995 1111.**

7-16 June Greenwich Market Jewellery Week with an array of events ranging from a glittering treasure trail throughout Greenwich to a competition with Beadair, the Greenwich bead bead & jewellery accessory shop, for the under 12's where they can enter their design for perfect jewellery. **7 June-15 Sept National Maritime Museum** Greenwich 020 8312 6565 **Visions** of the Universe exhibition. **8 June Kensington Memorial Park** 020 7938 8190 Parks Police Dog Show with pedigree & novelty classes including dog with the wagged tail & best rescue dog, proceeds going to Brain Tumour Research campaign. **FREE** microchipping with Dogs Trust & Police Dog display. **8 June Thames Path Charity Walk** 07768 451425 Waterloo Station to Wandsworth approx 5 miles & open to only over 16's in aid of the Royal National Institute for the Blind. **13 June The Royal Observatory** Greenwich 020 8858 4422 Sci-Fi Movie Night The War of the Worlds followed by a talk, 11+yrs. **29 June** Summer Science planetarium show, 11+yrs. **29 June** Saturday Space Explorers fun monthly workshops where families can make simple cardboard instruments, including planet finders & moon dials which they can take away and use at home, 5+yrs. **FREE.** **Throughout June** The Universe Exposed family show, 7+yrs. **Throughout June** We Are Aliens, 5+yrs. **Throughout June** Sky Tonight Live, 5+yrs. **Throughout June** Solar System, Galaxy, Universe show, 5+yrs. **Until 1 Aug** Alien Revolution a new exhibition.

Street Hospital children's charity 5K family fun run, walk, jog, run or scooter, under 5yrs. **FREE.** start 10am. **www.niceforthekids.co.uk** **9 June Rich Mix** Bethnal Green 020 7613 7498 Grand Union Youth Orchestra music workshops for young musicians 12-26yrs. **FREE.** **10-24 June** Wiggly Jugglers, creative movement sessions to give your young ones the space & **FREE**Edo to move in ways that support their development & stimulate their imagination, 0-2yrs. **16 June** Numbi workshops, sing, clap, beat a drum, play an instrument & put words together in new ways with other people. **13 June Westminster Abbey** Chapter House Parliament Square London 020 7222 5152 Coronation 60th anniversary concert performed by the choir of Westminster Abbey. **Until 7 Sept** Coronation a new exhibition **13 June The Royal Observatory** Greenwich 020 8858 4422 Sci-Fi Movie Night The War of the Worlds followed by a talk, 11+yrs. **29 June** Summer Science planetarium show, 11+yrs. **29 June** Saturday Space Explorers fun monthly workshops where families can make simple cardboard instruments, including planet finders & moon dials which they can take away and use at home, 5+yrs. **FREE.** **Throughout June** The Universe Exposed family show, 7+yrs. **Throughout June** We Are Aliens, 5+yrs. **Throughout June** Sky Tonight Live, 5+yrs. **Throughout June** Solar System, Galaxy, Universe show, 5+yrs. **Until 1 Aug** Alien Revolution a new exhibition.

June 2013

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15-16 June National Army Museum 020 7790 0717 **www.national-army-museum.ac.uk** Build Your Own, Father's Day weekend event tanks to bruchets try your hand at the rifle training range & tackle the rock climbing wall, families 7+yrs. **Every Sat afternoon** A Soldier's Life workshop learn about the life of a soldier. **FREE.** **Daily** 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 under 10's plus a soft play area **16 June** **Streatham Common** www.streathamtoday.org.uk Kite Day, fly your own or try a kite, 11-5pm. **FREE.** **20 June** **The British Postal Museum & Archive** www.postalheritage.co.uk The Curious Culture of Letter-writing exhibition. **20-23 June Regent's Park Open Air Theatre** The Ironworks Iron Circle Regents Park 08700 601 811 Taste of London open air food & drink festival with interactive programmes on cooking & eating. **20 June-20 July** Pride & Prejudice. **29 June-20 July** The Winter's Tale re-imagined for 6+yrs. **20 June-20 July** Regents Park Open Air Theatre Iron Circle Regents Park London 08700 601 811 Pride & Prejudice. **29 June-20 July** The Winter's Tale tailored specifically for children 6+yrs. **21 June** **Victoria & Albert Museum** Cromwell Road London 020 7942 2000 Evening Talk Jo Malone. **Until 2 Mar** War Games new exhibition. **FREE.** **8.15.29 June** Children's Dance a new dance class exploring rhythm & creativity with Adrenaline Dance, 4-6yrs. **22 June** Introduction to Chess Basics

learn how to start a game, tactical tips & strategic skill, 6+yrs. **21-29 June** **Greenwich & Docklands International Festival** www.ifestival.org.uk Various locations with a line up of inspiring UK & international outdoor arts with a packed programme of eye popping spectacles, innovative outdoor theatre, dance, art & lots more. **21-29 June** **Greenwich Docklands International Festival** 020 8305 1818 Various locations packed programme of spectacles, innovative theatre & outdoor dance. **Tel: 020 7697 8453.** **22-23 June** **HMS Belfast** Tooty Street London 020 7940 6320 **020 7403 0719** (Slang at Sea have a go at 'Jack-speak' & learn the origin of many slang & popular expressions from life at sea, drop in events all ages. **22 June-14 July** **Beyond Building The Rose Lipman Building** 43 De Beau voir Road Hackney 0845 120 7511 Bank On It interactive production with puppets, 5+yrs. **23 June-26 July** **City of London Festival** 0845 120 7520 **www.colf.org.uk** Extravaganza of music, dance, art, film, poetry, family & participation events on some of the City's most iconic venues & outdoor spaces into a wealth of creative activity for all **23 June-26 July** **City of London Festival** 020 7638 8891 An extravaganza of music, dance, art, film, poetry, family & participation events transforming some of the City's most iconic venues & outdoor spaces into a wealth of creative activity for everyone to enjoy for programme www.colf.org **25 June-3 Nov** **Theatre Royal Drury Lane** 020 7494 9060 **Charlie & the Chocolate Factory** **27-30 June** **Crystal Palace Park Overground Festival** Main car park Thicket Road 020 8778 7148 Events to include performing arts, crafts, holistic & sports activities, live music, DJ's, food & drink plus lots more. **www.crystalpalacefestival.org** **27-30 June** **Crystal Palace Overground Festival** 07780 703600 Events to include performing arts, crafts, holistic & sports activities, live music, DJ's & food, craft & vintage shopping plus lots more. **FREE.**

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Health & Fitness

Tahini Chocolate Cake

From the **SuperMenu Healthy Cookery Class Recipe Book**. Yes it's possible to eat your cake and be healthy (and even lose weight)! This chocolate cake might look naughty on the outside, but on the inside, it's packed full of wonderful protein from eggs, nuts, sesame seeds and quinoa, which keeps your blood sugars nice and even (giving you much more lasting energy, and helping your metabolism to burn fat rather than store it!). It's also full of nutritious vitamins and minerals, like selenium from the brazil nuts (great for anti-aging), and zingy zinc from the tahini (supporting over 200 functions in the body). And of course, the 70% cocoa is high in antioxidants (which protect the body from the damage of free radicals) and magnesium (the 'relaxing' mineral).
Ingredients
 4 large eggs
 150g dark chocolate (minimum 70%)
 4 heaped tablespoons tahini paste (80g)
 ½ cup light muscovado sugar (or xylitol) (60g)
 2 tablespoons quinoa flour
 25g hazelnuts
 25g brazil nuts
 1 pinch of sea salt (optional)
 1. Preheat the oven to 450F and

butter a cake tin. Set aside
 2. In a separate tin, roast the hazelnuts and brazil nuts until they start to turn slightly brown
 3. Place the chocolate and tahini in a bain marie (in a bowl over simmering water) until melted
 4. In a bowl, mix the eggs with the sugar and salt. Beat until pale in colour and the volume of the batter has doubled
 5. Fold the quinoa flour in gently into the chocolate mix
 6. Add the roasted hazelnuts
 7. Pour into the cake tin
 8. Bake for 10-12 minutes in a shallow tin (or double that if baking in a deeper loaf tin)
 The next **SuperMenu** cookery classes for health conscious gourmets will be on **3rd June, 1st July and 5th August** (from 6.30pm) in Putney.
 For more information, contact Angela on **07828 293 386** angela@superwellness.co.uk or visit www.superwellness.co.uk.

HOLIDAYS

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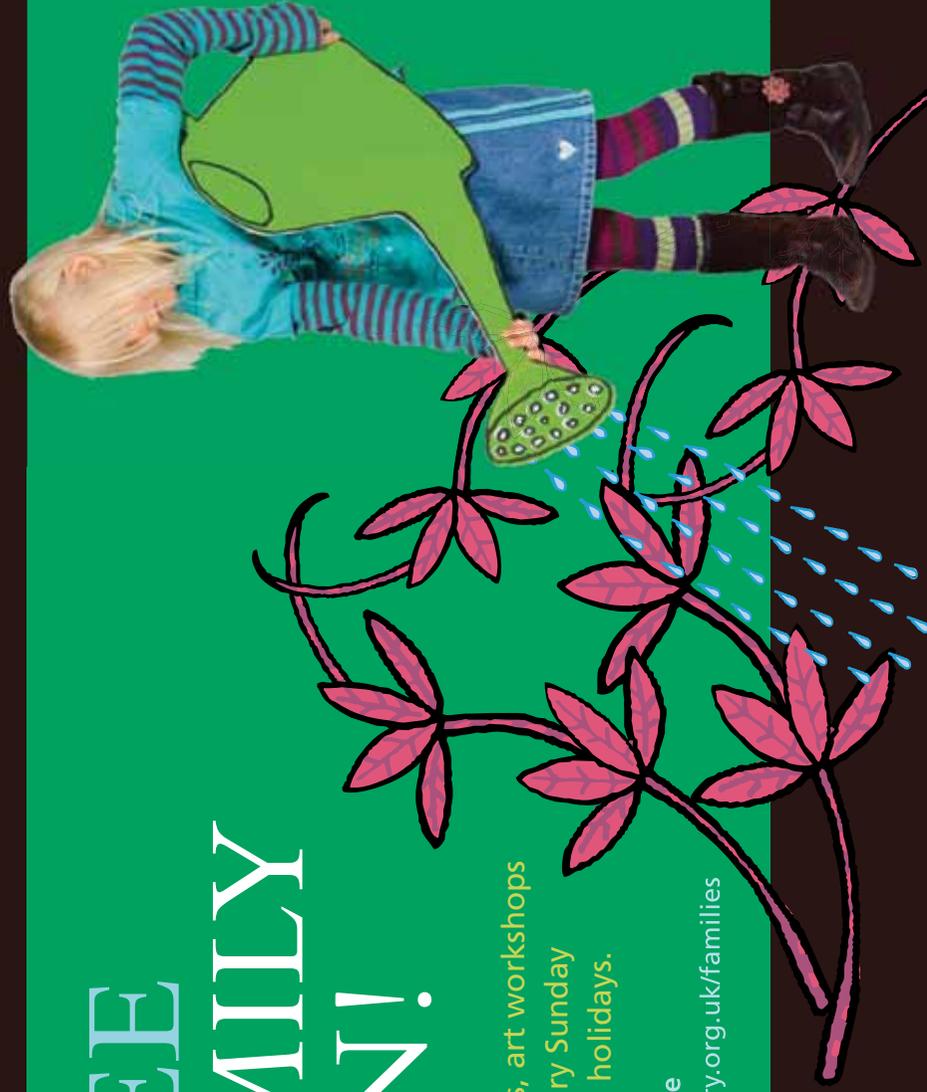
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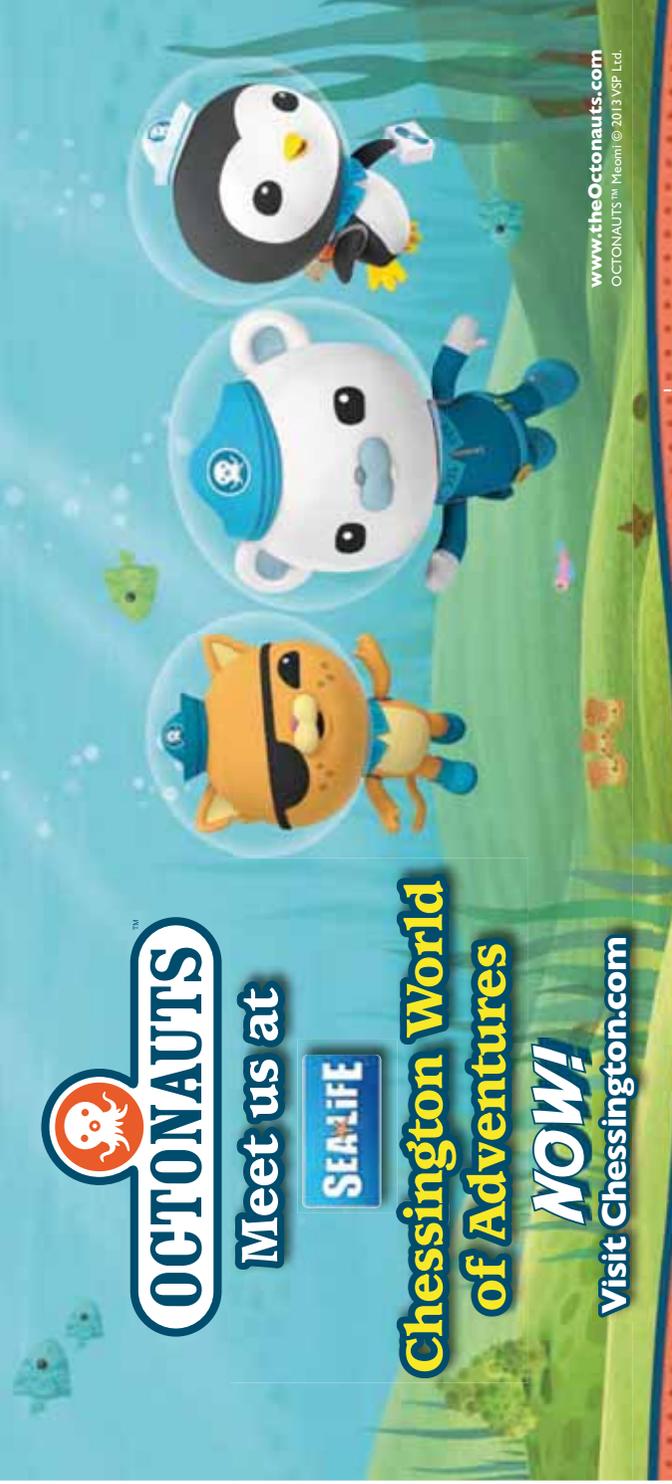
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