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General Dental Council.

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

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

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rust Stagecoach to know parties

June 2012

Birthday Parties and Fun on the Farm!

Farming World has some fantastic events planned to celebrate the fast approaching Jubilee Celebrations and hali term. Visit the open farm, just off the motorway between Faversham and Canterbury, and ioin in the fun! Special events include:

4th June - Picnic in the Park - Celebrate the Oueen's Jubilee by having a Picnic in the Park at Farming World. Children dressed as a King or Oueen will also gain free entry*.

4th – 8th June Sheep Shearing & Wool Week - Watch sheep shearing (1-4pm), spinning and knitting demonstrations (2-4pm). How does a sheep's wool go from fleece to woolly jumper?

6th June - Creepy Crawly Day, 7th June - Guest

appearance by SpongeBob Square Pants, 8th June - 'Have a

Go' Falconry, 17th June - Dad's gain free entry to celebrate

Father's Day. Farming World also provides a great venue to hold a birthday party. In this day and age an approaching birthday party can be a horrifying thought for a parent. Will the guests be able to find the venue, how will I amuse the children, what should I feed

them, what happens if it rains what should I put in the party bags, do I need to take out another mortgage to pay for the experience and at the end of a long day who will do the clearing up?

All of these problems can be solved by holding a party at Farming World The farm will also be happy to tailor parties to the child's individual requirements, providing each child with a unique and fun filled experience.

Each party is provided with a base' for the duration of the party, which will be decorated prior to arrival. This area can he used to store all the presents and food, cut the cake and hide in the event of a shower. Guests can then explore the farm, meet the farm animals and rare breeds, watch a birds of prev flying demonstration explore the large adventure playgrounds or challenge each other to a round of mini golf The children can also enjoy the enormous jumping pillow (weather permitting). This is a giant inflatable that can be jumped on until the children and adults are all exhausted! In the event of rain, which can definitely put a damper on a party, the children can enjoy the two storey indoor soft play

can provide a great addition to the party bags When the children start to get hungry a hot or cold buffet can be provided. Both menus include drinks and a variety

of children's favourites, not forgetting the all important fairy cakes, jelly and ice cream! Menus per head are £14.00. which also includes entrance to Farming World. If you prefer you can bring your own picnic There are also a variety of other activities that the birthday child can add to their wish list to make their perfect party. including face painting, tractor & trailer rides horse & cart rides and packed party bags All of these services and attractions will add up to a memorable experience tha will be talked about in the playground for a long time to come! For further details of birthday parties or special events you can visit

www.farming-world.co.uk or call 01227 751144.

Farming World is open seven days a week, 9.30am to 5.30pm until the 4th November, and is just off Junction 7 of the M2. Normal admission prices are f6 50 adults f5 50 for children aged 3 - 15 years, concessions £5.50

*Free entry for one child in fancy dress per full paying adult. Guide dogs only

WIN A PERFECT PAIR OF PARTY GAMES

Bubbles Bubbles everywhere Pump up the action with Pump but who can pop the most aloons! Drumond Park's Bubble The award-winning Buster (age 4+, rrp £17.99) is Pumpaloons (also age 4+, rm a unique outdoor action game £19.99) is a fast, fun action - which will have magical bubbles bursting all over the place. It's a great ice-breaker. and is perfect for parties, and days out, too! Armed with their special smiley-faced

Bubble Buster wands, children will soon be squealing with delight as they chase after the stream of beautiful bubbles blown out by the brightly coloured Bubble Buster unit. As they dash about, zapping as many as they can, the magical wand tells them - with a

thrilling zinging, zanging sound each time they burst a bubble. As the excitement builds, so the wand's tone rises... until it reaches a crescendo when the first person bursts the winning number of bubbles - twenty!

game from Drumond Park The race is on... children dash to their pumps and start puffing up the two lovable, colourful, clown-like wobblies Stringvloon and Spottyloon - until they are proudly standing three feet tall. How it's done doesn't matter - they can stomp on the pump with their feet kneel down and push it furiously with their hands, or even sit on the pump and bounce up and down, as fast as they can go! Success everyone knows who's won - the Pumpaloons which fills out first lets out a 'victory'

squeak! This game is great for parties - two children can play at a time, or puff away together in teams. It's also perfect for taking on holiday and so much fun that the whole

friends they meet will want a For stockists

www.drumondnark.com 01506 855577

A 'Party Pair' Competition

Drumond Park and PARENTS NEWS re giving away seven sets of

both Pumpaloons rrp £19.9) and Bubble Buster rrn £17 99 For a chance to win one of the sets, answer this question on a postcard . To get the crescendo of noise

out of Bubble Buster wand how many bubbles should you hurst? Send the card to

Parents News/DP 10 The Manor Drive Worcseter Park Surrey KT4 7LG By noon Monday 18 June 12 When the first 7 correct answers drawn will each win a

pair of games. Usual PARENTS NEWS





on 01483 444333 or visit

www.quildfordsummerfestival.co.uk



area or get creative in the craft

memento to take home, which

and activity room painting a

- Large adventure play, Rare breeds & farm
- animals. **Heavy horses**
- Indoor soft play, Craft room,
- Mini golf course,
- Tractor and Trailer Rides Hot & cold refreshments,

Open everyday until 4th Nov. Farming World, Boughton, Faversham, ME13 9HY Tel: 01227 751144

M2 junc 7 follow brown signs, sorry no dogs



Square Pants,

Have a Go Falconry,

Show this advert to

receive 50p off entry per

person in your party.

(PN June. Valid 6/6 - 30/6/12)

Wondering how to keep the kids entertained this summer without breaking the bank?

www.huntfun.co.uk has the solution. The company has treasure hunts in over 240 locations across the country that the whole family will

The hunts encourage families to explore a local area, unearthing hidden historical gems they might ordinarily have walked right past. They include everything you need directions, clues and a man. They take about two hours to

Parent & Rahy Clas

Pool Parties

Faster Crash Courses

make a day of it, just stop off for a bite of lunch or stop in at some attractions en route. "Our hunts tick four very important boxes for parents they don't cost much, they're educational, they get kids active and most importantly, they're fun for the whole family," explains Stephen Whetstone, founder of huntfun. "Many family outings cost a fortune and are really only geared towards the children's entertainment, with parents having to endure rather

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more special.

destinations like Weymouth,

and Manchester. The hunts

offer a great way to explore

Olympic buzz, even if you

plus postage for a black &

postage for a colour printed

hunt or can be downloaded

number of participants. They

make your family day out even

from £7 depending on the

can also be personalised to

tickets to see the Games.

these areas while enjoying the

weren't lucky enough to get

The hunts start from just £4 99

white printed hunt, £6.99 plus

Windsor, Coventry, Newcastle

than enjoy it. Our treasure brilliant new free-range hunts are great fun for all lunchbox products that would be perfect for children. We all For families visiting London know how difficult it is to get for the Olympics, there are some wholesome foods for the several hunts to explore during children in the rush of the early your time in the Capital. There morning school run! are also hunts at other Olympic

happy egg co. have some

The products, including scotch eggs, mini quiches and deli fillers - all of which are made even tastier and happier as use free-range eggs are delicious as a snack and perfect on top of any sandwiches or jacket

happy egg co

pork - making for a happier

snack. Available in Tesco and

Sainsbury's stores nationwide

Single-serve quiches, in two

Cheddar & Spring Onion and

Mature Cheddar & Bacon, both

of which are available in Tesco

Express and Sainsbury stores.

170g single-serve quiches are

priced at just £1.39 and provide

a tasty, snackable alternative to

the normal lunchtime sandwich

with all of the happy egg co.'s

range, the single-serve quiches

are free from artificial colours

Priced at £1.69, the deli-fillers

Mayo and Egg & Bacon - will

range of two flavours - Egg

be available from Tesco and

As with all the products from

the happy egg co., the new

only the happiest free-range

contains outdoor reared bacon

too - making for even happier

Perfect for sandwich fillings

or as a jacket potato topping,

parents and children alike can

be safe in the knowledge that

they contain only the very best

quality ingredients.

deli fillers are made using

eggs and the Egg &Bacon

and flavourings and full of

happy egg goodness.

stores nationwide.

snacking!

and are perfectly bite-sized

for summertime picnics. As

Great served hot or cold, these

delicious flavours: Mature

Scotch eggs are a firm British favourite, and now the happy egg co is launching its own fre range variety, available in a snack sized pack of 12 sayoury eggs or in a pack of two traditional whole egg size.

happy egg co. scotch eggs and savoury eggs are made with free range eggs, wrapped in delicious outdoor reared

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June 2012

MINT Polo in the Park

On the 8th, 9th and 10th June

2012, MINT Polo in the Park

will return to Hurlingham Park for its fourth year MINT Polo in the Park is the leading outdoor polo and lifestyle event in central London - offering a mix of sport, entertainment, VIP experiences, fun and glamour, If you're bringing your family to MINT Polo in the Park . then Finals Day is your day. Children can let loose in the Kids Club where they will find bouncy castles, fussball tables and circus activities. Keep a look out throughout the day as magicians, balloon sculptors and face painters will be circulating the crowd providing additional entertainment and helping create a festival atmosphere. You can watch the amazing Devil's Horsemen Display Team performing their Hollywood stunts twice a day. As an extra special addition. on the Sunday (the Family Day) only, for the first 90 minutes after gates open (from 12pm - 1.30pm) there'll be a multitude of fun games in the classic 'It's a Knock-Out' Grandstand tickets from £10. Child, family and groups tickets available

www.polointheparklondon.

MINI TENNIS

5-day camps, Ages 5-9

5-day camps, Ages 10-16

10 hours total

£40 per camp

Monday to Friday

JUNIORS

Monday to Friday

15 hours total

£60 per camp

9am - 12pm

then trek over to WWT Slimbridge where you can take a trip back in time to the South Pole and see the travelling Antarctica exhibition and become a polar explorer to embark on a creative trail! Two rare nene goslings have

small additional charge applies to some

June 2012

Get into the swing of spring

and venture down to one of

the nine Wildfowl & Wetlands

holiday weekend. From fluffy

ducklings to a whole host of

- there's something for the

During the half term break.

why not visit one of the many

centres for a Downy Duckling

Tour where you can see tiny

fluffy ducklings as they take

their first wobbly steps and

take to the water like, well.

WWT is also proud to be

iubilee-themed activities

over the bank holiday

celebrating their own patron

HM the Queen's Diamond

Jubilee festivities by hosting

weekend.Jubilee activities at

the above centres will be held

on 2 - 5 June, from 1pm-3pm.

If you're looking for adventure,

arts, crafts, fun and games

whole family to enjoy.

Trust (WWT) centres across

the UK over the June half

term or Jubilee bank

been born at WWT London Wetland Centre in Barnes, South West London. Only 1,750 nenes - pronounced 'nav-nav' after their call survive in the wild in their

native Hawaii.

Celebrate the Jubilee weekend &

June half-term at WWT!

At one time the nene could be found all over



Nenes are an iconic species for the Wildfowl & Wetlands Trust (WWT) as Sir Peter Scott, who founded the Trust in 1946, brought some of them to the Trust's HO in Slimbridge Gloucestershire, to establish a captive breeding programme in 1950. At that time less than 50 nenes survived in the wild. For more information about the half term and Jubilee celebrations, please visit

www.wwt.org.uk/ junehalfterm

Otters arrive at WWT London Wetland Centre London Wetland Centre have an arrival of a family of otters.

everyone's favourite wetland and we hope that they will inspire our visitors to realise From 2 June visitors to WWT London Wetland Centre will be able to see a family of four Asian short-clawed otters playing, foraging, feeding, swimming and grooming. Visitors can even watch them sleeping in their specially designed holt, although this species of otter is more active during the day than some of the 13 other species found a conservation success story. worldwide. Asian short-clawed otters are the smallest otters in the world and live well together in family groups, unlike most other otters which tend to be solitary. They often play games which helps their young to develop hunting skills. Asian short-clawed otters catch their food with their paws rather than in their mouth. feeding mainly on small

wardens Martin Senior, General Manager at WWT London Wetland Centre . said, "We are thrilled at the arrival of this key wetland species here at London

creatures such as crabs. The

wardens at London Wetland

Centre hide the otters' food so

they would in the wild. Visitors

daily, learning more about their

habitats and behaviour from the

can watch the otters being fed

they have to search for it, as

Fifty years ago the rivers of the UK suffered from pollution by organo-chlorine pesticides and as a result otters had disappeared from almost all of

the importance of protecting wetlands so that all animals the country However, in the 1970s the not just offers, can thrive. government banned harmful Otters are a good indication of clean water and healthy chemicals and slowly the health wetland habitats. As they of the rivers improved and the are usually at the top of UK otter population flourished. the food chain, if there are By 2011 there were otters in problems with wetlands the every county. Asian short-clawed otters otter population declines. The UK's native European otter is

Wetland Centre. The otters

are a real delight to watch

live in marshy areas, such as swamps, pools and rice fields

across Asia. Unfortunately these appealing wetland creatures are listed as pollution, habitat loss and hunting.

The Wildfowl & Wetlands Trust (WWT) breeds ofters in order to understand more about them to be able to help them in the wild, and to inspire visitors to help protect wetlands and the wildlife that depends on them. www.wwt.org.uk/london

020 8409 4400





Saturday 9 June, 9.00am-2.00pm Tennis, hockey, gymnastics, basketball, heelchair basketball, fitness classes, table tennis, judo and judo tots

Teddington Sports Centre. Teddington School, Broom Road, Teddington, TW11 9PJ Phone: 020 8977 0598

Saturday 9 June, 10.00am-3.00nm rampolining, table tennis, football. fencing and badminton

Whitton Sports & Fitness Centre Twickenham Academy, Percy Road, Whitton, TW2 6JW Phone: 020 8898 7795

aturday 9 June, 10.00am-1.00pm Archery, cycling, gymnastics, boxing and indoor rowing

Shene Snorts & Fitness Centre Richmond Park Academy, Park Avenue, East Sheen, SW14 8AT Phone: 020 8090 9630

Sky Ride Local rides are fun, friendly and free community bike rides that help you get out and explore your local area.

Visit www.goskyride.com/richmond for more information and to find local rides Sunday 10 June, 10.00am-1.00pm ludo, badminton and indoor rowing

Hampton Sports & Fitness Centre, Hampton Academy, Hanworth Road, Hampton TW12 3HB Phone: 020 8090 0668

Sunday 10 June, 11.00am-2.30pm Tennis, football and hadminton

Orleans Park Sports Centre, Orleans Park School, Richmond Road, Twickenham TW1 3BB Phone: 020 8090 9695

ınday 10 June, 12.30-3.30pm king, diving, swimming races and

licarage Road, Teddington TW11 8EZ Phone: 020 8977 9911

Bikefest Sunday 24 June, 11.00am-4.00pm



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 Be among the first to meet our new family of Asian short-clawed otters

 Learn more about everyone's favourite wetland animal Watch them play, feed and swim

Celebrate their arrival with our Jubilee 'Best of British' menu and a Pimms!



wwt.org.uk/london 020 8409 4400 Queen Elizabeth's Walk, Barnes, London SW13 9WT

Daily Larkfield Leisure Centre Aylesford 01622 713225 Soft play zone with 3 storeys of interactive play equipment for under 10's with vavy waterfall slide, crawl tubes, ball pool & ball cannons. New Kickstart a brand new all inclusive membership with unlimited access which offers a wide range of activities for under 10's with swimming, soft play, junior dance mat & target wall sessions, selected programme activities Saturday Fun Club plus pre-school

for 0-5vrs. Woodland Honey Hill Blean 01227 765168 Meet the friendly animals. follow the trail around the enchanted woodland & discover the sleeping dragon & other magical creatures or have fun in the adventure play area, a fun day out for all the family

New Tonbridge Swimming Pool Lower Castle Field 01732 367449 Kickstart a brand new all inclusive membership with unlimited access which offers a wide range of activities for under 10's. E & Thurs term time only parent & child fun swim.

1st & 3rd Sun of each month The Pantiles Tunbridge Wells 01892 515675 Pantiles Craft Fair.

Tonbridge Farmers Market Way 07876 685853 Sovereign Normally with more than 50 stalls

26 May-2 June Hastings Pier & across UK East Sussex British Beach Week to inspire people of all ages across the UK to embrace everything that is wonderful about its coastline. The week long event will culminate in a Jubilee pier party on 2 June where cottages4you will celebrate with locals & holidaymakers to raise a toast to the Queen helping to raise funds for the

restoration of the pier. Until 3 June Spotlites Kings Theatre 338 High Street Chatham

01634 829468 Magic Porridge Pot play for 2-5yrs. 6-9 June The BFG by Roald Dahl. 10 June Rapunzel May the Force be with you, play for 4-9yrs. 1-2 June

Connaught Barracks Dover Tattoo Military Spectacular to celebrate the Diamond Jubilee featuring massed bands, displays & a grand finale with fireworks to music ^ the traditional lone piper. 2 June Family Fun Day looking behind the scenes of the event, discovering what life is like in the military today & travelling back in time with exciting interactive & static displays plus much more, www.dovertattoo.org. uk

June Assembly Hall Theatre Tunbridge Wells 01204 334400 American Wrestling spectacular King of the Ring Royale Rumble fune The Sleeping Beauty.

2 June Appledore's Recreation Ground Spring Fair, fun event for all the family including a dog show stalls, refreshments, FREE entry. 2 June Downswood Community Centre Chiltern Close Maidstone

www.downswood.co.uk. Summer Fete to celebrate the Jubilee & commemorate the 1944 D-Day landings, with many stalls attractions to include bouncy castle, coconut shy, children's races, under 10's evacuee fancy dress competition craft stalls will also be a full sized Spitfire plane attending, starts 1pm, FREE entry. Followed in the evening by a 40's war time dance, tickets in advance 01622 862730

June Samphire Hoe 01204 225649 Guided walk with luck should see the fastest bird in the world, the talented peregrine falcon. 1.5 miles. 5 June Picture the Hoe self guided trail to discover the wildlife & art trail around the hoe. create a picture to take home. 9 June Kelpies & Creepies have fun discovering the lives of some of the smaller creatures in the grass & on the sea shore

2 June Tides Leisure Centre Deal 01304 373399 Pilgrims Starlight Stroll walking under the stars along

PARENTS NEWS Digital

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www.parents-news.co.uk

There are a lot of other

and supporting features on the website.

Twitter and Social Media

PARCHES NEWS"

the coastal route in Deal come dressed as a King or Queen & enter the themed fancy dress, 11+vrs, There will also be a bbg, drinks, & raffle, www.pilgrimshospices.org Daily Indoor tropical lagoon with waves & gusher, fun water features

& giant slide Jacuzzi & toddler pool weekend Family Splash 2 June Wye Village Hall 07841 568865 Book & Collectors Fair with a wide selection of books natural history, children's, modern first editions plus a selection of postcards, collectables & some crafts plus The Farmers market will be on selling a selection of local produce 9 30-2pm FREE entry

June Pembury Recreation Ground 01892 554102 Jubilee Fun Day with bouncy castles, stalls, stage with live music, arena with dance & gymnastic performances, 2-5nm FREE entry

June Portsmouth Historic Dockvard 023 9272 7582 Victorious Vintage event to celebrate the Diamond Jubilee with colourful characters from different eras, live bands & lots more.
2-3 June Smallhythe Place

Tenterden 01580 762334 Fun day for all the family with vintage stalls, costumes, traditional music & dancing, themed games & style dress & the best wins a prize. 2-3 June Leeds Castle 01622 765400 Rule Britannia Royal celebrations with cream teas, iconic 1950's cars, steam engine rides & more. Bring a picnic & watch the Thames Pageant & flotilla broadcast from London on a big screen. A craft marquee will be available for children to make crowns, rosettes & other patriotic items plus musical entertainment, kite flying & face painting. Until 21 Oct 'What the Butler Saw' a new exhibition which will tell stories from above & below stairs life at Leeds in the 1930's. through the eyes of the servants. World of Wings Shows

in a flying arena near the maze plus Go Ape! wire forest adventure in the castle parkland. 2-4 June Dover Castle & The

falconry & FRFF, flying bird shows

211067 WWII Weekend experience the atmosphere of the castle at war as soldiers set up camp & re-enact an explosive WW11 battle plus lots

Sellindge Ashford 01224 700894 Steam Special & Country Show with family entertainment to include steam engines, fun fair, classic & vintage cars, crafts & working demonstrations, shire horses, 4x4 driving course, beer tent real ales plus live entertainment & more, under 5's FREE

2-5 June St Peter's Village Tour padstairs 07546 514948 Diamond Jubilee village tour -5 June Hever Castle Kent 01732 865224 Tudor Jubilee Celebrations

with a weekend of Tudor revelry to include Tudor music & jesters, have a-go archery plus demonstrations from a variety of craftsmen of the period. Children may come in costume & join the parade to win a prize for the best dressed prince princess 6-10 lune vounge visitors are invited to recreate the splendour of court life as they dress in Tudor costume plus interactive demonstrations on dressing a Knight from specialists on life in Tudor times, 14-24 June Best of British Garden Festival. Until 18 Nov 'A Royal Romance' new exhibition of

Anne Bolevn includes a replica of her coronation gown. 2-5 June The Home of Charles Darwin Down House 01689 859119 Meet a variety of Victorian costumed characters & find out how Victorian children would have

2-5 June Knole Park House & Royal themed exhibition FRFF Town Centre 01304 205108 Story walks around Deal with a

professional storyteller 2-10 June Museum of Kent Life Lock Lane Maidstone 01622 763936 Half Term bottle feed new haby lambs & celebrate the Jubilee with a series of 1950's themed events, under 3' FREE. 4 June Traditional fete style crafts in the village hall with a 1952's retro street party to celebrate the Jubilee,

under 3's FRFF 2-10 June Penshurst Place www. penshurstplace.com. Jubilee Walk officially opened & for children celebrate the Coronation with some games & activities from the 1950's stories for all the family

3 June Doddington Place 01795 Children's activities for all ages to include falconry demonstrations, archery, face painting, creepy crawlies, fun stalls a Jubilee Jewels treasure bunt with a FRFF chocolate for all children taking part. 17 June Have a go at Archery

24 June Jazz quartet. 3 June Orchard Theatre Dartford 01322 220000 Dancing Queen. 11-6 June Dreamboats & Petticoats 19-23 June Horrible Histories. 28

une That'll Be The Day. 4 June Higham Memorial Hall & Field Higham Kent 07889 767146 Diamond Jubilee Dog Show charity dog show for all ages & types of dogs with special Scruffs classes, easy to enter on the day from 9.30am & judging starts in 2 rings at 10.30am. Refreshments & stalls on the field FREE entry & lots of FREE parking, www. highamdogshow.co.uk.

4 June New Romney Cycle Ride 01797 367934 Short circular bike ride, 12 miles.

4 June Brooks Field Old Loose Hill, Loose, Maidstone Duck Race with hundreds of vellow plastic ducks racing each other

down the Loose stream, there will also be professional street theatre performances, children's rides & games, coconut shy, rural crafts nemade cakes, bbq & lots more www.loose-amenities.org.uk

June Beyley Civic Centre Broadway www. stedfastassociationbugleba btck.co.uk. Civic & Oueens Jubilee

High Street Royal Jubilee party, street party aimed at children with staged entertainment, bands, food & stalls, 10-4pm, for more info 01732 529637

4 June Tonbridge Castle 01273 735788 Diamond Jubilee festivities a beacon will be lit on the roof of the Castle 4.5 June Bredgar & Wormshill

Light Railway 01622 884254 Open Day with attractions for all the family including the model railway plus visitors may picnic in the grounds & explore the woods. 4 5 9 10 & 24 June Open Seal & Wildlife Watching Trips 07837 562076 1 1/2 hr trip to a local sea

4-8 June Powell Cotton Museum House & Gardens 01843 842168 Jubilee celebrations, children can enter a competition & there will be June Capel-Le-Ferne Village

Hall Folkestone 07899 082356 Jubilee party with an extended market to include a hog roast & many stalls inside & out There will also be many games, demonstrations & competitions fancy dress, beer tent & much more

June Kent & East Susser Railway Tenterden Town Station 01580 765155 www.kesr.org. uk Luxury High Tea on board the traditional steam railway.

6 June St James' Church Mair Road Cooling Rochester 0163-220204 Great Expectations National Theatre Tour. 6 June Dover Museum Market

Square 01304 201066 Family Day, adults & children alike can make & decorate an animal mask choose from a variety of animals from a tiger to a giraffe, a bear to a monkey, FREE entry. 7 June Family Day, make & decorate a joined figure choose from a variety of characters including a pirate, cowboy, ballerina, nurse or design vour own FREE entry

June Rainham Shopping Centre High Street 01634 338113 Back to the 1950's with various activities & entertainment throughout the day. 6-8 June Hall Place Bexley 01322 621238 Fairy & Dragon Wings family fun session, make your own set of fairy wings or dragon wings need to book.

6 13 20 27 June Blue Town Heritage Centre 69 High Street Sheerness 01795 662981 Tea at the flicks, classic film screening. June Royal Naval Submarine

Museum 02392 545034 Gruesome Grub workshop. Daily Skull & Crossbones: Living under the Jolly Roger Family Exhibition, become a pirate learn how to speak pirate command your boat, dis treasure, hoist your Jolly Roger & set sail for a pirate tour of the museum. New family activity area the Warrior's gunroom when voung sailors can have some R&R including costumed roleplay, toys,

games & colouring June Romney Warren 01797 367934 Minibeasts follow the trail around the woodland & ponds.

June Chatham High Street & Pentagon Centre Children's Day with punch & judy shows, themed workshops making anything from

& masks plus various activities & entertainment throughout the day www.medway.gov.uk

June White Cliffs Countrysid need to bring a butterfly net & or bug pot.

8-10 June Folkestone Town 01301 258594 Multi-Centre Cultural festival three days of world music, dance, foods, art & crafts The festival is mainly FREE & takes place in many different areas of Folkestone with some evenin events at various venues. -10 June Chainhurst Garden

Safari Near Marden Kent chainhurstsafari@gmail.com Seventeen gardens will be open in support of Mid Kent Breast Cancer Research Appeal, there will also be on sale home made cakes, refreshments & plants., children

10 June Herne Windmill 01227 722332 The Garden Safari Plant

12 June Brogdale Farm Brogdal Road 01795 535286 Plum Day with a guided tour of the orchards on foo r by tractor trailer or self guided walks, plus local food & drinks & crafts available in the Marketplace shops. Miniature railway rides & children's play area, day out for al

12 June Sellindge Boot Fair 01303 812955 No booking is required refreshments available, so up at 11am.

01622 681808 Messy Church for primary school aged children & their families to enjoy fun messy activities, 3.30-6pm.

14 June Canterbury Heritage Museum Stour Street 0122 475202 Minibeast hunt, enjoy songs & stories plus fun art activity, unde

5's & carers.

15 June Dartford Farmers Market 07775 736116 Offering a variety of local produce including meat, bread, jams & preserves & much more.

15 June Folkestone Festival ArtMart Art, craft & artisan food market plus revival of the airshow for Queen's Diamond Jubilee. multi-cultural weekend, vintage bus rally, local food markets, chilli reggae performance & as a finale a classical proms concert on the Lea promenade 10-4pm

15-17 June Fuse Medway Arts Festival 01634 338309 Fun filled weekend of FREE outdoo arts filling the streets of Medway with theatre, dance & musica performances from Indian circus grannies through to nautica storytelling plus a floating festival chair The Fuse Big Picnic rounds off the festival on Sunday with a day of family oriented activities. workshops & performances at Rochester Castle Gardens, for mor

info www.fusefestival.org.uk. 16 June Spa Valley Railway Wes Station Tunbridge Wells 01892 537715 Meet Peppa Pig & George at Groombridge station

June Pilgrims Hospice Canterbury 01227 81262 Summer Fair with a range of stalls including crafts, produce, games, gifts & toys plus live music & plenty of activities for all the family 12-3pm, FREE entry.

16 June The Forum Shopping Centre Sittingbourne Fathers' Day gift workshop for children to creat cards & crafts for dads, 11-4pm, a ages, FREE.

16-17 June Sandwich Medieva Fayre Delf Farm Shop, Deal 01304 617250 A field will be transformed

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

Day TAnkerton Slones Marine Parade, Whitstable 01227 263595 Small funfair, charity, craft & trade stalls, static display by Many Hoots Owl Rescue Centre, live music flypast by Dakota of the BBMF Plus large display by F1 in Schools, supported by Go Motorsport & featuring the new 5' long F1 driving simulator as launched at the Big Bang Show 2011 & the nonular F1 starting challenge, FREE

16-17 June Secret Gardens of 17 June Dairy Farm House Church Faversham 01795 534542 Private ardens not normally open to the Street HIgham www.ellenorlions. public open their gates for this org. Open Gardens with children's annual event, 10.30-5pm each day activities in aid of EllenorLion admission by programme Hospices, the adjoining garden will be open for children's soft play & a Festival Broadstairs 01843 variety of other activities for younger plus stalls, refreshme 861827 Dickens Festival this year

encampment & fayre. There will be

traditional crafts including basketry

blacksmithing, calligraphy &

ave-a-go crossbow, dressing up &

lots more on offer. A Tayern with he

on the field with a hog roast, stalls

with local food & produce from

the farm shop. FREE parking is

available at Sandwich Technology

June Biddenden Vinevards

Ashford 01580 291726 Fathers

17 June Quex Park Birchington

Kent 01843 595143 Craft Fayre

17 June The Friars Aylesford 01622 717272 Summer Fayre for all

the family with M.A.D. Mountain

bike displays with interactive time

for children, martial arts displays,

have a go archery & golf surf

games, side shows, bouncy castles,

quad bikes, rides, craft/gift stalls,

17 June Cacketts Farmhous

07831 432528 Open Garden with

garden with unusual plants & picnic

17 June Whitstable Umbrella Fun

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pottery. Combat demonstrati

bicentenary of the author's birth. raffles & entertainment.. FREE car www.broadstairsdickensfestival. parking on site 23 June RSPB Dungeness Nature co.uk.
17 June Brighton Centre Kings Reserve 01797 320588 Moth Road Brighton 01273 202881 The Wiggles Tour live concert. morning, 9.30-11.30am.

23 June Chislehurst Recreation Ground 07772 510925 Chislehurst Rocks a music festival for all ages, plus rides stalls food drink & & workshops aimed at children & adults 11am-9nm FREE

June Hunton Village Fete The Village Hall & King George V Playing Fields. www.hunton org.uk Traditional village fete for all the family with welly wanging petanque, coconut shy, crockery smashing, raffle, lots of stalls to visit including a farmers market area, white elephant, books & plants, refreshments, bbq, beer & pimms tents, 2-5pm., entry under 16's FREE.

23 June St John's School Gravesend 01634 221676 NCT Nearly New Sale with clothing homemade cakes, 10-12pm.

24 June Hernhill Open Garden 0780 1824867 Open Gardens with 8 gardens opening this year plus cream teas, local strawberries, cakes & plants are all on offer, entry by programme, www.dawesca.co.uk children FREE

4 June Lullingstone Castle & The World Garden 01322 862114 Open Garden. 8-10 June Display Weekend 24 June Brogdale Farm Faversham

01795 536250 Soft Fruit Day with a variety of soft fruits to taste & take home, orchard walks & guided tours of the collection on foot or by tractor trailer. There are also miniature railway rides & children's play area. fun for all ages plus cream teas. 24 June Mote Park 01622 790195 Kite Festival. 1 July Dragon Boat Races.

30 June The New School at West Heath Sevenoaks 01732 460553 Lawnfest 2012 one day boutique festival for music arts & food lovers & for children, kids' garden bubble shows, storytelling, wigwams, fancy dress, games & magic, circus school, cupcakes plus vintage teas & boutique stalls, box office 0845

6526262 (op Village Hall) Provender Lane Faversham Summer Fete in aid of Invenile Diabetes Research oundation charity with visit from Peppa Pig & George & lots of fun activities to include hook a duck, face painting coconut shy, darts, penalty kick shoot, throw the welly, tug of war & lots more. Refreshments to include hog roast, homemade cakes, & lots more, 12-4pm.

30 June-2 July Tenterden Recreation Ground Tentertainment family music festival, enter FREE www.tentertanment.org.

Mini Moles babies group & toddlers Until 8 July Southbank Jubilee 0871 663 2501 E4 Gardens

until 8 July Science Museum 0870 Launchpad Science Shows launch a rocket FREE Ongoing Flyzone

1-5 June World Street Food Festival Southbank Centre www. realfoodfestival.co.uk FREE Museum of London

Docklands 020 7001 9844 World Tales, 4+yrs. 5 June Create comic strip adventure 7+yrs. 6 June Story dice, 5+yrs. 8 June Pop-up story books, 5+yrs. 9 June London forever activity, 5+yrs. June Old Royal Naval College

Greenwich 0870 169 0101 Art Cart dress up like a Tudor King or Queen discover the art cart, FREE

Udderbelly Festival

870 4868 Universe of Sound Daily

360 degrees flight simulators

2-3 June Apsley House Hyde Park Corner 020 7499 5676. Waterloo Festival: R meet a redcoat as he prepares to head off into battle 2-3 June Museum of Childhood 020 8983 5200 The Princess & Pea. crown & flag making workshops. drop in, all ages, 4-8 June Pinocchio drama games, scenery painting, costume design & storytelling

June Happy Birthday Mr Punch 4+vrs Until 9 Sept Reputiful Games the science behind sport, FREE 2-3 June Museum of London 020 7001 9844 Homes of the Olympics art workshop, 5+. 2,4,8-10 June Sporty galleries connection to the Olympics, 7+yrs, FREE. 3-4 June torytelling session, 5+yrs, FREE. 5 June Remembering the coronation storytelling, 5+yrs, FREE, 6 June Animal Olympics storytelling under 5's, FREE, 7-8 June From radio to You Tube with stories, 5+vrs 13 June

group, need to book. 26 June Under 5's storytime, . 27 June Mini Moles babies group, gallery visit, FREE, need to book Until 10 June Dickens & London exhibition.

2- 5 June Cutty Sark Greenwich 020 8858 3445 Magnificent mugs workshop, all ages 3-4 June Mee the captain, actor event, 5+yrs. June The Queen of tea storytelling 5+yrs. 6-7 June Create Fabulous figureheads, all ages 6-8 June Hands on Main Deck sailing skills with Sea Cadets on the main deck, 7+yrs. 2-10 June Imperial War Museum 020 7416 5439 Women and the

Home Front wartime all ages, 16-17 June Build the Truce all ages 2-10 June HMS Belfast 020 7940 6320 Signals at Sea send & decode messages, all ages, FREE. 23-24 History in your Hands.

2-10 June Victoria & Albert Museum 020 7942 2000 Hali Term Week Oueen's Jubilee FREE June Imagination Station create sparkling 4+vrs

June Thames Diamond Jubilee Pageant Hammersmith Bridge to Tower Bridge www. thamesdiamongjubilee June Duke of York Square Chelsea Extravagant luxury tea party Jubilee 300 seats, grand prize for the best outfit 10-5nm FRFF 4-8 June British Museum 020 7323 8000 Horses, hawks & hounds create to take home, drop in, FREE 16 June Olympic champions workshop, 7+yrs, FREE. 16 June Ancient sports all ages, FREE. 4-8 June National Maritime Museum Greenwich 020 8312 6565 Family flotilla drop in workshop, all ages FREE, 4.6.8 June Creative

Fredederick's barge storytelling 6+yrs, FREE. 5 June Play Tues Kings & Oueens, activities under

6 June Natural History Museum 020 7942 5000 Storytelling with puppets, The Hungry Caterpillar & The Frog Prince, FREE. 9-14 une Animal Vision for families FREE. 24 June Puppets, The Little Mermaid & Other Fishy Tales, FREE, 30 June Insect Weekend in the Wildlife Garden FREE Until 1 July Images of Nature Dinosaur Way exhibition, all ages. Until Sept Scott's Last Expedition exhibition, under 4's FREE.

6-8 June Bank of England Museum 020 7601 5545 Half Term Fun Crowning Glory activity, create a crown to take home, FREE

June Chelsea Physic Garden 020 7352 5646 gardening for beginners, 5+yrs. 8 June The Lost Art of Nature Printing 11+vrs -10 June Open Garden Square Weekend ticket to numerous

gardens & squares not usually open to the public FRFF for under 12 www.opensquares.org/en/tickets 10 June Recents Park 0845 673 2154 Green Fair children's dance classes & theatre, healthy food, organic bars & markets, picnic area, music & lots more 12-7 30pm

www.londongreenfair.org Damien Hirst Spin Painting Event. FREE, www.tate.org.uk/modern 30 June The Royal Observator Greenwich 020 8858 4422 Saturda Space Explorers drop in family

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Bearsted

Education

More help to follow a healthy diet

- front of pack food labelling consultation launched Keeping track of what you eat and choosing healthier foods could be made easier thanks to a UK-wide consultation launched by Health Secretary Andrew Lansley

UK health ministers want to see all food manufacturers and retailers use the same system to show - on the front of nacks - how much fat, salt and sugar. and how many calories is in their products.

Around 80 per cent of food products sold in the UK already have some form of front-ofpack-labelling. But different retailers and manufacturers use different ways of labelling which can be confusing for

Some use labels showing Guidelines Daily Amount (%GDA) some use traffic light colour coding that highlights

and some use both. Research shows that a consistent presentation, combining information, used across all products, would make it easier for consumers to compare the nutritional information provided on the food they buy

If the biggest seven supermarkets used the same labelling for their own brand foods, it would cover around adopt the scheme.

"Being overweight and having an unhealthy diet can lead to serious illnesses such as cancer and type 2 diabetes. We must do everything we can to help

people make healthier choices. "Offering a single nutrition labelling system makes common sense, it would help us all to make healthier choices and keep track of what we eat

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50 per cent of the food sold in the UK and encourage others to

Health Secretary Andrew Lanslev said:

> household staples." New EU regulations on food labelling were introduced at the end of last year that require manufacturers and retailers to make many changes to their food labels. While providing front of pack information is voluntary under the regulation, every company that does so has to provide information about calories alone or

> > calories plus the amount of

fats, saturated, sugars and salt,

Making even small changes

to our diet can have a major

impact on our health. Cutting

our average salt intake by 1.6

over 10,000 premature deaths

grams a day would prevent

"Initiatives like the

Responsibility Deal are

already showing what can

be achieved if we work in

partnership with industry. Fo

example, customers who buy

70 per cent of fast food and

street can see from the menu

how many calories are in their

meals and half the high street

takeaways sold on the high

a vear

The UK has always led the way in providing consumers will more information Consulting now should help industry to identify a common scheme, which will bring

Keep the Family Safe on the go this Summer

Whether you're off on a family holiday, visiting friends for the weekend or just on the school run, keeping safe on the go has never been easier thanks to these tips from child-safety specialist Clippasafe: 1. Check your car seat is

correctly fitted and that the straps are in good shape 2. If your child's car seat is in the front passenger seat, ensure that this air bag is disabled. 3. Toddlers are full of beans and can often wriggle free from their car seat strans Keep them safe, secure and comfortable with Clippasafe:'s has committed to cutting salt in Secure Belt Travel Pillov (from £6.99).

4. Be prepared for the worst. Always make sure you travel with in case of emergency (ICE) phone numbers including vehicle recovery contact details. Keep an emergency pack in the car in case of long tailbacks or breakdowns - in addition to basic essentials such as blankets, a torch and water, think child-specific and make sure you have some age-appropriate foods and additional clothing for each child. An infant car seat rain cover will keep babies dry and

comfortable should they need to spend any time outside. 5. Fit a Baby or Child on Board sign to the rear window -to alert any emergency services to search for a little one.

6. It's vitally important that St Lawrence College Junior expectant mothers keep School opened its doors to themselves and their bump safe as they travel. Clippasafe:'s

Advanced Bump Belt £24.99 www.clippasafe.co.uk ensures that the seatbelt lies across the lap and does not ride up onto the pregnancy bump. In the case of an impact, it makes sure that seat belt is correctly positioned to transfer the pressure through the hips and pelvis, instead of the womb, reducing the risk of serious injury.

7. With summer approaching

and temperatures rising, fit roller blinds or sun shades to your car windows. These will keep little ones shaded and the vehicle cool. Should you need to get out of the car - even if it's just for a very short while - make sure a window is left slightly open to allow cool air

8. A child rear view mirror is a safe way of keeping an eye on little ones in the back, providing you with peace of mind without putting yourself or other road users at risk. 9. Don't forget that as much as your little travellers can feel weary, so can you. Stop regularly for breaks and never drive tired.

Clippasafe: products are available at stockists nationwide and online at www.clippasafe.co.uk

June 2012 A Taste of Reception

Many local families took

advantage of the opportunity

to find out more about life in

who are moving up to the

Teaching staff ran various

Reception class pupils enjoy

on a day-to-day basis

prospective Reception pupils at two recent 'taster' sessions.

the Junior School, joining the school's current Nursery pupils Reception class in September 'fun' activities for the visiting children to take part in, typical of the learning experiences that

Visitors also had a chance to ask questions and have a tour of the school, further easing the transition for both children and parents before the move from Nursery to 'big school'

Following the success of the event. The Junior School has only a limited number of remaining Reception vacancies for September, so any other interested parents are advised to contact the school as soon as

01843 572912 www.slcuk.com

Advertise in PARENTS NEWS fergus@ parents-news.co.uk June 2012

91% of Britain's workers don't love their job

Do What You Want - the book that shows you how to create a career you'll love.

Only 9% of people claim they are in a job they love, with over a third saving they are unhappy at work and nearly 10% admitting to hating their job. Depressing statistics, but, due to the continued economic doom and gloom it may seem that having grand ambitions about ones career is misguided. Those in work should be thankful for the job they've got, with dreams of a satisfying and lucrative vocation put on the back burner until things

According to new book. Do What You Want by leading business consultant, Nicholas Bate, this is not the case - in fact, it is always a good time to take control of your working

Nicholas has worked with some of the world's major international corporations, including Royal Sun Alliano and Microsoft, as well as running pioneering courses on personal excellence and leadership, so has first-hand experience of how success is achieved by a business as a whole and at an individual level.

Imparting his practical, pragmatic advice, tools and strategies Do What You Want will help readers to understand and adapt to the realities of today's working world in order to develop a focused and realistic plan to fulfil their ambitions Broken down into seven steps, Do What You Want provides the essential tools necessary to manage,

guide and maintain a career

that will help fulfil goals and

Unemployed: Plan your next move, whether you're a graduate, have lost your job or been made redundant.

Employed but unhappy: Escape your employer, move on, achieve and be a success in a career of your own making.

Including proven, winning strategies, Do What You Want will help readers develop their personal brand, keep their skill-sets relevant, adapt to the realities of the modern job market and develop a focused and realistic career plan for a secure future.

Do What You Want . by Nicholas Bate, is available now priced £10.99 from Pearson Life

Improving Memory with Colour

monotonous and boring and so Short-term memory is temporary recollection of the brain just switches off. information. When reading Colour can have a dramatic a sentence, or a passage, you impact on memory and have to keep in mind the attention. Research in the beginning of the sentence marketing industry shows to make sense of the rest. that colour visuals increases Information is passed from willingness to read by 80% and positively affects motivation sensory memory to short-term memory through attention, and participation to a similar meaning information that is degree Past experiments interesting is what's going to have shown that highlighters be remembered. benefit when studying for a test The Von Restorff effect versus not using any kind of was identified by Hedwig highlighting. The colour yellow von Restorff in 1933. She stimulates the brain, which conducted a set of memory why yellow is such a popular experiments around isolated highlighter colour. and distinctive items. "Colour communications can concluding that an isolated improve comprehension by 75 item, in a list of otherwise percent over black-and-white similar items, would be bette communications. Readership remembered than an item in the of Colour documents can be same relative position in a list 40 percent higher, Training where all items were similar. materials printed in Colour Because colour increases can accelerate learning from a creativity and highlights rate of 55 %to a rate of 75 %" important points and stands - Don Jones. Author out, they can help add elements of SURPRISE to notes. Von-

Restorff said that one colour is

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Tesco, WH Smith and and Cult Yoriginal is

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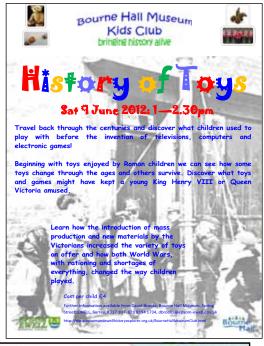
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*AS/A2 Revision Courses

Just would like to say "Big thank you"to Mr. Kim for last two years. I received Physics A* in AS and had professional consulting of my Oxbridge preparation and now got an unconditional offer to Oxford University in English Literature Lam so delighted!! By Hyun

Thank you so much. I have received the pass in 16+CEE entry in Westminster It was amazing result as only one month intensive course with Scholars!! By Jawon's mother



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Regular Class from 11th June (KS2,KS3,GCSE)

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Alaria Turtek

children?

changes?

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Totally You Consulurg

bioactivation treats fleas at the stages of the development stages as well as the adult flea they also control the many eggs and larvae on the pet and in the home

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co uk or animal healthcare specialists, MSD Animal

School Talk

Health on

13 June Dalmain Primary School, Forest Hill, Open Morning, 9.15am. 020 8699 2675

16 June St Michael's C E Primary School, Southfields, Centenary School Fete with bouncy castle, music & gymnastics, toys & plant stalls. bug race, tombola, tea & scones & much more, 12-4pm.

23 June Corpus Christi Primary School, New Malden 'Mad Hatter's Tea Party Summer Fair' with search for a White Rabbit or a March Hare at the Children's Petting Farm, bouncy castle, tombola, beat the goalie, face painting, toy & book stall, vintage tea shop, refreshments 12-4pm.

23 June Dysart School. Surbiton Jumble Sale, 12-2pm. 30 June Hatfeild School, Morden, Summer Fair with inflatables for all ages, an assault course, stalls, face painting, bbg, refreshments & lots more, 12-3.30pm.

30 June Riverview School Ewell with an inflatable assault course, crossbar challenge & shot put, lots of stalls, beer ten. bbg & lots more, 1-4pm.

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