

PARENTS NEWS

July 2012 No. 211 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



St Lawrence College Summer Camp
www.slccuk.com

Published on time, every time since 1993
www.parents-news.co.uk



Centrale Petting Zoo
www.centrale.co.uk

Three Editions in South-East England



ISSN 1362-5551

South West London & Surrey

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!

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



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 Chilworth 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.

July 2012

Discover a summer of fun with Hampshire's Top Attractions

There's loads to see and do for all the family in Hampshire all within accessible reach of London and Surrey – perfect for days out or short breaks. In the *New Forest*, see record-breaking supercars at *Beaulieu*; explore 200 acres of beautiful gardens at *Exbury*; visit *Peppa Pig World* at *Faulton's Theme Park*; or take to the trees for an exhilarating adventure experience at *Go Ape!* Explore the Isle of Wight with *Red Funnel Ferries* from Southampton for great days out. Around *Winchester* enjoy the medieval *Cathedral* and the finest of all 13th century

Halls at *Great Hall*, learn science hands on at *Intech*; experience the natural world of *Marwell Wildlife*; visit the celebrated plant collection at *Sir Harold Hillier Gardens* near Romsey; or travel by steam train to Alresford on the *Watercress Line*, or why not take a trip back to Victorian times at *Milestones Museum* at Basingstoke? Get hands on at the interactive historical farm at *Manor Farm* visit *Montisfont* and its glorious gardens near Romsey or discover Southampton's remarkable links to the sea at *SeaCity Museum* and over 800 years of history at *Tudor House*.

In Portsmouth experience the oceans at the *Blue Reef Aquarium*; glide to the top of the *Spinnaker Tower* or cross the water to Gosport and go onboard a WW2 submarine at the *Royal Navy Submarine Museum*. Visit *Stanton Country Park* near Havant and 1000 acres of country park or picturesque stretch of coast at *Southsea Beach* with a visit to the *Pyramids Centre* or come face to face with fascinating artefacts at *Portsmouth Historic Dockyard*.

www.hampshireattractions.co.uk/ to download vouchers for great days out in Hampshire.

Calling All Patients

looking faces, it can also improve their breathing and airway and thereby stop sleep apnoea. Old patients are invited to contact Dr Mew via the web site or facebook **www.Orthotropics.co.uk** or **orthotropics (FB)**

The London School of Orthotropics, in Purley, celebrates its 40th anniversary. **Dr John Mew** and son **Dr Michael Mew**, inv. existing and former patients to a celebration at the Castle in Sussex that he built. Now flourishing around the world **Orthotropics**, a form of early orthodontics, focuses on guiding patterns of natural growth that lead to nice shaped faces and permanently straight teeth, rather than the temporary alignment provided by traditional forms of orthodontic treatment. In addition to children having straight teeth and great

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**

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

July 2012

SUMMER FUN FOR THE WHOLE FAMILY AT NAM!

EXPLORE » Our programme of events

DISCOVER » Fantastic exhibitions and displays

ENJOY » Interactive learning in our Kids' Zone

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.

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

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

National Army Museum, Royal Hospital Road, Chelsea, London SW3 4HT • Sloane Square • 10.00am to 5.30pm (except 24-26 Dec & 1 Jan) • T: 020 7730 0717

Free summer fun in Kingston

July 26 – August 30



Kingston's got summer covered with free fun for kids throughout the holidays.

Thumbs up its Thursday, organised by **Kingstonfirst**, has great events in nine different locations throughout Kingston, with something for every child to enjoy.

crafts and face painting, enjoy some wonderful storytelling, get active learning football skills from the **Chelsea Football Club**, visit the reptiles at the mini zoo and enjoy free boat rides courtesy of **Turks Launches**.

exciting themes including **Ocean Discovery**, **Get Active**, **Countries of the World** and in keeping with the year of the Jubilee there will be **Kings and Queens' Week**.

For more information see **www.kingstonfirst.co.uk** or call **020 8547 1221**

Running every Thursday for six weeks from **July 26 to August 30**, the activities are based around a range of

What's On

» **www.nam.ac.uk**

EXPLORE » Our programme of events

DISCOVER » Fantastic exhibitions and displays

ENJOY » Interactive learning in our Kids' Zone

FREE ENTRY

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

Thumbs Up It's Thursday!

THURSDAYS from 26 JULY - 30 AUGUST

Story Telling
Face Painting
Arts & Crafts
Workshops

Free activities across Kingston this summer for children aged 3 - 11 years. Join in the fun at:

- Bantals
- Eden Walk Shopping Centre
- John Lewis
- Kingston Libraries
- Kingston Museum
- Memorial Gardens Centre
- The Bantall Centre
- The Rotunda
- Turk Launches

020 8547 1221

kingstonfirst.co.uk

What's On

SuperBounce
INFLATABLE FUN AND PARTY GAMES
 With a friendly host!
 For 1000 parties
Call Charlotte to book 020 8542 1480

Chosen from:
 Wrecking Ball
 Disco/Dome
 Sumo Wrestling
 Soft Play World

Olympic Torch Relay

The Olympic Torch Relay comes to Mole Valley on **Friday 20 July**. All are invited to line the streets of **Dorking** and **Westcott** to welcome the Olympics!

At 4.10pm the Olympic Flame is due to begin its journey through Dorking, starting at Pixham Lane. There will be hands playing along the route. The usual

Olympic Torch Relay

Friday market in Dorking will stay open for longer, and a jazz band. Free hand held flags to children (and adults!) along the route, to be waved in celebration as the Torchbearers come past.

From 2.30pm, no parking will be allowed along the route - from Dorking High Street, South Street, Vincent Lane, and then on to Westcott and along the Guildford Road. Public transport is recommended but for those who choose to drive, limited parking will be available from 2.00pm at the **Priory School**

For more information about the **Olympic Torch Relay**, and the **Olympic Road Cycling Road Races** coming to Mole Valley on **28 and 29 July 2012**, log on to www.molevalley.gov.uk/london2012



photo by David Howarth

July 2012

July 2012

Eight Exciting Breaks For Youngsters

Looking for an action packed experience in the great British outdoors for your kids this summer? If so, **The Outward Bound Trust** has just what you're looking for. With eight different adventures for young people aged 11 to 24, there is an experience for everyone. In fact, the problem will be which one to choose!

From **Discover Adventure** for 11-13 year olds to **Ultimate Adventure** for 16-24s, **The Outward Bound Trust** whisks your child off the sofa and gives them the opportunity to participate in their very own outdoor adventure. Whether it's their first time away, or if they're experienced adrenaline junkies, **The Trust** will buckle them up for the trip of a lifetime. Prices are all inclusive and cover food, specialist equipment and insurance so there are no hidden extras to worry about.

From kayaking or canoeing to mountain biking or rock climbing, **The Trust's** highly qualified and experienced instructors will mentor and motivate your child throughout. Choose from 1-3 week residential throughout the summer in the spectacular locations of the **Scottish Highlands, The Lake District**

or **Snowdonia National Park**. The centres provide perfect access to lakes, mountains, rivers and coastline offering young people the opportunity to experience activities that they simply can't do in the back garden. Exciting and challenging, these experiences boost confidence, create long lasting friendships while developing new skills and interests.

And, most important of all, they're fun!

Bursary Funding
The Outward Bound Trust is an educational charity with its own bursary scheme which supports disadvantaged young people to attend their courses. For parents or guardians who are interested in sending young people on an adventure but are worried about the cost, they can apply for financial

assistance simply by calling for details or by downloading the financial assistance form on **The Trust's** website. This bursary funding is confidential and young people who receive financial support from **The Trust** are treated no differently from those who have not had financial help. What's more, for 2012, **Childcare Vouchers** can now be used to help pay for adventures at **The Trust's** Ullswater centre.

www.outwardbound.org.uk/individuals
 01931 740000
 enquiries@outwardbound.org.uk

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

Old Barn Stables
 Watfons Farm, Woodstock Lane South, Chessington, Surrey

- **A Friendly, Family Run Riding School**
- BHS Qualified Instructors
- All ages & abilities
- Pony Days
- All weather sandschool
- Lessons & Hacks
- Holiday Fun
- Woodland Walk

For directions and info, call **020 8398 0822**

What's On

Kingston Riverside place to be this summer

Kingston is the place to be this summer for entertainment on and off the water. Be sure to get yourself a good spot along the riverside on the weekend of **July 7-8** as hundreds of boats from national and local clubs compete in the **Kingston Regatta**.

The rowing regatta has run for more than 150 years with previous competitors going on to win gold at the Olympics. Later in the month Kingston is home to its own **Dragon Boat Challenge** with teams from across the country competing. With drums, shouting and

colourful boats this impressive **July 15** event is one to watch. There are plenty more great events happening in Kingston this summer.

www.kingstonfirst.co.uk
 or call **020 8547 1221**



Rural Life Centre

Countryside Museum
 Activities for all the family
 Picnic areas • Café • Gift shop
 1960s Playground
 Many special events

Open Wed - Sun & BH 10am to 5pm
 (Nov - Mar Wed & Sun only 11am - 4pm)
 Reeds Road, Tilford, Farnham, Surrey,
 GU14 2JL
 01252 795571
www.rural-life.org.uk

The Old Kils Museum Trust is a registered charity

TENNIS AVENUE ACADEMY

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.

Summer Tennis Camps

MINI TENNIS
 5-day camps, Ages 5-9
 10 hours total
 £40 per camp
 Monday to Friday
 9am - 11am

JUNIORS
 5-day camps, Ages 10-16
 15 hours total
 £60 per camp
 Monday to Friday
 9am - 12pm

ALL STANDARDS WELCOME - players will be grouped according to ability
 Places strictly limited and must be booked in advance. Bookings / Enquiries:
07952 820023
 Email: helpdesk@tennisavenue.co.uk

Jul 9-13	Aug 6-10
Jul 16-20	Aug 13-17
Jul 23-27	Aug 20-24
Jul 30-3 Aug	Aug 27-31

Tennis Avenue Academy
 Manor Park
 Mole Valley
 New Malden
 Surrey KT3 6AU
 Tel: 020 8336 3516

2020 VISION: Seeking the next generation of budding young tennis talents. 12 hours of tennis every month for just £20. Call on 07952 820023 or visit www.TennisAvenue.co.uk/2020vision/

www.TennisAvenue.co.uk

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

WWT registered charity in England & Wales, no. 1030864 and Scotland, no. SC039410

centrale.co.uk

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 new tales every week from the special storyteller on our cosy, colourful story lounge in the Lower Hall. So, that's a little something for them, and with over 50 gorgeous stories here at Centrale, you might find a little something for you too.

centrale
 SHOPPING CENTRE, CROYDON
 any excuse

Summer in Kingston

FREE FAMILY FUN!

River Festival
 7 - 8 July
 Enjoy Kingston Regatta & riverside entertainment

International Youth Arts Festival
 29 June - 22 July
 Dance, theatre & art

Thumbs Up It's Thursday
 Thursdays 26 July - 30 Aug
 Free events for Kids

Celebrate Cycling
 July - Aug
 Olympic races, Bike Festival & 'wheely creative' art

Kingston Food Festival
 6 - 12 Aug
 Tasting Trail, Workshops for Kids, plus a Children's Food Festival

Kingston Carnival
 2 Sep
 The spirit of Notting Hill comes to Kingston

www.kingstonfirst.co.uk
 020 8547 1221

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

Calendar

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Daily Harry Potter London Locations 020 7222 1234 Theatre Stations.
Daily National Army Museum 020 7730 0177 www.national-army-museum.gov.uk. Victorian Soldier Action Zone with quizzes, games & hands on activities to help your learn about life as a Victorian soldier. **FREE.** Daily The World's Army, Empire, Commonwealth & Dominion Soldiers 1914-45 Action Zone family interactive zone. **FREE.** Daily Kids Zone, interactive learning & play space for under 10's with a soft play area.
Every Sun National Gallery www.nationalgallery.org.uk 020 7747 2885 Family workshops bring paintings alive & listening to a themed story on the magic carpet, plus **FREE** family talk.
Every Mon Culture Café Rose Theatre Kingston 0871 220 1552 Rhythmic for babies, toddlers & under 5's. **FREE.**
Every Mon Kingston Children's Library Whearfield Way Kingston 020 8547 6438 Rhyme & storyline sessions for babies, toddlers & under 5's. **Free.** **Every Thurs** Stories & crafts for under 5's.
Every Mon Surbiton Library Ewell Road Surbiton 020 8547 6434 Storytime for under 5's. **Free.** **Every Tues** Rhyme & storytime for baby & toddlers. **Free.**
Every Mon Tudor Drive Library 020 8547 6456 **Free.** **Every Tues** Rhyme & storytime for under 5's followed by play & until 3.30pm. **Free.**
Every Mon St John's Church Kingston 020 8288 1801 Tues in Town fun for the under 5's, 10-11.30am.
Every Mon St James's Church Ham Boleby Road 020 8942 5993 **Teacher's Group** for all parents and toddlers plus siblings in the holidays.
Every Mon Donald Hoop Library 020 8542 1975 Musical Mayhem for babies & young children. **Free.** **Every Tues** Need Help with IT? A dedicated volunteer will be available to provide assistance with a wide range of IT issues, for more info 020 8274 5959.
Every Fri Rhymetime 020 820 8225 **Wood Chess Club** for all ages.
Every Mon Morden Library 020 8545 400 Scrabble Club everyone is welcome. **Every Wed** Welcome Mornings with stories & crafts for pre-school children. **Is Thurs** of every month

Coffee mornings for adults. **Every Fri** 10.30am - 12.30pm. **Every Tues** 10.30am - 12.30pm.
Every Tues Purley Library 020 8726 6924 Bookstart Rhymetime for babies & toddlers & Wiggle & Jiggle, toddlers over 18months. **Every Fri** Storytime 2 ½yrs. **Every Sat** Rock & Rhyme for babies & toddlers. **FREE.**
Every Sun Central Shopping Centre 020 8764 5877 Musical morning. **Every Mon** Employment Club improve your CV, covering letter, interview skills & more. **Every Tues** Salsa Dance classes. **FREE.** **Every Fri** storytimes.
Every Mon Wimbledon Library 020 8946 7432 Jewellery drop in workshop for adults. **Free.** **Every Tues** Coffee morning for over 50s. **Every Fri** IT also Basic IT Training. **Every Wed** Sewing Circle for adults. **Free.** **Every Wed** French Conversation drop in classes, beginner & intermediate levels, for adults. **Every Wed** Teenage French Tutorials, 8-10yrs. **Every Fri** of month Genealogy Sessions, get help tracing your ancestry, drop in session for all ages. **Every Tues** & Thurs Children's story & rhyme time to 3yrs. **Free.** **Every Mon Hampton Library** 020 8734 3347 Storytime session, under 5's. **FREE.** **Every Tues** Malden Library 020 8547 6467 Rhymetime up to 3yrs, and storytime for under 5's. **Free.**
Every Tues Old Malden Library 020 8547 6467 Rhymetime up to 3yrs, and storytime for under 5's. **Free.**
Every Mon Eve Corpus Christi School Chessnut Ave 020 77956 31290 Aerobics all abilities, 7-9pm.
Every Move Sutton Grammar School Korball for Beginners for school years 3-12 various times & sessions, email for details info@nomadskorf.com.
Every Tues Coudon Library 020 8736 6900 Bookstart Rhymetime for babies & toddlers. **Wiggle & Jiggle**, 2-4yrs. **Every Thurs** Storytime, under 5's. **FREE.** **Every Tues Ashburton Library** 020 8726 6900 Bookstart Rhymetime for babies & toddlers. **Every Thurs** Wiggle & Jiggle for toddlers. **Every Mon** Chatterbooks drop in sessions, 8-11yrs. **Every Sat** Rock & Rhyme for babies & toddlers. **Every Wed** Welcome Mornings with stories & crafts for pre-school children. **Is Thurs** of every month

to 2yrs & 2-4yrs, also a playroom for under 5's, a cafe & a crèche.
Every Thurs Methodist Church Hall High St New Malden Parent & toddler club, 9.45-11.30am.
Every Thurs Toworth Recreation Centre 1882 Way North Toworth 020-8391 4822 Badminton Club for intermediates/advanced level. **Tel: 020 8395 9175.**
Every Thurs Caterham Hill Library www.groveandkiddall.com Rhymetime. **FREE.** **Every Fri** storytime. **FREE.** **Every Fri Dorling Library** www.groveandkiddall.com Rhymetime. **FREE.**
Every Fri Gatton Park 01737 780255 www.gattonpark.com Toddler Tales & Tales 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.groveandkiddall.com Rhymetime. **FREE.**
Every Fri Warlingham Library www.groveandkiddall.com Storytime. **FREE.**
3rd Sat of month Norbiton Children's Centre Kings Oak Primary **Diocese of London** 0870 470 4868 University of 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 12-5yrs. **FREE.** **Ongoing** Flyzone take control in 360 degrees flight simulators or 3D with the Red Arrows in their sensational 3D motion effects theatre. **Every weekend** Ice Cool Adventure Families, under 7's. **FREE.** **Every Weekend** Spaced Out, families, 5yrs+. **FREE.** **Every Weekend** A Cockroach Tour of the museum visitors take on the form of cockroaches dressing up in realistic costumes. **FREE.**
Until 8 July Little Angel Theatre 14 Dugard Passage Cross Street London 020 7226 1787 The Ugly Duckling, 3yrs.
Until 8 July Science Museum Imax 3D Cinema 0870 870 4771 Universe of Sound to include a live performance of The Planets. **FREE.**
Until 15 July Tate Britain Millbank London 020 7887 8888 Picasso and Modern British Art exhibition. **Every weekend** Art Trail 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

Street Guildford 01483 44789 Little Sparks in the Café: Bar with music, games, songs, stories & puppets & Sparkles Dance drop in classes for 5-9yrs. **Every Fri** Kew Library. **Storytime** session, under 5's. **FREE.**
Every Fri Caterham Valley Library www.groveandkiddall.com Rhymetime. **FREE.** **Every Tues** Storytime. **FREE.**
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Kumon's maths and English study programmes are tailored to your child's individual needs, nurturing their independence and enthusiasm for learning.

Develop your child's independence

- | | | | |
|--|--|--|------------------------------------|
| Ashford, Middlesex
020 8568 8214 | Fulham
020 7266 4401 | Kingston South
020 8127 0184 | Tadworth
020 8394 1698 |
| Chessington
01372 602 099 | Guildford North
01372 378 377 | Plyford
01932 402 737 | Tooting
020 8780 1618 |
| Esher & Cobham
01737 359 812 | Hounslow Central
020 8582 5518 | Redhill
01737 277 380 | Twickenham
020 8942 3623 |
| Fetcham
01372 370 164 | Kingston North & Wimbledon
020 8643 9130 | Southfields
020 8879 1290 | Woking
01483 726 961 |

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

stagecoach Theatre Arts

The original and largest network of part-time performing arts schools in the world.

Cheam 020 8224 2442 cheam@stagecoach.co.uk	Epsom 020 8642 3500 epsom@stagecoach.co.uk	Putney 0845 265 7050 putney@stagecoach.co.uk
Chertsey 0845 265 7081 chertsey@stagecoach.co.uk	Hinchley Wood 01932 254333 hinchleywood@stagecoach.co.uk	Richmond 020 8332 6741 richmond@stagecoach.co.uk
Dorking 0800 007 5482 dorking@stagecoach.co.uk	Kingston 020 8873 7140 kingston@stagecoach.co.uk	Walton 020 1932 254333 walton@stagecoach.co.uk
	Leatherhead 020 8394 2444 leatherhead@stagecoach.co.uk	Weybridge 01932 254333 weybridge@stagecoach.co.uk
	Merton Park 020 8942 3502 mitcham@stagecoach.co.uk	Worcester Park 020 8224 2442 worcesterpark@stagecoach.co.uk

www.stagecoach.co.uk

SING! DANCE! ACT!

STAGE COACH Theatre Arts Schools

Continued on page 6

Calendar
Continued from
Centre Pages

Please mention PARENTS NEWS
www.parents-news.co.uk

5 July Epsom Downs Racecourse Tickets: 0844 848 0197 Frankie Valli & the Four Seasons will perform their classic hits after an evening of horse racing. **26 July** The Rat Pack Vegas Spectacular.
27 July Yvonne Arnaud Theatre Millbrook Guildford 01483 440000 Charlotte's Web the musical. **5-10 July** The Girl with the Iron Claws for all ages. **5.8.12-15.19-22.26-29 July The Scoup** South Bank 020 7403 4866 More London FREE. Festival, no need to book, just turn up & enjoy the show.
6 July De Stafford School Caterham The Rotary Extravaganza fundraising for the Lily Foundation & Community Response, refreshments available, 6-10pm, Tel: 01883 347348.
5-6 July Rhoda McGaw Theatre, The Passes Centre Woking 020 8990 6826 The Wiz based around the wizard of Oz, fun version with lots of humour, singing & dancing for all ages.
7 July Richmond Theatre Richmond Green Richmond 0844 871 7651 Fun family arts & crafts & storytelling along a different theme every month, 4-9yrs, FREE. **8 July** A Wild Life an audience with Steve Backshall.
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.
7 July Woking Park Kingfield Road Party in the Park with a range of stalls, events plus live music, percentage of money raised going to Epilepsy Action, www.epilepsy.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 Maschell.
7 July Charlwood Village Hall 01293 863221 Village Fete & fun dog show activities to include lucky programme, vintage cars, bumper raffle, bouncy castle, arena events, refreshments, bbq, tombola & lots more.
7 July Parsons Green Fulham Fair on the Green with over 100 community charity & craft stalls, with main stage & children's stage, bouncy castles, punch & Judy, 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 Creakside London 020 8691 8600 Saturday morning childrens classes end of year show.
8 July Bushy Hill School Merrow 01483 573814 Guildford Bikoathon a cycle ride to suit all levels 12,18,27 miles routes, start & finish at Bushy Hill School.
7-8 July HMS Belfast Tooley Street London 020 7940 6320 020 7403 07190 Points on a Compass find out more about the countries, cultures & journeys HMS Belfast has taken whilst in service, suitable all ages, FREE.
7 July Brentmoor Heath Woking. Fun Run The Children's Trust, 3.5 or 10K off road, registration 2pm, race starts 3pm, www.thechildrenstrust.org.uk/run

8 July Ockham Common, Chatley Heath & Semaphore Tower 09770 094416 As part of Guildford Walkfest, guided walk to discover some of the exciting wildlife found on this heathland habitat.
8,22 July Museum of London 150 London Wall London 020 7901 9844 Museum explored through fun, hands on activities, 5-7yrs. **14-15 July** Billingsgate Roman house & baths rare opportunity to visit the remains of the Billingsgate Roman house & baths on Lower Thames Street, 5-7yrs. **15 July** Enter a Victorian photograph activity, 5-7yrs. **21 July** Hands-on pots activity, 5-7yrs. **21-22 July** Inspired by ceramics learn to make your own based on items in the Museum's collection, 5-7yrs. **21-22 July** Marvellous medical files make & decorate your own, 5-7yrs. **21 July** Pottery puzzles, 5-7yrs. **21-22 July** Archaeology gallery trail, 5-7yrs. **21-22 July** Archaeological site tour. Walkbook. Walkabout, 16-17yrs, need to book. **21 July** Museum of London Archaeology & Thames Discovery Programme, 5-7yrs. **21-22 July** Picing together the past try your hands at making your own impressed decorations, 5-7yrs, all activities FREE.
19-21 July New Victoria Theatre Woking 01483 545900 South Pacific. **23-28 July** Dream Boats & Petticoats. **12-14 July** Olympia Grand Hall 02075 900 060 The 50-show for tickets www.50n15show.com, FREE.

Continued on page 11

July 2012

Amateur Swimming Association

as a different type of target.
2. Starry Sky This is a safe technique, which teaches children how to float. Support their child with floating aids as they stretch out horizontally on the water, like a big star in the night sky. Once floating, encourage them to lift their head and chest, and using their arms, change to a standing position. When they feel confident, help them to float on their front with their face submerged, before rotating to a standing position once again.
3. Frog Hopping Teach your child to jump like a frog into the water - knees bent, back straight and with confidence. For the first few tries, use floating aids to help with buoyancy. For the 'big strike' they must kick their legs to paddle through the water to hit the target. As their confidence grows try the game again, but varying the game, use a waterball

Amateur Swimming Association

as a different type of target.
4. Surfboards Surf's up! This technique is important to learn as the 'push and glide' is the foundation of all swimming strokes. Staying straight like a surfboard, your little 'dude' pushes off from the side of the pool, gliding on their back through the water. Try to keep hips and head close to the surface and stretch the arms ahead or to the sides. Until your child feels confident going it alone, use floating aids with help with buoyancy.
5. Treasure Island It's time to get their feet off the floor! In this task you're a treasure island. Stand five metres away from your child in the water and encourage them to paddle towards you, using their arms and feet to kick and push through the water. Using goggles to help them keep their face partly submerged as they paddle, and help them to dodge floating treasure (e.g. waterballs). Use floating aids to give extra support while they develop their technique.

July 2012

Half of girls in the UK are put off physical activity by school sport and PE

A new report by the *Women's Sport and Fitness Foundation (WSFF)* says that girls in the UK are not getting enough exercise – and that schools hold the key to encouraging girls to get active. The report, based on research carried out by the *Institute of Youth Sport at Loughborough University*, shows that half of girls (51%) are put off physical activity by their experiences of school sport and PE. Official figures show that just 12% of 14 year old girls are reaching the recommended levels of physical activity – half the number of boys at the same age. This is despite three quarters (74%) of girls saying they would like to be more active.
Over half of all boys and girls agree that "there are more opportunities for boys to succeed in sport than girls."
Half of the girls surveyed (48%) say that getting sweaty is "not feminine."
Nearly a third of boys think that girls who are sporty are not very feminine.
Of the least active girls, 46% say that they don't like the activities they get to do in PE compared to 26% of the most active.
43% of girls agree that "there aren't many sporting role models for girls."
The report also highlights the gender gap that emerges

between girls and boys as they grow up. In *Year Four* of primary school, girls and boys are doing similar levels of physical activity. However, by *Year Six* girls are doing considerably less exercise than boys – a gap that widens as girls reach *Year Nine* of secondary school.
WSFF is writing to every head teacher and head of PE today (over 4,000 teachers), offering them practical guidance on making PE and school sport more appealing to girls, and encouraging all schools to aim for 100% pupil participation. The guidance, developed in partnership with the *Youth Sport Trust*, recognises that some schools and teachers are already doing this, but what is currently best practise needs to become common practise. *WSFF* wants every school to help motivate and inspire girls to 'get active and stay active' by offering alternative activities, such as dance or martial arts alongside traditional school sports like hockey and netball, to motivate girls to not only enjoy PE and sport in schools, but to adopt a more active lifestyle. Physical inactivity among girls is associated with a range of outcomes from obesity and low self-esteem to poor educational attainment. The report also highlights the importance of school sport in preventing an

obesity crisis in the UK. British women are currently the most obese in Europe and the UK falls behind the *OECD* average for physical activity among 11-15 year olds.
The report makes a series of recommendations on how to help girls enjoy being active:
Schools should work with leaders in the field to ensure best practise becomes common practice.
Performance against the Government's recommended levels of physical activity for children should be more rigorously monitored within and outside the school environment.
Education authorities and schools should recognise the way in which current provision is failing girls and develop policies and strategies specifically to redress this.
Choice in physical activity is crucial and schools should seek the views of pupils

on which activities they are likely to participate in e.g. single-sex sporting choices or non-competitive classes like dance or martial arts.
Schools should set their own targets and establish clear and public aspirations for 100% pupil participation.
Schools should celebrate higher levels of participation as well as success in competitive sports. Initiatives like the Government's *School Games* are a great opportunity to encourage young people to enjoy the benefits of playing sport. However, more needs to be done by individual schools to make sure that a range of activities are on offer.
Sue Tibbals, Chief Executive of *WSFF* said: "It is well-known that school children are less active than they should be. This problem is particularly severe for girls. Our research shows that PE and school sport is actually putting the majority of girls off

being active, even though three quarters of girls are keen to do more exercise.
"We need schools and the Government to urgently address this issue, and create policies that will keep our children fit and healthy. The priority needs to be getting all children active not just focusing on the sporty ones.

Education

On the basis of this report, the *WSFF* is launching a schools toolkit which provides ideas and solutions for schools.

<http://wsff.org.uk/publications/reports/changing-the-game-for-girls>

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Tiny Totts (4-5 years) & Shorties (6-7 years) Four large soft tennis balls will be used with emphasis on racket & ball co-ordination skills Ability to play on a short court Attend 10.00am - 1.00pm Monday to Friday each week Ratio 1:6	Transits & Mini Champs (8-11 years) Low/high compression soft tennis balls will be used with emphasis on stroke technique Ability to play from midcourt/baseline Attend 10.00am - 4.00pm Monday to Friday each week Ratio 1:8	Squad (11 years and over) Using proper tennis balls and being able to play from baseline Emphasis on stroke technique & matchplay Attend 10.00am - 4.00pm Monday to Friday each week Ratio 1:8
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Please note: Ages act as a guideline only, player's ability will be taken into account.
Prices shown are per person, per week or daily session / The second, higher amount is for non-members of the club

Weekly £84/£96 (get one day free!!!)	Daily £21/£24	Weekly £144/£168 (get one day free!!!)	Daily £36/£42	Weekly £144/£168 (get one day free!!!)	Daily £36/£42
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Week 1 16th - 20th July **Week 2** 23rd - 27th July **Week 3** 30th July - 3rd August **Week 4** 6th - 10th August
Week 5 13th - 17th August **Week 6** 20th - 24th August **Week 7** 27th - 31st August

Multi-Activity Competition Day will take place each Friday from 10.00am-4.00pm for Transits & Mini Champs and Squad players
For further information or an application form please contact:
Sunny Dimic (Head Pro): 07949 169882 or Ollie Lloyd (Assistant Pro): 07748 961359
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Education

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one year after graduation is £22,500, contrasting favorably to the average graduate salary in 2018 of £19,700.

The questions sought to discover what the physics graduates intended to do upon graduation...

Professor Peter Main, director of education and science at the Institute of Physics, explains, "While there was various sources of information that gave us a partial understanding...

www.iop.org/publications/iop2012/page_55925.html

Helping Children Deal with Anxiety and Build Confidence

by Maria Furtek

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July 2012 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.

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 for its benefits to have the best chance for their long-term health.

Download 'Preventing Vitamin D Deficiency in Toddlers' and our free ITF resources from www.infantandtoddlerforum.org

July 2012 Calendar Continued from page 8

- 13 July Ashraf Peace Memorial Hall Woodfield Lane Friday Market with lots of stalls featuring plants, crafts, cakes, collectables, jewellery, books, toys & much more.

Please mention PARENTS NEWS www.parents-news.co.uk

- 4pm, entrance under 16's FREE. 14 July The Roundale Comedy Club West Dulwich 020 8761 0008 Comedy Clubs a thrush show of funny sketches & interactive games for 2-9yrs.

PARENTS NEWS

On-line updated daily and you can read copies of this and other area editions

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Club Mark. 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...

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July 2012. 13 July Ashraf Peace Memorial Hall Woodfield Lane Friday Market with lots of stalls featuring plants, crafts, cakes, collectables, jewellery, books, toys & much more. 14 July The Roundale Comedy Club West Dulwich 020 8761 0008 Comedy Clubs a thrush show of funny sketches & interactive games for 2-9yrs.

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