

Publishers & Editors Fergus & Penny McCarthy West London & Surrey: 78 000 Kent; 54,000 London South East-Surrey & West Kent.
Distributed through schools nurseries, libraries, leisure centres, restaurants, advertisers play schemes and events Subscription by post £15 year. fergus@parents-news.co.uk 020 8337 6337

PARENTS NEWS UK ISSN 1362-5551 10 The Manor Drive. Worcester Park, Surrey, KT4 7LG

Tel: 020 8337 6337 info@parents-news.co.uk www.parents-news.co.uk
PARENTS NEWS believes that society's best asset is its young people! We shall accept no advertising in the opinion of the Publisher, is considered demeani ntal, health, and nor violent issues, but not to preach or claim to always be right. Different opinions published are the opinion of the authors and not necessarily those of PARENTS NEWS. We hope mums and dads enjoy the articles, be interested by Calendar (finding it useful), and use the advertisers. Any endorsement by PARENTS NEWS is explicitly

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snace. 1-20 children catered

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medal for Birthday boy/girl.

it." "Loved it - would

Call Polly Simmonds on:

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children are still talking about

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stress-free birthday!

evening experience.

Whether it is your child's very Boo! are launching special 1st birthday or your SuperBounce – a great value teenagers 16th birthday they party solution. Their lovely, can run a party for you. The fun, inflatable games are parties range from a 40 minute accompanied by a friendly musical party workshop, a 2 host who runs party games, hour creative drama, dance supervises equipment and makes sure your child has an absolutely fabulous time! Check out Softplay World for Party themes include "Pieces Call Boo or 020 8542 1480 would-be princesses and "The

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£21.60

Children's birthday parties are all wrapped up at the Alton Towers Resort. Waterpark Birthday Party £14.95 per child Extraordinary Golf Birthday Pa rty £14.95 per child

> www.merlingroups.com/ friends-family/birthdays/

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Stagecoach Parties! We take children (age 6 months - 16 years) on a roller coaster ride through their imagination and land them safely back home with a building beg of amazing memories. ★ Unforgettable stories & characters! Thriting & exciting games! A party they'll remember forever! 01932 256294 or email parties@stacecoach.co.uk Partie 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

Birds of prey & flying

Large adventure play,

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

Rare breeds & farm

demonstrations,

animals.

Heavy horses

Craft room,

Indoor soft play,

Mini golf course,

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

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.

clearing up?

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 area or get creative in the craft

and activity room painting a

memento to take home, which

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

Visit

for special event details

includina:

Picnic in the Park.

Sheep Shearing and

Wool Week,

Creepy Crawly Days,

SpongeBob

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)

GARMING

WORLD

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 game from Drumond Park bubbles bursting all over the The race is on... children place. It's a great ice-breaker. dash to their pumps and start and is perfect for parties, and puffing up the two lovable, days out, too! Armed with colourful, clown-like wobblies their special smiley-faced Stringvloon and Spottyloon Bubble Buster wands, children - until they are proudly will soon be squealing with standing three feet tall. How delight as they chase after the it's done doesn't matter - they stream of beautiful bubbles can stomp on the pump with blown out by the brightly their feet kneel down and coloured Bubble Buster unit. push it furiously with their As they dash about, zapping as hands, or even sit on the pump many as they can, the magical and bounce up and down, as wand tells them - with a fast as they can go! Success thrilling zinging, zanging sound everyone knows who's won

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!

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 Pumpaloons which fills

friends they meet will want a For stockists www.drumondnark.com 01506 855577

A 'Party Pair'

Competition Drumond Park and PARENTS NEWS

are 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/DF

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 family Competition rules apply and all the



www.quildfordsummerfestival.co.uk

020 8567 4757 Blowing the Whistle on the 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 damage they do to faces to be exposed.

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

There is another way.

Take a second opinion now. Nine years old may be too late.

ORTHOTROPICS

The alternative to orthodontics with extractions and surgery

andrew was treated by modern methods No 'Train Tracks'

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



disagree, where di you go for answer

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you for a

John mew@vegm.ne

John Mew. The London School of Facial Orthotropics Purley. 020-8660-3695 and Tunbridge Wells 01892 526406 hunts are great fun for all

For families visiting London

for the Olympics, there are

several hunts to explore during

your time in the Capital. There

are also hunts at other Olympic

Windsor, Coventry, Newcastle

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

www.huntfun.co.uk

All ages & abilites

Pony Days

for more information

from £7 depending on the

can also be personalised to

more special.

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

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

Swimming Lessons

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

Adults and Children from 2 yrs Advanced & SUPER Advanced

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Downsend School Ashtead/Leatherhead

Epsom College For more info contact Colin on 01372 739600

SWIMMING LESSONS

happy egg co

happy egg co. have some brilliant new free-range lunchbox products that would be perfect for children. We all know how difficult it is to get some wholesome foods for the children in the rush of the early

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

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.

Lessons & Hacks

020 8398 0822

♦ Holiday Fun •

Woodland Walk

Old Barn Stables

Waffrons Farm, Woodstock Lane South, Chessington, Surrey

A Friendly, Family Run Riding School

BHS Qualified Instructors All weather sandschool

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

morning school run!

Cheddar & Spring Onion and Mature Cheddar & Bacon, both of which are available in Tesco Express and Sainsbury stores. Great served hot or cold, these 170g single-serve quiches are priced at just £1.39 and provide a tasty, snackable alternative to the normal lunchtime sandwich and are perfectly bite-sized for summertime picnics. As with all of the happy egg co.'s range, the single-serve quiches are free from artificial colours

and flavourings and full of

happy egg goodness.

pork - making for a happier

snack. Available in Tesco and

Sainsbury's stores nationwide

Single-serve quiches, in two

delicious flavours: Mature

Priced at £1.69, the deli-fillers range of two flavours - Egg Mayo and Egg & Bacon - will be available from Tesco and stores nationwide. the happy egg co., the new

As with all the products from deli fillers are made using only the happiest free-range eggs and the Egg &Bacon contains outdoor reared bacon too - making for even happier snacking!

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.

June 2012

On the 8th, 9th and 10th June

2012, MINT Polo in the Park

will return to Hurlingham

MINT Polo in the Park is

and lifestyle event in central

London - offering a mix of

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

sculptors and face painters

crowd providing additional

create a festival atmosphere.

You can watch the amazing

Hollywood stunts twice a day.

As an extra special addition.

minutes after gates open (from

12pm - 1.30pm) there'll be a

multitude of fun games in the

Grandstand tickets from £10.

www.polointheparklondon.

on the Sunday (the Family

Day) only, for the first 90

classic 'It's a Knock-Out'

Child, family and groups

tickets available

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

Devil's Horsemen Display

Team performing their

entertainment and helping

will be circulating the

the day as magicians, balloon

sport, entertainment, VIP

Park for its fourth year

the leading outdoor polo

June 2012 Celebrate the Jubilee weekend & MINT Polo June half-term at WWT! in the Park

Get into the swing of spring and venture down to one of the nine Wildfowl & Wetlands Trust (WWT) centres across the UK over the June half term or Jubilee bank holiday weekend. From fluffy ducklings to a whole host of arts, crafts, fun and games - there's something for the

whole family to enjoy.

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 celebrating their own patron HM the Queen's Diamond Jubilee festivities by hosting iubilee-themed activities over the bank holiday weekend.Jubilee activities at the above centres will be held on 2 - 5 June, from 1pm-3pm.

If you're looking for adventure, 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

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.

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 1950. At that time less than 50 nenes survived in the wild. For more information about the half term and Jubilee celebrations, please visit

London Wetland Centre have an arrival of a family of otters. everyone's favourite wetland

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 creatures such as crabs. The

wardens at London Wetland

Centre hide the otters' food so

Fifty years ago the rivers of

Otters arrive at WWT London Wetland Centre

Wetland Centre. The otters are a real delight to watch and we hope that they will inspire our visitors to realise the importance of protecting wetlands so that all animals not just offers, can thrive. Otters are a good indication of clean water and healthy wetland habitats. As they

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

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

the UK suffered from pollution

by organo-chlorine pesticides

disappeared from almost all of

and as a result otters had

However, in the 1970s the

government banned harmful

chemicals and slowly the health

of the rivers improved and the

the country

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





Family Holiday Activities . Meet RNLI mascot Stormy Stan Medal making, art & crafts Hear heroic tales of shipwrecks & rescues Make a self-righting lifeboat & try it out in the test tank Discover the Dockyard story from Victorian times through two World Wars in our new gallery Steam, Steel & Submarines Man the Guns Watch close-up as HMS CAVALIER's guns are fired! . Join in with a 'mess deck scene' · Discover what life was like on board 2-10 June a real Second World War Destroyer! thedockyard.co.uk 01634 823807 **F** 😼 The big day out that lasts a THEHISTORIC DOCKYARD CHATHAM

whole year - use your 12 month

ticket again and again!

small additional charge applies to some



London Wetland Centre

Asian short-clawed otters

Watch them play, feed and swim

Be among the first to meet our new family of

Learn more about everyone's favourite wetland animal

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

Celebrating 50 davs to go open weekend

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

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

Bikefest Sunday 24 June, 11.00am-4.00pm

Programme subject to change



A vibrant, independent tennis academy that delivers exceptional results! TEN juniors who are currently in the top 10 nationally for their ages (or are very close) either train at our academy or did so for a significant length of time in the past three years.

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www.TennisAvenue.co.uk

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

Every Mon Culture Café Rose Theatre Kingston 0871 230 1552 Rhymetime under 5's, FREE.

May-2 June Hastings Pie British Beach Week Jubilee pier party on 2 Ju Until June 12 The River & Rowing

Museum Henley on Thames 01491 415600 Rocking the Boat - the story of Women's Rowing.

Until 25 Aug Chertsey Museum 01932 575370 Dress up in seasonal

June Concert Hall Fairfield 020 8688 9291 American Superslam Wrestling, 12 June Croydon Music June Dancing in the Streets, 20 June Dancing Oueen. 7 June There'll Always Be An England

June Marwell Zoological Park Hants 01962 777835 Party in the of British Festival games punch & judy 4-8 June Jane Seymour & tales of the mistletoe bride -17 June Imagine Festival 020 8770 6986 Sutton events

www.sutton.gov.uk/imagine. Polka Theatre Wimbledon 020 8543 4888 Run!

A Sports Day Musical, 7-11vrs. 1-2 June Tetit Mal, 7+yrs. Half Term Workshops 6 June Beat Boxer workshop, 8-13yrs. 7 June Story 5-7yrs. 8 June Theatre Sports Olympics, 7-11vrs, 24 June Polka Sports Day FREE 2 June Richmond Theatre 0844

871 7651 Play Time family arts & crafts & storytelling with a different theme every month, 4+yrs, FREE. 5-30 June Educating Rita June Leatherhead Theatre 01372 365141 Madam Butterfly 15 e Rock Around the 60's, 2

Bob the Builder June Whitehall Cheam 020 8643

make crowns & iewellery to wear on Jubilee Day, 5-11yrs, www. friendsofwhitehall.oc.uk. 16 Diamond Jublice Fair with stalls games sideshows & raffle FREE admission & piece of cake for all tea room customers.

2-3 June Portsmouth Historic Dockward 023 9272 7582 Diamond Jubilee

2.9.16 June Theatre in Trinity Square Sutton Act, sing & lark about Imagine festival. 2-10 June London Wetland

Centre Barnes 020 8409 4400 Half Term crafts, fun & games, 10 June Children's photography workshop 11 18 25 June Pond dipping for adults. Every Thurs Pushbabies fitness qualified instructor. Every weekend & school hols children's activities weird & wonderful facts regular pond dips, wildlife walks & trails Ever weekend Walk with a warden Mon Tues Thurs & Sat Guide in the hide (in the Peacock Tower).

2-10 June RHS Cardons Wisley 01482 211113 Trails & fun craft workshops. 9-10 June Fun festivities vintage tractor displays, trailer rides. punch & judy shows & lots more 2-10 June Birdworld Farnham 01420 22140 Love your Zoo week with tours & demonstrations in June Annual Great Paper Plane

3 June Reigate Priory Park 08702 255 163 Jubilation Street Party live jazz music, refreshments & a Victorian fair, www.loveworks. org.uk 4 June Jubilee Beacon lit at 10pm, music, food & torch parade. June Sutton High Street African drumming workhoop & performance FREE 10 JuneThe Big Dance Bus, 12-4pm, FREE. www.sutton.gov.uk/imagine

020 8688 9291 The Tiger Who Came To Tea, 3+vrs.

4 June Epsom Downs Racecourse Tickets 0844 848 0197 Lighting of the Jubilee beacon an evening of entertainment & refreshments 4 June Stoke Park Guildford 01483

444333 Surrey County Show with comprehensive classes for livestock. rses, honey, floristry, cage birds & poultry, entertainment, a countryside ena, exhibitions, displays, a food theatre & dog show.

4 June A23 Recreation Ground Brighton Road Horley 01293 784965 A Right Royal Knees Up fun day to celebrate the Oueen's Diamond Jubilee. There will be a carnival procession from the High St, along Albert Road into Consort Way & down Victoria Rd & into Brighton Rd then into the recreation ground where there will be all sorts of entertainment, children's fairground rides, bands playing dance demonstrations & lots of things to see & eat. FREE to enter

the carnival & the event, 12-6pm. June Kingston Town Centre 0871 230 1552 Jubilee celebrations with its 'Through the Decades' covering all 6 decades of the Queen's reign. There wil be events happening all around the town including a traditional church feat & tea party, classic cars, vintage aircraft, live music, giant board games & lots more for all the family For more info Tel: 020 8547 1221 www.kingstonfirst.co.uk.

Fit Led local Bike Rides Reigate 07801 235222 Rides of between of 1 & 1 5hrs around Reigate/Dorking/ intermediate

Sutton 020 8770 4900 Crown &

4 June Ashcroft Theatre Croydon Tiara colouring competition 7 Iune Crown Craft with Stories, craft for children 2-5vrs.

5-16 June New Theatre Broadway Wimbledon 020 8545 7900 Sister Act. 23-24 JuneFlawless & English National Ballet new production Against Time

6 June Gatton Park 649055 Camp building need to book, 8-12vrs, 8 June Nature Tots learn more about the ducks owls & other birds that live at the park plus craft & nature trails activities, need to book, children under 8 must be accompanied by an adult. 1 July Country Fair with activities, gardens & grounds open. entrance children, FREE.

6 June Riverside Centre Sutton I'm Alright Jack customise your own Union Jack flag for all ages & abilities, FREE, www.sutton.gov. uk/imagine

June Europa Gallery Sutton Library Storytelling workshop for families, 11-11.30am, FREE June Indian Jewellery Making workshop for families of all ages, FREE. www.sutton.gov.uk/imagine 6-7 June Yvonne Arnaud Theatre Guildford 01483 440000 Tiddles & other terrific tales live music songs & puppets. 9 June The Selfish Crocodile with songs, music & puppets. 16 June The Henry VIII Show. 7-11yrs. 23 June The Frog

June SecombeTheatre Cheam ad Sutton 020 8770 6990 Flower Craft workshop for all ages, www. sutton.gov.uk/imagine, Every Mon Zumba classes 11-13 So You Think You Can't Sing singing workshops, FREE, www sutton.gov.uk/imagine

7 June Royal Naval Submarine

Museum 02392 545034 Gruesome Grub workshop. Daily Skull & une Wildlife Cycle Rode meet a Crossbones: Living under the Jolly the corner of Brighton Road/Down Roger Family Exhibition, become Road for a gentle cycle around a pirate, learn how to speak pirate command your boat, discover for everyone, 7-9pm, need to book treasure, hoist your Jolly Roge FREE & set sail for a pirate tour of the museum. New family activity

area the Warrior's gunroom where

young sailors can have some R&F

including costumed roleplay, toys

32 Station Road Wimbledon 0845

2011268 Circus Skills Workshor

learn juggling, plate spin, peacock

feather balancing, diabolo, stilt

walk, rola bola & lots more, 4

517109 Arts & Crafts outdoor

market on the high street, 9-3pm.

9 June Banstead Village Indoor

Market Many stalls selling Italian

deli, silver jewellery, handmade jewellery, Cds/Dvds, cakes,

01932 843573 Playtime arts & craft

& family fun enjoy toys & games

of yesteryear & make your own

Victorian toys to play with at home

9 June Bourne Hall Museum Epsom 020 8394 1734 The History

of Toys, 8+yrs.

9 June Recreation Grounds,

Ashtead Queen's Diamond Jubilee

Village Day programmes available

from the two Ashtead post offices &

9-10 June Sutton Ecology Centre

Carshalton 020 8770 5820 Meet

the Species BioBlitz weekend with

drop in pond dipping, bird walks, moth trapping, mini beast hunts,

dance performances & more FREE

June Activity- Celebrating Chalk

activities suitable for all ages.

many other local shops, 10-4pm.

June Elmbridge Museum

homemade jams & much more

June Redhill High St 07787

games & colouring

www.friendsofhlinggrove.com. June Nonsuch Park 07807 June Eddie Catz Wimbledon

503919 NCT Sutton & Ensom Teddy Bear's Picnic, fun filled afternoo for local families 12-4nm Lots of entertainment, stalls to include teddy tombola, hook-s-duck, face cake stalls & lots more

www.sutton.gov.uk Toddlers Singing & Movement

14 24 June Hampton Court Palace Hampton Court 230 2200 Hampton Court Palac Festival, Until 30 Sept The Wild, the Beautiful & The Damned

5 June The Leatherhead Theatre 01372 365141 Rock Around the

16 June Hollowdene Recreation Ground Village Favre with Morris

car park 07817 166652 Wildflower Walk join the ranger for a leisurel

16 June Lyne Village Fete Nea

Ealendar

Chertsey 01932 872057 Lots of

stalls & attractions for all ages

classic cars, flea market, face

6 June St Helier Festival

Activities to include circus shows

& workshops in the Big Top, local

bands & dancers, an Army assault

course, refreshments, bbq, gourmet

bistro & lots more, www.sftra.org.

16 June Shadbolt Park Worceste

Park Cuddington Funday with

stalls, sideshows, arena events &

6 June Worcester Park Library

Father's Day Craft drop in card

16-17 June Farnham Library

Feetival & Kidefeet starts 12 noon

17 June Riddlesdown Family Fun

Day 020 8660 4625 Event for all

7 June Tuesley Farm Godalming

0790 0604955 Open Farm Da

& Country Market all ages, 10-

17 June Old Lodge Farm 01737

733933 Open Sunday fun for all

7 June Painshill Park Cobham

01932 868113 Fathers Day FREE

entry with accompanying children.

01932 857381 The 1940's Relived

From the Home Front to the Fron

Line attractions will include period

fashion, vintage stalls, re-enactmen

groups, air raid sirens 1940s

themed café, WWII aircraft, shelters

& military vehicles, swing dancing.

21-23 June New Victoria Theatre

singing & music & much more.

Gruffalo

guided tours in a trailer FREE.

each day, www.lazybishops.com.

Lazy Bishops Music

lots more 12-5pm

making 10.30-12.30pm.

ages from 12pm, FREE.

3.30pm, FREE entry.

www.farmsunday.org

painting, refreshments & lots more

June Haling Grove 020 8726

6900 The Big Lunch join the Friends for this nationwide community lunch

1 June The Phoenix Centr Wallington 020 8770 6006 Storytelling session for families. imagine. Every Fri Mini Movers. 0-5vrs for children with learning difficulties, autism etc. sibling welcome.

dancing nunch & judy children's

stroll looking at various wild flowers, 10-12pm, 2 miles.

23 June The Laurels 41 Townend www.thelaurelspna@googlemail. com Summer Fair in aid of Small including falconry, miniature railway, dog show, Morris Dancing Steps for Sophie 10-1pm.

June Loseley Park Guildford 01483 454213 RAF Musical Salute to the Queens Jubilee, the Central Band of the Royal Air Force actors. choirs & soloists, aircraft displays tel 01689 300005 30 June-1 The Surrey Food Show & craft

23 June Newlands Corner Visitor Centre Guildford 01483 795460 Saddle-Up network of cycle paths helmets worn & bring a drink, spare tube & basic tool kit, 2-3 miles, 2-3,30pm, 07968 832504.

3 June North Holmwood Village Hall Dorking 0844 243 6107 NCT Nearly New Sale with clothes, 2: June Farnham Maltings 01252 745 444 Farnham Youth Choir's Summer Concert.

June Charles Cryer Theatre Carshalton 020-8770 4950 Ritz Diamond Jubilee, Every Wed Spiral Youth Theatre for 13+yrs two productions per year & Every Thurs Minie & Juniore 5-7vre

23-24 June Dunsfold Park Stovoids Hill, Cranleigh The Supercar Event with rides in upercars, helicopter & hovercrafts live music, stunt displays & much more in aid of The Children's Trust www.supercarevent.com 24 June Spectrum Leisure Centre 01483

446644. Robots: Extreme Wars Live Show, www.roamingrobots.co.uk 24 June Bisley Village Strawberry Favre 01483 487843 FREE for

children, 1.30-5pm.

www.bisleyvillagehall.org. 24 June Dorking Halls 01306 881717 Book Fair, 10-3.30pm, children FREE Every Saturday morning popular children's films, accompanying adult goes FREE.

25 June-1 July Purley Festival workshops & fun & at the weekend a fun filled extravaganza on Brighton Road's Rotary Fields www.purleyfestival.com

Common 07896 640165 Damsels & Dragons discover world of dragonflies & damselflies with the Wildlife Trust ranger, need to book 29 June Guildford Cathedral 01483 547870 Pride & Prejudice in the grounds bring a picnic & rug. 30 June Barossa Kings Ride Surrey 07891 850882 Butterflies &

Dragonflies, join the ranger Farnham 01252 795571 Romany Day, traditional wagon, music & dancing & find out about the heritage of Romany Gypsies in Surrey.

30 June Godalming Independent Market Borough Hall 0604955 items on sale are not normally found on the high street, 10-3.30pm, FREE entry.

June Semaphore Cobham 07894 660999 Teddy Bears' Picnic & theatre production of Four Fairy Tales. The Flyes & the Shoemaker, Three Billy Goats Gruff Snow White & Rose Red & Rapunzel, bouncy castle, & lots more, 4-9yrs, booking essential, 12-4pm, 01483 795471. 30 June Marden Lodge &

Kestrels Children's Centre Caterham Summer Party & Pure Indulgence Event with local acts/ groups performing, with inflatables children's amusement rides, face painting, Pure Indulgence area for the adults with plenty of treatments available including spray tans, facials & much more. Fun day out for all the family. Programmes available in advance or on the gate www.mardenlodgeindulgence@

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

Until 8 July Southbank Jubilee Gardens 0871 663 2501 E4 Udderbelly Festival

ntil 8 July Science Museum 0870 870 4868 Universe of Sound Daily Launchpad Science Shows launch a rocket FREE Ongoing Flyzone 60 degrees flight simulators 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 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

-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 Beautiful 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

workshop, 7+yrs, FREE. 16 Jun Ancient sports all ages, FREE. 4-8 June National Maritime Olympics, 7+yrs, FREE. 3-4 June Museum Greenwich 020 8312 6565 Storytelling session, 5+yrs, FREE. Family flotilla drop in workshop, all June Remembering the coronation ages FREE, 4.6.8 June Creative cargo workshop, 6+yrs, FREE. storytelling, 5+yrs, FREE, 6 June Animal Olympics storytelling under 5's, FREE, 7-8 June From radio to Jubilee celebration on the Thames You Tube with stories, 5+yrs 13 June 6+yrs FREE, 5,7 June Prince

Mini Moles babies group & toddlers 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.

2-10 June Imperial War Museum

020 7416 5439 Women and the

Home Front wartime all ages, 16-17

2-10 June HMS Belfast 020 7940

6320 Signals at Sea send & decode

History in your Hands,

Station create sparkling 4+vrs

thamesdiamongjubileer

Museum 020 7942 2000 Hal

Jubilee Pageant Hammersmith

for the best outfit, 10-5pm, FREE,

4-8 June British Museum 020

7323 8000 Horses, hawks & hounds

create to take home, drop in, FREE

16 June Olympic champions

June River Party design

June Thames Diamond

June Build the Truce all ages

June Natural History Museum 020 7942 5000 Storytelling with - 5 June Cutty Sark Greenwich puppets, The Hungry Caterpillar 020 8858 3445 Magnificent mugs & The Frog Prince, FREE. 9-14 workshop, all ages 3-4 June Mee une Animal Vision for families the captain, actor event, 5+yrs. FREE. 24 June Puppets, The Little Mermaid & Other Fishy Tales, June The Queen of tea storytelling 5+vrs. 6-7 June Create Fabulous FREE, 30 June Insect Weekend in figureheads, all ages 6-8 June Hands the Wildlife Garden FREE Until on Main Deck sailing skills with Sea 1 July Images of Nature Dinosaur Cadets on the main deck, 7+yrs. Way exhibition, all ages. Until

> exhibition, under 4's FREE 6-8 June Bank of England Museum 020 7601 5545 Half Terr Fun Crowning Glory activity, create

Sept Scott's Last Expedition

Fredederick's barge storytelling,

6+yrs, FREE. 5 June Play Tues

Kings & Oueens, activities under

messages, all ages, FREE. 23-24 a crown to take home, FREE June Chelsea Physic Garden 2-10 June Victoria & Albert 020 7352 5646 gardening for beginners, 5+yrs. 8 June The Lost erm Week Oueen's Jubilee FREE Art of Nature Printing 11+vrs June Imagination 10 June Open Garden Square

Weekend ticket to numerous gardens & squares not usually open to the public FRFF for under 12 Bridge to Tower Bridge www. www.opensquares.org/en/tickets -10 June Regents Park 0845 673 June Duke of York Square 2154 Green Fair children's dance Chelsea Extravagant luxury tea classes & theatre, healthy food, party Jubilee 300 seats, grand prize 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

> > Please call before you go and please mention PARENTS NEWS

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Central 020 8582 5518 **Hounslow West**

020 8580 0069 **Kingston North** & Wimbledon 020 8643 9130

Kingston South 020 8127 0184

Merton Park North Cheam

020 8644 4009

020 8337 6278 **Pyrford** 01932 402 737

Redhill 01737 277 380

Southfields 020 8879 1290 St. Margarets 020 8737 3527

Teddington 020 8780 5328 Tooting

Twickenham 0560 330 9814

020 8819 4466

Tadworth 020 8394 1698

020 8780 1618

Wallington

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



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Weybridge 01932 254333 weybridge@stagecoach.co.uk Worcester Park 020 8224 2442

worcesterpark@stagecoach.co.uk SING! DANCE! ACT



Fees vary. Please refer to your local study centre

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

Health Secretary Andrew Lanslev said: "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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Works

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Making even small changes to our diet can have a major impact on our health. Cutting our average salt intake by 1.6 grams a day would prevent over 10,000 premature deaths a vear

"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 takeaways sold on the high street can see from the menu how many calories are in their meals and half the high street has committed to cutting salt in 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,

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 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 expectant mothers keep 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

St Lawrence College Junior School opened its doors to prospective Reception pupils at two recent 'taster' sessions.

Many local families took advantage of the opportunity to find out more about life in the Junior School, joining the school's current Nursery pupils who are moving up to the Reception class in September

Teaching staff ran various 'fun' activities for the visiting children to take part in, typical of the learning experiences that Reception class pupils enjoy on a day-to-day basis

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

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pragmatic advice, tools and

and adapt to the realities of

order to develop a focused

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that will help fulfil goals and

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and realistic plan to fulfil their

ambitions Broken down into

today's working world in

strategies Do What You Want

will help readers to understand

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 next move, whether you're a the back burner until things

Nicholas has worked with

some of the world's major

international corporations,

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.

including Royal Sun Alliance

According to new book. Do Employed but unhappy: What You Want by leading Escape your employer, move business consultant, Nicholas on, achieve and be a success in Bate, this is not the case - in a career of your own making. fact, it is always a good time to take control of your working

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-

The FAS Variainal available Sainsbury's Morrisons and

Restorff said that one colour is Tesco, WH Smith and and Cult The RRP of Yoriginal is

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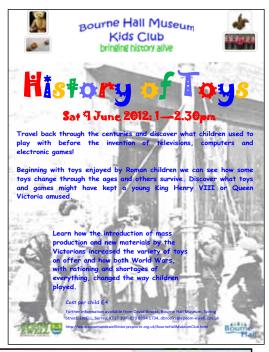
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Just would like to say "Big thank you"to Mr. Kim for last two years. I received Physics A* in AS and had professional consulting of my Oxbridge preparation and now got an unconditional offer to Oxford University in English Literature Lam so delighted!!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

A new development in flea treatment which targets just the fleas not your pet, family

Treating fleas is an important part of keeping your pet healthy and happy, but as the warmer weather approaches flea breeding becomes rife. In order to combat fleas pets have

Alaria Turtek

had highly active insecticides applied directly to them, and therefore also the places and people they are in contact with But pet owners now have the option of a kinder choice A new development in flea treatment offers a highly effective treatment combined

with gentleness for pets

and their families. This new type of treatment uses unique technology called 'bioactivation' which targets only the fleas. 'Bioactivation' means the flea treatment only becomes highly active once inside the flea, minimising unnecessary chemical exposure to pets, their owners, family

Totally You Consulurg

eggs and larvae on the pet and in the home Talk to your local yet about bioactivation and ask for their

recommendation or visit www.bioactivation-in-fleas co uk

and home. As products with

bioactivation treats fleas at

they also control the many

the stages of the development

stages as well as the adult flea

or animal healthcare specialists, MSD Animal Health on

School Talk

13 June Dalmain Primary

School, Forest Hill, Open

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

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,

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bbg & lots more, 1-4pm.

& much more, 12-4pm.

Morning, 9.15am. 020 8699 2675

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- Need help to build your confidence for these changes?

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