

PARENTS NEWS

July 2014 No. 233 The First & Foremost Local Monthly Newspaper for Families

1993 - 2014
22nd Successful Year
Thank you

FREE

www.nationaltheatre.org.uk

The Elephant

www.thedockyard.co.uk

What's On in July & School Summer Holidays

www.bbc.co.uk/proms
(photo: BBC/Chris Christodoulou)

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

Three Editions in South-East England



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South West London & Surrey

Out & About

Win a Giraffe.....meal!

PARENTS NEWS has teamed up with family-friendly restaurant group, **Giraffe**, to offer one lucky family the chance to win a meal at the newly refurbished Blackheath restaurant!

Take a culinary global tour and discover a world of flavours at **Giraffe**. From its delicious Daybreaker Omelette, "Firecracker" Chicken Tenders served with Asian Slaw, Fresh Lime and Wasabi Aioli or Mexican Chicken Burger to Key Lime Pie with Tangy Marmalade – there is something for everyone, be it breakfast, lunch or dinner.

Little ones are just as important as grown-ups at **Giraffe**, and have their own menu of mini-mains, desserts and drinks, complete with puzzles and games to keep them entertained.



So, whether you're treating the kids to lunch, settling in for a leisurely family breakfast, enjoying a welcome coffee break or grabbing a mid-week cocktail with friends, giraffe is the ideal destination.

COMPETITION: To be in with a shot of taking home this tasty prize simply answer the following question:

What colour is a giraffe's tongue?

Send your answer on a post card to **PARENTS NEWS**

10 The Manor Drive
Worcester Park
Surrey KT4 7LG
or email
info@parents-news.co.uk
First correct answer drawn at noon 31st July 2014 wins Family meal voucher to the value of £100 per prize.

Usual **PV** terms and conditions apply

Giraffe,
58-62 Tranquil Vale,
London, SE13 0BN
020 8463 9155
www.giraffe.net
[@giraffetweet](https://www.facebook.com/giraffestaurants)



Proms Plus Family Royal College of Music

Free family workshops are the perfect introduction to the music you'll be hearing at the **Proms**. Fun and interactive, the workshops engage with children of all ages and abilities so that they really get the most out of the music. There are six workshops to go with **six Proms**, that you and your family will enjoy. The workshops last for about an hour at the **Royal College of Music** (just opposite the **Royal Albert Hall**) – so when the workshop is finished you can make your way to the concert with time to spare. Professional musicians bring the music to life, and you may bring your own instrument! Suitable for ages 7+

Monday 21 July
5.30pm – 6.30pm
This Prom starts with Richard Strauss's comical portrait of a cheeky prankster. There's a beautiful Violin Concerto by Dvořák performed by Julia Fischer, who first heard the piece when she was just 6 or 7 years old. Then take a trip to the countryside without leaving town, with Beethoven's "Pastoral" Symphony.

Monday 28 July
5.30pm – 6.30pm
Prom 15 is perfect if you love a great story. Both Jonathan Dove and Ravel were inspired by Greek myths to write these

stunning pieces – Dove's piece is brand new. Plus there's a famous and brilliant Piano Concerto by Mozart.

Sunday 10 August
5.45pm – 6.45pm
Prom 33, where the awesome **National Youth Orchestra of Great Britain** perform pieces by some of music's greatest rebels. Pianist Louis Schwizgebel says Prokofiev's Piano Concerto is "full of disobedience", while British composer Sir Harrison Birtwistle is known for his daring style. There are colourful sounds from Lutoslawski, and even a musical puppet show by Stravinsky.

Saturday 23 August
5.30pm – 6.30pm
This Prom is one big fairy-tale, featuring Ravel's enchanting Mother Goose and Szymanowski's sparkling Songs of a Fairy Princess. Rachel Leach will introduce exciting new music from Finnish composer Jukka Tiensuu, and a happy ending, too, when Scheherazade tells her stories from the Arabian Nights in R姆斯ky-Korsakov's magical masterpiece.

Thursday 28 August
5.30pm – 6.30pm
Holst's awe-inspiring Planets suite, from marching Mars

July 2014

to jolly Jupiter. Schoenberg

was a pioneer who took sound to thrilling new places, and Scriabin's Poem of Fire is like a fireworks display of musical colour.
Tuesday 9 September
5.30pm – 6.30pm
Buckle up and join Rachel Leach for a whirlwind trip to America, and a whistle-stop tour of its different styles. There are cowboys and country music from Copland, and jazz, blues, and thrills and spills from the Brubeck family, in music never before heard in the UK.

How to book
PromsPlus Family workshops are free at the **Royal College of Music**. Workshops are un-ticketed but capacity is limited. Doors open 30 minutes before the events begin and entry is on a first-come, first-served basis.

PromsPlus Family Ticket Offer
A limited number of £5 tickets available for the six specially selected **Proms** at the **Royal Albert Hall** following the free **PromsPlus** Family workshops. To apply for tickets call **0845 401 5040** (9am – 9pm daily) and ask for **PromsPlus** Family tickets. Alternatively you can book in person at the **Royal Albert Hall**. Booking fees and conditions apply.
www.bbc.co.uk/proms

July 2014

Family Fun all Summer The Historic Dockyard Chatham

Families can do something different almost every day this summer at **The Historic Dockyard Chatham**. With visitors can enjoy lots of new activities, clamour aboard three historic warships, enjoy 80 acres of fantastic maritime heritage, experience the ½ mile long ropewalk as rope is being made plus enjoy both indoor and outdoor play areas.

New for 2014 is "**Doc Yard's Techsplorers**" – fun and engaging engineering and technology activities. Particularly suitable for families with children aged 7 – 12. **Doc Yard's Techsplorers**

will run every day throughout August in the awe-inspiring surroundings of Slip 3, the building itself an impressive piece of engineering. This fabulous family fun is included within the annual ticket price of **The Dockyard** and will run at regular intervals throughout the day. **Doc Yard**, the dockyard's brilliant but slightly eccentric resident professor, together with his assistant **Bunsen**, will guide families through a series of hands-on practical activities, enabling them to discover the dockyard's technological and engineering past, which will bring a breath of fresh air to the science of sailing and flying. Families will build

their own balloon car and race it against others on the track; design and make a kite, seeing how it catches the breeze and how high it will fly; and build dockyard structures out of K'nex. The activity culminates in Doc Yard's breathing taking, interactive science show. **Doc Yard's Techsplorers** activities run every day from **1st – 31st August**, suitable for 7-12 year olds and are included in the dockyard ticket price. **Pirate Play Days** runs from **26th July until 1st August** and a small additional charge applies to the Sand-pit Treasure Hunt.

www.thedockyard.co.uk



Blowing the Whistle on GDC Scam.

Orthodontists and the General Dental Council are operating an illegal scam to withhold information from the public about new methods which can avoid almost all extractions and even major jaw surgery. This is being done partly to protect traditional methods and partly to preserve the high incomes of orthodontists and surgeons. Research suggests that this British development is being ignored in the UK while spreading rapidly abroad. As a result hundreds of children and young adults have extractions and jaw surgery, unaware they may be unnecessary.

Some Orthodontists mislead patients, saying that extractions can be avoided although the traditional methods they use leave too little room, risking severe damage to the face. It is wise to explore the internet yourself, many sites make great claims and show beautiful faces but very few show good results before and after treatment. Even the media is scared of disclosing this scandal.

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.

Orthodontics usually requires the extraction of 4 to 8 sound teeth although this is frequently denied.

Easily treated by natural methods. No extractions. No "Train Tracks". No retainers.

Research shows Orthotropics can get much better results than "Train Tracks".



When experts disagree, where do you go for answers?
www.Orthotropics.com
Ask an appropriate professional to refer you for a free assessment

john.mew@virgin.net

Professor John Mew, Tunbridge Wells 01892 526406 and personal 01435 862045
Email: john.mew@virgin.net

BBC PROM

SATURDAY 26 & SUNDAY 27 JULY 11.00AM - ROYAL ALBERT HALL

Take a journey through London with some of your favourite CBeebies characters and explore the sounds of the orchestra, as well as the everyday sounds around us. The BBC Philharmonic will be joined on stage by Mr Bloom, Robert the Robot from 'Justin's House', Gemma Hunt from 'Swashbuckle!', Chris Jarvis from 'Show Me, Show Me!', Bernard Crabbins and Sally the Dog from 'Old Jack's Boat'.

BOOK NOW
CHILDREN £6 • ADULTS £12
£5 standing tickets available on the day, no booking fee
Visit bbc.co.uk/proms or call 0845 401 5040

*Calls over 10p. Sprint from most landlines (no additional connection fee may apply).
*Calls from mobiles may cost considerably more. All calls will be recorded and may be used for marketing purposes.
*A booking fee of 2% of the total value (plus £1.50 per ticket) up to a maximum of £20 applies.

THE HISTORIC DOCKYARD CHATHAM

SUMMER FUN!

PIRATE PLAY DAYS
26 JULY - 31 AUGUST 2014
Join the pirates for sand pit and inflatable fun!

DOC. YARD'S TECHSPLORES!
1 AUGUST - 31 AUGUST 2014
Hands-on activities for budding engineers!

PAY ONCE VISIT AGAIN & AGAIN TICKET VALID FOR A YEAR

thedockyard.co.uk

Historic.chatham @DockyardChatham

Doc. Yard's Techsplorers is supported by **RED SYSTEMS**

A small additional charge may apply to some elements of school holiday family activities.

Out & About

The Elephantom Transfers to The West End for Strictly Limited Summer Season



Stagecoach Performing Arts

Sarah Chitty has taken over a **Stagecoach Performing Arts** franchise. She is a local mum in Teddington, with her husband **Will Chitty** both actors. She works as Marilyn Monroe

www.marvelouslymarilyn.com. She runs childrens parties, and they have a wedding film company lovedweddingfilm.com. She has sung all round the globe and seen in many commercials on TV. They have 3 children, twins age 8 and a daughter age 5. Busy enough but excited about the new venture

020 3700 9127
twickenham@stagecoach.co.uk

elephant living in her house. He makes life so much more fun! But **Elephantom** are a bit too big for houses and before long he's causing a lot of trouble.

It is particularly appropriate that **The Elephantom** will share the same stage as the West End production of **War Horse**: Finn Caldwell was associate director of puppetry for **War Horse** in the West End and Australia from 2010 until 2013.

0844 811 052
#TheElephantom @TheElephantom
www.elephantomstage.co.uk
www.nationaltheatre.org.uk

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by Ross Collins
Adapted by Ben Power

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NEW LONDON THEATRE

0844 811 0052 | ElephantomOnStage.co.uk | 020 7452 3000
Booking fee No booking fee

Out & About

DLR launches free audio guides for journeys along the DLR

An infographic including some of the key facts included in the audio guide is also available. Free audio guides are now available for all users of the DLR, created to accompany any journey along the DLR in east London. The audio guides outline a history of the area, including information about the key landmarks that can be seen from DLR trains.

An infographic outlining a number of the interesting facts about the famous landmarks in east London is also available on their website.

To view the infographic and to download the audio guide for all the different DLR routes simply visit www.tfl.gov.uk/planet-dlr.

Some of the facts included in the audio guides and infographic are:

•The Cutty Sark takes her name from a character in a



Angela's Swim School

Angela's Swim School offers a wide range of classes to cater for all ages and abilities. The classes are carefully geared to ensure they have a perfectly suitable class to aid anyone in their goal of reaching their full swimming potential. They offer both private and group lessons and pride themselves on having small group sizes to enable teachers to give each swimmer as much attention as possible.

Lessons from 4 months to adult with high quality teachers. They now offer the RLSS Rookie Life Guard Program, which is geared for swimmers who are a minimum of 8 years of age and can swim at least 25 meters. Every Wed Heaven at Nuffield 19 High Street www.heaven-nuffield.com. Smiley Faces music group for babies & toddlers for up to 2yrs & 2-4yrs, there is also a playroom for under 5's, a café & crèche.

10 July Sheffield Park and Garden Nr Haywards Heath East Sussex 0825 790231 Bat Walk. Until 17 July International Garden Photographer of the Year Exhibition. 19 July Pop up camping set up camp & members of the Wealden Astronomers

Michael Deverell, Marketing & Communications Officer for Servo Docklands said "The audio guides provide a different way to discover the colourful history of east London. Easy to use, they make any commute or journey more interesting as you can gaze out the window and find out more about the landmarks passing you by."

www.tfl.gov.uk/planet-dlr.

More than a dozen events lined up for the South East

Minister for Communities Stephen Williams announced 170 free concerts across England on 11-13 July, bringing people from all backgrounds together to listen to and participate with the best local musicians.

The 'Our Big Gig' events, 14 of which will be in the South East, will be free for both participants and spectators, and will feature more than 7,000 musicians and 2,000 volunteers helping stage events at venues ranging from

Daily throughout July

Castle Robertsbridge 01550 820196 All things herbal, discover plant life & learn about medicinal use. Every Wed & Thurs 30 July-28 Aug Knight & Princess academy, sessions include dressing up in a costume, craft activities & training on how to be a knight or princess. 5+yrs, need to book.

New Legoland Windsor 01753 621621 Pirates Landing gets a major re-vamp to become *New Pirates Shores* featuring Castaway Camp a new pirate adventure play area with more than 100 brand new Lego modes & themed features on the Pirate Falls Treasure Quest log flume ride, plus a new themed restaurant & lots more.

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07432 530104

shopping centres, schools, town centres, churches, parks and village greens and pubs. All venues will be open to people of all ages. The gigs are part of government's work to bring people together in strong united, communities, as well as an "Inspired by 2012" project which aims to keep the legacy of the 2012 Olympics and Paralympics alive.

Stephen Williams said: "Live music is a great way of getting people from all different backgrounds and from right across the country involved in their local community and have a weekend of free

Out & About

England's Biggest FREE Music Festival

Society will be on hand in the evening to give guidance & advice on stargazing to help you tick off number 27 or your 50 things list. 23 July-4 Sept 50 things summertime challenge a range of holiday events 7 trails to see how inventive you can be with your 50 things list. 12 July Monk's House Rodmell Lewes 01273 47460 Readings in the garden 13 July Romney Hythe and Dymchurch Railway New Romney Kent 0679 62553 1940's Guided Tour. 14 July-14 Sept Spinnaker Tower Portsmouth 02392 857520 Super Saver family ticket on offer of a family visit offers a 20% saving on standard prices. Twitter: @parentnewsuk

entertainment into the bargain. The Our Big Gig weekend will help turn traditions and neighbours into friends and encourage lots of music, in some cases for the first time."

Locations and line ups: www.superact.org.uk/ourbiggig/events/all-events

In 2012 more than 200 community-led performances attracted 200,000 people on the closing day of the Paralympics, and last summer's Our Big Gigs saw over 200,000 people attend free concerts.

to book. 31 July 50 things Thursday, with art workshops, kite making, fossil discovery & lots more, need to book. 19 July Bateman's Burwash 01435 882302 An audience with Kipling. 24 July Jungle Book & Just So, Jungle book trail. 24.25.28.29 July The Mills & Rowing Museum River Meadows Henley on Thames 01491 415600 Discover Art workshop for families. 30 July Fish & Eels workshop, for families. 31 July Princesses & Peas make a magical summer castle & star in your own fairytales for families. Every Sat during term time Artways Art Club, 5 week sessions, 11-15yrs. Every Wed during term time Taylor Tug's under 5's Club. 26 July-2 Sept Standen East Grinstead 01342 323020 50 things activity with family trails & activities, special events & craft days. 29 July-28 Aug Royal Naval Submarine Museum 02392 545034 Summer hols activities with craft, living history, puzzles, challenges games & lots more. 29 July Submarine tour trumps fun game using cards. 31 July Life of HMS Alliance find out more about the life onboard.

Our Big Gig is organised by not for profit arts organisation Superact, with the Department for Communities and Local Government as the main sponsor. Ten of the 170 events are going ahead through "crowd funding" from people eager to have an event locally.

Our Big Gig will again offer a unique way for communities to come together. www.gov.uk/government/policies/bringing-people-together-in-strong-united-communities

www.aquariuswimming.co.uk to download holiday course application form

AQUARIUS SWIMMING CLUB 01883 344662 - 01883 342270 Email info@aquariuswimming.co.uk **SUMMER HOLIDAY COURSES** BEGINNERS, IMPROVERS & DEEP WIDTHS starting at 9.00am and 9.30am LENGTHS AND BRONZE at 10.00-10.45am Established in 1979 and offering classes in Caterham, Warringham, Oxted, Hurst, Green

Swimming Lessons Quality classes in small group ** COME AND TRY A CLASS FREE ** Lessons for: Adults and Children from 2 yrs Non-swimmers - Improvers Advanced & SUPER Advanced Classes held at: Downsend School Ashhead/Leatherhead Epsom College For more info contact Colin on 01372 739600

www.aquariuswimming.co.uk to download holiday course application form **AQUARIUS SWIMMING CLUB** 01883 344662 - 01883 342270 Email info@aquariuswimming.co.uk **SUMMER HOLIDAY COURSES** BEGINNERS, IMPROVERS & DEEP WIDTHS starting at 9.00am and 9.30am LENGTHS AND BRONZE at 10.00-10.45am Established in 1979 and offering classes in Caterham, Warringham, Oxted, Hurst, Green

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Holidaying with pets – the breed of travel that continues to grow

Holidaying with a pet is one of the fastest-growing trends in the travel market. It became cheaper and easier to travel abroad when new, simpler rules were introduced in January 2012 and now many dogs, cats and ferrets, are chipped and vaccinated and have their own pet passport.

It seems that a holiday just isn't complete without the family's furry four-legged friend in tow. When it costs between £15 - £50 a day to leave Mutley (or Arthur in our case) behind in a kennel it can be more cost effective too. In 2013, DFDS Seaways transported 42,129 pets across their Eastern channel routes and saw a 14% year-on-year increase in April 2014*. Ferry company LD Lines also reported a 29% increase in pet travel last year on its Portsmouth-Le Havre route.

Pierre & Vacances offer a huge range of inspired vacations from serene spa breaks to action-packed activity holidays suitable for everyone. Their inclusive family ethos of "playing together and staying together" also extends to pets as long as they have a valid rabies certificate. All Pierre & Vacances properties are pet-friendly with pet prices from 9€ a day (1-6 days) and 55€ per week (booked in advance). The luxury self catering accommodation ranges from studios and apartments to villas and country houses with many options just a short pet-friendly drive from Calais, Dunkirk, Le Harve Caen or



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Cherbourg. Set amid beautiful countryside and dotted along the stunning French coastline, Pierre & Vacances' car-free holiday hampers offer not just comfortable holiday accommodation but fun activities and surroundings to entertain all ages and breeds. Pierre & Vacances 4* Village Club Belle Dune is just 1 hours drive from Calais Located alongside a striking 18-hole golf course and close to the sea, Belle Dune Holiday Village blends into a pretty environment of lakes, dunes and trees that are ideal for walkers. The eco-friendly, pedestrian holiday village offers a number of nature-based activities for an action-packed weekend or longer holiday. Prices in the Village Club Belle Dune start from £391 for a studio apartment sleeping up to 4 for 7 nights from 13th September.

Pierre & Vacances 3* Normandy Garden Holiday Village is in easy reach of Calais, Le Havre, Caen or Cherbourg. Normandy Garden holiday resort is set in the heart of the Auge country, 2 hours from Paris and close to Deauville's, Cabourg's and Villers-sur-Mer beaches. The self-catering apartments, houses and cottages are all wooden with tiled or slated roofs inspired by Normandy's traditional architectural style. Normandy Garden apartments are surrounded by 30 acres of hilly landscape and split into 8 districts. Pierre & Vacances 4* Residence Le Green Beach



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Out & About

Monkey Swimmers Makes A Splash

Just in time for the summer holidays Monkey Swimmers has launched a range of fun and educational swimming aids for children. All swimming aids have been designed with safety in mind and to appeal to children and ensure maximum comfort. Since the launch of Monkey Swimmers, Monkeys Inc Limited has been keen to develop its product offering and become the number one choice for fun, funky and educational swimming aids for children.

New to the range this year is the Monkey Discs incorporate the same award winning super soft non-slip arm grip design as the Monkey Swimmers these funky swimming aids are fin shaped which adds additional buoyancy. Suitable for ages 1-12 years and £22 including delivery. Great for building confidence in the water and learning how to swim the new Swim Noodles/Woggles come in a

choice of four colours at £4.99 including delivery. The original Monkey Swimmers, is an armband designed to be the only one a child will ever need, with three detachable layers that can be removed one layer at a time, a storybook and progress chart. Monkey Swimmers £19.99 including delivery. Swimming Floats in three colours and three cute cheeky animals, including a frog, panda and hippo. These super streamline kickboards have a handy grip position to enable ease of use. £7.99 www.monkeyswimmers.com



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PLUS our fun play area for kids of all ages!

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From £19

Bookham Kids Club

The Dawney School 28 July-1 Aug 8am-5.30pm

Term time: 3-5.45pm

Booking: 01372 376711

info@ashteadkidsclub.co.uk

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Classes held at: Downsend School Ashhead/Leatherhead Epsom College

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SUMMER HOLIDAY COURSES

BEGINNERS, IMPROVERS & DEEP WIDTHS starting at 9.00am and 9.30am LENGTHS AND BRONZE at 10.00-10.45am Established in 1979 and offering classes in Caterham, Warringham, Oxted, Hurst, Green

COUNTRY SOUTH OF ENGLAND RARE BREEDS CENTRE FARM PARK

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Kick summer off with the BIG Butterfly Count July 27th

An action packed day including: Bumblebee Hunt • Bug Roadshow Pond dipping • And much more!

Book online at rarebreeds.org.uk T 01233 861493

Every Mon Wimbledon Library 020 8946 7432 Jewellery drop in workshop for adults. **FREE.** Every Tues Coffee morning for over 50s. Every Tues 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. 8-11.5. **Free 1st Sat** of month Genealogy Sessions, get help tracing your ancestry, drop in session for all ages. **Every Tues & Thurs Children's story & rhyme** time session. **Every Mon Kingston Children's Library** Wheatfield Way Kingston 020 8547 6438 Rhyme & storytime sessions for babies, toddlers & under 5's. **Every Thurs** Stories & crafts for under 5's. **Every Tues Coudon Library** 020 8726 6900 Bookstart Rhythmic time for babies & toddlers, Wiggle & Jiggle, 2-4yrs. **Every Thurs** Storytime, 2-2.5yrs. **Every Sat** Storytime, under 7's. **FREE.** **Every Tues Purley Library** 020 8726 6900 Bookstart Rhythmic time for babies & toddlers & Wiggle & Jiggle, toddlers over 18mths. **Every Fri** Storytime 2-2.5yrs. **Every Sat** Rhyms for babies & toddlers. **FREE.** **Every Tues/Fri Dickerage Adventure Playground** Dickerage Lane Kingston 020 8942 1707 Parent & Toddler Play sessions. **Every 3rd Wed** of the month **Richmond Library** 020 8734 3303 Chatterbooks reading group, 8-9yrs. 4.30pm. **FREE.** 1st Thurs of month Tiny Teddies sessions baby bounce & rhyme. **FREE.** **Every Wed Castellan Library** 020 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 5's. **FREE.** 1st Sat of every month Tiny Teddies sessions baby bounce & rhyme. **FREE.** **Every Wed Sutton Arena Leisure Centre** Middleton Road Cashlodon 020 8770 4088 Women's Recreation Morning with a wide range of sport & social activities available for one single fee, 9-12pm. Daily Playworld fantasy play area, 2-10yrs. **Every Wed until 16 July Wimbledon Park** Revelstoke Road Merton www.merton.gov.uk/activities Sewing Club. **Every Wed & Sat Millennium Arena** Battersea Park 020 8871 7542 Drop in tennis sessions, 5-6yrs, 4-2pm. **FREE.** 1st Thurs of month Tiny Teddies sessions baby bounce & rhyme. **FREE.** **Every Thurs Twickenham Library** Garfield Road 020 8734 3340 Storytime session, under 5's. **FREE.** 2nd & 4th Thurs of month Tiny Teddies sessions baby bounce & rhyme. **FREE.** **Every Thurs Twickenham Recreation Centre** Fullers Way North Tolworth 020 8291 1882 Badminton Club, Play for intermediate/advanced level. **TEL: 020 8395 9175.** 1st Fri of every month **Bergundy & Black Cafe** St Martins Walk Dorking. Bumps & Babies is for mums with bumps & both parents or carers of non mobile babies, meet others for tea or coffee & get your baby socialising. www.ncnt.org.uk/branches/dorking/events/bumps-and-babies. 3rd Mon of every month Nappuccino a natter about nappies as an alternative to disposables. **Every Fri Sutton Library** 020 8644 9696 Job club volunteer led support group for job seeker, all ages. **FREE.** No need to book.

Way Kingston 020 8547 6438 Chatterbooks a reading club for children 7-9yrs with a parent or carer, need to contact library to be placed on a waiting list. **FREE.** **Every Sat Electric Theatre** Oswold Street Guildford 01483 444789 Little Sparks in the Cafe Bar with music, games, songs, stories & puppets & Sparkles Dance Drop in classes for 5-9yrs. **Every Mon & Tues** after school The Man in the Moon Weekly drama workshops, 6-14yrs. **Every Wed All Star Choir**, 8-14yrs. **Every Sat Wimbledon Park Free-standing Gazebo behind the shopping & watersport centre.** Volleyball outside sessions for all levels for local residents in Wimbledon & Merton. **FREE.** 2nd Wed of the month Chatterbooks reading group, 8-9yrs. 4.20pm. **FREE.** 1st Thurs of month Tiny Teddies sessions baby bounce & rhyme. **FREE.** **Every Fri New Malden Library** Storytime session, under 5's. **FREE.** **Every Fri New Malden Baptist Church** Kingston Road New Malden 9942 6912 Tadpoles parent & toddler group. **Every Fri New Malden Library** Kingston Road 020 8547 6438 Baby & toddler rhyme time up to 3yrs. **FREE.** 1st Thurs of month until 5 June Chatterbooks, 7-11yrs. **FREE.** **info@AHM-Ga.com** **Every Fri Waddon Ponds & Wandle Park** 020 8656 5947 Circular walk through Waddon Ponds & Wandle Park, 2-3 miles, meet outside 12L, 11am. **FREE.** 2nd & 4th Sat of the month **wimbledonvalleyballclub.com**. **www.wagonpods.net** **First Sat of every month New Malden Children's Centre** Burlington Road New Malden 020 8336 1561 Saturdays Group with breakfast & fun activities for dads/male carers & their children up to 5yrs. **Every Mon Stay & Play** 0-18mths **Until 24 July All Surrey Libraries** **For Children** 01483 543599 There are a vast array of events on offer log onto the website to see what is available. www.surrey.gov.uk/library or call **01483 543599.** **Until 16 Aug Polka Theatre** 240 The Broadway Wimbledon 020 8543 4888 Moominlauner Madness with Poppin, laughter & live original music, 4-8yrs. **Until 16 Aug Skitterbang Island**, 19 July **Relaxed Performance** for 3-6yrs. **1 July Epsom Playhouse** Ashley Avenue 01372 742555 That'll be the Day. **1-4 July Barn Theatre** Oxted 01883 724852 Hairspray **2 July Fairfield Hall** Fairfield Crofton 020 8688 9291 Guided Tour get behind the scenes & learn more about the history of this 50 yr old building. **FREE.** Meet to book tickets. **3-5 July Yvonne Arnaud Theatre** Millbrook Guildford 01483 440000 **Music & the Giant Peach**, 28-30 July **1 Aug Play in a Week intensive** workshop, 7-12yrs. **3-5 July Richmond Theatre** Richmond Green. Richmond 0844 871 7651 What the Ladybird Heard with live music, puppetry & lots of audience participation. **5 July Thomas Wall Centre** Benhill Avenue Sutton Email suttonmummarket@gmail.com **Mum2Mum** market baby & children's nearby new sale. **5 July Chertsey Museum** 01932 575734 Runnymede Remembers help write on poodles the names of those who died. **5 July Hampton Hill High Street** Summer Fair with a treasure hunt, tug of war. **FREE** puppetry &

bee products including candles & cosmetics, entrance under 5's **FREE.** **6 July Rural Life Centre** Farnham 01252 795571 Polish Day with dancing, displays & themed talks plus enjoy Polish food & beer. **Until 9 July War Comes to Tilford** & Freshman an exhibition examining how the opening of hostilities in 1914 affected the rural landscape. **27 July Rustic Sunday** an experience of rural life with country crafts, country musicians & the ambience of a vanished way of life. **6 July Gattop Park** 01737 649066 www.gattopark.com Country Fair great day out for all the family with animals, country crafts & demonstrations, children's activities, fun dog show & lots more. **6 July Farnham Charity Bike Ride** Offering cyclists of all ages & abilities the choice of three routes with animals, country crafts & demonstrations, children's activities, fun dog show & lots more. **6 July Godalming Bandstand** Phillips Memorial Park, Music in the Park Rotary Bandstand festival concert. **FREE.** plus punicy castle, beer tent, hot food & ices cold drinks available plus cream teas in church hall, 3-5pm. **12 July Music** featuring young bands & musicians from local schools. **FREE.** 2-5pm. **27 July Music** in the Park featuring Godalming Road Choir, 3-5pm. **FREE.** **12 July Wimbledon Common Nature Club Wildlife Watch** 020 8540 6154 Secret Life of the Honey Bees, 6-14yrs. **7 July Ashcroft Theatre** Fairfield Crofton 020 8688 9291 Let Your Feet Compete Grand final. **8-13 July Hampton Court Palace** 0844 4827777 Flower Show, 31 July Open Garden special evening tour with specialist talks. **9 July Concert Hall Fairfield** 020 8688 9291 Crofton Symphonic Band Summer Concert. **12 July Popchoir**, 28-30 July Avenue Q, 14+yrs. **12 July Pyrford Cricket Ground** Colindale Road Woking 07712

music workshops, face painting, craft market, food market, bike markings, dog show, pony rides, reptile show, children's rides, rodeo fun, plant stalls & lots more plus live music, family events & gourmet food stalls, entrance **FREE.** www.lovehamptonhill.com **5 July Marden Lodge School** Crofton Road Caterham 07854 772360 Summer Party a fun packed family day out with bumper aqua boats, mini fun fair, pony rides, inflatables, arts & crafts, shopping stalls, coconut shy, raffle plus entertainment to include cheerleading, belly dance & lots more. 11-4pm. **Twitter: @parentnewsuk** **5-6 July Stoke Park Guildford** 01483 536937 Guildford Model Engineering Society's annual rally event with miniature steam train rides on two layouts, model boat boating ponds, model aero engines, demonstrations, crafts & much more, entrance under 16's **FREE.** **5-27 July Museum of Farnham** Archaeological test-pitting open to the public each weekend & participants of all ages are welcome to try their hands at digging, sieving material & processing finds, in order to find out more about the town's fascinating buried past! **5 July Thomas Wall Centre** Benhill Avenue Sutton Email suttonmummarket@gmail.com **Mum2Mum** market baby & children's nearby new sale. **5 July Chertsey Museum** 01932 575734 Runnymede Remembers help write on poodles the names of those who died. **5 July Hampton Hill High Street** Summer Fair with a treasure hunt, tug of war. **FREE** puppetry &

children's activities discover the amazing wildlife & learn weird & wonderful facts, regular pond dips, wildlife trails. **20 July Dragon Boat Challenge** Canbury Gardens 07825 000445 Fun day out for all the family with shows, juggling, craft activities, bouyee castle plus The Huxley Birds of Prey & the Wandering Jazz Trio, entrance under 4's **FREE.** **19 July RSPCA Millbrook Animal Centre** 0300 123 0740 Car Boot Sale, **10 Aug Pooleston Lacey Dorking** 01372 452048 Wild Learning with the den building, wild art, woodland games, tracking & lots more, 5+yrs. **28 July 2009** Aug Summer holiday activities a different each week of the holidays including flying a kite & snail racing. **24-26 July Rhoda McNeal Theatre, The Peacocks Centre** Woking 020 8890 6826 The Adams Family a musical comedy **24 July -31 Aug RHS Gardens** Wisley 01483 225329 Great Garden Centre & each week there will be something new to discover, design your own explorer costume, make clay pendants & mythical creatures, have a go at archery & in sword fighting, music workshops, **25 July Leathershead Theatre** 01237 365141 Old Macdonald Had A Farm a magical medley of games, giggles & sing along songs, **25-27 July Melrow Farm** Dockenfield Farnham 020 8549 2926 Singing It Back Family Camp with daily singing workshops, supervised kids arts, crafts & sports, kayaking, archery, assault course & more. www.singingitback.com **26 July Banstead Village Market** Indoor with handmade jewellery, photography, kitchenware, handmade soaps, designer clothes, baby gifts, crafts & lots more. **Twitter: @parentnewsuk** **26 July Horsell C of E Junior School** Medway Drive Horsell Village Hall Village Show with flower, cake, crafts displays, Chokey Morris men, punch & fly, punms tent, food, maypole dancing & lots more fun for all the family www.horsellvillageshow.org.uk **26-27 July Hampton Court Palace** Hampton Court 0871 230 2200 Georgian Garden Party experience life at the Georgian court. **26-27 July Carshalton Lavender Harvest** Weekend Stanley Road Allotments 07860 312839 Visitors are given the opportunity to pick their own lavender plus watch the process of distilling the lavender essential oil on their still. There will also be stalls selling lavender related craft goods, lavender beauty

products & more, entrance **FREE.** www.carshaltonlavender.org **27 July The Green Burgh** Heath Tadworth 01737 352883 Companion Dog Show pedigree, cross breed & novelty classes, something for every type of dog. There will also be stalls, refreshments & **FREE** ringleading, **30 July Sandown Park Racecourse** 01372 470047 Hallow Live with Tom Jones. **30 July Alice Holt Forest** Bucks Horn Oak Farnham 01252 745444 The Jungle Book musical fun show for all ages. **30 July Guildford House Gallery** 155 High Street 01483 444751 Summer workshop create your own spinning animation by See of a real zootrope in action & make your own version of this popular Victorian toy. **30 July Birdworld** Farnham 01420 22140 Teddy Bears Picnic bring along your own favourite teddy, there will be fun, games, dancing & loads of prizes to be won. **31 July Epso Downs Racecourse** Tickets 0844 848 0197 Epsom Live featuring Boyzone.

What's On in London Page 10

July~Aug 2014

Summer Courses

28th July ~ 15th Aug 2014 (3 weeks)

11+ Summer Intensive Course *Apply early as spaces are limited!

It's your last chance to prepare for the upcoming 11+ exams!

Subjects VR, NVR, English and Maths
Times 9:00am-3:30pm (1.5 hour / subject)
Venue King's College School, Wimbledon SW19 4TT

Website: www.oxbridgeuk.com

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Chiswick Sat 28th June

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Coombe Wood Lawn Tennis Club Summer Camps

GALSWORTHY ROAD - KINGSTON UPON THAMES - KT2 7BS (opposite Kingston Hospital)

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

Tiny Tots (6-5 years) & Shorties (6-7 years)	Travels & Mini Champs (8-11 years)	Squad (11 years and over)
Foam/Large soft tennis balls will be used with emphasis on racquet & ball co-ordination skills	Low/High compression soft tennis balls will be used with emphasis on stroke technique	Using proper tennis balls and being able to play from baseline
Ability to play on a short court Attend 10.00am - 1.00pm Monday to Friday each week Ratio 1:5	Ability to play on midcourt/strake Attend 10.00am - 4.00pm Monday to Friday each week Ratio 1:8	Emphasis on stroke technique & matchplay Attend 10.00am - 4.00pm Monday to Friday each week Ratio 1:8
Prices shown are per person, per week or daily session / The second, higher amount is for non-members of the club		
Weekly £84/E96 (get one day free!!)	Daily £21/E24	Weekly £144/E168 (get one day free!!)
Weekly £36/E42	Daily £6/E6	Daily £144/E168 (get one day free!!)

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

Multi-Activity Competition Day will take place each Friday from 10.00am-4.00pm for Transits/Mini Champs/Squad players For further information or an application form please contact:

Sunny Dimic (Head Pro) 07949 169882 or **OLLIE LLOYD (Assistant Pro) 07748 961359** or visit our website to download an application form www.coombeooditc.co.uk

We have the latest in teaching equipment including: Air Zone, Speed Gun, Kick-a-Flick, Hitting Hands, Target Windows, Catcha Ball, Tag Ball, Power Resistant Ropes and much more!!!

Tennis Fun Games include: Singles Champion, Doubles Champion, Rotation Tennis, Tennis Cricket, Tennis Volleyball, Wipe-in, Wipe-Out, Games of Lives, Touch Tennis and many more!!!



The School Food Standards

Eating in school should be a pleasurable experience; time spent sharing good food with peers and teachers.

These school food standards are intended to help children develop healthy eating habits and ensure that they get the energy and nutrition they need across the whole school day. It is just as important to cook food that looks good and tastes delicious; to talk to children about what is on offer and recommend dishes; to reduce queuing; and to serve the food in a pleasant environment where they can eat with their friends.

As a general principle, it is important to provide a wide range of foods across the week. Variety is key – whether it is different fruits, vegetables, grains, pulses or types of meat and fish. Children love to hear the stories behind their food. Use fresh, sustainable and locally-sourced ingredients (best of all, from the school vegetable garden), and talk to them about what they are eating. Go to www.schoolfoodplan.com/wwc to find examples of what other schools are doing to encourage children to eat well.

Buying foods in line with the Government Buying Standards will help reduce salt, saturated fat and sugar, and increase fruit, vegetable and fibre content.

* This Standard applies across the whole school day, including breakfasts, morning breaks, tuck shops, and after school clubs

Fruit and vegetables

One or more portions of vegetables or salad as an accompaniment every day

One or more portions of fruit every day

A dessert containing at least 50% fruit two or more times each week

At least three different fruits and three different vegetables each week



Foods high in fat, sugar and salt

No more than two portions of food that has been deep-fried, batter-coated, or breadcrumb-coated, each week*

No more than two portions of food which include pastry each week*

No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat*

Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food

No confectionery, chocolate or chocolate-coated products*

Desserts, cakes and biscuits are allowed only at lunchtime. They must not contain any confectionery

Salt must not be available to add to food after it has been cooked*

Any condiments must be limited to sachets or portions of no more than 10g or one teaspoonful*

Milk and dairy

A portion of food from this group every day

Lower fat milk and lactose reduced milk must be available for drinking at least once a day during school hours

Meat, fish, eggs, beans and other non-dairy sources of protein

A portion of food from this group every day

A portion of meat or poultry on three or more days each week

Oily fish once or more every three weeks

For vegetarians, a portion of non-dairy protein on three or more days each week

A meat or poultry product (manufactured or homemade, and meeting the legal requirements) no more than once each week in primary schools and twice each week in secondary schools*

Food provided outside lunch

• Fruit and/or vegetables available in all school food outlets

• No savoury crackers and breadsticks

• No cakes, biscuits, pastries or desserts (except yoghurt or fruit-based desserts containing at least 50% fruit)

Starchy food

One or more wholegrain varieties of starchy food each week

One or more portions of food from this group every day

Three or more different starchy foods each week

Starchy food cooked in fat or oil no more than two days each week*

Bread - with no added fat or oil - must be available every day

Healthier drinks*

Free, fresh drinking water at all times

The only drinks permitted are:

- Plain water (still or carbonated)
 - Lower fat milk or lactose reduced milk
 - Fruit or vegetable juice (max 150 mls)
 - Plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks
 - Unsweetened combinations of fruit or vegetable juice with plain water (still or carbonated)
 - Combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium; cocoa and lower fat milk; flavoured lower fat milk
 - Tea, coffee, hot chocolate
- Combination drinks are limited to a portion size of 330ml. They may contain added vitamins or minerals, but no more than 5% added sugars or honey or 150mls fruit juice. Fruit juice combination drinks must be at least 45% fruit juice



July 2014

Topsy and Tim Activity Books are Perfect for Summer!

Little ones will love reliving the adventures from the live-action TV drama, with two brand new sticker activity books to be published by Ladybird on 3rd July 2014. The fun-filled sticker books, based on the hit CBeebies show, are the perfect activity books for fans of Topsy and Tim and will keep them entertained on long journeys and over the summer holidays.

www.topsyandtim.com



Summer holiday touch typing courses at New Malden Library for 8-16s

July 14th - 17th, 10:00 - 12:15 pm daily. Cost £145
 July 21st - 24th, 10:00 - 12:15 pm daily. Cost £145
 Aug 26th - 29th, 10:00 - 12:15 pm daily. Cost £145

Beginners and improvers welcome. 10% sibling and bring a friend discounts available. OFSTED registered, payment by child care vouchers accepted. For more information contact

Nick Holt 07812 632238 or nickandsarahholt@hotmail.com.
 See our website at www.typingscool.co.uk for more information

Colin The Crab

Norfolk's Shellfish Hero Gets All Bookish

With the summer holidays just around the corner, *Colin The Crab*, leading light of Norfolk-based *Gone Crabbing*, has launched a new book about him and his shoal of seaside sole mates - *Sally the Starfish and Mike the Mussel* with the help of Mr Pop-up, Robert Crowther

www.robertcrowtherpopsup.co.uk

Life goes swimmingly for the three friends living happily in their remote rock pool. Then, one summer's day, Sally and Mike are swept up into a bucket by a couple of children who are exploring the beach. After a bit of a lie down to recover from the shock, Colin is just about to set off to find his friends when, miraculously, they're returned to their home at the end of the day.



Education St Lawrence College Holiday Camp

During the summer holidays *St Lawrence College* in Ramsgate will again be running its popular sports and activities camp for children aged 3-14 years. Children can attend for a half or full day place, from a single day to a full week.

The camp provides the ideal place for children to explore and enjoy sports and activities whilst making new friends and having fun in a safe environment. Based at the school's extensive campus, the children make use of all the superb facilities on site. Similar successful holiday camps have been run at the school for the last 3 years and many children return year after year.

Sports offered include swimming, tennis, climbing, football, tag rugby and hockey.

Other activities include art and craft, cookery, table tennis, dance and drama. All the camp staff are fully qualified teachers and professionals who have been hand-picked for their energy and enthusiasm to guarantee a fun-packed experience for all.

For more information call **01843 572855** or email holidaycamps@slcuk.com www.slcuk.com

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If you are able to offer this commitment we would love to hear from you.

For more information, contact the Inner London Branch :

020 7730 8259 or 0845 450 0331

Email: innerlondon@beanstalkcharity.org.uk



London Calendar

July 2014

Ongoing Royal Mews Buckingham Palace 020 7766 7302 Family self directed activities from the art trolley, 5-11yrs.

Throughout July Peter Harrison Piano Recital 020 8858 4422 Back to the Moon for Good, 5-9yrs. The Sky Tonight, from Stars to Satellites, 3-5yrs. Space Safari, under 7yrs. 31 July Sci-Fi Movie Night, 11yrs.

Every Saturday Harefest Street Market Balham SW12 fresh food traders sourced from all over London.

Every Sun Victoria & Albert Museum 020 7942 2000 Drop in Design create architectural drawings with professionals or make a puppet horse inspired by the NT's production of War Horse, 5-9yrs. **FREE.** Daily Back Packs families jigsaws, stories & games to explore the collection, 4-11yrs. Activity Cart hands on fun for **FREE**, drop in plus Agent Animal bag a sensory activity bag that has been developed for under 5's containing an audio map & fabric cubes, **FREE.**

Weekends & school holidays throughout July The Royal Observatory Greenwich 020 8858 4422 Meet the Time Travellers, 7-9yrs find out about life & work at Greenwich in the 18th century.

Every Sat Venn Street Market, Clapham Common 020 7622 8259 Offering fine foods & produce.

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

Every weekend Temple Station 020 7222 1234 Harry Potter Locations Tour, 2 1/2 hrs.

Every weekend Greenwich Clocktower Market Greenwich High Road Quirky weekend market has 50 stalls vintage, retro & antiques with a few contemporary craft stalls, **FREE** entry.

www.cloctowermarket.co.uk

Until 6 July 4th Udderbelly Festival Southbank Centre 0844 545 8282 A Simple Space the performers turn themselves into human skipping ropes, sling each other into the rafters semi-aquatic & tumble on the spot & much more.

8-12 July Circus Maximus circus competition, www.underbelly.co.uk

Until 6 July The Scoop at More London South Bank 020 7403

4866 Outdoor festival with a programme of music, dance, award winning theatre, films & live news coverage from Wimbledon, 11.30a.m - 7pm, **FREE**, all ages. 16, 17, 20 July Balkan Express lunchtime performances from Gypsy & Balkan bands part of the More London Festival, **FREE** all ages.

Until 6 Sept New London Theatre Drury Lane 0844 412 4600 *The Elephantman* about a little girl who is unexpectedly visited by a giant blue gosh elephant, 3yrs daytime at 10.11.30am & 2.30pm.

Until 31 Aug Watch This Space Festival 020 7452 3231 The National's **FREE** summer festival & the hub will be at St John's Church on Waterloo Roundabout, & around entertainment in & around the churchyards, they will also pop up with unexpected shows across Lambeth & Southwark from Brockwell Park & Brixton Market to Camberwell Green & the Aylesbury Estate. There will be the best of UK circus, theatre, dance & music, & international visitors & some newly commissioned surprises.

Until 14 Sept Natural History Museum 020 7942 5000 Sensational Butterflies family friendly exhibition tropical enclosure, discovering the science behind these delicate creatures *Daily Who Do You Think You Really Are* state of the art interactive film, **FREE.** *Daily Family Explorer* backpacks under 7yrs **FREE.** *Daily Investigate Centre* explore hundreds of real natural history specimens, from a shark's jaw to a meteorite as old as Earth, families 7yrs, **FREE.**

3-6 July Olympia National Hall Hammersmith with traditional style market stalls, live cookery demonstrations 020 8899 6596 Greek Festival with traditional market stalls, live cookery demonstrations & lots more.

4 July Benjamin Franklin House 36 Craven Street 020 7839 2008 Independence Day Party.

29 July Family Day Festival of British Architecture, Bones in the Basement, **FREE** for adults.

5 July Foyles Bookshop Charing Cross Road London Grand Opening Festival with an all star programme of events.

5 July Parsons Green Fulham Fair on the Green community fun day with bouncy castles, punch & judy, carousels, ventriloquist, magician, bands, instant circus, fire act, climbing frame, food stalls, side show, children's dancing & more, 11.30a.m - 5.30pm, **FREE.**

5-6 July British Museum Great Russell Street 020 7323 8000 Digital workshop, dress up turn yourself into a samurai warrior or other characters using photoshop, families, **FREE.** limited places. **6 July Egyptian photo booth**, **FREE.** drop in, 12 July Passport to after life follow an augmented reality trail through the Egyptian galleries solving clues, **FREE.** drop in, 13 July Reshuffling the deck, card game workshop, **FREE.** 19 July Talk like an Egyptian, **FREE.** drop in, 19 July Young Friends Sleeper, 20 July Neolithic workshop **FREE.** booking advised, 26 July Exploring Egyptian mummies, **FREE.** drop in, 27 July Graphic design workshop, **FREE.** need to book.

5 July St Barnabas Hall Dulwich Village 07778 027799. Baby & children's market selling nearly new baby & children's items from birth - 8yrs entrance children **FREE.**

5 July All Saints Church Hall Beretta Road Eltham 020 8859 0599 Family Fun Day with games, tombolas, craft stalls, cakes, refreshments, children's colouring competition & more, **FREE.**

5 July Old Royal Naval College Greenwich 020 8269 4799 Treasures of the Thames sort & identify archaeological objects hands on family workshop, 7yrs.

5-6 July Curly Sark & National Maritime Museum Greenwich 020 7940 6320 Cracking Codes, intercept messages, map hazards on their sea chart & make up your own secret code, family sign flags & design your own flag, all ages, **FREE**, with entry, 5.29.30 July James Robson, the cook on Curly Sark sing songs, learn sailor skills & find out what was for dinner on board the ship, all ages, **FREE** with entry, 6.12.13.19.20.24.28.31 July *Alroy Captain!* Meet Captain Woodgett the longest serving master to learn about life on board the fastest tea clipper, **FREE** with entry, 5-6 July *The Royal Society* 6 Carlton House Terrace Family activities throughout the day as part of the 2014 Summer Science

PARENTS NEWS

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www.parents-news.co.uk

Other features too!



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12-13 July Horrian Museum London Road Forest Hill 020 8099 1872 Curious Tea Party a weekend of Edwardian inspired entertainment with live music, pop up performances & lots more. **FREE.** **16.23.30 July Jazz Picnic** bandstand concert, **FREE.** **30 July-27 Aug** series of Big Wednesdays with an art & craft, storytelling, drop-dipping & minibeast safaris & lots more. **13 July British London 10K Run** 020 7398 3453 Route through the heart of central London raising money to fund research into miscarriage, premature birth & stillbirth, www.tommys.org.

19 July Mental Health Awareness Walk www.claspcharity.com Walking out of Darkness involves a 25 mile overnight walk to Central London starting & finishing at Richmond's Old Deer Park & aims to raise awareness of mental health issues & suicide prevention.

19 July The Place 17 Duke's Road 0207 121 1100 Something for Kids family event, one day festival with all sorts of dance activities, with things to watch, things to do, places to relax, eat & drink & lots more, families, under 10's.

19 July Dance Nations Dalston, Giltspur Square London N16 Fun filled day of music & dance brings together some of east London's finest talent & the local community to create a carnival atmosphere with an afternoon of dance workshops for all ages & abilities, **FREE.** www.barbican.org.uk

19 July-31 Aug Leicester Square Theatre 08448 733433 Aliens Love Underpants live on stage.

22 July-3 Aug Science Museum Exhibition Rd (0870 870 4868) The Energy Show, 7yrs. *Daily* Take control in 360 degrees flight simulators or fly with the Red Arrows in their sensational 3D motion effects theatre. *Every weekend* Ice Cool Adventure families, under 7yrs, **FREE.** *Every Weekend* Space Out, families, 5-9yrs, **FREE.** *Every Weekend* A Cockroach Tour of the museum visitors take on the form of cockroaches dressing up in realistic costumes, **FREE.** *Every Weekend* explore hundreds of real natural history specimens, discover evidence along the way using microscopes, the computer database & other scientific instruments, science educators are there to help you with your investigations, **FREE.**

24 July Jubilee Park Leyton 020 8533 8022 Nature Trail fun family event

Will Greenwood to climb Mount Kilimanjaro

Fathers including Will Greenwood to climb Mount Kilimanjaro to help prevent premature birth

World Cup winner Will Greenwood will lead a team of 16 'trekkers' to climb 5,895 metres to the summit of Mount Kilimanjaro, between 6-16 August 2014 to raise £250,000 for **Borne**.

In the UK, more than 1 in 10 babies are born too soon, and premature birth accounts for over 70% of disability and death in newborn babies. **Borne** is a collaboration between Chelsea and Westminster Health Charity and the maternity team at Chelsea and Westminster Hospital, which aims to change this. By raising £250,000, "Team Greens" will enable **Borne** to continue its vital work in preventing disability and death in childbirth and creating lifelong health for mothers and babies.

Members of "Team Greens" are from all walks of life and none have a regular hobby of walking up the highest freestanding mountain in the world. Trekkers include lead neonatal nurse at Chelsea and Westminster Hospital, investment bankers, a photographer, a doctor, a gym director, and CEO of Chelsea and Westminster Health Charity, Mark Norbury.

The seven day challenge is not for the faint hearted with temperatures ranging from -20°C to over 35°C, a 5,895m ascent and the unpredictability of altitude sickness. They will be guided by the experienced team at *Charity Challenge*.

There will be seven fathers on the trek who all understand first hand, the precious gift of children and are passionate about creating lifelong health of mothers and babies.

Will Greenwood and his wife Caro are climbing Kilimanjaro together as keen supporters of **Borne**. Their first son, Freddie, was born at 22 weeks and lived for just 45 minutes. Professor Mark Johnson, co-founder of **Borne**, supported Will and Caro through three successful subsequent pregnancies. Will says: "You can keep your medals, keep everything else. Just let me have the kids and without Mark Johnson, we wouldn't have them. There would be this giant gaping void in our life. Supporting **Borne** is so exciting. Through research, **Borne** will be able to help thousands of mothers and babies and that for me is a very special thing."

The trek also means a lot to team member Nick Pye, founder of *Mangrove Consulting*. He says: "Over and above the good work **Borne** is doing, on a personal level, completing this trek means quite a bit. On 9th February 2011 we lost a son at full term.

We subsequently met Mark Johnson and he and the team undoubtedly kept my daughter alive...there are some debts which can never be paid."

To find out more visit www.borne.org.uk

To support Team Greens reach their summit of £250,000, www.justgiving.com/willgreenwood or text WILL13 and the amount you want to donate to 70070 (eg WILL13 £10 to 70070)

Image by Sam Bowen.

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www.thesportsvillage.org.uk

Editor Letters' Page

13th June 2014

Sir/Madam

Urgent appeal to runners to join us in the *Great North Run!*

On behalf of *The Children's Trust*, I would like to make an urgent appeal to running enthusiasts, who would like to take part in the *Great North Run 2014* on **Sunday 7th September**. *The Children's Trust* has a few guaranteed places left to fill but the deadline for registration is **7th July**, so please visit our website as soon as possible to register and secure your place www.thechildrenstrust.org.uk/greatnorthrun

We would also be thrilled to hear from our own place runners who would be interested in joining our team. For further details, please visit the website, or phone me **01737 364323**.

The Children's Trust is the UK's leading charity for children with brain injury.

Yours faithfully

Michelle Oakley
Events Co-ordinator
The Children's Trust
www.thechildrenstrust.org.uk

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