

# PARENTS NEWS

July 2012 No. 167 The First & Foremost Local Monthly Newspaper for Families

1993 - 2012  
20th Successful Year  
Thank you

**FREE**

## What's on in July & School Summer Holidays

[www.nationaltheatre.org.uk](http://www.nationaltheatre.org.uk)



St Lawrence College Summer Camp  
[www.slccuk.com](http://www.slccuk.com)

Published on time, every time since 1993  
[www.parents-news.co.uk](http://www.parents-news.co.uk)

Centrale Petting Zoo  
[www.centrale.co.uk](http://www.centrale.co.uk)

Three Editions in South-East England



ISSN 2050-4764

London South  
East Surrey & West Kent



## PARENTS NEWS

Next Issue August 2012:  
Editorial Deadline: 13 July  
Advertiser Deadline: 19 July  
Distributed: 30 July

Publishers & Editors: **Fergus & Penny McCarthy** Distribution Nov08  
60,000 *South 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.

For Advertising: Contact:

fergus  
@parents-news.co.uk  
020 8337 6337

PARENTS NEWS UK ISSN 1362-5551; 2050-4772; 2050 4764  
10 The Manor Drive, Worcester Park, Surrey, KT4 7LG.  
Tel: 020 8337 6337  
info@parents-news.co.uk

Copies may be read on-line via the website

[www.parents-news.co.uk](http://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 damaging to children. We intend to encourage environmental, health, and non-violent issues, but not to preach or claim to always be right. Different opinions published are the opinions 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 stated.

## Hall Place and Gardens,

Bourne Road, Bexley Kent  
DA5 1PQ

[www.hallplace.org.uk](http://www.hallplace.org.uk)  
info@hallplace.org.uk  
Ticket booking line:  
01322 621238

## NEW Eco-explorers Activities

Join them on the third Sunday of the month at the *Hall Place* glasshouses for activities that use recycled materials or explore the environment at *Hall Place*. Just £2 per person, no need to book, meet at the glasshouses.

**Sunday July 15:** Transform a plastic bottle into a bird feeder. Drop-in anytime between 2pm & 4pm

**Sunday August 19:** A walk on the wild side! Meet the inhabitants of our gardens. Meet at 2pm.

**Thursday 19 July, 7pm** (gates open at 6pm)

## Open Air Theatre:

*Grimm's Fairytales*

Magic, music and darkly delicious tales of wicked witches, talking animals, and dashing adventurers.

This inventive show by The *Pantaloon*s is a must for adults and children alike. Bring a rug or low-backed chair to sit on. Picnics welcome. £12 adults, £10 cots, £8 under 16s. No under 5s. All tickets in advance.

**30, 31 July & 1, 2, 3 August**  
**Animal Magic**  
Meet owls, magicians, porcupine, parrots, skunk, bearded dragons, snakes, rabbits, guinea pigs and much more! 10am, 11.30am, 2pm & 3.30pm, £6 children, £3 adults. All tickets in advance.

## 8 August

**Open Air Cinema: Grease PG**  
The greatest musical film of all time! See *Grease* as you have never before on a big screen under the stars. Come and Join John Travolta and Olivia Newton John at Hall Place for an unforgettable night of cinema. Gates open 7.30pm, film starts 8.45pm. £12 adults, £8.50 children. For tickets:

[www.thelunacinema.com](http://www.thelunacinema.com)  
0844 858 6767

**August 6, 7, 8, 9 & 10**  
**Wet & Wild Week**  
An action-packed safari in the gardens. Catch and view the many small but deadly beasts that live here on land and in water. All equipment supplied. 10am & 2pm, £4 per child, adults free. All tickets in advance.

**August 13, 14, 15, 16 & 17**  
**Fairy School**  
Calling all trainee fairies! An enchanting school where pupils enjoy storytelling, fairy cake decorating, dancing, crafts and other magical skills. Perfect for 3 to 9 year olds. 10am & 2pm (2 hours per session), £8 per child, adults free. All tickets in advance.

**August 14 & 16**  
**Bat Walks**  
Join them on a dusk walk to listen to and see these nocturnal creatures in their natural habitat. Bat detector supplied! Followed by tea and cake. 8pm, £10 adults, £8 children. All tickets in advance.

## SEA SEARCHER BOAT TRIPS

The new *Sea Searcher* operating until the end of September.

**Thamet Coast & Windfarm trips**  
A 3 hour trip to see the East Thamet Coast and the Thamet Offshore Wind Farm. £30 per person.  
**August Tues 14 & 28 1200.**  
**September Mon 10 0900**

**Seal & Wildlife Watching Trips**  
A one and a half hour trip to a local seal colony in a National Nature Reserve, cost £20 per person.

**July Sun 8 1500, Wed 18 1000, Mon 23 1430.**  
**August Mon 6 1500, Thurs 16 0900, Sat 18 1030, Sun 19**



## Free Running Sessions across Kent

Women and men of all ages and abilities are putting on their trainers and jogging the streets and parks of Kent. This is part of a county-wide campaign to get people running, to feel fitter, healthier and happier! In Kent, Leaders have been trained to set up local running groups and they are keen to welcome new runners. Liza Melver-Hall, Group Leader for 'Run off your feet' said "everyone has a different motivation for running but I was really proud of my 21 runners who recently completed their first 5k run".

## Get Running in Kent...

Improve your fitness and have fun! Join a sociable running group today.



Groups at **Sevenoaks, Tunbridge Wells, Maidstone, Ashford, Ramsgate** and many more...

Contact: **Lucy Tomlinson**  
Kent Running Activator call: **07730 870696**  
Find your local beginner group...  
[www.kentsport.org/rungroups](http://www.kentsport.org/rungroups)  
KentSport

July 2012

July 2012

## Farming World Has Acres of Fun for Everyone!

Set in the heart of the beautiful Kent countryside, yet within easy access of the motorway a visit to *Farming World*, Boughton promises plenty of fun for everyone. The working farm has a wide variety of rare breeds and heavy horses, indoor and outdoor play areas and *Hawklands Birds of Prey Centre*. *Farming World* also has brilliant activities throughout the summer holidays, all included in the entry price. **23 - 27 July - Superheroes Week, 27 July - Olympic Day, 3 and 31 August - 'Have a Go' Falconry Day, 8 August - Fun and games with Mrs Back 2 Front, 9 August - Art Workshop, 10 and 29 August - Creepy**

**1100, Thurs 23 1500, Thurs 30 0930, Fri 31 1000.**  
**3 Hour Fishing Trips 0900 to 1200** Open 3 hour trips, especially suitable as a taster of sea angling. Rod hire and bait included in the price of £25.00 per person. Book now!  
**July Sun 1, Thurs 12, Sun 15, Thurs 19, Sat 28, Sun 29, August Thurs 2, Sat 4, Sun 5, Tues 7, Thur 9, Sun 12, Tues 21, Thur 23, Sat 25, Sun 26.**  
**Full day Fishing 0900 to 1630**  
Open full day fishing trips available  
[www.seasearcher.co.uk](http://www.seasearcher.co.uk)  
[seasearcher-boat@live.co.uk](mailto:seasearcher-boat@live.co.uk)  
07837562076



**www.farming-world.co.uk**  
01227 751144  
open seven days a week, 9.30am to 5.30pm until November 4th, off Junction 7 of the M2. £6.50 adults, £5.50 for children 2 - 15 years, concessions £5.50.  
Some activities available weather permitting.

## SUMMER FUN FOR EVERYONE!

Visit [www.farming-world.co.uk](http://www.farming-world.co.uk) for special event details including:

- Superheroes Week,
- Olympic Day
- 'Have a Go' Falconry,
- Creepy Crawly Day,
- Art Workshop,
- Circus Skills,
- Teddy Bear's Picnic,
- Birds of prey & flying demonstrations,
- Large adventure play,
- Rare breeds & farm animals,
- Heavy horses,
- Indoor soft play,
- Craft room,
- Mini golf course,
- Tractor and Trailer Rides,
- Hot & cold refreshments, (Some activities weather permitting)

Show this advert to receive 50p off entry per person in your party. (PN July. Valid 1/7 - 31/7/12)

Open everyday until 4th Nov.  
**Farming World, Boughton, Faversham, ME13 9HY**  
Tel: 01227 751144  
M2 June 7 follow brown signs, sorry no dogs.

Out and About  
English Heritage Events

Monday 23 - Tuesday 31 July 2012

**Medieval Siege**  
**Dover Castle**  
Dover, Kent - CT16 1HU  
**Sat 28 & Sun 29 July 10am- 5pm**  
Experience the atmosphere and drama of a medieval castle under attack. The Siege of 1216 was one of the bloodiest that *Dover Castle* had ever seen. Witness the opposing forces prepare for battle, with armour displays, fletchers

## Avast Me Hearties! Pirate Play Days at The Historic Dockyard Chatham 'Arrr' Back!

**21 July - 2 September** it is fun aboard *The Historic Dockyard* Chatham as the ever popular pirate extravaganza returns - **Pirate Play Days!**

Young visitors will be happy for hours in the undercover *Pirates' Play Place*, with fantastic family fun, including soft play, a desert island sand pit and arts and craft activities! A pirate themed assault course and "cannon firing" sessions mean there truly is something for children of all ages. Storytelling on board *HMS GANNET (1878)* with *Pirate Pam* and her puppets provides one of the highlights of the day. The friendly crew is looking forward to welcoming

and blacksmiths crafting their weaponry and an awe inspiring trebuchet in action. Experience the fear and anticipation of battle with the rallying cry of generals as they prepare their soldiers for the impending bloodshed.  
Prices: Adult: £16.50 / Concessions: £14.90 / Child: £9.90 / Family: £42.90  
*English Heritage* Members: **Free**  
**Time Travellers Go... Ugly Bug Safari**

**Home of Charles Darwin,** Downe, Kent - BR6 7JT  
**Mon 30 Jul - Fri 3 Aug 11am-4pm**  
Grab a magnifying glass and join a Victorian explorer for a hunt through the gardens at the *Home of Charles Darwin* to find fascinating minibeasts.  
Prices: Adult: £9.90 / Concessions: £8.90 / Child: £5.90 / Family: £25.70  
*English Heritage* Members: **Free**

promising pirates aboard! All *Pirate Play Days* activities are included in *The Historic Dockyard* normal admission price with the exception of cannon firing (subject

to availability with a small additional charge) and with all tickets valid for 12 months, visitors can come back every day!  
[www.thedockyard.co.uk](http://www.thedockyard.co.uk)



THE HISTORIC DOCKYARD CHATHAM

## PIRATE PLAY DAYS

ALL SUMMER 21 JULY - 2 SEP

- Come along and enjoy:
- Inflatable obstacle course
  - Arts and crafts
  - Sand pit fun
  - Soft play
  - Outdoor adventure play
  - Peppa Pig making a special visit on 26 July!
  - Cannon firing (small additional charge applies, subject to availability)

Suitable for children of all ages and it's all included in your normal admission price!



[thedockyard.co.uk/pirateplaydays](http://thedockyard.co.uk/pirateplaydays) 01634 823807



## Family Race Day at Folkestone Racecourse Sunday 12th August

There will be lots of free entertainment for the children as well as six fast and furious flat races. The entertainment includes:

- Face Painting
- Balloon Modellers
- Colouring Corner
- Gladiator Joust
- Giant Inflatable Slide
- A Bouncy Castle
- Space Hopper Race



[www.peppapig.com](http://www.peppapig.com)



Gates open: 12pm  
First race: 2pm Last race: 5pm

Race goes under 18 are FREE when accompanied by an adult and if adults book online they will receive a discount (online booking closes at noon two days before each race meeting).



Peppa Pig will be making personal appearances at intervals throughout the day!



© ABD/Ent. One UK Ltd 2003.

For more information log onto [www.folkestone-racecourse.co.uk](http://www.folkestone-racecourse.co.uk) or email [info@folkestone-racecourse.co.uk](mailto:info@folkestone-racecourse.co.uk)

Tel: 01303 266407





**HAMPSHIRE'S TOP ATTRACTIONS**

CENTRAL LONDON TO NORTH HAMPSHIRE IS JUST 50 MILES AND AROUND 50 MINUTES!

FROM WILDLIFE, ROLLER COASTERS, ACTION AND ADVENTURE THROUGH TO STEAM TRAINS, CLASSIC CARS, MUSEUMS AND HERITAGE - HAMPSHIRE'S TOP ATTRACTIONS HAS THEM ALL!

**hampshireattractions.co.uk**

- Special offers • Competitions
- News & Events
- Guide to the best places to visit

WIN! A one night family stay in a Hampshire Hotel and tickets to four attractions of your choice!

WORTH UP TO £500!

To enter, sign up to our newsletter with the codeword PARENTS: [hampshireattractions.co.uk/signup](http://hampshireattractions.co.uk/signup)



**Hampshire Top Attractions** @HantsTopDaysOut

Competition closing date: 30th July 2012. One prize winner will be drawn at random on 1st August and will win a family stay for 2 adults and 2 children, bed and breakfast at Best Western Chiltern Manor, Southampton and family tickets to four attractions of their choice within Hampshire's Top Attractions. Accommodation prizes supplied, with thanks to the Southampton and Region Hoteliers Association.

**Out and About** July 2012

**Family fun at Beddebury this summer**

As always, *Beddebury National Pinetum & Forest* in the heart of Kent has a full programme of fun family activities this summer. As well as its perennially popular adventure play, cycling and picnics, *Beddebury* is offering a number of special events during the summer holidays.

**Hands on Nature** is a touchy-feely day for young children to look at nature's colour, camouflage and texture in a race against the clock. **Tuesday 24th and 31st July**, 10am - 12pm. 5+ years, £6 per child. Booking essential, numbers limited. Children must be accompanied by an adult.

**Family Map Challenge** returns again to *Beddebury* by popular demand. Pop in and try your hand at map-reading for about an hour and a half - it's fun and challenging for adults as well as youngsters. **Thursday 2nd and 9th August**, 10am start, 7-9 year olds, 1pm start for age 10+ years. £2.00 per participant - children and adults. Booking is not necessary for this event, but children must be accompanied by an adult.



**Wild Life Games**. **uesday 21st and 28th August**. 10am - 12 noon. Age 5+ years. £6 per child. Booking essential.

**Shelter Building** is a collaborative effort to design and build survival dens. Using timber poles and natural materials in a forest setting, this will be truly a hands-on session.

**Thurs 23rd & 30th August**. 10am - 12 noon. Age 9+ years. £4 for each participant (children and adults). Booking is essential as numbers will be limited. Children must be accompanied by an adult during the whole event.

**The Twins** is a magical open-air theatre production of the *Road Dahl* children's classic from the award-winning *Illyria Theatre Company*. Tickets available **03000 680400**. **Weds 29th Aug** 2.30 - 4pm. *Beddebury Visitor Services* **01580 879820** [www.foresry.gov.uk/beddebury](http://www.foresry.gov.uk/beddebury)

July 2012 **Kent Walks**

**Saturday 21 July 8.00pm** BAT TALK & WALK ON THE WESTERN HEIGHTS. Start by listening to an illustrated talk by the 'Bat Lady' Shirley Thompson, followed by a walk up onto the meadows of the nature reserve, and into the historic ditches of the Western Heights fortifications. Discover what species of bats are feeding on the Heights. Please bring a torch, and a bat detector if you have one. Adult £4; Child £2. LEADERS: Shirley Thompson (Kent Bat Group) and Melanie Wrigley, *White Cliffs Countryside Partnership* **01304 241806** or **07880 706990**. MEET: *Clarendon & Westbury Community Hall*, Belgrave Road, Dover, CT17 9RA. 1.5 miles. GRADE: 5 (night and some steep steps).

**Tues 24th July 1.00 - 3.30pm** DRAGONS AND DAMSELS OF THE HOE. Damsellies and dragonflies that have colonised this addition to the Kent Coast. Suggested donation of £2 appreciated. LEADER: Paul Holt, *White Cliffs Countryside Partnership* **01304 225649** or **07771 635370**. MEET: Site management office, *Samphire Hoe* The Hoe is sign posted off the A20 from Dover to Folkestone (TR 294 391 or CT17 9FL). Dogs on leads. 1.00pm DRAGON AND DAMSELFLY WORLD. Look what it is like to see through a dragonflies' eye and feel the crusty case of a nymph. DURATION: 1 hour. 2.00pm LIVING DINOSAURS (*Green Gang*) Short walk see, some dragonflies and damselies. 0.5 mile (1 hour). GRADE: 2 3.00pm MAKE YOUR OWN DRAGONFLY (*Green Gang*) 1 hour.

**Thursday 26th July 2.00pm** FAMILY CYCLE RIDE: A CYCLE SAFARI. New section of *National Cycle route 2* which runs alongside the Royal Military Canal between West Hythe Dam and Aldergate Bridge before pedalling out for a



**Out and About** 5

**Wild adventures for city families**

**Celebrate the great outdoors in Deptford this summer**

Every **Thursday** of the summer holidays, the *Creekside Discovery Centre* are running activities aimed at local families. From survival training with den building and sculpture making to fishing and bug hunts - there is something for everyone. All activities run from 11am - 1pm and cost between £5 per person or £15 for a family of 4. Children can be left under the care of *Creekside Discovery Centre's* CRB checked staff but parents are encouraged to stay and join in the fun too. Most activities are aimed at 5-12 year olds.

**Mandie Wrasall** (Trainer at the *Creekside Discovery Centre*) said: "This is a chance for city families to experience what are traditionally seen as 'countryside' activities. Visitors are always amazed at the variety of urban wildlife we find in the centre grounds and in *Deptford Creek*."

Joshua, 10 years, summarised his experience by, "Really fun, epic and there's nothing that you want enjoy!"



The dates for your diary are: **Thursday 26th July - Mud larking** in *Deptford Creek* (ages 7+) **Thursday 2nd August - Survival Skills: Shelter-Fire-Food!** **Thursday 9th August - Catch crabs** in *Deptford Creek* **Thursday 16th August - Survival Skills: Shelter-Fire-Food!** **Thursday 23rd August - Recycled Art** using *Creek Treasures* (ages 7+) **Thursday 30th August - Become a bug hunter!** (ages 3+)

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

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

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

**There is another way.**

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

**ORTHOTROPICS**

The alternative to orthodontics with extractions and surgery.

Andrew was treated by modern methods. No extractions. No "Train Tracks". No retainers.

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

When experts disagree, where do you go for answers? [www.Orthotropics.co.uk](http://www.Orthotropics.co.uk)

Ask an appropriate professional to refer you for a free consultation.

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

BLUEWATER PRESENTS **Rollerfest** AT GLOW



**Bluewater** **Glow**

**21 July - 1 Sept 2012**

We're proud to be Red, White & Bluewater this summer and to celebrate we're hosting RollerFest. The whole family can enjoy this amazing summer event at Glow, Bluewater.

RocknRoller is proud to present one of the largest indoor roller discos in the UK.

This event is not to be missed, so book your skating today, the British summer won't last forever!

**Mini Rollers** A 90 minute session designed for Families with under 11's & complete beginners. Sessions held every day.

**The Main Event** This is an open family orientated skate session, designed to cater for all ages & abilities. Multiple sessions held every day.

**Over 18's** Roller Disco for Over 18's perfect for birthdays, hen & stag parties and VIP experiences. Sessions on Fridays & Saturdays only.

Book roller skating at [glowbluewater.co.uk](http://glowbluewater.co.uk)



Roller Rink \* Fairground \* Festival Food Village  
Giant Sports Screens \* Bluewater Arms Pub



# Calendar

**Daily South Norwood Recreation Ground** Car Green Road Croydon 020 8760 5707. Fitness Trails for adults & children of all fitness levels to get fit & keep fit. Positioned at each exercise station are signs showing the exercise to be undertaken with the suggested number of number repetitions.

**Ongoing Dupps Hill Outdoor Gym** Each item has clear instruction for its use over 120's.

**Every Mon Blenheim Children & Family Centre** Bromley 01689 879145 **Tues, Wed & Fri** mom toddlers activities.

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

**Every Mon Parchmore Community Centre** 53-55 Parchmore Road 020 8726 6000 x88965 Circuit for those new to exercise, returning after illness & the more mature exerciser.

**Every Tues Coudson Library** 020 8726 6900 Bookstart Rhymetime for babies & toddlers, Wiggle & Jiggle, 2-4yrs. **Every Thurs** Storytime, 2 ½yrs. **Every Sat** Storytime, under 7's, **FREE**.

**Every Tues Ashburton Library** 020 8726 6900 Bookstart Rhymetime for babies & toddlers, Wiggle & Jiggle for toddlers. **Every Mon** Chatterbooks drop in sessions, 8-11yrs. **Every Sat** Rock & Rhyme for babies &

toddlers. **Every Wed** Social club for older people for a chat & a cup of tea. **Every Thurs** term time only group for babies & toddlers for up to 2yrs & 2-4yrs, there is also a playroom for under 5's, a café & a crèche.

**Every Thurs Norbury Park and Norwood Grove** 020 8726 6900 A circular walk through Norbury Park & Norwood Grove, 2.3 miles, meet at Norbury Train Station, 1.30pm, **FREE**. **21 Aug** Butterfly Walk, 2 hrs around the park to learn about these insects, **07968 832508**.

**Every Thurs Selsdon Baptist Church** Addington Road 020 8726 6000 x88965 Circuits Low intensity for mature exercisers.

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

**Every Thurs South Norwood Leisure Centre** 164 Portland Road 020 8726 6000 x88965 Aquatic sessions.

**Every Fri Pavilion Leisure Centre** Kentish Way Bromley 020 8313 9911 Families & under 11's Roller Disco sessions, 4.30-5.45pm & Families & under 16's Roller Disco sessions with full skate & safety equipment provided, doors open 6.15pm, **Tel: 07970 266790**.

**Every Fri Bradmore Green Library** Old Coudson 020 8726 6000 x64952 Bookstart Rhymetime for babies & toddlers, Wiggle & Jiggle, 2-4yrs. **Every Mon** Storytime 2 ½yrs. **Every Sat** Chatterbooks reading group for 8-11yrs. **Fortnightly** **Every Sat** Rock & Rhyme for babies &

toddlers. **Every Fri Broad Green Library** 020 8726 6900 Bookstart Rhymetime 0-5yrs. **Fortnightly** on Sat Rock & Rhyme for pre-school children. **Every Wed** Art's Crafty computers drop in under 5's, parents & carers, **FREE**.

**Every Fri South Norwood Library** 020 8726 6900 Bookstart Rhymetime for babies & toddlers. **Every Tues** Wiggle & Jiggle, 2-4yrs. **Alumni's Sat** Rock & Rhyme or Storytime, **FREE**.

**Every Fri Shirley Library** 020 8253 1023 Bookstart rhymetime for babies & toddlers, Wiggle & Jiggle for 18mths+. **Every Thurs** Storytime for 2 ½yrs. **Every Sat** Rock & Rhyme for babies & toddlers. **Monthly** story & craft workshops, 5-10yrs.

**Every Fri New Addington Library** 020 8253 1023 Bookstart Rhymetime for babies & toddlers & Wiggle & Jiggle, 18mths+, Free.

**Every Fri Norbury Library** 020 8726 6900 Bookstart Rhymetime. **Every Thurs** Wiggle & Jiggle. **Alternate** Sat Rock & Rhyme followed by Storytime. **Last Fri** of each month Chatter Books reading group for 8-12yrs, **FREE**.

**Every Fri Selsdon Library** 020 8726 6900 Bookstart rhymetime for babies & toddlers, Wiggle & Jiggle, 18mths+. **Every Tues** Storytime for pre-school children. **Every Sat** Rock & Rhyme for pre-schoolers. **1<sup>st</sup> Tues** of the month Art's Crafty, 4-8yrs plus parents & siblings. **Every Sat** afternoon teenage reading group. **Last Thurs** of month adult reading group.

**Every Fri Waddon Ponds & Wandale Park** 020 8656 5947 Circular walk, 2-3 miles, meet outside Lidl, 11am, **FREE**.

**Every Tue Thornton Heath Leisure Centre** 89-110 High Street 020 8726 6000 x88965 Acquire pay as you go sessions.

**Every Fri Gatton Park** 01737 780255 [www.gattonpark.com](http://www.gattonpark.com)

**Toddlers Tales & Trails** meet at the activity centre for a mix of indoor & outdoor activities, each week a popular children's book is featured, staff read the book with the children & then bring it to life out in the park, returning to do some art to take home, 2-4yrs, **FREE**.

**Every Fri Redhill Library** [www.surrey.gov.uk/kidstuff](http://www.surrey.gov.uk/kidstuff) Rhymetime, **FREE**.

**Every Fri Warlingham Library** [www.surrey.gov.uk/kidstuff](http://www.surrey.gov.uk/kidstuff) Storytime, **FREE**.

**Every Sat The Green Dragon** 58-60 High Street Croydon 020 8667 0684 Storytime for families 3-7yrs, drop in 2hr session with stories, puppets, arts activities & songs, **FREE**.

**Every Sat Electric Theatre** Onslow Street Guildford 01483 444789 Little Sparks in the Café Bar with music, games, songs, puppets & Sparkles Dance drop in classes for 5-9yrs.

**Every Mon & Tues** after school The Man in the Moon Weekly drama workshops, 6-14yrs. **Every Wed** All Star Choir, 8-14yrs.

**Every Sat Mohr Norman Park Theatre** Milbrook Guildford 01483 440000 Charlotte's Web the musical. 5-6 July The Girl with the Iron Claws for all ages.

**6 July De Stafford School** Caterham The Rotary Extravaganza fundraising for the Lily Foundation & Community Response, refreshments available, 6-10pm, **Tel: 01883 347348**.

**7 July Court Meadow Rose Lane Ripley** Ripley Rocks charity all day outdoor music event for all the family, 12-11pm, [www.ripleyrocks.org.uk](http://www.ripleyrocks.org.uk).

**7 July Claremont Landscape Gardens** 01372 467806 Mini Menagerie Day. 13 July Open air theatre King Arthur & the Sword in the Stone. 14-15 July Open air theatre Macbeth.

**7 July Charlwood Village Hall** 01293 863221 Village Fete & fun dog show activities to include lucky programme, vintage cars, bumper rally, bouncy castle, arena events, refreshments, bbq, tombola & lots more.

**7-8 July Danson Park** Bexleyheath Bexley Festival, craft village, 10-5pm, [www.okkalfairs.co.uk](http://www.okkalfairs.co.uk).

**8 July Ockham Common, Chatley Heath & Semaphore Tower** 07970 094416 Part of Guildford WalkFest, to discover some of the exciting wildlife found in this heathland habitat.

**8 July Pump House Gallery** Battersea Park 020 8871 7572 Best in Show an outdoor festival with engines of all sizes dating back to the early 1900's.

**15 July Ashcroft Theatre** Fairfield Croydon 020 8688 9291 There was an Old Lady Who Swallowed a Fly.

**15 July Hatchlands Park** East Clandon 01483 22482 50's Fete with a wide range of activities. 15-21 July Pony Magic. 15 July Have a go Archery, 6yrs. 22 July Sword in the Stone fun outdoors

on Seven Acres Lawn. **School** 21 July- 31 Aug Great Garden Adventure, activities from around the world with storytelling, music workshops, garden games, art activities, a safari trail & sow & grow, under 16's go **FREE** when accompanied by an adult.

**14 July Tandrige Village Fete** Fun packed afternoon with the **FREE** Slippery Pole fights (as featured on Blue Peter) the hilarious National Eye Throwing Championships & lots more, 1.30-6pm, entrance under 16's **FREE**, [www.tandrigelets.org.uk](http://www.tandrigelets.org.uk).

**14,15,21 July Poledown Lacey** Dorking 01372 452048 Open Air Theatre As You Like It. 21 July 2 Sept Summer holidays, trails with a different one each week.

**14-15 July Rural Life Centre** Farnham 01252795751 Stationary Engine Rally with engines of all sizes & ages many demonstrating the sort of jobs they would have carried out during their working lives on farms & factories. 26 July Activities for children to include crafts, period toys to play with, a wheelwright's demonstration & for the very young the doll's house will be open for you to go inside, pay for admission & all activities are **FREE**. 29 July Rustic Sunday with engines of all sizes dating back to the early 1900's.

**21 July Ashcroft Theatre** Fairfield Croydon 020 8688 9291 There was an Old Lady Who Swallowed a Fly.

**15 July Hatchlands Park** East Clandon 01483 22482 50's Fete with a wide range of activities. 15-21 July Pony Magic. 15 July Have a go Archery, 6yrs. 22 July Sword in the Stone fun outdoors matches. There will also be sports challenges such as timed running, cycling & five ring Olympic challenge suitable for all ages, plus Olympic torch & ceramic medal making workshops, arts for juniors with craft, face painting circus skill & under 5's zone with sports, soft play, parachute games & lots more, 2.30-4.30pm, **FREE**.

**20-22 July Loseley Park** Guildford 01483 454213 The Garden Show walled garden daily tours with the Head Gardener.

**21 July St Nicholas Youth Centre** Godstone 0797 4961348 Jubilee Sale Baypond Baby & Toddler Group, 10-12.30pm, any donations dropped off on Fri morn between 9-11.30am or can come & collect. **Tel: 0797 4961348**.

**21 July Ripley Village Green** Traditional family fund day for all ages with non sport entertainment to include vintage & classic vehicle & tractor show, pony rides, dog show, children's entertainment, tea, tent, stalls, bands & much more, 1.30-5pm, entrance **FREE**, organised by the Rotary Club of Ripley.

**21 July Farnham Maltins** 01252 745 444 Festival of Gardening with themed displays, plants & products for sale, under 15' **FREE**. 28 July Knight Stars in a Toybox featuring a live band & dancers 7yrs+ adults.

**21 July Manor Farm** Tiddyhogs, Fairy Trees & Gollenweid join the ranger as she shares her love of countryside lore 2 miles, **Tel: 07896 640165**.

**22 July Rentwood School** Fetcham Leatherhead 07852 305445 Surrey Association for Visual Impairment 90<sup>th</sup> anniversary Sponsored Walk, 5 mile walk through the countryside, start 10.30am.

**22 July Barfield Care Home** Horley 0845 3712734 Cats Protection Homing Show & Sale, entrance **FREE** but some cat food would be appreciated.

**24 July-2 Sept Portsmouth Historic Dockyard** 023 9272 7582 Children can learn history in fun ways with costume interpreters, games, dressing-up, crafts, trails, talks & lots more. 24-26.26.31 July How to look good Tudor style, try on costumes & step back in time.

**25.31 July HMS Warrior Portsmouth** 02392 728060 Victorian storytelling. 28-29 July Victorian naval traditions with sea songs, knot tying, gun drills, Dickensian street entertainers plus children's activities & workshops.

**Every Tues, Wed & Thurs** throughout school hols Fun at the Victorian Seaside, put on a Punch & Judy show & take a souvenir to take home & play with Victorian style toys & board games.

**16 July-23 Aug Every Thurs** 21 July Farnham Maltins Museum 02392 545034 Submarine Kids Bookfest meet the best selling authors, get crafty, see puppets & hear stories lots of family fun. 26 July Hoony for Heroes featuring John Dougherty, celebrate the Olympics like the Ancient Greeks with a session of stories, magical puppets, songs & more. **Daily** Skull & Crossbones: Living under the Jolly Roger Family Exhibition, become a pirate, learn how to speak pirate, command your boat, discover treasure, hoist your Jolly Roger & set sail for a pirate tour of the museum. **New** family activity area the Warrior's gunroom where young sailors can have some R&R including costumed roleplay, toys, games & colouring.

**28 July Birdworld** Farnham 01420 22140 Macbeth outdoor theatre evening.

**28-29 July Carshalton Lavender Harvest Weekend** Stanley Road Allotments 07948 174907 Pick bunches or buckets of lavender still demonstration, aromatherapy/massage, lavender cookies, bbq, beekeepers, lavender arts & crafts, herb & lavender plants for sale & lots more, **FREE**, entry but small charge for bunches or buckets of lavender, 10-4pm.

**28-29 July Denbies Wine Estate** 01306 876616 Surrey Hills Road Race Festival.

**29 July Mytchett Centre** Surrey [www.hope-events.co.uk](http://www.hope-events.co.uk) Friends of Shooting Star Chase Hospice Summer Fair for all the family with classic cars & motorbikes, craft stalls, fairground rides, bbq, bouncy castle, face painting, games & attractions, live music & more, entrance under 4's **FREE**.

**29 July-2 Sept Mary Rose Museum** Portsmouth 02392 728060 Range of costumes to try a perfect photo opportunity. 30 July Gatton Park 01737 649055 Fairy Fantasy make fairy gardens & accessories to take home, 4-7yrs.

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

**FREE TUESDAY TALES AT CENTRALE** 11am-1pm Every Tuesday in the Lower Hall

Bring your little ones along for exciting storytelling sessions - there'll be a new tale every week from the special storyteller in our cosy, colourful story lounge in the Lower Hall. So, bring it all, including your shoes, and with over 50 storybooks there's something for you too.

**centrale** SHOPPING CENTRE, CROYDON any excuse

**Battersea Park Children's Zoo** ...who will you see?

**One Child FREE** presented with this ad with a full paying adult. Offer until end of September - except Bank Holiday with and not in conjunction with other offer.

From cheeky monkeys to leaping lemurs, noisy otters to snuffling coats, who will you come face to face with?

Enquiries: 020 7924 5826 [www.batterseaparkzoo.co.uk](http://www.batterseaparkzoo.co.uk) Open 7 days: 10am-5.30pm (last entry 5pm)

Love Animals

Entrance near Chelsea Bridge Gate on Queenstown Road. Closest railway station Battersea Park.

**NEW Now Open!** **Otters!**

- Be among the first to meet our new family of Asian short-clawed otters
- Watch them play, feed and swim
- See exotic birds up close
- 105 acre wildlife reserve
- Guided walks, café and adventure play zones
- Just 10 minutes from Hammersmith tube

**London Wetland Centre** [www.wwt.org.uk/london](http://www.wwt.org.uk/london) 020 8409 4400

Queen Elizabeth's Walk, Barnes, London SW13 9WT

**Boost your child's confidence**

**Kumon's maths and English study programmes work to build your child's confidence and inspire a passion for learning.**

Contact your local Instructor for a Free Assessment:

<b>Biggin Hill</b> 01689 880 497	<b>Croydon, Shirley</b> 020 8681 1031	<b>Purley</b> 020 8660 2602
<b>Blackheath</b> 020 8239 0093	<b>Lower Sydenham</b> 020 3002 0239	<b>Selsdon</b> 020 7993 8698
<b>Chelsfield</b> 01689 602 196	<b>Oxted</b> 01883 723 204	<b>Streatham</b> 020 8681 1634

**Croydon Central** 020 8686 6833

**KUMON** [kumon.co.uk](http://kumon.co.uk)

Fees vary. Please refer to your local study centre.



**Daily Harry Potter Locations Tour** 020 7222 1234 Meet at Temple Station, 2 ½ hr bus tour of London locations featured in the Harry Potter films. Learn more about the boy wizard & the Hogwarts with fact, discussions & an insight into how the films were made.

**Daily Tower of London Tower Hill** London 0844 482 7799 Ffi for a King exhibition learn about the personalities, power & physical size of England's kings, from the Tudors, & the notorious Henry VIII to today's royal family.

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

**Daily National Army Museum** 020 7730 0717 www.national-army-museum.ac.uk Victorian Soldier Action Zone with quizzes, games & hands on activities to help you learn about life as a Victorian soldier. **FREE.** Daily The World's Army, Empire, Commonwealth & Dominion Soldiers 1914-45 Action Zone family interactive zone. **FREE.** Daily Kids Zone, interactive learning & play space for under 10's plus a soft play area for babies.

**Daily The Queen's Gallery Buckingham Palace** London 020 7766 7301 Become an explorer & discover the exhibition with

activity bags for families. Using the bags find out which animals the adventurers shared the Antarctic with and what early explorers wore to protect themselves from the cold.

**Just opened London Dungeon** London 020 7403 7221 Vengeance: The UK's first 5D laser ride

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

**Ongoing Churchill War Rooms** Clive Steps King Charles Street London 020 7930 6961 Ongoing Undercover, Life in Churchill's Bunker, learn what life & conditions were like underground & experience the authenticity & emotional resonance of walking through the corridors where Churchill made history.

**Every Sun Venn Street Market, Clapham Common** 020 7622 8259 Now with new small independent producers taking part to include The Garlic Farm, Market Gourmet which produces Michelin quality foods ready made, Seriously Italian & lots more, 10-4pm.

**Every Sun National Gallery** www.nationalgallery.org.uk 020 7747 2885 Family workshops for families bringing paintings alive & listening to a themed story on the magic carpet, plus **FREE** family trail.

**Every Sun Hildreth Street Market Balham SW12** Street Market with fresh food traders sourced from all over London. **Every Sun South London**

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

**Every Sun 1 July-30 Sept Horniman Museum** London Road Forest Hill 020 8699 1872 Discovery for all, **FREE.** drop in, 3+yrs. 1 July Tales from the Horniman, drop in, 3+yrs. **FREE.** 7,14,21 July Art Makers Dance Bells, families 3+yrs, adults **FREE.** 28 July Medals workshop, families, 3+yrs, adults **FREE.** 7,14,21,28 Aug Hands on family workshops with a different theme each week, families 3+yrs. **FREE.** 8 July Big Dance Picnic, **FREE.** 14 July Nature Explorers with trail & pond session for families, 6+yrs, adults **FREE.** 23 July Torch Relay Event, **FREE.** Every Mon, Wed & Fri 23 July-31 Aug Nature explorers family art fun, 3+yrs. Every Mon 23 July-30 Aug Nature Explorers fun family sessions, 4+yrs. Every Tues 24 July-29 Aug Pond Dipping, 3+yrs, ticketed, **FREE.** Every Tues 24 July-28 Aug Museum Mission fun & different trail each week, **FREE.** Every Wed 25 July-29 Aug Nature Trail Discovery, 3+yrs. Every Thurs 26 July-30 Aug Discovery for All, drop in, **FREE.** Every Thurs 26 July-30 Aug World of Stories, drop in, 3+yrs, **FREE.** Every Thurs 26 July-30 Aug Nature Trail Trekkers, **FREE.** ticketed, 27 July Taonga Puoro demonstration with Maori music making & storytelling, 3+yrs. 9 Sep Mummies, Maypoles and Milkmaids - A Journey Through the English Ritual Year exhibition, **FREE** for under 16's. Until 31 Dec

The Art of Harmony: The V & A & Horniman Music Collections, **FREE.**

**Every 2nd Sat of month National Geographic Store** 83-97 Regent Street 020 9254 6960 Animal Man comes face to face with slithering snakes, slimy insects & smelly skunks. Meet a wide variety of animals to include owls, lizards, tortoises, armadillos, meerkats & lots more, hands on activities are led by AnimalMan Nick Spellman for all ages.

**Every Sat Blue Elephant Theatre** Camberwell 020 7701 0100 Young People's Theatre workshops, various age groups 7-18yrs, **FREE** to join.

**Every weekend Rich Mix** Bethnal Green 020 7613 7498 Kids' Cine Time a collection of films suitable for all the family **Every weekend Temple Station** 020 7222 1234 Harry Potter Locations Tour, 2 ½ hrs.

**Every weekend Greenwich Clocktower Market** Greenwich High Road Quirkly weekend market has 50 stalls specialising in vintage, retro & antiques with a few contemporary art stalls, **FREE** entry, www.clocktowermarket.co.uk

**Until 8 July Little Angel Theatre** 14 Dagmar Passage Cross Street London 020 7226 1787 The Ugly Duckling, 3+yrs.

**Until 8 July Science Museum** Imax 3D Cinema 0870 870 4771 Universe of Sound to include a live performance of The Planets, **FREE.**

**Until 18 July Southbank Jubilee Gardens** 0871 663 2501 E4 Udderberry Festival

**Until 8 July Science Museum** Exhibition Rd London 0870 870 4868 Invention/Sound exhibition. **Daily** Launchpad Science Shows interactive gallery which will allow visitors to launch a rocket, turn their head into a sound box & control a magnetic cloud for families. **FREE.** Daily Gallery Tours, families 13+yrs. **FREE.** Ongoing Flyzone take control in 360 degrees flight simulators or fly with the Red Arrows in their sensational 3D motion effects theatre. **Every weekend** Ice Cool Adventure families, under 7s, **FREE.** **Every Weekend Spaced Out**, families, 5+yrs, **FREE.** **Every Weekend A Cockroach Tour** of the museum visitors take on the form of cockroaches dressing up in realistic costumes, **FREE.**

**Until 15 July Tate Britain** Millbank London 020 7887 8888 Picasso & Modern British Art exhibition. **Every weekend** Art Trolley sessions encourages children to imagine & create collages & lots more, **FREE.** **Every weekend** Liminal, all ages, **FREE.** Daily Family Resources provides questions & activities which encourage children & families to explore art works, **FREE.** Daily Family Trails, under 5's, **FREE.**

**Until 9 Sept Exchange Shopping Centre** Putney High Street Crown Jewels competition, a chance to win a diamond worth £3,000, visitors to the Exchange have the opportunity to guess the actual number of diamonds inside the Crown, the closest to the correct answer winning a diamond of their very own.

## Summer Sports and Activities Camp

**St Lawrence College** runs a Summer Sports and Activities Camp 9th July to 31st August 2012 Camp is a fantastic way to spend the holidays, offering a truly rounded experience for children through fun and energetic activities.

A camp environment offers children the fun and thrills of new activities and ones they know. Campers look forward to returning for the 2012 holiday camps. One parent, Claire Nickols says, "The kids thoroughly enjoyed last year, they wanted to go everyday and when it ended they said they couldn't wait for next year."

The camp environment is a powerful force in shaping the lives of young children. **St Lawrence College Activity Camps** encourage confidence through experience; it allows children to challenge themselves through excitement and adventure in a safe and secure setting and enables them to develop social skills within a diverse framework. Learning skills in the broad range of activities on offer is very beneficial to children. Exposure to so many activities such as swimming, climbing, arts and crafts, sports and outdoor recreational games,

along with new activities for 2012, including scuba diving and Olympic themed week, children are able to build on and develop skills that will last them a lifetime while ultimately having fun.

They strive to make every camp experience a success, and every child is included in each activity and that each child interacts in a positive way. What develops is the fostering of a team atmosphere which in turn leads to lasting friendships. These friendships are often unique and special as the camp is open to anyone between the ages of 4-14 so it's a great chance to meet and interact with a diverse group of people. Another parent, Debbie Cassell, says "I like the camp because it is well organised, secure, and friendly while offering a wide variety of activities. ..."

**St Lawrence College** places the highest emphasis on providing a safe and healthy environment for children.

A camp leaflet and booking form can be downloaded from [www.slcc.com](http://www.slcc.com) or call 01843 587666

Continued on page 11

## Volunteers Sought for Summer Youth Project in Kent & Medway

A new project that gives teenagers the chance to help their local community - and a summer of adventure - is looking for enthusiastic volunteers.

**National Citizen Service** delivery partners **CCX** (formerly **Connexions Kent & Medway**), in association with **O2 Think Big** and the **National Youth Agency**, are looking for enthusiastic volunteers in Kent and Medway to support **NCS** participants this year.

**NCS** is a flagship government initiative, which aims to promote a more cohesive, responsible and engaged society by bringing young people from different backgrounds together to make a difference in their communities. It brings together 16 and 17-year-olds from different backgrounds to make a difference in their communities, learn new skills,

make new friends and improve their CVs.

**CCX** is recruiting volunteers across Kent & Medway to help deliver the programme over the summer. Those volunteers will need to be prepared to commit between two to five weeks of their time from the end of June to the beginning of September.

**Lauren Anning, Head of Delivery Support at CCX**, said: "If you are caring, flexible, energetic and enjoy working with young people, this is the chance to further your experience. You would be invited to join the teams on a week's residential in Yorkshire and during the induction phase in late June/July. There is also the opportunity to support the young people as they design their own local community project across two weeks in July and August."

Contact **CCX** on 01622 683155 [info@cxk.org](mailto:info@cxk.org).

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

**FREE ASSESSMENT - BOOK NOW!**

Battersea Ph 020 7223 1882  
Wimbledon Ph 020 8543 7333  
[numberworkswords.co.uk](http://numberworkswords.co.uk)

**Number Words in Words**  
Specialist Maths tuition and English tuition

## Youth Club

Do you have a child 11-15 years of age & interested in meeting new people? If so, please have them join the **Youth Club at The Salvation Army, 74-80 Union Street, Maidstone ME14 1ED**

The Youth Club is open to all 11-15 year olds.

It is held on the 1st and 3rd Friday of the month and the July club dates are 6th & 20th July, from 7-9pm.

Cost of entry £1.50 per person. The tuck shop is extra. At the youth club you can enjoy playing WII, darts, nerf guns, table tennis, pool and lots more.

Why not come along and join in the fun? For further details, please phone the Church Office on 01622 681808

## Do you enjoy meeting new people & singing gospel music?

If so, please come and join the **Community Gospel Choir at Salvation Army, 74-80 Union Street, Maidstone ME14 1ED** Rehearsals are held fortnightly on Sunday afternoons. The rehearsal dates for July are 8th July & 22 July, from 4-5pm. The choir is open to anyone - all ages (over 8) - This is a great opportunity for whole families to come and enjoy singing together and to meet new people.

Tea/coffee will be provided at the end of each rehearsal. For further details, please phone the Church Office on 01622 681808

Private Tuition in Your Own Home

Britain's leading tutoring service provider has 33 years experience. Qualified, experienced, enhanced CRB checked tutors deliver personalised tuition programmes & excellent results. *The Good Schools Guide* recommended.

Primary, 7/8/11/13 / Common Entrance, GCSE, A1/A2 Level & beyond

Catering also for special needs, remedial, dyslexia & gifted

Flexible and competitive rates at leading selective schools and universities

**Fleet 4 Tutors**  
[www.fleet-tutors.co.uk](http://www.fleet-tutors.co.uk)

020 8580 3911 [www.fleet-tutors.co.uk](http://www.fleet-tutors.co.uk)

# SUMMER FUN FOR THE WHOLE FAMILY AT NAM!

Not sure where to take the kids these summer holidays? March down to the **National Army Museum (NAM)** for the day, explore the interactive exhibitions, events and activities on offer for a free, fun-filled family day out.

Home to historic works of art and the latest captivating collections from modern day conflict, the **National Army Museum** brings to life the diverse stories, objects and histories of the British Army. From mittens to machine guns and everything in between, the Museum's extensive collection of historical and military artefacts bring to life the stories of the British Army from its creation to current-day Afghanistan.

Learn something new with a range of events, activities

and exhibitions, featuring something for every member of the family, from Grandpa reminiscing to kids discovering history for the first time.

**War Horse: Fact & Fiction** ties in with the **Michael Morpurgo's** compelling novel, the **National Theatre's** acclaimed stage production and the **Steven Spielberg** directed film, digging deeper into the role of horses throughout centuries of war. Real-life stories and objects are presented with exclusive material from **Michael Morpurgo**, the **National Theatre** and original costumes from the film, with stunning sculptures providing an emotive backdrop.

**Jubilee: 60 Years of The Sovereign and Her Soldiers**, draws inspiration from The

» [www.nam.ac.uk](http://www.nam.ac.uk)

EXPLORE » Our programme of events

DISCOVER » Fantastic exhibitions and displays

ENJOY » Interactive learning in our Kids' Zone

Queen's Diamond Jubilee celebrations, with an array of images, artefacts and The Queen's own ATS uniform providing a look at the relationship between The Queen and her Army. Get a hands-on feel for the life of a soldier from Victorian times through to the World Wars with **Action Zones** are dotted throughout the Museum. Try on an officer's uniform, hideout in the trenches, and challenge each other to traditional army pastimes, discovering whether you're a drummer boy, infantryman, or cavalry officer.

Little ones will thoroughly enjoy a visit to the **Kids' Zone**, where you can watch

them explore the soft play area, interact and create with themed activities and models designed to excite their senses and kick start their learning. A small admission charge does apply for **Kids' Zone**, check out the Museum's website to order your tickets in advance. The **National Army Museum** offers a fascinating and fun day of discovery for all the family, spend the day and do something different these holidays.

**NATIONAL ARMY MUSEUM**

FREE ENTRY

**Give your child a head start at school!**

For 3 to 13 year olds

Over 1000 ebooks

**Reading Eggs**

**Reading Eggspress**

The online teaching resource for children that really works!

**Reading Eggs** and **Reading Eggspress** are comprehensive, highly interactive online programs designed to get children reading by combining the best elements of online and book learning.

With lessons developed by a highly experienced team of teachers, the sites combine interactive animations, educational games and lots of rewards, making **Reading Eggs** and **Reading Eggspress** great places to learn to read. Children are highly motivated to return again and again.

Program content includes:

- ✓ Sight words
- ✓ Vocabulary
- ✓ Grammar
- ✓ Writing
- ✓ Progress tracking

**FREE 5 WEEK TRIAL**

**FREE ACCESS CODE: UKS24PNJ**

Simply register an account at [www.readingeggs.co.uk](http://www.readingeggs.co.uk) and use the special code above.

\*Offer ends 7th September 2012 and is only available to new registrations.

Where children become great readers! [www.readingeggs.co.uk](http://www.readingeggs.co.uk) | [www.readingeggspress.co.uk](http://www.readingeggspress.co.uk)





**Helping Children Deal with Anxiety and Build Confidence**

by Maria Furtek

More and more I am being asked by parents to work with their children, teenagers and young adults to help them overcome anxiety and build confidence. As many of you may know I am both a parent of a 10 year old child and a former Secondary School Teacher, so working with young people is a heart felt passion of mine.

With the pressures of school life, home life, exams, bullying, family issues, friendship issues and all the stresses that this can put upon a child, there is no wonder that some children get into a state of worry and find it difficult to feel happy, relaxed and confident about themselves and life again. Worrying can then become a real habit for some children and breaking the pattern of the worrying thoughts can be a challenge that parents often don't know how to deal with. Just telling a child who is anxious to "stop worrying" and pull themselves together has limited effect.

I work creatively and in a fun way with children (and often their parents too) to help them contain their anxiety, externalise it and teach them how to think differently, build confidence and relax (this follows the principle of competing demands it that you cannot be both relaxed and anxious at the same time!) My aim is to teach the child to take back control of their anxiety, and to teach them skills and techniques that will support them as they grow up and encounter the challenges that life brings.

If you have a child who is anxious and would like more information, then please call me on

020 8395 5471

I am currently working with children aged from 10 years to 17 years old.

Download 'Preventing Vitamin D Deficiency in Toddlers' and other free IFT resources from [www.infantandtoddlerforum.org](http://www.infantandtoddlerforum.org)

[www.London2012.com/torch-relay/route/](http://www.London2012.com/torch-relay/route/)

**All welcome!**  
**Academy Day at Emanuel Rugby Club**  
**Sunday, 8 July 2012 9:30-11:30am**

*Old Emanuel Lions* is a family orientated community rugby club which has the prestigious Clubmark status and the Rugby Football Union (RFU) Accreditation Seal of Approval which recognise the quality of the club's operation. Winners of the RFU Club Development Award 2011-12, and the Surrey Community Club of the Year for the second year running, no less than 6 of our team have been recognised by RFU with awards - including the coveted Volunteer of the Year Award for the Head Coach of the Girls' squad; All of which demonstrates our commitment to getting children involved in rugby.

Players from Under 5 - Under 14 and Girls' Tag and Contact teams Be part of our successful rugby club.

Find us at: **Blagdons Sports Ground, Beverley Way, New Malden, Surrey, KT3 4PU**  
 emanuellions@gmail.com or find us on **Facebook**

*Our players are encouraged to compete and win - but never to lose sight of the traditional ethos of rugby; discipline, control, mutual self-respect and fair play.*

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

**Expert advice on preventing vitamin D deficiency in toddlers**

How to avoid preventable diseases like rickets in the under threes  
**The Infant & Toddler Forum (ITF)** - leading experts in early years nutrition and development - has launched brand new guidance on how to meet toddlers' vitamin D needs. "Preventing Vitamin D Deficiency in Toddlers" provides easy-to-follow tips to help families with this important nutritional issue.

Vitamin D is essential for good bone health and although recognition of its importance is increasing, more awareness is needed about meeting children's needs in the early years to its benefits to have the best chance for their long-term health. With the re-emergence of diseases like rickets - thought to have disappeared at the beginning of the last century - this expert advice on foods, sunlight and supplements could not have come at a better time.

Download 'Preventing Vitamin D Deficiency in Toddlers' and other free IFT resources from [www.infantandtoddlerforum.org](http://www.infantandtoddlerforum.org)

**Promising prospects for physics graduates**

£3,000 after one year in employment more than the average graduate. Increase in unemployed physics graduates lower than average increase. Data collected by the **Institute of Physics (IOP)** between 2006 and 2010 demonstrates the potential rewards on offer to those who study physics at university.

Data shows that, while the majority of those who study physics (52.4%) go on to further study (studying for Master's and PhDs, those who go into employment earn an annual salary almost £3,000 more than graduates of all subjects.

The data, gathered from almost 6,000 final year graduates from 55 universities between 2006 and 2010, suggests the average salary for a physics graduate one year after graduation is £22,500, contrasting favorably to the average graduate salary in 2008 of £19,700.

The unemployment rate is significantly lower among physics graduates than all graduates - in 2007, 8% of physics graduates were unemployed, while the national average for all graduates stood at 18% - and the increase in graduate unemployment,

following the financial crash in 2008, was much lower for physics graduates than the national average. The survey, undertaken yearly between 2006 and 2010, collected responses from more than a third (5737 graduates) of all of the UK's physics graduates over five years; surveying a new year group each year and re-visiting those surveyed the year before. The questions sought to discover what the physics graduates intended to do upon graduation, and then, revisiting them year on year, asked where their career path had taken them one, two, three, and, in some cases, four years after graduation.

**Professor Peter Main**, director of education and science at the **Institute of Physics**, explains, "While there were various sources of information that gave us a partial understanding of where physics graduates find themselves, we have lacked the robust data to see the whole picture of the paths graduates take as they start their careers. "This survey has provided the evidence for us to give far more definitive answers to questions about the prospects of physics graduates."

[www.iop.org/publications/iop2010/page\\_55925.html](http://www.iop.org/publications/iop2010/page_55925.html)

**London Calendar**

Please mention **PARENTS NEWS** [www.parents-news.co.uk](http://www.parents-news.co.uk)

**Continued from page 8**

**4 July** Benjamin Franklin House 36 Craven Street 020 7839 2008 Independence Day Party with cake & bubbly.

**4.11.18.25 July-1 Aug** Davenport's Magic Theatre Strand London 020 7836 0408 Tea with a Magician show for all the family, bring your own drink, biscuits & small cakes to eat at your seat in the auditorium.

**4 July-12 Aug** Old Royal Naval College Foundation House 2 Curry Sark Gardens Greenwich 0870 169 0101 Forty day festival that includes dance, music, comedy, film, art, theatre & lots more, [www.greenwichsummerfestival.co.uk](http://www.greenwichsummerfestival.co.uk) Tel: 020 8269 4799. **7 July** Social Dance Day workshops in baby ballet, hip hop, ballroom & sequence, followed by an afternoon of social dance, 9.30-3pm, need to book, [www.ballet.org.uk](http://www.ballet.org.uk) Tel: 020 8293 9741, **FREE**. Until 30 July From What to Ship, make a boat out of tin and put it in the bin.

**5.6 July** The Royal Observatory Greenwich 020 8858 4422 Coral: Rekindling Venice, part of the London 2012 Festival, 5+ yrs.

**5.6 July** Peter Harrison Planetarium 020 8858 4422 Coral: Rekindling Venice, part of the London 2012 Festival, 5+ yrs. **July & Aug** Across the Universe: the story of Voyager, 5+ yrs. **July & Aug** Space Safari join Ted the teddy bear for live music & rhyme as he journeys throughout the solar system looking for the Great Bear in the sky, under 7s.

**5.8.12-15.12.26-29 July** The Scoop South Bank 020 7403 4866 More London **FREE** Festival, no need to book, just turn up & enjoy the show.

**6-29 July** Victoria & Albert Museum Cromwell Road London 020 7942 2000 Britain Creates 2012: Fashion & Art Collusion, New Display. **Daily** Back Packs families can pick up an activity bag packed filled with jigsaws, stories & games to explore the

collection, 4-11yrs, Activity Cart hands on art fun for children to create a Samurai helmet, a silver goblet or an elephant mask to take home. **FREE**, drop in plus Agent Animal bag a sensory activity bag that has been developed for under 5's containing an audio map & fabric cubes. **FREE**.

**7 July** Parsons Green Fulham Park on the Green with over 100 community, charity & craft stalls, with main stage & children's stage, bounce castles, punch & jugs, carousels, ventriloquist, magician, bands, fire eater, food stalls, side shows, childrens dancing display plus lots more, entrance **FREE**, 11.30-5.30pm.

**7 July** Dulwich Grove Church Hall East Dulwich Grove SE22 RH 0794 3327312 Summer Fair with tombola, bouncy castle, face painting, gifts, clothes, refreshments & lots more. **7 July** Laban Cakeside London 020 8691 8600 Saturday morning childrens classes end of year show.

**7.8 July** HMS Belfast Tooley Street London 020 7940 6320 020 7403 0719(9) Points on a Compass find out more about the countries, cultures & journeys HMS Belfast has taken whilst in service, suitable all ages. **FREE**.

**8 July** National Maritime Museum Greenwich 020 8312 6565 Discover Sundays, all ages. **FREE**. **3.10 July** Play Tuesdays families have fun as they explore the museum through making music, dance & drama, under 5's **FREE**. **7.14 July** Explore Saturdays meet a character from the past, 6+ yrs. **FREE**. **24 July-3 Sept** The World in London explore the galleries with fun activity craft, all ages. **FREE**.

**8 July** Sea Life London Aquarium 0871 663 1678 [www.sealife.co.uk/london](http://www.sealife.co.uk/london) Walk for Whales 5 mile sponsored walk starting & finishing at the London Aquarium to raise money to keep the whaling ban in place. **FREE** entry to Aquarium at 12.30pm, [www.walkforwhales.org](http://www.walkforwhales.org).

**14 July** The Rosebude Comedy Club West Dulwich 020 8761 9008 Comedy Clubs a 1hr show of funny sketches & interactive games for 2-9yrs. **14.25 July** Natural History Museum Cromwell Road London 020 7942 5000 14.25 July Animal Vision for families show featuring live animals. **FREE**. Until 31 July Images of Nature Dinosaur Way exhibition, all ages. Until 2 Sept Scott's Last Expedition. Until 16 Sept Animal Inside Out exhibition, under 4's **FREE**. **Every weekend & school hols** Hands on Nature Dinosaurs, visit the handling station & explore

interesting specimens with the help of the museums science educators. **FREE**, E, Up and Up and Interactive storytelling for under 7s, **FREE**. **Daily** Family Earth Lab explore the wonder of fossils, rocks & minerals, families, 6+ yrs. **FREE**. Explorer backpacks, families under 7s. Dippy Floor puzzle under 7s. **FREE**. Bookworms, families under 5s. Jurassic Ark family activity pack includes code breaking activities. **Daily** Learning Activators encourage visitors of all ages to discover more about the natural world. **FREE**. **Daily** Focus Points handling trolleys explore real specimens with the help of volunteers, using different natural history themed activities, all ages. **FREE**.

**14 July-9 Dec** Museum of Childhood Bethnal Green 020 8983 5200 Happy Birthday Mr Punch new display & exhibition. **19 July** Summer Festival with live music, dance, art & craft activities, designer stalls, face painting, rickshaw rides & games, drop in, all ages. Until 9 Sept New exhibition Beautiful Games explores the science behind sport. **FREE**. **Daily** Family backpacks for under 5's containing a train map, storybooks, play mats & question sheets. **FREE**.

**15 July** Queen's Theatre Billet Lane Essex 01708 443333 Car Boot & Table Top Sale to book a pitch Tel: 07785 222955. **15 July** Quostors Theatre Mattock Lane London 020 8567 0011 Car Boot & Table Top Sale, to book 07785 222955. **18 July-28 Oct** Tate Modern Bankside SE1 020 7887 8008 Opening of The Tanks with a 15 week festival celebrating performance & installation art & the historical works that have shaped it. **Every weekend** Open Studio play & create with ideas & materials from artworks in the collection displays for all ages. **Daily** Family resources with paper-based activities for families all ages. **FREE**. **Daily** Children's

opening of the tanks with a 15 week festival celebrating performance & installation art & the historical works that have shaped it. **Every weekend** Open Studio play & create with ideas & materials from artworks in the collection displays for all ages. **Daily** Family resources with paper-based activities for families all ages. **FREE**. **Daily** Children's

opening of the tanks with a 15 week festival celebrating performance & installation art & the historical works that have shaped it. **Every weekend** Open Studio play & create with ideas & materials from artworks in the collection displays for all ages. **Daily** Family resources with paper-based activities for families all ages. **FREE**. **Daily** Children's

opening of the tanks with a 15 week festival celebrating performance & installation art & the historical works that have shaped it. **Every weekend** Open Studio play & create with ideas & materials from artworks in the collection displays for all ages. **Daily** Family resources with paper-based activities for families all ages. **FREE**. **Daily** Children's

opening of the tanks with a 15 week festival celebrating performance & installation art & the historical works that have shaped it. **Every weekend** Open Studio play & create with ideas & materials from artworks in the collection displays for all ages. **Daily** Family resources with paper-based activities for families all ages. **FREE**. **Daily** Children's

opening of the tanks with a 15 week festival celebrating performance & installation art & the historical works that have shaped it. **Every weekend** Open Studio play & create with ideas & materials from artworks in the collection displays for all ages. **Daily** Family resources with paper-based activities for families all ages. **FREE**. **Daily** Children's

opening of the tanks with a 15 week festival celebrating performance & installation art & the historical works that have shaped it. **Every weekend** Open Studio play & create with ideas & materials from artworks in the collection displays for all ages. **Daily** Family resources with paper-based activities for families all ages. **FREE**. **Daily** Children's

opening of the tanks with a 15 week festival celebrating performance & installation art & the historical works that have shaped it. **Every weekend** Open Studio play & create with ideas & materials from artworks in the collection displays for all ages. **Daily** Family resources with paper-based activities for families all ages. **FREE**. **Daily** Children's

opening of the tanks with a 15 week festival celebrating performance & installation art & the historical works that have shaped it. **Every weekend** Open Studio play & create with ideas & materials from artworks in the collection displays for all ages. **Daily** Family resources with paper-based activities for families all ages. **FREE**. **Daily** Children's

opening of the tanks with a 15 week festival celebrating performance & installation art & the historical works that have shaped it. **Every weekend** Open Studio play & create with ideas & materials from artworks in the collection displays for all ages. **Daily** Family resources with paper-based activities for families all ages. **FREE**. **Daily** Children's

opening of the tanks with a 15 week festival celebrating performance & installation art & the historical works that have shaped it. **Every weekend** Open Studio play & create with ideas & materials from artworks in the collection displays for all ages. **Daily** Family resources with paper-based activities for families all ages. **FREE**. **Daily** Children's

opening of the tanks with a 15 week festival celebrating performance & installation art & the historical works that have shaped it. **Every weekend** Open Studio play & create with ideas & materials from artworks in the collection displays for all ages. **Daily** Family resources with paper-based activities for families all ages. **FREE**. **Daily** Children's

opening of the tanks with a 15 week festival celebrating performance & installation art & the historical works that have shaped it. **Every weekend** Open Studio play & create with ideas & materials from artworks in the collection displays for all ages. **Daily** Family resources with paper-based activities for families all ages. **FREE**. **Daily** Children's

opening of the tanks with a 15 week festival celebrating performance & installation art & the historical works that have shaped it. **Every weekend** Open Studio play & create with ideas & materials from artworks in the collection displays for all ages. **Daily** Family resources with paper-based activities for families all ages. **FREE**. **Daily** Children's

opening of the tanks with a 15 week festival celebrating performance & installation art & the historical works that have shaped it. **Every weekend** Open Studio play & create with ideas & materials from artworks in the collection displays for all ages. **Daily** Family resources with paper-based activities for families all ages. **FREE**. **Daily** Children's

opening of the tanks with a 15 week festival celebrating performance & installation art & the historical works that have shaped it. **Every weekend** Open Studio play & create with ideas & materials from artworks in the collection displays for all ages. **Daily** Family resources with paper-based activities for families all ages. **FREE**. **Daily** Children's

opening of the tanks with a 15 week festival celebrating performance & installation art & the historical works that have shaped it. **Every weekend** Open Studio play & create with ideas & materials from artworks in the collection displays for all ages. **Daily** Family resources with paper-based activities for families all ages. **FREE**. **Daily** Children's

opening of the tanks with a 15 week festival celebrating performance & installation art & the historical works that have shaped it. **Every weekend** Open Studio play & create with ideas & materials from artworks in the collection displays for all ages. **Daily** Family resources with paper-based activities for families all ages. **FREE**. **Daily** Children's

opening of the tanks with a 15 week festival celebrating performance & installation art & the historical works that have shaped it. **Every weekend** Open Studio play & create with ideas & materials from artworks in the collection displays for all ages. **Daily** Family resources with paper-based activities for families all ages. **FREE**. **Daily** Children's

**Classified**  
 Lineage - £1 per word inc vat min 10 words  
 Box - £40.00 inc vat +£5 for colours  
**Specials:** Classified advertisers pay for ten entries get two free. Box advertisers pay for 5 entries get one free.  
 Send cheque payable to **PARENTS NEWS**, 10 The Manor Drive, Worcester Park, Surrey, KT4 7LG Tel: 020 8337 6337  
 Email: [info@parents-news.co.uk](mailto:info@parents-news.co.uk)  
 Deadline see P2. For a receipt send SAE.

**Bruce Picton MSc CPsychol**  
**Chartered Educational Psychologist**  
  
 Independent assessment & advice  
 5 Elfin Lodge, Elfin Grove, Teddington, Middlesex TW11 8RE  
 Tel: 020 8943 0253 Email: [brucepicton@btinternet.com](mailto:brucepicton@btinternet.com)

**sitters**  
 Follow us on:   
**TRUSTED**  
 INDEPENDENT  
**1967**  
**Reclaim your social life!**  
 Now you can find professional, experienced babysitters even at short notice. We interview each babysitter in person and check all references thoroughly. All have professional childcare experience with most being Registered Childminders or qualified Nursery Nurses & Nannies.  
 For your first booking **FREE** of any booking fee visit us at [www.sitters.co.uk](http://www.sitters.co.uk) and quote promo code PNEWSFREE.  
 If you would like to discuss your childcare needs call Sitters on 08447 367 367.

**CELEBRITY REPTILES**  
**EXOTIC CREATURES FOR THE**  
**"NOW" FACTOR**  
**SNAKES, LIZARDS, OWLS, SKUNKS AND INSECTS FOR YOUR NEXT PARTY/ EVENT**  
 010 8659 0877  
 07958 796216

**ENTERTAINERS**  
**GUY NORMAS**  
 Childrens Entertainer  
 07913 299919  
 01243 866616  
[www.guynormas.com](http://www.guynormas.com)  
 Skype guynormas

**PARENTS NEWS**  
**On-line**  
 updated daily and you can read copies of this and other edition  
**www.parents-news.co.uk**

**Teddington's longest established Vets, serving the community for over 30 years**

**BushyParkVets**  
 Ian Leggett Veterinary Surgeon

Our friendly and caring team ensures your pet receives the best professional care.

Our large, separate cat and dog waiting areas, together with an appointment system ensures your pet enters the consulting room with minimum stress.

- Fully Integrated In-house Laboratory Facilities, most results available within half an hour
- X-ray, Surgical and Dental Facilities
- Passports and Import/Export Certificates

The perfect practice for your new pet.

Call us on **020 8977 3452**  
**No parking restrictions**  
 2 & 3 The Pavement • Bushy Park Road • Teddington • Middlesex TW11 9JE  
 also at Veterinary Health Centre • 250 Twickenham Road • Isleworth • Middlesex TW7 7DT • Tel: 020 8892 4432  
 email [surgery@bushyparkvets.com](mailto:surgery@bushyparkvets.com) or visit [www.bushyparkvets.com](http://www.bushyparkvets.com)



an extraordinary  
adventure



IMC S.p.A. www.primigi.com - info@primigi.com - contact: SNT LINE (02) 63615 - Milano, Schlegel - B2SPACERBLESNESSCEP (RES - 4017) 2013 - @ WINDSWORTH FOND - PERVALE (MO) 0286 06670 - tel 0286 5072836 - mob 0971 19046 - skylinegenesis@gmail.com

**PRIMIGI**®  
Italian Style for kids

For more than 30 years, Primigi has been the brand of choice for Italian mothers, making footwear for children aged 0 to 14 years. Primigi shoes are unique for their quality, style and attention to detail and are made with the exclusive Primigi System, for maximum wellbeing in every situation. You can also choose from models made with the GORE-TEX® membrane, to guarantee your child breathable and waterproof wear in any weather condition. Because every child is unique, and Primigi knows it.