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WIN! A one night family stay in a Hampshire Hotel and tickets to four attractions of your choice! **WORTH UP TO £500!**

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Discover a summer of fun with Hampshire's Top Attractions Halls at Great Hall; learn science hands on at Intech; experience the natural world

of Marwell Wildlife: visit the

celebrated plant collection at

steam train to Alresford on the

Watercress Line, or why not

times at Milestones Museum at

Basingstoke? Get hands on at

the interactive historical farm

at Manor Farm visit Mottisfont

and its glorious gardens

near Romsey or discover

Southampton's remarkable

links to the sea at SeaCity

history at Tudor House.

take a trip back to Victorian

Sir Harold Hillier Gardens

near Romsey; or travel by

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 Paultons 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 Around Winchester enjoy

the medieval Cathedral and the finest of all 13th century

The London School of Orthotropics, in Purley, celebrates its 40th anniversary Dr John Mew and son Dr Michael Mew, invite 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

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 Staunton Country Park near Hayant 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 Dockvard

July 2012

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

Museum and over 800 years of **Calling All Patients**

looking faces, it can also improve their breathing and airway and thereby stop sleep annoea Old natients are invited

to contact Dr Mew via the web site or facebook

www.Orthotropics.co.uk



Blowing the Whistle on the General Dental Council.

Traditional train tracks create flat faces, big noses and fired looking eyes: if you doubt this, just look at those who have been treated in the past. They also routinely damage the enamel and roots of the teeth and worse still the teeth go crooked again unless the patient wears a brace for the rest of their life. Extractions of sound teeth are simuet always required although patients may not be told about this until near the end of treatment. Never treatments can achieve better and more permanent results without extractions but orthodontists avoid comparative research as they don't want the damage they do to faces to be exposed.

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

There is another way.

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

ORTHOTROPICS

y modern method No 'Train Tracks'

Research shows dentists and the public think Orthotropics gets much botter resul than orthodontal



ou go for any Orthotropics.co.ul Ask an approyou for a

John Mew. The London School of Facial Orthor Purley, 020-8660-3695 and Turbridge Wells 01892 526406 July 2012

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 currentday Afghanistan.

Learn something new with a range of events, activities something for every member of the family, from Grandpa reminiscing to kids discovering history for the first time

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

and exhibitions featuring

celebrations, with an array of images, artefacts and The War Horse: Fact & Fiction 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

Queen's Diamond Jubilee

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

EXPLORE > Our programme of event

NATIONAL ARMY MUSEUM

DISCOVER >> Fantastic exhibitions and display

different these holidays. ENTR

What's On

www.nam.ac.uk

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

Kids can explore their creative side with plenty of arts and

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

Running every Thursday for six weeks from July 26 to August 30, the activities

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

For more information see www.kingstonfirst.co.uk or call

020 8547 1221



20 020 8547 1221 kingstonfirst.co.uk

Countryside Museum

Activities for all the family Picnic areas • Café • Gift shop

1960s Playground

Many special events

Lloyds TSB

SAMSUNG

Rural

Centre

Life

Friday 20 July. All are invited to line the streets of Dorking and Westcott to welcome the Flame and celebrate the At 4.10pm the Olympic Flame is due to begin its journey

through Dorking, starting at Pixham Lane. There will be bands playing along the route. The usual

Olympic Torch Relay riday market in Dorking

be allowed along the route

- from Dorking High Street.

then on to Westcott and along

the Guildford Road. Public

transport is recommended will stay open for longer, and but for those who choose to a jazz hand. Free hand held flags to children (and adults!) along the route, to be waved in Priory School celebration as the Torchbearers

Olympic Torch Relay, and the From 2.30pm, no parking will Olympic Road Cycling Road Races coming to Mole Valley on 28 and 29 July 2012. log South Street, Vincent Lane, and

london2012

Looking for an action packed drive, limited parking will be experience in the great British available from 2.00pm at the outdoors for your kids this For more information about the 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 www.molevalley.gov.uk/ fact, the problem will be which one to choose!

July 2012

11-13 year olds to Ultimate Adventure for 16-24s. The Outward Round 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 Discover Adventure for

July 2012

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 residentials 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

Eight Exciting Breaks For Youngsters

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

All ages & abilites

Pony Days

Old Barn Stables

Waffrons Farm, Woodstock Lane South, Chessington, Surrey

A Friendly, Family Run Riding School

BHS Qualified Instructors & All weather sandschool

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 PARENTS NEWS feraus@ parents-news.co.uk

· Lessons & Hacks

020 8398 0822

+ Holiday Fun

Woodland Walk

and off the water. Be sure to get vourself 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 Regatte

Kingston is the place to be this

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

Kingston Riverside place to be this summer

The rowing regatta has run

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

What's On

www.kingstonfirst.co.uk or call

020 8547 1221



Summer

centrale.co.uk AT CENTRALE Ham-Ipm Ham-Ipm Lover Hall Every Theoday in the Lover Hall and own plong for sections overything centrale any excuse



lacktriangle Tennis Avenue Acabemy \oplus

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 dose) either train at our academy or did so for a significant length of time in the past three years.

Summer Tennis Camps



ALL STANDARDS WELCOME players will be grouped according to ability Places strictly limited and must be bocked in advance. Bookings /Enquines:

07952 820023 Email: belodesk@ternisaverue.co.uk

■ Jul 9-13	■Aug 6-10 Te
■ Jul 16-20	■Aug 13-17
■ Jul 23-27	■Aug 20-24

Tennis Avenue Academy

Nanor Park ■ Jul 30-34cc ■ Aug 27-31

Malden Road New Malden Surrey KT3 6AU Tel: 020 8336 3516

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

5-day camps, Ages 10-16

15 hours total

£60 per camp

9am - 12pm

Monday to Friday

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



- 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



wwt.org.uk/london 020 8409 4400

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



in Kingston

Dance, theatre & art

Free events for Kids

Thumbs Up It's Thursday Thursdays 26 July - 30 Aug

2 Sep
The spirit of Notting Hill comes
to Kingston 1 020 8547 1221 kingstonfirst.co.uk

Kingston Carnival

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 f 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 fami ery Mon Culture Café Rose Theatre Kingston 0871 230 1552 Rhymetime for babies, toddlers & under 5's, FREE, Every Mon Kingston Children's Library Wheatfield Way Kingston 020 8547 6438 Rhyme & storytime sessions

for babies, toddlers & under 5's. Ever hurs Stories & crafts for under 5's Every Mon Surbiton Library Ewell storytime for baby & toddlers, Free. v Mon Tudor Drive Library 020 followed by stay & play until 3.30pm,

very Mon St John's Church Kingston every Mon St James's Church Hall Bodley Road 020 8942 2093 Tiddler's

Group for all parents and toddlers plus siblings in the holidays. Every Mon Donald Hope Library 020 8542 1975 Musical Mayhem for babies & young children, Every Tues Storytime Thurs Need Help with IT? A provide assistance with a wide range of IT issues, for more info 020 8274 5799

Fri Rhymetime Every Sat Colliers Wood Chees Club for all ages Mon Morden Library 020 8545 4040 Scrabble Club everyone Mornings with stories & crafts for pre-

Coffee mornings for adults Every Fri Wellbeing drop in sessions, a Wellbeing Coordinator will be on hand to meet you face to face, talk through any issues you may have, sign you up for any upcoming workshops, tell you more about other services available in the borough, Tel:

Every Mon Pollards Hill Library 020 8764 5877 Musical maybem Fo Employment Club improve your CV very Fri storytimes.

Every Mon Wimbledon Library 020 8946 7432 Jewellery drop in workshop for adults, Free. Every Tues Coffee morning for over 50s. Every Tu es IT also Basic IT Training. Every Wed Sewing Circle for adults, Free. Every Wed French Conservation drop in classes, beginner & intermediate levels, for adults. Every Wed Teenage French Tutorials, 8-18yrs. Sat of month Genealogy Sessions, get help tracing your ancestry, drop in session for all ages. Every Tues & Thurs Children's story & rhyme time

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

Chestnut Grove 07956 312920 Aerobics Korfball for Beginners for school year 3-12 various times & sessions, email for

details info@nomadskorf.com.

Every Tues Coulsdon Library 020
8726 6900 Bookstart Rhymetime for babies & toddlers, Wiggle & Jiggle, 2-4vrs. Ev ry Sat Storutime under 7's EDEE ry Tues Ashburton Library 020 6 6900 Bookstart Rhymetime for babies & toddlers. Every Thurs Wiggle & Jiggle for toddlers. Every 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. Ever

hurs term time only storytime for under

Every Tues Purley Library 020 8726 toddlers & Wiggle & Jiggle, toddlers over 18mths. Every Fri Storytime 2 ½+yrs. Every Sat Rock & Rhyme for babies & toddlers FREE.

very Tues Centrale Shopping Centre www.centrale.co.uk In the Early Learning Centre playtime sessions for children, all ages with all kinds of arts & arts from making face masks cards 0-12pm, Tel: 020 8686 7535. Every Tues Thornton Heath Library

020 8726 6900 Bookstart Rhymetime for babies & toddlers, FREE, Every Tues Careers, training & learning advice sessions, 2-4.30pm, FREE & Computer training courses for beginners to experts. Tues De Staffords Leisure Centre Caterham 01883 344355 Family

Road New Malden 020 83361561 Stay & Play for under 5's. Every Thurs young parents drop-in, 1-3pm. Every Library, under 5's, 10.30-1.30pm 8547 6438 Baby & toddler rhyme time up to 3yrs, Free. Every Thurs storytime for

under 5's Free Every Tues Old Malden Library 020 8547 6467 Rhymetime up to 3yrs, and storytime for under 5's, Free.

v Tues Mitcham Library 020 8648 4070 Under 5's Storytime & CV & Careers Advice. La month. Coffee Mornings. Fri Knitting Group, need to bring own

ry Tues Whitton Library 020 8734 3343 Storytime session, under 5's, FREE, 2nd Thurs of month Tiny Teddies ions baby bounce & rhyme, FREE Every Tues Hampton Wick Library 020 8734 3358 Storytime session, under 5's, FREE. 2nd Tues of the month Chatterbooks reading group, 8-9yrs, FREE ry Tues Farnham Library www.

Rhyme, FREE. Every Tues Leatherhead Library www.surrey.gov.uk/kidstuff Storytime, FREE. Every Thurs Rhymetime, FREE.

Library 020 8274 5789 Classes for those wishing to learn to use the internet which runs for 6 weeks. Every Tues Rendezvous Club for over 55's. Every nth Art Club for children, to nut you child's name forward to join need to speak to member of staff in library. Every Toddlers Rhyme Time & musical

activities, 0-5yrs. Dickerage Adventure Playground Dickerage Lane Kingston 020-8942 1707 Parent & Toddler Play

Every 3rd Wed of the month Richmond Library 020 8734 3303 Chatterbooks reading group, 8-9yrs, 4.30pm, FREE 1" Thurs of month Tiny Teddies sessions baby bounce & rhyme, FREE Every Mon afternoon Raynes Park Library Make your own jewellery

Simple Yoga & Meditation Group. Every Thurs Twickenham Library Garfield Road 020 8734 3340 Storytime session, under 5's, FREE, 2nd & 4n Thu of month Tiny Teddies sessions baby bounce & rhyme, FREE.

Every Wed Tolworth Library 37-39 The Broadway 020 8547 6470 Rhyme storytime for under 5's with simple crafts, Free.
Every Wed Ursuline Prep School 18

The Downs Wimbledon 020 8947 0859 Mother & Toddler playgroup, in the nursery, play along with the toys & make use of the facilities plus a cup of tea is always available & well qualified & wel trained nursery staff are on hand, FREE very Wed Ham Library 020 8734 3354 Storytime session, under 5's, FREE. 1" Fri of each month Tiny Teddies sessions baby bounce & rhyme, FREE. Every Wed Castlenau Library

8734 3350 Storytime session, under 5's, FREE One Sat a month Tiny Teddies baby bounce & rhyme sessions, FREE. Every Wed Hampton Hill Library 020 8734 3320 Storytime session, under Every Wed Heaven at Nutfield 19 High

Street www.heaven-nutfield.com. Smiley Faces music group for babies & toddlers

Every Wed & Sun East Sheen Library Sheen Lane SW14 020 8734 333 Storytime session, under 5's, FREE. Wed of the month Chatterbooks reading group, 8-9yrs, 4.30pm, FREE. 1" & Thurs of month Tiny Teddies sessio

Thurs of month Tiny Teddie baby bounce & rhyme, FREE Every Wed & Suns Royal Botanic Gardens Kew 020 7222 1234 Hands www.surrey.gov.uk/kidstuff Rhymetime on, sessions in the Secluded Garden Glasshouse for a closer look at the inner workings of the chocolate tree. lessons for boys & girls 10-15yrs Daily For families Treehouse Tower

features climbing towers & wooden play Naval Submarine Museum equipment such as giant swings, zip wires scramble nets, slides & a mountaineering the best selling authors, get crafty, see puppets & hear stories lots of family fun. 26 July Hooray for Heroes featuring ramp. Ongoing Plantastic Play are: shaped like a plant, children will be able to tunnel through giant roots, clamber over a solid stem, and explore a leafy maze before reaching the flower head, John Dougherty, celebrate the Olympic like the Ancient Greeks with a sessio where a zip wire symbolises a pollinating Every Wed morn Watermans 40 High become a pirate, learn how to speak

Every Wed morn Watermans 40 High Street Brentford 020 8232 1010. Parents & babies screenings. Every Sat Drama Zone 5-8 & 9-14yrs. Every Sat morn Family Cinema, 1 adult goes FREE with every one paying child.

Every Wed morn Sutton Arena Leisure
Centre Middleton Road Carshalton
020 8770 4088 Women's Recreation

Mornings with a wide range of sport & social activities available for one single

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 Seledon Rantist Chuel

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

Every Thurs South Norwood Leisure Centre 164 Portland Road 020 8726 Calendar

Every Thurs Methodist Church Hal High St New Malden Parent & toddle

Fri storytime FREE

Centre Fullers Way North Tolworth 020-8391 1882 Badminton Club fo

545034 Submarine Kids Bookfest me

f stories, magical puppets, songs a

more. Daily Skull & Crossbones: Living

under the Jolly Roger Family Exhibition

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

Every Thurs in term time Sutton Christian Centre 020 8642 8117

Special Stars a baby & toddler group for children with disabilities or additional needs, from babies to pre-schoolers,

Kingston Library Wheatfield Way Kingston 020 8547 6438 Adult Reader

Fri of every month Bergundy &

Black Café St Martins Walk Dorking

Bumps & Babies is for mums with bump & both parents or carers of non mobil

babies, meet others for tea or coffee &

org.uk/branches/dorking/events/bumps

Every Fri Teddington Library Walgrave

020 8734 3304/5 Storytim ander 5's, FREE, Eve

ind-habites 3rd Mon of every

your baby socialising, www.net

toys, games & colouring.

siblings welcome.

Every Fri Caterham Valley Library www.surrev.gov.uk/kidstuff Rhymetime, FREE. Every Thurs Storytime, FREE. Every Fri Dorking Library www. surrey.gov.uk/kidstuff

ery Fri Gatton Park 01737 780255 www.gattonpark.com Toddler Tales & Trails meet at the activity centre for a mix of indoor & outdoor activities, each week a popular children's book is featured, staff read the book with the children & then bring it to life out in the park, returning to do some art to take home 2-Aure ERFF

group, 8-9yrs, 4.20pm, FREE. 1st Thurs of month Tiny Teddies sessions baby bounce & rhyme, FREE.

Every Fri Kew Library Storytime

session under 5's FREI

rs, FREE.
To Fri Redhill Library www.surrey. gov.uk/kidstuff Rhymetime, FREE. Every Fri Warlingham Library www. surrey gov nk/kidstuff

Sat of month Norbiton Childre's Centre Kings Oak Primary Dickerage Lane Who let the dads out play session for under 5's 10-12nm

Geographic Store 83-97 Regent Stree 020 7025 6960 Animal Man comes face to face with slithering snakes, slimy insects & smelly skunks. Meet a wide variety of nimals to include owls, lizards, tort armadillos, meerkats & lots more, hands on activities are led by AnimalMan Nick

Spellman for all ages. 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

Every Sat Early Learning Centre The Bentalls Centre A Playologist will be on hand to make children have the best fun possible with ELC products, they can have their faces nainted mess with play doh & lots more from 10an

Every Sat Heathfield Library 020 Teddies sessions baby bounce & rhyme,

Street Guildford 01483 44789 Little Sparks in the Café Bar with music

games, songs, stories & puppets & Sparkles Dance drop in classes for 5-The Man in The Moon Weekly drama orkshops, 6-14yrs. Every Wed All Sta

Fitness in the Gardons low impac utdoor cardio exercise for all with r walking, jogging & stretching, 10-11am, FREE, info@AHM-Go.com

weekend Temple Station 020 7222 1234 Harry Potter Locations Tour. Gardens 0871 663 2501 E4 Udderbelly Intil 8 July Science Museum Exhibition

Rd London 0870 870 4868 Universe 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 13+yrs, FREE. Ongoing Flyzone take control in 360 degrees flight simulators or fly with the Red Arrows in their sensational 3D FREE, Every Weekend Spaced Out, families, 5+vrs, FREE, Every Weeken A Cockroach Tour of the museum visitor take on the form of cockroaches dressing up in realistic costumes, FREE

Intil 8 July Little Angel Theatre 1-020 7226 1787 The Ugly Duckling

Cinema 0870 870 4771 Universe of Sound to include a live performance of

Until 15 July Tate Britain Millbank ondon 020 7887 8888 Picasso & Modern British Art exhibition. Ever veekend Art Trolley sessions encourage & lots more, FREE. Every weekend Liminal, all ages, FREE. Daily Family Resources provides questions & activities which encourage children & families to

Trails under 5's FREE

Until 25 Aug Chertsey Museum 01932 575370 A Dress for all Seasons exhibition. There will also be an opportunity for visitors to dress up in seasonal garments. Until 9 Sent Exchange Shonning Centre Putney High Str Jewels competition, a chance to win a diamond worth £3,000, visitors to the Exchange have the opportunity to guess Crown, the closest to the correct answe winning a diamond of their very own.

Intil 9 Sept The Foundling Museum 40 Brunswick Square 020 7841 3600 The Triumph of Pleasure exhibition Until 9 Sept Royal National Theatre South Bank 020-7452 3234 Nationa

Theatre Inside Out Pop-up Workshop 6 July Tangled Feet Workshop 16+vrs. FREE, need to book of Surprises, 2-5yrs, drop-in need to book sign up in Theatre Square, FREE, 12 lly Dance Workshop with C-12 Dance Theatre, 12+yrs, need to book, FREE.

Movement Workshop, 8+vrs, need to book, FREE. 21 July Scenic Art drop in workshop, 6+yrs, FREE. 22 July Costume Design Workshop, 6+yrs need to book, FREE. 27 July Gandini Juggling Workshop sign up in Theatre Square 8-31 July Track down NT metroboulot-dodo a unique multimedia games that takes you on a journey around the National Theatre, all day, FREE.

Until 4 Nov Portsmouth City Museum www.portsmouthcitymuseums.co.uk Nicholas Nickleby display, FREE

Palace 020 8847 0946 David Nash at Kew A Natural Gallery exhibition Eve Session Blowing in the wind stories of seed dispersal FREE no need to book

July Hatchlands Park East Clandon 01483 222482 50's Fete with a wide Magic 15 July Have a go Archery 6+yr 22 July Sword in the Stone fun outdoors theatrical play for all the family plus pre-performance workshop for children

1 July Birdworld Farnham 01420 22140 Art in the Park. 28 July Macbeth outdoo

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

649055 Country Fair with crafts & demonstrations children's activities fun dog show gardens & grounds open & more, children FREE. 30 July Fairy Fantasy make fairy gardens & accessories

July Brooklands Community Park Weybridge Golden Anniversary Fun Day with lots of arena events to include Morris Dancers, dog activities & displays, agility display children's comer beer ent. Pimms & white wine, refreshm nlue strawhorrios & croam fun day for all show 01483 837660.

1 July Mytchett Centre Surrey www. ope-events.co.uk The Surrey Wedding ayre various entertainments throughout he day, family friendly event supporting British Heart Foundation, FREE bridal bag. 29 July Friends of Shooting Star Chase Hospice Summer Fair a fun day motorbikes, craft stalls, fairground rides, bbg, bouncy castle, face painting, games & attractions, live music & lots more, nce under 4's FREE

1 July Tatsfield Village Hall Art Group mmer exhibition, raffle, cream teas,

July Design Museum Shad Thames London 0870 833 9955 Hat Tricke Kide day workshop for ages 5-11yrs. Until uly Christian Louboutin exhibition July Natural History Museum Cromwell Road London 020 794: 5000 Insect Day, discover the world of

insects right on your doorstep & take part in hands on activities, crafts, Nature Live shows & bug hunts in the Wildlife Garden FREE of Nature Dinosaur Way exhibition all ages. Until 2 Sept Scott's Last Expedition. Until 16 Sept Animal Inside

weekend & school hols Hands on Nature

FREE & Up. Up and Away interactive storytelling for under 7's FREE Dails Family Earth Lab explore the wonder of ssils, rocks & minerals, families, 6+yrs, tEE. Explorer backpacks, families under 7's. Dippy Floor puzzle under 7's. FREE Booksesume families under 5's 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

16's) the Children's Zone will be nacked

Beautiful & The Damned exhibition

3-8 July The Royal Society 6 Carlton

4 July Concert Hall Fairfield 020

hits from the Beatles, The Bee Gees &

4 July Rose Theatre 0871 230 1552

36 Craven Street 020 7839 2008

Independence Day Party with cake &

4 11 18 25 July 1 Aug Davenner

0408 Tea with a Magician show for all

the family, bring your own drink, biscuit

& small cakes to eat at your sear in th

auditorium. 4 July-12 Aug Old Royal Naval College

Foundation House 2 Cutty Sark Garden

Greenwich 0870 169 0101 Forty day

www.greenwichsummerfestival.co.uk. 020 8269 4799. 7 July Social Dance

Day workshops in baby ballet, hip hor

need to book, www.ballet.org.uk, Tel

From Tip to Ship, make a boat out of

what you find in the bin.

4 July-25 Aug Polka Theatre 240 The
Broadway Wimbledon 020 8543 4888

Inside Out, 2-5yrs. 7 July Kid Carpet &

no Charlie & Lola's Rost Rostost Pla

interactive stories, songs & messy pla

activities 3-5yrs 31 July I Absolute

ballroom & sequence, followed by afternoon of social dance, 9.30-3

020 8293 9741, FREE, Un

lots more. 27 July The Drifters

natural history themed activities, all ages, 1.5.6 July The Royal Observatory Greenwich 020 8858 4422 Coral Rekindling Venus, part of the London

2012 Festival, 5+vrs. 1,5,6 July Peter Harrison Planetarium 020 8858 4422 Coral: Rekindling Venus story of Voyager, 5+vrs, July & Aug Space Safari join Ted the teddy bear

throughout the solar system looking for the Great Bear in the sky, under 7's. Greenwich 020 8312 6565 Discover explore the museum through making music, dance & drama, under 5's FREE. character from the past, 6+vrs, FREE, 24 July-3 Sept The World in London explore the galleries with fun activity craft, all

ages, FREE. 3.5 July Bike Fit Led local Bike Rides Reigate/Dorking/Charlwood areas for beginners or intermediates.

3-6 July The Lost Theatre 208 3-8 July Hampton Court Palace

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Develop vour child's independence



Fees vary. Please refer to your local study centre

kumon.co.uk



Charlotte's Web the musical. 5-6 July The Girl with the Iron Claws for all ages. 5-8,12-15,19-22,26-29 July The Scoop South Bank 020 7403 4866 More London FREE Festival, no need to book, just turn up & enjoy the show.

6 July De Stafford School Caterham
The Rotary Extravaganza fundraising
for the Lily Foundation & Community

Response, refreshments available, 6-10nm Tel: 01883 347348 July Rhoda McGaw Theatre, The Peacocks Centre Woking 020 8890 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+yrs, FREE. 8 July A Wild Life an audience

with Steve Backshall.

7 July Court Meadow Rose Lane Ripley Ripley Rocks charity all day outdoor nusic 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,

Stagecoach Parties!

Please mention PARENTS NEWS

7 July Claremont Landscape Gardens 01372 467806 Mini Menagerie Day. 13 y 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 raffle. ncy castle arena events refreshments bbg, 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.

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 Creekside London 020 8691 8600 Saturday morning children classes end of year show. 8 July Bushy Hill School Merrow 01483

573814 Guildford Bikeathon a cycle ride to suit all levels 12.18.27 miles routes. start & finish at Rusy Hill School 7-8 July HMS Belfast Tooley Street London 020 7940 6320 020 7403 0719(f) Points on a Compass find out more about the countries, cultures & journeys HMS Belfast has taken whilst in service,

8 July Brentmoor Heath Woking Fun Run The Children's Trust, 3,5 or 10K off road, registration 2pm, race starts 3pm.

8 July Ockham Common, Chatley Heath & Semaphore Tower 07970 094416 As part of Guildford Walkfest, guided walk to discover some of the exciting wildlife found on this heathland

> 8.22 July Museum of London 150 Museum explored through fun, hands on activities 5+vrs 14-15 July Billingsgate Roman house & baths rare opportunity to visit the remains of the Billingsgate Romans house & baths on Lower Thames Street, 5+yrs. 15 July Enter a Victorian photograph activity, 5+yrs. 21 July Hands-on pots activity, 5+yrs. 21-22 July Inspired by ceramics learn to make your own based on items in the Museum's collection, 5+vrs, 21-22 July Marvellous medieval tiles make & decorate your own, 5+yrs. 21 July Pottery puzzles 5+yrs. 21-22 July Archaeology gallery trail, 5+yrs. 21-22 July Archaeological site tour: Walbrook Walkabout, 16+yrs, need to book, 21 July Museum of London Archaeology & Thames Discovery Programme, 5+yrs. 21-22 July Piecing together the past try your hands at making your own impressed decorations

> 0-21 July New Victoria Theatre Woking 01483 545900 South Pacific. 23-28 July Dream Boats & Petticoats. 12-14 July Olympia Grand Hall 08705 900 090 The 50+show for tickets www.50plusShow.com, FREE.

page 11

Amateur Swimming Association

Amateur Swimming Association (ASA) reveals a third of children in England cannot swim by the time they leave primary school.Below are five simple, fun games from Speedo® - the world's leading swimwear brand - parents can play with their children to help teach them to swim, and be happy in the water.

1. Skittles Parents, you're the target. As the 'skittle', stand five metres from your child in the water and cheer them on to take turns to walk, skip, hop, jump or paddle through the water to 'bowl' you over (on your knees if it's shallow!) Encourage them to use their arms to propel through the water, using 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 travelling backwards, or even

sideways through the water. To

vary the game, use a waterball

as a different type of target.

2. Starry Sky This is a safe technique. which teaches children how to float. Support your child with floating aids as they stretch out horizontally on the water, like a big star in the nightsky. 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 and hold their hand as they learn the technique. The 'frog' starts with toes gripping the edge of the pool looking forward; then jumps away from the side, landing on their feet with bent knees. Kids love this activity. so always remember to check the pool depth first.

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 confiden going it alone, use floating aids to help with buoyancy

July 2012

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.



We take children (age 6 months - 16 years) on a roller coaster ride through their imagination and land them safely back home with a buiging beg of amazing memories. Unforgettable stories & characters! Thriting & exoting games! A party they'll remember forever!

01932 256294

Coombe Wood Lawn Tennis Club Summer Camps GALSWORTHY ROAD, KINGSTON UPON THAMES, SURREY KT2 (opposite Kingston I

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

Tiny Tots (4-5 years) & Shorties (6-7 years) m/Large soft tennis balls will be u with emphasis on racquet & 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 ball will be used with emphasis on stroke Ability to play from midcourt/baseline Attend 10.00am - 4.00pm Monday to Friday each weel

Squad (11 years and over) able to play from baseline Emphasis on stroke technique & matchplay

Attend 10 00am - 4 00nm Monday to Friday each weel

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

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£144/£168 (get one day free!!!)

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£144/£168 (get one day free!!!)

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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 6 20th - 24th August Week 5 13th - 17th 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

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HOOK AQUA CENTRE

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 evercise - 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 all 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

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 ain 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-

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 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

specifically to redress this. Choice in physical activity is crucial and schools should seek the views of pupils

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 school to make sure that a range of activities are on offer.

Sue Tibballs Chief Executive of WSFF said: "It is well-known that school children are less active than

develop policies and strategie they should be. This problem is particularly severe for girls Our research shows that PF and school sport is actually putting the majority of girls off

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

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

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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Education

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.

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by RFU with awards -including the coveted Volunteer of the Year Award for the Head

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Players from Under 5 - Under 14 and Girls' Tag and Contact teams

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

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/ iop/2012/page_55925.html

Helping Children Deal with Anxiety and Build Confidence by Maria Furtek

a child who is anxious to"ston

worrying" and pull themselves

Children who worry too much

are held captive by their fears

together has limited effect.

and will often go to great

situations. Parents often

find themselves spending

huge amouts of time and

energy, reassuring, coaxing

adult logic to the problem.

I work creatively and in a

fun way with children (and

them contain their anxiety,

how to think differently,

build confidence and relay

externalise it and teach them

(this follows the principle of

cannot be both relaxed and

back control of their anxiety

competing demands ie that you

anxious at the same time!) My

aim is to teach the child to take

accommmodating and applying

usually with ineffective results

often their parents too) to help

lengths to avoid frightening

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

and to teach them skills and how to deal with. Just telling 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

Expert advice on preventing vitamin D deficiency in toddlers

July 2012

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 for 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

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

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come at a better time



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- ★ New Yr 7 Classes Please call to sign up while spaces last!

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OxBridge Centre is a well-established tuition centre based in New Malden, Currently there are around 420 students from year 1~A-Level studying at the centre, Why don't you join us too

July 2012

13 July Ashtead Peace Memorial Hall Woodfield Lane Friday Market with lots of stalls featuring plants, cards, cakes collectables, jewellery, books, toys & nuch more

13-15 July RHS Gardens Wisley Wisley Acres Lawn. School hols 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 New Wimbledon Theatre 020 8545 7000 Momentous Mu Gareth Gates. 21-22 July Peppa Pig's Treasure Hunt. 21 July Sing-a-long Abba Tribute. 23-27 July Dance workshop, Just Dance, 12-16yrs.

4 July Hounslow Heath 020 8577 3664 Butterfly Walk learn about butterflies, what their life cycles are & what plants they like to feed from, 2 fuly Food for Free take a stroll with the Ranger around the Heath who will teach what is safe to eat out in the wild& what's not plus some other useful skills

14 July Pyrford Cricket Ground Coldharbour Road Woking Pyrford & Wisley Flower Show & Fete plus a wide range of stalls & sideshows, 12.30-5pm. July Celebrate Pyrford a special event running alongside the Olympi Cycle Road Races with a large outdoo V screen on both days to watch the sport.

3 July activities on offer to include tugof-war, bouncy castle, gladiator gam giant inflatable slide, a beer tent, bbq &

14 July Tandridge Village Fete Fun packed afternoon with the FREE Slippery Pole fights (as featured on Blue Peter) the hilarious National Fee Throwing Championships & lots more 1.30-6pm, entrance under 16's FREE

www.tandridgefete.org.uk. 14 July Teddington Baptist Church 4pm, <u>www.mum2mummarket.co.uk.</u>

14 July Bourne Hall Museum Epsom
020 8394 1734 The Warrior King of

Sutton Hoo. 2-20 July Community Big Day-Hatch Furlong. 24 July Horrible Epsom Walk, 2-3.30pm meet at the Clock Tower, Epsom Market.

14 July Ewell Village Fair in Glyn House Grounds Ewell Event includes displays from the Southern Golden Retriever dog display team, St Mary's Morris Men plus a variety of sideshows & stalls, children's fancy dress competition nony rides bouncy castle nunch & judy how, a selection of teas, coffees, cakes unches, ice cream & much more, 10

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

, entrance under 16's FREE. uly The Rosendale Comedy Club West Dulwich 020 8761 9008 Comedy Clubs a 1hr show of funny sketches & nteractive games for 2-9yrs. 4-15 July Rural Life Centre Farnhan

01252 795571 Stationary Engine Rally with engines of all sizes & ages many ating 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 wheelwrights demonstration & for the very young the doll's house will be open for you to go inside, pay for admission & all activities engines of all sizes dating back to the

01372 452048 Open Air Theatre As You Like It. 21 July-2 Sept Summer hols, trails with a different one each week. 15 July Ashcroft Theatre Fairfield Croydon 020 8688 9291 There Was an Old Lady Who Swallowed a Fly.

15 July Gingerbread Epsom Merton Sutton Single parent friendship group meeting at the Tattenham Corner pub at 2pm for a 2.15pm treasure hunt, fun FREE & good exercise for the body & brain as well as giving you a chance to meet other people, www.quizwalks.com r email <u>singlegems@hotmail.co.uk</u> 5 July Questors Theatre Mattock Lan Top Sale, to book 07785 222955.

PARENTS NEWS On-line updated daily and you

can read copies of this and other area editions

www.

parents-news.co.uk

18 July-28 Oct Tate Modern London 020 7887 8008 Opening of The Tanks 15 week festival historical works that have shaped it. Every weekend Open Studio play & create with ideas & materials for all ages. Daily paper based activities for families FREE, Daily Children's Multimedia Guide music, video clips &entertaining games, 5+yrs. Every eekend Start Sessions with games, map making & clue matching, 5+vrs, FREE 20 July Throughout Mole Valley Olympic Flame comes to Dorking, families line the route cheer Torchbearers, plus children given hand held flags to wave FREE 8-29 July Olympic Road Cycling Road Races, roads start closing form 4am on the Sat, this Olympic ever

Green which is ticketed by LOCOG. 28 July The Big Weekend celebrations. rts in Dorking & Leatherhead, FREE www.molevalley.gov.uk/london2012.

O July Grange Meadow Bletchingley 01883 724599 The Big Village Sports Day Tandridge Trust welcome Olympic Flame, all FREE. Participate in sports not try before, plus coaches from Chelsea FC inflatable sided pitch. Olympic challenge all ages, plus Olympic torch & ceramic all ages, plus Olympic torch & ceramic medal making workshops, arts for juniors with craft, face painting circus skill & under 5's zone, 2.30-4.30pm, FREE. 20 July Science Musuem Imax Theatre

0870 870 4868 The new Batman film early 1900's. 14.15.21 July Polesden Lacey Dorking The Dark Knight Rises'.

20-22 July Loseley Park Guildford
01483 454213 The Garden Show plus opportunity to explore the walled garden plus daily tours with the Head Gardene 1 July St Nicholas Youth Centre

Godstone 0797 4961348 Jumble Sale in aid of Baypond Baby & Toddler Group, 10-12.30pm, any donations to be dropped off on Fri morn between 9-11 30am of can come & collect, Tel: 0797 4961348.

21 July Ripley Village Green
Traditional family fund day for all ages with non stop 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.

1 July Leatherhead Theatre 01372 365141 Cool Britannia y Farnham Maltings 01252 745 444 Festival of Gardening themed displays, plants for sale, under 15' FREE 28 July Knight Stars in a Toybox live band & dancers 2yrs – adults. 21July Manor Farm Tiddy-hogs, Fairy

Trees & Gollenweed join the ranger as she shares her love of countryside around Manor Farm, need to book, distance 2 miles, Tel: 07896 640165.

21 July-12 Aug London Wetland Centre Queen Elizabeth's Walk Barnes 020 8409 4400 Wetland Olympics with crafts & games. 7,8,14,15 July Family weekend activities with crafts pond dipping sessions & more, FREE with admission. Every Tues & Thurs Pushbabies fitness for new mums to get back into shape in a fun & sociable environment with a qualified instructor. 14 July Butterflies & moths walk. 14 5 July Dragonfly Weekend with walks around the the reserve where you will find out more about the perfect habitats for these insects plus talks, FREE, with admission. Every weekend & school hol children's activities discover the centre's wildlife & learn weird & wonderful facts with regular pond dips, wildlife walks & trails. Every weekend Walk with a

the hide (in the Peacock Tower). 22 July Gunnersbury Park Museum

020 8992 2247 Hands on Archaeol family activity day with hands family activity day with hands on activities & lots of fun with quiz trail & see what archaeological finds you can dig up in the sandpits, FREE. 24-Vikings one day craft, drama workshop, 8-12yrs, need to book, FREE 22 July Rentwood School Fetcham

Leatherhead 07852 305445 Surrey Association for Visual Impairment 90 anniversary Sponsored Walk 5 mile 22 July Barnfield Care Home Horley

Show & Sale, entrance FREE but some Show & Sale, entrance Frence out 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 traile talke & lote more 24 ly How to look good Tudor style, try on costumes & step back in time. 25 July The Lightbox Woking 01483 737800 Shrink plastic creations

4-8yrs & 8-16yrs. 26 July Drawing in the Courtyard workshop. 27 July Bubble Fun drop in family workshop. 25.31 July HMS Warrior Portsmouth

02392 728060 Victorian storytelling July Victorian naval tradition with sea songs, knot tying, gun drills children's activities & workshops. Every hols Fun at the Victorian Seaside, put on a Punch & Judy show & take a souvenir to take home & play with Victorian style

tovs & board games. 25 July-30 Aug Hackney Museum 1 Reading Lane Hackney 020 8356 3500 Olympic art & craft drop in workshops FREE. Now On, Olympic Corner Exhibition. Now On A-Z of Hackney Trail take a tour around hackney. Now or

Olympic Artists exhibition. 26 July Snuff Mill Environmental Centre Morden Hall Park Morden 020

8545 6850 Meadow Safari 27 July Apsley House Wellington MuseumHyde Park Corner London 020 7499 5676. Late night opening July-9 Sent Madame Tussands Marylehone Road London 0870400 3000 Opens out of hours for special tours over

the Olympics.
28 July London Coliseum St Martin's be erected sponsored by The Exchange Lane 0871 9110200 Nutcracker ballet. 28-29 July Carshalton Lavender Harvest Weekend Stanley Road LLP. Savills. Allan Fuller & Gidden Place with a weekend event of food, music & entertainment plus a flat screen television to watch the Olympic Cycling Allotments 07948 174907 Pick bunches or buckets of lavender large scale still Road Race, the cyclists will pass through lavender cookies bho

them on.
29 July-1 Aug Eltham Palace Court
Yard London 020 8294 2548 Time Travellers Go. Archaeology take part in a sand pit dig to unveil secrets from the past with lots of hands on activities. 29 July-2 Sept Mary Rose Museum

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plants for sale & lots more. FREE entry

but small charge for bunches or bucket

of lavender, 10-4pm. 28-29 July Denbies Wine Estate 01306

876616 Surrey Hills Road Race 28 July-20 Oct Kingston Museum and Heritage Centre Wheatfield Way

Kingston 020-8547 5006 Olympia

Putney An impressive marquee wi

Shopping Centre, alongside Workma

OJuly Lacey Road Street Party

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parents-news.co.uk 7 July Hillcross Primary School, Morden Summer Fete & Craft Fair with a visiting farm, pony rides, craft fair, stalls & attractions, inflatables, international food & more 12-

14 July Burlington Junior School, New Malden, Summer Fair. 12-4pm.

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Published & Copyright 2012 Parents News UK, 10 The Manor Drive Worcester Pk Surrey KT4 7LG 020-8337 6337 Prep & Printing: Mortons, Morton Way, Horncastle, Lincolnshire LN9 6JR 01507-52345





✓ Writing

✓ Progress tracking