

# PARENTS NEWS

July/Aug 2015 No.202 The First & Foremost Local Monthly Newspaper for Families

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## What's On in July & August School Summer Holidays

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

[www.travelstomyelephant.org](http://www.travelstomyelephant.org)

Three Editions in South-East England



ISSN 2050-4772

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

KENT



## Tanks, Spitfires and Family Fun at Headcorn

Travel back to wartime Britain at the 'Combined Ops Military Vehicle and Air Show' - the only military show in Kent to take place on the ground and in the skies!

Sat 15th and Sun 16th August, this fantastic family friendly weekend will offer something for everyone from military

vehicle displays and living history re-enactments to food and military stalls, tank driving and jive dancing. There is also a packed programme in the sky, with displays from the *Great British Lancaster Bomber*, *Spitfire* and *Hurricane*. Visitors are in for a rare treat as the world's only flying *Vulcan*

*Bomber* will blaze through the skies above the crowds. This deafening aircraft played a huge part in Britain's cold war defence programme and had a key role in defending the Falklands Islands in the 1980's, Martin Withers who made that flight back then will be flying her on the day.



Royal Air Force display team, *The Red Arrows* soaring overhead in a spectacular twenty five minute display of speed, agility and precision. Tickets are priced from £25 for a family of two adults and two children (under 4's free). Book early to save money on your tickets!

Headcorn Aerodrome, Kent

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

### Old Barn Stables

Waffrons Farm, Woodstock Lane South, Chessington, Surrey

**A Friendly, Family Run Riding School**

- ◆ BHS Qualified Instructors
- ◆ All weather sandschool
- ◆ All ages & abilities
- ◆ Lessons & Hacks
- ◆ Pony Days
- ◆ Holiday Fun



Woodland Walk

For directions and info, call

**020 8398 0822**

## 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.

Emily was 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](http://www.Orthotropics.com)

Ask an appropriate professional to refer you for a **free assessment**

[John.mew@virgin.net](mailto:John.mew@virgin.net)

Professor John Mew. Tunbridge Wells 01892 526406 and personal 01435 862045  
Email: [john.mew@virgin.net](mailto:john.mew@virgin.net)

## Hampshire

The Hampshire South Downs nestles between the cathedral cities of Winchester, and Chichester, on the Sussex coast. It has a character all its own - boasting dramatic and inspirational countryside - from its trademark woodland Hangers and sunken lanes through to the high hilltops of Butser and the Downs. The South Downs in Hampshire is rich in opportunities for walking, hiking and cycling but also has a great deal to offer those interested in sampling its history and heritage or foodie delights. This quiet corner of the *South Downs National Park* is famous for its literary heritage and was home to Jane Austen. Jane Austen's

former home is now a famous museum in the lovely village of *Chawton*. Nearby is the former home of the naturalist and ecologist Gilbert White - also now a fascinating museum and gardens. The museum also houses exhibitions dedicated to the great explorers Lawrence and Frank Oates. Very soon there will be a walk in the footsteps of Gilbert White - from Selborne to Oxford, which you may like to hear more about. *National Trust* historic houses *Hinton Ampner* and *Uppark* are both nearby and the area has a series of 6 literary walks following in the footsteps of *Jane Austen*, *Gilbert White*, *Flora Thompson*, *William*

*Cobbett*, *Edward Thomas* and *WH Hudson*. There is lots to delight the food lover - wonderful local produce with restaurants and pubs serving delicious fare.

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

[www.rural-life.org.uk](http://www.rural-life.org.uk)  
[www.sustainability-centre.org](http://www.sustainability-centre.org)  
[www.forestry.gov.uk/aliceholt](http://www.forestry.gov.uk/aliceholt)  
[www.fieldfarmproject.com](http://www.fieldfarmproject.com)

[www.champneys.com/spa-resorts/champneys-forestmere](http://www.champneys.com/spa-resorts/champneys-forestmere)

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

[www.nationaltrust.org.uk/uppark](http://www.nationaltrust.org.uk/uppark)

[www.easthants.gov.uk/tourism](http://www.easthants.gov.uk/tourism)



Nurseries for children aged 3 months - 5 years

## A dream for every pre-school child...

...and their parents



Everything you'd expect in a nursery, and more

**DORKING RECRUITMENT DAY**  
Saturday 11<sup>th</sup> July  
10am - 2pm

Come and visit our wonderful nurseries **Chiswick, Kingston, Fulham & Dorking**  
Contact us for more information  
020 3031 4700 [info@activelearningchildcare.co.uk](mailto:info@activelearningchildcare.co.uk)

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Unique programme of art, drama, music, science, literacy and IT with dedicated teaching specialists

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A fresh approach to nursery education.

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



## Battersea Park Children's Zoo

Usual entrance fees apply. Children MUST be accompanied by an adult

**Tuesday 21st July**  
**SSSSNAKE DAY** - Snake Story Time @ 11.45am & 2.15pm - Meet a real snake @ 12.15pm & 2.45pm  
Make a snake puppet (free) &/or a snake badge (cost £1)  
Drop in sessions: 11am - 12.30pm & 1.30pm - 3.30pm.

**Thursday 23rd July**  
**Meerkat Day** Meerkat Story @ 11.45am + 2.15pm  
Meerkat feeding time fun @ 11.15am + 2.45pm - Make a Meerkat puppet (free) &/or a meerkat badge (cost £1)  
Drop in sessions: 11am - 12.30pm & 1.30pm - 3.30pm.

**Tuesday 28th July**  
**Wildcat Day** Find out all about Scottish Wildcats and see the zoo's Scottish Wildcats: *Cormack & Glenn*. - Today ONLY Wildcat Keeper talks @ 11.45am & 2.15pm  
Wildcat themed Activities. Sign up and take part ...4 x 45 min sessions @ 11am, 12pm, 1.30pm, 2.30pm

Cat Story Time and Wildcat Chat by *P.T.E.S. (People's Trust for Endangered Species)*  
Cat ears craft activity, finished off with face painted whiskers! (free) Cat Face painting (Cost £2.50)

**Thursday 30th July**  
**Australian Animal Day**  
Watch the Emus have a shower (weather permitting!), see the Wallabies bounce around their field and meet a Bearded

Dragon Lizard.  
oin in the Emu themed fun Did you know an Emu egg is GREEN? Help Artist in Residence, Beatrice Von Preussen, complete her big Emu collage by adding your hand print to the picture to give the Emu her feathers!  
Meet a Bearded Dragon Lizard @ 11.45am & 2.15pm  
Make your very own Emu mask (Cost £1)  
Drop in sessions: 11am - 12.30pm & 1.30pm - 3.30pm.

**Tuesday 4th August**  
**Snail Day** Giant African Land Snail... Just how slimy are they? Snail Story Time & meet a snail @ 11.45am & 2.15pm.  
Make your own snail puppet. (Cost £1) Pin the shell on the snail picture!

**Thursday 6th August**  
**BIAZA Big Bug Bonanza Day** (British and Irish Association of Zoos and Aquariums)  
BIG BUG BONANZA Week... there will be free stickers - Meet some creepy crawlies.  
- Listen to a Bug Story @ 11.45am & 2.15pm  
- Make an Ugly Bug puppet (free) Bug picture colouring in  
Drop in sessions: 11am - 12.30pm & 1.30pm - 3.30pm.

**Tuesday 11th August**  
**Piggy Day** - Feed hairy Kune, pigs at 12.15am & 3.30pm (free) - Listen to a Piggy story @ 11.45am & 2.45pm (free) - Make a piggy mask (free) - Make a Piggy Badge (Cost £1)  
Drop in sessions: 11am - 12.30pm & 1.30pm - 3.30pm.

**Thursday 13th August**  
**Lizard Day** Story Time & meet a lizard @ 11.45am & 2.15pm free - Make a Lizard puppet, with movable arms and legs! (Cost £1) Drop in sessions: 11am - 12.30pm & 1.30pm - 3.30pm.

**Saturday 15th August**  
**Cotton Top Tamarin Day**  
Monkey Feeding Time fun @ 11.30am & 3.00pm - Monkey Story time @ 11.45am & 2.45pm free - Monkey badge making (Cost £1)  
- Face painting (Cost £2.50)  
- Monkey Puppet making (Cost £1)  
- Buy a Banana (50p) and have a Monkey Picnic.

(All money raised will go to Projecto Titi, which is a multi-disciplinary in situ conservation program that combines field research, education initiatives and community programs.)  
Animal Story Time Days at the zoo...A chance to... - hear an animal story - make a picture from the story (free) and/or a badge (cost £1) - meet the real life characters! Picture/badge making: Drop in sessions: 11am - 12.30pm & 1.30pm - 3.30pm. Story times & meet the animal character @ 11.45am & 2.15pm  
**Tuesday 18th August** - Rabbit Story Time  
**Thursday 20th August** - Ferret Story Time  
**Tuesday 25th August** - Guinea Pig Story Time  
**Thursday 27th August** - Hedgehog Story Time  
**020 7924 5826**  
[www.batterseaparkzoo.co.uk](http://www.batterseaparkzoo.co.uk)

## Get Active Wandsworth Festival

Enjoy the **6th Annual Get Active Wandsworth Festival** on **Saturday 18th July 2015**, taking place at *King George's Park*, Wandsworth, SW18 4AZ.  
The day will be packed out with fun free activities for all ages and abilities to enjoy. Keep the kids entertained with bouncy castles or kid's street dance, with circus skills or face painting, while the adults can indulge in some yoga or tai chi, get a health check at the *NHS* stand or even race the kids to the top of the climbing wall. With over 7000 people attending last year it's one of the must see events of the summer. To

know more email [active@wandsworth.gov.uk](mailto:active@wandsworth.gov.uk)  
**020 8871 8154**  
and remember to **GET ACTIVE!**

@activewandsGAWF2015  
[www.facebook.com/activewandsnorth](http://www.facebook.com/activewandsnorth)  
[www.wandsworth.gov.uk/active](http://www.wandsworth.gov.uk/active)





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



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

PLUS our fun play area for kids of all ages!

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Tel: 020 7924 5826

Battersea Park, Chelsea Bridge Gate  
Battersea London SW11 4NJ

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

we're passionate about wildlife

# GET ACTIVE WANDSWORTH FESTIVAL

Saturday 18 July 2015 • 12-5pm • King George's Park



**FREE**  
activities  
for all the  
family

[f](#) [t](#) #GAWF2015

[www.wandsworth.gov.uk/active](http://www.wandsworth.gov.uk/active)

Quote PARENTS NEWS to a member of staff to claim your FREE GOODY BAG





## Rare Breeds Centre

### Summer Fun, Adventure and Discovery 'So much to do you'll need more than a day'

.....and it's true the whole family can enjoy the perfect day out here on the 100 acre farm.

From the exotic butterfly tunnel, the *Discovery Garden*, woodland walks to the edge of the *Secret Lake* there is something for everyone.

You may like to follow the footprints to the giant's chairs.....if you are brave enough!!

Daily activities are *Meet the Animals sessions*, *Falconry Displays* and of course the famous *Pig Racing*. Outdoor activities also include zip

wires, a hill fort, tube maze and two assault courses. They have a large restaurant offering hot and cold meals and snacks at very reasonable prices and a patio where you may like to relax and watch the kids in the paddling pool and sand pit. They also have a gift shop and a Plants and Produce area!

**The Rare Breeds Centre** is situated on the B2067 between Hamstreet and Woodchurch close to Ashford. For more information visit [www.rarebreeds.org.uk](http://www.rarebreeds.org.uk) 01233 861493

All this information plus much more online

[www.parents-news.co.uk](http://www.parents-news.co.uk)



## The Historic Dockyard Chatham

*Doc Yard* makes a triumphant return from a secret mission with the Southern Hemisphere Navy and is ready to share the new science of "Bubbleology" at **The Historic Dockyard Chatham** with budding Techsplorers! *Doc Yard's* "Liquid Science" sessions provide a hands-on, interactive science and technology experience, suitable for young minds from 4 to 94 included in the normal dockyard admission price!



Produce personal bubble formula, test in a 'bubble off' and take it home; construct bubble frames and see the fascinating properties of soap films; race balloon vehicles in a test of design and technology skills; and be immersed in an interactive science show with the *Doc and Bunsen*.

*Doc Yard's* **Liquid Science** sessions run three times a day from **1st to 31st August** and included in dockyard annual ticket. **The Sailors' Academy** crew. Children and grown-ups board the impressive Victorian Naval Sloop, **HMS Gannet** (1878) and pick up a mission, comprising tasks on board and around **The Historic Dockyard**. They can learn how to tie knots and whistle commands; they can follow the ship's cat trail and an animal trail around the dockyard, use signal flags, try out a hammock, learn nautical language and explore the ship's history below decks. These activities fun from **25th July to 31st August**

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

## Outside play with Chad Valley

As the sun continues to shine and the evenings stay lighter, kids are making the most of the warmer weather by playing outside. As a parent, trying to think of games and activities can be a tough job, but with the **Chad Valley Playtime Pocketbook** from *Argos* there's inspiration for traditional style games to keep kids occupied come rain or shine.

The **playtime pocketbook**, developed by long-standing toy maker **Chad Valley**, surveyed over 2,000 parents to compile more than 100 ideas and top tips for parents to keep kids entertained - the ideas are endless!

With the warmer days here to stay, here are our top ten picks from the pocketbook:

**1.** One for the lighter evenings... set up glow in the dark bowling by putting glow sticks in plastic water bottles

**2.** Turn paddling pools into a mini ball pit with plastic play balls, great all year round!

**3.** Create a map of your local park and plan a route to cycle or walk round, and take the kids on a magical mystery tour

**4.** Make toy parachutes by attaching napkins to toy soldiers with string and releasing

them from the top of a climbing frame or a window

**5.** Make and decorate frisbees by sticking together two paper plates

**6.** For parties or BBQ's, why not make fun cocktails with different types of fruit juice

**7.** Have a teddy bears picnic inside or outside using your child's favourite toys and snacks

**8.** For indoor fun...create an obstacle course from household objects for children to navigate around

**9.** Make stamps using potatoes and get little ones creative by using them to paint a work of art

**10.** Put together a scavenger hunt for the children to find objects in the garden

The complete **Chad Valley** range is available exclusively at *Argos* stores or [www.argos.co.uk/chadvalley](http://www.argos.co.uk/chadvalley) where customers can reserve for free for instant pick up from store.



All Summer Long  
**FUN** Guaranteed

So much to do you'll need more than a day!

With our famous PIG RACING

- ✓ 100 acres to explore
- ✓ Friendly farm animals
- ✓ Beautiful butterflies
- ✓ Paddling pool & sandpits
- ✓ Assault courses & zip wires
- ✓ Inclusive play equipment



Find out what's on... 01233 861 493 / [info@rarebreeds.org.uk](mailto:info@rarebreeds.org.uk)  
[RareBreeds.org.uk](http://RareBreeds.org.uk)



THIS SUMMER EMBARK ON AN **80 ACRE MARITIME ADVENTURE**  
PAY VISIT AGAIN & AGAIN TICKET VALID FOR A YEAR

THE HISTORIC DOCKYARD CHATHAM



# SUMMER HOLIDAYS

UNLIMITED FUN FOR ALL THE FAMILY, VISIT EVERY DAY!



SHIPS, SIGHTS AND SAILORS' ACADEMY CREW ALL SUMMER LONG

EMBARK ON AN 80 ACRE MARITIME ADVENTURE!

JOIN HMS GANNET'S CREW AND LEARN SAILOR SKILLS  
TAKE PART IN DOC YARD'S SUMMER SCIENCE SESSIONS



DOC. YARD'S 'LIQUID SCIENCE' 1st - 31st AUGUST

[thedockyard.co.uk](http://thedockyard.co.uk)

historic.chatham @DockyardChatham

Doc. Yard's 'Liquid Science' is supported by

together!  
BAE SYSTEMS



## Calling all Nature Explorers

This summer holiday, children of all ages can discover their inner adventurer by becoming fully fledged **Nature Explorers** at any of the nine UK **WWT Wetland Centres**. Here, they can follow in the footsteps of Scott of the Antarctic (father of **WWT's** founder **Sir Peter Scott**) by going on an array of 'wild' adventures and recording them in a special Nature Explorer passport.

Adventures to tick off include taking a watery safari, discovering giant animals made entirely of **LEGO®** bricks, finding treasure, building dams, hand feeding rare birds, riding 'wild' bikes trails, crawling through tunnels and lots, lots more. Summer 2015 at a **WWT Wetland Centres** has just got much more exciting. Little explorers can begin their voyage of discovery by picking up a **Nature Explorer** passport from the front desk and collecting stickers from each of the activities working their way up to gold. What's more if children don't have enough time to fill in their passport they can visit again for free, any time during the school summer holidays.

Awesome adventures include:  
 • Discovering giant animals made of **LEGO** bricks, including flamingos and otters, on the new summer trail at **Slimbridge Wetland Centre**.  
 • also a **LEGO** brick building pit  
 • Paddling or gliding through reeds to come face to face

with kingfishers, water voles and lots more on canoe or boat safaris at **Martin Mere, Slimbridge and Arundel Wetland Centres**. Older explorers can hop on a Land Rover safari and go on to the wild reserve at **Slimbridge** and take a bike safari at **Llanelli Wetland Centre**  
 • Finding treasure at **Martin Mere** on the Geocache trail  
 • Hand feeding some of the world's rarest birds  
 • Going on big bug hunts to discover creepy crawlies  
 • Building dens  
 • Pond dipping  
 • Picking up a pair of binoculars and spotting some of the wonderful wildlife  
 • Splashing, climbing and swinging at adventure playgrounds, such as **Welly Boot Land** in **Slimbridge**, **Water Vole City** at **Llanelli**, and **Playscape** at **Washington**  
 • Getting up close to a whole range of amazing animals including flamingos, otters, swans, geese, diving ducks, salamanders and many more  
 For more information on **Nature Explorer** activities at your nearest **WWT Wetland Centre** please visit

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

- **WWT Slimbridge Wetland Centre** - Gloucestershire
- **WWT Martin Mere Wetland Centre** - Lancashire
- **WWT London Wetland Centre** - Barnes

- **WWT Arundel Wetland Centre** - West Sussex
- **WWT Llanelli Wetland Centre** - Carmarthenshire, Wales
- **WWT Washington Wetland Centre** - Tyne & Wear
- **WWT Welney Wetland Centre** - Norfolk
- **WWT Castle Espie Wetland Centre** - Northern Ireland
- **WWT Caerlaverock Wetland Centre** - Dumfriesshire, Scotland

### WWT Wetland Centres

A whole new world of award-winning discovery awaits you at **WWT Wetland Centres**. There are nine different centres across the UK, including **Slimbridge, Martin Mere, London and Arundel**. At the centres you can have close encounters with some of the world's most dramatic and endangered birds, mammals, reptiles and amphibians, surrounded by stunning scenery.

There is always something to see and do at the Centres, 364 days of the year. Add to this exhilarating adventure playgrounds, a packed line up of special events, cafes serving delicious homemade goodies, buggy friendly pathways and parent & baby facilities.

What's more every penny spent at the centres supports the vital conservation work.

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

## Summer Party Decorations



Everyone loves a good summer party. Whether you're planning a BBQ, house warming, birthday or wedding reception, **mt washi tape** has a range of colours and patterns to suit every soiree. It allows you to express your inner creative side by making your own decorations in a fun way for all the family. The diverse product allows you to be creative by writing and drawing on it. **mt washi tape** can be removed without leaving a trace and re-applied in case you make any mistakes. It's also water and heat proof so it's safe when the kids are

around. **mt washi tape** masking tape is the original of its kind and began in 2006 when three ladies from Tokyo approached **Kamoi Kakoshi** who initially made industrial masking tape. The four joined forces and revolutionised masking tape as we know it, launching **mt washi tape** as a decorative item. There are now over 100 different colours and patterns. Use to decorate, personalise, embellish and beautify your summer party with **mt washi tape**.

Prices start at £2.50  
 Stocked in **Selfridges** and [www.stonegift.com](http://www.stonegift.com)

### Consult your doctor:

- if you are pregnant and want to know more about your options in screening for **Down syndrome**

- if you have had a test which gives you a high risk of **Down syndrome** and are considering having a 'diagnostic' test

- if you are unsure what would be the best test for you

**richmond practice** provides private pregnancy care and baby scan services by a multi-disciplinary team of specialists, tailored to your needs. The consultant gynaecologists and obstetricians offer continuity of care and the patients are assisted in a comfortable and caring environment.

To book an appointment  
**020 8940 5009**  
[www.richmondpractice.co.uk](http://www.richmondpractice.co.uk)

## What are your options for screening for Down syndrome during pregnancy?

by **Dr Elisabeth Peregrine**, consultant obstetrician at richmond practice

**Down syndrome** is the commonest chromosomal abnormality and there are several options on how to screen for it during pregnancy.

**Combined Screening**, the most frequently used test, detects around 85% of **Down syndrome**. It involves a scan and blood test at 11-13 weeks, giving you a risk of **Down syndrome** (e.g. 1 in 1000). It carries no risk to the pregnancy, but cannot give you a definite 'yes' or 'no' answer.

A new screening test: **Free Fetal DNA** testing is now available. It involves taking blood from you from 10 weeks onwards and can detect >99% of **Down syndrome**. There are several different tests available (e.g. the **Harmony** test) but none are currently available on the **NHS**. They are only available in private clinics at a cost of around £500. The test cannot give you a definite answer but carries no risk to the pregnancy.

**Amniocentesis** and **CVS (Chorionic Villus Sampling)** are diagnostic tests, which can give you a definite answer as to whether your baby has **Down syndrome** or another chromosomal abnormality. However, these tests both involve putting a needle into the womb and therefore carry a risk of miscarriage of around 1 in 100 (1%). **CVS** can be done from 11 weeks and involves taking a biopsy of the placenta and amniocentesis can be done from 15 weeks and involves taking some fluid from around the baby. Usually these 'diagnostic' tests are only done if you are considered high risk of having a baby with **Down syndrome**.

**Dr Elisabeth Peregrine** was trained in London in Obstetrics and Gynaecology and worked at two large teaching Hospitals. She is a subspecialist in fetal and maternal medicine and a Consultant in Obstetrics and Fetal Medicine at **Kingston Hospital**.

**BE A NATURE EXPLORER**  
**25 JULY – 30 AUGUST**  
 Complete six wildlife challenges and get a sticker in your Wetland Passport for each activity!

**SOPHIE BUG HUNTER**

**FREE with paid entry**

**WWT London Wetland Centre**  
 Start your adventure by visiting [www.wwt.org.uk/london](http://www.wwt.org.uk/london)  
 Queen Elizabeth's Walk, Barnes, SW13 9WT, 0208 409 4400



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## The Tales of Peter Rabbit and Benjamin Bunny

Adapted by *Michael Whitmore*

**Thursday 6th August**

*Peter Rabbit* knows very well he's not to go into Mr McGregor's garden, especially as it was there his father met his untimely end! But he can't resist... and soon finds himself face to face with Mr McGregor himself! Can he escape his murderous clutches? Will he find his way out of the garden? And what will his mother say when she sees he's lost all his clothes?

Poor Peter! He vows never to return to that garden... until his naughty cousin Benjamin persuades him to make a return visit. This time, however, there's more danger on the prowl in the shape of Mr McGregor's cat. Will they ever escape from the basket? Can Old Mr Bunny come to the rescue in time? And whatever will Mr McGregor make of all those little footprints in his garden?

*Quantum Theatre's* delightful production follows the scrapes and escapades of all your favourite characters from the *Peter Rabbit* tales in a magical and enchanting experience for young and old alike.

"Truly outstanding! Such an enjoyable evening, and a

performance with so much energy and enthusiasm. So many subtleties and nuances that made the performance such a delight..."

**THE JUNGLE BOOK**

By Rudyard Kipling; Adapted by *Laura Turner*

**Wednesday 19th August**

In the magical Indian jungle a new arrival changes the animal kingdom forever. Join Mowgli on his wonderful adventures with the loveable and wise Baloo the Bear, the powerful panther Bagheera, and not to mention mischievous monkeys and the terrifying tiger Shere Khan!

Rudyard Kipling's best known and most loved story creates an enchanting and fun-filled musical show for children of all ages, and for this performance children are invited to dress up in their favourite animal costume and join in the Jungle Parade in the interval.

"What Chapterhouse does is theatre at the coalface, carried by the power of acting... and they do it with distinction" The Stage 2014

Adult £16.50, Child £14, Family £52 Open 1.45pm, Starts 2.30PM, Exit 6pm

**01732 866114**

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

## Knitters Tie The Town in Knots for Summer Arts Festival!

MAIDSTONE is set to be blitzed by a summer of yarn bombing! As their contribution to this year's *Maidstone Arts Festival*, dozens of busy knitters and crocheters are clicking away to create a veritable 'purl' of attractions to grace the town centre for each of the festival's two days.

*The Arts Festival* – a magical celebration of music, culture and creativity – takes place from noon to 5pm in Jubilee Square on **Saturday July 11**. On **July 4**, shoppers and visitors will be able to enjoy the colourful spectacle of the *Maidstone Parade* – 'Around the World.'

On **July 11**, see the fabulous up and coming band, *Coco & The Butterfields*, along with the festi-funk jazz sextet *The Fabulous Red Diesel*. Street artist create a display of 'live' graffiti on a massive canvas in *Jubilee Square*; Street magic, support from 'Making Art Work', more dramatic interludes courtesy of *Theatretrain*, and amazing moves and 'shapes', from t USA street dance crew YAK (You Already Know).

*The Leeds Castle Open Air Classical Concert* is celebrating its 37th year with a wonderful programme of music and entertainment from the *Royal Philharmonic Orchestra*, conducted once again by **John Rigby**.

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

## Newfoundland Dogs take to the water at Bewl Water Country Park

**Newfoundland Dogs** will be in the water at *Bewl Water Country Park* for a special event on **Sunday 19 July**.

The dog display by the *Newfoundland's H2O* team will show these magnificent dogs in and out of the water! Throughout the day the dogs will meet and greet the public before taking part in a special water display at 2pm.

Children can also enjoy exploring the extensive adventure playground including a fort, giant slide, rope bridges and swings. There is also the 'Three Bears House' and some giant boulders for children to climb on.

*The Swallow* operates a regular passenger boat service across and around the lake from March to October as well as offering combined *Cruise & Lunch* packages with either *Bewl's* own restaurant or nearby *Biddenden Vineyard*.

The 40-minute cruise around the lake takes in spectacular scenery and the fully licensed bar offers light snacks and refreshments during the cruise. A pick-up or drop-off at *Ferry Point* is available approximately half way around the *Round Bewl Water* route for those who don't wish to tackle the 13-mile walk!

Tickets can be purchased directly from the *Swallow* jetty. Cruises for groups of six or more booked more than 24 hours in advance gain free entry to *Bewl Water*. In all other cases *Bewl Water* admission charge will apply.

Entry into the *Country Park* is now only £8 per car and a new annual family season ticket has been introduced at £50.

Visitors can enjoy the countryside and wildlife with a walk around the reservoir or choose to relax and unwind at the refurbished *Woodpecker Coffee Bar and Bistro* which overlooks the water. An exciting new menu has been introduced by the new catering team including a choice of delicious homemade cakes and lunches. Outdoor seating is also available.

From April until November horse riders and cyclists can also enjoy the reservoir. Cycling is a great way to see the beauty of *Bewl Water Country Park*. Bring your own bikes or hire one on the day. Entry into *Bewl* by car is only £8 for up to five people (additional persons £2). Senior Mid-Week entry per car £5, Walk-ins on foot £4, single occupant in vehicle £4. An annual pass is only £50 for up to 5 people and including special offers from the *Woodpecker Bistro*. (additional people can be added to the pass for £8 per person)

The fishing season is now underway and motor boats can be reserved by calling **01892 890352**.

For further information about *Bewl Water Country Park* and events visit [www.bewlwater.co.uk](http://www.bewlwater.co.uk) or call

**01892 890000**.

*Bewl Water Country Park*, *Bewlbridge Lane*, *Lamberhurst*, *Kent TN3 8JH*.

The *Newfoundland* is a large working dog. *Newfoundlands* can be black, brown, white and black (called Landseer) or grey. However, in Canada, the country of their origin, the only correct colours are black (including black with white markings) and white and black (Landseer). They were originally bred and used as a working dog for fishermen in the Dominion of Newfoundland (which is now part of Canada). They are known for their giant size, intelligence, tremendous strength, calm dispositions, and loyalty. *Newfoundland* dogs excel at water rescue/lifesaving because of their muscular build, thick double coat, webbed feet, and innate swimming abilities

Dog Walkers are welcome and dogs must be kept under control at all times.



## Classical Concert supports The Chartwell Cancer Trust

Buy your tickets now for *The Leeds Castle Open Air Classical Concert* on **11 July** and help support Kent based charity 'The Chartwell Cancer Trust'.

**Heritage Events Ltd**, who organise the *Leeds Castle Open Air Classical Concert* supports this very worthwhile charity, which provides financial support for *The Chartwell Cancer and Leukaemia Unit* in the *Princess Royal University Hospital*, Farnborough, Kent.

The Trust's aim is simple; to supply funding to increase staffing levels in the unit and to provide other support, where

appropriate, that will enhance and improve the patients' care while being treated in the unit.

**Michael Douglas**, Trustee of *The Chartwell Cancer Trust* says:

"We are delighted that **Heritage Events Ltd** has given us the opportunity to raise funds prior to the concert. Our support for the unit is greatly appreciated by the staff, patients, their families and friends of those being treated there....Our Events Committee (all volunteers) is working on some fantastic events and we are looking forward to being part of the *Leeds Castle Open Air Classical Concert*."

*The Leeds Castle Open Air Classical Concert* is celebrating its 37th year with a wonderful programme of music and entertainment from the *Royal Philharmonic Orchestra*, conducted once again by **John Rigby**.

Headline act 'The Definitive Rat Pack' will open the afternoon concert, which will see thousands of people enjoying the very best classical music into the evening culminating in an incredible firework display above the 900 year old Castle. Book your tickets today by visiting

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

## Crofton Roman Villa

**Wed 22nd & 29th July** *Crofton Roman Villa*, BR6 8AF, **Roman Villa Family Fun!** Discover the secrets of the Villa house with a guided talk and Roman artefacts. Complete a family villa quiz – with a badge & certificate for children & a free *Kent Excavations* book for the adults! Charges apply, Sessions at 10.30am & 2.30pm. For more information:

[www.the-cka.fsnet.co.uk](http://www.the-cka.fsnet.co.uk)  
**01689 860939**.

**Every Wednesday in August** *Crofton Roman Villa*, BR6 8AF, **Heroic Roman Adventures!** Listen to unbelievable stories of ancient heroes and their fantastic adventures. Take part in a quiz and make a fabulous heroic

picture to take home. Sessions at 10.30am & 2pm. For up to 11 year olds. No booking needed. Charges apply. For more information:

[www.the-cka.fsnet.co.uk](http://www.the-cka.fsnet.co.uk)  
**01689 860939**.

**Every Friday in August** *Crofton Roman Villa*, BR6 8AF, **Fun with Roman Pots!** Discover what the Romans used for cooking, eating and drinking. Handle real Roman pottery nearly 2000 years old. Then you can make your own clay pot to take home! Sessions at 10.30am & 2pm. For up to 11 year olds. No booking needed. Charges apply. For more information:

[www.the-cka.fsnet.co.uk](http://www.the-cka.fsnet.co.uk)  
**01689 860939**.

## A new parenting project a big hit with Kent families

*My Tech Family* helps parents and children enjoy technology together. Parents, kids and schools can access free games and activities that encourage kids and their families to share fun technology together - inside the classroom and while at home. Research among 1,000 parents found nearly two thirds of them felt that the rate at which technology is developing is widening the generation gap and changing the way their children communicate with them.

[www.gov.uk/government/publications/national-curriculum-in-england-computing-programmes-of-study](http://www.gov.uk/government/publications/national-curriculum-in-england-computing-programmes-of-study)





## National Trust news and events for summer 2015 Kent

The very thought of summer is always so enticing; sun-filled days and warm barny evenings are beckoning you to spend more time outdoors, doing the things you enjoy most.

**Chartwell Westerham.**  
**01732 868381** Death of a hero Open until Sun 1 Nov 10am-5pm A unique exhibition marking the 50th anniversary of the death of **Sir Winston Churchill**. Winston's hobby trail **Sat 4 Jul to Sun 6 Sep** 10am-4pm Find out what Churchill loved doing in the gardens and grounds and tick off some 50 things. Donation £1 per child

**Emmetts Garden Sevenoaks.**  
**01732 750367** Art in the Old Stables Daily 10am-4pm Seasonal exhibitions by **Sevenoaks Art Club** in the Old Stables. Outdoor theatre: Twelfth Night **Thu 20 Aug** 7.30pm, picnics from 6.30pm Join the **Lord Chamberlain's Men** as they perform Shakespeare's much loved romantic comedy. Adult £15, child £8 B

**0844 249 1895**  
*The Owl and the Pussycat* trail **Sat 4 Jul – Sun 6 Sep** 10am-4pm Follow characters from this classic poem around the gardens. Incorporates 50 things. Donation of £1 per child  
**Ightham Mote Ivy Hatch,**

**Sevenoaks.**  
**01732 810378 ext:100** Outdoor theatre: *The Three Musketeers* **Sat 11 Jul** 7pm Illyria's open-air performance with swordplay, romance & murder. Adult £15 child £9 Booking

**0844 249 1895**  
*Summer holiday fun*  
**Sat 25 Jul – Tue 1 Sep** Quizzes, trails, 50 things, Teddy Bears' Picnic, archaeological fun, brass rubbing and themed Thursdays. Outdoor theatre: *The Sorcerer's Apprentice* **Sat 29 Aug** 5.30pm Illyria's open-air family theatre with magic, laughter and lots of water. Adult £15, child £9 Booking

**Knole Sevenoaks**  
**01732 462100** *Deer Diary* in the park **13 & 20 Aug** 11am-3pm Creative writing and multi-sensory storytelling for all the family. Free Booking

**alex.procter@nationaltrust.org.uk**  
*Print & book binding workshops* **11, 12 July** 11am & 2pm Run by *London Centre for Book Arts*. £4 Booking

**0844 249 1895**  
*Family Mondays* **20, 27 Jul & 3, 10, 17, 24 Aug** 11am-3pm Craft activities and tick off some of your 50 things. Free

**Sevenoaks – Poetry workshop**  
**Mon 27 – Fri 31 Jul** 11.30am-3.30pm Explore *Knole* and create poetry with Poet Laureate, **Dan Simpson**. Booking

**alex.procter@nationaltrust.org.uk**  
**Quebec House Westerham.**  
**01732 868381** Tours **Every Wed to Sun** 12noon & 12.30pm Discover the stories behind the house and its most famous occupant on pre-opening guided tours. *Mrs. Wolfe's recipes* **Every Sun** 1-4pm Ever tasted potato pudding or lemon drops? Mrs. Wolfe's 18th-century recipes.

*Broadwood square piano playing* **25 Jul, 22 Aug** 2.30-4.30pm Drop into informal recitals played on a 1788 Broadwood square piano. *With map and musket* **4 Jul, 8 Aug, 12 Sep** 1-5pm The surveyor explains how map makers played a key role in the Quebec campaign.

**Scotney Castle**  
**Lamberhurst, Tunbridge Wells.** **01892 893868** Enjoy a meal in the tearoom or bring a picnic. Enjoy a tour of the house or relax in the picturesque gardens. Entry after 5pm £5 Summer holiday adventures **Sat 25 Jul – Mon 31 Aug** Build a den, roll down

a hill, go bird watching or create your own adventure.

**Sissinghurst Castle Garden**  
**Near Cranbrook.**  
**01580 710700**  
*Gardening at Sissinghurst* **10 Sep** 9.30am-4.30pm Hands-on day learning about successful gardening. Lunch and tea provided. £75

*Head Gardener walk* **Mon 7 Sep** 9.30-11.30am An exclusive tour of the garden. Tea & cake included. £25  
*Outdoor theatre: Meadow gardening* **Thu 9 Jul** 9.30am-2pm A lecture on traditional hay meadows and a demonstration of scything. Lunch and tea provided £45  
*Big Camp* **Sat 18 – Sun 19 Jul** from 12pm Camp out under the stars. A weekend of activities and fun. Breakfast included. Adult £25, child £15

*Outdoor theatre: Treasure Island* **Fri 24 Jul** 7-9pm **The Pantaloons** are back with a swashbuckling rendition of *Treasure Island*. Suitable for all ages. Adult £15, child £8 *Mini raft and kite making*

**Fri 7 Aug** 2-3.30pm Rangers will teach you how to make mini rafts and kites. £5  
*Pond dipping* **Fri 14 Aug** 2-3.30pm Join the rangers to find what lives below the surface in some of the ponds. £5  
*Tremendous exploration* **Fri 21 Aug** 2-3.30pm Explore the woods with rangers as they take you on an adventure. £5  
*Bushcraft & shelters* **Fri 28 Aug** 11am-3pm Join rangers to learn essential bushcraft and shelter making skills, with food cooked on the fire pit. £12  
 All the above Booking

**08442 491895**  
**Smallhythe Place Tenterden.**  
**01580 762334**  
*Much Ado About Nothing* **Sun 23 Aug** 7-9pm **The Pantaloons** return to put their unique spin on this well-loved Shakespearean tale. Adult £15, child £8 B 08442 491895  
*Crocodiles in Cream* **Fri 7 Aug** 7.30-9.30pm **David Horlock's** one man show delves into the fascinating world of *Lewis Carroll*, in the **Barn Theatre**. £12 Booking

**08442 491895**  
**The White Cliffs of Dover and South Foreland Lighthouse Near Dover.** **01304 202756**

*Creatures of the night* **28 Jul** 8-10pm White Cliffs Join national expert and go hunt for bats, moths and all creatures out at night. Free  
*Bio Blitz, Straw Bellemoth survey* **29 Jul** 1.30pm Special bug hunt. Help conduct the annual survey for the rare *Straw Belle moth*. Free, parking charges apply  
*The Big Dig at the Lighthouse* **29 Jul – 9 Aug** 11am-4pm Discover the hidden archaeology of the lighthouse on the big dig. Free  
*Photography guided walk* **9 Aug** 1pm Join volunteer photographers on a walk across the White Cliffs to capture its beauty. Free, parking charges apply

*Classic car rally* **Sun 13 Sep** 10.30am-2pm Popular event with Dover Transport Museum. Free, parking charges apply

**01304 202756**

## World's Most Colourful Run Hever Castle 5km

*Run or Dye*, the world's most colourful 5km will be making Kent its second home with not one but two events taking place in the *Garden of England*. Two of the counties most beautiful stately homes will play host to the colour-filled 5km event with the first at **Penshurst Place on 5th July** and the second on **3rd October** at **Hever Castle**. Bringing the explosion of Run or Dye colour to Kent participants can take on the 5K, getting fit and experiencing the vivid colour of *Run or Dye* 5,000 runners took part in the **Hever Castle Run or Dye** last year and many are signing up again after enjoying it so much. Participants are encouraged to run, jog or walk to the finish line, getting covered head-to-toe in colour as they go in amongst the stunning scenery of the castle grounds. Four **Dye Zones** throughout the route will ensure there's no getting away

from the all-encompassing and full-on brilliance of the most colourful 5km in the World. **Hever Castle**, once the childhood home of Anne Boleyn is a perfect backdrop for this event with its magnificent award-winning gardens set in 125 acres of glorious grounds. Runners can take in views of the romantic 13th century Castle, discover the beauty and serenity of the Lake and discover breathtaking vistas of the *Italian Loggia* and *Japanese Tea House Folly*. **Hever Castle** CEO, **Duncan Leslie** says, "I am delighted **Run or Dye** will be returning to **Hever Castle**. What a spectacle it made last year – so much colour, energy and dare I say it was fun!!" Inspired by the ancient Hindu festival of **Holi**, also known as the '**Festival of Colours**', **Run or Dye** gives runners, walkers and all speeds in-between, the

opportunity to experience and celebrate in full colour the thrill of the Festival and introduce the idea of 'living life on purpose'. Participants can run dressed in white and run ready or their favourite and most extravagant costumes. As part of registration all participants will receive a goody bag with their white t-shirt, their very own dye packs and plenty more to get geared up for the most colourful 5km. After crossing the finish line, runners, and spectators, can celebrate in the world famous **Dye Festival** as the full force of the brilliant colours are blasted all around. The explosion of dye ensures that this really is the most colourful 5km in the world!

**www.runordye.co.uk** for registration and more information.  
**www.hevercastle.co.uk** for more about **Hever Castle & Gardens**.

**BBC Proms**  
 17 JULY – 12 SEPTEMBER 2015  
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**FAMILY-FRIENDLY EVENTS**

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[bbc.co.uk/proms](http://bbc.co.uk/proms)  
 Introduce your family to classical music.  
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## Your child's self-esteem – are you getting the balance right?

It can be quite challenging to build a child's self-esteem without overdoing it. There is a balance between too much praise and not enough. With too little a child's self-esteem can suffer, but with too much children can develop a distorted sense of entitlement and their own abilities.

So what is healthy self-esteem? **Professor Matt Sanders**, founder of the *Triple P Positive Parenting Program* explains:

Self-esteem is the term psychologists use to describe how a person feels about their innate worth as an individual, their skills and attributes, and how they interact with the world.

Under a daily bombardment of "winning is everything" advertising messages, it can be particularly hard for kids to learn to deal with disappointment, and/or to stop measuring themselves against impossible standards. This is an often-overlooked element of the development of healthy self-esteem.

True self-esteem is something we build up ourselves, as we work to master new skills, stick to our values, and show pro-social behaviours such as care and concern for others. Egotism, on the other hand, is an unhealthy focus on one's self and a disregard for others, a feeling of being better than

everyone else, and, often, a fear of failure.

Children who have what might be called artificially high self-esteem may have been given overblown praise for no real reason, or not taught to empathise with others. They may develop a sense of superiority, struggle to form healthy relationships, and find it hard to understand why they don't automatically succeed at everything they attempt.

Then there are the kids with low self-esteem. Many children who regularly misbehave already view themselves in a highly negative way. They may feel inadequate and/or lack the desire to achieve goals and face challenges. They may also believe bad things about themselves: that they are, and always will be, dumb, ugly, stupid, naughty etc.

**Children who have healthy, balanced self-esteem are likely to be happy and cooperative** and make friends easily. They're eager to learn and succeed, and they can cope with stress effectively.

Healthy self-esteem doesn't come built-in at birth. We first learn our view of ourselves during childhood, through the interactions we have with the people around us. So it's crucial for parents and carers to help our children develop a true

sense of their own strengths and weaknesses.

So how do you build healthy self-esteem in children?

**1) Take a consistent, positive approach** to their upbringing. Tell your child you love them, and demonstrate this by spending time talking to and playing with them. This helps your child feel valued and cared for.

**2) Watch what you say.** Constant criticism can create low self-esteem, and make problem behaviour even worse.

**3) Display confidence in their ability to persist.** Let them attempt appropriate things by themselves. Teach them that mistakes are important ways of learning, and show them how to set realistic goals and work towards them.

**4) Follow a healthy lifestyle.** Taking care of one's self with regular exercise, healthy food, and grooming habits all help children develop a positive self-image.

**5) Teach them to be balanced.** When they've made an effort and mastered a new skill or achieved something, teach them to enjoy their accomplishments, without gloating or boasting. Help them understand that everyone is good at different things.

**6) Teach them that life isn't always about winning.** Your role is not to make every problem disappear or smooth over every bad feeling; instead, let your child express how they feel and assure them you understand. They'll develop a deeper sense of self-worth as they learn that with a bit of help from you, they can work out reasonable ways to deal with strong emotions. As a reaction to not getting what they want, children may sometimes put themselves down, saying things like "I'm dumb, you hate me", or "I'm just stupid". If this happens, try not to get dragged in to being overly sympathetic; instead, encourage your child to try again after the set-back, and to enjoy the activity or game even if they aren't the winner.

**7) Encourage a sense of humour.** Laughter really is a great medicine, and it doesn't hurt kids to see that even parents can laugh at themselves sometimes. Enjoying the little things in life helps people cope with tough times. Help your child to laugh by listening to their stories, playing games and having fun together.

By following this advice parents can help their children develop healthy self-esteem – a gift that will stay with them throughout their lives.

[www.triplep-parenting.uk.net/online/](http://www.triplep-parenting.uk.net/online/)

## Barnard Castle School

**Barnard Castle School** provides girls and boys with a safe, happy and nurturing environment in a stunning area of *County Durham*. With its outstanding academic record, first class facilities and excellent pastoral care, it offers all students the chance to excel both inside and outside the classroom

**Boarders** from the age of 4 to 18 benefit from a strong family atmosphere.

Old Barnardian, **Lee Dickson**, born 29 March 1985 in Verden, Germany was a boarding school pupil at **Barnard Castle School** and is now a rugby union player who plays scrum-half for *Northampton Saints* in the *Aviva Premiership*. When asked about his experience as a boarding school pupil at **Barnard Castle School** in County Durham, he said:

"My time boarding at Barney was fantastic. I had the use of all the sports facilities whenever I wanted to, which was more or less every day, which was a real benefit. As I got older I was able to access them for more specific training and the school coaching staff were always there to help and guide me. The boarding community had a great family atmosphere to it and I still have some close friends from it. Staff were always available whether it was to help with academic work, or just for a chat.

"Boarding helped me become more independent and better organized. I had to work hard and was encouraged to do so. I was able to manage

my time between sport and the classroom well. I am dyslexic so the extra help I received was invaluable to help me pass my GCSEs and A levels.

"We didn't have many people in each class which I think made it easier for teachers to get to know us. The added time outside the classroom with staff meant they knew what we were like in other situations so could relate to us better.

"I loved doing sport and the continuous help and support from a variety of coaches helped me become a professional rugby player - the dedication and expertise of the coaches is second to none. One of my highlights was leading the 1st XV out at Twickenham on my 18th birthday in the *Daily Mail Cup* final.

"And Peps is brill!" (**Martin Pepper** is Director of Sport at Barnard Castle School)

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



## ST LAWRENCE COLLEGE HOLIDAY CAMPS 2015

Summer: 29 June – 28 August  
Half Term: 22 – 30 October

Reception age to 15 years  
Prices from £30 per day



Specialist Activities include  
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and more!

ACTION-PACKED DAYS | CARING STAFF | FUN & VARIETY



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College Road, Ramsgate, Kent CT11 7AE

## Advertise in PARENTS NEWS

020 8337 6337  
[fergus@parents-news.co.uk](mailto:fergus@parents-news.co.uk)

## St Lawrence College Holiday Camp

After the success of previous camps, **St Lawrence College** in Ramsgate will again be running its Holiday Camp this summer,

offering a truly rounded experience for children from Reception age to 15 years via fun and energetic activities.



**Lawrence College Holiday Camps** encourage confidence through experience; children are able to challenge

St themselves in a safe and secure setting whilst developing their social skills. With so many activities on offer, including swimming, climbing, crafts, sports, scuba diving, drama and themed weeks, children are able to build on and develop skills that will last them a lifetime, while ultimately having fun.

**Lawrence College Holiday Camps** strive to make every camp experience a success, ensuring that every child is included in each activity, and that each child interacts in a positive way. It's no wonder many campers look forward to returning each and every holiday!

Find out more and book a place:  
**01843 572855**  
[holidaycamps@slck.com](mailto:holidaycamps@slck.com)  
[www.slck.com/Holiday-Camps](http://www.slck.com/Holiday-Camps)



## Marley Spoon recipe boxes Seasonal recipes and market-fresh ingredients delivered straight to your door

**Marley Spoon** is a weekly recipe delivery service that's radically simplifying home cooking. Customers choose from a changing weekly selection of tasty recipes and receive fresh, local produce and step-by-step instructions delivered directly to their door. Making wholesome meals at home has never been easier. **Marley Spoon** removes the

hassle out of cooking by taking care of the planning, measuring and shopping for delicious meals. Every **Marley Spoon** box includes exact amounts of carefully sourced ingredients for each recipe; so there's more time to enjoy cooking and less worrying about waste. Log on [www.marleyspoon.co.uk](http://www.marleyspoon.co.uk) and simply set your portion and taste preferences. Dishes start

from £5.50 per meal, including delivery.

**Marley Spoon** is serious about sustainability; all packaging is fully recyclable and can be picked up using the handy returns service.

### PARENTS NEWS REVIEWED

Quality food, well packaged. Great for real food, home cooked, for busy people



## GOFEST

**GoFest 2015**, the UK's Family Festival of Sport, Dance, Health & Fitness at **Surrey Sports Park** will now also run tournaments for adults and children on **Sun 12th July**. The family festival, falling on the weekend of **10-12 July**, will feature tournaments in

Football with **Fulham FC Foundation** and **Kevin Keegan**, Rugby with **Harlequins**, Hockey with **Surrey Spartans**, Netball with **Tamsin Greenway** and **Surrey Storm**, and Tennis with the **LTA** and **Premier Tennis**. **GoFest Tournaments Day** will offer a fantastic

opportunity for friends, teams and clubs to come together for a day of fun and team bonding at what is promising to be the mass participation sporting event of the summer. Ready to win? Visit

[www.gofest.co.uk/tournaments](http://www.gofest.co.uk/tournaments)

## Look After Your Babies Delicate Skin with the SmartSun Wristband

Fresh air and warm weather are healthy for young children and babies, and small doses of Vitamin D from the sun's rays are good for baby's skin. Babies and young children have delicate and sensitive skin however, so it is important to make sure their SPF is topped up at all times when outside in the sun.

It is easy to forget about reapplying sun cream when you are out having fun, but the **SmartSun wristband** provides an easy to read indicator

of how much UV radiation they have been exposed too. It works by measuring the amount of UV radiation, and lets you know when to reapply sun cream and when they have had too much sun.

With two colour changes – one to tell you when your children's sun cream needs reapplying, and one to tell you when to avoid the sun, you can enjoy the time spent outside by using the **SmartSun wristband** to accurately time the next sun cream application. The band

is discreet and comfortable to wear for either adults or children and can be used in and out of both pool and sea water. **SmartSun wristband** can be worn by anyone – from babies to grandparents and give you an easy to read indicator for UV exposure to make sure you can enjoy the sun worry free. Perfect for holidays, or if you are out and about on a sunny day.

They are available in packs of 5 priced at £4.99 from [www.smartsunuk.co.uk](http://www.smartsunuk.co.uk)

## Seams So Easy

has been running sewing clubs and classes in **Beckenham, Kent** area for over 5 years. The clubs teach children as young as 8 to sew both by hand and using a sewing machine. Each term lasts six weeks and follows a school term. They also offer holiday camps at Easter, **summer** and Christmas. Working on fun and imaginative projects while learning the principles of sewing, students complete a level and get a certificate to move to the next. The club teaches a variety of sewing and textiles techniques so that students get an opportunity to explore their own creative path. For more information about the club please

[www.seamsoeasy.com](http://www.seamsoeasy.com)  
[mail@seamsoeasy.com](mailto:mail@seamsoeasy.com)



**The Seams So Easy Summer Sewing Camp**  
Monday 20th–Thursday 23rd of July 2015  
9.30am -12.30pm

**St Davids College**, Beckenham Road,  
West Wickham BR4 0QS

Camp is for kids aged 8+ and teens. There is an exciting line up of projects to choose from for both hand and machine sewing.

**Techniques will include, hand and machine embroidery, tie dye, beading, etc**

Materials are included and spaces are on a FCFS basis..

To register your interest or to book please email us on [mail@seamsoeasy.com](mailto:mail@seamsoeasy.com) or call on **077 17315735**

# ART CLASSES for children, young people and adults

in the Summer holidays, 13-31 July at Putney School of Art and Design

Putney School of Art & Design

## Summer Courses

27<sup>th</sup> July ~ 14<sup>th</sup> Aug 2015 (3 weeks)



### 11+ Summer Intensive Course

\*Apply early as spaces are limited!

It's your best chance to boost your skills for the 11+ exams!

Subjects Literacy, Maths, English, Problem Solving, VR and NVR  
Times Between 9am ~ 3:30pm  
Venue King's College School, Wimbledon SW19 4TT

### Primary Summer Intensive Courses (Yr 4 & Yr 6)

Begin your new school year with confidence by taking our Summer Courses!

Yr 4 Essay Writing - *build up your fundamental essay skills!*  
Yr 5 Maths Preparation - *learn 11+ key concepts in advance!*  
Yr 6 Essay Writing - *accelerate your formal essay writing & critical thinking skills!*  
Yr 7 Maths preparation - *acquire Year 7 concepts in advance!*

### Reading Club (Yr 1~ Yr 8)

Improving reading & writing skills in a fun environment with books

Subjects Reading Club for Yr1~6 & Shakespeare Stories for Yr7~8

website [www.oxbridgeuk.com](http://www.oxbridgeuk.com)

# 11+

★ Dates

12<sup>th</sup> Sep, 19<sup>th</sup> Sep, 26<sup>th</sup> Sep, 31<sup>st</sup> Oct

## Mock Tests

in preparation for the Entrance Exams

Cavendish Centre **020 8949 8838**  
email [admin@oxbridgeuk.com](mailto:admin@oxbridgeuk.com)

Blagdon Centre **020 8949 2131**  
email [info@oxbridgeuk.com](mailto:info@oxbridgeuk.com)

Oxbridge Centre is a well-established tuition centre based in New Malden. Currently there are around 550 students from year 1~A-level studying at the centre. Why don't you join us too?



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# London What's On

## EXHIBITIONS AND GALLERIES

**Against Captain's Orders: A Journey into the Uncharted** will take audience members on the adventure of a lifetime through the *National Maritime Museum's* extraordinary collection of maritime artefacts. With so much history secured in one museum: so many objects, so many stories, so many doorways to other times and other worlds, who knows who or what will turn up on this exciting journey. Exciting, enlightening and perhaps just a tiny bit dangerous, this is a theatrical expedition through the museum, the likes of which have never been seen before.

[www.rmg.co.uk/whats-on/events/against-captains-orders](http://www.rmg.co.uk/whats-on/events/against-captains-orders)  
**August** From 10.00 daily  
*Sammy Ofer Wing, National Maritime Museum* Admission: £19.75A 6-12 years.  
 Adults attending must be accompanying a child.

**Unseen: The Lives of Looking** by *Dryden Goodwin*  
 Acclaimed contemporary artist Dryden Goodwin's first feature-length film, in the striking space of the 17th-century Queen's House, alongside an exhibition of related drawings and artefacts. The newly commissioned film continues Goodwin's long-term investigations into portraiture and focuses on three individuals at the forefront of their professions, each of whom have a compelling relationship to 'looking'.

[www.rmg.co.uk/whats-on/events/unseen-dryden-goodwin](http://www.rmg.co.uk/whats-on/events/unseen-dryden-goodwin)  
**Until 26 July** 10.00-17.00  
*Queen's House* **Free**

AHOY!

[www.vam.ac.uk/moc](http://www.vam.ac.uk/moc)  
**EXHIBITION**  
**THE ALICE LOOK**  
**2 MAY – 1 NOV 2015**  
 To mark the 150th anniversary of the first publication of one of Britain's best known and most loved children's book, **Lewis Carroll's Alice's Adventures in Wonderland**, the *V&A Museum of Childhood* presents **The Alice Look**. The exhibition brings together garments, photographs, rare editions and illustrations to explore how Alice has influenced the way people dress and inspired fashion designers and stylists around the world. Using photographs by *Annie Leibovitz*, artwork by *Vivienne Westwood* and *Japanese Lolita* clothing, **The Alice Look** shows how Alice's style has remained contemporary. A specially commissioned *Alice in Wonderland* outfit has been created by *Roksanda Ilincic*

A gallery dedicated to younger visitors. Board a pirate ship, stoke the fire of a steamship, navigate an ice-breaker, and more, all under one roof.  
 10.00-17.00 *National Maritime Museum*  
 Under 7s **Free**

**WEEKLY FAMILY EVENTS**  
**Explore Saturdays**  
 Meet a character from the past and take part in an exciting performance that will bring maritime history to life.  
**4, 11, 18, 25 July 2015**  
**1, 8, 15, 22 August 2015**  
 12.00 | 13.00 | 14.00 | 15.00  
*Sammy Ofer Wing, National Maritime Museum* 6+ **Free**  
**Discover Sundays**

Be inspired by our maritime past and explore your personal connections to the sea. Ask staff where the activity is on the day.

**5, 12, 19, 26 July 2015**  
**2, 9, 16, 23, 30 August 2015**  
 11.30-13.30 | 14.00-16.00  
*National Maritime Museum*  
 All ages Admission: **Free**  
**Play Tuesdays**

Have fun with your family by exploring the Museum through crafts, music, dance and drama. Timed sessions; collect tickets from the admissions desk.  
**7, 14 July 2015**  
 10.30 | 11.30 | 13.00 | 14.00  
 Venue: *Sammy Ofer Wing, National Maritime Museum*  
 for under -5s £3 per child with an accompanying adult  
 Children's Gallery, AHOY!, families with children under 5 to enjoy together.  
**4, 11, 18, 25 August 2015**  
 10.30-12.30 | 13.00-15.00 (Drop-in) *National Maritime Museum Learning Space*  
 under 5s Admission: **Free**

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

## Family Activities on HMS Belfast

**August – September 2015**

**Family Activities**  
 All included in the general admission price.  
**Crossing the Line**  
**17 – 31 August**  
 11 – 12.30pm and 2 – 4pm  
 Cross the line and look at the ceremony that took place when sailors crossed the equator for the first time. Find out why the crew dressed up as different characters from Neptune's court and what kind of initiation rites men were put through – including being blindfolded and getting soaked. Create your own collaged mask and take part in a re-enactment of the ceremony on the deck. Drop-in events are suitable for all ages with parental supervision.  
**Tattoo T-Shirts: Davy Jones's Locker**  
**5 – 6 September**  
 11am – 12.30pm and 2pm – 4pm  
 Children may impress friends and family by designing their very own t-shirt, inspired by traditional navy tattoos, and the sailor legend of Davy Jones's Locker.

While getting creative, they'll learn more about the history of navy tattoos, what the symbols mean and why as a sailor you wouldn't want to be visiting Davy Jones's Locker in a hurry.

**Ongoing**  
**HMS Belfast Private Tours**  
 Visitors to *HMS Belfast* can pre-book private tours with one of the Ship's Company and enjoy exclusive behind-the-barrier access. Discover some of the quirky sailors' stories of living and working on board including the time a reindeer joined the crew!  
 Hear the unique stories of how sailors survived in freezing conditions during the Arctic

convoys and what it was like to be one of the first ships firing on D-Day and *HMS Belfast's* role as part of the United Nations' forces in Korea from 1950 to 1952. Private tours last for one hour, and due to the nature of the site numbers are limited to a maximum of 12 people. Further details are available on [www.ivm.org.uk](http://www.ivm.org.uk). For more information or to make a booking, please call Victoria Chan  
**020 7766 1141**  
[vchan@ivm.org.uk](mailto:vchan@ivm.org.uk)

**Gun Turret Experience**  
 Immerse yourself in the *Gun Turret Experience*, a chance to see what fighting at sea would have really been like. Overlooking the back of the ship, or Quarterdeck, is one of *HMS Belfast's* Triple Gun Turrets. Lights, audio, projections and movement will recreate the experience, highlighting the hectic and cramped conditions that would have seen twenty-six men in this confined space at any one time.

**Interactive Operations Room**  
*HMS Belfast* could once be controlled from the Operations Room, the nerve centre and brain of the entire ship. The Operations Room features exciting interactives. The Operations Room's rotating radar screens have been recreated giving a sense of the movement and urgency of the room, and there are two large touch screen interactive games based on the real-life *Pony Express* exercise of 1961 which involved 60 warships, 20,000 naval personnel and 6,000 US, British and Australian troops off North Borneo in the South China Sea.

**Meet a Female Pirate**  
 Not all pirates had one leg, a parrot and not all of them were men! Women were just as fearsome as men in the world of buccaneering.  
**Saturday 29 August 2015**  
 12.00 | 13.00 | 14.00 | 15.00  
*Sammy Ofer Wing, National Maritime Museum* and then to *AHOY!* or *Great Map* 6+ **Free**

## WHAT'S ON AT THE V&A MUSEUM OF CHILDHOOD

**NEW DISPLAY**  
**KITES FROM KABUL**  
**4 JULY 2015 – 3 JANUARY**  
 In the historic city of Kabul, the spring sunshine brings kite flyers out in their hundreds, and brightly coloured kites can be seen dotting the skyline. Kites From Kabul will bring this spectacle to London, transforming the entrance lobby at the *V&A Museum of Childhood* with a colourful display of paper kites made by children in Murad Khani, the Old City district of Kabul. The rich heritage of kite flying will be brought to life by photographs taken at sites around Kabul and Bamiyan, and there will be a video, giving a glimpse into the lives of children living in the Old Town. The display has been developed with the British charity *Turquoise Mountain*, one of the Prince's Charities, working in Afghanistan. **Free.**

**SPECIAL EVENTS**  
**SUMMER FESTIVAL**  
**SUNDAY 26 JULY,**  
 11.30 – 16.30  
 The ever popular annual Summer Festival returns to the *V&A Museum of Childhood*. The event will provide an action-packed afternoon of live music including a performance by *Magic Roundabout* and song and dance by *Praxis*. There will also be food on offer, designer stalls, henna, face-painting, games and other craft activities to join in with.  
**Free.** Drop-in. Suitable for all ages.  
**ARTBASH CAMP – WONDERLAND**  
**MONDAY 27 JULY – THURSDAY 30 JULY,**  
 9.00 – 15.30  
 Young artists can develop their creative skills through a programme of imaginative workshops at the *V&A Museum of Childhood*.

Participants can enjoy experimenting with materials and developing ideas in their sketchbooks, as well as taking part in messy, outdoor, giant-size activities. They will need to bring a packed lunch and dress for mess.  
 £140 Monday – Thursday or £40 per day (10% sibling discount). Book at [www.artbash.co.uk/book/](http://www.artbash.co.uk/book/)  
 Suitable for ages 5 – 11.

**SUMMER HOLIDAYS FUN**  
**FRIDAY – STORY-FEST**  
**FRIDAY 31 JULY,**  
 11.00 – 16.00  
 At this special event curated by *Story Spinner* visitors can travel around the world in a day with a variety of storytelling workshops, installations and art activities.  
**Free.** Drop-in (sign-up for some workshops on the day). Suitable for all ages

**WEEKLY FAMILY EVENTS**  
**The Greatest Adventure**  
 Have you ever dared to venture into the unknown? Make your own telescope to guide you through storytelling adventures.  
**Mondays, Wednesdays and Fridays until 28 August**

**Meet a Female Pirate**  
 Not all pirates had one leg, a parrot and not all of them were men! Women were just as fearsome as men in the world of buccaneering.  
**Saturday 29 August 2015**  
 12.00 | 13.00 | 14.00 | 15.00  
*Sammy Ofer Wing, National Maritime Museum* and then to *AHOY!* or *Great Map* 6+ **Free**

**WEEKLY FAMILY EVENTS**  
**Explore Saturdays**  
 Meet a character from the past and take part in an exciting performance that will bring maritime history to life.  
**4, 11, 18, 25 July 2015**  
**1, 8, 15, 22 August 2015**  
 12.00 | 13.00 | 14.00 | 15.00  
*Sammy Ofer Wing, National Maritime Museum* 6+ **Free**  
**Discover Sundays**  
 Be inspired by our maritime past and explore your personal connections to the sea. Ask staff where the activity is on the day.

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## Family Fun Weekend: Pirate Takeover

Come on a swashbuckling adventure with all your family. Join in a pirate takeover on board *Cutty Sark* and at the *National Maritime Museum* for a fun-filled weekend that'll shiver yer timbers. Come dressed like a pirate, or as you arrr!  
**Saturday 1 and Sunday 2 August 2015**  
*Cutty Sark* and *Queen's House* South Lawn (weather dependent) or *Colonnades* 11.30-16.00  
 Suitable for all ages  
 Admission: £15 Adult | £7.50 Child (3+) | £5 Members | Free under 3s | (all tickets include general admission to *Cutty Sark*)

**International Slavery Remembrance Day**  
 The first successful slave uprising in Haiti in 1791. Mark the occasion with thought-provoking activities and end the day with a commemorative ceremony by the Thames.  
**Sunday 23 August 2015**  
 11.00-16.00 *National Maritime Museum* Suitable for all ages  
 Admission: **Free**

**Meet a Female Pirate**  
 Not all pirates had one leg, a parrot and not all of them were men! Women were just as fearsome as men in the world of buccaneering.  
**Saturday 29 August 2015**  
 12.00 | 13.00 | 14.00 | 15.00  
*Sammy Ofer Wing, National Maritime Museum* and then to *AHOY!* or *Great Map* 6+ **Free**

**WEEKLY FAMILY EVENTS**  
**The Greatest Adventure**  
 Have you ever dared to venture into the unknown? Make your own telescope to guide you through storytelling adventures.  
**Mondays, Wednesdays and Fridays until 28 August**

11.30-13.30 | 14.00-16.00 (Drop-in) *National Maritime Museum Learning Space* All ages Admission: **Free**

**CURATOR'S TOURS**  
*'From Working Boats ... to Ship in a Bottle'*  
 A tour of the art highlights on display at the *National Maritime Museum*, including the striking *Ship in a Bottle* by Yinka Shonibare, MBE.  
**19 August 2015** 13.00  
*Baby Friendly* Bring along your baby to this special curator's tour,  
**5 August 2015** 11.00  
*Sammy Ofer Wing Foyer* **Free** but booking advised

**Be come the Greatest Explorer on The Great Map**  
*The Great Explorer* is a magical new interactive game for families. Take one of the tablet devices and set sail across *The Great Map* to explore distant lands and discover treasures from all around the world.

Where will you visit and what will you find? Take a photo and share your adventure with us @NMMGreenwich #greatmap  
 11.00-16.00 **The Great Map, National Maritime Museum**  
 all ages Admission: **Free**  
[www.rmg.co.uk](http://www.rmg.co.uk)

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**FAMILY ACTIVITY**  
**BACK-PACKS**  
 Families can pick up an activity Back-Pack filled with jigsaws, stories and games to explore the collection. There are also packs available for families with children on the autistic spectrum.  
**Free.** available every day 10.30 – 17.00, last pack given out at 16.00.

**MUSEUM OF CHILDHOOD**  
**GENERAL INFORMATION**  
**FREE ADMISSION**  
 The *V&A Museum of Childhood* is open daily 10.00 – 17.45, last admission 17.30. The nearest underground station is Bethnal Green (Central Line).  
 For general information:  
**020 8983 5200**  
[www.vam.ac.uk/moc](http://www.vam.ac.uk/moc)  
 For advance booking:  
**mocbookings@vam.ac.uk**  
 or call **020 8983 5205**



## Days Out

### Discover the Great Outdoors

Children are invited to experience a taste of the wild at **Penshurst Place and Gardens** this summer, with several exciting bushcraft taster sessions taking place across the season, as well as the option of enjoying a two-day overnight camping experience. Set in the beautiful *Weald of Kent* countryside, the 14th century historic house and gardens opens up its parkland again this year for an outdoor two day bushcraft experience that includes an overnight stay

in a large communal tent. Taking place over **30th-31st July and 6th-7th August**, children aged 7 – 14 years will learn how to light campfires, build shelters and take part in scavenger hunting -- with help from the **Camp Wilderness** experts. At night, wrapped up warm and campfires glowing, the young adventurers will fall asleep under the stars comfortable sheltered in a large traditional Bell Tent. The knowledgeable crew at the **Camp Wilderness** are trained

in survival techniques and accredited by the *British Safety Council*, creating a perfect way for children to make new friends, have fun and learn valuable skills -- in a fully-supervised environment. Bushcraft taster sessions will also be on offer to families visiting **Penshurst Place** during the August Bank Holiday. Families and little explorers, who may be too young for the camps, can try out shelter building and campfire making with live demonstrations by

the professionals from *Camp Wilderness*. For more information on the two day summer camps and to book, please visit:

[www.campwilderness.co.uk/summer-camps/penshurst-place](http://www.campwilderness.co.uk/summer-camps/penshurst-place)

Taster bushcraft activities will take place daily on **30th & 31st August**, between 11am-5pm and are included within the admission price.

[www.penshurstplace.com/whats-on/events-and-activities/](http://www.penshurstplace.com/whats-on/events-and-activities/)



### Family Activities at IWM London

**August – September 2015**  
**Fashion on the Ration: 1940s Street Style** before it closes on **31 August** and learn about 'onesies' worn in air raid shelters and jewellery created from aeroplane parts. In August, have a go at making your own colourful forties scarf in our popular activity Art Workshop: Design a 1940s Scarf. (Free, **1 – 16 August**). Adult: £10 Child: £5 Concession: £7 Members go free Explore how fashion survived and this major exhibition at **IWM London**. Discover how men and women of Britain found new ways to dress, from adopting more casual styles to demonstrating

amazing ingenuity in renovating, recycling and creating their own clothes. See uniforms and textiles from wartime Britain and discover the impact of the war on people's lives – on what they wore, their sense of identity, and how they coped with the demands and deprivations of shortages and austerity. Free family activities Suitable for all ages with parental supervision.  
**Art Workshop:** Design a 1940s Scarf **1 – 16 August** 11.30am – 12.30pm; 2 – 4pm Taking inspiration from fashion of the 1940s, get inspired and design your own bold and colourful scarf to take home at these free drop in sessions. This

activity is inspired by items in our *Fashion on the Ration* exhibition. Uniforms and patriotic fashions of the Second World War were an essential part of the war effort and had to be durable but could also be stylish, with scarf designs featuring anything from propaganda slogans and cartoons to bright colours and patterns. Suitable for ages 11 and above with parental supervision.  
**Object Conversations** **Every Sunday throughout August and September** 11am – 12.30pm; 2pm – 4pm In this immersive object handling session, families can explore objects from the collections and how they connect with iconic objects

on display in theatrium and Terraced Galleries. Feel the weight of a shrapnel piece from the First World War and come to grips with real objects from the collections.  
**Creative Response** **23, 30 August and 6, 13, 27 September** 11am – 12.30pm; 2pm – 4pm Get creative and tell them what inspired you on your visit. Make a drawing, take a photograph, write a postcard and share your ideas.  
**Ongoing Free Exhibitions and Galleries**  
**The Holocaust Exhibition** This highly-acclaimed exhibition uses film, photographs and a large number of rare artefacts – many brought from Germany and

Eastern Europe – to document the history of the Nazi persecution of the Jews and other groups before and during the Second World War. Recommended for children aged 14 and above

**First World War Galleries** Discover the story of the war through the eyes of people in Britain and its empire, both on the home front and the fighting fronts. They are able to see how the war started, why it continued, how the Allies won and its global impact. A series of special family captions are accessible for younger visitors, telling the stories of Alfie Knight a nine-year old boy who wanted to join Kitchener's army, and

Tirpitz the pig who became the mascot of the cruiser *HMS Glasgow* among others.

**A Family in Wartime** The lives of William and Alice Allpress and their ten children and what life in London was like during the Second World War. Interactive exhibits, photographs, recorded interviews with the family, archive film footage, paintings, personal documents and an intricate model of the Allpress family home. Secret War

**Secret War** reveals the clandestine world of espionage, covert operations and the work of Britain's Special Forces. [www.iwm.org.uk](http://www.iwm.org.uk)

**10th Anniversary with Outdoor Feasts at Alexandra Palace, July 3,4,5, and Clapham Common July 24,25,26th** July is the month for feasting in London as **Foodies Festival** celebrates its 10th anniversary North and South of the River. Expect Michelin-star and celebrity chefs, new food and drink theatres, artisan producers and more street food than you can shake a satay stick at. Festival-goers can join the

culinary celebrations in the **New Tasting Theatre**, where local experts invite visitors to try the latest foods and learn new skills including Oyster Shucking, Bee Keeping, Cheese Selecting, Foraging, Raw and Vegan foods, and Herb Cocktail Making. To toast *Foodies'* big year, a **Wine and Champagne Theatre** hosts tutored tastings with experts **Neil Phillips** and **Charles Metcalfe** who will guide visitors through this

season's best British bubbles from the UK and around the world, and beer expert **Melissa Cole** hosts masterclasses in the **New Craft Beer Theatre**, matching foods with locally produced craft beers. Summer cooking inspiration comes from the **Aga Rangemaster Chefs Theatre** with Michelin-starred and celebrity chefs cooking favourite dishes from their summer menus, inspiring the audience to recreate these

dishes at home for friends and family and experiment with new flavours and ingredients. Chocolate addicts should head to the **Chocolate Theatre** for an instant hit of coco in *'How to Sniff Chocolate like a Rockstar'* masterclasses with Coeur de Xocolat, while the **Cake & Bake Theatre** offers masterclasses in 3D cake modelling, Pastry, Chocolate Making and Sugar-Craft with London's best bakers and pâtisseries. A complementing

Chocolate, Cake and Bake Village sells bakes, jams, gadgets and baking essentials.

Delicious smells wafting from **The Street Food Avenue** will tantalise visitors to feast on the huge selection of hot and cold dishes from around the world, at communal tables in the Feasting Tent.

**Little foodies** can explore their taste buds and learn basic skills with **Picnic in the Park** themed

masterclasses in the **Childrens Cookery Theatre**, where Kiddy Cook will show them how to make finger sandwiches, jellies and chocolate buns.

After a day of feasting and fun, foodies can relax with a spot on the grass and soak in the atmosphere with live music and a refreshing cocktail, glass of bubbly or from the Giant Pimms Teapot and Galleon Mojito bars.

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



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## SWIMMING LESSONS

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### Out of this World Activity Mornings

This summer, *Out of this World* will be celebrating the arrival of the *NASA* spacecraft **New Horizons** at the dwarf planet Pluto in the asteroid belt, and we will be exploring dwarf planets, asteroids and meteorites. Parents will remember when Pluto was a planet – find out why this is no longer the case.  
**22 and 29 July 2015** 10.00-12.30 *Astronomy Centre, Activity Space* £5 5+  
**Sunday Space Explorers** Drop-in family workshops, where astronomers will show you how to make a star

finder to identify stars and constellations in the night sky, all year round.  
**26 July 2015** 12.00 | 12.30 | 14.00 | 14.30 | 15.00 | 15.30  
*Activity Space, Astronomy Centre, Royal Observatory Greenwich* £1 5+  
Plenty of other activities for all the family over the summer An 'Astro Ticket' combining access to the historic Royal Observatory buildings and Meridian Courtyard with a planetarium show is available subject to availability  
[www.rmg.co.uk/royal-observatory](http://www.rmg.co.uk/royal-observatory)



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