

# PARENTS NEWS

July 2014 No. 192 The First & Foremost Local Monthly Newspaper for Families

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*The Elephant*

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

[www.bbc.co.uk/proms](http://www.bbc.co.uk/proms)  
(photo: BBC/Chris Christodoulou)

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

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KENT



# Out & About

## Win a Giraffe.....meal!

**PARENTS NEWS** has teamed up with family-friendly restaurant group, **Giraffe**, to offer one lucky family the chance to win a meal at the newly refurbished Blackheath restaurant!

Take a culinary global tour and discover a world of flavours at **Giraffe**. From its delicious Daybreaker Omelette, "Firecracker" Chicken Tenders served with Asian Slaw, Fresh Lime and Wasabi Aioli or Mexican Chicken Burger to Key Lime Pie with Tangy Marmalade – there is something for everyone, be it breakfast, lunch or dinner.

Little ones are just as important as grown-ups at **Giraffe**, and have their own menu of mini-mains, desserts and drinks, complete with puzzles and games to keep them entertained.



So, whether you're treating the kids to lunch, settling in for a leisurely family breakfast, enjoying a welcome coffee break or grabbing a mid-week cocktail with friends, giraffe is the ideal destination.

**COMPETITION**  
To be in with a shot of taking home this tasty prize simply answer the following question:

**What colour is a giraffe's tongue?**

Send your answer on a post card to **PARENTS NEWS** 10 The Manor Drive Worcester Park Surrey KT4 7LG or email [info@parents-news.co.uk](mailto:info@parents-news.co.uk) First correct answer drawn at noon 31st July 2014 wins Family meal voucher to the value of £100 per prize.

Usual **PV** terms and conditions apply

**Giraffe**,  
58-62 Tranquil Vale,  
London, SE13 0BN  
**020 8463 9155**  
[www.giraffe.net](http://www.giraffe.net)  
[@giraffetweet](https://www.facebook.com/giraffestaurants)



## Proms Plus Family Royal College of Music

Free family workshops are the perfect introduction to the music you'll be hearing at the **Proms**. Fun and interactive, the workshops engage with children of all ages and abilities so that they really get the most out of the music. There are six workshops to go with six **Proms**, that you and your family will enjoy. The workshops last for about an hour at the **Royal College of Music** (just opposite the **Royal Albert Hall**) – so when the workshop is finished you can make your way to the concert with time to spare. Professional musicians bring the music to life, and you may bring your own instrument! Suitable for ages 7+

**Monday 21 July**  
5.30pm – 6.30pm  
This Prom starts with Richard Strauss's comical portrait of a cheeky prankster. There's a beautiful Violin Concerto by Dvořák performed by Julia Fischer, who first heard the piece when she was just 6 or 7 years old. Then take a trip to the countryside without leaving town, with Beethoven's "Pastoral" Symphony.

**Monday 28 July**  
5.30pm – 6.30pm  
Prom 15 is perfect if you love a great story. Both Jonathan Dove and Ravel were inspired by Greek myths to write these

stunning pieces – Dove's piece is brand new. Plus there's a famous and brilliant Piano Concerto by Mozart.

**Sunday 10 August**  
5.45pm – 6.45pm  
Prom 33, where the awesome **National Youth Orchestra of Great Britain** perform pieces by some of music's greatest rebels. Pianist Louis Schwizgebel says Prokofiev's Piano Concerto is "full of disobedience", while British composer Sir Harrison Birtwistle is known for his daring style. There are colourful sounds from Lutoslawski, and even a musical puppet show by Stravinsky.

**Saturday 23 August**  
5.30pm – 6.30pm  
This Prom is one big fairy-tale, featuring Ravel's enchanting Mother Goose and Szymanowski's sparkling Songs of a Fairy Princess. Rachel Leach will introduce exciting new music from Finnish composer Jukka Tiensuu, and a happy ending, too, when Scheherazade tells her stories from the Arabian Nights in R姆斯ky-Korsakov's magical masterpiece.

**Thursday 28 August**  
5.30pm – 6.30pm  
Holst's awe-inspiring Planets suite, from marching Mars

## July 2014

to jolly Jupiter. Schoenberg was a pioneer who took sound to thrilling new places, and Scriabin's Poem of Fire is like a fireworks display of musical colour.  
**Tuesday 9 September**  
5.30pm – 6.30pm  
Buckle up and join Rachel Leach for a whirlwind trip to America, and a whistle-stop tour of its different styles. There are cowboys and country music from Copland, and jazz, blues, and thrills and spills from the Brubeck family, in music never before heard in the UK.

How to book  
**PromsPlus** Family workshops are free at the **Royal College of Music**. Workshops are un-ticketed but capacity is limited. Doors open 30 minutes before the events begin and entry is on a first-come, first-served basis.  
**PromsPlus Family Ticket Offer**  
A limited number of £5 tickets available for the six specially selected **Proms** at the **Royal Albert Hall** following the free **PromsPlus** Family workshops. To apply for tickets call **0845 401 5040** (9am – 9pm daily) and ask for **PromsPlus** Family tickets. Alternatively you can book in person at the **Royal Albert Hall**. Booking fees and conditions apply.  
[www.bbc.co.uk/proms](http://www.bbc.co.uk/proms)

## July 2014

### Family Fun all Summer The Historic Dockyard Chatham

Families can do something different almost every day this summer at **The Historic Dockyard Chatham**. With visitors can enjoy lots of new activities, clamour aboard three historic warships, enjoy 80 acres of fantastic maritime heritage, experience the ½ mile long ropewalk as rope is being made plus enjoy both indoor and outdoor play areas.

New for 2014 is "**Doc Yard's Techsplorers**" – fun and engaging engineering and technology activities. Particularly suitable for families with children aged 7 – 12. **Doc Yard's Techsplorers**

will run every day throughout August in the awe-inspiring surroundings of Slip 3, the building itself an impressive piece of engineering. This fabulous family fun is included within the annual ticket price of **The Dockyard** and will run at regular intervals throughout the day. **Doc Yard**, the dockyard's brilliant but slightly eccentric resident professor, together with his assistant **Bunsen**, will guide families through a series of hands-on practical activities, enabling them to discover the dockyard's technological and engineering past, which will bring a breath of fresh air to the science of sailing and flying. Families will build

their own balloon car and race it against others on the track; design and make a kite, seeing how it catches the breeze and how high it will fly; and build dockyard structures out of K'nex. The activity culminates in Doc Yard's breathing taking, interactive science show. **Doc Yard's Techsplorers** activities run every day from **1st – 31st August**, suitable for 7-12 year olds and are included in the dockyard ticket price. **Pirate Play Days** runs from **26th July until 1st August** and a small additional charge applies to the Sand-pit Treasure Hunt.

[www.thedockyard.co.uk](http://www.thedockyard.co.uk)



## 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 years old may be too late.

### ORTHOTROPICS

The alternative to orthodontics with extractions and surgery.

Orthodontics usually requires the extraction of 4 to 8 sound teeth although this is frequently denied.

Easily treated by natural methods. No extractions. No "Train Tracks". No retainers.

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



When experts disagree, where do you go for answers?  
[www.Orthotropics.com](http://www.Orthotropics.com)  
Ask an appropriate professional to refer you for a free assessment

[john.mew@virgin.net](mailto:john.mew@virgin.net)

Professor John Mew, Tunbridge Wells 01892 526406 and personal 01435 862045  
Email: [john.mew@virgin.net](mailto:john.mew@virgin.net)

**Beebies BBC PROM**

**SATURDAY 26 & SUNDAY 27 JULY 11.00AM - ROYAL ALBERT HALL**

Take a journey through London with some of your favourite CBeebies characters and explore the sounds of the orchestra, as well as the everyday sounds around us. The BBC Philharmonic will be joined on stage by Mr Bloom, Robert the Robot from 'Justin's House', Gemma Hunt from 'Swashbuckle!', Chris Jarvis from 'Show Me, Show Me!', Bernard Crabbins and Sally the Dog from 'Old Jack's Boat'.

**BOOK NOW**  
CHILDREN £6 • ADULTS £12  
£5 standing tickets available on the day, no booking fee  
Visit [bbc.co.uk/proms](http://bbc.co.uk/proms) or call 0845 401 5040

\*Calls over 10p. Sprint from most landlines (no additional connection fee may apply).  
\*Calls from mobiles may cost considerably more. All calls will be recorded and may be used for marketing purposes.  
\*A booking fee of 2% of the total value (plus £1.50 per ticket) up to a maximum of £20 applies.

**THE HISTORIC DOCKYARD CHATHAM**

**SUMMER FUN!**

**PIRATE PLAY DAYS**  
26 JULY - 31 AUGUST 2014  
Join the pirates for sand pit and inflatable fun!

**DOC. YARD'S TECHSPLORES!**  
1 AUGUST - 31 AUGUST 2014  
Hands-on activities for budding engineers!

**PAY ONCE VISIT AGAIN & AGAIN TICKET VALID FOR A YEAR**

[thedockyard.co.uk](http://thedockyard.co.uk)

Historic.chatham @DockyardChatham

Doc. Yard's Techsplorers is supported by **RED SYSTEMS**

A small additional charge may apply to some elements of school holiday family activities.

**'A delight for kids and adults alike'**  
Evening Standard

The National Theatre production

**The Elephantom**  
by Ross Collins  
Adapted by Ben Power

Ask about our special family rate!

**NEW PLAYING UNTIL 6 SEPTEMBER ONLY**  
**NEW LONDON THEATRE**

0844 811 0052 | [ElephantomOnStage.co.uk](http://ElephantomOnStage.co.uk) | 020 7452 3000  
Booking fee No booking fee

# Out &

## The Elephantom Transfers to The West End for Strictly Limited Summer Season



### Stagecoach Performing Arts

Sarah Chitty has taken over a **Stagecoach Performing Arts** franchise. She is a local mum in Teddington, with her husband **Will Chitty** both actors. She works as Marilyn Monroe

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

She runs childrens parties, and they have a wedding film company **lovedweddingfilm**... She has sung all round the globe and seen in many commercials on TV. They have 3 children, twins age 8 and a daughter age 5. Busy enough but excited about the new venture

**020 3700 9127**  
[twickenham@stagecoach.co.uk](mailto:twickenham@stagecoach.co.uk)

It is particularly appropriate that **The Elephantom** will share the same stage as the West End production of **War Horse**: Finn Caldwell was associate director of puppetry for **War Horse** in the West End and Australia from 2010 until 2013.

**0844 811 052**

**#TheElephantom @TheElephantom**

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

### Old Barn Stables

- Waffrons Farm, Woodstock Lane South, Chessington, Surrey
- A Friendly, Family Run Riding School**
- ◆ BHS Qualified Instructors ◆ All weather sand school
- ◆ All ages & abilities ◆ Lessons & Hacks
- ◆ Pony Days ◆ Holiday Fun
- ◆ Woodland Walk

For directions and info, call **020 8398 0822**



# Out & About

## DLR launches free audio guides for journeys along the DLR

An infographic including some of the key facts included in the audio guide is also available. Free audio guides are now available for all users of the DLR, created to accompany any journey along the DLR in east London. The audio guides outline a history of the area, including information about the key landmarks that can be seen from DLR trains.

An infographic outlining a number of the interesting facts about the famous landmarks in east London is also available on their website.

To view the infographic and to download the audio guide for all the different DLR routes simply visit [www.tfl.gov.uk/planet-dlr](http://www.tfl.gov.uk/planet-dlr).

Some of the facts included in the audio guides and infographic are:

•The Cutty Sark takes her name from a character in a



## Angela's Swim School

Angela's Swim School offers a wide range of classes to cater for all ages and abilities. The classes are carefully geared to ensure they have a perfectly suitable class to aid anyone in their goal of reaching their full swimming potential. They offer both private and group lessons and pride themselves on having small group sizes to enable teachers to give each swimmer as much attention as possible.

Lessons from 4 months to adult with high quality teachers. They now offer the RLSS Rookie Life Guard Program, which is geared for swimmers who are a minimum of 8 years of age and can swim at least 25 meters. Every Wed Heaven at Nuffield 19 High Street [www.heaven-nuffield.com](http://www.heaven-nuffield.com). Smiley Faces music group for babies & toddlers for up to 2yrs & 2-4yrs, there is also a playroom for under 5's, a café & crèche.

10 July Sheffield Park and Garden Nr Haywards Heath East Sussex 0825 790231 Bat Walk. Until 17 July International Garden Photographer of the Year Exhibition. 19 July Pop up camping set up camp & members of the Wealden Astronomers

07432 530104

More than a dozen events lined up for the South East

Minister for Communities Stephen Williams announced 170 free concerts across England on 11-13 July, bringing people from all backgrounds together to listen to and participate with the best local musicians.

The 'Our Big Gig' events, 14 of which will be in the South East, will be free for both participants and spectators, and will feature more than 7,000 musicians and 2,000 volunteers helping stage events at venues ranging from

## Daily throughout July

**Castle Robertsbridge 01550 820196** All things herbal, discover plant life & learn about medicinal use. Every Wed & Thurs 30 July-28 Aug Knight & Princess academy, sessions include dressing up in a costume, craft activities & training on how to be a knight or princess. 5+yrs, need to book.

**New Legoland Windsor 01753 621621** Pirates Landing gets a major re-vamp to become *New Pirates Shores* featuring Castaway Camp a new pirate adventure play area with more than 100 brand new Lego modes & themed features on the Pirate Falls Treasure Quest log flume ride, plus a new themed restaurant & lots more.

**Every Wed Heaven at Nuffield 19 High Street [www.heaven-nuffield.com](http://www.heaven-nuffield.com).** Smiley Faces music group for babies & toddlers for up to 2yrs & 2-4yrs, there is also a playroom for under 5's, a café & crèche. 10 July Sheffield Park and Garden Nr Haywards Heath East Sussex 0825 790231 Bat Walk. Until 17 July International Garden Photographer of the Year Exhibition. 19 July Pop up camping set up camp & members of the Wealden Astronomers

## England's Biggest FREE Music Festival

Society will be on hand in the evening to give guidance & advice on stargazing to help you tick off number 27 or your 50 things list. 23 July-4 Sept 50 things summertime challenge a range of holiday events 7 trails to see how inventive you can be with your 50 things list.

12 July **Monk's House** Rodmell Lewes 01273 47460 Readings in the garden

13 July **Romney Hythe and Dymchurch Railway** New Romney Kent 0679 62553 1940's Guided Tour.

14 July-14 Sept **Spinnaker Tower Portsmouth** 02392 857520 Super Saver family ticket on offer of a family visit offers a 20% saving on standard prices.

15 July **Alfriston Clergy House** Polegate 01323 870001 Garden Tour. 19 July **Birling Gap & Seven Sisters** Eastbourne 01323 423197 Family Open Day at Frog Firl Farm a fun day out with crafts, games, wildlife, history & tea & cake, FREE. 20 July Remarkable rockpools, 50 things activity, explore the beach at low tide & see if you can find all the weird & colourful creatures that live there, need

shopping centres, schools, town centres, churches, parks and village greens and pubs. All venues will be open to people of all ages. The gigs are part of government's work to bring people together in strong united, communities, as well as an "Inspired by 2012" project which aims to keep the legacy of the 2012 Olympics and Paralympics alive.

Stephen Williams said: "Live music is a great way of getting people from all different backgrounds and from right across the country involved in their local community and have a weekend of free

entertainment into the bargain. The Our Big Gig weekend will help turn towns and neighbourhoods into friends and encourage lots of people to get involved in music, in some cases for the first time."

## Swimming Lessons

Quality classes in small group \*\* COME AND TRY A CLASS FREE \*\* Lessons for: Adults and Children from 2 yrs Non-swimmers -Improvers Advanced & SUPER Advanced

Classes held at: Downsend School Ashhead/Letherhead Epsom College For more info contact Colin on 01372 739600

[www.aquariusswimming.co.uk](http://www.aquariusswimming.co.uk) to download holiday course application form

**AQUARIUS SWIMMING CLUB** 01883 344662 - 01883 342270 Email [info@aquariusswimming.co.uk](mailto:info@aquariusswimming.co.uk)

## SUMMER HOLIDAY COURSES

BEGINNERS, IMPROVERS & DEEP WIDTHS starting at 9.00am and 9.30am LENGTHS AND BRONZE at 10.00-10.45am Established in 1979 and offering classes in Caterham, Warringham, Oxted, Hurst, Green

July 2014

# Out & About

July 2014

## Holidaying with pets – the breed of travel that continues to grow

Holidaying with a pet is one of the fastest-growing trends in the travel market. It became cheaper and easier to travel abroad when new, simpler rules were introduced in January 2012 and now many dogs, cats and ferrets, are chipped and vaccinated and have their own pet passport.

It seems that a holiday just isn't complete without the family's furry four-legged friend in tow. When it costs between £15 - £50 a day to leave Mutley (or Arthur in our case) behind in a kennel it can be more cost effective too. In 2013, DFDS Seaways transported 42,129 pets across their Eastern channel routes and saw a 14% year-on-year increase in April 2014\*. Ferry company LD Lines also reported a 29% increase in pet travel last year on its Portsmouth-Le Havre route.

Pierre & Vacances offer a huge range of inspired vacations from serene spa breaks to action-packed activity holidays suitable for everyone. Their inclusive family ethos of "playing together and staying together" also extends to pets as long as they have a valid rabies certificate. All Pierre & Vacances properties are pet friendly and cat-friendly with pet prices from 9€ a day (1-6 days) and 55€ per week (booked in advance).

The luxury self catering accommodation ranges from studios and apartments to villas and country houses with many options just a short pet-friendly drive from Calais, Dunkirk, Le Harve Caen or

Cherbourg. Set amid beautiful countryside and dotted along the stunning French coastline, Pierre & Vacances' car-free holiday hampers offer not just comfortable holiday accommodation but fun activities and surroundings to entertain all ages and breeds.

Pierre & Vacances 4\* Village Club Belle Dune is just 1 hours drive from Calais Located alongside a striking 18-hole golf course and close to the sea, Belle Dune Holiday Village blends into a pretty environment of lakes, dunes and trees that are ideal for walkers. The eco-friendly, pedestrian holiday village offers a number of nature-based activities for an action-packed weekend or longer holiday. Prices in the Village Club Belle Dune start from £391 for a studio apartment sleeping up to 4 for 7 nights from 13th September.

Pierre & Vacances 3\* Normandy Garden Holiday Village is in easy reach of Calais, Le Havre, Caen or Cherbourg. Normandy Garden holiday resort is set in the heart of the Auge country, 2 hours from Paris and close to Deauville's, Cabourg's and Villers-sur-Mer beaches. The self-catering apartments, houses and cottages are all wooden with tiled or slated roofs inspired by Normandy's traditional architectural style. Normandy Garden apartments are surrounded by 30 acres of hilly landscape and split into 8 districts. Pierre & Vacances 4\* Residence Le Green Beach

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# Out & About

## Monkey Swimmers Makes A Splash

Just in time for the summer holidays Monkey Swimmers has launched a range of fun and educational swimming aids for children.

All swimming aids have been designed with safety in mind and to appeal to children and ensure maximum comfort. Since the launch of Monkey Swimmers, Monkeys Inc Limited has been keen to develop its product offering and become the number one choice for fun, funky and educational swimming aids for children.

New to the range this year is the Monkey Discs incorporate the same award winning super soft non-slip arm grip design as the Monkey Swimmers these funky swimming aids are fin shaped which adds additional buoyancy. Suitable for ages 1-12 years and £22 including delivery.

Great for building confidence in the water and learning how to swim the new Swim Noodles/Woggles come in a

choice of four colours at £4.99 including delivery.

The original Monkey Swimmers, is an armband designed to be the only one a child will ever need, with three detachable layers that can be removed one layer at a time, a storybook and progress chart. Monkey Swimmers £19.99 including delivery.

Swimming Floats in three colours and three cute cheeky animals, including a frog, panda and hippo. These super streamline kickboards have a handy grip position to enable ease of use. £7.99 [www.monkeyswimmers.com](http://www.monkeyswimmers.com)





## Battersea Park Children's Zoo... who will you see?

From cheeky monkeys to leaping lemurs, noisy otters to snuffling coatis, who will you come face to face with?

**PLUS** our fun play area for kids of all ages!

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Battersea Park, Chelsea Bridge Gate Battersea London SW8 5LN

we're passionate about wildlife

**Ashtead Kids Club**  
23-25 July & 4-29 Aug 8am-5.30pm  
From £19

**Bookham Kids Club**  
The Dawney School 28 July-1 Aug 8am-5.30pm  
Term time: 3-5.45pm  
Booking: 01372 376711  
[info@ashteadkidsclub.co.uk](mailto:info@ashteadkidsclub.co.uk)

Learn to Swim **Angela's Swim School**  
Summer Programs Available!

**5 Week Summer School and 4 day Crash Courses Available in Gravesend and Dartford!**

For more information, booking or any other questions, email us at: [gravesend@angelaswimschool.co.uk](mailto:gravesend@angelaswimschool.co.uk)

PLACES LIMITED, CALL TODAY  
**07432 530104**

[www.angelaswimschool.co.uk](http://www.angelaswimschool.co.uk)

Registration now open for our September term at all venues!

**FREE FAMILY ACTIVITIES**

**GET ACTIVE DAY 2014**

[www.wandsworth.gov.uk/active](http://www.wandsworth.gov.uk/active)

**KING GEORGE'S PARK SATURDAY 12 JULY 12-5PM**

**Swimming Lessons**

Quality classes in small group  
\*\* COME AND TRY A CLASS FREE \*\*

Lessons for:  
Adults and Children from 2 yrs  
Non-swimmers -Improvers  
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**AQUARIUS SWIMMING CLUB**  
01883 344662 - 01883 342270  
Email [info@aquariusswimming.co.uk](mailto:info@aquariusswimming.co.uk)

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**COUNTRY RARE BREEDS CENTRE FARM PARK**

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Kick summer off with the **BIG Butterfly Count July 27th**

An action packed day including:  
Bumblebee Hunt • Bug Roadshow  
Pond dipping • And much more!

Book online at [rarebreeds.org.uk](http://rarebreeds.org.uk) T 01233 861493



**Daily Larkfield Leisure Centre** Aspleyford 01622 713225 Soft play zone with 3 stores of interactive play equipment for under 10's with wavy waterfall slide, crawl tubes, ball pool & ball cannons. **NEW** 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** 07730 870696 Running Group, first session held holiday programme activities. **FREE** at your local group when mentioning Parents News.  
**Ongoing Penbury Farm** www.penburyinfo.uk With friendly farm animals plus goats, donkeys, Kune pigs, chickens, ducks rabbits, guinea pigs plus woodland trails suitable for all ages. Woodland walks **FREE** but donations welcome.  
**Ongoing on Mons Cuxton Library** Rochester Baby massage courses for babies 8wks & not yet crawling. **FREE** to book **Tel: 01634 711391**.  
**1<sup>st</sup> & 3<sup>rd</sup> 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**.  
**2<sup>nd</sup> Sun of the month Tonbridge Farmers Market** Sovereign Way 07876 685853 Held in Sovereign Way with normally 70 stalls.  
**Every 2<sup>nd</sup> Sun of every month Hempstead Valley Shopping Centre** Gillingham 01634 387076 Farmers Market in the car park offering a range of local produce including meat & much more.  
**Every Sun Edenbridge Leisure Centre** 01732 865665 Under 16's & families roller disco.  
**Every Sun until 7<sup>th</sup> Sept South Foreland Lighthouse** 01304 202756 Mini bus service making it an even more accessible day out.  
**11 June** Afterson tea followed by a private lighthouse tour.

& toddler pool. **Every weekend Family Splash.**  
**New Tonbridge 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** 07730 870696 Running Group, first session held holiday programme activities. **FREE** at your local group when mentioning Parents News.  
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**11 June** Afterson tea followed by a private lighthouse tour.

**Every Mon Gillingham Library** 01634 337340 Storytime fun sessions for pre-school children with stories & rhymes. **FREE**.  
**Every Fri** Baby bounce & rhyme time. **FREE**.  
**Every Mon-Wed The Angel Centre** Tonbridge 01732 359966 Kickstart parents-Pre-school bounce, drop in, no need to book.  
**Every Thurs White Oak Leisure Centre** Swanley 01322 662188 Under 16's Roller Disco.  
**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 Pumbury Library** 01892 822278 Storytimes, 2.30-3pm, term time only. **FREE**.  
**Every Thurs during term time Margate Baptist Church** 4 Cecil Sq 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 Wigmore Library** 01634 235576 Toddler shake & boogie activity session that offers rhymes, songs & movement for pre-schoolers. Musical instruments, scarves & parachutes are often included.  
**Every Sat Medway Little Theatre** Rochester 07939 921041 Youth Company for 12-18yrs & children's workshop, 7-12yrs.  
**Every Sat Dickens House** 2pm 01843 871133 Broadstairs History Walk

**Every Thurs Strood Library** 01634 718161 Baby bounce & rhyme time, 18 mths, Homework club with friendly & knowledgeable staff on hand. **FREE**.  
**Every Tues** After-school, 3-8yrs, 2<sup>nd</sup> Tues of month Advice & support - Health & lifestyle advice, drop in, no need to book.  
**Every Thurs White Oak Leisure Centre** Swanley 01322 662188 Under 16's Roller Disco.  
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**Every Sat Dickens House** 2pm 01843 871133 Broadstairs History Walk

**Every Sat Mora Fleur de Lis Heritage Centre** Faversham 01795 545442 Guided Town walks, 90 minute guided stroll through Faversham.  
**Every weekend Broadstairs Harbour** 07847 473615 Market, weather permitting.  
**Until 6 July Hythe Station** 01797 362353 Festival Week with all day Rover tickets which allow you to travel up & down the railway as much as you wish to all day.  
**Until 3 Aug Maidstone Museum & Bentin Art Gallery** 01622 602838 The Age of Glamour & Talons & Tiaras, entrance **FREE**.  
**First Wed of the month Musical Merry-Go-Round** with singing & storytelling activities, under 5's.  
**1 July-31 Aug Ighthem Mote** Seveknocks 01732 810378 Summer holiday activities, 50 things, summer activity pack. **26 July** Family music festival with stalls, bar, hog roast & more. **28 July** Family Monday, activities to include, arts, crafts & guided park stroll, 5-12yrs. **FREE**.  
**31 July** Regency family fun day.  
**2 July Scotney Castle** Lamburston 01892 893819, Cinema under the stars. Gravity starring George Clooney, 9 July The Great Gatsby. **26 July-31 Aug** Summer holiday activities, from den building to kite making something for all the family.  
**4 July Brands Hatch** Fawkham Longfield 0843 453 9000 Sponsored bike ride for cyclists of all ages & abilities. Participants will face the challenge of completing as many 1.2 mile laps of the circuits within two hours as possible to raise much needed funds for vulnerable children & young people., www.actionforchildren.org.uk.brandsatchbikeride2014 or **Tel: 01622 320 764**.  
**4 July Winter Gardens** Margate

01843 296111 Rat Pack Vegas Spectacular show.  
**4 July Sissinghurst Castle Garden** Cranbrook 01580 717000 Cinema under the stars, Grease, 27 July Casablanca.  
**5 July Langton Green Village Fete** On the Green behind the Hare public house, Tonbridge Wells 07730 765600 Held on the green behind the Hare Pub with fairground attractions, bouncy assault course, inflatable slide & lots of games for children of all ages. There will also be stalls selling local produce, bric-a-brac, books & dvd's, tea tent with homemade cakes, Pimms & Beer tent, punch & judy show, falconry display, dog show, dancing, live music & much more, 12-5 pm, entrance **FREE** for children.  
**5 July Quebec House** Westerham 01732 868381 With map & musket find out how map makers played a key role in the Quebec campaign. **26-27 July** Needles & thimbles hear about 18<sup>th</sup> century needlework & the decorative skills that brought fabrics to life. **Every Sun** Mrs Wolfe's recipes recreate some of Mrs Wolfe's 18<sup>th</sup> century recipes including potato pudding & lemon drops. **Every Wed** Guided tours **FREE**.  
**5 July Pilgrims Hospice** Thanet Ramage Road Margate 01843 233934 Summer Fair with many craft stalls, tomba, raffle, bbq & lots more, 11-3 pm entrance **FREE**.  
**5 July Greenways Field** West Malling 07900 452934 Beth's Charity Fun Dog Show & Fun Day with fun agility, raffles, tomba, hot food, cakes, stalls, face painting, bouncy castle & lots more, www.bethsdogshow.co.uk.  
**5 July Hopbourne House** Harbledown Kent Canterbury 01227 751430 Summer Garden Party a

fun afternoon with many stalls to include tomba, cakes, toys, raffle, bric-a-brac, plants, books, games & afternoon teas & much more, entrance under 16. **FREE**.  
**6 July Bateman's** Burwash Etchingham 01435 882302 Music in the garden bring along a picnic or enjoy a cream tea. **27 July Shore Woods Country Park** Gravesend 01474 823800 Archaeological in the park meet the archaeologists & take a **FREE** guided tour. **23 July-29 Sept** Summer holiday activity trail, complete the trail to receive a prize. **26 July-29 Sept** Medieval - Remanctment Weekend with medieval campsite craft & combat displays. **FREE**.  
**8-9 July Gulbenkian Theatre** Canterbury 01227 769075 Les Miserables performed by the Canterbury Academy & the Canterbury Institute for Performing Arts.  
**8-27 July Knole Park House & Gardens** Sevenoaks 01732 462100 Why the trees are blue exhibition, **FREE**. **Every weekend until 7 Sept** Vintage Bus with round trips through Sevenoaks.  
**11 July Goodstone Park Gardens** Whitman Kent Canterbury 01304 841007 A Midsummer Night's Dream  
**11-13 July Kent Showground** Detling 01622 630975 County Show experience the flower show, food tent, creative crafts show, canine area, show jumping, vintage vehicles & hundreds of cattle, sheep & more. Meet Tiana the Robot, watch the motorcycle stunt team & military band, listen to live music & see the Kent Spitfire flying overhead, something for all the family, entrance under 5's **FREE**.  
**12 July Minster Abbey Gatehouse Museum** Sheerness 01795 872303 Village Fair with girls brigade

band, stalls, games & display plus raffle and prizes available.  
**12-13 July Four Elms** Near Hever Castle & Chartwell 01732 700043 Annual Airfe with traditional stalls, WW1 airplane flypast, beer tent, tea tent & food, enter the dog show, ride a pony plus lots of stalls selling jams, plants & lots more, entry **FREE**.  
**17 July Lyming Village Hall** 01304 241806 Last Night of the Proms Concert.  
**17-21 July St Luke's Church Hall** Gillingham Summer Fair with various stalls, refreshments, light lunches, raffle & more, 11-2 p.m., admission **FREE**. www. churchnearyou.com/st-lukes-gillingham.  
**12-13 July Museum of Kent Life** Sandringham 01622 769396 Teddy Bears Picnic bring your favourite teddy to join in the teddy bear day. **20 July Classic & Vintage Vehicle Show** children can meet some of the animals in Cudde corner or take in the scenery on tractor rides, plus lots of indoor & outdoor fun & activities for all ages. **24 July-3 Sept** Summer holiday fun, daily activities, competitions, tours & trails.  
**12-13 July The Sportsground** Central Tonbridge 01732 353048 Football Fiesta, **FREE** to spectators.  
**12-13 July Whitstable Regatta** 01227 862583 Two day event packed with fun, music, displays & races for all the family. www.sewhitstableregatta.com.  
**12-13 July The Marlowe Theatre** Canterbury 01227 862254 Dance Warehouse presents Alice an original production, when booking for 2 adults & 2 children 1 child goes **FREE**. **23-26 July** Phoenix Performing Arts presents Oliver the musical

**12-13 July Western Heights** 01304 241806 Summer Open Weekend & the focus will be on the First World War marking the centenary, history re-enactors will bring history to life over the weekend.  
**12-13 July Sandwich Folk & AirFestival** There will be Morris dancing teams & a wide range of food & craft stalls, an outdoor stage in the Guildhall forecourt will showcase several hours of **FREE** concert on both days, www.sandwichvents.info.  
**12-20 July Loose Village** Loose Maidstone 01622 747058 Scarecrow Festival one of the largest in the south east.  
**13 July Wildwood Trust** Heme Bay 01227 712111 Bee Day, children's activity, meet the bee-keeper & discover the fascinating world of bees, hives & honey, plus make bee crafts to take home, **FREE**, drop in activity. **20 July** Go Tribal event, a day of team building & adventure. Race against other families to make a fire & build the best shelter, test your art (spear) throwing skills & use a super soaker to defend your territory from intruders whilst blindfolded. A fun & challenging day with bushruff tuition from a Natural Heritage Officer need to book.  
**Twitter: @parentsnewsuk**  
**13 July Mote Park** 01622 790195 Race for Life 5-10K, event women only fundraising event where women can walk together, jog dance or run. www.raceforlife.org.  
**13 July Darrent Valley Hospital** Dartford 01322 428392 Sponsored Walk & Family Fun day with various stalls, entertainment throughout the afternoon in the arena, tea & beer tent, children's rides, dog show & more, entrance & car parking **FREE**.

**13 July Bishops Mead** Sundridge 01304 241806 Traditional Kentish Fete & Car Show with entertainment for all the family, children's & competitive adults' games, craft stalls, beer tent, Pims tent, strawberries & cream plus lots more. There will be hundreds of vintage, classics, sports, American classics as well as international history race cars & motorcycles.  
**15 July Pilgrims Starlight Stroll** Pavilion Harbour Broadstairs 01843 239394 An evening of fun with 15 music a party atmosphere in an 8K walk along the coastal route to Ramsgate & back to raise funds for the local hospice, starts from 7.30p.m. www.pilgrimsshows.org.  
**19-20 July Brogdale Farm** Brogdale Road 01795 536250 Cherry Festival, celebrating everything cherry, there will be around 80 varieties of cherry on display plus crafts & produce to buy & live music.  
**20 July Applodour's Recreation Ground** 0770 947067 Vintage & classic Car Rally & Village show with more than 150 cars, refreshments, licensed bar, stalls, dog show & entertainers fun for all the family.  
**20 July Race For Life Palm Bay** Margate 01843 292795 Women only fundraising event. www.raceforlife.org.  
**23 July-2 Sept Lullington Stone Country Park** Dartford 01322 865995 Follow the clues answer the questions & complete the trail to receive a prize.  
**24-26 July Canterbury Tales** Visitor Attraction 01227 479227 Outdoor theatre, Shakespeare's Two Noble Kinsmen.  
**26 July Sapphire Ho** 01304 225649 Spooky Walk hear frightening stories & run goings on at the Hoe, bring a torch & wear

sensible footwear, distance 1 mile 15 hours. **27 July** Open day with fun activities including drawing a colourful seashore creature to add to the coastal collage or make & design your own wildlife badge plus Samphire Trail, Creepy Crawly, create a minibest safari & a chance to build your own bug to take home & chalk art. **30 July** Create an amazing picture at Hawkshill FREE outdoor play some drawing games & find ideas to make an amazing picture which will be posted on WCCP Facebook page.  
**Twitter: @parentsnewsuk**  
**26-27 July Whitstable Food Festival** Food festival at Whitstable at the Harbour. www.whitstableoysterfestival.co.uk  
**26 July-1 Aug Chatham Historic Dockyard** Chatham 01634 823845 Pirate Play Days with arts & crafts, sandpit treasure Hunt plus storytelling for younger children & families. **26 July-30 Nov** The Royal & the War at Sea exhibition.  
**26 July-1 Aug Whitstable Oyster Festival** A week of festivity celebrating Whitstable's fascinating history & unique heritage, highlights to include, 26 July Oyster Festival Street Party, 27 July Mud Tug family bbq, 27 July Oyster Eating Competition, 28-29 July Seaside Cinema Screenings, 30 July Children's treasure Hunt, 1 Aug Venetian Carnival, 1 Aug Building of the Groeters, 1 Aug Firework Finale, www.whitstableoysterfestival.co.uk

**What's On in London**  
Go to Page 10

# Calendar

Co-educational, day & boarding school for ages 3-18 years in South-East England



## SUMMER HOLIDAY ACTIVITY CAMP

30 JUNE - 29 AUGUST 2014

For children aged 3-14 years  
All welcome - come and join in the fun!

For further information:  
**T: 01843 572855**  
**E: holidaycamps@slcuk.com**  
**www.slcuk.com**  
College Road, Ramsgate, Kent CT11 7AE



St LAWRENCE COLLEGE

## Free early education

for your two year-old



If you receive certain benefits\*, you can get up to 15-hours free early education a week for your two-year-old. We're here to help. Chat with us today.

**03000 41 23 23**  
www.kent.gov.uk/childcare  
kentcfs@kent.gov.uk

\* You cannot get free early education if you receive working tax credits




## Summer Sizzlers

Courses at Hillcroft, summer 2014

For more information on our courses, visit [www.hillcroft.ac.uk](http://www.hillcroft.ac.uk). If you would prefer to talk to someone, call our team on 020 8399 2688 or email us at [enquiry@hillcroft.ac.uk](mailto:enquiry@hillcroft.ac.uk)

Hillcroft was awarded a grade 2, good college by Ofsted in 2014 and has been supporting women returners to education through a unique blend of intensive residential learning since 1920, enabling learners to gain the skills they require to improve their employment prospects, increase basic skills, engage with IT, progress onto university and develop pathways to a brighter future. We have lots of short weekend courses starting Friday evening to Sunday and courses which run during the week. Courses are FREE for those on means tested benefits including accommodation, childcare, and travel. (There is a £20 enrolment fee for most courses) Call Admissions for eligibility and for more information on 020 8399 2688.

**Starting Points**  
Returning to learning but not sure what to study? Discover your pathway on this skills taster.  
11<sup>th</sup> July to 20<sup>th</sup> July 2014 (Weekend)

**English and maths**  
**Creative Reading, Writing and Speaking 2**  
2<sup>nd</sup> June to 6<sup>th</sup> June 2014 (Monday to Friday)

**Maths - Measurement and Data**  
16<sup>th</sup> June to 20<sup>th</sup> June 2014 (Monday to Friday)

**Creative Reading, Writing and Speaking 3**  
30<sup>th</sup> June to 1<sup>st</sup> July 2014 (Monday to Friday)

**English for Rusty Students**  
11<sup>th</sup> July to 13<sup>th</sup> July 2014 (Weekend)

**Make the Most of Time and Money**  
18<sup>th</sup> July to 20<sup>th</sup> July 2014 (Weekend)

**Careers and Enterprise**  
**Start-up & Stilettes: Using Social Media**  
6<sup>th</sup> June to 8<sup>th</sup> June 2014 (Weekend)

**Information Communication Technology**  
**Spreadsheets Software Level 2**  
6<sup>th</sup> June to 15<sup>th</sup> June 2014 (This course runs over 2 consecutive weekends)

**Beginners IT**  
27<sup>th</sup> June to 29<sup>th</sup> June 2014 (Weekend)

**Website Software Level 1**  
30<sup>th</sup> June to 4<sup>th</sup> July 2014 (Monday to Friday)

**Improving Productivity Using ICT Level 2**  
11<sup>th</sup> July to 20<sup>th</sup> July 2014 (Runs over 2 consecutive weekends)

**Introduction to Careers**  
In Beauty, Spas, Hair and Nails  
16<sup>th</sup> June to 20<sup>th</sup> June 2014 (Monday to Friday)

**Introduction to Accounting**  
20<sup>th</sup> June to 22<sup>nd</sup> June 2014 (Weekend)

**Introduction to the Security Services**  
4<sup>th</sup> July to 6<sup>th</sup> July 2014 (Weekend)

**Introduction to Careers in Fashion, Crafts and Retail**  
7<sup>th</sup> July to 11<sup>th</sup> July 2014 (Monday to Friday)

**AAT Access Level 1**  
21<sup>st</sup> July to 31<sup>st</sup> July 2014 (This course runs Monday to Thursday over 2 consecutive weeks)

**ESOL: English for speakers of other Languages**  
**ESOL: Employment and Job-seeking**  
6<sup>th</sup> June to 8<sup>th</sup> June 2014 (Weekend)

**ESOL: Communication Skills**  
27<sup>th</sup> June to 29<sup>th</sup> June 2014 (Weekend)

**ESOL: Emails and Formal Letters**  
11<sup>th</sup> July to 13<sup>th</sup> July 2014 (Weekend)

**ESOL: Summer School**  
24<sup>th</sup> July to 31<sup>st</sup> July 2014 (Thursday to Thursday)

**Digital Arts**  
**Introduction to Digital Filmmaking**  
13<sup>th</sup> June to 15<sup>th</sup> June 2014 (Weekend)

**Digital Filmmaking: Documentary**  
7<sup>th</sup> July to 11<sup>th</sup> July 2014 (Monday to Friday)

**Personal Development**  
**Introduction to Confidence Building**  
20<sup>th</sup> June to 22<sup>nd</sup> June 2014 (Weekend)

**Managing Stress through Mindfulness & Meditation**  
4<sup>th</sup> July to 6<sup>th</sup> July 2014 (Weekend)

**Developing Self-esteem and Confidence**  
11<sup>th</sup> July to 13<sup>th</sup> July 2014 (Weekend)

**ESOL: Employment and Job-seeking**  
6<sup>th</sup> June to 8<sup>th</sup> June 2014 (Weekend)

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24<sup>th</sup> July to 31<sup>st</sup> July 2014 (Thursday to Thursday)

Hillcroft College, South Bank, Surbiton, Surrey, KT6 6DF  
Registered Charity No. 312825



If your goal is University join one of our Access to HE programmes in Business, Health and Human Sciences or Humanities and Social Sciences.

We also run courses on Dyslexia / Dyspraxia strategies





# The School Food Standards

Eating in school should be a pleasurable experience; time spent sharing good food with peers and teachers.

These school food standards are intended to help children develop healthy eating habits and ensure that they get the energy and nutrition they need across the whole school day. It is just as important to cook food that looks good and tastes delicious; to talk to children about what is on offer and recommend dishes; to reduce queuing; and to serve the food in a pleasant environment where they can eat with their friends.

As a general principle, it is important to provide a wide range of foods across the week. Variety is key – whether it is different fruits, vegetables, grains, pulses or types of meat and fish. Children love to hear the stories behind their food. Use fresh, sustainable and locally-sourced ingredients (best of all, from the school vegetable garden), and talk to them about what they are eating. Go to [www.schoolfoodplan.com](http://www.schoolfoodplan.com) to find examples of what other schools are doing to encourage children to eat well.

Buying foods in line with the Government Buying Standards will help reduce salt, saturated fat and sugar, and increase fruit, vegetable and fibre content.

\* This Standard applies across the whole school day, including breakfasts, morning breaks, tuck shops, and after school clubs

## Fruit and vegetables

One or more portions of vegetables or salad as an accompaniment every day

One or more portions of fruit every day

A dessert containing at least 50% fruit two or more times each week

At least three different fruits and three different vegetables each week



## Foods high in fat, sugar and salt

No more than two portions of food that has been deep-fried, batter-coated, or breadcrumb-coated, each week\*

No more than two portions of food which include pastry each week\*

No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat\*

Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food

No confectionery, chocolate or chocolate-coated products\*

Desserts, cakes and biscuits are allowed only at lunchtime. They must not contain any confectionery

Salt must not be available to add to food after it has been cooked\*

Any condiments must be limited to sachets or portions of no more than 10g or one teaspoonful\*

## Milk and dairy

A portion of food from this group every day

Lower fat milk and lactose reduced milk must be available for drinking at least once a day during school hours

## Meat, fish, eggs, beans

and other non-dairy sources of protein

A portion of food from this group every day

A portion of meat or poultry on three or more days each week

Oily fish once or more every three weeks

For vegetarians, a portion of non-dairy protein on three or more days each week

A meat or poultry product (manufactured or homemade, and meeting the legal requirements) no more than once each week in primary schools and twice each week in secondary schools\*

## Food provided outside lunch

• Fruit and/or vegetables available in all school food outlets

• No savoury crackers and breadsticks

• No cakes, biscuits, pastries or desserts (except yoghurt or fruit-based desserts containing at least 50% fruit)

## Starchy food

One or more wholegrain varieties of starchy food each week

One or more portions of food from this group every day

Three or more different starchy foods each week

Starchy food cooked in fat or oil no more than two days each week\*

Bread - with no added fat or oil - must be available every day

## Healthier drinks\*

Free, fresh drinking water at all times

The only drinks permitted are:

- Plain water (still or carbonated)
  - Lower fat milk or lactose reduced milk
  - Fruit or vegetable juice (max 150 mls)
  - Plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks
  - Unsweetened combinations of fruit or vegetable juice with plain water (still or carbonated)
  - Combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium; cocoa and lower fat milk; flavoured lower fat milk
  - Tea, coffee, hot chocolate
- Combination drinks are limited to a portion size of 330ml. They may contain added vitamins or minerals, but no more than 5% added sugars or honey or 150mls fruit juice. Fruit juice combination drinks must be at least 45% fruit juice



July 2014

## Topsy and Tim Activity Books are Perfect for Summer!

Little ones will love reliving the adventures from the live-action TV drama, with two brand new sticker activity books to be published by Ladybird on 3rd July 2014. The fun-filled sticker books, based on the hit CBeebies show, are the perfect activity books for fans of Topsy and Tim and will keep them entertained on long journeys and over the summer holidays.

Jam-packed with colourful stickers and exciting activities, large format books allow plenty of room to doodle, draw and colour and will be a huge hit with fans of the live-action TV drama. Ready for School: A Ladybird Topsy and Tim sticker activity book £3.99

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



Summer holiday touch typing courses at New Malden Library for 8-16s

July 14th - 17th, 10:00 - 12:15 pm daily. Cost £145  
 July 21st - 24th, 10:00 - 12:15 pm daily. Cost £145  
 Aug 26th - 29th, 10:00 - 12:15 pm daily. Cost £145

Beginners and improvers welcome. 10% sibling and bring a friend discounts available. OFSTED registered, payment by child care vouchers accepted. For more information contact

**Nick Holt 07812 632238** or [nickandsarahholt@hotmail.com](mailto:nickandsarahholt@hotmail.com).  
 See our website at [www.typingscool.co.uk](http://www.typingscool.co.uk) for more information

## Colin The Crab

Norfolk's Shellfish Hero Gets All Bookish

With the summer holidays just around the corner, Colin The Crab, leading light of Norfolk-based Gone Crabbing, has launched a new book about him and his shoal of seaside sole mates - Sally the Starfish and Mike the Mussel with the help of Mr Pop-up, Robert Crowther [www.robertcrowtherpopsup.co.uk](http://www.robertcrowtherpopsup.co.uk)

Life goes swimmingly for the three friends living happily in their remote rock pool. Then, one summer's day, Sally and Mike are swept up into a bucket by a couple of children who are exploring the beach. After a bit of a lie down to recover from the shock, Colin is just about to set off to find his friends when, miraculously, they're returned to their home at the end of the day.

Beautifully illustrated and brought to life by a series of delightful pop-ups, the underlying message in the book is a serious one. Thousands of families enjoy crabbing and rock pooling up-and-down the UK during the summer. However, it's important to limit the number of sea creatures collected at any one time and to ensure the water is kept cool. And, just as the children in the story do, they should be returned as close to where they were found as possible.

With an RRP of £7.99, the story of Colin The Crab is the perfect summer tale for young children. Written by Gone Crabbing's Susie Mason, Colin The Crab's story can be bought online at [www.gonecrabbing.co.uk](http://www.gonecrabbing.co.uk) from June 2014 as well as in Gone Crabbing stockists throughout the UK.



## Education St Lawrence College Holiday Camp

During the summer holidays St Lawrence College in Ramsgate will again be running its popular sports and activities camp for children aged 3-14 years. Children can attend for a half or full day place, from a single day to a full week.

The camp provides the ideal place for children to explore and enjoy sports and activities whilst making new friends and having fun in a safe environment. Based at the school's extensive campus, the children make use of all the superb facilities on site. Similar successful holiday camps have been run at the school for the last 3 years and many children return year after year.

Sports offered include swimming, tennis, climbing, football, tag rugby and hockey.

Other activities include art and craft, cookery, table tennis, dance and drama. All the camp staff are fully qualified teachers and professionals who have been hand-picked for their energy and enthusiasm to guarantee a fun-packed experience for all.

For more information call 01843 572855 or email [holidaycamps@slcuk.com](mailto:holidaycamps@slcuk.com) [www.slcuk.com](http://www.slcuk.com)

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## Do you love reading? Would you like to make a difference?

Beanstalk is a charity that trains volunteers to help children aged 6-11 to become confident and literate.

You need to have time to visit a school for two half-days a week and commit to stay for at least one year. Being a Reading Helper is a rewarding, enjoyable experience and can make a real difference to a child's life.

If you are able to offer this commitment we would love to hear from you.

For more information, contact the Inner London Branch :

020 7730 8259 or 0845 450 0331

Email: [innerlondon@beanstalkcharity.org.uk](mailto:innerlondon@beanstalkcharity.org.uk)





# London Calendar

July 2014

**Ongoing Royal Mews Buckingham Palace** 020 7766 7302 Family self directed activities from the art trolley, 5-11yrs.

**Throughout July Peter Harrison Piano Recital** 020 8858 4422 Back to the Moon for Good, 5-9yrs. The Sky Tonight, From Stars to Satellites, 3-5yrs. Space Safari, under 7yrs. 31 July Sci-Fi Movie Night, 11yrs.

**Every Sun Hatfield Fresh Trade Market** Balham SW12 fresh food markets sourced from all over London.

**Every Sun Victoria & Albert Museum** 020 7942 2000 Drop in Design create architectural drawings with professionals or make a puppet horse inspired by the NT's production of War Horse, 5-9yrs. **FREE.** Daily Back Packs families jigsaws, stories & games to explore the collection, 4-11yrs. Activity Cart hands on fun for **FREE**, drop in plus Agent Animal bag a sensory activity bag that has been developed for under 5's containing an audio map & fabric cubes, **FREE.**

**Weekends & school holidays throughout July The Royal Observatory Greenwich** 020 8858 4422 Meet the Time Travellers, 7-9yrs find out about life & work at Greenwich in the 18<sup>th</sup> century. **Every Sat Venn Street Market, Clapham Common** 020 7622 8259 Offering fine foods & produce. **Every Sat Blue Elephant Theatre** Camberwell 020 7701 0100 Young People's Theatre workshops, various groups 7-18yrs, **FREE** to join. **Every weekend Temple Station** 020 7222 1234 Harry Potter Locations Tour, 2 1/2 hrs. **Every weekend Greenwich Clocktower Market** Greenwich High Road Quirky weekend market has 50 stalls vintage, retro & antiques with a few contemporary craft stalls, **FREE** entry. [www.cloctowermarket.co.uk](http://www.cloctowermarket.co.uk)

**Until 6 July 4th Udderbelly Festival** Southbank Centre 0844 545 8282 A Simple Space the performers turn themselves into human skipping ropes, sling each other into the rafters semi-aquatic & tumble on the spot & much more. **8-12 July Circus Maximus** circus competition, [www.underbelly.co.uk](http://www.underbelly.co.uk) **Until 6 July The Scoop at More London** South Bank 020 7403

4866 Outdoor festival with a programme of music, dance, award winning theatre, films & live entertainment from Wimbledon, 11/30a.m - 7p.m, **FREE**, all ages. 16, 17, 20 July Balkan Express lunchtime performances from Gypsy & Balkan bands part of the More London Festival, **FREE** all ages. **Until 6 Sept New London Theatre** Drury Lane 0844 412 4600 *The Elephantman* about a little girl who is unexpectedly visited by a giant blue gosh elephant, 3yrs daytime at 10.11.30a.m & 2.30p.m. **Until 31 Aug Watch This Space Festival** 020 7452 3231 The National's **FREE** summer festival & the hub will be at St John's Church on Waterloo Roundabout, & around entertainment in & around the churchyards, they will also pop up with unexpected shows across Lambeth & Southwark from Brockwell Park & Brixton Market to Camberwell Green & the Aylesbury Estate. There will be the best of UK circus, theatre, dance & music, & international visitors & some newly commissioned surprises.

**Until 14 Sept Natural History Museum** 020 7942 5100 Sensational Butterflies family friendly exhibition tropical enclosure, discovering the science behind these delicate creatures **Daily** Who Do You Think You Really Are state of the art interactive film, **FREE.** **Daily Family Explorer** backpacks under 7yrs **FREE.** **Daily** Investigate Centre explore hundreds of real natural history specimens, from a shark's jaw to a meteorite as old as Earth, families 7yrs, **FREE.** **3-6 July Olympia National Hall** Hammersmith with traditional style market stalls, live cookery demonstrations 020 8899 6596 Greek Festival with traditional market stalls, live cookery demonstrations & lots more. **4 July Benjamin Franklin House** 36 Craven Street 020 7839 2008 Independence Day Party. **29 July Family Day Festival** of British Architecture, Bones in the Basement, **FREE** for adults. **5 July Foyles Bookshop** Charing Cross Road London Grand Opening Festival with an all star programme of events. **5 July Parsons Green Fulham Fair** on the Green community fun

day with bouncy castles, punch & judy, carousels, ventriloquist, magician, bands, instant circus, fire act, climbing frame, food stalls, side show, children's dancing & more, 11.30a.m - 5.30p.m, **FREE.** **5 July British Museum** Great Russell Street 020 7323 8000 Digital workshop, dress up turn yourself into a samurai warrior or other characters using photocopied families, **FREE.** limited to 6 **July Egyptian photo booth, FREE.** drop in, 12 July Passport to after life follow an augmented reality trail through the Egyptian galleries solving clues, **FREE.** drop in, 13 July Reshuffling the deck, card game workshop, **FREE.** 19 July Talk like an Egyptian, **FREE.** drop in, 19 July Young Friends Sleeper, 20 July Neolithic workshop **FREE.** booking advised, 26 July Exploring Egyptian mummies, **FREE.** drop in, 27 July Graphic design workshop, **FREE.** need to book. **5 July St Barnabas Hall** Dulwich Village 07778 027799. Baby & children's market selling nearly new baby & children's items from birth - 8yrs entrance children **FREE.**

**5 July All Saints Church Hall** Beretta Road Eltham 020 8859 0599 Family Fun Day with games, tombolas, craft stalls, cakes, refreshments, children's colouring competition & more, **FREE.** **5 July Old Royal Naval College** Greenwich 020 8269 4799 Treasures of the Thames sort & identify archaeological objects hands on family workshop, 7yrs. **5-6 July Curly Sark & National Maritime Museum** Greenwich 020 7940 6320 Cracking Codes, intercept messages, map hazards on their sea chart & make up your own secret code, family sign flags & design your own flag, all ages, **FREE.** with entry, 5, 29, 30 July James Robson, the cook on Curly Sark sing songs, learn sailor skills & find out what was for dinner on board the ship, all ages, **FREE.** with entry, 6, 12, 13, 19, 20, 24, 28, 31 July **Alroy Captain! Meet Captain Woodgett** the longest serving master to learn about life on board the fastest tea clipper, **FREE** with entry. **5-6 July The Royal Society 6** Carlton House Terrace Family activities throughout the day as part of the 2014 Summer Science

Exhibition offering hands on activities, shows & demonstrations for children & families. Dive into water, climbing frame, food stalls, side show, children's dancing & more, 11.30a.m - 5.30p.m, **FREE.** **5, 6, 20, 27 July Jubilee Park** Canary Wharf Children's theatre for all the family outdoor performances telling classic stories such as Peter Pan & the lost Boys, Alice Through the Looking Glass & more, **FREE.** 20 July Peter Pan & the Lost Boys join the Lost Boys as they stage an overnight protest to save their local skate park, 3pm, [www.heartbreakproductions.co.uk](http://www.heartbreakproductions.co.uk) 24 July Nature Trail sew which animals large & small are living in & around the park, all ages, **FREE.** **6 July Battersea Park** Battersea Park 01483 741430 The Sunwalk Festival, a walking challenge for all the family, 5K, 10K, or half marathon, there will be live music on stage, food, a children's area including soft play, fun fair & lots more, to raise money & awareness for breast cancer, [www.walkthewalk.org.uk/sunwalk](http://www.walkthewalk.org.uk/sunwalk) 10-17 July **BFI Southbank** 020 7928 3232 London Indian Film Festival. **12 July Dairy Art Centre** 7a Wakefield Street 0207 7138 900 Family Day art workshop for 3-9yrs, [www.dairyartcentre.org.uk](http://www.dairyartcentre.org.uk) **13 July Laban** Cresskide 020 8691 8600 Children's Creative dance classes summer show from toddlers to teenagers. 13 July Junior Trinity prizegiving concert. **12-13 July HMS Belfast** Tooley Street 020 7940 6320 Cracking Codes, intercept messages, map hazards on their sea chart & make up your own secret code, family sign flags & design your own flag, all ages, **FREE.** with entry, 5, 29, 30 July James Robson, the cook on Curly Sark sing songs, learn sailor skills & find out what was for dinner on board the ship, all ages, **FREE.** with entry, 6, 12, 13, 19, 20, 24, 28, 31 July **Alroy Captain! Meet Captain Woodgett** the longest serving master to learn about life on board the fastest tea clipper, **FREE** with entry. **5-6 July The Royal Society 6** Carlton House Terrace Family activities throughout the day as part of the 2014 Summer Science

## PARENTS NEWS

This information also ON-LINE [www.parents-news.co.uk](http://www.parents-news.co.uk)



Other features too!

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**12-13 July Horrianum Museum** London Road Forest Hill 020 8099 1872 Curious Tea Party a weekend of Edwardian inspired entertainment with live music, pop up performances & lots more. **16, 23, 30 July Jazz Picnic** bandstand concert, **FREE** 30 July-27 Aug series of Big Wednesdays with an art & craft, storytelling, drop-dipping & minibeast safaris & lots more. **13 July British London 10K Run** 020 7398 3453 Route through the heart of central London raising money to fund research into miscarriage, premature birth & stillbirth, [www.tommys.org](http://www.tommys.org). **19 July Mental Health Awareness Walk** [www.claspcharity.com](http://www.claspcharity.com) Walking out of Darkness involves a 25 mile overnight walk to Central London starting & finishing at Richmond's Old Deer Park & aims to raise awareness of mental health issues & suicide prevention. **19 July The Place 17** Duke's Road 0207 121 1100 Something for Kids family event, one day festival with all sorts of dance activities, with things to watch, things to do, places to relax, eat & drink & lots more, families, under 10's. **19 July Dance Nations** Dalston, Giltspur Square London N16 Fun filled day of music & dance brings together some of east London's finest talent & the local community to create a carnival atmosphere with an afternoon of dance workshops for all ages & abilities, **FREE.** [www.burbscan.org.uk](http://www.burbscan.org.uk) **19 July 31 Aug Leicester Square Theatre** 08448 733433 Aliens Love Underpants live on stage. **22 July 31 Aug Science Museum** Exhibition Rd (0870 870 4868) The Energy Show, 7yrs. Daily Take control in 360 degrees flight simulators or fly with the Red Arrows in their sensational 3D motion effects theatre. **Every weekend Ice Cool** Adventure families, under 7yrs, **FREE.** **Every Weekend Space Out** families, 5-9yrs, **FREE.** **Every Weekend A Cockroach Tour** of the museum visitors take on the form of cockroaches dressing up in realistic costumes, **FREE.** **Every Weekend** explore hundreds of real natural history specimens, discover evidence along the way using microscopes, the computer database & other scientific instruments, science educators are there to help you with your investigations, **FREE.** **24 July Jubilee Park** Leyton 020 8533 8022 Nature Trail fun family

event see which animals large & small are living in & around the park, all ages, 11-3 p.m, **FREE.** **25-27 July Earth Court One Exhibition Centre** Warwick Road 0870 122 1313 Hyper Japan a three day celebration dedicated to bringing Japanese fashion, food & culture with workshops & performances. **26 July The Founding Museum** 40 Brunswick Square 020 7841 3600 Wonderful Weaving, family workshop take away a frame, experiment about your own family, **FREE** for children & two accompanying adults. **26-27 July Lloyd Park** Walthamstow Walthamstow Garden Party a weekend of music, theatre, arts & crafts & family activities, **FREE.** [www.burbscan.org.uk](http://www.burbscan.org.uk) **27 July Museum of Childhood** Bethnal Green 020 8983 5200 Summer Festival day of family friendly activities, including live music, dance, art & crafts, face painting, rickshaw rides, food & games, for families, drop in, **FREE.** **28 July-1 Aug Artbash** Camp, Dreamers, a week of art workshops offering children the opportunity to experiment with different materials, 5-11yrs, book before 18 July [www.artbash.co.uk](http://www.artbash.co.uk) **Until 2 Nov** Daydreams & Diaries, the story of Jacqueline Wilson one of Britain's best loved children's authors exhibition. **28 July-10 Aug 18-24 Aug Imperial War Museum** Lambeth Road 020 7416 5439 Forget Me Not, postcards from the front, drop in activity will give you the chance to sew your own personal postcard to take away, families, all ages, **FREE.** **Every Sun** from 20 July Object Conservations family object handling sessions & Creative Response make a creative response to themes held within the new atrium & Trenchard Galleries. Ongoing A Family in Wartime exhibition explores the lives of William & Alice Allpress & their ten children & what life in London was like during the war. A Family in Wartime is brought to life through interactive exhibits, photographs, recorded interviews with the family, archive film footage & more, **FREE.** **30 July Cresskide Discovery Centre** Deptford 020 8692 9922 Urban Safari with den building, bread & fire making & lots more, 5-12yrs.

July 2014

## Will Greenwood to climb Mount Kilimanjaro

Fathers including Will Greenwood to climb Mount Kilimanjaro to help prevent premature birth World Cup winner Will Greenwood will lead a team of 16 'trekkers' to climb 5,895 metres to the summit of Mount Kilimanjaro, between 6-16 August 2014 to raise £250,000 for **Borne**.

In the UK, more than 1 in 10 babies are born too soon, and premature birth accounts for over 70% of disability and death in newborn babies. **Borne** is a collaboration between *Chelsea and Westminster Health Charity* and the maternity team at *Chelsea and Westminster Hospital*, which aims to change this. By raising £250,000, "Team Greens" will enable **Borne** to continue its vital work in preventing disability and death in childbirth and creating lifelong health for mothers and babies. Members of "Team Greens" are from all walks of life and none have a regular hobby of walking up the highest freestanding mountain in the world. Trekkers include lead neonatal nurse at *Chelsea and Westminster Hospital*, investment bankers, a photographer, a doctor, a gym director, and CEO of *Chelsea and Westminster Health Charity*, Mark Norbury. The seven day challenge is not for the faint hearted with

temperatures ranging from -20°C to over 35°C, a 5,895m ascent and the unpredictability of altitude sickness. They will be guided by the experienced team at *Charity Challenge*. There will be seven fathers on the trek who all understand first hand, the precious gift of children and are passionate about creating lifelong health of mothers and babies.

**Will Greenwood** and his wife **Caro** are climbing Kilimanjaro together as keen supporters of **Borne**. Their first son, Freddie, was born at 22 weeks and lived for just 45 minutes. **Professor Mark Johnson**, co-founder of **Borne**, supported Will and Caro through three successful subsequent pregnancies. Will says: "You can keep your medals, keep everything else. Just let me have the kids and without Mark Johnson, we wouldn't have them. There would be this giant gaping void in our life. Supporting **Borne** is so exciting. Through research, **Borne** will be able to help thousands of mothers and babies and that for me is a very special thing."

The trek also means a lot to team member **Nick Pyle**, founder of *Mangrove Consulting*. He says: "Over and above the good work **Borne** is doing, on a personal level, completing this trek means quite a bit. On 9th February 2011 we lost a son at full term.



Image by Sam Bowen.

## Editor Letters' Page

13th June 2014

Sir/Madam

Urgent appeal to runners to join us in the *Great North Run!*

On behalf of *The Children's Trust*, I would like to make an urgent appeal to running enthusiasts, who would like to take part in the *Great North Run 2014* on Sunday 7th September. *The Children's Trust* has a few guaranteed places left to fill but the deadline for registration is 7th July, so please visit our website as soon as possible to register and secure your place [www.thechildrenstrust.org.uk/greathorun](http://www.thechildrenstrust.org.uk/greathorun)

**www.borne.org.uk**  
To support **Team Greens** reach their summit of £250,000, [www.justgiving.com/willgreenwood](http://www.justgiving.com/willgreenwood) or text WILL13 and the amount you want to donate to 70070 (eg WILL13 £10 to 70070)

We would also be thrilled to hear from our own place runners who would be interested in joining our team. For further details, please visit the website, or phone me 01737 364323.

*The Children's Trust* is the UK's leading charity for children with brain injury.

Yours faithfully

**Michelle Oakley**  
Events Co-ordinator  
*The Children's Trust*  
[www.thechildrenstrust.org.uk](http://www.thechildrenstrust.org.uk)

Classified £1 per word inc vat min 10 words Box - £40.00 inc vat +£5 for colour. Cheque payable to Parents News, 10 The Manor Drive, Worcester Park, Surrey, KT4 7LG Tel: 020 8337 6337  
Deadline see P2. For a receipt send SAE.

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## SUTTON HOLIDAY CAMPS

THE SPORTS VILLAGE

If you are looking for ways to keep the children entertained whilst school is out for the holidays, look no further! The Sports Village, located in Rose Hill Park, is a reputable and established sports facility with more than 20 years' experience coaching children and running holiday programmes. Our coaches and camp leaders are fully-qualified, CRB-checked and completely professional.

**Our next Camps will run during Easter Holiday (April 7th – 18th) and Summer Holiday (July 21st – Aug 29th)**

We are running Teddy Tennis sessions for three and four year olds, as well as half- and full-day camps for children aged five and over. These camps include tennis and multi-sports, such as hockey, basketball, netball, football, dance, cricket and more! Our fantastic indoor facilities allow camps to run regardless of the weather.

**We also run camps over Half-Term**

For more information and an application form, please contact The Sports Village.

**020 8641 6611** E-mail: [info@thesportsvillage.org.uk](mailto:info@thesportsvillage.org.uk)  
THE SPORTS VILLAGE, Rose Hill Park, Rose Hill, Sutton, Surrey SM1 3HH  
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