

# PARENTS NEWS

March 2012 No. 207 The First & Foremost Local Monthly Newspaper for Families

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## What's On in March Bumper Spring Calendar

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

Duke of York's Royal Military School  
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South West London & Surrey

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**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**.

In the kids clubs they will make Easter bunnets and later join the characters in the parade. **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 week breaks at all parks."

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 be entered into the fantastic

prize draw to win a VIP weekend for the better than £1000 cash prize so make sure they take time along their props, costume or instrument!

Evening entertainment includes performances from **Same Difference**, **Roy Lewis** from **The Drifters**, **Soma, Starvas** 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.

Click on [www.haven.com/easter](http://www.haven.com/easter) or call **0871 230 1900** 23 parks have touring and camping areas [www.haventouring.com](http://www.haventouring.com) or call **0871 230 1933**

**Events and festivals to dazzle Tenerife in 2012!**

The largest island in the Canaries, the *Isle of Contrasts*, 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** Marking the start of Tenerife's religious festival period, the *Fiesta of Teqeste* 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 people hand out potatoes, gofio, meat, eggs and wine from the area in order to symbolise friendship. The following morning (29th April), visitors and locals celebrate the "Day of the Flota" as a procession of beautifully-decorated floats wow spectators.

**Rock Coast Festival, Santa Cruz** 24th-26th May 2012 This year, the island's cosmopolitan capital, *Santa Cruz*, is set to welcome some of the world's greatest pop groups, rock stars and

electronic musicians at the **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. Benefiting 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 Orotava** 14th June 2012 *Corpus Christi* is arguably the most famous and inspiring of **Tenerife's** religious festivals, centred around vast intricate and coloured carpets – superbly created from flower petals 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 square.

**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 boats 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.

**Perséid Meteor Shower, Teide National Park** 12th August 2012 The *Perséid 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.

**March 2012 Egg-Citing Easter at Chesil Vista**

**Chesil Vista Holiday Park** in Weymouth, Dorset has an egg-sra 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 park will also be putting on an action-packed Easter programme which is sure to leave all **Chesil Vista** kids egg-streemly egg-sausted! Seven night Easter holidays at **Chesil Vista** start from £335.00. Special Easter holiday offers are also available including: **'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 **Thurs 5 April**) and **'Post-Easter'** (**Tues 10th to Sat 14 April**) breaks from £255.00 **'Easter Mini Break'** (**Thurs 5 April – Tues 10 April**) priced from £295.00.

For more information [www.chesilholidays.co.uk](http://www.chesilholidays.co.uk) 01305 773 233 Can be booked with just a £60 deposit.

**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 Guide 2012*. **AA Best Campsite of the Year** England and Overall Winner – **Ross Park**, Newton Abbot, Devon

Details of all the award-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 local information.

**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 inspector'.

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 Ireland Guide 2012*.

**AA Caravan and Camping Britain and Ireland Guide 2012**, is available from [theAA.com/shop](http://theAA.com/shop) 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-Dorfgraben** 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 EUR 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.moar-gut.com](http://www.moar-gut.com), [www.kinderhotels.co.uk](http://www.kinderhotels.co.uk) (direct link to the package)

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**Family Holidays**

**Fun for all the Family**

**Canvas Holidays 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 year **Canvas**, alongside specialist outdoor activities company, **In2Action**, introduce new activities, including **Bodyzorb**, **Balanceability** and **Mini Fence** to the **FamilyExtra** 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 bodyzorb, including Bodyzorb Football, Bodyzorb Rugby and Bodyzorb Battle.

**Mini-Fence** Capture the children's imaginations with fencing. Teaching them discipline, control and hand eye 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 masks

will charm the children and 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 this years *London Olympics*.

**Balanceability** A learn to cycle programme for children aged 2 ½ 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. For more information on *Canvas Holidays* see [www.canvasolidays.co.uk](http://www.canvasolidays.co.uk) or call **0845 268 0857**

**Blowing the Whistle on the General Dental Council.**

Traditional train tracks create flat faces, big noses and tired 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 unnecessary. 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.

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100-102a Control Road, Worcester Park, Surrey KT4 6LQ. Email: [tuition@tudorbec.co.uk](mailto:tuition@tudorbec.co.uk) Tel: 020 8335 5453

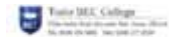
Tudor BEC College is delighted to offer an Easter Intensive Course in 2012. It will be an opportunity for the students to boost and improve their confidence and to reach their great potential. For GCSE and A-level students, it will provide the revision and practice the past papers to get better grades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

Period	Subjects	2 <sup>nd</sup> – 14 <sup>th</sup> April 2012
★ 11+ Exam Preparation	Verbal & Non-Verbal Reasoning	
★ Key Stage 2,3	English, Maths, Science, French	
★ GCSE	English, Maths, Science (AQA, Edexcel, OCR), French, History	
★ A-Level	Core Maths / Mechanics / Statistics / Further Maths Economics / Biz / Biology / Chemistry / Physics	
(Maximum 8 students / per class)		



CALL US NOW 0208-335-5453



## Out and About

### 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** is one of the most talked about in the area, with over 120 regularly taking part.



• The course is held at **Raynes Park Sports Ground** and runs in continual blocks of 10 sessions.

• Children 3-14 years old with varying abilities are 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 match & 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  
@btinternet.com

www.targetsportscoaching.co.uk

### Full steam ahead for Train Walk

This summer, **The National Autistic Society (NAS)** is welcoming you aboard the **'Train Walk'**, the family-friendly **Thomas & Friends™** 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!

### SWIMMING LESSONS

FOR BABIES AND KIDS  
BEGINNERS TO ADVANCED  
Small Classes after School  
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- Pre-School Classes
- Easter Crash Courses

Call Cass on 020 8397 7731  
www.hookaquacentre.co.uk

#### HOOK AQUA CENTRE

March 2012

March 2012

### THE MUSICAL MUSEUM at Kew Bridge

**The Museum** contains an amazing collection of self-playing musical instruments. From the tiniest of musical boxes to the 'Mighty Wurlitzer' the collection includes pianos that appear to play themselves, orchestras 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 **Bedbobs 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 coman. On **Sunday 29 April** - the movie will be **Calamity Jane** (101 mins) starring Doris Day as a wild cowboy who can out-shoot and out-gal any boy on the range. Howard Keel plays Wild Bill Hitchcock and

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 0DU

020 8560 8108  
www.musicalmuseum.co.uk

For further information [ginette.kentish@musicalmuseum.co.uk](mailto:ginette.kentish@musicalmuseum.co.uk)

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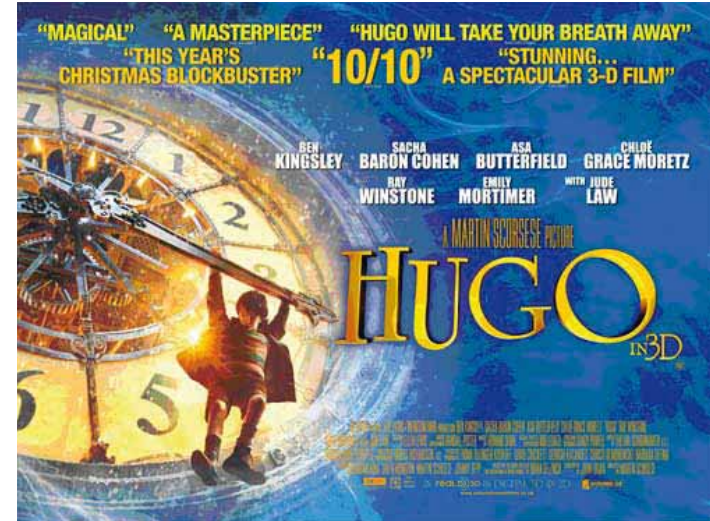
HUGO

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**HUGO** WILL BE RELEASED BY **ENTERTAINMENT IN VIDEO** ON RENTAL AND RETAIL DVD & BLU-RAY ON **26TH MARCH 2012**



## CHILDREN'S FOOTBALL COACHING ACADEMIES



	TUESDAYS	SATURDAYS
<b>Time:</b>	5.00 - 6.00pm	9.30 - 11.00am
<b>Age:</b>	6 - 12 year olds	3 - 14 year olds
<b>Location:</b>	Raynes Park Sports Ground Taunton Ave, SW20 0BH	

- Professional F.A Qualified Coaching Sessions
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**BOOKING OPTIONS** • Download a form from [www.targetsportscoaching.co.uk](http://www.targetsportscoaching.co.uk)  
• Phone Target Sports Coaching on 020 8398 8740  
• Turn up on the day

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Advanced & SUPER Advanced

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Epsom College  
For more info contact Colin on 01372 739600

### Literacy Club Easter Holidays 2012

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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.

Monday 2<sup>nd</sup> - Friday 6<sup>th</sup> 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.

www.anchor.school.co.uk

### 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 just £29.99!

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](http://www.littletikes.co.uk)

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<b>Chertsey</b> 0845 265 7081 <a href="mailto:chertsey@stagecoach.co.uk">chertsey@stagecoach.co.uk</a>	<b>Hinchley Wood</b> 01932 254333 <a href="mailto:hinchleywood@stagecoach.co.uk">hinchleywood@stagecoach.co.uk</a>	<b>Richmond</b> 020 8332 6741 <a href="mailto:richmond@stagecoach.co.uk">richmond@stagecoach.co.uk</a>
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	<b>Leatherhead</b> 020 8394 2244 <a href="mailto:leatherhead@stagecoach.co.uk">leatherhead@stagecoach.co.uk</a>	<b>Weybridge</b> 01932 254333 <a href="mailto:weybridge@stagecoach.co.uk">weybridge@stagecoach.co.uk</a>
	<b>Merton Park</b> 020 8942 3502 <a href="mailto:mitcham@stagecoach.co.uk">mitcham@stagecoach.co.uk</a>	<b>Worcester Park</b> 020 8224 2442 <a href="mailto:worcesterpark@stagecoach.co.uk">worcesterpark@stagecoach.co.uk</a>

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STAGE COACH Theatre Arts Schools **Stagecoach**

# Calendar

**28 Feb-4 Mar New Wimbledon Theatre** **Wimbledon 020 8545 7900** **Lord of the Dance. 11-17 Mar Matthew Beard's Nutcracker.** **Daily South Wood Recreation Ground** **Cr Green Road Croydon** **020 8760 5700** **5 Fitness Trails** for adults/children of all fitness levels to get fit & keep fit. Positioned at each exercise station are signs showing the exercise to be undertaken with the suggested number of number repetitions.

**14th London Wetland Centre** **Queen Elizabeth's Walk Barnes** **020 8409 4400** **Guided Tours**. Feed the birds at 3pm, join a warden as he or she feeds the birds. **Every Tues & Thurs** Pushabouts fitness for new mums to get back into shape in a fun & stable environment with a qualified instructor. **Every weekend & school hols** children's activities discover the centre's wildlife & learn weird & wonderful facts with regular pond visits, wildlife walks & trails. **Every weekend** Walk with a warden. **Mon,Tues,Thurs & Sat** Guide in the hide (in the Peacock Tower).

**Daily Harry Potter London Locations Tour** **020 7222 1234** Meet the Temple Station, 2 1/2 hr bus tour of London locations featured in the Harry Potter films. Learn more about the boy wizard & the Hogwarts gang with facts, discussions & an insight into how the films were made.

**Daily Harry Potter 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 to Queen Elizabeth I.

**Daily London Zoo Regen's Park** **London 020 7222 3333** **Rainforest Life Exhibit**, experience the sights sounds, smells of the rainforest & come face to face with amazing rainforest species including monkeys sloth, armadillo, mandrill plus a special Night Life area, where you'll discover bats, rats & other nocturnal creatures that dwell in the dark.

**Daily Modern Bankside** **London SE1 020 7887 8000** 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. **5-9ys. Every weekend** **Sat** Sessions with games, map making & clue matching. **5-9ys. FREE.**

**Daily National Army Museum** **020 7730 0717** [www.national-army-museum.ac.uk](http://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. **5-9ys** Family interactive zone. **FREE. Daily** Kids Zone, interactive learning & play space for under 10's with a soft play area for babies.

**Just opened London Dungeon** **London 020 7403 7221** **Vegetarian Soldiers** 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. **5-9ys** Family interactive zone. **FREE. Daily** Kids Zone, interactive learning & play space for under 10's with a soft play area for babies.

**Ongoing Dupps Hill Outdoor Gym** Each item has clear instruction for its use over 12's. **Ongoing Natural History Museum Ice Rick** **020 7942 5000** Attracting beehives & advanced skaters alike plus a cafe bar serving food plus hot & cold drinks. Also on offer a children's rink & a fairground carousel & lots more.

**Ongoing HMS Belfast** **Toddler Street** **020 7403 0200** **7403 0719(9)** Gun Turf Experience: A Sailor's Story. **Ongoing** Private Tours discover some of the quirky sailor's stories of living & working on board including the time a reindeer joined the crew. **Every mid-week of the month** A Sailor's Life for Me family activities. **Ongoing Royal Mews Buckingham Palace** **020 7766 7302** Family groups may explore a range of selected directed activities from the art gallery to 11-ys.

**Ongoing Imperial War Museum Lambeth Road** **020 7416 5439** The Holocaust Exhibition, children 14-19ys. **Ongoing** Extraordinary Heroes exhibition. **Ongoing Undercover - Life in Churchill's Bunker.** **Until 30 Oct** **On** 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 gallery to 5-11ys.

**Every Sun National Gallery** [www.nationalgallery.org.uk](http://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 travel.

**Every Sun South London Gallery** **020 7747 2885** Family workshops for families bringing paintings alive & listening to a themed story on the magic carpet, plus **FREE** family travel.

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**Every Tues 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**. **Fr** Rhymetime. **Every Sat** Collers Wood Chess Club for all ages.

**Every Tues Mitcham Library** **09 am-11.30am** **FREE.** **Every Weds** **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.** **2<sup>nd</sup> Thurs of month** Tiny Teddies sessions baby bounce & rhyme. **FREE.**

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

**Every Tues Farnham Library** [www.bookstart.org.uk](http://www.bookstart.org.uk) Baby Bounce n' Rhyme. **Every Tues Leatherhead Library** [www.lea.gov.uk/kidstuff](http://www.lea.gov.uk/kidstuff) Rhymetime. **FREE.** **Every Thurs** Rhymetime. **FREE.**

**Every Tues Hatfield Library** **020 8946 7432** Jewellery drop in workshop for adults. **FREE.** **Every Tues** **CV & Careers Advice.** **Last Thurs of each month.** **Coffee Mornings.** **Every Fri** **Knitting Group.** need to bring own needles.

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**3ys, FREE.** **Every Thurs** storytime for under 4's. **FREE.** **Every Tues Old Malden Library** **020 8547 6467** Rhymetime up to 3yrs, and storytime for under 5's, **FREE.**

**Every Tues Mitcham Library** **09 am-11.30am** **FREE.** **Every Weds** **CV & Careers Advice.** **Last Thurs of each month.** **Coffee Mornings.** **Every Fri** **Knitting Group.** need to bring own needles.

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families Trehouse Towers features climbing towers & wooden play equipment such as giant swings, zip wires, scramble nets, slides & a mountaineering ramp. **Ongoing** Plantastic Play area shaped like a plant, children will be able to tunnel through giant roots, clamber over a soft, mossy stem, and explore a leafy maze before reaching the flower head, where a zip wire symbolises a pollinating bee.

**Every Wed morn Sutton Area Leisure Centre** **Middleton Road** **Carsington** **020 8770 4088** **Women's Recreation Mornings** with a wide range of sport & social activities available for one single fee, 9-12pm.

**Every Thurs Croydon Sports Centre** **Croydon High School** **020 8726 6000** **x89665** **Circuits** Low intensity fun for mature exercisers.

**Every Tues Methodist Church** **Hall High St New Malden** **Park** **09.45-11.30am.** **1<sup>st</sup> Mar** **Museum of Childhood** **The dads** out play session for under 5's, 10-12pm.

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

**Every 2<sup>nd</sup> Sat of month National Geographic Store** **83-97** **Regent Street** **020 7690 6960** **Animal Man** comes face to face with alluring snakes, slimy insects & smelly skunks. Meet a wide variety of animals to include owls, lizards, tortoises, armadillos, meerkats & lots more, hands on activities are led by AnimalMan Nick Spellman for all ages.

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

**Every Wed Sanderted Library** **02087266900** **Bookstart** rhymetime, babies & toddlers, Wiggles & Jiggle, 18mths-5yrs, Storytime 2 1/2 - 3yrs. **1<sup>st</sup> Fri** of each month Family Fun Rhyme for pre-school children. **FREE.**

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

**Every Wed Uxbridge Prep School** **85 The Downs** **020 8946 7432** **CDs** **DVDs**, books, antiques, toys, designer, fashion, art, photography & lots more, 11-5pm, entrance **FREE.**

**Tues-Fri** **Deckerage Adventure Playground** **Deckerage Lane** **0208740892** **1<sup>st</sup> 3<sup>rd</sup> 7<sup>th</sup> 9<sup>th</sup> 11<sup>th</sup> 13<sup>th</sup> 15<sup>th</sup> 17<sup>th</sup> 19<sup>th</sup> 21<sup>st</sup> 23<sup>rd</sup> 25<sup>th</sup> 27<sup>th</sup> 29<sup>th</sup> 31<sup>st</sup>**

## Education

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 Guide*. Gina has helped millions of women bring up contented babies and now wants to ensure that it's not just the babies who are happy, but that mothers are too.

An indispensable 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 work or becoming a full-time mum. 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 embrace their maternal role.

Topics covered in the book include:

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

- Outings and holidays with your new baby

- Returning to work or becoming a full-time mum

- 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 throughout the world and have helped a generation of children go to bed on time and sleep calmly through the night. She runs a hugely popular website: [www.contentedbaby.com](http://www.contentedbaby.com)

*What Montessori can offer your family* New book... available March 2012

**Montessori St Nicholas**, the UK's largest Montessori charity announces the publication of a new parenting book: *Building Strong Foundations: What Montessori can offer your family*. The book takes a fresh look at family life to help parents put the child at the heart of the home and unlock their amazing potential. Packed with ideas and advice, it is relevant to parents of young children from birth upwards.

**Philip Bujak**, *Montessori CEO* says, "The parenting journey is awe-inspiring, 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 development."

Better parenting starts from birth and is central to the life chances of every child. The book starts out exploring the first year of a baby's life as a time of extraordinary growth

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 through the daily routines of everyday family life: from getting dressed, personal hygiene, eating, and packing a bag to ideas on how to adapt a living space around the needs of the child.

**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."

For further information or to pre-order your book, RRP £6.99, [book@montessori.org.uk](mailto:book@montessori.org.uk) [www.montessori.org.uk](http://www.montessori.org.uk)

## Littlebird Creates Local Jobs for Professional Mums

Flexible roles for mumpreneurs

*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, partners 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

March 2012

## CHERRYGOOD

March 2012

## CHERRYGOOD

*Cherrygood*, the cherry juice drink, is now available in a smaller ready-to-go size. *Cherry Burst*, primarily aimed at children, launch in *Morrisons* stores as a triple pack of 200ml cartons. Each carton counts as one of your *Five-A-Day*. In addition to children it is also hoped *Cherry Burst* will appeal to the adult lunchbox market. The packs will sell at RRP £1.35 and will be on promotion throughout March with a 30p saving.

**John Heseltine**, the founder of *Cherrygood*, says: "Mums have been telling us how much their children love drinking *Cherrygood* for breakfast and that they would love a smaller version to pop in their 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 children though. We've already 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 exercise."

## Education

### 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* parent)

*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.

*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](mailto:administration@homefield.sutton.sch.uk)  
[www.homefield.sutton.sch.uk](http://www.homefield.sutton.sch.uk)

**YOUR CHILDREN ARE AMAZING ALREADY. WE JUST HELP THEM PROVE IT.**

From Reception to Year 11, *Homefield* offers school tuition bring out the best in all students by:

- tailoring lessons according to each individual's needs
- setting achievable goals and monitoring their progress
- developing our own programmes using only qualified Maths and English experts
- teaching skills and strategies for Reception to GCSE, Verbal Reasoning, 11+ and SATS

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## 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

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### Top 10 tips to encourage kids to clean their teeth

1. 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.
2. Use a toothpaste 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 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.
5. 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.
6. 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.

7. Let them know they're being kind to the planet. Montie 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 be 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 **Sustrans**. 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 bike. "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 Darnton** Executive Director of the **Bicycle 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**."

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

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

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

Classified E1 per word inc VAT min 10 words Classified advertisers pay for ten consecutive entries get two free. Box-£40.00, £45.00 colour inc VAT. Boxes pay for 5 consecutive entries and get one free. Cheque payable to Parents News 10 The Manor Drive, Worcester Park Surrey KT4 7LG. Phone: 020-8337 6337 Deadline pg2. For a receipt SAE.

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

24 Mar - **The Study School**, New Malden. Open Morning, 9.30-12pm, 020 8942 0754.

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**Children's Party Tips by Mr. Mysto**  
Time Your Party Like A Pro  
Time your party so that food break is in middle of your party and at a time your children normally have their food. Children are only interested in food when they are hungry the rest of the time it is pretty boring. If you feed them too late they will be distracted away from anything you are doing and too early they will not be interested. 11.30 am to 1.30 pm with lunch at 12.30 pm or 2.30 pm to 5.30 pm with tea at 4.30 pm, works well about 2.00 pm, to 4.00 pm, like the plague. Have fun, Best Mr. Mysto [www.StressFreeChildrenParties.co.uk](http://www.StressFreeChildrenParties.co.uk)

### Free Entry Day to RHS Gardens on Friday 2 March 2012



The **RHS** flagship property, **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 *Pineum* 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 insect-identification 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** [www.rhs.org.uk/wisley](http://www.rhs.org.uk/wisley) **RHS** members plus one guest: Free Adult: 10.50, Child (5-16): £4.50, Children 4 and under: free; Family: (2 adults/2 children) £27.00

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### Easter Revision Courses (2nd - 5th April)

- \* 11+ Intensive Class for Yr 5 - VR, NVR, English, Maths
- \* Yr 4 - Essay Writing, Maths
- \* Reading Club for Yr 1-6 - improve reading & writing skills

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### 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 at the first spring flowers, 1 1/2 hr walk for all the family.

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](http://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 available, 10-4.30pm.

17 Mar **Frechem Village Hall** 01372 372236 Nearly New & Table Top Sale selling plants, buggies, baby equipment, kids clothes, toys & lots more the sale will be supporting the Macmillan Cancer Trust fund.

17 Mar **Sir John Soane's Museum** Lincoln's Inn. 020 7440 4254 Architectural Drawing 6 week intensive course, all materials are provided, need to book in advance.

18 Mar **Painshill Park** Portsmouth Road, Cobham 01932 868113

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

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 Rhyme Time & musical activities, 0-5yrs.

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.

24-25 Mar **RHS Garden 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 weekly demonstrations plus lots more.

24-25 Mar **Legoland Windsor** 01753 621621 Feet the Forest!

25 Mar **Croham Hurst** 020 87266000 x64952 Volunteer with the Downsland Project for a 2hr hilly walk, meet at 10am.

28 Mar-11 Apr **Hampton Court Palace** Hampton Court 0871 230 2200 Open Garden Spring Fever

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 garden 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, 2-3 miles, FREE.

25 Mar **Sport Relief Mile** Parsons 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](http://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, ladies & junior teams.

25 Mar **Croham Hurst** 020 87266000 x64952 Volunteer with the Downsland Project for a 2hr hilly walk, meet at 10am.

28 Mar-11 Apr **Hampton Court Palace** Hampton Court 0871 230 2200 Open Garden Spring Fever

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](http://www.adrian-frost.co.uk)

31 Mar **Two Rivers Shopping Centre** Staines Easter Fair selling everything from Easter cards, 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** **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. Every Sat Tropical Nursery Tours, need to book. Every Tues & Thurs Orchid Nursery Tours, need to book. Every Sat Hands on Session Blowing in the wind stories of seed dispersal, FREE, no need to book. 29 Feb Winter Walk, FREE.  
31 Mar-15 Apr **Bembridge Windmill** 01983 873945 Spring Nature Trail.

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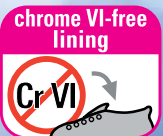
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