

PARENTS NEWS

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Worcester Park, Surrey, Tel: 020 8337 6337 info@parents-news.co.uk www.parents-news.co.uk
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 al, health, and no violent issues, but not to preach or claim to always be right. Different opinions published are the opinion of the authors and not necessarily those of PARENTS NEWS. We week breaks at all parks." ope mums and dads enjoy the articles he interested by Calendar (finding it useful), and use the

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advertisers. Any endorsement by PARENTS NEWS is explicitly

fergus@ parents-news.co.uk

Family Holidays

Ahhh ... The Easter holidays are coming at last!

What could be better than heading for the coast for a well earned break?

Haven parks, dotted all around the coastline, have just opened and are all set to welcome families for some Easter Fun. All the family can join the Wildlife Detectives on a Spring walk with a difference, as they go in search of the Easter Bunny.

make Easter bonnets and later join the characters in the narade. Jamie Thomson from Haven's entertainment team says "we know everyone loves all the traditional aspects of Easter, it's expected, but we also like to offer something a little different at Haven This year we're showcasing Streetball Extreme, the best of urban talent in the UK including breakdancers, street dancers and free style tricksters - you can see them on mid

In the kids clubs they will

The very first Haven's Talented Seaside competition will take place during the Easter holidays too. So. members of families can come along and sing a song, dance their socks off or captivate fellow guests with magician's skills. The favourite acts will

prize draw to win a VIP weekend for the family in London or £1000 cash prize so make sure they take take along their props, costume or

Evening entertainment includes performances from Same Difference, Ray Lewis from The Drifters Sonya Stayros and Bucks Fizz featuring Bobby G.

At Haven they know that every family is different, some like to explore the local area, some build sandcastles, some are sporty and like to try out new things. Whatever They have it.

Easter Breaks start from just £149 for a 3 night break in standard accommodation sleeping up to six people at selected Haven Parks during the Easter holidays. The price also includes the entertainment use of heated indoor pools (many with slides and flumes). sports activities and kids clubs.

www.haven.com/easter

or call 0871 230 1900 23 parks have touring and camping areas

Events and festivals to dazzle Tenerife in 2012! electronic musicians at the

The largest island in the Canaries, the Isle of Contrast lives up to its nickname perfectly with a whole host of colourful events and festivals running throughout the year. In 2012, Tenerife will again have something to suit every visitor - from cultural events, religious festivals, musical concerts and even one of the largest carnivals in the world!

28th-29nd April 2012

people hand out potatoes, gofio.

meat, eggs and wine from the

morning (29th April), visitors

and locals celebrate the "Day

of the Float" as a procession

Rock Coast Festival, Santa

cosmopolitan capital, Santa

some of the world's greates

pop groups, rock stars and

24th-26th May 2012

This year, the island's

Cruz, is set to welcome

wow spectators

of beautifully-decorated floats

area in order to symbolise

friendship. The following

Marking the start of Tenerife's religious festival period, the Festival of Tegueste sees thousands of people dress in traditional costume to honour of Saint Mark the Evangelist. During the event, dozens of colourfully-decorated floats parade down the streets of the village accompanied by singing and dancing groups, while local

www.haventouring.com 0871 230 1933

Rock Coast Festival. With big names due to be announced, the artists expected to perform boast a combined total of more than 270 million records sold between them - prompting the

musical extravaganza to be dubbed "the most important music event to be held in the Canary Islands" by José Manuel Bermúdez, mayor of the capital's City Hall. Benefitting from a €5 million investment, visitors will be able to enjoy 15 hours of music each day and daily entertainment, such as a Formula 1 simulator. a ski slope and wind tunnel allowing visitors to feel the force of freefall.

Corpus Christi Carpets, La 14th June 2012

Corpus Christi is arguably the most famous and inspiring of Tenerife's religious festivals centred around vast intricate and coloured carnets - superbly created from flower netals and volcanic sands - which are laid out in the streets for all to admire. The highlight of the festival is a tapestry of 800 square metres covering the centre square in front of La Orotava's Town Hall. Petals and sand from the protected Teide National Park, which can only be used for this event,

are used to create this gigantic

piece of art, which only lasts a few hours until the Procession of Christ takes place across the

March 2012

Festival of Virgen del Carmen, Puerto de la Cruz 10th or 17th July 2012 (date to be confirmed) Each year, the fishing port of Puerto de la Cruz comes alive to honour Virgen del Carmen, the patron saint of fishermen. During the tradition devoted locals carry a statue of the Virgin Mary to a small boat, preceded by dancers with coloured ribbons, before dozens of fishing hoats sound their horns and accompany the Virgin as they sail along the coast. Back on land, the fiesta continues with an amazing fireworks display and then transfers to the streets of the town before the statues are returned to their sanctuaries

Perseid Meteor Shower. Teids National Park 12th August 2012

The Perseid Meteor Shower is undeniably one of the greatest natural wonders in the universe The annual spectacle brings a dazzling light show with more than 60 shooting stars zipping across the sky every hour, caused by tiny particles of debris from a comet burning up when entering the Earth's atmosphere at 135,000mph.

603-859-4525

March 2012 Egg-Citing Easter at

Chesil Vista Chesil Vista Holiday Park in Weymouth, Dorset has an egg-stra special entertainment schedule planned for the forthcoming Easter holidays. which begins on Saturday 31 March and continues until Saturday 14 April. In addition to the park's usual entertainment programme of quality live cabaret acts.

the family-friendly holiday Details of all the awardpark will also be putting on an action-packed Easter programme which is sure to leave all Chesil Vista kids eggstremely egg-sausted! Seven night Faster holidays at Chesil Vista start from £335.00. Special Easter holiday offers are also available including: local information. 'Easter Treat' - nine nights for the price of seven Thurs 29 March to Sat 7 April or

Sat 7 April to Mon 16 April - prices from £335.00. 'Pre-Easter' (Sat 31 March to Thurs5 April) and 'Post-Faster' (Tues10th to Sat 14 April) breaks from £255.00 Easter Mini Break' (Thurs 5 April - Tuesday 10 April) priced from £295.00

For more information www.chesilholidays.co.uk

Can be booked with just a £60

The AA winners of the Campsite of the Year for Britain and Ireland

The AA has announced the winners of the Campsite of the Year Awards for Britain and Ireland to coincide with the launch of the AA Caravan and Camping Britain and Ireland

AA Best Campsite of the Year England and Overall Winner - Ross Park Newton Abbot

winning sites can be found in the new AA Caravan and Camping Britain and Ireland Guide 2012. The guide features over 900 annually inspected and rated sites giving details of location, AA Pennant rating**, contact details, prices, opening times and a description as well as

David Hancock, editor of the guide, commented, "I wish to congratulate all our winners who have been awarded in recognition of exceptional quality and attention to detail across their parks and who are included in a feature in the AA Caravan & Camping Britain and Ireland Guide 2012. The guide also lists local attractions under each location nearby pubs and restaurants under each site entry. 'Best For' lists to help campers find stunning views or the best parks to go

Glamping, the name for posh camping, as well as colourful, fully updated introductions to key destination counties, and a section containing 20 new walks and cycle rides."

The guide also carries a selection of interesting and informative features on subjects ranging from 'A weekend in a classic VW Camper Van' 'A look at camping technology' and 'A day in the life of a campsite

The AA also offers the AA

Camping Card Scheme for 2012. With the AA Camping Card, users will qualify for reduced rates at participating sites. Card holders will simply need to state that they are using an AA Camping Card when they phone to book a site and show the card on arrival. The types of discounts vary from site to site, details of which will be given when contacting the site An AA Camping Card is included in every AA Caravan and Camping Britain and

AA Carayan and Camping Britain and Ireland Guide 2012 is available from theAA.com/shor for £9.99.

Easter Family Package

The latest snowfalls in Austria just cry for some more skiing this season. Enjoy some Easter family skiing in the Großarl-Dorfgastein ski area, part of Ski amadé. With cosy suites, gourmet cuisine, outstanding childcare, amazing location and a working bio-farm, the Moar-Gut is a great family destination

7 nights from 7th to 14th April for two adults and two children (up to 12 years) starting from FUR 2 400 -(GBP 2.040 --) all inclusive

Also included are two 6-day ski passes for the parents, ski passes for children up to the age of 15, and two wellness vouchers worth EUR 35 --(GBP 30 .--) each. Flights (to Salzburg) and transfers are not included. More information:

www.moargut.com, www.kinderhotels.co.uk (direct link to the package)

> Advertise in PARENTS NEWS fergus

@parents-news 020 8337 6337

Family Holidays Fun for all the Family will charm the children and

Canvas Holidavs FamilyExtra activities have been added to the phenomenal activity programme for Canvas.

Swimming and sunbathing are typically things you associate with going on holiday. This vear Canvas, alongside specialist outdoor activities company, In2Action, introduce new activities, including Bodyzorbing, Balanceability and Mini Fence to the FamilvExtra programme to a selection of sites across Europe.

Body Zorbing

Have a go at one of the latest extreme sports! If you've ever fancied stepping into a gigantic plastic ball and rolling around at high speed then Body Zorbing is the one for you. Kids can play a variety of games from inside the bodyzorbs, including Bodyzorb Football, Bodyzorb Rugby and Bodyzorb Battle Mini-Fence

Capture the children's imaginations with fencing. Teaching them discipline, control and hand eve coordination, the fencing system has been developed with the assistance of the British Fencing Association (BFA), making it accessible for young children. Brightly coloured weapons and mask the session offers a practical exercise solution, as well as a springboard to get involved with this fantastic sport.

Cool Detectives / CSI These spy-themed sessions can fit any age group. Bring out the detective in the kids by letting them learn how to solve a crime using available evidence The children will be told about a 'crime' that has taken place within the camp and will then be able to follow a trail of clues around the holiday village.

which will include footprints and clothing items. Handball Sessions available on all FamilyExtra and Hoopi's Club (the Canvas Holidays children's club) campsites. The whole family can get involved

in sport which will feature in

thes years' London Olympics Balanceability A learn to cycle programme for children aged 2 1/2 to 6 years old. These sessions help develop confidence, spatial awareness, dynamic balance and the skills to ride a bike without stabilisers. Check campsites for activity availability and age groups.

Canvas Holidays see www.canvasholidays.co.uk

0845 268 0857

For more information on

or call

Blowing the Whistle on the General Dental Council.

be entered into the fantastic

Traditional train tracks create flat faces, big noses and fired looking eyes: if you doubt this, just look at those who have been treated in the past. They also routinely damage the enamel and roots of the teeth and worse still the teeth go crooked again unless the patient wears a brace for the rest of their life. Extractions of sound teeth are almost always required although patients may not be told about this until near the end of treatment. Newer treatments can achieve better and more permanent results without extractions but orthodontists avoid comparative research as they don't want the damage they do to faces to be exposed.

Worst of all the General Dental Council allows orthodontists to withhold information about some newer methods. This leaves many patients accepting extractions and even major surgery unaware that improved techniques can render them unecessary. If you have suffered you are entitled to compensation.

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

by modern methods No 'Train Tracks'

Research shows dentists and the public think Orthotropics gets much better results than orthodontic Train Tracks



disagree, where di you go for answer

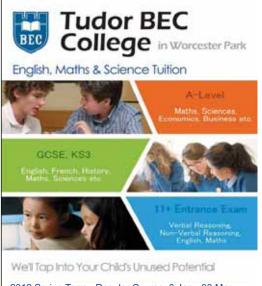
Orthotropics.com Ask an appropri you for a

John mew@vegm.net

John Mew. The London School of Facial Orthotropics Purley. 020-8660-3695 and Tunbridge Wells 01892 526406



333 Birch Hill Rd. #C, New Durham, NH



2012 Spring Term - Regular Course: 3 Jan - 30 Mar 2012 Easter Revision Course: 31 Mar - 14 Apr

Tel: 020 8335 5453

Tudor BEC College is delighted to offer an Easter Intensive Course in 2012. It will be an opportunity for the students to boost and improve their confidence and to reach their great potential. For GCSE and A-level students, it will provide the revision and practice the past papers to get better grades for the forthcoming exams. Tudor BEC teachers and

staff are always striving to provide high quality education for our students

★ Tudor BEC Easter Intensive Course ★ 2th - 14th April 2012

Period

* A-Level

* GCSE

English, Maths, Science (AQA, Edexcel, OCR), French, History Core Maths / Mechanics / Statistics / Further Maths

> Economics / Biz / Biology / Chemistry / Physic (Maximum 8 students / per class



CALL US NOW 0208-335-5453





Train Walks are a great day

very own walk to cover any

out and you can organise your

distance you choose and to sui

the ages and abilities of those

taking part. They have lots of

fun ideas and materials to help

give your walk a real Thomas

Rebecca Bohling, Head of

Supporter Fundraising at the

NAS, said: "Train Walks are

friends and neighbours, while

raising vital funds for people

affected by autism. Over the

people have made a difference

by jumping on board Train

villages and other sites across

the UK. As the UK's leading

charity for people affected by

autism. The National Autistic

Society wants a world where

all people living with autism

get to lead the life they choose

By taking part in Train Walk

2012, vou can help us celebrate

50 years of progress and join

us on the road to making that

Friends Train Walk couldn't

www.trainwalk.org.uk

and the NAS will be on-hand

with tips, information and

goodies to make your walk

you can find out about any

events taking place near you

www.trainwalk.org.uk

memorable. If you are keen to get involved but would rather not organise your own walk,

be easier. Simply register

Organising a Thomas &

vision a reality."

online at

Walks in their local parks.

past three years, hundreds

a fun way to rally together

& Friends feel too.

Children's Saturday Morning Football Coaching Academy

Target Sports Coaching's successful Saturday Club runs every week between 9.30am -11.00am throughout the year

The Children's Football Coaching Academy in the area, with over 120



is one of the most talked about

at Raynes Park Sports Ground and runs in continual blocks of 10 sessions. Children 3-14 years old with varying abilities are

The course is held

welcome to join They have max 16 children and a minimum of 2 coaches per group, to enhance learning ability.

Sessions focus 1 hour on football techniques and individual core skills such as: agility, co-ordination balance & speed.

Sessions dedicate 30 minutes to crucial competitive match-practice each week

The consistent & enthusiastic team of CRB checked coaches are qualified and experienced to help progress children of all abilities, through the 'group development stages'.

They recognise and reward all areas of a child's personal progression (technical, physical, psychological & social)

Player of the Day (POTD) trophies are awarded weekly to the best performers from each group.

Personal Certificates are given to all children at the end of the course to indicate the session topics they covered, as well as highlight the areas they may need to develop on in the future.

'Player of the Course' and 'Most Improved Player' medals are awarded to children from each age group at the end of each 10 week block.

Cafe available offering a choice of hot and cold food & drinks (bacon rolls, tea, coffee) to anyone wishing to stay and watch their child train.

This creates a warm and friendly atmosphere which. they feel makes them stand out from their competitors.

CONTACT DETAILS

020 8398 8740 targetcoaching @htinternet.com

Parent & Baby Cla

Pre-School Classes

www.targetsportscoaching.

SWIMMING LESSONS

Full steam ahead for Train Walk

This summer. The National Autistic Society (NAS) is welcoming you aboard the 'Train Walk', the familyfriendly Thomas & FriendsTM themed sponsored walks in aid of autism. Train Walk 2012 is a chance for friends, family neighbours and kids to make a train-like formation as they embark on sponsored walks all across the UK. Together. the train walkers will be celebrating half a century of



progress towards a better life for people with autism, as the NAS turns 50 this year!

Call Cass on 020 8397 7731

www.hookaquacentre.co.uk

HOOK AQUA CENTRE

Quality classes in small group

* COME AND TRY A CLASS FREE **

Adults and Children from 2 yrs Non-swimmers -Improvers Advanced & SUPER Advanced

Swimming Lessons

THE MUSICAL MUSEUM at Kew Bridge

The Museum contains an amazing collection of selfplaying musical instruments From the tiniest of musical boxes to the 'Mighty Wurlitzer the collection includes pianos that appear to play themselves, orchestrions that recreate the sounds of an orchestra and a violin that comes to life after a coin is placed in a slot. An Easter Sunday family treat - on the 08 April, the museum will be screening Bednobs and Broomsticks (117 mins). Angela Lansbury plays a good witch who uses her powers against the Nazis in World War 2 and is aided by three children and a cynical conman.

March 2012

the film won an Oscar for Best Song: Secret Love. Both films will be preceded by a prelude on the Mighty Wurlitzer organ which rises up from beneath the stage Tickets are £6.50 & £5.00 for children and concessions.

There are live instruments demonstrations earlier in the day, call for timings. Museum standard admission is £8 00. £6.50 concessions and accompanied children under 16 are admitted for free. Adult film ticket holder may visit the collection for a reduced admission fee of £3 00. 399 High Street Brentford TW8 ODU

career. Academy Awardwinning director Martin Scorsese has bought his unique vision and dazzling gifts to life in a series of unforgettable films. The legendary storyteller invites you to join him on a

Throughout his extraordinary

thrilling journey to a magical world with his first ever 3-D film, based on Brian Selznick's award-winning, imaginative New York Times best-seller, "The Invention of Hugo Cabret".

adventure of a wilv and resourceful orphan boy whose quest to unlock a secret left to him by his father will transform Hugo and all those around him.

HUGO is the astonishing

HUGO WILL BE RELEASED BY ENTERTAINMENT IN VIDEO ON RENTAL AND RETAIL DVD & BLU-RAY

26TH MARCH 2012









5.00 - 6.00pm 9.30 - 11.00an 6 - 12 year olds 3 - 14 year olds Raynes Park Sports Ground Taunton Ave. SW20 0BH



- Professional F A Qualified Coaching
- Experienced, CRB Checked Coaches
- roves Core Skills & Technical Ability rides Valuable Match & Goal Keeping
- » Weekly 'Pay As You Play' Available
 » Active Links with Raynes Park Target FC

OPTIONS Turn up on the day

Download a form from www.targetsportscoaching.co.ul Phone Target Sports Coaching on 020 8398 8740

Literacy Club Easter Holidays 2012 Expert tuition for 5-11 year olds at

For more info contact Colin on 01372 739600

Classes held at: Downsend School Ashtead/Leatherhead

The Anchor School, Rosehill, Sutton

Prevent your children slipping back during the Easter break

We offer varied multi sensory programmes in reading, writing and spelling.

Specialist dyslexia tuition available for those who need it.

Monday2nd-Friday 6th April, 10a.m.-12.30p.m. £35.00 per morning or £160.00 for all 5 mornings

Term time literacy tuition also available

Saturday mornings 9.30am - 10.30am £21.50 per session, 3 children to one teacher

Call Wendy Holmes Curriculum Director on 0208 286 3069 for further details of the school, the Literacy Club or Saturday mornings

Little Tikes **Gives Toddlers** Their Very Own First Slide!

The Little Tikes First Slide provides toddlers with a chance to get active and adventurous all year round. while for parents, this quality piece of play equipment is fantastic value for money at iust £29.991

Ideal for both indoor and outdoor play, the First Slide guarantees giggles and endless fun. Designed especially for little ones aged 18 months plus, the slide is extra stable and has high hand rails, so 'beginners' will find it easy and comfortable to navigate. becoming slide aficionados in no time!

Minimal assembly is needed and the slide can be stored easily. Parents can choose from two fun colourways - pink/purple or blue/green.

For stockist details, call Little Tikes on

01908 268480 www.littletikes.co.uk



the suggested number of number

Daily London Wetland Centre Oueen Elizabeth's Walk Barnes 020 8409 4400 Guided Tours, Feed the or she feeds the birds. Every Tues & Thurs Pushbabies fitness for new mums to get back into shape in a qualified instructor. Every weekend discover the centre's wildlife & regular pond dips, wildlife walks & every weekend Walk with a warden Mon Tues Thurs & Sat Guide in the hide (in the Peacock Tower)

Locations Tour 020 7222 1234 Meet at Temple Station, 2 ½ hr hus tour of London locations featured in the Harry Potter films Learn more about the boy wizard & the Hogwarts gang with facts. the films were made Tower of London Tower

Hill London 0844 482 7799 Fit for a King exhibition learn about the personalities, power & physical size of England's kings, from the Tudors & the notorious Henry VIII

Daily London Zoo Regent's Park London 020 7722 3333 Rainforest Life Exhibit, experience the sights sounds, smells of the rainforest & come face to face with amazing species monkeys sloth armadillo tamandua plus there's a special Night Life area where you'll discover bats rats & other nocturnal creatures that dwell in the dark.

London SE1 020 7887 8008 Family resources with paper based activities for families all ages, FREE, Daily Children's Multimedia Guide keeps children entertained & animates art works through music, video clips &entertaining games, 5+vrs, Every weekend Start Sessions with games map making & clue matching, 5+vrs, FREE.

020 7730 0717 www.nationalarmy-museum.ac.uk Victorian Soldier Action Zone with quizzes our learn about life as a Victorian soldier, FREE. Daily The World's Army Empire Commonwealth & Dominion Soldiers 1914-45 Action

Ice Rink 020 7942 5000 Attracting

beginners & advanced skaters alike

plus a café bar servingfood plus

hot & cold drinks. Also on offer

a children's rink & a fairground

Ongoing HMS Belfast Tooley

Street London 020 7940 6320 020

carousel & lots more.

Zone family interactive zone learning & play space for under 10's plus a soft play area for babies. Just onened London Dungeon London 020 7403 7221 Vengeance: 202 473

The UK's first 5D laser ride Ongoing Dupass Hill Outdoo Each item has clear instruction for its use over 12's. Ongoing Natural History Museum

Kingston Road 020 8288 1801 Tots in Tow fun for the under 5's 10-

Every Mon St James's Church Hall Bodley Road 020 8942 2093 Tiddler's Group for all parents and toddlers plus siblings in the

holidays.

Every Mon Donald Hope Library 74030719(f) Gun Turret Experience: Tours discover some of the quirky sailor's stories of living & working

on board including the time a reindeer joined the crew. Every fina end of the month A Sailor's Life for Me family activities.

Ongoing Royal Mews Buckinghar groups may explore a range of self directed activities from the art trolley 5-11vrs Ongoing Imperial War Museum

Lambeth Road 020 7416 5439 The Holocaust Exhibition, children 14+yrs. Ongoing Extraordinary exhibition. Undercover - Life in Churchill's Bunker, Until 30 Oct Once Upon A Wartime: Classic War Stories for Children

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

Every Sun National Gallery www.nationalgallery.org.uk 7747 2885 Family workshops for families bringing paintings alive & listening to a themed story on the magic carpet, plus FREE family

65 Peckham Road 020 7703 6120 Hands on workshops for families led by gallery artists

Every Sun National Gallery www.nationalgallery.org.uk 7747 2885 Family workshops for families bringing paintings alive & listening to a themed story on the magic carpet, plus FREE family

Every Sun Hildreth Street Marke Balham SW12 Street Market with fresh food traders sourced from al over London ery Sun South London Gallery

65 Peckham Road 020 7703 6120 Hands on workshops for families led by gallery artists.

Every Mon Lloyd Park 020 8726 6000 Health walk circular through Lloyd Park & Shirley on mainly flat terrain, ideal for beginners, 2 miles last approx 1hr, meet 11am FREE & same walk on notentially hilly terrain, 3+miles ideal for advanced walkers, 2pm, FREE. Every Sat Park run, FREE weekly timed 5k

run, need to register first Parchmore Community Centre Parchmore Road 020 8726 6000 x88965 Circuit for those new to exercise, returning after illness &

Every Mon Culture Café Rose Theatre Kingston 0871 230 1552 Rhymetime for babies, toddlers & Every Mon Kingston Children's

Library Wheatfield Way Kingston 020 8547 6438 Rhyme & storytime essions for babies, toddlers & under 5's Every Thurs Stories & crafts for under 5's.

Every Mon Surbiton Library Ewell Road Surbiton 020 8547 6444 Storytime for under 5's FREE Every Tues Rhyme & storytime for baby & toddlers, FREE, 62027 May Yo Baby Pre-school weekly music & movement classes, 07970

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

Every Mon St John's Church

babies & young children. Every Tues

Storytime Every Thurs Need Help with IT? A dedicated volunteer will be available to provide assistance with a wide range of IT issues, for more info 020 8274 5799 Eve Rhymetime, Every Sat Colliers

Wood Chess Club for all ages Every Mon Morden Library 020 8545 4040 Scrabble Club everyone is welcome. Every Wed Welcome Mornings with stories & crafts for pre-school children. Ist Thurs of ry month Coffee mornings for adults. Every Fri Storytime 4+yrs. 1st Fri of each month Wellbeing drop in sessions, a Wellbeing Coordinator will be on hand to meet you face t face talk through any issues you may have, sign you up for any uncoming workshops tell you more about other services available in the

borough, Tel: 020 3178 2549 ery Mon Pollards Hill Library 020 8764 5877 Musical mayben Every Mon Employment Club improve your CV, covering letter, interview skills & more. Thurs Salsa Dance classes FRFF

ry Fri storytimes. ory Mon Wimbledon Library 020 8946 7432 Jewellery drop in workshop for adults FREE, Ever fues Coffee morning for over 50s. Every Tues IT also Basic IT Training. Every Wed Sewing Circle adults, FREE Fu French Conservation drop in classes. beginner & intermediate levels, for adults. Every Wed Teenage French Tutorials, 8-18vrs, Eve nth Genealogy Sessions, get

session for all ages. Every Tues & Thurs Children's story & rhyme time session Every Mon Hampton Library 020 8734 3347 Storytime session. under 5's, FREE. onth Chatterbooks reading group.

nelp tracing your ancestry, drop in

8-9yrs, 4pm, FREE. Park Library Make your own jewellery workshop. Every Tues afternoon Story times for under 5's. Every Thurs morn Simple Yoga &

Meditation Group. Every Mon eve Corpus Christi School Chestnut Grove 07956 312920 Aerobics all abilities, 7-

Every Mon eye Sutton Grammar School Korfball for Beginners for school years 3-12 various times & sessions, email for details info@ nomadskorf.com.

Every Tues Coulsdon Library 020 8726 6900 Bookstart Rhymetime for babies & toddlers, Wiggle & Jiggle, Storytime, 2 2+vrs. Every Sat Storytime, under

very Tues Purley Library 020 8726 6900 Bookstart Rhymetime for babies & toddlers & Wiggle & Jiggle, toddlers over 18mths. ry Fri Storytime 2 1/4+yrs Even Sat Rock & Rhyme for babies & toddlers FREE

Every Tues Centrale Shopping Centre Croydon www.centrale. playtime sessions for children, all ages with all kinds of arts & arts from making face masks, cards, painting colouring or just play REE, 10-12pm, Tel: 020 8686 7535.

Church Cavendish Hall 8949 3402 Sparkles, under 5's, 9-11 30am

Tues Malden Centre Blagdon Road New Malden 020 83361561 Stay & Play for under 5's. ery Thurs young parents drop-in. 3pm. Every Fri Toy Library, under 5's 10 30-1 30nm Kingston Road 020 8547 6438

Baby & toddler rhyme time up to

3vrs FRFF Every Thurs storytime for under 5's, FR

Every Tues Old Malden Library 020 8547 6467 Rhymetime up to 3yrs, and storytime for under 5's

Every Tues Mitcham Library 020 8648 4070 Under 5's Storytime & Craft fun activity FREE Every Thurs CV & Careers Advice Last Thurs of each month, Coffee Mornings. Every Fri Knitting Group, need to bring own needles. Every Tues Whitton Library 020 8734 3343 Storytime session, under 5's, FREE, 2nd Thurs of month Tiny rhyme FREE

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

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

Every Tues Leatherhead Library www.surrey.gov.uk/kidstuff Storytime, FREE. Every Thurs Rhymetime, FREE. Every Tues,Fri,Sat & Sun

Apr Haynes Lane Market Crystal Palace With lots of bric-abrac, records, CD's, DVD's, books antiques, toys, designer, fashion, art entrance FREE.

Tues-Fri Dickerage Adventur Playeround Dickerage Lane ton 020-8942 1707 Parent & Toddler Play sessions.

Richmond Library 020 8734 3303 Chatterbooks reading group, 8-9vrs 4 30nm FREE 1" Thu hounce & rhyme FRFF

ry Wed Sanderstead Library 02087266900Bookstartrhymetime babies & toddlers, Wiggle & Jiggle, 18mths+yrs, Storytime 2 Fortnightly Rock & Rhyme for preschool children FREE

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

18 The Downs Wimbledon 020 8947 0859 Mother & Toddler playgroup, in the nursery, play along with the tovs & 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.

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

Every Wed Heaven at Nutfield 19 High Street www.heaven-nutfield 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 & a crèche

Every Wed & Sun East Sheen Library Sheen Lane 020 8734 3337 Storytime session, under 5's FREE 3rd Wed of the Chatterbooks reading group, 8-9yrs month Tiny Teddies sessions haby

bounce & rhyme, FREE. Wed & Suns Royal Botanic Gardens Kew 020 7222 1234 Hands on, sessions in the Secluded Garden Glasshouse for a closer look at the inner workings of the chocolate tree Daily For

families Treehouse Towers features climbing towers & wooden play equipment such as giant swings Every Fri Toddler Tales & Trails zip wires, scramble nets, slides & meet at the activity centre for a mi of indoor & outdoor activities, each week a popular children's book i

www.gattonpark.com

featured staff read the book with

the children & then bring it to life

out in the park returning to do some

Every Fri Redhill Library www

Every Fri Warlingham Library

www.surrey.gov.uk/kidstuft

Every Fri The Phoenix Centro

Wallington 020 8770 6006 Min

Movers, Toddlers Singing &

Movement, 0-5yrs for children with

learning difficulties, autism etc

Childre's Centre Kings Oak

Primary Dickerage Lane Who le

the dads out play session for under

Every 2nd Sat of month Elmbridge

Things, Family Fun Event discover

the magic of microscopes &

telescones & celebrate Nationa

Science & Engineering Weel

Geographic Store 83-97 Regent

Street 020 7025 6960 Animal Man

comes face to face with slithering

snakes, slimy insects & smell

skunks Meet a wide variety of

animals to include owls, lizards.

tortoises armadillos meerkats &

lots more, hands on activities are

led by AnimalMan Nick Spellma

Every Sat The Green Dragon 58

60 High Street Croydon 020 8667

0684 Storytime for families 3-7yr

drop in 2hr session with stories.

puppets, arts activities & songs.

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

nainted, mess with play-doh & lots

Every Sat Heathfield Library 020

8734 3356 Storytime session, under

5's FREE Last Tues of each month

Tiny Teddies sessions haby bounce

Every Sat Electric Theatre Onslow

Street Guildford 01483 444789

Little Sparks in the Café Bar with

puppets & Sparkles Dance drop in

fues after school The Man in The

Moon Weekly drama workshops

6-14vrs Every Wed All Star Choir

Every Sat Blue Elephant Theatre

Camberwell 020 7701 0100 Young

ry Sat morn Canbury Park

People's Theatre workshops, various

age groups 7-18yrs, FREE to join.

Gardens low impact outdoor cardio

exercise for all with power walking,

iogging & stretching 10-11am

Every Sat morn Dorking Halls 01306 881717 Saturday morning

creenings of popular children's

films, accompanying adult goes

Every weekend Rich Mix Bethnal

FREE, info@AHM-Go.com.

classes for 5-9yrs. Every M

ery Sat Early Learning Centre

Museum 01932 843573 Seeing

Storytime, FREE.

siblings welcome.

FREE

for all ages.

surrey.gov.uk/kidstuff Rhymetime

art to take home, 2-4yrs, FREE.

mountaineering ramp. Ongoin plant, children will be able to tunnel through giant roots, clamber over a solid stem, and explore a leafs maze before reaching the flower head, where a zip wire symbolises a pollinating bee. Every Wed morn Sutton Arens

Leisure Centre Middleton Road Carshalton 020 8770 4088 Women's Recreation Mornings with a wide available for one single fee, 9

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

& 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:

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

Thurs Horley Librar www.surrev.gov.uk/kidstuff Every Thurs Cheam Leisure Centre Cheam 020 8770 4830 Street Dance lessons for boys &

Last Thurs eve in every month Kingston Library Wheatfield Way Kingston 020 8547 6438 Adult

3rd Fri of each month Chertses Museum 01932 575370 Museum Monkeys sessions for under 5's with music, sing-a-long & craft activities for toddlers & their carers. Until 28 April'12 The Fabulous Fifties new display in the Discovery Zone contrasts domestic life in the 1850's with that in the 1950's Until 25 Au A Dress for all Seasons exhibition features 200 years of seasonal clothes & accessories from the Olive Matthews Collection. There will also be an opportunity for visitors to

dress up in seasonal garments. Every Fri Bradmore Green Library Old Coulsdon 020 8726 6000 X64952 Bookstart Rhymetime for babies & toddlers. Wiggle & Jiggle 2-4yrs Every Mon Storytime 1/2+yrs & Chatterbooks reading group for 8-11 yrs. Fortnightly Every

at Rhymetime, FREE Every Fri Broad Green Library 8726 6900 Bookstar Rhymetime 0-5yrs Fortnightly Rock & Rhyme for pre-schoo children Every Wed Arty Crafts computers drop in sessions for under

5's, parents & carers, FREE Every Fri Christ Church Coombo Road 020 8241 9423 Toddler Group for under 5's, 9.45-11.15am. Every Fri New Malden Baptis Church Kingston Road New

Malden 8942 6912 Tadpoles parent & toddler group. Every Fri Teddington Library Walgrave Road 020 8734 3304/4 FREE, Every 2nd Wed of the month Chatterbooks reading group, 8-9yrs, 4.20pm, FREE, 1st Thurs of month Tiny Teddies sessions baby bounce

Every Fri Dorking Library www

surrey.gov.uk/kidstuff Rhymetime,

Green 020 7613 7498 Kids' Cine & rhyme FREE Time a collection of films suitable Every Fri Kew Library Storytime for all the family session under 5's FREE Fri Caterham Valley Every weekend Temple Station 020 7222 1234 Harry Potter Library www.surrev.gov.uk Locations Tour, 2 1/2 hrs. kidstuff Rhymetime, FREE. Every Thurs Storytime FREE

Clocktower Market Greenwich High Road Ouirky weekend market has 50 stalls specialising in

Ealendar contemporary craft stalls. FREE

> 2 Mar Great Ormond Street Hospital Peter Pan Week throughout the week schools are encouraged to transform their classrooms into Neverland & get pupils involved in all kinds of exciting Peter Pan themed activities such as dressing up as their favourite character from the story The charity hopes to raise £62 235 from the week to fund parent & Ormond St hospital which enables a parent to sleep next to their child or stay nearby. To register www.

> peterpanweek.co.uk. Until 4 Mar Design Museum Shad 0870 833 9955 Terence Conran The Way We Live Fitness 80 non up exhibition & talk til 4 Mar Museum of Childhood Rethnal Green 020 8983 5200 Magic Worlds, exhibition, FREE. 3 Mar-9 Sept Beautiful Games New Backnacks for under 5's containing a train map, storybooks, play mat

& question sheets FRFF Until 24 Mar Kingston Museum and Heritage Centre Wheatfield Way Kingston 020-8547 5006 Colour David Whitaker exhibition Until 31 Mar Write a Story for Children Competition Entries may either be short stories of up to 2000 words or the opening 2000 words of a longer story or a novel, entry form plus details from www.childrenswriters co uk or from Write a Stor of Children's Writers PO Box 5, Huntingdon, Cambridgeshire, PE28 5RL on receipt of a stamped addressed envelope. 1st prize will be a cheque for £2 000 with 2nd & 3nd Until end of Mar London Imax Cinema South Bank Waterloo 020

7928 3535 Dickens on Screen will explore how the work of one of Britain's best loved storytellers ha been adapted & interpreted for the big & small screens Until 10 Apr Science Museum Exhibition Rd London 0870 870 4868 Me in 3D visitors on have their photograph taken in 3D & explor wht they look like in another dimension. Every weekend Up, Up and Away interactive storytelling for under 7's. FREE. Daily Launchpad Science Shows interactive gallery which will allow visitors to launch rocket, turn their head into a sound box & control a magnetic cloud for families FREE Daily Gallery Ongoing Flyzone take control in 360

degrees flight simulators or fly with

the Red Arrows in their sensational

weekend Icy Cool Adventure families, under 7's, FREE. Every Weekend Spaced Out, families, 5+yrs, FREE. Every Weekend A

Cockroach Tour FREE Until June 12 The River & Rowing Museum Mills Meadows Henley on Thames 01491 415600 Rocking the Boat - the story of Women' Rowing. Until 15 July Tate Britain Millbank

London 020 7887 8888 Picasso & Modern British Art exhibition Every weekend Art Trolley sessions encourages children to imagine & create collages & lots more, FREE Daily Family Resources provide questions & activities which encourage children & families to explore art works, FREE, Daily 1.3 Mar Natural History Museum Cromwell Road London

7942 5000 The Ring of Fire talk Road Sutton 020 8770 6990 Whole Lotta Led - a tribute to Led tsunamis & why they happen. Zeppelin for older children & adults families, 7+yrs, FREE. Mar Colour My World annual Cutting Edge workshop for families performance from the performers from J Dance Studios, all ages marine invertebrates, handle real specimens, take part in fun group 4 11 Mar Dance With Grace local dancers showcase their talents, all activities & lots more, 3 Mar Ring of Fire talk on earthquakes volcance ages 27-31 Mar Oliver musical for all the family. Every Mon Zumba & tsunamis & why they happen, classes.

2 Mar The Queen's Gallery Charles Darwin with his collection of beetles & hear about his famous Buckingham Palace London 020 theory for the evolution of all living 7766 7301 Antartic inspiration things for families, all ages, FREE special event. Daily become ar 4,11,18,25 Mar The Bird Table for explorer & discover the exhibition families activities to help develop with activity bags for families. Using your knowledge & understanding of the bags find out which animals the Antarctica's penguins, adaptations adventurers shared the Antartic with & habitats FREE 4 10 Mar Meet and what early explorers were to the historical character Mary Anning & find out more about her life & -3 Mar Polka Theatre 240 The her collection of interesting fossils oadway Wimbledon 020 8543 for all ages. 10.17.31 Mar Animal 4888 Gingerbread, 4-7vrs, 4 Mar Vision Show featuring live animals Pop-Up Polka Fair with handmade shows there is a world only visible crafts, gifts & more, children can play in the playground, FREE. to certain reptiles & invertebrates families, all ages, FREE, 17 Ma Remember the Umbrella 4-Meet the historical character Carl 7yrs. 12-18 Mar Climate Week 2012 there will be initiatives & pledges Linnaeus a Swedish hotanist & running throughout the week with

see his specimens on the 1st floor 17 Mar Killer Bugs discovery talk for families, all ages. 18 Mar Meet Dorothea Bate gallery character who knows a lot about mammals & hirds that lived millions of year ago, families, all ages, FREE. 8 Mar Meet an Antarctic Base Commander, families, all ages FREE. 24 Mar Name Game Talk nit your wits against a nanel of scientists in a special games show & decide who is telling the truth & who is bluffing, families, all ages, 25 Mar Puppets, Gingerbread puppets & storytelling, learn more fun way Until 31 July Images of Nature Dinosaur Way exhibition,

all ages. Every weekend & school

hols Hands on Nature Dinosaurs.

visit the handling station & explore interesting specimens with the help of the museums science educators FREE & Up. Up and Away interactive storytelling for under 7's, FREE, Daily Family Earth Lab explore the wonder of fossils, rocks

& minerals, families, 6+vrs, FREE, Explorer backpacks, families under 7's. Dippy Floor puzzle under 7's, FREE, Bookasaurus families under 5's. Jurassic Ark family activity pack includes code breaking activities. Daily Learning

activities in the building to raise

awareness of climate changes, all

ages, FREE. 16-17 Mar Circles in

the Sand & at end of the show able

to play in the sand, 6mths-3vrs 20

r One Little Word, 3-6yrs. 30-3

Twist of Gold, 9-13vrs Until

9 16 23 30 Mar The Memorial

Hall Godstone Road, Kenley Friday

morning market an indoor table top

market offering a wide variety of

goods to include, iewellery, clothes

ne Run! A Sports Day Musical.

Ruby Red, 3-5yrs.

7-11vrs

entry.
3 Mai

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 nistory themed activities, all ages,

www.tnttravelshow.com breaks to extended tours across tnttravelshow.com.

bouncy hats, 2-5yrs, FREE

Mar Museum of London West India Quay Hertsmere Road tale create a short story book about these mysterious creatures, 5+yrs, FREE

Maple Road Surbiton 07833 252783 Sleeping Beauty, revamped version, proceeds will be donated to several local charities, for more info Tel: 07590 710779 3-4 Mar Bourne Hall Museum

Epsom 020 8394 1734 Herald of Spring will mingle the sound of clashing steel & the merriment of a Shrove Tuesday Fair activitities for all the family, 8+yrs, try jousting learn how to fight with a sword plus musicians & dancing. Ancient Greeks, 8+vrs.

tea & coffee plus picture framing & watch repairs, 8-12pm, FREI Millbrook Guildford 01483 440000 Phoenix and the Carpet, 4+vrs.

10 Mar The Owl Who Was Afraid of the Dark, 3-7yrs. Until Sense and Sensibility 5-10 Mar On Golden Pond. 14-24 Mar Bette and Ioan 15-17 Mar Fantastic Mr Fox based on the novel by Roald Dahl 1 Mar His Dark Materials 25 including star charts, planet finders 7 Apr Barefoot in the Park. & much more, 3+vrs, FREE,

Mar North Holmwood Villag Hall Dorking 0844 243 6107 NCT Nearly New Sale with clothes, toys, Championships (50m), the event is equipment for babies & toddlers part of the London Prepares series which will allow London 2012 rnity wear, to register as a selle email DorkingNNS@nct.org.uk. organisers to road test Olympic

Brunswick Square 020 7841 3600 Explore the exhibition Ouentin Blake as large as life in session 3 Mar Earls Court Exhibition

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

TNT Travel Show extravaganza offers people the chance to source information, tips & advice from a wide range of exhibitors offering everything from day trips & city Africa, Europe, the UK, Asia, USA & beyond for all ages. Admission FREE by pre-registration www. Mar Somerset House Strand

020 7845 4600 Family workshops & for under 5's story, drama & crafting sessions. Marbling Marvels learn the craft of paper marbling, FREE. 10 Mar Parallel Lines, FREE. 17 Mar Being Green an exploration & celebration of the colour green, FREE, 24 Mar Dreamtime Treasures Mini Make March Hares with songs stories and

The Art of Harmony: The V & A & Horniman Music Collections 3.10.17.24.31 Mar Maritime Museum Greenwich 020 8312 6565 Explore Saturdays meet a character from he part &

have fun with their families as they 3.4.10.11.17.18.24.25.31 Mar Th explore the museum through making Royal Observatory Greenwich 020 8858 4422 Daytime Sky Watch Venus take a look through the discover the art of navigation & Observatory's enormous 28 inch communication at sea, become the telescope at the planet Venus as it captain of a ship & try your hand approaches its greatest apparent at manoeuvring into port using the

distance from the Sun on 30 March. 6-10 Mar Adrian Mann Theatre Nescot 020 8942 6867 Fiddler on Explorers drop in family workshops the Roof musical offering something new to make & take away each month to help you learn more abut astronomy

enues before the games begin.

Theatre Strand London 020 7836

0408 The Magic Symphony magic

show for the whole family, staged

to classical music & themed around

Easter Baskets. 25 Mar Nzinga

Dance Ensemble Concert, FREE

all ages, Every Wed until 31 Mar &

sessions for under 5's with creative

play, stories, art & craft, songs &

for All, drop in to explore thousands

of real objects from around the

world families 3+vrs FREE drop

and Milkmaids - A Journey Through

the English Ritual Year exhibition,

that will bring maritime history to

Discover Sundays explore your

all ages, FREE, 6.13.20.27 Mar

Play Tuesdays young children can

music dance & stories under

Water Divining', 6-14vrs.

Funnybones by Puppet Lab Theatre.

Suitease, 3-6yrs. Every Wed morn

Sat Drama Zone 5-8 & 9-14vrs

adult goes FREE with every one

5-10 Mar Richmond Theatre

871 7651 Kings Speech 11 Mar

Spaghetti Western Orchestra. 20-24

Mar The Taming of the Shrew 2

paying child.

ery Sat morn Family Cinema, 1

Parents & babies screenings. Eve

personal connections to the

FRFF for under 16's Until 31 De

Sun until 31 Mar Discovery

lots more

Mar Davenports Magic

Mar Woven

www.londonpreparesseries.com

Quadrant Redhill 01737 765547 A Night of Dirty Dancing featuring all the hits from one of the bigges dance movies. 3-10 Mar Olympic Park Aquatics Mar Concort Hall Enirfield

020 8688 9291 Bootleg Beatles in Concert. 11 Mar The Solid Silver 60s Show. 14-15 Mar Croydon Schools' Music Annual Festival of Music 1 Mar The Osmonds Final UK Tour. 8 Mar Bjorn Again 2012 Sprins Party, 21-22 Mar Croydon School's Dance Associations from Croydon's infant junior & high schools 24 Mar Arthur Davison Family Concert The Adventures of Sinbad, 25 Mar American Superslam Wrestling for all the family

the theatre & the theatre orchestra. 3.10.17.24 Mar Hornimar Museum London Road Forest Garfield Road 020 8734 3340 Craft Hill 020 8699 1872 Hands on nersonal items including greeting Family Workshops, drop in. 3+yrs, FREE, use all your senses cards & stationery, watercolou to explore the animal kingdom. paintings, bags, jewellery & much musical instruments, costumes more. There will also be a children's special storytime at 2.30pm 'Spring masks, toys & puppets from all the world in themed workshops. 3,10 into Spring, admission to both Mar Hands on Puppets, 17 Mar FREE Every Thurs Storytime session, under 5's, FREE. Hands on Music. 24 Mar Hands 4th Thurs of month Tiny Teddies sessions baby bounce & rhyme. Makers fun themed sessions led by a professional local artist, 3,10 Ma EDEE 10 Mar Charles Cryer Theatre 39 Indian String Puppets 17.24 Mai

High Street Carshalton 020-8770 4950 NT Connections Festival Performance Journey to 'X', 10+vrs 1-24 Mar The Magic of Music a programme of hits from Gershwir to Mamma Mia plus school children from Holy Trinity Junior School in Wallington will be singing a selection of their songs, suitable 8+yrs. 28-3 Mar The Tudor Players present The Farndale Avenue Housing estate Townswomen's Guild Dramatic Society's production of Macbeth all ages Every Wed Spiral Youth Theatre for 13+yrs members learn variety of activities such as drama, dance & singing, musical theatre composition, set design & costume making culminating in two productions per year & Every Thurs Minis & Juniors 5-7yrs.

10-11 Mar Kempton Park Racecourse 020 7269 9006 Rock Gem Show for natural crystals minerals, crystal healing, fossils, gemstones, beads & jeweller

making under 8's FREE 11 Mar Rose Theatre 0871 230 1552 Loving Linda concert raising funds for Target Ovarian Cancer's educational & supportive work with

women throughout the UK. 11 Mar Dryburgh Hall Putner Table Top Sale, new & nearly new baby equipment & children's toys & clothes, 3-5pm. To book a table contact potter.pamela@googlemail

state of the art bridge simulator, for younger visitors, FREE. Mar Wimbledon Common Park 020 8726 6900 First signs of Nature Club Wildlife Watch 020 Spring meet the countryside warden for a 2hr stroll enjoying spring 8540 6154 'Watery World - Try colours & sounds at the park, meet

2pm. 13 Mar South Norwood Park 020 Mar Watermans 40 High Street Brentford 020 8232 1010. 8726 6900 First Signs of spring 2hr Red Riding Hood by Horse and Bamboo, 4+yrs. 11 Mar The Elves stroll around the garden enjoying & The Shoemaker 3-9vrs 18 Mar spring colours.

Mar Ashcroft Theatre Fairfield Croydon 020 8688 9291 All the Fun of the Fair starring David Essex. 30 Mar-1 Apr Peppa Pig's Treasure Hunt featuring true new story which will delight all. Avenue 01372 742555 Rock 'N

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Gina Ford

Published by Vermilion on 8th March 2012, £11.99 trade paperback original Gina Ford, Britain's bestselling childcare author is releasing her brand new book. The Contented Mother's embrace their maternal role. Guide. Gina has helped millions of women bring un contented babies and now wants to ensure that it's not just the babies who are happy, but that mothers are too.

An indispensible guide, the book combines refreshingly honest personal experiences from hundreds of mothers with guidance based on Gina's own decades of experience as a maternity nurse

Featuring first hand tips and advice from the mothers themselves, the book covers a range of themes including going on holiday with a new baby, maintaining personal relationships and returning to work or becoming a full-time

Becoming a mum is an exciting journey, with new rewards and responsibilities. But while new mothers focus their energies on the needs of their growing baby, it's easy to neglect their own needs. Working with the community of mothers on the Contented Baby website. The Contented Mother's Guide is

packed with invaluable advice on being a fulfilled mum. This one-stop guide covers all the essential issues of motherhood to help mums make the best choices and fully

Topics covered in the book

- Happiness, health and fitness - Relationships with friends. family and your partner

- Outings and holidays with

- Returning to work or becoming a full-time mum

go to bed on time and sleen

calmly through the night. She

runs a hugely popular website:

- Whether to extend your family further Gina Ford is Britain's bestselling childcare author whose first publication The Contented Little Baby has sold over a million copies and keeps going! With over thirty years hands-on experience as a maternity nurse, her advice and methods have been a godsend to tired, stressed parents development." throughout the world and have helped a generation of children Better parenting starts from

What Montessori can offe your family New book... available March

parents put the child at the

with ideas and advice, it is

relevant to parents of young

children from birth upwards.

first year of a baby's life as a

time of extraordinary growth

heart of the home and unlock

their amazing potential. Packed

2012 Montessori St Nicholas, the UK's largest Montessori charity announces the publication of a new parenting book: Ruilding Strong Foundations: What Montessori can offer your family. The book takes a fresh look at family life to help

through the daily routines of everyday family life: from getting dressed, personal Philip Bujak, Montessori CEO living space around the needs

"The parenting journey is aweinspiring, life changing and challenging. The young child is full of future possibility. This isn't a how to manual on the right way to raise children. We simply hope this book will provide new insight and perspective to parents on how to bring out the best in children, whatever their budget Sometimes it's the smallest activities that can make the biggest impact on a child's

For further information or birth and is central to the life to pre-order your book, RRP chances of every child. The book starts out exploring the

Learning Together

and development. It stresses the key roles played by attachment, movement and communication.

> It explains what the Montessori philosophy of "follow the child" means and discusses key elements of the approach which embraces child-led, natural and favorable home environments

There are lovely personal insights from parents on how to promote a child's independence hygiene, eating, and packing a bag to ideas on how to adapt a

Kathi Hughes, author says: "Montessori encouraged us to help the child help herself. This not only leads to an independent child in practical terms but also one who learns to believe in her own capability to do things. This sense of success feeds into positive self-esteem and a sense of achievement and to a deeper appreciation of what they can do. I hope parents will enjoy reading this as much as I have writing it."

book@montessori.org.uk www.montessori.org.uk

Littlebird Creates Local Jobs for **Professional Mums**

March 2012

to tap into local communities

needs and wants. LittleBird

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The Design Museum, Willows

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treats for mums and dads.

fast enough"

LittleBird.co.uk has built up a great reputation for offering premium deals since its launch in May 2011. The collective buying website, targeted specifically at families, partner up with well-known high-street names, brands and quality independent businesses to offer a wide range of unbeatable deals to their users.

Based in London, they are now rapidly expanding their business through a network of 'Local LittleBird Ambassadors', who's role is to spread the word about LittleBird in their communities and forge partnerships with local businesses

The role of the LittleBird Ambassadors offers flexible. part-time employment for mums who do not want to return to full-time work, giving them an opportunity to take on a new challenge with unlimited earning potential and, most importantly, flexibility, so mums can fit their work life around their children

Local LittleBird Ambassadors are integral to LittleBird, helping them keep their finger on the pulse and enabling them

CHERRYGOOD

March 2012

Cherrygood, the cherry juice

drink, is now available in a smaller ready-to-go size. Cherry Burst, primarily

aimed at children, launch in deals are sourced by mums for Morrisons stores as a triple pack of 200ml cartons. Each Commenting on the launch of carton counts as one of your the LittleBird Ambassadors. Five-A-Day In addition founder Sarah Wuttke said: to children it is also hoped "We are absolutely thrilled Cherry Burst will appeal to the adult lunchbox market. with the response. There are so The packs will sell at RRP many smart women out there £1.35 and will be on promotion and we can't build the network throughout March with a 30p saving

> of Cherrygood, says: 'Mums their children love drinking Cherrygood for breakfast and that they would love a lunchboxes. We listened and created Cherry Burst.

'All the goodness and flavour of wonderful real cherries are packed into each carton making it an easy way for children to get one of their Five-A-Day

'Cherry Burst is not just for discovered that lots of dads are tucking them into their briefcases to drink at work as an alternative to tea and coffee and mums are taking them to the gym to rehydrate after

Homefield School

"I don't believe we could have found a better school in the country to bring out the best in both our sons". (a Homefield narent)

Homefield is a school for 400 boys aged 3 to 13, housed in an extensive purpose-built complex, with well equipped science laboratories, large Art. DT and Music suites, a spacious Early Years' Unit and a 2-acre adjoining playing field.

John Heseltine, the founder have been telling us how much smaller version to pop in their

children though. We've already

Homefield is proud of its family atmosphere, and of its pupils' academic, musical, dramatic and sporting achievements. A record 52 awards to senior schools have been won in the last 2 years. Transport is available to and from the Wimbledon area.

020 8642 0965 to arrange a tour or e-mail us administration@homefield

sutton.sch.uk www.homefield.sutton.sch.uk

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www.explorelearning.org.uk

Education

Micklefield School

Micklefield School in Reigate has been described by The Independent Schools Inspectorate as 'Outstanding' in many areas. The ISI Inspectors found that the quality of their teaching effectively supports high achievement and enables all pupils, irrespective of ability, to achieve their potential in line with the aims of the school'

Micklefield has been educating children since 1910 and prides itself on having created an environment where both boys and girls, from rising 3-11 years, achieve this aim enabling the children to move on to secondary education

with confidence and high self esteem. The spacious nursery in Belton House is fully integrated with the main school and also facilitates a Parent and Toddler group which runs every Tuesday, Wednesday and Thursday afternoon between 2pm and 3.15pm term time Booking is not required for the Toddler group.

Micklefield School 10 Somers Road, Reigate, RH2 9DU

01737 242615 office@micklefieldschool. co.uk www.micklefieldschool.co.uk



* Yr 4 - Essay Writing, Maths

clean their teeth Always clean your teeth at the same time as your

child. Children love to imitate grownups so if you're cleaning your teeth the likelihood is they will want to copy. Use a toothnaste especially designed for kids as they taste naturally sweet and will make

teeth cleaning a more pleasant experience. Young children will often swallow toothpaste so choose a fluoride-free option such as Organic Kids Tooth Gel by Lavera www.lavera. co.uk.

3. Use a brightly coloured toothbrush. Kids are attracted more to vibrant colours and will relish the prospect of cleaning their teeth if their toothbrush is bold and bright.

4. Negotiation can be a powerful tool when bringing up children. Say that if they clean their teeth well for three minutes morning and night, they will be rewarded with something they enjoy such as a trip to the park or their favourite story

Introduce teeth cleaning into the morning and bedtime routine. E.g. if you always do bath, pyjamas, teeth and story in that order, then your child will soon come to realise that teeth cleaning is all part of their normal routine.

If your child wants to brush your teeth, let them. This will give you an ideal opportunity to brush their teeth - brushing each other's teeth can be great fun which associates laughter and fun with teeth cleaning.

Top 10 tips to encourage kids to

7. Let them know they're being kind to the planet. Monte Bianco toothbrushes come with detachable heads which means that less plastic ends up in landfill. Children will love to learn how their actions are helping to save the earth.

8. Use two brushes: while very young children may he keen to hold their own toothbrush, the brushing which results can be ineffectual. Give them a toothbrush to hold to distract them from you cleaning their teeth with the other brush.

9. If all else fails, give your child's teeth a gentle brush when they are asleep. Young children sleep so deeply that this shouldn't wake them but will allow you to get rid of any unsightly build up on the teeth. 10. If you're still not having any luck, don't push it for a day or two as this will only serve to associate frustration and upset with teeth cleaning Instead, get everyone else in the family to clean their teeth while your child looks

on, ensuring that you laugh

and smile at the same time

Reigate and Banstead Kids Urged to get on their Bikes in National Competition

Kids, parents and teachers across Reigate and Banstead will be getting on their bikes for the journey to school this March as part of Sustrans Big Pedal - with top prizes up for grabs for the schools that involve most people.

The Big Pedal is the UK's biggest school cycling competition to get kids active and raise money for the charity Nearly half of all children want

to be able to get to school by bike but only four per cent do - the three week competition will show children and their parents just how easy it is to get around on two wheels.

Simon Pratt Sustrans Regional Director for the South East said.

"Last year's Big Pedal saw children from more than 800 schools across the UK making nearly a million journeys by "This year's race will see even

more families discovering just how easy it is to do the school run on two wheels.

"Children that cycle to school regularly are more active and more alert and better learners. The race is funded by Bike

Hub, the Association of bike

traders. Phillip Darntor Executive Director of the Ricycle Association added "The future of cycling depends on every generation of kids learning and wanting to cycle. What better way to get started

than joining in the Big Pedal.

"The cycle industry through its Bike Hub levy is delighted to fund this event for another year. 2012 is a very special year; the Big Pedal marks the start if the Summer of Cycling - a new campaign bringing together everyone who cycles and encouraging them to introduce one new-comer to cycling during the year.

"That's why the Big Pedal is aiming for 1000 schools to sign up and one million journeys to

To get your school involved in the Big Pedal go to: http://thebigpedal.org.uk/



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7 Mar - Rramley School & Nursery, Tadworth, Pop In Morning, 10-12pm, & 10 Mar Open Morning, 10am, 01737 812004

020 8942 0754

Free Entry Day to RHS Gardens on Friday 2 March 2012



The RHS flagship property,

Would-be jungle explorers can venture into the Tropical Zone of the Glasshouse, whilst bird lovers can visit the bird hide, or see the ducks on the lake extraordinary range of alpine nlants. The Bowes Lyon Rose Garden features over 4,000 roses and there is also a Jubilee arboretum, extensive fruit and vegetable fields and gardens, a vineyard and a magnificent

keep younger visitors on track.

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www.rhs.org.uk/wisley RHS members plus one guest:

be interested 11 30 a m to 1 30 n m with lunch at 12 30

vell avoid 2.00 p.m. to 4.00 p.m. like the plague. Have fun.

Children's Party Tips by Mr. Mysto

Time Your Party Like A Pro

Time your party so that food break is in middle

of your party and at a time your children nor-mally have their food. Children are only inter

ested in food when they are hungry the rest of

the time it is pretty boring. If you feed them too late they will be distracted away from any-thing you are doing and too early they will not



RHS Garden Wisley is one of the finest gardens in the world. For more than 100 years it has been a showcase for horticultural excellence. world class plant collections and outstanding large scale gardening displays. Witness, early spring bulbs such as crocus, heathers and the Pineutm and National Heather Collection. The arboretum and pinetum are great for spotting pine cones there is a fascinating 'plants for bugs' area and seasonal bug-collecting and insectidentification activities, whilst children of all ages will love the outdoor play area 'Wild at Wisley' with its naturally created climbing, balancing and den building equipment. For families, the sheer size of Wisley gives great scope for exploration and discovery

There is even a dedicated RHS

There are over 200 acres to explore, encompassing countless styles including majestic borders, an iconic Rock Garden with an lakeside Tropical Glasshouse which demonstrates tropical plants from three zones.

free Adult: 10.50, Child (5-16) £4.50 Children 4 and under free: Family: (2 adults/2 children) £27.00

Calendar continued from Centre Pages

17 Mar Beaulieu Heights 020 8726 6900 Spring time wander through the park to explore the many different trees on site & marvel a the first spring flowers, 1 1/2 hr walk

17 Mar Head of the River Boat Race Annual event now sees hundreds of boats, each manned by eight men row over the 4.25 mile championship course from Mortlake to Putney, race starts 11am, www.

horr.co.uk. 17 Mar The War Memorial Hall Burgh Heath 01737 379347 Table Top Sale to raise funds for the Village Party for the Queen's Diamond Jubilee. Home made cakes tea & coffee will be on sale throughout the afternoon, 1-4pm,

FREE entrance for children.
17 Mar Tadworth Church Hall 01737 813152 Model Railway exhibition lots of layouts to look at & items for sale, morning breakfasts tea, coffee, cakes & sandwiches

01372 372236 Nearly New & Table Top Sale selling prams, buggies, baby equipment, kids clothes, toys & lots more the sale will be supporting the Macmillan Cancer Trust fund.

Starting 17 Mar Sir John Soane's provided, need to book in advance.

FREE entry for Mothers Day to the park when accompanied by children.

Rhyme Time & musical activities, 0-5yrs.

available, 10-4.30pm.

17 Mar Fetcham Village Hall

Museuem Lincoln's Inn 020 7440 4254 Architectural Drawing 6 week intensive course all materials are 18 Mar Painshill Park Portsmouth Road, Cobham 01932 868113

21 Mar West Barnes Library 020 8274 5789 The Butcher, the Baker the Candlestick maker, learn more about the history of shops in West Barnes & Raynes Park. Every Tues & Thurs Classes for those wishing to learn to use the internet which runs for 6 weeks Every Tues Rendezvous Club for over 55's. Every month Art Club for children to put your child's name forward to join need to speak to member of staff in library. Every Fri Toddlers

24-25 Mar The Normansfield Theatre Langdon Town Centre Teddington 0845 230 0372 'I Do Believe' new play for children which will be performed by a cast of 17 children & 3 adults from the Twickenham Theatre Workshop proceeds from both evenings will go to the Save the Children charity,

www.langdontowncentre.org.uk . 4-25 Mar RHS Gardens Wisley Wisley 01482 211113 Grow your own weekend a host of activities at the gardens will provide many opportunities for family fun & learning. Get help from RHS gardeners, watch practical planting demonstrations & find out how to be creative with your produce at the cookery demonstrations plus lots

24-25 Mar LegoLand Windson 01753 621621 Feel the Force! 2200 Open Garden Spring Fever see

Lego Star Wars. Event Weekend. meet Star Wars characters on park including a Stormtrooper battalion. Jedi training, Droid building workshops, life size Star Wars

vehicles & lots more 25 Mar Happy Valley & Farthing Downs Coulsdon 020 8726 6900 Happy Valley Wildlife Tracks & Trails learn how to interpret the clues animals leave behind Join the warden looking at signs such as tracks, burrows, droppings & tooth marks & make your own animal track plaster casts, suitable for children & adults. Every Wed Circular walk around Happy Valley meet at Fox Lane car park 11am, 2-

25 Mar Sport Relief Mile Parsons ladies & junior teams

3 miles, FREE.

25 Mar Croham Hurst

the displays of spring bulbs & plants at this special time of year.

31 Mar St Mark's Church Hall Purley Purley Indoor Car Boot Sale with a wide variety of stalls

10-12pm, open for sellers to set up at 8.30am, admission FREE, for children, www.adrian-frost.co.uk 31 Mar Two Rivers Shopping Centre Staines Easter Fair selling everything from Easter cards to Easter themed bunting plus face painting a mask workshop plus children from local schools in Staines will be taking part in an Easter Bonnet Parade, 10-4pm. 31 Mar-15 Apr Kew Gardens

Pightle Old Coulsdon Hosted by John Fisher RFC the event is open to everyone from the local community & further to run the 1,3 or 6 mile courses across Happy Valley. Money raised will support people living unimaginably tough lives to register www.sportrelief. com. John Fisher have teamed up with Tandridge Trust & a number of other sports clubs to provide a full day of sport entertainment involving different sports, means,

87266000 x64952 Volunteer with the Downlands Project for a 2hr hilly walk meet at 10am

28 Mar-11 Apr Hampton Court Palace Hampton Court 0871 230

Kew Palace 020 8847 0946 Mayan Chocolate Adventure take a journey through ancient Mayan culture & the creation of chocolate with fun filled family days, adventurous trails plus delicious chocolates on offer. Ev Sat Tropical Nursery Tours need to book Every Tues & Thurs Orchid Nursery Tours, need to book. Every t Hands on Session Blowing in the wind stories of seed dispersal.

FREE, no need to book. 29 Fel Winter Walk FREE Apr Bembridge Windmill 01983 873945 Spring Nature Trail. Please call before you

go and please mention PARENTS NEWS www.parents-news co.uk

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* Reading Club for Yr 1~6 - improve reading & writing skills





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