

PARENTS NEWS

May 2011 No. 198 The First & Foremost Local Monthly Newspaper for Families

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Thank you

What's On in May
Half Term Events
School Open Days

FREE

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South West London & Surrey

PARENTS NEWS

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

What's On

Animal Encounters

Saturday 28 May - Sunday 5 June Enjoy a wildlife themed half term at **London Wetland Centre!** This stunning nature reserve on the banks of the Thames has invited otters, birds of prey, hedgehogs, reptiles and amphibians along for you to see them up close and to learn more about their habitats and behaviour. You'll also be able to meet some of the moths and small mammals that live at the Centre. This is a rare opportunity for you to meet face-to-face some of the secret stars that live on

the wildlife reserve. Most of these creatures are shy and elusive in the wild so this is a fantastic chance to see them up close. Different **Animal Encounters** are planned each day so you can meet up-close animals which are sometimes difficult to spot without luck or patience. On the first weekend you'll be able to meet everyone's favourite aquatic animals, otters, and see them play. Then, you can join the Wetland team on a 'mammal safari' to see the shrews, mice and voles that live out on the reserve.

Most moths can only be seen at night, but you'll have the chance to meet some of these amazing creatures close up during the day.

The Amphibian & Reptile Conservation trust will be bringing a range of newts, frogs, toads and slow worms with them and holding talks and displays so you can learn more about these fascinating species.

Or perhaps you'd like to visit on the day that the hedgehogs come to the centre?



credit Brian Phipps

On the final weekend some beautiful birds of prey will be on show in the courtyard. Some lucky visitors will even get the chance to hold them. Find out more on the WWT website www.wwt.org.uk/london

Fluffy ducklings and eggs-citing activities for May half term at WWT

Saturday 28 May - Sunday 5 June

Treat your family to a visit to one of *The Wildfowl & Wetlands Trust* centres during May half term and prepare them for an exciting, unique and fun filled wildlife experience. With the arrival of newly born fluffy ducklings, goslings and cygnets at **WWT Wetland Centres** across the UK, along with a whole host of arts, crafts, fun and games, there is definitely something for the whole family to look forward to.

WWT centres at Slimbridge, Llanelli, Martin Mere and Washington will offer visitors the chance to get closer than they ever imagined to our new arrivals at our popular Downy Duckling events. Go behind the scenes and see the duckling nurseries where we incubate and hatch the precious eggs away from the clutches of predators. See how we find out if the egg is fertile during 'candling', and if you're lucky, you may even see a tiny baby hatch from the egg taking its first view of the world! We've also invited some of the secret stars that live on our wildlife reserve such as otters, birds of prey, bats, hedgehogs and amphibians along to see them up close in Animal encounters (*WWT London*).

May2011

www.wwt.org.uk/london

So why not waddle to a WWT Wetland Centre and prepare yourselves for a memorable and fun packed May half term with the whole family!

WWT Arundel
01903 881530

West Sussex
The quack factor, **28 May - 5 June** - quacking good fun for the whole family. Free duck-themed activities and crafts each day. Regular admission rates apply but activities are free. Take a Duck Safari boat ride or follow the Special Duck Trail around the reserve.

www.wwt.org.uk/arundel



PARENTS NEWS DIGITAL
www.parents-news.co.uk

Animal Encounters

Meet these amazing animals face-to-face



Photography: John Bridges, James Lees, John Day, Nick Cottrell, Brian Phipps, Norman Carter, Duncan McNab, Jérôme Favre at LMC Design.

Saturday 28th May - Sunday 5th June

Birds of prey • Otters • Amphibians • Reptiles • Hedgehogs

Different animal displays each day.

Check www.wwt.org.uk/London for details.



Supported by the City Bridge Trust

WWT London Wetland Centre

www.wwt.org.uk/london 020 8409 4400
Queen Elizabeth's Walk, Barnes, London SW13 9WT
WWT registered charity in England & Wales, no. 1030884 and Scotland, no. SC039410

Change a child's life Become a foster carer



We need foster carers from every background to join our team and we would really like to hear from you.

R LONDON BOROUGH OF RICHMOND UPON THAMES

www.richmond.gov.uk/fostering
0800 085 7072

Get Together in Croydon for its Big Summer Spectacle

It's fun all the way in Croydon this summer as the best in street entertainment promises to add excitement to any visit to the Town Centre.

A spectacular array of tightrope walkers, dancers, puppeteers and even a bureau of silly street furniture are among the extraordinary street artists due to perform in *The Big Get Together*, a four day festival of fun lasting from **Thursday June 2nd to Sunday June 5th**. Visitors, shoppers, families, residents and town centre workers can all expect to be kept entertained, intrigued and amused by the lively programme of witty and curious street acts who will be performing at several key sites in the Town Centre throughout the day.

The Big Get Together has been arranged by the **Croydon Town Centre Business Improvement District (BID)**, the company which represents, and is funded by, the town centre's businesses.

The event is also supported by the *Whitgift Centre, Centrale, Allders and House of Fraser* who will be joining in the fun

by adding their own events to *The Big Get Together*, including keep fit for summer workshops, fashion shows, beauty demos and restaurant deals.

Ros Morgan, Director of Croydon *BID*, said: "Croydon BID and its partners have worked really hard this year to make sure that the town gets a fantastic summer of fun.

"Croydon has one of the best selections of shops in the South and we hope that *The Big Get Together* will encourage residents, workers and visitors to bring their families into the town for some fun events and find out more about what Croydon has to offer."

Don't forget to drop into the *BID*-funded **Croydon Visitor Centre** by *East Croydon Station* to find out the latest about *The Big Get Together* and what's happening in the town centre.

You can also keep up to date by visiting the website www.croydowntowncentre.com/biggettogether

Children's Half Term at Southbank Centre

May half term catch some of the nation's top children's writers, including John Hegley, Jackie Kay and Eoin Colfer, at **Southbank Centre**, with shows for all the family. Family favourite One of our funniest poets, John Hegley, presents *The Adventures of Monsieur Robinet* on **31 May**. It's the story of a Frenchman with some unusual habits. Brush up on your French as Hegley presents each of Monsieur Robinet's 17 adventures in French and English. Poet Jackie Kay brings her brilliant children's poems to a special family event on **1 June**, and on **2 June** Eoin Colfer, author of the *Artemis Fowl* series, returns with his wonderful one-man show, full of the wit and humour that characterises his books. Tickets are £8 (adults) and £4 (children).

0844 847 9910
www.southbankcentre.co.uk



CHILDREN'S HALF TERM AT SOUTHBANK CENTRE

JOHN HEGLEY TUESDAY 31 MAY

Family favourite John Hegley presents *The Adventures of Monsieur Robinet*. Brush up on your French with one of our funniest poets in a show crackling with wit and wisdom.

Suitable for ages seven and over

Purcell Room at Queen Elizabeth Hall, 2.30pm
£8 (adults) £4 (children)



JACKIE KAY WEDNESDAY 1 JUNE

One of the nation's favourite writers, Jackie Kay brings her brilliant children's poems to this special family event.

Suitable for ages 11 and over

Purcell Room at Queen Elizabeth Hall, 2.30pm
£8 (adults) £4 (children)



EWIN COLFER THURSDAY 2 JUNE

Eoin Colfer, author of the *Artemis Fowl* series, returns with his wonderful one-man show, full of the wit and humour that characterises his books.

'Colfer ranks alongside writers like Philip Pullman and Jacqueline Wilson.' (*Sunday Express*)

Suitable for ages nine and over

Purcell Room at Queen Elizabeth Hall, 2.30pm
£8 (adults) £4 (children)



Let's go to town!

Visit Croydon Town Centre
this half term for exciting street theatre,
shopping events and leisure promotions

www.croydowntowncentre.com/gettogether



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Could you be a Foster Carer and really make a difference to a child or young person's life?

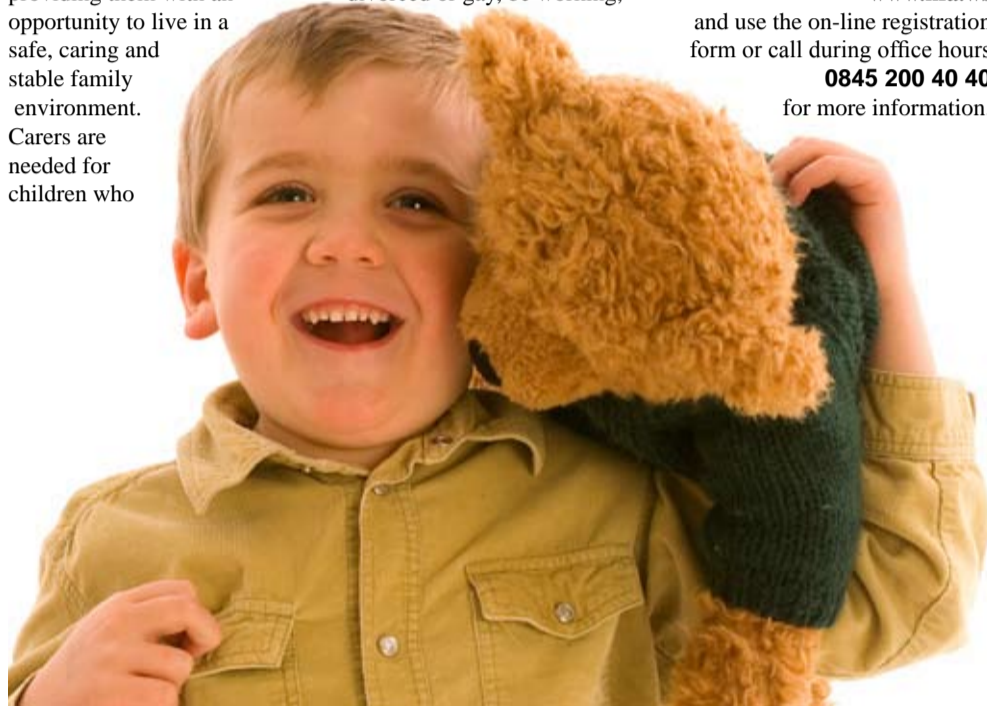
The *National Fostering Agency* is a major, independent and well established fostering agency whose aim is to provide quality care and achieve the best outcomes for the children and young people entrusted to them. They do so by working in partnership with foster carers and their experienced and professional social workers. They specialise in supporting and training the foster carers to care for and meet the needs of children and young people, providing them with an opportunity to live in a safe, caring and stable family environment. Carers are needed for children who

come from a variety of situations. Some experience significant harm; some do not have their basic needs met or may have been exposed to inappropriate behaviour. There are also children or young people with special needs who would also benefit hugely from being looked after in a stable and loving home.

You can apply as a potential foster carer regardless of your ethnic or religious background. You may be single, married, divorced or gay, be working,

unemployed or studying. You may or may not have children of your own. You may be a home owner or a tenant. The most essential requirement is that each foster child has his or her own bedroom, that your home is welcoming and safe and you have the time, patience and energy to invest in a child or young person.

If you are interested in becoming an *NFA* foster carer, please contact by visiting www.nfa.ws and use the on-line registration form or call during office hours **0845 200 40 40** for more information.



Fact 6



Memories

A child's time spent with you can create the memories for a happy future.

NFA is recruiting foster carers in your area.

Contact us:

Visit:
www.nfa.ws

Call:
0845 200 4040

nfa national
fostering
agency



Spot and Soothe!

£5.73 for 50g.

It is now the peak time for chickenpox. Children who haven't already had this itchy, highly contagious disease have a 90% likelihood of contracting it before adulthood.

There's no cure for chickenpox but an innovative gel: *Care Virasoothe Chickenpox Relief Cooling Gel* can help reduce the irresistible urge to scratch. Using breakthrough osmotic technology, *Care Virasoothe* draws water to the surface of the skin to cool and hydrate it. This helps stop little fingers from scratching and reduces the chance of infection and long term scarring.

It's gentle enough to use on the face and body and can be used on children as young as six months. In clinical studies, *Care Virasoothe* has been clinically proven to provide relief from the irritating symptoms of chickenpox.

A mother wrote on

www.itchi.co.uk

" I have just covered her in Care Virasoothe from the pharmacy. It is brilliant and she is now fast asleep. I cannot describe how relieved I am that she can finally get some much needed sleep plus it's not messy and very easy to apply."

Surrey County Show has been given a high-tech make-over

Surrey County Agricultural Society, which organises the show at Stoke Park, Guildford on **May 30**, has launched a brand new website. Surrey is one of the largest one day agricultural shows in the country attracting hundreds of entries of livestock and horses, and developing online entries was a natural progression from its online ticketing service introduced a few years ago.

This year in addition to the traditional agricultural classes, the show highlights the fact that Surrey is the most wooded county in England, with the potential to provide a sustainable source of wood fuel. There will be a complete new woodland area featuring craftsmen working with willow wands, charcoal burners, wood turners, coppicers and carvers. *The Welsh Axemen* will add a bit of competitive spirit.

There are substantial savings to be made if families book their tickets on-line – Save £6 on a family ticket and £4 on an adult ticket. For entries and tickets go to

www.surreycountyshow.co.uk.

Dogs are welcome on a lead.

The Yanks are Back

Volunteers are heading for the *Rural Life Centre* in large numbers. Over the weekend of **May 7th and 8th** the Tilford country life museum welcomes them back for this year's version of *A Village at War*. The event re-enacts troops from Britain, Canada and the USA moving towards their coastal embarkation points in 1944 for the largest and most risky military operation of modern times - the invasion of Hitler's Fortress Europe. By far the largest in number will be the infantry of the *101st US Airborne Division* who will set up camp and undertake battle training on the wooded site. Also there will be British Army troops from various regiments, a Royal Navy detachment and an RAF plotting room. The village's civilians, though still have time for fun and socialising. They will be offering 1940s dance lessons in the village hall as well as making refreshments for the billeted troops. *A Village at War* takes place at the *Rural Life Centre*, an accredited museum of village life midway between Frensham and Tilford, three miles south of Farnham just off the A287, on **May 7th and 8th** between 10am and 5pm each day.

01252 795571

www.rural-life.org.uk.

Scene Change Theatre Company and Study's Cool presents...

saturday's cool

Drop-in, pay on the day performing arts skills for 7 – 14 year olds

How it works
Look at the time table below and then just come on the day!
Summer programme: every Saturday 7th May – 23rd July, 2 – 5 pm

	7 – 9 year olds	9- 11 year olds	11 – 14 year olds
2:00	dance	vocals	drama
3:00	drama	dance	vocals
4:00	vocals	drama	dance

Whether it's Gospel to Gaga, Hamlet to Hollyoaks, Swan Lake to street dance, all sessions are led by professional performers, with a mix of technique and fun!

costs
£8 per one hour session – book two sessions and get an extra one half price. 50% reduction for siblings

For more information contact Saturday's Cool
www.saturdayscool.co.uk
0800 231 5326 or email: admin@studyscool.co.uk

Venue
The Basement Youth Arts Centre, John Bunyan Church, Queen Elizabeth Road, Kingston KT2 6RJ (opposite Tiffin School)

SPECIAL OFFER
Buy one x 1 hour session, get an extra 1 hour session absolutely free. (Offer limited to one per family)

SCENE CHANGE theatre company

studyscool

World Class Acts to Headline Kew Music Festival

World famous *Ronnie Scott's* jazz club is coming to West London for this year's *Kew Music Festival*. The club's house band 'The James Pearson Trio' will be one of the impressive acts performing at the exciting ten-day festival, which runs from **17th to 26th June 2011**. One of the finest Jazz Trios in Europe, the *James Pearson Trio* will be performing 'A Portrait of Ella' – celebrating the life of jazz legend Ella Fitzgerald – with singer Lizzie Ball on **Friday 24th June** at *Watermans*. Families will also have the unique opportunity of performing alongside each other in the *Kew Music Festival* family orchestra – run by the same team behind the hugely successful *BBC Proms Family Orchestra*. The event, which is held on **Sunday 19th June** at the *Queen's School* in Kew, gives family members of all ages and standards – whether they plan an instrument or not – the chance to experience being part of an orchestra under the guidance of expert musicians www.kewmusicfestival.com or contact the box office on **07771 565 140**.

Rose Theatre Kingston

Sunday 8 May, 7pm MUSIC & COMEDY NIGHT
An evening of comedy and terrific musical talent in aid of the Mayor's charity! £10
Tuesday 10 May, 2pm FORCES SWEETHEARTS
Beryl, Carolyn and Jenny are our three sweethearts who present a glorious selection of songs from the great female vocalists who so helped raise morale during the wartime Forties. £8, £11
Saturday 14 May, 7.30pm ROYAL PHILHARMONIC ORCHESTRA The hugely popular Royal Philharmonic Orchestra £12-£32
Sunday 15 May, 5pm PRIVATE PEACEFUL
Adapted from the moving novel by Michael Morpurgo, £8, £12
Wed 18 May - Sat 21 May MR BENN
For ages 3+. £11
Sunday 22 May, 5pm An Audience with Pam Ayres £10-£22.50
Tuesday 24 May - Saturday 28 May HAMLET £8-£28
Wednesday 25 May, 1pm Monday 30 May, 7.30pm ONE-MAN STAR WARS
Charles Ross presents the whole of the Star Wars™ Trilogy in one show. £12, £16
0871 230 1552
www.rosetheatrekingston.org

Regent's Park Open Air Theatre

After accepting the *Laurence Olivier Award* for Best Musical Revival for the second year in a row for *Into the Woods*, Artistic Director **Timothy Sheader** gets rehearsals underway for the first play of the 2011 season, *Lord of the Flies*. Marking the centenary of William Golding's birth, this gripping adaptation by Nigel Williams will kick-start the season **from 19 May**. The production will rediscover this classic story in the unconfined and unparalleled atmosphere of theatre in the open air. With a group of schoolboys stranded on a desert island, what starts as an adventure becomes a struggle for survival as superstition and immorality sees the community slide into a darkly sinister world. The 2010 season at *Regent's Park Open Air Theatre* became the most successful in the theatre's history with more than 142,000 visitors across its sixteen-week run. Capitalising on the inimitable relationship between production and setting, *Into the Woods* became the highest-grossing single production at the theatre taking £1.2m in

five weeks, whilst *The Comedy of Errors* became the most successful Shakespeare play. Arthur Miller's *The Crucible*, attracted a whole new audience to the theatre: 72% of those who attended the play had never been to the venue before. Steve Marmion's production of *Macbeth*, re-imagined for ages six and over, achieved the highest footfall for a family show. Continuing the 2011 season, Lucy Bailey directs John Gay's *The Beggar's Opera* **from 23 June – 23 July**, and Shakespeare's *Pericles* will be directed by Natalie Abrahami, re-imagined for everyone aged six and over **from 2– 23 July**. The final production of the 2011 season, will be playing **from 28 July - 10 September**, and it is George and Ira Gershwin's hit musical comedy, *Crazy for You*. The creative team from the multi-award winning production of *Hello, Dolly!* re-unite as Timothy Sheader directs, with choreography by Stephen Mear and designs by Peter McKintosh. Gareth Valentine returns as the musical director after joining the *Open Air Theatre* last season for Sondheim's *Into the Woods*.

The box office at *Regent's Park Open Air Theatre* is now open. Members of the public can also call the Box Office on **0844 826 4242**. The public may also book on-line at www.openairtheatre.com

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newmalden@stagecoach.co.uk

Richmond 020 8332 6741
richmond@stagecoach.co.uk

Walton 01932 254333
walton@stagecoach.co.uk

Weybridge 01932 254333
weybridge@stagecoach.co.uk

www.stagecoach.co.uk

Theatre Arts Schools
Stagecoach

3rd Fri of each month Chertsey Museum 01932 575370 Museum Monkey sessions for under 5's with music, sing-a-long & craft activities for toddlers & their carers. **12-13 May** Solve a Mystery, **FREE**, drop in family event. **Until Aug '11** Brides Revisited exhibition.

3rd Sat of month Norbiton Childre's Centre Kings Oak Primary Dickerage Lane Who let the dads out play session for under 5's, 10-12pm.

Daily Royal Naval Submarine Museum 02392 545034 Skull & Crossbones: Living under the Jolly Roger Family Exhibition, become a pirate, learn how to speak pirate, command your boat, discover treasure, hoist your Jolly Roger & set sail for a pirate tour of the museum.

Daily Victoria & Albert Museum Cromwell Road London 020 7942 2000 Back Packs families can pick up an activity pack filled with jigsaws, stories & games to explore the collection, 4-11yrs & Activity Cart hands on art fun for children to create a Samuri helmet, a silver goblet or an elephant mask to take home, **FREE**, drop in.

Daily National Army Museum 020 7730 0717 www.national-

army-museum.ac.uk Victorian Soldier Action Zone with quizzes, games & hands on activities to help your learn about life as a Victorian soldier, **FREE**. **Daily** The World's Army, Empire, Commonwealth & Dominion Soldiers 1914-45 Action Zone family interactive zone, **FREE**. **Daily** Kids Zone, interactive learning & play space for under 10's plus a soft play area for babies.

Every 2nd Sat of month Elmbridge Museum 01932 843573 Seeing Things, Family Fun discover the magic of microscopes & telescopes & celebrate National Science & Engineering Week, **FREE**.

Every 3rd Wed of the month Richmond Library 020 8734 3303 Chatterbooks reading group, 8-9yrs, 4.30pm, **FREE**. **1st Thurs of month** Tiny Teddies sessions baby bounce & rhyme, **FREE**.

Every Fri Culture Café Rose Theatre Kingston 0871 230 1552 Rhymetime for babies, toddlers & under 5's, **FREE**.

Every Fri Christ Church Coombe Road 020 8241 9423 Toddler Group for under 5's, 9.45-11.15am.

Every Fri New Malden Baptist Church Kingston Road New Malden 8942 6912 Tadpoles parent & toddler group.

Every Fri West Barnes Library 020 8942 2635 Toddlers Rhyme Time & musical activities, 0-5yrs.

Every Fri Teddington Library Walgrave Road 020 8734 3304/5 Storytime session, under 5's, **FREE**. **Every 2nd Wed of the month** Chatterbooks reading group, 8-9yrs, 4.20pm, **FREE**. **1st Thurs of month** Tiny Teddies sessions baby bounce & rhyme, **FREE**.

Every Fri Kew Library Storytime session, under 5's, **FREE**.

Every Fri Caterham Valley Library www.surrey.gov.uk/kidstuff Rhymetime, **FREE**. **Every Thurs** Storytime, **FREE**.

Every Fri Gatton Park Activity Centre 01737 780255 Toddler Tales & Trails meet at the activity centre for a mix of indoor & outdoor activities, each week a popular children's book is featured, staff read the book with the children & then bring it to life out in the park, returning to do some art to take home, 2-4yrs, **FREE**.

Every Fri Redhill Library www.surrey.gov.uk/kidstuff Rhymetime, **FREE**.

Every Fri The Phoenix Centre Wallington 020 8770 6006 Mini Movers, Toddlers Singing & Movement, 0-5yrs for children with

learning difficulties, autism etc, siblings welcome.

Every Fri Dorking Library www.surrey.gov.uk/kidstuff Rhymetime, **FREE**.

Every Mon Surbiton Library 020 8547 6444 Storytime for under 5's, **FREE**. **Every Tues** Rhyme & storytime for baby & toddlers, **FREE**. 6.20.27 May Yo Baby Pre-school weekly music & movement classes, 07970 202 473.

Every Mon Tudor Drive Library 020 8547 6456 Storytime for under 5's, **FREE**. **Every Tues** Rhymetime for under 5's followed by stay & play until 3.30pm, **FREE**.

Every Mon Morden Library 020 8545 4040 Scrabble Club everyone is welcome. **Every Wed** Welcome Mornings with stories & crafts for pre-school children. **Every Fri** Storytime 4-yrs.

Every Mon Hampton Library 020 8734 3347 Storytime session, under 5's, **FREE**. **3rd Thurs of the month** Chatterbooks reading group, 8-9yrs, 4pm, **FREE**.

Every Mon afternoon Raynes Park Library Make your own jewellery workshop. **Every Tues** afternoon Story times for under 5's.

Every Mon eve Corpus Christi School New Malden 07956 312920

Aerobics all abilities, 7-8pm.

Every Mon eve Sutton Grammar School Korfbal for Beginners for school years 3-12 various times & sessions, info@nomadskorf.com.

Every Mon until 18 July Christ Church 861-863 Brighton Road Purley 020 8726 6000 x88965 Low intensity aerobics pay as you go

Every Sat Early Learning Centre The Bentalls Centre A Playologist will be on hand to make children have the best fun possible with ELC products, they can have their faces painted, mess with play-doh & lots more from 10am.

Every Sat Electric Theatre Guildford 01483 444789 Little Sparks in the Café Bar with music, games, songs, stories & puppets & Sparkles Dance drop in classes for 5-9yrs. **Every Mon & Tues after school** The Man in The Moon Weekly drama workshops, 6-14yrs.

Every Wed All Star Choir, 8-14yrs.

Every Sat morn Canbury Park Gardens Kingston Fitness in the Gardens low impact outdoor cardio exercise for all with power walking, jogging & stretching, 10-11am, **FREE**, info@AHM-Go.com.

Every Sat morn Canbury Gardens Lower Ham Road Kingston 020 8547 6422 Low impact outdoor cardio exercise for all with power walking, jogging & stretching, 10-11am, **FREE**.

Every 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, plus **FREE** family trail.

Every Sun South London Gallery 65 Peckham Road 020 7703 6120 Hands on workshops for families led by gallery artists.

Every Sun from 1 May Horniman Museum London Road Forest Hill 020 8699 1872 African & Dance Courses for adults & children 5-10yrs, mixed ability.

Every Thurs Norbury Park and Norwood Grove 020 8726 6900 A circular walk through Norbury Park & Norwood Grove, 2-3 miles, meet at Norbury Train Station, 1.30pm, **FREE**.

Every Thurs Selsdon Baptist Church Addington Road 020 8726 6000 x88965 Circuits Low intensity for mature exercisers.

Every Thurs Croydon Sports College Croydon High School 020 8726 6000 x88965 Circuits Low intensity for mature exercisers.

Every Thurs South Norwood Leisure Centre 164 Portland Road 020 8726 6000 x88965 Aquacise sessions.

Every Thurs Kingston Children's Library Wheatfield Way Kingston 020 8547 6438 Stories & craft for under 5's, **FREE**. **Every Fri** rhymetime for babies, toddlers & under 5's with stories & rhymes, **FREE**.

Every Thurs Methodist Church Hall High St New Malden Parent & toddler club, 9.45-11.30am.

Every Thurs Tolworth Recreation Centre Fullers Way North Tolworth 020-8391 1882 Badminton Club for intermediate/advanced level, Tel: 020 8395 9175.

Every Thurs Banstead Library www.surrey.gov.uk/kidstuff Rhymetime & storytime, **FREE**.

Every Thurs Caterham Hill Library www.surrey.gov.uk/kidstuff Rhymetime, **FREE**. **Every Fri** storytime, **FREE**.

Every Thurs Horley Library www.surrey.gov.uk/kidstuff Rhymetime, **FREE**.

Every Thurs Cheam Leisure Centre Cheam 020 8770 4830 Street Dance lessons for boys & girls 10-15yrs

Calendar

month Tiny Teddies sessions baby bounce & rhyme, **FREE**.

Every Wed morn Sutton Arena Leisure Centre Middleton Road Carlshalton 020 8770 4088 Women's Recreation Mornings 9-12pm.

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

Netwickenham Library Garfield Road 020 8734 3340 Chatterbooks reading group, 8-9yrs, 4.30pm, **FREE**. **Every Thurs** Storytime session, under 5's, **FREE**. **2nd & 4th Thurs of month** Tiny Teddies sessions baby bounce & rhyme, **FREE**.

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

Throughout May National Walking Month 9-13 May Walk to Work Week, 16-20 May Walk to School Week, everyone can create their own, personal walking log & parents can find helpful ideas to encourage their children to walk at www.livingstreets.org.uk.

28-29 May Walk London, project encouraging people to record their walking activity on www.Walk4life.info site during the month to help raise money for charity.

Tues-Fri Dickerage Adventure Playground Kingston 020-8942 1707 Parent & Toddler Play

Until 8 May Unicorn Theatre for Children 147 Tooley Street 020 7645 0560 The Three Musketeers, 10+yrs. **Until 8 May** Drum multi-sensory & interactive productions for the very young & for young people with profound & multiple learning disabilities. **18-22 May** One Little Word story of friendship, power struggles & the rich world of creative play, 3+yrs. **25-29 May** Teddies sessions baby bounce & rhyme, **FREE**.

Every Tues Hampton Wick Library 020 8734 3358 Storytime session, under 5's, **FREE**. **2nd Tues of the month** Chatterbooks reading group, 8-9yrs, **FREE**.

Every Tues Farnham Library www.bookstart.org.uk Baby Bounce 'n' Rhyme.

Every Tues Leatherhead Library www.surrey.gov.uk/kidstuff Storytime, **FREE**. **Every Thurs** Rhymetime, **FREE**.

Every Tues & Thurs Wimbledon Library 020 8946 7432 Children's story times. **29 Mar** Job applications workshop in Marlborough Hall, **FREE**, Tel: 020 8543 9292.

Every Wed Tolworth Library 37-39 The Broadway 020 8547 6470 Rhyme & storytime for under 5's with simple crafts, **FREE**.

Every Wed Ursuline Prep School Wimbledon 020 8947 0859 Mother & Toddler playgroup, in the nursery, play along with the toys & make use of the facilities plus a cup of tea is always available & well qualified & well trained nursery staff are on hand, **FREE**.

Every Wed Ham Library 020 8734 3354 Storytime session, under 5's, **FREE**. **1st Fri of each month** Tiny Teddies sessions baby bounce & rhyme, **FREE**.

Every Wed Castlenau Library 020 8734 3350 Storytime session, under 5's, **FREE**. **One Sat a month** Tiny Teddies baby bounce & rhyme sessions, **FREE**.

Every Wed Hampton Hill Library 020 8734 3320 Storytime session, under 5's, **FREE**. **1st Sat of every month** Tiny Teddies sessions baby bounce & rhyme, **FREE**.

Every Wed & Sun East Sheen Library Sheen Lane SW14 020 8734 3337 Storytime session, under 5's, **FREE**. **3rd Wed of the month** Chatterbooks reading group, 8-9yrs, 4.30pm, **FREE**. **1st & 3rd Thurs of**

Explorer backpacks, families under 7's. Dippy Floor puzzle under 7's, **FREE**. **Booksaursus**, families under 5's. Jurassic Ark family activity pack includes code breaking activities. **Daily Learning Activators** encourage visitors of all ages to discover more about the natural world, **FREE**. **Daily Focus** Points handling trolleys explore real specimens with the help of volunteers, using different natural history themed activities, all ages, **FREE**.

Until 24 June Prince Charles Cinema 0871 230 2200 Sing Along with Grease.

Until 30 Nov Olympia Exhibition Centre London 0871 230 2200 Doctor Who Experience, **3-5,8 May Clandon Park** 01483 222482 National Spinning Week.

3-7 May New Wimbledon Theatre 0870 060 6646 Matthew Bourne's Cinderella. **24-28 May** Horrible Histories. **15 May** Magic – A Kind of Queen musical.

3-7 May Polka Theatre Wimbledon 020 8543 4888 Rip, Fold, Scrunch 2-5yrs. **Until 7 May** Scarecrow, 5-9 yrs. **13 May-6 Aug** All Join In & Other Stories a musical extravaganza, 4-7yrs. **14 May** Treasures of the Rainforest, 3-6yrs. **18 May** Egg & Spoon a multi sensory interactive journey, 6mths-3yrs. **28 May** Three Billy Goats Gruff, 3-6yrs. **31 May-4 June** Who's Been Sitting In My Chair, 3-6yrs. **Half Term Workshops** **31 May** The Found Objects' Band, 5-7yrs. **31 May-3 June** Behind the Scenes: Stage Combat Workshop, 8-13yrs. **1 June** All Join In Family Jam, 4-6yrs. **1 June** New Polka Mural Making come along anytime during the day & join others in the garden. **FREE**, all ages. **2 June** Behind the Scenes: Designer For a Day, 7-11yrs.

4 May Tower of London Tower Hill London 0844 482 7799 Tower of London Jog opportunity to walk, jog or run between 1 and 10 laps of the 1km route around the grass moat , registration opens at 3pm, the course closes at 8pm, **FREE** to enter. **7 May** Afternoon School The Tower and photography. **18 May** Afternoon School Prisoners at the Tower. **28 May** Afternoon School Royal Beasts. **Opens 28 May** Royal Beasts explores the history, spectacle & tragedy of the Tower menagerie. **Daily** Fit for a King exhibition learn about the personalities, power & physical size of England's kings, from the Tudors, & the notorious Henry VIII to today's royal family. **4,11 May Clarendon Landscape Gardens** 01372 467806 Tai Chi in the Garden suitable beginners & experienced. **5,12 May** Buggyfit, fitness class for new mums wanting to get back in shape after their new arrival. **7 May** Guided Walk, **FREE**.

7-8 May Belvedere Tower Opening. **21 May** Children's Farm Day a day for all family with a large variety of farm animals which may include sheep, lambs, piglets, ponies, goats, chicken & ducks. Children will be able to learn about the animals & have an opportunity to stroke, groom, feed & milk the wide range of animals., **01372 467806**. **28 May-5 June Half Term** Trail with children's trail around the house. **31 May-2 June** Children's Craft Workshops.

4-18 May Oasis Academy Shirley Park 020 8726 6000 x88965 Badminton course.

5-8 May Earls Court Exhibition Centre 0871 230 2200 Real Food Festival under 16's **FREE**.

7 May Dryburgh Hall Putney Leisure Centre 020 8874 9186 National Childbirth Trust nearly new table top sale with baby equipment, children's toys & clothes, contact potter.pamela@gmail.com.

7-8 May Richmond Park Broomfield Hill car park 0300 061 2200 Guided Walk, 10-12pm, **FREE**.

7 May Yvonne Arnaud Theatre Guildford 01483 440000 Tales of Magic & Mischief, 2-6yrs. **14 May** Elmer the Elephant, 4-7yrs. **19-21 May** Spirit of the Dance.

7 May Somers Hall Slipshoe Street Reigate Craft & Gift Fair with a wide variety of stalls selling jewellery, homewares, candles, toys & lots more, **FREE** admission.

7 May Box Hill 01372 220644 Reptile study day, join a local expert, David Sewell to look at & learn about the reptiles found on Box Hill. **2 June** Teddy Bears Picnic, walk through the woods to a special picnic spot, with stories, songs & games, children's picnic provided just bring your teddy, 3-6yrs. **3 June** Let's go fly a kite, come along to design & make your own kite & compete to be Box Hill's kite champion, 6+yrs.

7 May Lyric Theatre Hammersmith London 08700 500 511 The Mousehole Cat, 4-7yrs with Messy Play after each performance. **14 May** The Three Billy Goats Gruff & Other Furry Tails, 3-7yrs with Messy Play after each performance. **21 May** Little Ruby Red Tells Tales, 3-5yrs with Messy Play after each performance. **28-29 May** The Planet of the Beetelebens, 2-5yrs. **29 May** Family Sunday The Planet of the Beetelebens with Messy Play workshop & **FREE** all day craft table & adults can enjoy a coffee & cake whilst relaxing in Café Brera or on their roof garden. **4 June** The Little Red Hen, 2-5yrs with Messy Play after each performance. **Until 4 June** Thriller Live brings to life the sensational dancing & distinctive sound of Jackson's greatest hits. **7 May** Somerset House Strand 020

7845 4600 Blue Prints workshop, 6-12yrs. **14 May** Think Ink, 6-12yrs. **21 May** Play & Display, 6-12yrs. **28 May** Half term holiday drop in sessions.

7.8 May Winkworth Arboretum Godalming 01483 208477 Bluebell Trail.

7-8 May Shalford Mill 01483 561389 National Mills Weekend with guided tours. **19 May** Historic Shalford illustrated talk **1 June** Meet the Millers. **Every Wed** in May public access to the room used by the Ferguson Gang

7-8 May Imperial War Museum 020 7416 5439 Family Introduction to the Holocaust drop in session for children 11+yrs, 11-12pm, **FREE**. **Ongoing** The Children's War exhibition incorporating hands-on activities for all ages, **FREE**. **Ongoing** The Holocaust Exhibition, children 14+yrs. **Ongoing** Extraordinary Heroes exhibition.

7-8 May National Hall Olympia 08705 900 090 The London Pet Show five zones packed with dogs, **7,14,21,28 May Everyman Cinema** Walton 0871 9069060 Kids Club films & fun for 4-10yrs, doors open at 10.15am with activities until 10.45am when the film starts.

7-28 May Croydon Arena South Norwood 020 8726 6000 x88965 On Your Bike!, course to refresh your cycling skills

7-29 May Brighton Festival 01273 700747 Three weeks of international music, theatre, dance www.brightonfestival.org.

8 May Wimbledon Common Nature Club Wildlife Watch 020 8540 6154 Pond Dipping, 8-14yrs. **5 June** Willow Weaving, 8-14yrs.

8 May Hook & Chessington Library 020 8547 6480 Rock & Rhyme time, play & chat time, & the play for babies & toddlers 0-3yrs for

families, **FREE**. **Every Tues** Rhyme time for babies, toddlers & under 5's with stories, rhymes, simple craft & toys, term time only, **FREE**.

8 May Watermans Brentford 020 8232 1010. The Steadfast Tin Soldier, 3-8yrs. **15 May** Flyaway Katie, families, 2-6yrs. **22 May** The Way Back Home, families, 3+yrs.

29 May 3 Pigs by Storybox, families 3+yrs. **Every Wed** Pandemonium children's workshops, up to 2yrs & 2-4yrs. **Every Wed** morn parents & babies screenings. **Every Sat morn** Family Cinema, 1 adult goes **FREE** with every one paying child.

8 May The Hawth Crawley 01293 553636 Ha Ha Holmes! The Beast of the Blistervilles. **18-21 May** Shaun the Sheep.

8 May Bocketts Farm Leatherhead 01483 445 085 Rainbow Trust Children's Charity – Rainbow Ramble! Pre-order your picnic from the farm, dogs are welcome on the walks, however they are not permitted on the farm, under 5's **FREE**.

8 May Semaphore Tower Chatley Heath Cobham 07894 660999 Open Day learn the history of the tower & take a trip to the top

8,22 May Kew Gardens 020 8847 0946 Guided tours. **14-15 May** Summer Festival with a weekend of music, dance,

13 May Fairfield Halls Croydon 020 8688 9291 The Pasadena Roof Orchestra. **20 May** Two Kinds of Magic A Kind of Queen & A Kind of ELO. **26 May** Jools Holland & His Rhythm & Blues Orchestra. **30 May** How The Koala Learnt To Hug.

13 May Morden Hall Park 020 8648 1845 Wandle Bike Ride meet 10.30am at NT café. **28 May** The Park & its People guided walk. **2**

June Flower Power family craft

13-15 May Museums at Night Weekend Events being staged in over 280 museums & galleries across the country for more info www.museumsatnight.org.uk.

14 May John Innes Park Merton 020 8542 9309 Bowls Come & Try Day, **FREE**.

14 May Get Walking Day Walk 07944 833605 Wandle Walk to Carlshalton via Mitcham Common, Beddington Park & Wilderness Island, 3-4miles, **FREE**.

14 May Richmond Park 020 8233 5967 14.6K Charity Fun Run in support of Love146 the charity who are committed to the abolition of child sex slavery & exploitation, for more info www.richmondparklondon.co.uk.

14 May Brooklands Museum 01932 857381 Histories at Brooklands Classic Car Auction.

14-15 May The Moonwalk Walk Hyde Park This year walkers will be taking a Walk on the Wild Side & expect to see beautifully decorated bras in everything from animal prints to rock n roll, www.walkthewalk.org.

15 May Ham House & Gardens Richmond 020 8940 1950 family event home grown & seasonal produce. Children may sow their own seeds in pots to take home, **FREE** seeds also on offer. **21 May** The Canterbury Tales outdoor staging by students from St Mary's University Drama Dept, **5 June** Wind in the Willows f need to book, **0844 249 1895**.

15 May Millbrook Animal Centre Fun dog show for all types of dog's with lots of stalls & refreshments, c, 9.30-12 noon, more info www.rpsca-millbrook.org.uk.

Continue page 8

PARENTS NEWS Digital
Copies can also be read on-line
www.parents-news.co.uk
There are a lot of other and supporting features on the website.
Updated daily and Social Media

The screenshot shows the Parents News website interface. At the top, there's a navigation bar with links like Home, About, Read The Paper, Contact Us, News in Your Area, Social Media, Theatre Club, and Advertise. Below this, there are several news snippets:

- NATIONAL NEWS:** Easter Eggstravaganza Eggs - Bidding going well on the 2011 collection of celebrity Easter Eggstravaganza Eggs...
- Meet the royals at Madame Tussauds** - Meet the royals at Madame Tussauds 13th April – 6th May...
- SOUTHBANK CENTRE:** SOUTHBANK CENTRE CELEBRATES SOUTH ASIA THIS EASTER HOLIDAY!
- A Busy Easter Ahead** - A busy Easter ahead. Easter being late this year should ensure better weather than in the recent past...
- Gooseberries and Gas masks** - Gooseberries and Gas masks. Easter holiday activities at Imperial War Museum Duxford

On the right side of the main content area, there's a section titled "Parents News Online" dated 29 March 2011. It contains a small image of the Parents News magazine cover and a text box explaining that the website is a resource to help you plan your days out with the kids & find out what activities for children there are on in your local area. It also mentions that Parents News was established in 1993 and is distributed free to schools, nurseries, libraries, sports centres, health centres, hospitals and various retail outlets such as shopping malls and fast food restaurants.

HOST FAMILIES REQUIRED
for students & teachers from Hong Kong attending schools in
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REMEMBER WHEN THEY USED TO SERVE MAGGOTS FOR TEA? YOU WILL.

Discover HMS Victory at the unforgettable Portsmouth Historic Dockyard

On the menu today, maggots, calf's foot jelly and 11 year old beef. Discover what life was really like for the sailors in Nelson's navy on board the world's oldest serving warship - HMS Victory.

YOUR TICKET FOR A FULL DAY OUT OF GREAT ATTRACTIONS INCLUDES:

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- HMS Victory
- HMS Warrior 1860
- Action Stations
- Harbour Tours
- The National Museum of the Royal Navy

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maggotsfor tea.co.uk

15 May Walton Bridge A 4 or 8 mile trundle along the banks of the River Thames, pushchair friendly, all ages & dogs on leads welcome.

15 May Hatchlands Park 01483 222482 Have a go Archery

15 May Woking Bikeathon (Leukaemia & Lymphoma Research) 10am, for more info www.beatbloodcancers.org/event/woking-bikeathon.

15 May The Dittons Fair Giggs Hill Green Thames Ditton Traditional family event with sideshows including pig racing, arena events to include dancing, rugby & music, bring your dog to take part in the hilarious Dotty Dog Show & Dog Gymkhana proceeds in aid of The Dittons Scout Group, 1-4.30pm, www.thedittonsfair.co.uk.

15 May Dapdune Wharf Cattleshaw Lock 01483 561389 Explore the river Wey on foot, approx 9 miles with a pub stop.

15 May St James' Park 020 7930 1793 Royal Park Ramble fun sponsored walk, meet 11am at St Thomas' Hospital then take a ramble through St James' Park, Green Park & part of Hyde Park taking in the London sights including Big Ben

& Buckingham Palace then back to St Thomas' for refreshments & certificates, walk lasts approx 2hrs, www.huges-syndrome.org.

16-21 May Richmond Theatre 0844 871 7651 Buddy the musical.

24-28 May Hamlet the Musical

20 May The Lightbox Woking 01483 737800 Painting for under 5's. **24 May** Storytelling for under 5's. **31 May** Suncatchers make your own suncatcher to take home, drop in, 4+yrs.

21 May St John's Church Wimbledon 07943 954959 Young Voices Singing Day a funpacked day learning new songs & singing games, 8-12yrs.

21 May Snakes & Ladders Brentford 020 8847 0946 Charity Balloon Release all proceeds will go to Shooting Star Children's Hospice to support Children's Hospice Week everyone who participates will be in for a chance to win a 3month pass to Snakes & Ladders. **Every Thurs during term time** Arty Crafty sessions for pre-schoolers. **Every Tues during term time** Musical Mayhem with dance, musical instruments & song for toddlers. **FREE.**

21-22 May Blue Anchor Showground Heavy Horse, Dog & Country Show plus 9-5pm, www.sesha.org.uk.

22 May Ewell Court House Craft & food stalls with laser combat, safe play funhouse for children, classic cars, arena displays & an art exhibition around the lake, refreshments & ice cream available, fun day out for all the family, 12-5pm.

23-28 May Chelsea Flower Show Royal Hospital Chelsea Chelsea 020 7881 5204 Will be launching a new swing seat & visitors to the stand will be able to enter a competition to win a swing seat values at £2,000.

24 May Millmead Lock 01483 561389 The Godalming Navigation Experience four hour boat trip with lunch provided, need to book.

24-28 May New Wimbledon Studio Theatre 020 8540 0362 Horrible Histories. **1-4 June** Spamalot.

26 May Rose Theatre 0871 230 1552 Kingston Readers Festival. **31 May** Chinese Variety Show including demonstrations by professional guests from China.

28 May Barbican Centre 0845 120 7527 Family History Event 110 exhibitors & experts on hand to answer questions & help, www.thefhevent.net.

From 28 May London Dungeon 020 7403 7221 Launch of Vengeance the UK's very first 5D laser ride, interactive as visitors are challenged to take on an army of supernatural forces in an adrenaline charged laser battle of speed, skill & nerve.

28-30 May Hampton Court Palace 0871 230 2200 Foodies Festival with Top Chefs plus plenty of tastings, sample & buy local seasonal produce, try signature dishes from favourite restaurants & lots more.

28 May-3 June RHS Gardens Wisley Wisley 01482 211113 Budding Gardeners, young gardeners from local schools will have their miniature gardens on display. **30-31 May, 1-3 June** sow & grow to encourage bees to come to your garden. **2-3 June** theatre show all about bees and honey

28 May-5 June London Wetland Centre Queen Barnes 020 8409 4400 Animal encounters a wildlife themed half term with otters, birds of prey, bats, hedgehogs & amphibians for you to see them up close & to learn more about their habitats & behaviour. **30 May** Hedgehogs, a chance to meet these elusive animals face to face. **31 May** Moths & small mammals. **1-2 June** Amphibians & reptiles meet these creatures & learn more about their habitats. **3-5 June** Birds of Prey. **Every Tues & Thurs** Pushbabies, fitness for new mums looking to get back into shape. **Daily FREE** guided tours. **Daily** Feed the birds, join the wardens, 3pm. **Every weekend** Walk with a Warden. **New Feature** RBC Rain Garden learn how to maximise the use of rain water in your own garden.

28 May-5 June HMS Belfast Tooley Street London 020 7940 6320 020 7403 0719(f) Ship's A look at navy slang & the origin of popular phrases that link to life at sea and the importance of the navy. **Every final weekend of month** A Sailor's Life for Me family activities.

28 May-12 June Museum of London 0870 444 3851 **Half Term fun**, **28 May, 2 June** How to be a Pirate interactive drama workshop, 3+yrs. **30 May** Join Digger the archaeologist & find out about the treasures that could be under your feet, 2-5yrs. **30 May, 1, 5 June** A Pirate's Life for me activity, 6+yrs. **31 May** Storytelling, 5+yrs. **1**

June help create an animation that reflects London as a melting pot cultures & traditions, 5+yrs. **3 June** Story dice, 5+yrs. **4 June** Sailor's favourite character into a puppet to take home, 5+yrs.

29 May Reigate Fort 01372 220644 History of the Fort a short walk along the North Downs Way to Reigate Fort, 1 mile, easy walking, need to book.

30 May Reigate Hill 01372 220644 Meet the Gatton Park badgers

30 May Stoke Park Guildford 01483 444333. Surrey County Show livestock showcase for cattle, sheep, goats, pigs & poultry. Arena entertainment including Flying Gunners military motorcycle display team, pony scurry racing, showjumping, pony club games, sheepdog & gun dog demonstrations, food theatre, woodland arena with Welsh Axeman. Romford Drum & Trumpet Corps, the Casablanca Steps, Alder Valley Brass Band & Stigma Quartet, classic car display, army careers & food.

30 May Gatton Park Reigate 0794 1572434 Fairytale Treasure Hunt around the park entertainment for families with young children, 1-4.30pm, www.gattoncommunitytheatre.org.uk.

30 May-5 June National Family Week Week of activities money saving offers & competitions to find out an event near you visit www.nationalfamilyweek.co.uk.

31 May Whyteleafe Recreation Ground Hillbury Road Critter Catching family event, go on a scavenger hunt & see what mini beast can be found on the hills, to book a place **Tel: 07771 715812**.

31 May Wisley Common 07970 094416 Family fun guided walk on

Wisley & Ockham Commons, walk is suitable for all with fun & games along the way, meet at Ponds Farm car park 10am,

31 May-3 June Birdworld Farnham 01420 22140 Farm Fun Activity Week, baby animals, ride on the tractor, goat and ferret races, plus face painting, horse & cart rides, bouncy castle & lots more.

31 May-3 June Painshill Park Cobham 01932 868113 Pond Dipping & Bug Lab family trails are available on arrival at the desk.

31 May-3 June, 6, 7 June Shalford Park 07946 854342 Nordic Walking, **FREE**, 30min taster sessions, suitable for all levels of fitness & ages.

2 June Sutton House 2-4 Homerton High Street 020 8986 2264 Family Fun create a great present for the important man in your life in preparation for Father's Day.

3-6 June Train Walk A great day out for the whole family, just gather your friends neighbours & family to walk in a train like formation around your favourite park, playing field or even indoors. It can be any distance you choose to suit ages & abilities of those taking part, for more information www.trainwalk.org.uk helping to raise funds for people with autism.

4-5 June Wandle Park (opp Colliers Wood Tube Station) 07944 833605 Wandle Weekend Walk trail from Waddons Ponds to Morden Hall Park, 5-6 miles.

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PARENTS NEWS



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Would you like to play a musical instrument?

Merton Music Foundation is holding another of its popular "Hands On Afternoons" on **Saturday 7th May** from 2.00-4.00pm at the **Chaucer Centre**, Canterbury Road, Morden, Surrey SM4 6PX. During the afternoon experienced teachers, pupils and professional musicians will offer guidance and practical advice to anyone wishing to take up an instrument. All the standard orchestral and percussion instruments will be represented, and there will also be opportunities to try out the more unusual instruments such as oboes, bassoons, trombones

and double basses. They will NOT be demonstrating guitars and pianos. This event is always very popular and it is essential to book a time for your visit.

020 8640 5446

The cost is £4 per participant, but free for accompanying parents and siblings. For experienced musicians **Merton Music Foundation** offers bands, jazz ensembles, guitar ensembles, choirs, string groups and orchestras ranging from Grades 1 – 8 and beyond. All ensembles give concerts regularly and there are opportunities for the

more advanced groups to tour abroad. Children too young to learn an orchestral instrument may wish to be a member of the **Young Music Makers**, in which they are encouraged to sing in a choir and learn the recorder as an introduction to music-making. Beginner string players may be interested to join "String Busters", a string ensemble introducing early adventures in group playing. MMFOffers individual and group tuition on all instruments at the Chaucer Centre and schools in Merton.

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My Art Book published by DK50 amazing art projects inspired by great artists and sculptors throughout history

Fun, educational and bubbling over with creativity, *My Art Book* is a superb introduction for young children to the history and styles of art. With over 50 simple but effective projects, children will be encouraged to experiment with different techniques to expand their imagination and creative minds, from mosaics inspired by **Diego Rivera** to figure sculptures in the style of **Henry Moore** and aboriginal dreamtime art. All styles, themes and subjects are explored, from impressionism to watercolour landscapes, with each project introduced by looking at a particular masterpiece or artistic style. These spreads familiarise the reader with iconic pieces by famous artists and sculptors, encouraging children to look at different techniques in detail and the subject matter behind a work of art. Children are then motivated to experiment and take their own individual approach to a particular style or method, such as making their own earth colours like those used in cave art, or creating a jungle collage or an African mask.

Each project shows the equipment needed, with step by step photography and clear instructions guiding children through the process of making their own piece of art, for effective results they can display with pride. *'Just Imagine'* spreads are packed with more ideas to inspire children to experiment in a particular style or technique using different medium, from textured paper to natural materials, all of which are readily available from the home or can be easily purchased. A fantastic introduction to an appreciation of art, and packed with fun projects to entertain the kids; *My Art Book* will be loved by children and parents alike. £9.99

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If Life Gives you Lemons by Sally Stubbs

A Little Bit of Happiness in only 10 seconds. £7.99 (pb)

Don't worry, be happy ... find out how through the use of one of the English language's most powerful little words "If" in a remarkable new book *If Life Gives You Lemons* in which she explores that elusive thing: happiness.

In this acclaimed concise book, Sally, one of the UK's leading psychotherapists and hypnotherapists, teaches the five core issues that will help you reach your true potential and bring lasting happiness in life.

The lessons she teaches you how to use the word *'If'* and find the fire for your heart (against anxiety), the Minerals for your bones (against failure), the Air that for your creativity and fun (against frustration), the Diamonds of your soul (against lack of direction) and the Gold for your thoughts (against negative thinking).

Her practical and easy to follow tips in these lessons are based on over 25 years of clinical experience. They involve both ideas, but uniquely combine them with the use of your body to help you achieve happiness.

Healthy Eating during Pregnancy by Erika Lenkert & Brooke Alpert in association with Wellbeing of Women

Pregnancy is an important time for both mother and baby and whilst it isn't the time to restrict calories or fat, it's also important not to go overboard. Instead, a healthy balance of the right vitamins and minerals is essential, as well as eating the right carbohydrates, protein and fat needed for not only the baby's growth but mum's well-being too. Knowing where to find these necessary nutrients in our diet and incorporate them into easy and delicious dinners is what proves challenging.

With morning sickness, heartburn and constipation being just a few of the food-related problems pregnant women suffer, *Healthy Eating During Pregnancy* is an important new book from food writer **Ericka Lenkert** and leading nutritionist **Brooke Alpert** which offers over 100 delicious and healthy dishes that will satisfy any hormonal appetite and contain the important nutritional information necessary for a healthy diet and pregnancy. And with recent studies showing that what a woman eats during pregnancy can have a direct effect on babies' taste buds, you won't run out of

great ideas to tempt not only yours but your baby's palate too. Separated into straightforward chapters for everyday meals, you can start the day with Ricotta Cheese Blintzes with Blueberry Sauce, munch on healthy salads of Roasted Beetroot, Orange and Avocado Salad, whip up fast weekday lunches of Prawn, Avocado and Mango Cocktail with Coriander and Lime Dressing or enjoy comforting dinners of Mushroom Quinoa Risotto or Maple-glazed Pork Chops with Mashed Sweet Potato. And you won't have to feel guilty about indulging in an after dinner treat when desserts are as healthy as Raspberry Turnover or Banana Coconut Cream Crumbles are hard to resist.

Each recipe is accompanied by clear nutritional information and advice and there are even suggestions for small healthy snacks such as Herbed Parmesan Popcorn for when cravings strike. There's also helpful information for vegetarian mothers, sleeping tips, exercise advice and how to continue keeping healthy after the birth.

£12.99 (pb).

May 2011 Cumnor House School

Cumnor House School for Boys is once again celebrating outstanding entrance examination results. With 73 scholarships and 42 grammar places over the past two years the results are without equal in the area. The school's reputation for excellence in sport, music and drama is also justly gained.

Since taking on its new girls' school in Purley last September, *Cumnor House* has been delighted by the level of interest and response from parents of girls seeking the same high standard of education and 11+ exam preparation which has been offered for many years at its boys' school in South Croydon.

The next **Open Morning** for the *girls' school* is on **Friday 13 May** between 9.00 and 11.30 a.m.

The next **Open Morning** for the *boys school* between 9.15 and 11.00 a.m..

At each **Open Morning** you are warmly invited to meet some of the pupils and their teachers.

020 8660 3445
www.cumnorhouse.com

Saturday 7th May 2011

**Pelham Primary School
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10am – 12.30pm



'Parenting without tears' A Workshop for parents of primary age children

Parenting can be a challenge. This workshop will give you basic strategies to parent with confidence. Topics covered will include praise, play, encouraging compliance, rewards, consequences and 'time out'.

What you will leave with:

- Improved understanding of the impact of parenting on the emotional well being of children
- Strategies to use to help with some of the challenges of being a parent
- Goody bag with parenting resources

Prices:

£40 per individual
£70 per couple or two friends booking together
£60 per individual for workshop PLUS a 30 minute individual consultation

To book a place, please send your name, contact telephone no. and how many places required to: abrandnewday@hotmail.co.uk or telephone 07504 802793.

Facilitators: Sarah Galloway and Sue Fraser

As Registered mental health nurses, Sarah & Sue are experts within their field of working with children, adults and families with emotional and behavioural difficulties within the NHS service. They have both also recently completed a Diploma in Life Coaching.

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SPRING EVENTS at The Old Operating Theatre

The Old Operating Theatre, Museum and Herb Garret, Southwark, launches a new programme of family and evening events throughout May for the 2011. Based in the 18th century oak-beamed herb garret and pre-anaesthetic operating theatre, these events will include a variety of hands-on activities for all ages on herbs, surgery and special evening lectures.

A comprehensive listing of events is published on the museum's website, at **www.thegarret.org.uk.**

All activities apart from the evening talks are included in museum admission prices.

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19th Annual Children's Party Feature

Since 1993, June editions of **PARENTS NEWS** have featured **Children's Parties** as an article for parents to keep throughout the year.

The birth rate is higher in the summer, and many parents wish to have parties before schools break up, while others do so in the holidays, or simply keep the article for later in the year.

Who, what, where, why, when? For a party we usually know why, but parents often seek something new, or economic, and especially age-suitable. Entertainers, and locations, as well as activity centres all have services they wish to convey to busy parents.

PARENTS NEWS has been successful putting this all together over the last 19 years.
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What every parent needs to know about eating disorders by Jane Smith

In *The Parent's Guide to Eating Disorders*, Jane responds directly to the needs of parents of children with an eating disorder, including the most frequently asked questions that *ABC (Anorexia, Bulimia Care)* receives from parents along with sympathetic, straightforward and practical answers and advice. There is a real gap in the market for practical 'how to' help that is written by a parent, not an

academic and which has a UK rather than American focus. The book does not focus purely on mothers and daughters, but includes questions and answers by fathers and about sons. It also addresses self-harm in the context of eating disorders and gives some focus to younger children. Above all this book is aimed at helping parents to feel less isolated when their child are suffering from an eating disorder.

Some of the questions
Suspecting
 Our daughter hates her body and says she needs to diet and I'm worried that this might be the start of an eating disorder? My son has become very sullen and very obsessed about what he will and won't eat. Should I be worried?
Discovering
 I've tried talking to my daughter but she says there's nothing wrong and to leave her alone. What do I do now? Our daughter has told us she has bulimia. We're shocked and upset and don't know how to talk to her and to get help.
Getting professional help
 Who should I approach? What help is available? My daughter refuses to see the GP. What can I do?
Managing eating
 Meal times are fraught with emotion and unhappiness for here, us and her siblings. Is this normal and what can we do? How can we stop him from binge eating?
 £7.99 (pb)

Managing emotions
 Our daughter has emotional outbursts with crying, anger and rages. Is this normal and how can we help her?
Managing behaviour
 How do we stop her from being sick after meals?
Treatment
 What professional help is available and how to access it?
Recovery
 What does recovery look like? What is recovery? Will she or he recover? Is there lasting recovery? How long does recovery take? How can we help her recover? Is there anything we should avoid doing or saying? Our son tells us that once he's left hospital he'll lose the weight he's gained, and I'm petrified. Have other parents experienced this? Will her periods return and will she be able to have children? Will she be able to go to university? Should we try to dissuade her from going?
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