

PARENTS NEWS

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PARENTS NEWS believes that society's best asset is its young people! We shall accept no advertising in the opinion of the Publisher, is considered demeaning to children. We intend to encourage environmental, health, and nonviolent issues, but not to preach or claim to always be right. Different opinions published are the opinion of the authors and not necessarily

Advertise in PARENTS NEWS

fergus@ parents-news.co.uk

those of **PARENTS NEWS**. We hope mums and dads enjoy the

articles he interested by Calendar

advertisers. Any endorsement by PARENTS NEWS is explicitly

(finding it useful), and use the

What's On

3 months to get in shape for summer ...and kiss diets goodbye once and for all.

My friend Sarah had been have lost 2 stone, without even browsing my website last Most of the people I work year when she noticed my new specialisation in low with have previously been on GL (Glycemic Load) weight numerous diets, but always loss coaching. She rang me found the pounds would immediately: "Will you help creep back on. The low GL me?" she said. She had been approach brings about radical gaining weight steadily since long term changes and a whole the hirth of her son, who by new awareness about food then was 3 years old. Usually a benefitting their families too. dedicated runner and swimmer. So why is low GL eating her exercise routine had fallen different from a diet? by the wayside and she was The main reason is that it unsure what to do about food. increases the body's natural She wasn't keen on going 'on metabolism rather than just a diet' but was determined to restricting the food we eat. This reverse this trend before a big means that our body is able to trip to Australia the family had burn fat and produce energy planned 3 months later. more effectively. I coached her for 6 weeks to get back on track. She really With a few months ahead enjoyed the low GL eating before beach weather (well programme and each week, British summer mildness

we agreed goals and discussed anyway!), there is plenty of how she could realistically fit time to adopt a low GL way them in with her schedule. of eating - the food is easy to prepare with plenty of recipes A few days before they left that kids love, and importantly, for Oz, Sarah emailed me: it tastes amazing! "My body shape has changed significantly and the cellulite Angela Steel is a BANT I've been carrying on my registered Nutritional legs for the last decade has

Theranist For a free noobligation 30 minute phone consultation call Angela on 07828 293 386.

Consultations and programmes are available from £60

Ducklings bring the full Easter eggsperience to WWT London Wetland Centre

Saturday 31 March - Sunday 15 April

Meet the new family of fluffy ducklings as they paddle and waddle around their new home

Easter is traditionally a time of renewal, with eggs, springtime flowers, baby birds and animals to look out for. WWT London Wetland Centre has all of these and more but at this time of year the springtime sights everyone wants to see are the cute new broods of ducklings.

There are two, free interactive

duckling shows every day where you can find out more about these fluffy characters - how they grow and what they like to eat. During each show you can join in with some special duckling games. Watch the newly-hatched ducklings taking their first swims in their very own pool. The friendly team will be on hand to explain how the ducklings

Shavna Barby, Learning Manager at WWT London Wetland Centre, said "Easter is a wonderful time for families to visit WWT London Wetland Centre, and the

have developed and about their

behaviour and habitats.

interactive duckling shows highlight

They're organised and run by team so you can be sure that while

the children are having fun, they're also finding out more about ducks and their habits."

But it's not just the ducklings that get the chance to take to the water. Join in one of the fun pond dipping sessions: see what you can find swimming around under the surface of the water. Or, continuing the egg theme, complete the special Easter trail (£1) and receive a small prize.

April is the time when wild ducklings start to hatch. Fat, fluffy mallard ducklings chase after their mother across the ponds in the sunshine and stripy Great Crested Grebe chicks hitch a ride on their parents' backs.



April 2012

While you're there, enjoy a springtime walk around WWT London Wetland Centre. Listen out for singing birds and see how many spring flowers you can spot.

As warm sunny days become more frequent primroses poke their noses above ground, willow branches are decked in their soft, shiny catkin baubles and the first newts will be making their way to the ponds to spawn.

Other spring highlights at WWT London Wetland Centre are daffodils, marsh marigold, blackthorn, colt's foot, blue anemones, sweet violets and common field-speedwell. 020 8409 4400

www.wwt.org.uk/london

Blowing the Whistle on the General Dental Council.

disappeared!" She was also

being a child'. As an aside,

her husband was delighted to

over the moon at 'having more

energy than I remember since

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

by modern methods No 'Train Tracks'.

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



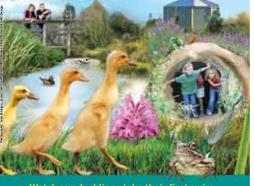


disagree, where di you go for answer

Orthotropics.com Ask an appropri professional to refe you for a

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

Guided walks • Rare birds • Café **EASTER EGG-STRAVAGANZA**



Watch our ducklings take their first swim Join in our interactive show Easter egg trail . Pond dipping

All at this 105 acre wildlife haven. 10 minutes by bus from Hammersmith tube. Free parking.



For full details see wwt.org.uk/Londor or call 020 8409 4400



What's On

Hook Aqua Centre

During the easter break they Intensive Crash Course Mon-Thursday Half Hour Classes Diving Crash Course (1hr): Family Fun Swims (please call to check availability);

Water Aerobics (all levels welcome); Private Lessons (1-1) Half term dates 2nd-5th April

Quote " my kids love swimming at Hook..." Debbie

> The swim school is all about small classes, with excellent (CRB checked) teachers. Children learn fast in the safe www.hookaquacentre.co.uk

020 8397 7731



SWIMMING LESSONS

HOOK AQUA CENTRE

Old Barn Stables

A Friendly, Family Run Riding School **BHS Qualified Instructors** All weather sandschool All ages & abilites Lessons & Hacks Holiday Fun • Woodland Walk

020 8398 0822

Call Cass on 020 8397 7731

Kinaston Welcomes May Time Merriness

The annual Kingston May Merrie will take place on Monday 7th May from 12noon-5pm. The Town Centre is turned into interactive zones with lots of different activities that adults and kids alike can come and experience. Amazingly different wandering entertainment such as the Fashion Police and Granny Turismo are sure to grab your attention In a first for May Merrie.

Kingston University students provide entertaining and educational performances all around the town based on characters denicted in Kingston Museum's commemorative stained glass window which details some of the local May Day traditions. In the Ancient Market Place. enjoy some visual delights with aerial gymnastics displays from local aerialist Katie Hardwick. The daring amongst you can even try this yourself with help from the experts. The kids will also love getting up close to the incredible birds of prev and watching the stunning falconry displays

Memorial Gardens will be transformed into the Kids' Corner: free facenainting glittery henna tattoos and the chance to feed and stroke some live farm animals at the amazing Mill Cottage Farm Experience, complete with alpacas. A craft workshop Punch & Judy Show on All Saints Church Lawn, circus skills worksho and more. Inside the Church, Craft & Gift Fair, whilst being serenaded by local choirs

Eden Walk with live music from 'Soul Beat' Articulate Music and Kingston Youth Big Band, wandering entertainment from Molly & Myrtle and even more facepainting. Bands performing on Clarence St and other delights all over the Town Centre. Kingstonfirst or

020 8547 1221 www.kingstonfirst.co.uk

Rural Life Centre

Countryside Museum Activities for all the family

Picnic areas · Café · Gift shop 1960s Playground Many special events

Open Wed - Sun & BH 10am to 5pm Mar Wed & Sun only 11am — 4pm) Reeds Road, Tilford, Farnham, Surrey, 01252 795571

www.rural-life.org.uk



Centrale Presents **Tuesday Tales for** Crovdon's Little **Bookworms**

Centrale Shopping Centre is launching Tuesday Tales - free story-telling sessions. Starting 3rd April, every Tuesday 11 am - 1pm for the under 5's in the Lower Mall between French Connection and Next. Each week will see Centrale's Balamory themed storyteller read a children's classic. Surrounded by colourful books and magical characters, there is no better way to encourage your little one's literary interest

Sony Miston Marketing Manager comments:

'It's increasingly difficult these days to keep children interested in reading when they have so many digital influences. We wanted to create a special reading area that parents can bring their children to, which will really increase their love of reading." Special Centrale bookmarks will be given out to

everyone who takes

you bring your little

ones and help kick

start their love of

reading!

part so make sure

Go Canoeing

The starter sessions, many offered free of charge by clubs and centres around the country, provide the perfect introduction to canoeing for adults and children. Many clubs and centres can provide the necessary equipment and sessions are supervised by a fully qualified canoe instructor. Brand new for 2012 A half day tour includes supervision from a fully qualified Go Canoeing Leader and costs start from £20 per person.

National Go Canoeing Week takes place 6 - 15 April 12. The week also marks the launch of the new website

www.gocanoeing.org.uk which provides a one-stopshop for those looking to get into the sport. For more information or to book a local canoeing session www.gocanoeing.org.uk

Percy the Park Keeper Treasure Hunt and Parterre Picnic Follow the story of Percy and

find the park keepers working in the gardens as Spring comes to Gatton. Bring a picnic to enion on the newly-restored parterre lawns. Park and gardens open all afternoon bird hide open, free guided tours. Tea and coffee available to purchase. No booking

Fri 6th April Nature Tots: frogs and newts at Gatton. Craft and nature trails

Swimming Lessons

Quality classes in small group COME AND TRY A CLASS FREE ** Lessons for:

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

Classes held at: Ensom College

For more info contact Colin on 01372 739600

April 2012

Easter Bunnies & friends at Centrale this Easter Bank Holiday Weekend

If you're looking for something fun and educational to keep the kids entertained this Easter, then Centrale's Petting Zoo will provide just that comments: "To help parents out over the

On Friday 6th April and Monday 9th April, families will get to meet a variety of loveable animals as a special Easter treat. Ranging from baby rabbits to giant millepedes and chicks

to African pygmy hedgehogs, Centrale's cute and not so furry friends will be in the Central Atrium from 10.30am-4.30pm

for the region's youngsters to meet and learn about. Sony Mistou, Marketing Manager at Centrale

Easter holidays we thought we'd give local children the chance to meet a wide variety of animals in our Petting Zoo. The baby chicks and rabbits provide a nice seasonal theme whilst the more exotic animals will entertain the most inquisitive of children."

For further information and opening times www.centrale.co.uk



Sun 1st April Gatton Park Gardens and Grounds Open Mon 9th April Fairvtale

1 - 5pm children £2, adults £4

Wed 4th April Get Growing! (4 - 7 years) Planting seeds and gardening activities 10am - 12noon or 1.30 - 3.30pm £5 per child

Frogs (2 - 4 years) Hunt for tadpoles and find out about the activities.10 - 11.30 or 1.15

Children's Activities

- 2.45pm £5 per child

Treasure Hunt Discover fairy tale characters around the park, talk to them and hunt for treasure. In conjunction with Gatton Community Theatre. Refreshments available to purchase. No booking required 1pm - 4pm £5 per child + 1 accompanying adult free, additional adults £5.

Wed 11th April Camp Building (8 - 12 years) Build a camp in the woods with your friends. 1.30 - 4pm £5 child Fri 13th April Nature Tots: Bugs (2 - 4 years) Discover which bugs are hiding under the leaves on the flower and in the trees. Craft and

nature trails activities. 10 - 11.30 or 1.15 - 2.45pm All activities must be booked in advance, except Open Days, unless otherwise stated. Children under 8 must be

accompanied by an adult. To reserve a place please call 01737 649066. Alternatively email

education@gatton-park.org.

Debit card booking form www.gattonpark.com.

For more information please contact Education Manage Louise Miller



Daily Harry Potter London

Daily National Army Museum 020 7730 0717 www.national Victoria Soldier Action Zone with quizzes, games & hands on activities to help our learn about life as a Victorian Army Empire Commonwealth & Dominion Soldiers 1914-45 Action Zone family interactive zone FREE. Daily Kids Zone, interactive learning & play space for under 10's

plus a soft play area for babies. Inst onened London Dungeo London 020 7403 7221 Vengeance: The UK's first 5D laser ride Ongoing Royal Mews Buckingham

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

7747 2885 Family workshops plus FREE family trail.

Theatre Kingston 0871 230 1552 Rhymetime for babies, toddlers & under 5's FREE

ry Mon Kingston Children's Library 020 8547 6438 Rhyme & storytime for babies, toddlers & under 5's. Every Thurs Stories &

Every Mon St John's Church Kingston Rd 020 8288 1801 Tots in Tow for the under 5's 10-11 30am very Mon St James's Church Hall Bodley Rd 020 8942 2093 Tiddler's Group for parents and toddlers plus

8545 4040 Scrabble Club everyone is welcome. Every Wed Welcome Mornings with stories & crafts for pre-school children. Ist Thurs of adults. Every Fri Storytime 4+yrs. in sessions, a Wellbeing Coordinator will be on hand to meet you face to face, talk through any issues you may have, sign you up for any upcoming workshops, tell you more about other services available in the borough Tel: 020 3178 2549

020 8764 5877 Musical mayhem. Every Mon Employment Club improve your CV, covering letter, interview skills & more. Ever Thurs Salsa Dance classes, FREE

Every Fri storytimes. Every Mon Wimbledon Library 020 8946 7432 Jewellery drop in workshop for adults, FREE, Every Tues Coffee morning for over 50s. Every Tues IT also Basic IT Training, Every Wed Sewing Circle for adults, FREE. Every French Conservation drop in classes beginner & intermediate levels, for adults. Every Wed Teenage French

Tutorials, 8-18yrs. Every 1st Sat of onth Genealogy Sessions, get help tracing your ancestry, drop in session for all ages. Every Tues & Thurs Children's story & rhyme

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

Every Mon Corpus Christi School Chestnut Grove 07956 312920 Aerobics all abilities, 7-8pm.

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

Every Tues New Malden Library Kingston Road 020 8547 6438 Baby & toddler rhyme time up to 3yrs, FREE. Every Thurs storytime for under 5's FREE Every Tues Old Malden Library

020 8547 6467 Rhymetime up to 3yrs, storytime under 5's, FREE. 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, 2nd Tuc of the month Chatterbooks reading

Coombe Wood Lawn Tennis Club Easter Camps

Attend weekly (Monday - Friday) or on a daily basis for ages 4-18 years

Transits & Mini Champs (8-11 years)

Low/High compression soft tennis balls

will be used with emphasis on stroke

technique

Ability to play from midcourt/baseline

Attend 10 00am - 4 00nm

Monday to Friday each week

Ratio 1:8

Please note: Ages act as a guideline only, player's ability will be taken into account

Week 2 Mon. 9th April - Fri 13th April

Multi-Activity Competition Day will take place each Friday from 10.00am-4.00pm for Transits & Mini Champs and Squad players For further information or an application form please contact

or visit our website to download an application form www.coombewoodltc.co.uk

We have the latest in teaching equipment including: AirZone, Speed Gun, Kick-a-Flick, Hitting Hands, Target Windows, Catcha Ball, Tag Ball, Power Resistant Ropes and much more!!!

£144/£168

(get one day free!!!)

www.bookstart.org.uk

www.surrey.gov.uk/kidstuff Storytime FREE, Every Thurs

for those wishing to learn to use the internet which runs for 6 weeks Every Tues Rendezvous Club for for children to nut your child's name forward to join need to speak to member of staff in library Ever

8-9vrs 4 30nm FREE 1st Thurs of nth Tiny Teddies sessions baby bounce & rhyme, FREE.

very Wed Tolworth Library 37-39 The Broadway 020 8547 6470 Rhyme & storytime for under 5's

Tiny Teddies sessions haby hounce & rhyme, FREE. Every Wed Castlenau Library 020 8734 3350 Storytime session,

erecione FRFF Every Wed Hampton Hill Library

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

session / The second, higher amount is for non-members of the club

£36/£42

Leisure Centre Middleton Road Carshalton 020 8770 4088 Women's Recreation Mornings range of sport & social activities available for one

Hall High St New Malden Parent & toddler club, 9.45-11.30am. ery Thurs Tolworth Recreation Centre Fullers Way North Tolworth 020-8391 1882 Badminton Club for intermediate/advanced level Tel: 020 8395 9175.

kidstuff Rhymetime, FREE, Ever Fri storytime, FREE

Every Thurs Cheam Leisure Centre Cheam 020 8770 4830 Street Dance lessons for boys &

Last Thurs eye in every month Kingston Library Wheatfield Wav Kingston 020 8547 6438 Adult Readers Group.

Black Café St Martins Walk Dorking Bumps & Babies is for mums with bumps & both parents or carers of non mobile babies, meet others for tea or coffee & get your baby socialising, www.nct.org.uk. branches/dorking/events/bumpsand-babies 3rd Mon of every mon Nappuccino a natter about nappies

Every Fri The Phoenix Centre Wallington 020 8770 6006 Mini Geographic Store 83-97 Regent Movers. Toddlers Singing & Street 020 7025 6960 Animal Man Movement, 0-5yrs for children with comes face to face with slithering learning difficulties, autism etc snakes, slimy insects & smelly siblings welcome. skunks. Meet a wide variety of 3rd Sat of month Norbiton Childre's Centre Kings Oak animals to include owls, lizards, toises, armadillos, meerkats & Primary Dickerage Lane Who let the dads out play session

by AnimalMan Nick Spellman for all for under 5's, 10-12pm. Every Sat Early Learning Centre Fri Waddon Ponds & The Bentalls Centre A Playologis will be on hand to make children have the best fun possible with ELC products, they can have their faces painted, mess with play-doh & lots

more from 10am very Sat Heathfield Library 020 8734 3356 Storytime session, under Tiny Teddies sessions baby bounce

Every Sat morn Canbury Garden Lower Ham Road Kingston 020 8547 6422 Low impact outdoor cardio exercise for all with power walking, jogging & stretching, 10-

Every Fri Christ Church Coombe

Road 020 8241 9423 Toddler Group

Every Fri New Malden Baptis

Church Kingston Road New

Malden 8942 6912 Tadpoles paren

Walgrave Road 020 8734 3304/5

Storytime session, under 5's,

Chatterbooks reading group, 8-9yrs, 4.20pm, FREE. 1st Thurs of month

Tiny Teddies sessions baby bounce

Every Fri Kew Library Storytime

Every Fri Caterham Valley

kidstuff Rhymetime, FREE. Every

Every Fri Dorking Library www.

surrev.gov.uk/kidstuff Rhymetime.

Every Fri Gatton Park 01737

Toddler Tales & Trails meet at the

activity centre for a mix of indoor

& outdoor activities, each week a

popular children's book is featured

staff read the book with the children

& then bring it to life out in the park,

returning to do some art to take

Every Fri Redhill Library www.

surrey.gov.uk/kidstuff Rhymetime,

Every Fri Warlingham Library

www.surrey.gov.uk/kidstuff Storytime, FREE.

www.gattonpark.com

www.surrey.gov.uk/

session, under 5's, FREE.

Thurs Storytime, FREE.

Every Fri Teddington Library

for under 5's, 9.45-11.15am.

& toddler group

& rhyme, FREE.

780255

Every Sat morn Dorking Halls 01306 881717 Saturday morning screenings of popular children's films, accompanying adult goes

Until 1 Apr Ashcroft Theatre Fairfield Croydon 020 8688 9291 Peppa Pig's Treasure Hunt featuring true to life puppets, sinaglong songs 1-14 Apr Sense & Sensibility 22 Apr The Searchers, 27 Apr Cosi Fan Tutte. 28-29 Apr The Wheels on the Bus family show.

Theatre Millbrook Guildford 01483 440000 Barefoot in the Park. 2-5 Apr A Play In a Week 7-12 yrs 0-13 Apr A Play in a Week, 12+yrs. Anr There Was an Old Woman Who Swallowed a Fly, 4+yrs. 28 Apr Three Billy Pigs, 3+yrs.

Until 15 Apr London Wetland

Tues & Thurs Pushbabies fitness fo new mums to get back into shape in a fun & sociable environment with qualified instructor. Every weeken school hols children's activities very weekend Walk with a warden Aon, Tues, Thurs & Sat Guide in the

hide (in the Peacock Tower). Until 15 Apr Sea Life London Aquarium 0871 663 1678 www. sealife.co.uk/london all things shark featuring real shark & ray egg casings, see shark & ray eggs with real embryos touch & feel used egg cases at the touch pool & hear all about chark habies Until June 12 The River & Rowing

Museum Henley on Thames 01491 415600 Rocking the Boat - the story of Women's Rowing. Until 31 Mar Charles Crye

Theatre Carshalton 020-8770 4950 Macbeth, all ages, 18-21 Ap Macbeth, 11+yrs. Every Wed Spiral Youth Theatre for 13+yrs members very Thurs Minis & Juniors 5-

30 Mar-1 Apr Chacolate Festival at Southbank Centre 0844 847 9910 A series of FREE tutored tastings, talks & demonstrations in the Chocolate Cookery Theatre. 30-31 Mar Polka Theatre Wimbledon 020 8543 4888 Rub

Red. 3-5vrs. Easter Workshops: Clowning Around, 7-11yr Apr Easter Egg Detectives, 3 4 & 4-5vrs interactive storytelling & drama workshop. 11 Apr Polka Pop Stars - Take 2 all singing & all dancing workshop, 5-7vrs, 1 Apr Puppeteer for a Day work with puppets from the past Polka productions & bring them to life n your own performance, 7-11yrs Apr No 7 Dandelion Street 3-6yrs, 10-14 Apr Thumbelina 3-5yrs. 17-21 Apr Treasure interactive & young children, 6mths-2vrs & 3 4yrs. Until 21 Apr Twist of Gold, 9-13vrs Until 30 June Run! A Sports

Day Musical, 7-11yrs. 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. 1.3-4 Apr Museum of

London 150 London Wall London 020 7001 9844 Precious animals workshop, 5+yrs, FREE. Mar 8 12 Apr Animated animals 5+yrs, FREE.1,15,29 Apr Museum explored bands on activities for the whole family, 5+yrs, FREE. 2,9 Apr Animals from the past discover how important animals have been to London's past 5+vrs FREE 2-4 Apr The Roaring Lions of Trafalgar storytelling, 5+yrs, FREE. 4Apr My Animal Book crative workshop for under 5's. 5,6,7,10,11 Apr The Fire of London on horseback storytelling. 5+vrs. FREE. 7.10.12.13 Animal hunt 5+vrs FREE 9 Ar Animalism London, 7+yrs, FREE 9.11.14 Apr Mythical Beasts, 5+yrs. FREE, 11 Apr Prehistoric Anima Adventure with movement & songs. under 5's, FREE,13-15 Apr Tibs the Cat employee of the month fun storytelling session, 5+yrs, FREE Until 15 Apr Streets of Gold exhibition. Until 10 June dickens & London exhibition

Arboretum Godalming 01483 208477 Children's Plant hunter trail for the whole family, 8-9 Ap Easter egg trail with chocolate fo all ages plus FREE face nainting & storytelling, 15 Apr National Gardens Scheme Day FREE guided walk, 21 Apr Guided Walk, looking for animal tracks & signs of nature

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

Hunt, accompanying adult FREE. pr Camp Building, 8-12yrs. Nature Tots. Bugs discover which bugs are hiding under the leave on flowers & trees plus craft & nature trail activities, 2-4yrs.

Apr Phyllis Tuckwell Hospice Farnham, Surrey Plant Sales at bargain prices plus volunteers or hand to give advice & assistance, 10-1pm, www.pth.org.uk 1 Apr The Old Operating Theatre Museum and Herb Garret 9:

St Thomas's Street Southwark 020 7188 2679 Bodysnatchers & Resurrectionists, 12+vrs, 2.5 Apr 'Break Your Leg & Die' a demonstration of Georgian & Victorian surgery for families. 3.5.10.12 Apr A Plague on your House a workshop exploring one of the most fearsome infections in history, a tale of rats, fleas, Buboes & quacks suitable families 4 11 The Surgeon's Apprentice make your own cut out kit suitable families. 6 Apr Victorian Health Walk for all ages, 8 Apr Spring Tonics & Traditional Easter herbs a lecture for families on herbal remedies plus a demonstration, 13 Apr Surgery & the Victorian Hospital hear tales of what happened behind hospital walls & see a demonstration of Victorian

1-15 Apr Clandon Park 01483 222482 Simple Faster & Spring themed arts & crafts activities for children. 6 Apr Easter Egg trails with a Cadbury's chocolate egg at the end, all ages. 6-7 Apr Pony Magic safe pony rides for children with experienced handlers 2-11yrs Apr Claremont Landscape Gardens 01372 467806 Easter Craft workshop with special themed craft activities in the Thatched Cottage. 6-7 Apr Easter Egg Hunt

surgery suitable families.

& trail plus special activities for children including FREE face nainting play zone & storytelling Apr Family Farm day with goats chickens, ponies, lambs & lots more plus children will have the

opportunity to stroke, groom, feed & milk the wide range of animals. 2-5,10-13 Apr Painshill Park Portsmouth Road, Cobham 01932 868113 Easter Egg & Spoon Challenge outdoor challenge for 2-3 4 11 12 Apr Wild Survival Bush Craft for kids an action packed day of tracking & orienteering treasure hunt & a day of den building in the woods, 8-13vrs, 22 Apr Storytelling Events Grimms Tales a story walk for all the family 2-6.10-13 Apr Brooklands Museum 01932 857381 Easter

> vintage style car, trails for children up to 12yrs plus lots more Apr New Wimbledon Theatre Broadway Wimbledon 020 8545 7900 Murder on the Nile. Apr The Lightbox Woking

holiday activities take a trip in a

01483 737800 Origami Bunnies drop in family workshop. 4 Apr Pom-pom Animals workshop, make your own 5 Apr Faster Trail find all the hidden chicks. 10 Apr Tudor nspired crafts drop in workshop. 11 Apr Clay Heads Workshop dress for mess to make 3D self portrait clar heads in air drying clay 12 Apr 5th Annual Seed Pot make & decorate your own seed pots to take home, seeds & compost provided, drop in activity, 1.30-4pm Apr Guildford Easter Farmer's

Market High Street Fresh local 3.5.11.13 Apr Museum produce from over 60 local farmers Richmond Old Town Hall 020to include breads cheese fruit & with arts & crafts. vegetables, meat, eggs, pickles, chutneys & herbs plus live farm animal display, local crafts & lots

more, 10.30-3.30pm Apr Chertsey Museum Apr Ruby Red Tells Tales, under 575370 Holiday Activities for 5-10-15 Apr Egg & Spoon, under 12yrs, Spring Cards craft activity. Apr Create a Cushion, craft activity

Apr Roman mosaic coaster craf

activity 7 Apr 15 minutes of fun

Easter Egg Painting for families,

craft activity. 11 Apr Customise &

Accessorise craft activity. 12 Apr

Puppetry & Performance, 6-12yrs

3rd Fri of each month Museum

Monkeys sessions for under 5's with

music, sing-a-long & craft activities

for toddlers & their carers. Until

new display in the Discovery Zone

contrasts domestic life in the 1850's

with that in the 1950's, Until 25 Aug

Dress for all Seasons exhibition

features 200 years of seasonal

Matthews Collection There will

also be an opportunity for visitors to

4,11,12 Apr Orleans House

Gallery Riverside Twickenham

020 8831 6000 Coach House Club

Day & Half Day Workshops for

6-9yrs & 9-14yrs, 4-5yrs & 4-7yrs

offering a range of fun & creative

activities for different age groups,

booking essential. 5 Apr Meet the

2 5 10 12 12 17 10 24 & 26 Am

Led local Bike Rides Reigate 07801

235222 BikeFit fun & sociable bike

rides of between 1 & 1.5 miles

areas for beginners & intermediate.

around Reigate/Dorking/Charlw

www.bikefitsurrey.co.uk.

Easter Bunny.

dress up in seasonal garments

clothes & accessories from the Olive

oril'12 The Fabulous Fifties

EDEE

Captain Crow's Teeth, 7+v Apr Peacock Theatre Portugal Street off Kingsway 0870 737 0337 My First Sleeping Beauty performed by graduating student from English National Ballet School. 3+yrs. 19-22 Apr A Little Princess children's ballet performed by a cast

of of dancers aged 9-16yrs. Apr-31 May Hatchlands Park East Clandon 01483 222482 Visit the stunning bluebell wood on foot. 8-9 Apr Have a Go Archery, 6+vrs Apr Easter themed simple trail fun for all the family, 21 Pony Magic, pony rides for children with safe ponies & experienced handlers, 2-11vrs. Apr Newlands Corner Visitor

Centre Guildford 01483 795460 Eggstraordinary Eggstravaganza springtime themed crafts & an Easter egg hunt with prizes, limited places, 5-9vrs.

Apr Bourne Hall Museum Ensom 020 8394 1734 An audience with Queen Victoria discover her thoughts on her Empire. Prince Albert & being Queen. Cave Painting, need to book. 11 Apr Henry's Horrid History An Audience with King Henry VIII. 11-14 Apr Horrible Histories using actors & 3D special effects two shows, Terrible Tudors & Vile

4 Apr Birdworld Farnham 01420 22140 Easter Egg hunt plus some arty fun Apr Surrey History Centre 130

8332 1141 Easter Family workshops Goldsworth Road 01483 518737 Kipper Party enjoy stories & 3-7 Apr Unicorn Theatre for activities featuring your favourite

7645 0560 Goldilocks, under 5's, 4-Kipper himself, 3+vrs. Apr Leigh Village Hall Leigh 07749 927783 Easter Cookery workshop for children, 5-11yrs. Apr The Legend of

Apr Royal Naval Submarin Museum 02392 545034 Pesky Pets from Animal Encounters stroke those reckless rats, cute cockroaches, giant snails & from Blue Reef Aquarium meet their underwater pets & then create your own pesky pet. 7-8 Apr Beastly Bug Trail. 12 Apr Dastardly Dive Science Show & do your own experiments, for all ages. Daily Skull & Crossbones Living under the Jolly Roger Family Exhibition, become a pirate, learn how to speak pirate, command your boat, discover treasure, hoist your Jolly Roger & set sail for a pirate tour of the museum. New family activity area the Warrior's gunroom where young sailors can have some R&R including costumed rolenlay tovs, games & colouring From 5 Apr Imperial War Museum

Lambeth Road 020 7416 5439 A Family in Wartime new exhibition. Apr Meet the Family a new exhibition with hands-on activities to discover how the family coped with the difficulties of living on the home front during the 2nd World War, FREE, drop in activities for all ages. Ongoing The Holocaust Exhibition, children 14+yrs. Ongoing Extraordinary Heroes going Undercover exhibition Or Life in Churchill's Bunker. Until 30 Once Upon A Wartime: Classic War Stories for Children. 5,12 Apr Osterley House & Park

Isleworth 020 8232 5050 Visit the activities for families 8-9 An



Locations Tour 020 7222 1234 Meet at Temple Station 2 1/6 hr bus tour of London locations

7730 0717 www.nationalsoldier, FREE, Daily The World's

Every Sun National Gallery www.nationalgallery.org.uk 020

ry Mon Culture Café Ros

crafts for under 5's.

siblings in the holidays Every Mon Morden Library 020 month Coffee mornings for 1st Fri of each month Wellbeing drop Teddies sessions baby bounce &

Tiny Tots (4-5 years) & Shorties (6-7 years)

Foam/Large soft tennis balls will be used

with emphasis on racquet & ball

co-ordination skills

Ability to play on a short court

Attend 10 00am - 1 00nm

Monday to Friday each week

Ratio 1:6

Week 1 Mon 2nd April - Fri 6th April

£21/£24

Drices chown

£84/£96

(get one day free!!!)

Mon Pollards Hill Library

Every Tues Farnham Library

Every Tues Leatherhead Library Rhymetime, FREE.

Every Tues & Thurs West Barnes Library 020 8274 5789 Classes over 55's. Every month Art Club Toddlers Rhyme Time & musical activities 0-5vrs

Every Tues,Fri,Sat & Sun until Anr Haynes Lane Market Crystal Palace With lots of bric-ahrac records CD's DVD's books antiques, toys, designer, fashion, art, photography & lots more, 11-5pm, entrance FREE.

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

Richmond Library 020 8734 3303 Chatterbooks reading group,

with simple crafts FREE very Wed Ham Library 020 8734 3354 Storytime session, under

under 5's FREE One Sat a month Tiny Teddies baby bounce & rhyme

020 8734 3320 Storytime session, under 5's, FREE, 1st Sat of every month Tiny Teddies sessions baby

4 30nm FREE 1st & oth Tiny Teddies sessions baby

bounce & rhyme, FREE

Every Wed morn Sutton Arena

single fee, 9-12pm.

Every Thurs Methodist Church

Every Thurs Caterham Hill www.surrey.gov.uk/

Every Thurs Horley Library www.surrev.gov.uk/kidstuff

girls 10-15yrs

1st Fri of every month Bergundy

as an alternative to disposables. lots more, hands on activities are led

Wandle Park 020 8656 5947 Circular walk through Waddon Ponds & Wandle Park, 2-3 miles, meet outside Lidl, 11am, FREE Every Fri Thornton Heath

Squad (11 years and over)

Using proper tennis balls and being

able to play from baseline

Emphasis on stroke technique &

Attend 10 00am - 4 00nm

Monday to Friday each week

Ratio 1:8

Week 3 Mon 16th April - Fri 20th April

£36/£42

f144/f168

(get one day free!!!)

Leisure Centre 89-110 Street 020 8726 6000 x88965 Aquacise pay as you go sessions.

& rhyme, FREE. 11am FREE

& a new story which will deligh

Apr Yvonne Arnaud

Centre Oueen Elizabeth's Walk Barnes 020 8409 4400 Easter Eggstravaganza ducklings Complete an Easter trail & win a prize plus lots more on offer. Daily Guided Tours, Feed the birds at 3pm, join a warden as he or she feeds the birds. Every

2 Apr Signs of Spring Walk

1 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

1 Apr Watermans 40 High Street

Brentford 020 8232 1010 The

Three Billy Pigs, 3 Apr Pop! A fun

filled magic show, 4+yrs. 10 Apr

or The Ugly Duckling, all ages.

or Two Four Six Eighty show for

children using music, balloons &

Apr Pied Piper, 3-7vrs, Every Wed

morn Parents & babies screenings

14vrs. Every Sat morn Family

Cinema, 1 adult goes FREE with

Richmond Green Richmond 0844

871 7651 Science Museum Live

on Tour. 2-7 Apr Spamalot Monty

long-a Grease, 16-21 Apr Birds of

1 Apr Denbies Wine Estate 01306

76616 Punch & Judy traditional

family fun & Apr Wine & Chocolate

tasting tours. 10-11 Apr Farmyard

Fun with 'Kids rome' petting farm

with a selection of animals from

sheep, lambs, goats, calves, rabbits,

Apr Gatton Park 01737 649055

Percy the Park Keeper Treasure

Hunt plus bring a picnic to enjoy on

the newly restored parterre lawns, all

ages. 4 Apr Get Growing, planting

seeds & gardening activities, 4-7yrs,

From hunt for tadpoles & find out

about the frogs & newts at the park,

plus craft & nature trails activities.

4-4yrs. 9 Apr Fairytale Treasure

Apr Nature Tots

quinea pigs dogs & a farmer

Sing-a-

Apr Richmond Theatre

every one paying child.

Python musical. 15 Apr

a Feather.

every Sat Drama Zone 5-8 & 9-

their favourite soft toys, 4-7yrs, 29

The Balloon Gardener, 4+yrs.

children, www.adrian-frost.co.uk

With the app, children learn to overcome anxiety, shyness and a lack of confidence - problems which cause their performance at school to suffer and hold back the development of vital life skills. Parents are included in the experience, with a tips section and a report on their child's responses.

Children take an interactive journey through the story "Mikey Helps Toot-Toot", from child confidence specialis Kidz4Mation, with Mikey the monkey and his friends, answering questions about their well-being and hunting for

children across the UK are unhappy with their lives. Society's, found that while most children are happy with their lives as a whole, around one in 11 (9%) is not.

Developed as a joint venture with Turned On Digital, the app has an added twist to give children a laugh - literally. Each time the child finds a banana, their laugh, which they record the first time they use the app, is played back to them.

Famly Coach Alan Wilson. founder of Every Family Matters welcomed the launch of the app: "I love this app because it addresses the core issue of emotional wellbeing. How we feel is directly related to what we think Children's



The Good Childhood Report 2012 reveals that half a million for their success at school and in later life. I am glad Kidz4Mation has come up with The study, by the Children's this app to help children deal with their negative emotions.

> Seema Thobbani Director and Co-Founder of Kidz4Mation said: "We are on a mission to improve parenting and child well-being in Britain. Our app takes the secrets from our books and workshops, giving children the best start in life in a way they find fun. I have a job wrestling my iPhone out of my daughters' hands, so an app seemed the perfect way to help busy parents teach their children valuable life skills. Kidz4Mation, the company behind the app, specialises in boosting children's school performance and improving

their behaviour by raising their confidence. Parents can download the app, called Kidz4Mation, free from

Much-loved characters Biff. Chip and Kipper offer helping hand

As six-year-olds prepare for the first ever phonics check at school this summer, Biff, Chip and Kipper will be giving a reassuring helping hand to parents and children who want to practise together at home.

My Phonics Kit' includes a CD-ROM with eBooks and phonics support; reward chart; sticker sheet: tips for parents: and 3 phonics workbooks. It has been created by educational

experts, to be totally in line with how children learn to read in school. The Kit combines decoding practice with engaging stories and interactive features - making learning to read a fun and exciting journey.

'My Phonics Kit' is widely available to purchase at an RRP of £9.99. It is the latest addition to the wide range of Oxford University Press phonics



OUR CHILDREN ARE AMAZING ALREADY WE JUST HELP THEM PROVE IT

includes the free eBooks and advice on

www.oxfordowl.co.uk, the 'Read with Biff, Chip and Kipper' books available on the high-street and the 'Songbirds Phonics' series by the Children's Laureate, Julia Donaldson.

April 2012

Visit Greenfields Day & Boarding

any Wednesday during term time - just contact them and arrange a personal tour of the

01342 822189 info@greenfieldsschool.com www.greenfieldsschool.com

Greenfields is a coeducational. ISA approved independent school for girls and boys ages 3 to 18 located in the heart of the Ashdown Forest, East Sussex. It offers education up to and including A Levels, with special programmes in English-asa-Second-Language and a Summer School for junior and senior students. Greenfields currently has around 100 students and 23 staff. There are 30 boarders from around the world. Greenfields uses study methods called "Study Technology" which first isolates the barriers preventing a child from learning, and ther provides precise tools to deal with them. There is a high level of open

communication between students and staff that helps to prevent failure, bullying or drugs. The classes are small and a full curriculum, provides studies up available up to GCSE and Advanced Levels.

April 2012

Save a Life

you. People start panicking

Free First Aid Training Day April 28, 2012 Someone collapses in front of

WOLLD VOLKNOW WHAT TO DO? Just 30 minutes of first aid training would give you the skills and confidence to step ur and make a difference. Simple things can save a life. St John Ambulance Surrey is holding FREE first aid training sessions for the public at 15 separate venues across the county on April 28 because the volunteers are committed to making their communities safer place to live and work. St John believes no-one should die from a lack of first aid knowledge. So come along with all the family on April 28 no need to book - just turn up and enjoy 30 minutes of training that could make the difference between life and death. It's as simple as that. No price on a life. This training by the qualified first aid volunteers is FREE. The training will take place between 10am and 3pm at Addlestone, Ash Vale, Caterham, Cobham, Cranleigh, Dorking, Epsom, Farnham,

Guildford Haslemere Horley

Leatherhead, Reigate, Walton

01483 450000 opt 3

www.sja.org/surrey

on Thames and Woking. on

on improving learning, the Taskforce found that the activity of growing food in schools also supported the acquisition of life

RHS Reacts to DEFRA-backed Report into Growing in Schools

The Royal Horticultural Society (RHS) welcomes a Government-backed report launched by Secretary of State Caroline Spellman. The RHS is part of the Taskforce that compiled the report, which looks at schools in England to explore and set out the huge benefits to children who are taught how to grow food.

Clare Custance, RHS Strategic Development Manager, said: 'This is a very exciting report that expands on the research we carried out two years ago into the benefits of growing plants and food at school to a child's educational experience. We hope that the recommendations of the report are recognized and that food growing becomes part of the activities in which all schoolchildren get involved. Growing and gardening teaches skills that are transferable to a child's academic needs and

I hope all the schools take on

board the findings of this report

- we'd be thrilled to work with

Builds life and employability skills Aside from the emphasis skills, including financial

Expl@re Learning

Maths & English

tuition

Inspiring learning centres for 5-14 year olds

as well as professionalism. Excellent value for money" Mrs. Warren, parent

"We have been overwhelmed by the staff at Explore. Their commitment, enthusiasm

literacy and enterprise skills. Communication and employment skills were also enhanced Signs for improved motivation and behaviour, for example arriving early to school and leaving later, were found, as was increased attendance and completion of homework and less disruptive classroom behaviour.

Improves health and wellbeing 73% of schools cited teaching children about nutrition as a motivation for food growing. 68% for giving them skills for a healthy adult life and 33% for encouraging exercise Evidence showed improved understanding of food and nutrition, increased willingness to try fruit and vegetables and increased consumption of fruit and vegetables.

The report is being released just a week after the RHS announced that the 15,000th school had signed up to the charity's Campaign for School Gardening, backed by Alan Titchmarsh meaning that nearly half of all UK schools are now part of the campaign

To find out more about the campaign and to read RHS research that looks at the benefits of growing in schools www.rhs.org.uk/ schoolgardening

Experts



Prepare for the 11+ Exams with OxBridge Centre!

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website www.oxbridgeuk.com

OxBridge Centre is a well-established tuition centre based in New Malden Currently there are around 600 students from year 1~A-Level studying at the centre. Why don't you join us too?

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Guildford East 01483 859 396 01372 378 377 Hounslow

Central 020 8582 5518 **Hounslow West**

020 8580 0069 **Kingston North** & Wimbledon

020 8127 0184

Guildford North Merton Park

020 8643 9130 **Kingston South**

Redhill 01737 277 380 Southfields 020 8879 1290

020 8644 4009

North Cheam 020 8337 6278 **Pyrford** 01932 402 737

St. Margarets 020 8737 3527 **Tadworth** 020 8394 1698

Teddington 020 8780 5328 **Tooting** 020 8780 1618

Twickenham 0560 330 9814

Wallington 020 8819 4466

Woking 01483 726 961 **Boost your** child's confidence



kumon.co.uk Fees vary. Please refer to your local study centre.

"Darcey enjoys attending sessions - her confidence has grown and it has benefitted her concentration skills immensely. Darcey's teachers at school have also noticed these improvements. All this and she leaves in a happy mood skipping and smiling too!" Susan Mathers, parent

Confidence





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www.explorelearning.org.uk

Numbers Numeracy game

practice their ability to write

numbers. Absorbing and

Numbers will ensure children

are kept entertained while on

essential numeracy skills.

the move as well as reinforcing

If you're looking for an easily

transportable, quiet toy to hold

visiting friends, or even in the

the Tegu Magnetic

Wooden Building

Rlacks offer a new

slant on this much

loved game, Tegu's

ouilding blocks

include magnets

the hardwood

embedded inside

blocks, which make

a satisfying 'click

clack' sound when

put together. The

magnets mean

imaginations to create almost

anything without their creations

collapsing - ideal for situations

where quiet play in a confined

responsibly sourced Honduran

hardwoods and the coatings are

water based and non-toxic. The

Tegu range starts from £19.99

for a durable felt pouch and

The felt pouch is perfect for

keeping the blocks tidied away

and enables easy transportation

when out and about. Additiona

sets of 22 or 40 pieces are also

The bricks are made from

space is needed.

eight blocks

available

Arm & Hammer launches

My Way!™ Spinbrush™

your child's attention when

entertaining, Magnatab

allows them to learn and



Set of 2.6" x 6" Spring Drop & Dreamcatcher Cardstock Pads QVC Price £13.00 Item



Adina Hand Painted Ceramic Easter Egg Cookie Jar QVC Price £37.50 Item



Martha Stewart Set of 4 Tubs of Flocking Powders QVC Price £20.25 Item Number 589421



OVC Price £42.00 Item Number 800684

Easter Treats from QVC

Number 300520

Glitters



Steiff Collectable Manni Plush Rabbit with Bow Tie OVC Price £29 50 Item



Recercio Fiell Wroseens Chell

HOLIDAY HISTORY

A ROYAL EASTER EXTRAVAGANZA

2-13 APRIL 2012

Prepare for our own Queen's jubilee by enjoying an audience with royalty

when a king and gueen visit Ewell as they progress around their kingdom

Or travel back to prehistory and try your hand at cave painting. Find out

The Club for young people 8+ who Phistory

Butler & Wilson Crystal Charlie Bears Collectable Duck & Egg Brooch Hawthorne 17.5" Plush Bunny QVC Price £33.75 Item Rabbit OVC Price £34.75 Item Number 700383



QVC Price £17.25 Item Butler & Wilson Bunny



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Thorntons 8 Piece Luxury Favourite Sharing Bags OVC Price £20 50 Item



Pendant & 47cm Necklace

OVC Price £28.26 Item

Number 339735

Butler & Wilson Jewelled Duck PVC Bag OVC Price £58.00 Item Number 153660





Butler & Wilson Pave Crystal Ring QVC Price £34.02 Item Number 339693



www.avcuk.com Direct 0800 50 40 30

Easter Holiday Entertainment for Little Ones

The Easter holidays are approaching and with many families taking the opportunity to visit friends and family around the country, parents are looking for ways to keep the kids entertained, at home and away.

www.Toyella.com to find innovative entertaining and fun games and toys for children. The Kid-o Magnatah range is



from Tovella and encourages children to learn while having fun. Magnatab works on a board filled with tiny magneti beads. Drawing on the board using a magnetic pen causes the beads to appear on the surface of the board making patterns, shapes and numbers. Patterns are removed by simply running a finger over the surface of the board, pushing the heads back down The A-Z Magnatab Letters games are stylish handwriting games for children of three and over. Children can learn and practise handwriting using the tablet and magnet pen, which also encourages concentration

skills. The A-Z Magnatab games (available in Uppercase and Lowercase) retail at £26.99



Unsurprisingly, children are

very rarely excited by the

prospect of brushing their

teeth, and parents can often

by having to make sure the

morning and evening!

your children into a good

toothbrushing routine will

give them a great chance at

teeth as they grow up.

Designed to appeal to

children's love of toys and

gadgets the Arm & Hammer®

My Way! Spinbrush allows

maintaining heautiful, healthy

share their children's anxiety

Ranger Set of 5 Perfect Pearl Mists OVC Price £20.75 Item



kids to put the fun back into toothbrushing. Both boys and girls will love the colourful design of this battery powered toothbrush, which comes complete with customising task is performed properly each features such as a removable head and battery cap, a unique 'Gem' on-off button, and over The effects of bad oral hygiene 141 decorative stickers can set in at any age, so getting

> brush up to 38 percent longer with the 4rm & Hammer® My Way! Spinbrush So, while your children look forward to brushing with their My Way! toothbrush™ you can rest assured their teeth are in good hands f6 99 at Roots

Studies have shown that kids

Calendar continued from Centre Pages

Monday.

as bunnies or chicks plus an Easter

Bonnet Parade, 2-11yrs., Tel: 020

Seeds & Soil 10-12pm 6-14yr

380 4300 Peter & the Wolf with

9-10 Apr Sadler's Wells Portuga

Street Kingsway London 0844 412

4300 Echoa & workshop 5+yrs.

Echoa appears as part of Sadler's

Wells Family Weekend a two day

festival with an array of games &

activities happening all over the

at Sadlers Wells Portugal Street

London 020 7863 8000 Underneath

the Floorboards ballet production

9-13 Apr Victoria & Albert

Museum Cromwell Road London

020 7942 2000 Make It: Print event

5+yrs. 12 Apr Create Workshops;

Graphic Design, 13-15yrs & 13 Apr

for 16-19yrs. 20-22 Apr Designing

for Shakespeare Weekend, drop

in event, FREE, 21 Apr Create:

Workshops: Architectural Drawing,

16-19yrs. Daily Back Packs families

can pick up an activity back pack

filled with jigsaws, stories & games

to explore the collection, 4-11yrs,

Activity Cart hands on art fun for

children to create a Samuri helmet

a silver goblet or an elephant mask

to take home, FREE, drop in plus

Agent Animal hag a sensory activity

bag that has been developed for

under 5's containing an audio man

& fabric cubes, FREE.

Apr Lilian Baylis Theatre

Philharmonic orchestra.

building for all ages

for under 5's.

5679, www.party-bounce.

Easter Egg Hunt with a chocolate prize for every child. 15 Apr Tree Tales. 29 Apr Bluebell Walk.

5 Apr.-30 Sent Hampton Court Palace Hampton Court 0871 230 2200 The Wild the Beautiful & The Damned exhibition. 11 Apr Open Garden Spring Fever see the displays of spring bulbs & plants at this special time of year.

Apr River Wey & Dapdune Wharf 01483 561389 Easter egglimpics. Easter Family Fun Day vith egg & spoon races, tug o'war & various obstacles courses with Easter egg prizes for all the winners plus craft activities. Apr Southbank Centre 0844

847 9910 Strictly Easter Ballroom hosted by Nicky Miles with demonstrations lessons & Ross Mitchell Combo, FREE. 6-9 Ap Real Food Market delicious treats Easter gift ideas & fresh seasonal produce from across the UK. i-9 Apr Ham House & Gardens

Richmond 020 8940 1950 Easter Egg Hunt with activities & garden trail, chocolate prizes for families. 6-9 Apr Snakes & Ladders Brentford Middleev 020 8847 0946 Studio Day Dream Accessories Easter Egg Scramble, children are workshop 13-18yrs. 14 Apr The invited to race around the playframe for hidden Easter eggs plus they can Living Carpet drop in family workshop, 6-12yrs, FREE. 28 Apr charm offensive make your own earn a sweet treat by following the Easter trail around the garden or take lucky charms that tell a story family part in a chocolate workshop which workshop, 6-12yrs, FREE. 7-8 Apr Belvedere will be available throughout the Easter holidays. 8 Apr Easter Egg Claremont Estate 01372 467806 Hunt & seek out Buzzie Bee, Snap, Open weekend. Trap & Venus the friendly character 7-9 Apr Dapdune Wharf 01483 561389 Great Eggs Factor family from Climbers & Creepers to pick in the tokens needed to collect an challenge trail, Cadbury's Easter Easter treat from the Easter Bunny. trails for all the family, www. 6-9 Apr Polesden Lacey Dorking guildford.gov.uk/visitguildford.

01372 452048 Easter Weekend Fun with special activities for children including facepainting & storytelling. 15 Apr-15 May Tulip Festival with over 15,000 tulins ready to bloom. 19 Apr Spring Guided Walk, 22 Apr Dog Day find out more about exploring, caring for, & enjoying the estate with your

6-9 Apr South Bank Centre Purcell Room 0844 847 9910 Martha show about friendship, trust & a goose form the award winning Catherine Wheels, 4+yrs.

6,13 Apr Cheam Village Indoor Market Many stalls including jewellery, breads, books, brickbrac, crafts plus refreshments helping to support the Royal Marsden hospital, 9-3pm, FREE

Apr-13 May Bates Green Fram Arlington Fast Sussex 01323 485151 Bluebell Walk & farm trail plus RSPB stand, farmers mini market, secondhand book room & plant stall, dogs are welcome but must remain on lea

6 Apr-8 July Jubilee Gardens 0871 663 2501 E4 Udderbelly. Apr First performance of The Vocal Orchestra a spine tingling hour of incredible musical entertainment

Apr The Children's Trust Family Fun Day Tadworth 01737 365019 Spring Fair with a range of attractions to include an Easter Egg hunt & Spring Farm with rabbits, guinea pigs & chicks, ducks & a sheep or a goat. There will also be go karts, fairground rides, bouncy castle, giant slide, face painting, balloon modelling, glitter tattoo nail painting, lucky dip, hook a duck plus lots of stalls selling a wide selection of gifts. Plus Easter Arts & craft activities including bonne making competition come with a bonnet you have made at home or make one at the fair with the materials provided, refreshments also available, 12-4pm. Entrance

Apr Electric Theatre Onslow Street Guildford 01483 444789 Heritage Centre 020-8547 5006 A Day of Arty Fun with Wallace Fluffy Bunnies & Cool Chicks & Gromit an afternoon of making drop in workshops 5+vrs (vounger models form play dough, sticking & children welcome but may need a gluing & all sorts of arty fun plus bit more help). Until 14 Apr make three special screening of Wallace your own bunny ears or a traditional & Gromit. 11-14 Apr The Railway Faster card 27 Apr Family fun under Children, 6+vrs. 5's crafts, singing & stories, no need Sparks in the Café Bar with music to book Until 5 May Springtime Search Family Trail, around the games, songs, stories & puppets & Sparkles Dance drop in classes gallery to find the answers, there are for 5-9vrs. Every Mon & Tues three trails to suit all ages. after school The Man in The Moon

11 Apr King George's Hall Esher 01372 474634 The Science Weekly drama workshops, 6-14yrs. erv Wed All Star Choir, 8-14vrs Museum's Fantastic Forces Fun Apr Rural Life Centre Farnham Exciting Forces workshop 7-11yrs, 01252 795571 Steam Toy Rally, in a fast packed extravaganza taking demonstrate a working model & a closer look at the forces that shape come in FREE.8-9 Apr Easter our world. 12 Apr Glee Mania Fun chick hunts around the museum dancing workshop for 5-13yrs 1-14 Apr New Victoria Theatre & decorate an egg on the Sunday & decorate an Easter bonnet on Woking 01483 545900 Horrible

Apr Somerset House Strand The King & I musical. 020 7845 4600 Visions of Home, 12-14 Apr The Pleasance Theatre create your own sculpture of Carpenter's Mews North Road what 'home', means to you using London 020 7609 1800 Grisly Tales recycled domestic materials, family from Tumblewater 8+vrs workshop, 6-12 yrs, FREE. 12 Apr

12-22 Apr Alchemy Festival of South Asian Culture SouthBank Centre Visitors cant take part in a range of FREE activities throughout the festval from daily yoga in the Core Ballroom to wokshops in Urdu calligraphy, Punjabii poetry & Pakistanii folk dance plus lots more. www.southbankcentre.co.uk

& craft activity

13 Apr Design Museum Shad 7-9 Apr Shalford Mill 01483 561389 Easter Trails around the Mill plus children's craft activities Apr Merton Abbey Mills in the Market Area 020 8540 2694 Easter Egg Hunt, Bunnies Picnic & 60 minute tour & workshop. a Big Bouncy Castle, come dressed

843573 Congratulations! Arts & Crafts Family Fun make your own medal to wear home with pride

Wimbledon Common Nature Club Wildlife Watch 020 Family concert a musical relay race 8540 6154 Hairy Hedgehogs & plus synchronized swimming, 28 Apr Save a Life FREE First Aid Training Day, no need to book half 8-9 Apr Royal Festival Hall Belvedere Road London 0870 hour training session, 10-3pm. 15 Apr Bay Pond Nature Reserve live performances by the Royal Godstone 01883 345020 Open Day

ned bird hide 15 Apr London Imax Cinema

3535 Family Funday Willy Wonka Willy Works themed arts & crafts for all ages. 29 Apr Sci Fi London

Theatre South Bank 020-7452 3234 Festival exhibition, FREE. 18 Apr Camberley Theatre 01483 203237 The Sleeping Beauty. 20 Apr Concert Hall Fairfield 020 8688 9291 One Night of Elvis. 25 pr The Johnny Cash Roadshow 20-22 Apr Blue Room, Spirit Level Royal Festival Hall 0870

Alchemy Festival 2-5yrs Whitton Fair 07828 533436 Taking place in the High

Advertise in PARENTS NEWS

fergus @parents-news.

co.uk 020 8337 6337

21 Apr Riverhouse Barn Walton on Thames 01932 253354 There was an Old Lady, all ages, 28 Apr Open Day with coffee, cake, bbg, live music, open studio & workshops for everyone plus art & craft activities drama & dance workshops, FREE

22 Apr Happy Valley & Farthing Downs Coulsdon 020 8726 6900 Springtime Photo Safari bring r camera & capture the beauty of the North Downs through the lens, includes simple tips on how to listories live on stage. 24-28 Apr take better photos with your digital compact or SLR camera. Tel: 07775 824811 to book your place 29 Ar Spring Flowers 2hr/2 mile walk ERFE Every Wed Circular walk

22 Apr Petersham Open Gardens

Petersham Village More than 10

to the public, the privately owned

from the Petersham Gate entrance

garden will be displayed throughout

the village & a simple map is

included in the programme, tickets

in advance jo bradley@btconnect.

com or from any of the participating

gardens on the day., children unde

22 Apr Clore Ballroom Royal

Festival Hall 0844 847 9910

Clump car park Portsmouth Road

Esher 01372 474565 Discover

more about these creatures on a

guided walk around The Ledges &

27-29 Apr Swimathon 0845

half hour training session, 10-3pm,

28 Apr SJA HO Caterham Save a

Life FREE First Aid Training Day

no need to book just turn up for the

half hour training session, 10-3pm,

Leatherhead 01483 203237 Save a

Life FREE First Aid Training Day,

no need to book half hour training

28 Apr Epsom Library The

Ebbisham Centre Epsom 01483

203237 Save a Life FREE First Aid

Training Day, no need to book just

turn up for the half hour training

28 Apr The St John Ambulance

Please call before you go

session, 10-3pm, www.sia.org.uk

session, 10-3pm, www.sia.org.uk

apr Bat Walk Horseshoe

Bollywood Blockbuster, FREE.

16 FREE.

River Mole.

www.sja.org.uk

www.sia.org.uk Apr Nuffield Health & Fitness

around Happy Valley meet at Fox Lane car park 11am, 2-3 miles,

FREE. gardens in Petersham will be open garden's are all within a 10 min walk to Richmond Park, directions to the

Apr Richmond Lending Library Little Green 020 8332 1141 Dickensian Richmond family workshop an object handling & art

Thames London 0870 833 9955 Design Overtime Shoe & Tell. decorate your feet red & dance through the galleries to music or relax with a bit of sinister storytelling 15 Apr Drawing Tours

14 Apr Elmbridge Museum 01932

3670036 Fundraising swim with 15 Apr Spectrum Leisure Centre 01483 446644 Going for Gold over 650 pools across the UK taking part, in aid of Marie Curie Cancer 28 Apr Addlestone Community Centre 08700 104950 Save a Life FREE First Aid Training Day, no need to book just turn up for

with pond dipping, bug hunting refreshments available.

South Bank Waterloo 020 7928 & the Chocolate Factory film & workshop. Families will have the chance to design a chocolate factory & the opportunity to bring your factory designs to life at their regular animation workshop plus Parade dress up as your favourite movie character & parade around the Southbank Throughout Ani S.O.S-The Titanic Centenary, season

HQ Horley 01483 203237 Save a of films to mark the occasion.

16 Apr-4 June Royal National Life FREE First Aid Training Day just turn up for the half hour training ssion, 10-3pm, www.sja.org.uk 29 Apr Devilsden Wood & Happy Valley 020 8684 4000 A walk through woods, meadows& chalk grassland for bluebells, cowslips & other spring flowers, 2 miles, 2-

380 4300 When Spring Comes a and please mention play about loss & rebirth as part of **DARENTS NEWS** www.narents_news co uk

Park, Surrey, KT4 7I G Tel: 020 8337 6337 Deadline see F

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