

PARENTS NEWS

June 2013 No.180

The First & Foremost Local Monthly Newspaper for Families

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Sea-Life
www.chessington.com

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

www.farming-world.com

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www.parents-news.co.uk

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KENT

Parties

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

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,
to arrival, 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!
Menus 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
perfect party, these include:
face painting, tractor & trailer
rides, horse & cart rides, birds
of prey presentation, 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

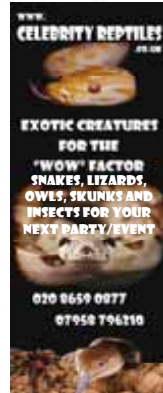
Farming World is open seven
days a week, 9.30am to 5.30pm
until the end of the season on
3rd November, and is just off
Junction 7 of the M2. Normal
prices are £6.50 adults, £5.50
for children aged 3 - 15 years,
concessions £5.50. Sorry,
guide dogs only.

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June 2013



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Steve Nash from tent-hire
company **Surrey Bell Tents**

Surrey Bell Tents
A local family business providing
beautiful canvas Soulpad Bell
Tents for any occasion. Whether
you are planning a children's party,
camping holiday, birthday or any
other occasion we can deliver a
memorable rental package
that takes all the hassle out of
your planned event at a very
reasonable price.
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requirements and we will call the next
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07948 795 626

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, enjoy
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, no-
hassle solution for parents with
children who are clamouring
for sleep-overs and parties
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indoors: kids just love the fun
of having their own private,
chill-out zone in the garden.
They are ideal for adults too.

www.surreybelltents.co.uk
07948 795626

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Thur 13th - Sun 23rd JUNE
Family SAT 15th and THURS 20th JUNE ALL FREE RIDES for 30 Minutes
Closed 17th-19th
THURS 13th & THURS 20th JUNE ALL RIDES HALF PRICE!
FREE ADMISSION - FREE CAR PARK - SAT NAV: SW19 4UF
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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
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Adventures Resort!

Bring your family, bring
your friends, meet the Zoo
animals, have a delicious party
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Cheshington is 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

hand to make things just right.
PLUS, a big Birthday Badge so
they know who's boss.
It's the child's party, so make it
unique with a few little extras
that make a big, big difference:
Birthday Cake - it's not the
same without one - £15
Party Bags - take the fun
home with crayons, stickers, a
colouring pack, animal playing
cards, wild animal mask,
sweets and more - £4 pp
Theme Park entry - big up
the wild experience with an
afternoon of adventures after
the party - £10pp
Hot food buffet lunch - yum!
- £5pp
Birthday Break package
- spend the night in a cool
room in our safari-themed
Resort Hotel, including Theme
Park tickets, a great gift bag,
birthday cake and balloons
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family of four.

www.cheshington.com
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Epsom College
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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 nor-
mally have their food. Children are only inter-
ested 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 any-
thing you are doing and too early they might
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



www.stagecoach-parties.co.uk

Super 4 & 8
are mobile, linked racing car
simulators allowing 4 or 8
drivers to race each other in
the same race at the same time,
7-yr, operated in all weathers,
2 hours hosted party, driver's
passes for all drivers, winners
medal for Birthday boy/girl,
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parties with inside & outside
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for with packed lunch, or
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Balloons and party novelties
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buffet Party bags

The Dungeons
Come and celebrate your
birthday with one of our terror-
ific birthday party packages!

Li'l Jockey Children's Parties

Are you looking for something
'different' for that birthday
surprise? *Li'l Jockey* parties
are unique, non-stop fun and
very popular for children of
all ages. With so many self-
powered ride-on animals to
choose from you can make
that birthday party a day to
remember. They can provide
several party themes which
include *Cowboy, Jockey and*
Jungle. The animals work by
physically moving your body
to move around.
To get the animal to move
forward you must stand up
and then sit down. You can
also turn the head and steer
the animal like a bike. The
operation is extremely easy and
children as young as 3 years
old have no trouble moving
around at their leisure.
Every *Li'l Jockey* birthday

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.li-l-jockey.co.uk

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Discovery Centre One free
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Use of a *LEGO*® themed
Birthday Party room for up to
45 mins, with a party host for
the duration of your time in the
Birthday Party room
Birthday cake and party meal
for the children

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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 mud
Mini Tanks are an exciting
alternative to *Quad Bikes*
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children's parties or just a
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- **MINI TANKS!** They are
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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
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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

MINI TANKS HAVE ARRIVED IN SURREY!
Come and see what all the fuss is about! Control a real Tank
All weather Mini Tanks. They are safe and great fun for
children and adults alike.
Why not book an army themed party with our Mini Tanks?
For more info/bookings visit
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Or call 07783293866
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Thanks Mum!

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www.myorthodontist.co.uk Walpole House, 15 St Leonards Road, Thames Ditton, KT7 0RL

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*
Saturday 20 July 3.30pm-5pm
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

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

June 2013

What's On

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

Kanty (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*.



Grand Summer Steam Up

Kew Bridge Steam Museum

11AM - 4PM

Saturday 29 & Sunday 30 JUNE

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NEW ARTISTS & BLACKSMITH
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Kids go free!*

*With a full paying adult

Daily Larkfield Leisure Centre Aylesford 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 1552277 Various times Junior Fitness, 12-15yrs **Selected** Sates Wave Pool Party Available Birthday Parties for under 10's

Daily Tides Leisure Centre Deal 01304 373399 Indoor tropical lagoon with waves & gusher, fun water features & giant slide Jacuzzi & toddler pool. **Every weekend** Family Splash.

New Tunbridge Swimming Pool Lower Castle Field 01732 367449 Kickstart a brand new all inclusive membership with unlimited access which offers a wide range of activities for under 10's **Every Tues & Thurs** term time only parent & child fun swim.

Ongoing Run off your Feet FREE running sessions across Kent, women & men of all ages & abilities are putting on their trainers & jogging the streets & parks of Kent all part of a county wide campaign to get people running to feel fitter, healthier & happier. In Kent leaders have been trained to set up local running groups & they are keen to welcome new runners. Get your first running session FREE at your local group when you mention Parents News. All groups are led by qualified, enthusiastic friendly leaders. To find your local group visit www.kentreport.org/rungroups.

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

Ongoing Lydd Library Part of a library touring exhibition by Vis-Art a Maidstone group of artists, to appeal to book lovers young & old & includes work inspired by the childrens book 'The Very Hungry Caterpillar'.

Ongoing Dover Leisure Centre 01304 201145 **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** Teatime Storytime after school, 3-8yrs, term time only. **Every Fri** Homework club with friendly staff to hand to help you with all your homework questions, 3-30pm.

Every Mon St Peter's Church Hill Broadstairs 01843 602452 Sprats Parent & Toddler group, termtime only.

Every Mon St Matthew's Church Hill Rochester 01634 843666 www.hertingdenparish.org.uk Baby Sunday classes for babies up to 16mths, activities to include bells, balls, bubbles, light shows & more. **Text: 07813 632552**.

Every Mon Walderslade Hood Meadow Library Chatham 01634 877064 Baby bounce & rhyme time, 18mths & under, **FREE** **Every Wed** Storytime fun sessions for pre-school children with stories & rhymes, **FREE**.

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

Ongoing on Mans Cuxton Library Rochester Baby massage courses for babies 8wks & not yet crawling, **FREE**, to book **Text: 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, **Text: 01634 336209**.

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

Every Mon & Fri Rochester Library Eastgate 01634 337411 Baby bounce & rhyme time with finger & nursery rhymes, 18mths & under, **FREE**. **Every Sat** Pop in and Play sessions for parents & children, 10.30-11am, **FREE**. 4th Fri of month Advice & support - Health & lifestyle advice, drop-in, no need to book.

Every Tues Chatham Library Gun Wharf Dock Road 01634 337799 Storytime for pre-schoolers, **FREE**. **Every Thurs** until 31 Mar Toddler shake & boogie fun packed activity session.

Every Tues Ho Lyd Library Rochester 01634 250604 Storytime fun sessions for pre-school children with stories & rhymes, **FREE**. **Every Tues Strood Library** 01634 718161 Baby bounce & rhyme time, 18 mths, **FREE**. **Every Thurs** Homework club with friendly & knowledgeable staff on hand, **FREE**. **Every Tues** Teatime Storytime, after school, 3-8yrs, 2nd Tues of month Advice & support - Health & lifestyle advice, drop-in, no need to book.

Every Tues Faversham Community Primary School 01634 376270 Parents & toddlers club term time only 10-11.30am. **Every Thurs**

Baby bounce & rhyme time, parents & carers can enjoy knee bouncing, finger rhymes & nursery rhymes, 18mths & under, term time only, 01634 337340.

Every Tues Hundred of Hood Swimming Pool Rochester 01634 401989 Beaver Swimming Club 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 Teatime 3-8yrs & Toddler shake & boogie. 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 Antartica the final Expeditions of Scott & Shackleton'.

12.29.15, 16.22.29 & 30 June Sea Searcher Boat Trips at Ramsgate 07837 562076 Taster 3hr trips of sea angling, rod hire & bait included in the price, 3.19 June Full day fishing trips.

3.9 June Ghentur Place 01892 870307 Poshious Gardens week. **4.11 June Chapel Le Ferne Farmers Market** 07796 432445 Local produce with fish, meat, eggs, speciality dishes & lots more.

5 June Maidstone Museum & Bents Art Gallery 01622 602838 Tiny Talk Time, Jack and the Flum Flum Tree storytelling & colouring

3pm, term time only, **FREE**. **Every Thurs during term time** Margate Baptist Church 4 Cecil Sq Kent 01843 290869 Little Fishes Toddler group for parents & carers to meet & socialise with food, games & fun, 10-11.30am.

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Every Sat Dickens House 01843 871133 Broadstairs Historic Walk, 2pm.

Every Sat St Paul's Fleur de Lis Heritage Centre Faversham 01795 534542 Guided Town walks, 90 minute guided stroll through Faversham.

Every Wed Dunorlan Park 07990 973313 Every Wed Bugs Workout, exercise for mother & baby, power walking around the park utilising the benches & steps available, 10.30-11.30am.

Every weekend Broadstairs Harbour 07847 473615 Market, weather permitting.

Until 19 July Pagoda Centre Tunbridge Wells 0772 544041 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.

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Calendar

activity for under 5's. 19 June Wiggle & Jiggle play instruments & sing along to popular nursery rhymes, under 5's.

8-9 June Warner Castle & Gardens Deal Kent 0870 333 1181 Punch & Judy 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 Brockhill Park Performing Arts Colchester 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.craftfairshorne.co.uk

9 June Gulbenkian Theatre Canterbury 01227 769075 The Girl With No Heart with puppetry, storytelling, live music & shadowplay, 8-yrs, 22 June Bin Men a story of music, movement, recycling, re-using, puppetry & fun.

15 June The Incredible Book Eating Boy, 4-yrs, 30 June Centrally Heated Knickers, with songs, grooves & lights of musical fancy from The Homemade Orchestra, all ages.

9 June Biddenden Vineyards Ashford 01580 29126 Annual food & drink day to taste & buy from the producers of a wide range of local products, proceeds Farm Air Ambulance, www.kentairambulance.co.uk, **FREE**.

9 June Princess Christian's Farm Riding Lane Hildenborough Open Farm meet the farmers who grow their food & care for the countryside.

9 June Hartley Beet Farm Nr Canterbury 01244 531822 Open Farm with meet the animals, sausage making demonstrations, tractor trailer rides & (pony rides which will incur a small charge).

from 'Les Troubadours de Park' & Can Can dance exhibition, tickets plus lots more, 01304 611619.

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9 June Gore Farm Sittingbourne 01616 257582 Open Farm, meet their alpacas, pigs, goats, reindeer, birds & Shetland ponies.

9 June Park Farm Water Lane Hawkhurst 01580 753558 Open Farm with activities, farm walk, wild flower meadows, see the lambs & pigs, grazing cattle, sheep shearing, sausage making demonstration, bbq & lots more, proceeds to Hospice in the Weald.

9 June Monkshill Farm 01579 320843 Open Farm with self guided farm walk, sheep shearing demonstration, meet the farm animals, make your own scarecrow & much more, plus refreshments available or bring a picnic, a great day out for all the family.

9 June Old Ride Farm 0114 2332683 Open Farm.

9 June Mote Park 01622 790195 It's a Knockout challenge, **FREE** to watch, sponsorship to take part, www.kidscotland.co.uk 15 June Treat your dad like the King of the Castle, Dads get **FREE** event, 23 June A fun fitness program for parents with prizes or purchases.

9 June Denne Hill Farm 164 532640 Open Farm activities to include farm tour, nature trail, bird nest competition, machinery demonstration & much more.

9 June Belmont House Throby, Faversham 01795 890202 Open Farm Sunday get to know how your food is produced & how the countryside is cared for. Refreshments to include cream teas.

9 June Chartham Hatch Village Hall Canterbury 01227 731725 Farm Fair with craft stalls, trade stands, games, bbq, bar & lots more, **FREE** parking & entry.

9 June Woodlands Farm 01432 769323 Open Farm Sunday, www.thewoodlandsfarmtrust.org

9 June Warren Farm 01308 459549 Open Farm Sunday activities to include nature trails, tractor rides, bird spotting, boules, picnic area, see the animals & much more, a nominal fee applies just to cover the cost for activity sheets, 11-4pm.

9 June Romshod Farm Underiver Sevenoaks 07811 209409 Open Farm Sunday with farm walks, children's activities & lots more, bring a picnic, drinks provided, 11-3pm.

9 June Roundoak Farm Heniker Lane Sutton Valence

13 June St Peter's Village Tour Margate 0754 6 14948 Guided walk meeting costumed characters, need to book.

22-23 June Breads Hatch Fawkhall Longfield 0843 453 9000 Mini Festival racing fun live music, action on the rally stage plus an air display, entry **FREE** for under 12's.

22-23 June Sandwich Medieval Fayre Deal Farm Shio Deal 01304 617250 With traditional crafts including blacksmithing, calligraphy, leatherwork & pottery, combat demonstrations, have-a-go crossbow & archery & dressing up. A Tavern will be on the field serving food & there will be real ales, ciders & mead plus local produce from the farm shop.

22-23 June Smarden Open Gardens 01233 770429 A weekend of lovely gardens of all shapes & sizes, classic cars, bell ringing open air, an organ recital, a chance to climb the church tower, homemade teas, plant stalls & lots more, entrance children **FREE**.

23 June The Astor Theatre Deal 01304 370220 Auntie Nora's Bonanza a vintage & handmade market, **FREE** entry.

23 June Westalling Farmers Market 07775 736116 Variety of local produce, **FREE** entry.

24-30 June Hampstead Valley Cultural Festival 01303 247458 Featuring music, dance & entertainment from around the world in Folkestone's pedestrian precinct. The main stage will be in the pedestrianised area of Sandgate Road.

15 June St John's Comprehensive School Gravesend 07841 912877 Nearly New Sale with toys, games & books, clothes (0-5yrs) & maternity baby equipment plus refreshments & cakes, 10-10.2pm, entrance **FREE** for children.

16 June Dover Transport Museum 01304 201711 1960's Day

16 June Brett Ashford Triathlon www.triathlonevents.com The triathlon will start in Canningbrook Lake before competitors head out to the Julie Rose Stadium onto quiet scenic country roads through Wyre before returning to transition at trackside, **FREE** to watch.

16 June Chislehurst Farmers Market 07775 736116 Produce to include seasonal fruit & vegetables, bread, meat, cheese & much more, 10-2pm, **FREE**.

16 June The Friars Aylesford 01622 717272 Sweets & Fayre with stant shows, vintage cars, owls & alpacas, dance group, kick boxing, martial arts, live music, children's entertainer, craft stalls, refreshments, bbq & lots more.

16 June Whitstable Umbrella Fun Day 01227 263595 Attractions to include craft & trade stalls, small funfair including paratrooper, childrens rides, large inflatable slide, music, dance display by Many Hoops Owl Rescue Centre, food including fast food, crepes, donuts & ice cream plus lots more, **FREE** entrance.

17-23 June Hever Castle Kent 01732 865224 Rose Week

22 June Dickens World Chatham Maritime 01634 890421 Carmen the opera, child friendly event.

22 June Manston Airport Manston Ramsgate South East

Airshow plus a Typhoon aircraft simulator, helicopter flights, funfair, craft fayre, WWII re-enactment & at least 90 local vintage car & motorcycles will be on display plus lots more.

22 June St David's Church Newton Close Ludlow, Shropshire 'n' Buy Clothes Special plus refreshments available, **FREE** entry.

22-23 June Cartwell Westerham 01732 868381 Wartime Weekend re-enactment.

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include stories & rhymes. **Every Tues** Baby bounce & rhyme time, 18mths or under, **FREE**.

29 June Dover Museum Market Square 01304 201066 Family Day Pop up Puppets workshop, make & design a pop up puppet, **FREE**.

29 June 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 Fayre 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, books, refreshments & much more, entrance children **FREE**.

29-30 June Brogdale Farm Brogdale Road 01795 535286 Strawberry Fayre, 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 536250.

29-28 July Shorne Woods Country Park Gravesend 01474 823800 Archaeology in the Park, meet the archaeologists & take a **FREE** guided tour.

30 June The Pilgrims Way Upper Street Hollingbourne 01622 888080 Hog Roast Party with music & fun.

30 June Great Kent Bike Ride North of Ashford 01179 897080 Choice of 35 mile or 60 mile routes to raise money for the East Kent Hospice Charity.

30 June Bluewater Parkland Fun 8K race for all the family either run the distance or power walk with your baby & buggy, the route follows a designated path & is easy to navigate with a buggy.

www.funmays.org/babyrace

What's On
London
Calendar
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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

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://toucanbox.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 swords
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 curiosity and encourage key development skills

Rescuing Gus by Melissa Warham

Melissa Warham 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



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 **Pre-school 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 **Pre-school 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 Hopgood

£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 Hopgood'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

Prepared to Care?

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**, 9.15a.m., **Tel: 020 8699 2675**
28 June – Ashmole Primary School, SW8, **Summer Fair**, 3-6pm, **Tel: 020 7735 2419**.

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

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UNIQUE LEARNING ENVIRONMENT

The Anchor School
Rosehill, Sutton
Independent day school for girls and boys aged 5-11

- We see enormous progress: up to three year's reading gain in a year
- Unparalleled levels of individual attention – lots of one to one teaching
- All learning styles catered for
- Regular diagnostic testing ensures tailor-made individual programmes
- We consider the whole child, including the role of diet, supplements, exercise, sleeping position and Brain Gym
- Dyslexia specialists, English as a Second Language - all available at no extra cost
- We still teach courtesy, table manners and respect for others!

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

Telephone 07734 11 00 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@uups.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 website **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
Begin your new school year with confidence by taking Oxbridge's Summer Courses!

Primary Courses *Times : Between 10am - 2:30pm
★ English, Maths (Yr 1-Yr 6), Essay Writing (Yr 4 & Yr 6)

Secondary Courses *Times : 4pm - 7pm (1hour / subject)
★ English, Maths & Science (Yr 7 & Yr 8)
★ GCSE Preparation : English & Maths (Yr 9 & Yr 10)

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

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

ST. CATHERINE'S SCHOOL
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

Cross Deep, Twickenham, TW1 4QJ
www.stcatherineschool.co.uk

Active Learning
Nurseries for children aged 3 months – 5 years

A dream for every pre-school child... ...and their parents

Everything you'd expect in a nursery, and more

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0800 081 1620 info@activelearningchildcare.co.uk

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Unique programme of art, drama, music, science, literacy and IT with dedicated teaching specialists

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Specialist sports coaching, organic cafe, adventure playgrounds, holistic education

Innovative
Purpose designed activity studios, sensory room, baby sleep room secure webcams

A fresh approach to nursery education.

www.activelearningchildcare.co.uk

London Calendar

June London Palladium Argyll 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.colf.org Summer Fest with live music, dance, street arts & 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 Greenwich 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 4868 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, visit 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 5's. **FREE.** 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 Questors 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.** **29 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 live 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 & 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 10am. www.greenvichmarket.co.uk **9 June Rich Mix** Bethnal Green 020 7613 7498 Grand Union Youth Orchestra music workshops for young musicians 12-26yrs. **FREE.** **18-24 June** Wiggly Jugglers, creative movement sessions to give your young ones the space & FREEDOM 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. **27 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** 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.greenvichmarket.co.uk **9 June Rich Mix** Bethnal Green 020 7613 7498 Grand Union Youth Orchestra music workshops for young musicians 12-26yrs. **FREE.** **18-24 June** Wiggly Jugglers, creative movement sessions to give your young ones the space & FREEDOM 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. **27 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** Tonight Live, 5-yrs. **Throughout June** Solar System, Galaxy, Universe show, 5-yrs. **Until 1 Aug** Alien Revolution a new exhibition.

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15-16 June National Army Museum 020 7730 0717 www.national-army-museum.co.uk Build Your Own, Father's Day weekend event tanks to trebuchets 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 Inner 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 tailored specifically for children 6-yrs. **20 June-20 July** Regents Park Open Air Theatre Inner Circle Regents Park 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.festival.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, art & lots more. **22-23 June HMS Belfast** Tooty Street London 020 7940 6320 020 7403 0719 (S) 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 Lipin Building** 41 De Beauvoir 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 5060 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.**

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 time 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 Dorset Coast (Weymouth)** 3 bedroom cottage, flexible letting, private parking . For electronic or printed details Maggie 01372 813543 info@erretcottage.co.uk



Classified Linguage-£1 per word inc vat min 10 words Box £40.00 inc vat +£5 for colour. Classified pay for ten entries get two free. Boxes pay for 5 entries get one free. Cheque payable to **PARENTS NEWS**, 10 The Manor Drive, Worcester Park, Surrey, KT14 7LG Tel: 020 8337 6337. Deadline see P2. For a receipt send SAE.

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A cartoon illustration of a young girl with blonde hair, wearing a blue and white striped long-sleeved shirt, a blue denim skirt, and brown boots with purple and white striped socks. She is holding a green watering can and watering a pink plant with blue leaves. The background is a solid blue color.

All activities are free

Illustrations © Dominic Trevett



SEALIFE

NO!

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10.05.13 until 04.11.13. For details see www.chessington.com/Organisation24