

# PARENTS NEWS

April 2016 No. 208 The First & Foremost Local Monthly Newspaper for Families

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

## What's On in April & Easter School Holidays

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

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

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

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Three Editions in South-East England



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KENT



## HEMA Making Daily Life Easier

Pop into your local **HEMA** store & appreciate the quality and affordability of many everyday items that appeal to us all. The typical **HEMA** style is modern, practical & user friendly the products, undergo rigorous testing so that the quality provided can be relied on. This quality standard applies to the whole product range, whether it's coffee or recently launched products and seasonal extras. Try the delicious *Stoopwafels* (£1.75) or enjoy baking *Make & Bake* Easter cookies (£4.50) 6 pack of decorating sprinkles (£3.50) *Cake Tin* £5.50 For Easter you can spoil yourselves with scrumptious *Hazlenut* mini eggs (£2.00) and decorated with entertaining LED light

bunny £2.00 They have cool non chocolate gifts handy A6 notebooks (£2.00) Dip and clean nail polish remover (£3.25) USB stick rabbit in hat 8GB £8.50 Cool set of earrings (£4.50) *Thermos* Flask (£17.00) Stores Kingston, Bromley, Stansted, Victoria, [www.hemashop.com](http://www.hemashop.com)



Personalised Easter Chick Egg Cup/ £3.99 If chocolate eggs aren't your thing, why not ensure they start the day right with a real egg? Our **Personalised Easter Chick Egg Cup** is made from sturdy bone china, features an adorable little chick and can be personalised with any name.



**The Easter Bunny Story Book/** From £9.99

The idea of the Easter Bunny features heavily around the image of the 'bunny', but does your young one know where he comes from and how he delivers all the Easter eggs? This full colour book is a rhyming tale that features any child's name across 10 beautiful illustrations, and helps to bring the Easter Bunny story to life.

**Personalised Easter Chick Mug/** £9.99

Another Easter chick-designed perfect to complement a breakfast of a boiled egg and soldiers. It's made from bone china, is dishwasher safe and can also be personalised with any name and message.



## Easter Gifts for Children

**Little Chick Easter Egg/** £12.99

It's a 2" tall bone china egg which features a hand painted spring chick, as well as a personalised name, year and message choice.



**Personalised Easter Chick Plate** £14.99

Ideal for eliminating excess crumbs from small hands and for housing toasted soldiers, this bone china plate can be personalised with two message

lines and helps to complete the breakfast (or lunch/dinner/snack) set.

**Little Chick Photo Frame** £14.99

Documenting special occasions always results in creating a fond memory that can be visited time and time again. Fits any 3.5" photo. It can also be personalised with your message choice and name.

**Personalised Bunny Canvas** £34.99

For the younger ones, or the 'bunny' fanatics, the Personalised Bunny Canvas is perfect for any kid's bedroom. It can be personalised with any name and can also feature a boy or girl bunny. Not only does it look great at Easter but it also adds a touch of colour all year round.

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



## Easter Fun and Frolics at the Rare Breeds Centre.

Everyone knows that Easter is all about chocolate and lambs and **The Rare Breeds** lots of both over the Easter break.

Visit the lambing tunnel and see the new arrivals and their mum's.....you may even see a lamb being born. There are lots of other babies for you to meet too at **Meet the Animals** from 10.30 am - 4pm.

Make sure that you come and watch or take part in 'pig washing' at 11 am, guaranteed to get you and the pigs wet and they love it!! Waterproofs are advisable.

Find all the names of the bunnies around the farm and their **Easter Bunny** will reward you with a yummy chocolate treat!

At 12 noon, 1 pm and 2pm **Wiley Wolf Productions** will performing their own version of 'The Tortoise and the Hare', this an interactive treat for all ages!!

At 2.30 pm the beautiful birds of prey will perform their daily display for you and one or two lucky people get to join in!

The famous **Pig Racing** season starts on **Good Friday**, hilarious and volunteers are needed to run with the piggy athletes!! 3.15 pm daily. Open from 10.30 am - 5.30 pm from **Good Friday**

Happy Easter  
01233 861493

[www.rarebreeds.org.uk](http://www.rarebreeds.org.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**  
Natural Growth Guidance.

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)

# Easter Fun

From Good Friday 25th - Easter Monday 28th March

See our Easter pantomime "The Tortoise & the Hare"

- ✓ Meet the Easter Bunny
- ✓ Go on choccy hunts
- ✓ Go pig racing & help with the lambing



Centre RareBreeds

Find out more... 01233 861493 [RareBreeds.org.uk](http://RareBreeds.org.uk)





## WWT London Wetland Centre Events

**Fri 25 March – Sun 10 April**

### Easter GIANT duck hunt

Spring is a wonderful time to visit **WWT London Wetland Centre** as new life is bursting out all around with babies, bugs and buds in abundance. **But some ducklings have gone missing, can you help us find them?** They have disguised themselves as the ducks that live at the Centre, so follow the **Easter GIANT duck trail** around the beautiful nature reserve to discover where they are hiding. If you find them all you'll win a **Cadbury's Freddo Frog!** Trail £1pp including prize (plus paid admission). Plus, you can make your own **LEGO** brick duckling to build and take home (£5.00 per model), limited numbers! Join in **Easter arts and crafts sessions** to make festive gifts. **Saturday April 2, 9, 16, 23, 30**  
**Saturday May 7, 14, 21, 28**  
*Early bird openings*  
**8.30am**

Bird watching while most Londoners are still tucked up under their duvets. Enjoy a peaceful walk among beautiful scenery to start your weekend. The hides will be open from 8.30am, but the buildings will open at 9.30am as usual. The café will also be open from 8.30am.

### Saturday 9 April

#### Members' Walk 1pm

Monthly wildlife walks for members are not just a great chance to join a warden to spot seasonal wildlife; it's also a

great opportunity to meet other **WWT** members.

The warden explains more about the work creating and managing the habitats for the wetland animals and plants that you see. You may even go to see one or two rarities among the flocks of ducks and water birds. Booking essential. £2.

### Friday 15 April

#### Wildlife photography:

Intermediate skills 10am – 4pm  
Fine-tune your pictures of the natural world on this ideal course.

Based both in the classroom and outside

- Lighting and exposure
  - Advanced camera settings
  - Depth of field preview/hyperfocal distance
  - Field craft for wildlife photography
  - Bird flight photography
  - Advanced composition – to ensure your photos show what you want the viewer to see
- Tailored to the needs of attendees, and with limited numbers there will be plenty of time for 1-2-1 tuition. Suitable for users of SLR cameras only. £60.00pp, plus paid admission  
Booking essential: call **020 8409 4400**.

### Sat 16 April – Sun 22 May

#### Weekend family activities

Enjoy a pond dipping session to see what mini-beasts are about and creative with our nature crafts. See the website for full details nearer the time.



### Saturday 23 April

#### St. George's Quest

10am – 4pm

Are you brave enough to slay the dragon and win a prize?

Join St George on his Quest with help from the Blacksmith, the Wise Woman and other characters you meet along the way.

Suitable for all ages, 8+.

£3.00pp (includes a prize) plus paid admission to the Centre.

### Monday 25 April

#### Introduction to birdsong

10am - 11.30am

#### WWT London Wetland Centre

is a marvellous location for birdwatching and, at this time of year, for "bird listening" too! Getting to know them by the sounds they make is very handy whatever your level of interest in birds and wildlife. In this 1½ hour session you'll learn how to identify birds through song, guided by one of the experts through useful tips, notes and fieldwork. By the end of the course you should be able to

identify ten key species. £10 per person, plus paid admission to the centre. Booking is essential, please phone **020 8409 4400**

### Saturday 30 April

#### Dawn Chorus

5am and 5.15am

This is a unique opportunity to enjoy our wonderful wildlife reserve before daybreak to celebrate international dawn chorus day. Everyone, from people with a passing interest in wildlife to keen birders, can enjoy listening to the birds sing as the sun rises over the reedbeds, lakes and ponds. Book your tickets now for one of the guided tours, at 5.00am and 5.15am. The walks will take you out on to the reserve as the sun comes up. Expert guides will take you around the reserve to discover what is around, and help you identify the birds by their song. You're likely to hear calls and birdsong from a range of species from

Cetti's warblers to lapwings! At the end of the walk enjoy a cup of tea or coffee with breakfast before you head off out again for a day of self-guided birdwatching. Gates open at 4.30am but only ticket holders will be admitted. Please bring your own binoculars and wrap up warm. £20.00 per person (plus admission to the centre), includes the guided walk, tea/coffee, breakfast. Limited tickets available. Booking is essential - call

**020 8409 4400**

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

## Summer is nearly here!

Comfort and fashion: here are the ingredients for a **Primigi**- style summer

Summer is just around the corner and **Primigi** is offering little ones a lively and comfortable footwear collection to accompany them as they play and have fun in the sun and take adventurous walks throughout the long summer.

This vast collection is dominated by brilliantly cheerful and carefree shoes, including open sandals and comfortable sneakers that satisfy the tastes of even the most demanding children.

Little girls can choose from a wide array of classic ballerinas in bright colours, including red and fuchsia – an excellent choice for tackling the summer holidays with a bold and dynamic spirit.

The collection also includes more extravagant sandals,

embellished with flower and bow appliqué, and canvas sneakers presented in more original prints and colours.

For active little boys, **Primigi** offers open, sporty sandals in a classic style made with comfortable rubber soles in shades of blue, green and brown.

Then there's the comfortable sneaker with the double velcro closure, ideal for cheerful and playful hikes in the mountains.

Ideal and fashionable, **Primigi** footwear has all the right ingredients for a summer to remember, a stylish and carefree approach to fun, even during the most beautiful and hottest season of the year.

Find out the collection on [www.primigi.com](http://www.primigi.com)



**PRIMIGI**  
Italian Leader for kids



JOIN OUR GIANT  
EASTER DUCK HUNT

Friday 25 March to Sunday 10 April

FIND US  
AND WIN  
A PRIZE!

And buy your own LEGO®  
brick duckling to build



**WWT** London  
Wetland Centre

For full details see [www.wwt.org.uk/london](http://www.wwt.org.uk/london)  
Queen Elizabeth's Walk, Barnes, SW13 9WT  
[info.london@wwt.org.uk](mailto:info.london@wwt.org.uk) 0208 409 4400



## Birdworld set in 26 acres of landscaped gardens

*Birdworld* is one of the largest bird parks in the UK.

In addition to birds from around the world, *Birdworld* also has an aquarium, *Underwater World* and the *Jenny Wren farm* featuring creatures great and small.

**New for 2016 – Parrot Island Adventure Playground**

### Easter Holiday Events Wednesday 30th March – Easter Egg Hunt

Percy penguin and friends invite you to join in the fun at this year's Easter Egg hunt, which will take you all around the park.

Seasonal activities will take place on the Safari lawn and there will be a *Punch & Judy* show at 11.30pm & 2.00pm

### Pirate Activity Week 4th – 8th April

Join in the fun and come in fancy dress  
Pirate themed activities will take place every day between 11.00am and 4.00pm  
Follow the pirate trail to get the chance of winning a prize  
**01420 22140**

or look at  
[www.birdworld.co.uk](http://www.birdworld.co.uk)



Colin McKenzie 2015

## Egg-stravaganza at *Bunn Leisure*

For a fun, family break by the seaside this Easter, look no further than *Bunn Leisure* – with mile-long beach, fun Easter activities and the chance for little ones to meet TV favourite **Pip Ahoy**.

The West Sussex holiday park, located on the stunning Selsey peninsula is the perfect destination for a getaway during the Easter holidays – with three night breaks starting from just £53pp.

With free access to *Bunn Leisure*'s jam-packed entertainment programme, children's activities and splashing fun at the **Oasis Leisure** complex, an Easter break is the perfect getaway bundle.

There's plenty for the youngsters to do thanks to the three kids' clubs, full of fun activities such as arts and crafts, dance workshops and fun hunts. If that's not enough, little ones can meet and celebrate their Easter holiday with *Bunn Leisure*'s very own 'Bunni Family', the park's lovable cuddly costume characters.

On **April 3**, youngsters will have the chance to meet their favourite cartoon character, **Pip Ahoy**, as seen on *Channel 5's Milkshake* show. Join Pip and his feline friend, Alba, in their seaside adventures around *Salty Cove*.

In the evenings, sit back and enjoy the entertainment in the 2,000-capacity *Embassy* venue with a host of great

acts. Psychedelic rockers **Doctor and the Medics**, best known for their number one hit single '*Spirit in the Sky*' will be performing on **March 26**, as well as *Pop Up Bowie* – a tribute to the late legend David Bowie.

Sunny Selsey is just as beautiful in March as it is at the height of summer thanks to *Bunn Leisure*'s £17million beach and the neighbouring nature reserves, perfect for family days out and peaceful walks along the coast.

*Bunn Leisure* has four holiday villages to choose from – **West Sands** at the heart of the action, **White Horse Park** for families with young children who want a quieter stay, top-of-the-range **Green Lawns** with more space to unwind and **Warner Farm**, which has 250 pitches for touring caravans, motor homes and tents with prices starting from just £40 per night for four people.

There is also a choice of luxury holiday cottages which sleep between six and 12 people – wherever you choose, the *Bunni Express* Land train and courtesy bus are easy ways to get around the park.

*Bunn Leisure* knows how to make holidays fun, which is why it's won top prizes in *Tourism South East's Beautiful South Awards for Excellence* for four years running and received a *TripAdvisor Certificate of Excellence* award in 2015. To book:  
[www.bunnleisure.co.uk](http://www.bunnleisure.co.uk)  
**01243 606080**



### 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 Ashted/Leatherhead  
Epsom College

For more info contact Colin on 01372 739600

### 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**

## My First Ballet: *Sleeping Beauty*

National Tour

**24 March – 29 May 2016**

Performance times and ticket prices vary

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

*English National Ballet and English National Ballet School*

present a reimagined version of the classic fairy-tale ballet created especially for children as young as three. Adapted to an hour in length and with a narrator to help young audiences follow the story, *My First Ballet: Sleeping Beauty* is the perfect way to introduce children to the magic of ballet.

Following its premiere at the *Peacock Theatre*, London on **24 March 2016**, it will embark on a national tour which includes performances in new venues including, Dartford (**16 & 17 Apr**) and Hastings (**7 & 8 May**), Woking (**28 & 29 May**) and Oxford (**30 Apr & 1 May**). Due to popular demand, *My First Ballet: Sleeping Beauty* will have a summer run at the *Peacock Theatre, London* from **6 - 10 July**.

It is part of the *My First Ballet* series which enters its fifth year in 2016. Over 150,000 people have enjoyed the series. The *My First Ballet* series is performed by second year students of *English National Ballet School*, and up-and-coming dancers, providing them with valuable rehearsal and performance experience within a touring company.

Tickets for *My First Ballet: Sleeping Beauty* at the *Peacock Theatre* in July go on sale on **Monday 21 March**  
[www.peacocktheatre.com](http://www.peacocktheatre.com)

## Swimming Lessons

Colin has been involved with swimming and diving for most of his life, having represented his county as a swimmer.

Colin and his team teach from Pre School (2.yrs) to adults 7 days a week.

All staff are ASA and/or STA Qualified with up-to-date rescue qualifications.

They are friendly and approachable with many years of experience.

Colin says "I think it's very important that the parents also get involved during the lesson, that's why we like to see parents sitting, watching and encouraging the children from the side of the pool. This is a family run business and I believe the whole family should be involved."

We have lessons at *Epsom College* on Monday through Thursdays and at *Downsend* every day of the week apart from Thursdays. **Our Parent & Child** classes at the weekend prove very popular as Mums & Dads can take an active role in the children's swimming lessons.

To attend a trial lesson and experience the vibrant atmosphere please book:  
**01372 739600**



# Easter Fun at Birdworld!

## Easter Egg Hunt - Wednesday 30th March 2016

## Pirate Week - Monday 4th - Friday 8th April 2016



### CHILD TICKET OFFER

**1 child FREE with 1 paying visitor!**

**One child ticket free with one full paying visitor!  
(Cheapest ticket free)**

*Not valid in conjunction with Memberships, Tesco Vouchers or any other ticket offer*

## Valid 25th March - 10th April 2016



## Healthy Easter Holidays for All The Family

Swap the Easter bunny for an activity packed family holiday and create memories that will last long after the chocolate has gone. Whether horse riding in Portugal or surfing in Morocco, burn off youthful energy as **Health and Fitness Travel**, the leading specialists in wellness holidays worldwide, share their healthy Easter holidays guaranteed to return the whole family home wreathed in smiles.

### Horse riding in Portugal: *Penha Longa*

Explore the *Penha Longa* estate by horseback on an activity filled family holiday, set within a national nature reserve. Enjoy learning together as you saddle up with horse riding lessons, adapted to age and experience. Keep the kids entertained with sports activities such as tennis and golf, or take to the beach together to try out a family surfing session. With *Kids Club* activities from treasure hunts to cooking classes, and adult class options such as laughter yoga and Qi Gong, the whole family will enjoy every moment. **Health and Fitness Travel** offers 7 nights at *Penha Longa* from £1,010pp. Price includes breakfast, return flights and transfers.

### Family Adventure in Oman: *Zighy Bay*

Set off on a family adventure to the beachfront retreat of *Zighy Bay* in Oman for heart-racing activities that will create lasting family memories. Nestled in a secluded bay, for the little ones there is beach bowling and feeding the *Zighy* goats, whilst older kids can head off for a session of rock climbing or snorkelling. With the young ones happily engaged, parents can soar over the water on a tandem paraglide or relax in the spa. In the evening, watch a film together under the stars in the outdoor cinema. **Health and Fitness Travel** 7 nights at *Zighy Bay* from £2,135pp. Price includes breakfast, return flights and transfers.

### Family Friendly Spa in Turkey *D-Hotel Maris*

A family friendly spa retreat that boasts five private beaches. With spa treatments available for teens, relax and bond together with a host of tempting treatments. Active teenagers can explore the coast by canoe or mountain bike whilst youngsters can splash on the beach or get involved with creative workshop activities.

Take to the water as a family on a guided kayak trip or chartered yacht day tour to return home sun-kissed, relaxed and with a host of new memories.

**Health and Fitness Travel** 7 nights from £610pp. Price includes breakfast, return flights and transfers.

### Surfing in Morocco: *Paradis Plage*

Work off those chocolate eggs the fun way this Easter on an exhilarating family surfing holiday in Morocco. Facing onto a 10km private beach, kids and parents alike can experience the thrill of standing up on their boards for the first time, with lessons available for all ages. Keep the little ones entertained at the **Kids Club** with a range of sports and craft activities, whilst parents take the chance to experience a yoga class in the beachfront pavilion. At the end of the day, share your healthy adventures overlooking the Atlantic Ocean as your family savours authentic Moroccan cuisine.

**Health and Fitness Travel** 7 nights from £1,035pp. Price includes breakfast, return flights and transfers.

**Health and Fitness Travel**  
020 3397 8891

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



## The Travel Trove

If you are planning to visit Croatia any time soon, don't miss the amazing **UNESCO World Heritage site, Plitvice Lakes**. Located roughly half way between the city of Zagreb and the tourist resort of Zadar on the coast. You can visit as a day trip or to really get a feel for the place, why not stay a few nights at one of the hotels or lodges nearby? Set deep

in woodland, populated by an array of wildlife including wolves and bears, are the 16 lakes which are interconnected by a series of spectacular waterfalls. The lakes join together over a distance of 8km so there is lots to explore and some great cycling trails too.

There are also boat trips, caves, and horse riding to keep you

busy. Croatia is a great place for families who want more than just a beach, but we advise you to book early as there is a lack of family accommodation options and the best ones sell out fast.

For more information call Janine or Paul at **The Travel Trove** on  
020 3598 6245.



## The best camping holiday destinations in the UK for 2016

With the summer holidays being planned and upcoming bank holiday weekends, there's nothing like hitting the open road for a break in the great outdoors. Camping is a great way to spend quality time with your loved ones and can be the perfect staycation. Founder and director of award-winning campervan, caravan and motorhome insurance provider, **comfort-insurance.co.uk**, **Peter Cue**, shares the best hidden camping gems in the UK for tranquil scenery and stunning locations.

### England

#### *Little Trethvas Camping & Touring Site*, Cornwall

An intimate and friendly campsite, located on the unique and unspoilt *Lizard Peninsular* – the perfect location to explore this wonderful corner of Cornwall. Fantastic beaches, superb walks and scenic drives through sleepy villages and wooded valleys surround this place. The area has historic importance, with Iron Age settlements, barrows and tin mines to visit. Known as '*The Menage*' or '*Land of the Saints*' – the vicinity of this location has a plethora of coastal walking paths dotted with Celtic crosses, where Christian pilgrims once crossed this peninsular.

There is an array of activities to keep everyone occupied. From fishing and sailing through to off-road biking and horseback riding – there is something for everyone. Trotting off on horseback across the Hoonhill Downs should not be missed, and the kids will love the nearby *Flambards* theme park at Helston.

#### *Moss Side Farm Campsite*, *Cumbria*

A hiker's dream, this campsite's location has it all. Nestled in a woodland valley, there are many footpaths leading from the farm. The main path runs along a disused railway line, going straight into Broughton, a village steeped

in history and other paths lead into the valleys of *Seathwaite* and *Ulpha* – breathtaking walks will take you over streams, bridges and open fields packed with serene views. This warm, family-friendly campsite is also a working farm, with sheep, cows, ducks, hens and dogs all residing here. The team welcome well-behaved dogs so happy campers can bring their furry friends along with them. With the farm in the Lake District a ten minute drive to the third biggest lake in this area, called *Coniston Lake*, active campers can have a go at the local water sports available, such as sailing, canoeing and kayaking.

#### *Narborough Fisheries*, *Norfolk*

One for the fishing enthusiast, this campsite located in Norfolk has its own private 26-acre site with fishing lakes flowing with chalk stream water from the *River Nar*. With five lakes to choose from, serious anglers can fish for the likes of Carp and Trout, amongst the 9,000 fish, making this place a fisherman's heaven. Pitch up alongside a lake and enjoy the tranquil views of nature or go wildlife spotting with a trip to Norfolk's *Wildlife Trust's* chalk grassland of *Narborough Railway Line*. It's a rare habitat-type for Norfolk and is one of the best places for butterflies, not to mention the nearby **Norfolk Broads** – the UK's largest protected wetland.

### Scotland

#### *Port Bàn Holiday Park*

A secluded haven, situated near *Kilberry* on the beautiful unspoilt coastline of the *Knapdale Peninsula* of Scotland, where there are striking panoramic views across the sea to *Islay* and *Jura*. The sheer beauty of the landscape and the rich diversity of wildflowers and wildlife makes *Port Bàn* an interesting and peaceful retreat. Described as a wee taste of heaven,

holidaymakers can relax in total peace. There's plenty to see and do, such as swimming, boating, canoeing, fishing, cycling, walking or exploring the rockpools. Children can play in the open space which comes in abundance. Nearby, the *Kilmartin Museum* is worth a visit to discover Scotland's past, through its collection of artefacts from the Bronze Age, Neolithic Age and more.

#### *Queensberry Bay Park*

Residing on the windswept northern shores of the *Solway Firth* in Scotland, this family-run caravan park is the best for get-away-from-it-all breaks by the sea. The park only knows one way of life, the slow life. Maintaining the soothing atmosphere includes attention to detail and policies on pure calmness throughout the site. Visitors can go bird-watching, walking or cycling. A golf course close by and a pampering spa for activities during the day. Accommodation comprises of mixed pitches for tents, tourers and motorhomes, glamping S-pods and caravans equipped with everything needed.

### Wales

#### *Sunnysands Caravan Park*

Whether it's a peaceful, laidback holiday or an action-packed fun-filled family holiday, this site offers diverse activities to suit all. Set in the scenic *Snowdonia National Park* and close to the seaside town of *Barmouth*, the park is fronted by miles of sandy beach and the calm blue sea of *Cardigan Bay*, backed by the panoramic mountains of *Snowdon* and *Cadir*. The place comes fully equipped with a range of facilities to enjoy, including a bar, indoor and outdoor swimming pools, a restaurant and a play area.

For more information about Comfort Insurance visit:  
[www.comfort-insurance.co.uk](http://www.comfort-insurance.co.uk)





## 'A Woman of Genius' – Vicki Cooke

### New exhibition

A celebration of female artists down the ages. A number of rarely seen artworks from **Maidstone Museum** to be displayed "A woman of genius does not exist; if she does, she must be a man!" It would be easy for many an artist to look upon the quote by 19th-century art critic **Edmond de Goncourt** and sneer at the dated nature of the aphorism, but for local artist **Vicki Cooke**, the opportunity to refute such claims has resulted in her debut art exhibition at **Maidstone Museum**, 'A Woman of Genius'.

Running until April 30, 2016, the exhibition brings together a number of original works from Vicki complemented by pieces of art from the **Maidstone Museum** collection by female artists down the ages. Such is the rare nature of the collections, some of these works will be on show to the public for the first time, as certain pieces are kept in storage to preserve the quality of the work.

"This latest exhibition really represents a celebration of female artists, many of whom may often be overshadowed by their male counterparts," said **Lyn Palmer**, *Interpretation and Exhibitions Manager* at **Maidstone Museum**. "Alongside members of the **Maidstone Museum** team, Vicki has curated a fantastic showcase of the works, while her own pieces offer a compelling look into those artists that have played such an important role down the years."

Speaking before the opening of the exhibition, Vicki was keen to point out that the importance of female artists should be held in the highest esteem: "I had been researching and creating works about women artists for the past five years. It all began when I read an art book mentioning **Artemisia Gentileschi**, a painter from the 1600s, and the realisation that I knew of barely any pre 20th-century female artists. Digging deeper, it turned out there was actually plenty around, and the project grew from there.

"This will be my first solo art exhibition and the first time all the works have been shown together, so I hope that it encourages other museums that have work by women to bring out them into the open. I'm particularly delighted to be able to host the exhibition at **Maidstone Museum** and am thankful for the support that has been shown by everybody there. Not only is it in my home town, but work by one of the artists I've studied heavily – **Sofonisba Anguissola** – is kept here, so it seemed the appropriate venue to present."

The 'A Woman of Genius' exhibition runs until April 30, 2016. Entrance to the exhibition is free of charge.

**Maidstone Museum & Bentlif Art Gallery**  
St Faith's Street,  
Maidstone, Kent.  
ME14 1LH  
[www.museum.maidstone.gov.uk](http://www.museum.maidstone.gov.uk)  
01622 602838

## Easter Family Fun at Hever Castle March 25th - April 10th

For some magical family moments this Easter, hop through **Hever Castle Gardens** on the trail of the **Lindt Gold Bunny** to win a chocolate treat. There's family entertainment throughout the Easter holidays from **March 25th – April 10th** designed to put a spring in everyone's step.

Besides following the Easter trail to hunt for Golden Bunnies, children can make their own Easter bonnet at daily craft workshops\* (\*small additional charge). There's an opportunity to parade their creation in the **Best Easter Bonnet** competition in front of the Castle each day with treats for the winners. Enjoy more family fun with an Easter themed quiz in the Castle. Event supported by **Lindt chocolate**.

At this time of year, **Anne Boleyn's Orchard** is covered in a carpet of daffodils. Drifts of bright daffodils line the moat

and river banks, while violas, wallflowers and hyacinths create a dazzling display in the **Italian Garden**.

A visit to the **Adventure Playground** is ideal for young children, while energetic families can venture out on the **Hever Lake Walk**. Then round off the day with seasonal home cooked food and hot cross buns in the restaurant followed a visit to the Gift Shop stocked with Easter goodies including Lindt chocolate eggs and treats.

Admission Prices – **Castle & Gardens**: Adults £16.50; Seniors £14.40; Children (5-15) £9.30 (under 5's free); Family ticket £43.60 (2 adults & 2 children or 1 adult & 3 children).

For further information and opening times

[www.hevercastle.co.uk](http://www.hevercastle.co.uk)  
or call Hever Castle on

01732 865224.

## EXCITING NEW COURSES AT 2016 KENT MUSIC SUMMER SCHOOL

Booking has opened for this year's **Kent Music Summer School** which will offer young people exciting new courses in commercial music and song writing and provide a fully-equipped theatre to stage segments of musicals.

This year's **Kent Music Summer School** will be held between **July 14 and August 1** at **Benenden School**, near Cranbrook. **Phill Hyde**, who manages the summer school, said: "While still offering the core of traditional courses key to its success, **Kent Music Summer School** regularly adds new courses to allow more students to be part of a very special musical experience."

**The Commercial Music Course**, for intermediate and advanced musicians, will help young people to develop their skills playing within a rock band or ensemble and to develop their knowledge of song writing, home recording, promotion and other aspects of band life. **The Song Writing Course** goes into more detail on song structures, arrangements, lyric writing, musical textures and voicings.

The popular **Musical Theatre Course**, introduced three years ago, has been extended to five days and moved into the school's fully-equipped theatre, where performers can use the stage and state-of-the-art technical facilities. The course will include rock opera, light opera and contemporary, juke box and concept musicals with tuition in singing, dancing, acting, improvisation, physical theatre and audition technique.

Courses are led by leading professional musicians who work at the highest level throughout the year as performers and educators. Anyone can apply for a place and there are no auditions. Young people can develop their musical talents

using purpose-built facilities, playing in wind bands, symphony orchestras, string orchestras, jazz ensembles and recorder groups. Everyone who takes part is encouraged to sing in the course chorus and each course culminates in a concert for family and friends.

**Benenden School** offers exceptional facilities on a 240-acre parkland site in the heart of Kent. Recreational facilities include a swimming pool, tennis and squash courts as well as an on-site shop. Students are provided with mainly individual rooms, high-quality catering, and are looked after by a team of experienced supervisors, qualified nurses and lifeguards.

This year's courses and fees are:  
July 14-19 **Wind Band Course**, Grades: 3-8, £360  
July 16-18 **Commercial Music Course**, intermediate to advanced, £180  
July 21-25 **Musical Theatre Course**, junior to advanced, £300  
July 21-26 **Symphony Orchestra Course**, Grades: 6-8, £360  
July 21-26 **String Orchestra Course**, Grades: 4-5, £360  
July 27-28 **Song Writing Course**, all standards, £120  
July 27-29 **Jazz Course**, Grades: 3-8, £180  
July 27-29 **Junior String Course**, Grades: 1-3, £180  
July 27-29 **Recorder Course**, all standards, £180  
July 30- August 1 **Junior Singing Course**, ages 8-11 i.e. Years 4-6, £180  
Discounts are available for parents booking more than one child or a child attending multiple courses. Kent Music can write to school heads to support release days.

For details or a brochure, visit [www.kent-music.com](http://www.kent-music.com) or contact Valerie Cordina, 01622 358402 [vcordina@kent-music.com](mailto:vcordina@kent-music.com)

## Easter Through the Looking Glass: 25th March to 10th April 2016

### Leeds Castle

This Easter join two weeks of **Alice in Wonderland** family fun at "the loveliest castle in the world". With trails across the grounds for children, Mad Hatter's tea parties and croquet on the lawn with the Queen of Hearts, there are lots of reasons to visit again and again with your annual ticket!

Starting on the **25th March** and running through to the **10th April**, there will be Easter activities for all ages including an **Alice in Wonderland** themed trail across the estate for children. Hand in your completed trail card to receive a small chocolate prize. An additional charge of £1 per child applies. From the **25th until the 28th**, there will be even more going on across the bank holiday weekend. Meet Alice and her friends as they pop up across the grounds of the Castle during your day. At 11am each day, children can join in the hunt for the **White Rabbit** in the **Woodland Walk**.

Lookout for the Caterpillar sitting on his shiny red mushroom although you will most likely hear him first, he does like to attract attention! Say hello to Tweedle Dum and Tweedle Dee, who will be wandering around being infuriating, ridiculous and occasionally performing spontaneous tap dance routines.

At 1.30pm daily in the **Fairfax Courtyard**, an interactive pop-up tea party will take place. Join the chaos with the Mad Hatter, March Hare, Alice and the Dormouse as they chase their table, which has a habit of getting bored and running away! If they ever catch the table there will be invisible tea and riddles for the audience to join in with.

During your visit to **Leeds Castle** this Easter, pop into our gift shops and catering outlets

for fantastic souvenirs and delicious treats. Try the brand new range of 'Goupie' treats - devilishly moreish chewy chocolate confection, hand-produced by a small, dedicated team, led by **Janet and Joe Simpson**, in Goudhurst, Kent.

The gardens at the Castle burst into life in the spring and there is plenty of wildlife to spot including black swans, grey squirrels, kingfishers, geese, peacocks and ducks to name but a few.

Entry to this event is included with your admission ticket. Admission tickets cost £24.50 for adults; £21.50 for seniors and visitors with disabilities (carer goes free); £16.50 for children, £13.50 for children with disabilities (age 4-15 years), under 4s free. Admission tickets are valid for 12 months so you can pay once and visit all year round. Book online and receive 10% off admission tickets at: [www.leeds-castle.com](http://www.leeds-castle.com)

**Leeds Castle** is located near Maidstone in Kent just off Junction 8 of the M20 within easy reach of London. Grounds open at 10am daily and the Castle is open from 10.30am. Last admission is 4.30pm and gates close at 6pm from April to September

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ALSO view on-line  
[www.parents-news.co.uk](http://www.parents-news.co.uk)





**Good Friday 25 March** 2.00pm  
**EGG ROLLING ON FOLKESTONE DOWNS**  
 Come and join the traditional Easter egg rolling competition on **Sugarloaf Hill** on Folkestone Downs. Bring your own decorated hard-boiled egg. Prizes will be given for the best decorated egg. A short walk before the grand egg rolling competition with prizes for the egg that rolls the furthest. Then learn a little about the wildlife of Folkestone Downs and enjoy the views over Folkestone. CHARGE: £2 per child (to cover materials and prizes). LEADER: Kirk Alexander, *White Cliffs Countryside Partnership*  
**01304 241806**  
**07885 599182**  
 MEET: Kissing gate, end of Holywell Avenue, off Canterbury Road (A260), Folkestone (TR 224 377). DISTANCE: 1 mile (2 hours). GRADE: 4 (steep hill).

**Easter Sunday 27 March** 1.00pm  
**SURVIVING THE WILD – LEARN BUSHCRAFT BASICS** (Must book)  
 An afternoon of geocaching going from the **River Dour to High Meadow**, Tower Hamlets. Learn how to source water, prepare a campfire, tie knots and much more! Look out for the *Wacky Wagon!* Wear

suitable footwear. Suitable for 13-18 year olds.  
**01304 872157**  
 Free. LEADER: Pete Evans, *Skills Horizon for Dover Town Council*. MEET: Beaconsfield Road (near the bridge over the River Dour), Dover. DURATION: 4 hours. GRADE: 3

**Bank Holiday Monday 28 March** 10.00am or 2.00pm  
**EASTER EGGSTRAVAGANZA!** (Must book)  
 Morning or afternoon for 2 hours of geocaching, Easter adventures and fire skills up at High Meadow. Wear sturdy shoes and warm clothes.  
**01304 872157**.  
 Free. LEADER: Pete Evans, *Skills Horizon for Up on the Downs with Dover Town Council*. MEET: High Meadow, Noah's Ark Road, Dover (look out for the *Wacky Wagon!*). DURATION: 2 hours. Dogs on leads.

**Bank Holiday Monday 28 March** 2.00pm  
**SAMPHIRE HOE WACKY EASTER EGG ROLLING**  
 Join the crazy fun. Rubber eggs supplied! Suggested donation of £2 appreciated. LEADER: Paul Holt, *White Cliffs Countryside Partnership*  
**01304 225649**  
 MEET: Site Management Office, Samphire Hoe (pay and display car park). The

Hoe is signposted off the A20 from Dover to Folkestone, CT17 9FL (TR 294 391). DISTANCE: 1 mile (1 hour). GRADE: 2. Dogs on leads.

**Tuesday 29 March** 1.00pm  
**SURVIVING THE WILD – LEARN BUSHCRAFT BASICS** (Must book)  
 Please see 27 March for details.

**Tuesday 29 March** 2.00pm  
**POND-DIPPING AT BUSHY RUFF**  
 part of Kearsney Abbey Gardens, and learn about the fascinating wildlife and ecology of water. Please bring a pond net if you have one. Please wear old clothes and sturdy footwear and bring a towel and water to drink. Suggested donation of £2 appreciated. LEADER: Nature Table for *White Cliffs Countryside Partnership*  
**01795 535504**  
 MEET: Outside the café, Kearsney Abbey Gardens, Kearsney, near Dover (TR 287 438). DISTANCE: 0.5 miles (2 hours). GRADE: 2. No dogs.

**Wednesday 30 March** 2.00pm  
**WATERSHIP DOWN ON WHINLESS DOWN**  
 Come and find the names of the characters from the book 'Watership Down' relating to the plants that can be found at Whinless Down attached to the orienteering posts. A small chocolate egg prize to

those who complete the quiz as they go round. Please wear suitable footwear and clothing. Suggested donation of £2 per child appreciated. LEADER: Paul Sampson, *White Cliffs Countryside Partnership*  
**01304 241806**  
**07773 619121**  
 MEET: Elms Vale Recreation Ground car park, Elms Vale Road, off Folkestone Road, Dover CT17 9NN (TR 299 414). DISTANCE: 1 mile (1-1.5 hours). GRADE: 3. Dogs on leads.

**Friday 1 April** 2.00pm  
**BUMBLEBEE WALK**  
 A walk around Folkestone Warren to identify all bumblebee species we see. Information will be given on bumblebee ecology, lifecycle, conservation and identification. Walk suitable for all ages above 10 years. The walk will be at a slow and steady pace. Please wear suitable outdoor clothing. If weather conditions are poor we will travel to Samphire Hoe Shelter where a one hour talk will be given on bumblebees. Donations welcome. LEADER: Dr Nikki Gammans, *Bumblebee Conservation Trust for White Cliffs Countryside Partnership*  
**01304 241806**  
 MEET: Gate next to the Bowls Club, Wear Bay Road, Folkestone (TR 240 367). DISTANCE: 1 mile (1.5 hours). GRADE: 3. Dogs on leads.

**Sunday 3 April** 2.00pm  
**THE GEOLOGY OF FOLKESTONE WARREN & FOSSIL FORAY**  
 This short walk will provide an introduction to the local geology and the fossils that can be found and explain why the landscape around East Wear Bay looks as it does. The walk is expected to last about 1½ hours and will be visiting the beach, so old clothes and sturdy footwear is required. Suggested donation of £2 appreciated. LEADER: Geoff Downer, *Geo-Conservation Kent and Kent Geologists' Group for White Cliffs Countryside Partnership*  
**01304 241806**  
 MEET: Outside restaurant (Harbour), Wear Bay Road, Folkestone (TR 239 364). DISTANCE: 1 mile (1.5 hours). GRADE: 5 (rocky beach).

**Tuesday 5 April** 12.30am (Please book)  
**DEN BUILDING & SURVIVAL SKILLS, WHINLESS DOWN**  
 Join an afternoon of den building at the base of *Whinless Down nature reserve*. Build a shelter largely of natural materials cut by the volunteers in the morning; learn how to build and light a small campfire. Children must be accompanied by a responsible adult throughout the event. Bring your own drinks and packed lunch, appropriate weather clothing

and sturdy footwear. Suggested donation of £5 per person appreciated. Booking essential as there are limited spaces  
**01304 241806**  
 LEADER: Paul Sampson, *White Cliffs Countryside Partnership*  
**01304 241806**  
**07773 619121**  
 MEET: Elms Vale recreation ground car park, Elms Vale Road, Dover, CT17 9NN (TR 299 414). DISTANCE: 1 mile (2.5 hours). GRADE: 3 (muddy).

**Saturday 9 April** 2.00pm (Must book)  
**BEAUTIFUL BUTTERFLIES** (Art in the Shelter)  
 Some of the most stunning examples of 'Painting with light' are stain glass windows. Create your own amazing back-lit pictures using nothing more than tissue paper, glue and card. It will be messy so please wear suitable clothing. Suggested donation of £5 per person appreciated. LEADER: Steve Walker, *White Cliffs Countryside Partnership*  
**01304 225649**  
 MEET: Samphire Hoe education shelter, Samphire Hoe (pay and display car park). The Hoe is signposted off the A20 from Dover to Folkestone, CT17 9FL. DURATION: 2 hours. No dogs.  
[www.whitecliffscountryside.org.uk](http://www.whitecliffscountryside.org.uk)

**Top Toys for Easter? – Look no Further!**

As toy specialists we thought we would make our media contacts' jobs just that little bit easier this year with a rundown of what's big in the toy stores this Easter.

Doc McStuffs, Sleepy Time Lambie Flair PLC.  
£24.99



Little Live Pets, Duck and Baby.  
Character Options  
£17.99



Weebledown Farm Weebles  
Character Options  
£4.99



Teksta Newborn  
Character Options  
£19.99



Little Live Pets  
Sweet Talking Birds  
Character Options  
£9.99



Horse Heaven XXL300, Ravensburger  
£8.99



Lambs and Bunnies  
Schleich  
From £2.99



Cool Create Chocolate Bar Maker,  
Flair PLC.  
£14.99



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## Easter Fun for all the family in Hyde Park

### Discovery Day – Animal Magic

30 & 31 March 2016:

11am – 3pm **Free** of charge. Suitable for the whole family! Drop in any time between 11am and 3pm to take part in a host of free and exciting nature inspired activities including:

- **Pond dipping**, uncovering the secret underwater world - you may even see a tadpole or two!
- Using the spotter sheet explore nature's hidden habitats in the garden. Whilst exploring, gather material to create a nest collage to take home
- Following the **Discovery Trail** and uncovering fascinating facts about new arrivals
- Entering **Discovery Rooms** and creating some nature inspired arts and crafts
- With all your new knowledge creating your own 'habitat in a box' (£1 suggested donation)

### Nature Explorers – Spring Hatchings

5 April 2016: 10am – 3pm £15. Suitable 8 to 11 year olds Book online

An action packed day of fun and exploration in **Hyde Park**, discovering all about the marvellous world of nature.

- Meeting the aquatic life in the private pond, maybe even spotting a tadpole or two!
- Exploring the wilder parts of

**Hyde Park**, looking for spring hatchings in hidden habitats

- **Listening** out for the sounds of baby birds in their nests and spotting ducklings on the lake
- **Discovering** how birds make their nests and learning about the natural materials they use
- Being awarded a 'Nature Explorers Club' badge and passport - every time the intrepid explorer visits the **Education Centre** they will get a brand new stamp!

### Discovery Day – Flower Power

6 & 7 April 2016: 11am – 3pm **Free** of charge. Suitable for the whole family!

Drop in any time between 11am and 3pm to take part in a host of free and exciting activities including:

- **Crafting** a flower on a stick or finger painting a daisy bookmark
  - Following **Discovery Trail** fascinating flowery facts
  - **Exploring** grounds, visiting sensory wildlife garden taking a peek in mini beast hotel
  - **Creating** your own piece of nature by making a paper pot and planting a seed to take home and watch grow (for a suggested £1 donation)
- Booking info:  
[www.SupportTheRoyalParks.org/experiences](http://www.SupportTheRoyalParks.org/experiences)



### Parent's View:

(a family reviewed these shoes for **PARENTS NEWS**)

Finding the best-fitting shoes for my children is amongst the many choices you make as a parent. To ensure your children walk with happy feet, you need to make sure the shoe fits properly from heel to toe, and that they feel comfortable and are confident in wearing them.

### Packaging Presentation

**Primigi** use very good marketing, adopting smiling, happy children, without any pictures of shoes. This a powerful first impression for a parent who wants their child to be happy wearing the chosen shoes. The use of subtle pastel colour of light green enhances the feeling that a good choice has been made by purchasing **Primigi** footwear.

SCAMOS/T.TECNIC/NAVY - 56362/00 Size 34

Immediately the integrated PMG1976 logo supported by the classic trademark



SCAMOS/T.TECNIC/NAVY - 56362/00

## Primigi Review

of **Goretex** provides any concerned parent with the knowledge that their child will have the feeling of dry warm feet. The styling is wonderfully casual but smart, so that the blue/white/turquoise colour scheme will be complimented against blue jeans or cream trousers, but equally with summer shorts.

Velcro straps provide a hassle free means by which the child can manage on their own and feel independent. The white stitching detail against the blue outer colour illustrates the quality of the shoes construction, balanced against the white coloured deep grip sole capable of flexing and supporting the most adventurous child.

The inner linings of the shoe also excel in quality material with subtle **Goretex** branding printed within the patterned design. The blue leather toe provides a strong and durable solution for the foot for sports and skateboarding pursuits.

Extremely pleased with this item of footwear and as a parent, secure in the knowledge that my child's first impression was a big smile, knowing that he'll immediately show off his amazing shoes to his friends.

SCAM.BR/VIT.LAM/ARGE - 51690/77 Size 32

This shoe design has amazing detail of silver and white jewels for any girl wanting to wear dazzling footwear. The shiny silver outer makes is very durable and catches the eyes of my daughter's friends. Anti-shock inner sole enables non-stop activity with the option for quick adjustments to the fitting using Velcro straps.

These trainers sparkle all over and work well with summer shorts and equally blue jeans. Very pleased with these trainers extended further through the confidence our daughter has in wearing them, sporting a constant smile as she plays out her princess performances with eye-catching sparkle.

SCAMOS/NABUK/NAVY/A - 51291/77 Size 38

This trainer provides my son with great ankle support all round, by which small adjustments to fitting can be made by use of the two Velcro straps. The blue leather upper shoe features classic white stitching detail which compliments the solid defused white coloured sole.

The selection of blue tone colours for the outer leather really states a quality product that our Son wants to wear every day. The anti-shock heel really adds comfort and enhanced by the flexible action system sole for our Son's pursuits in cycling and climbing. Overall a very smart set of child's trainers that our son has taken to be his first selection footwear when heading out for the day with his friends.

Find out the collection on [www.primigi.com](http://www.primigi.com)



SCAMOS/NABUK/NAVY/A - 51291/77



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

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## Outdoor Toy of the Year

Up the ante with the **Wicked Mega Bounce XL** – a super-sized sensation. With a whopping 80cm/31 inch diameter, you'll be AMAZED at its size. **Mega Bounce** will bounce on almost any terrain – even grass and sand! Despite being larger than life, **Mega Bounce XL** is still incredibly easy to throw and catch thanks to its super grip graphics. This extremely durable MEGA ball is perfect for the beach, park or playground and comes with a handy foot pump.

Can be enjoyed both inside and out; Easy to throw and catch thanks to easy grip graphics; Extremely durable; Foot pump included; Winner of the '2016 Outdoor Toy of the Year' at the **London Toy Fair 2016**, the **Wicked Mega Bounce XL** costs £20 from **Wicked Mania**.



## Vegetarian Food for Healthy Kids

**Quick and Easy Nutrient Packed Recipes**

By Nicola Graimes

Paperback £12.99

More than 100 exciting recipes to give children all the nutrition they need Vegetarian or not, all children can benefit from having an increased vegetable intake in their diets. Whether it's for taste preferences, moral reasons, or health, children and parents often choose to partially or fully cut out meat. However, it's not enough to just give up meat. Eating around the meat, or constantly replacing meat with carbs, leaves children with a narrow range of both nutrients and ideas about food. Children have different dietary requirements from adults, so particular attention is crucial to ensure they get sufficient amounts of the right nutrients when cutting out, or downsizing on, meat. Sourced from a wide array of foods, these are necessary for raising strong, healthy kids.

**Nicola Graimes**, the author of Nourish's bestseller *The PartTime Vegetarian*, has developed 100+ quick and inspirational recipes that kids will love and the whole family will enjoy.

## A baby's second year – important developmental milestones

**Dr Tobias Odenwald, MD**  
Consultant paediatrician

A baby's first birthday follows a year of impressive growth and development. However, this doesn't mean the second year will be any less exciting, both for the child and their parents.

With all basic body functions now well-established, your child (who by now is officially a toddler) can use those skills to explore their surroundings much better. Being able to stand with good balance, walk forward and backwards and up and down stairs widens their area of operation enormously. It is time to move glassware and medication to higher shelves, secure electricity sockets and install a stair gate.

With greater mobility and a better overview when standing, children learn about the features of objects through constant visual, oral and manual exploration. They can now use the more sophisticated and useful pinch grip with their fingers. These advanced physical skills are combined with big mental and social developments. Children learn to distinguish between themselves and others better and start to become more independent of their parents. They tolerate temporary separation from parents more easily – an important aspect of their social development and a prerequisite for longer nursery attendances.

In the second year of life children will develop their own self-determined will. Their improving language skills enable them to express this will and say what they want – 'no' becomes a very popular word! This, together with possible rivalry amongst siblings and bad dreams or nocturnal nightmares at this age can bring parents to the verge of despair. It is therefore beneficial to remind oneself that these aspects of a child's development in the second year of life are not only normal, but a very important step towards a more mature, independent and interactive toddler.

And most of these new behaviours aren't difficult to deal with at all, quite the opposite. Your child will start to:

- imitate and want to 'help' you
- drink from a cup and eat



with a spoon  
•take off their clothes on their own (with a little help). Typically, children between one and two years of age can play alone for a while. Container games, where things are put from one box into another, are very popular with one-year-olds and help them to understand sizes, shapes and spatial relationships as well as the function of everyday items.

Other milestones typically seen at two years of age include:

- Ability to kick a ball and climb stairs (two feet per step)
- Build a tower with 2-4 cubes (showing hand preference)
- Speak 6-12 words
- Use a spoon;
- Displaying symbolic play e.g. "talking" on a telephone, or domestic mimicry such as "helping" in house hold chores

Later on, children start to learn in a more abstract way through observation. They realise that their actions trigger reactions, including other people's reactions to what they do or say. At this point, they will start addressing others directly and with intention. This promises a lot of fun for the next year... Consult your doctor if you have any doubts about your child's motor, social or speech development, or notice any of the following:

- A regression in development (loss of their acquired skills)
- No walking by 18 (males) to 20 (females) months
- No speech by 18 months
- Out of control tantrums

At **+richmond practice** we have two consultant paediatricians who do health checks for children Monday to Saturday. They do the work according to the schedule provided by the German paediatric society. Please do not hesitate to contact us with a concern about your child or if you need re-assurance.

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## Take the Guess Work out of Giving Medicine

New research, from the makers of **Dentinox**, the baby medicine experts, have uncovered that there are 50 million potentially inaccurate medicine doses given to children aged 0-5 years each year. The good news is that **Dentinox** has produced a new **Medicine Dispenser** to take the guesswork out of giving medicines to our precious little ones.

The research discovered that children aged 0 to five years receive an average of 17 doses of liquid medicine per year, but 66 per cent of mums are not sure that their child always gets the right dose – that's the potential for 50 million inaccurate doses, which may not work effectively. One in five (17%) mums admits to giving their child a top-up dose if they don't think they have had the full dose.

The root of the problem is in how liquid medicine is given to little ones. Nearly half of mums (48%) give their little one's medicine on a spoon, which in itself can be difficult to accurately measure. However, in addition, one quarter of mums (24%) say they do not find it easy to give their child liquid medicine, with one third saying that their tot has refused to take a medicine (37%) and a further 73 per cent saying that their child has actually spat out their medicine.

When asked if they think there are any risks associated with giving a wrong dose, less than half of mums knew that too much could be harmful while too little might mean it doesn't work. Twenty nine per cent believe there is no risk.

**Dr Catherine Hood**, mum of two, notes: "Sometimes, as a mum, it's necessary to cut corners but when it comes to medicines, there are no corners to cut. It's important to make sure that your child gets the right dose. I know from my own experiences how difficult it can be trying to get a wriggly baby to take a medicine he doesn't want to take but that's where you need to get creative. If your child needs medicine, it's important to get it right."

### SMART DISPENSING THINKING FROM DENTINOX

Designed by a doctor, the new **Dentinox Medicine Dispenser** is the simple, soothing way to give a pre-measured dose of medicine. A baby can passively suck to draw the medicine through the orthodontic silicone teat. It also has a unique plunger to ensure the accurate delivery of a pre-measured dose of medicine. It's easy-to-use, portable and can be used from three months.

**Dr Catherine** adds: "The **Dentinox Medicine Dispenser** takes the challenge out of giving medicine to babies and

young children. ..."

**NEW Dentinox Medicine Dispenser:** £6.99

It can be used from the age of 3 months.

**Dentinox Eye Wipes:** £3.49  
Containing a sterile saline solution, designed to gently cleanse a baby's eyelids and lashes, safely removing sticky residue and refreshing a little one's eyes. Suitable from birth and ideal for when out and about. They come in a handy box with 12 wipe sachets, each individually sealed. **Dentinox Eye Wipes** are not a medicine.

**Dentinox Infant Colic Drops:** £2.96

Containing Dill, they are suitable from birth and come with a handy syringe for easy application. The drops can also be added to your baby's bottle to help relieve their discomfort, providing effective relief for those trying, colic episodes. (Contains Activated Dimeticone). Always read the label.

**Dentinox Teething Gel:** £2.39

Suitable from birth, this soothing gel, which can be applied every 20 minutes if necessary, works swiftly, providing effective pain relief. It's sugar free and contains an antiseptic. (Contains Lidocaine hydrochloride and Cetylpridinium chloride). Always read the label.

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Time

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## What's On at Churchill War Rooms

Step back in time and discover the secret underground headquarters that were the nerve centre of Britain's war effort. Walk in **Winston Churchill's** footsteps through the extensive secret underground site from which he directed the war. Located in the heart of Westminster, visitors to **Churchill War Rooms** can view this complex of historic rooms left exactly as they were in 1945.

**The Churchill Museum** within **Churchill War Rooms** has a vast collection of objects, which explore the stories of Churchill's life and legacy. Highlights from the current display include the flag used to drape Churchill's coffin at his state funeral and many personal effects. **The Cabinet Room** also features a dispatch box used by Churchill while Prime Minister.

Newly refurbished, fully licensed Café offers a delicious range of dishes cooked on site by in-house chefs using fresh, seasonal ingredients. The daily menu includes British classics, fresh sandwiches and home-baked cakes.

**Private tours** can be booked for most days of the year and make a unique gift. Hour-long tours are available for up to ten guests, and can even take you behind the glass and into the **War Cabinet Room**. Further details can be found on the IWM website

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

and to make a booking for yourself or as a gift, call Victoria Chan

020 7766 1141

[vchan@iwm.org.uk](mailto:vchan@iwm.org.uk)

**Churchill War Rooms** is fully accessible for those with wheelchairs, with a lift taking visitors down to basement level

and two wheelchairs available each day. Earpieces are available for the audio guides, and transcripts are available. Guide dogs and hearing dogs are also welcome. Note that admission charges apply for Churchill War Rooms, with concession rates and carer free entry available. **IWM Membership**

**IWM membership** offers unlimited free entry to **HMS Belfast, Churchill War Rooms** and **IWM Duxford** and ticketed exhibitions, with benefits including discounts in the shops and cafés and access to exclusive events including curators' talks and tours of **IWM** collections after hours. To purchase membership, call **020 7416 5255** [www.iwm.org.uk](http://www.iwm.org.uk)

### Churchill War Rooms Shop

Open 7 days a week 9.30am – 6pm The shop at **Churchill War Rooms** sells a wide range of books, DVDs and CDs, clothing and accessories, posters, souvenirs and gift ideas. For our younger visitors we have an exciting range of games, toys and souvenirs as well as a selection of children's books.

### Ongoing

**Undercover: Life in Churchill's Bunker** Visitors can hear the first-hand accounts of those who worked in the Cabinet War Rooms during the war. Learn what life and conditions were like underground and experience the authenticity and emotional resonance of walking through the corridors where Churchill made history. Entry included in general admission price. Members go free.

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

## Free Family Activities at IWM

### March – April 2016

Over Easter, families can take part in the new art activity **Art Workshop: Make a Moving Animation**, centred around the 100th anniversary of the **British Brodie helmet** **25 March – 10 April, free.** 11am – 4pm Create your own unique spinning drawing, based on a popular 19th century toy called a **Thaumatrope**. Mark 100 years since the introduction of the iconic **British Brodie helmet** during the First World War and come up with your own hat and helmet drawings, and find out how to make them move like an animation.

### Holocaust Learning Session Introduction to the Holocaust 30 April – 1 May 2016

11.30am – 12.30pm; 2.30pm – 3.30pm Booking is not required but places are limited This free discussion and replica object handling session is a useful starting point for families who wish to learn about the Holocaust. The session is suitable for children aged 11 and above. For further information contact **Grant Rogers, Informal Learning Manager,** [grogers@iwm.org.uk](mailto:grogers@iwm.org.uk) **020 7416 5329**

### Gallery Talk: A

**Family in Wartime** with BSL Interpretation A talk focusing on Second World War paintings showing the Blitz, rationing and evacuation in the **A Family in Wartime** gallery. (1pm, 20 mins duration, suitable for all ages)

### Object Conversations

Feel the weight of a piece of shrapnel and come to grips with real objects. On Levels 0 and 1. Suitable for all ages with parental supervision.

Throughout the day, **Explore History** on Level 2 will also be open as a quiet space for visitors. 11am – 12.30pm 2pm – 4pm, all ages

### Ongoing Family Activities Object Conversations Every Saturday and Sunday in March and April 2016

11am – 12.30pm; 2 – 4pm In this immersive object handling session, families can explore objects from the collections and how they connect with iconic objects on display in the atrium and terraced galleries. Feel the weight of a shrapnel piece from the First World War and come to grips with real objects from our collections.

### Creative Response 17, 24 April 2016

11am – 12.30pm; 2 – 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. Suitable for all ages with parental supervision.

### 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.

### A Family in Wartime

This explores the lives of William and Alice Allpress and their ten children and what life in London was like during the Second World War. Brought to life through interactive exhibits, photographs, recorded interviews with the family, archive film footage, paintings, personal documents and an intricate model of the Allpress family home.

### 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.

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

## Easter at the V & A

### DIGITAL KIDS FRIDAY 25 MARCH – SUNDAY 3 APRIL, 10.30 – 17.00

In these digital art workshops children can transport themselves into Botticelli paintings with green screen photography and create their own postcard souvenir to take home.

Free, drop-in. Suitable for ages 5 and over.

### THE IMAGINATION STATION

### FRIDAY 25 MARCH – SUNDAY 3 APRIL 10.30 – 17.00

At the *Imagination Station* children are invited to explore the iconic images of Botticelli and have a go at creating their own piece of art.

Free, drop-in. Suitable for ages 3 and over.

### POP UP PERFORMANCE

### FRIDAY 25 MARCH – SUNDAY 3 APRIL

11.00, 13.00 & 15.00 Throughout the Easter holidays families can take part in interactive performance workshops themed on a celebratory dance for spring. Free, drop-in.

### FREE ADMISSION

The V&A is open daily 10.00 – 17.45 and until 22.00 on Fridays. The nearest underground station is South Kensington (Piccadilly, District and Circle lines).

For general information **020 7942 2000** [www.vam.ac.uk](http://www.vam.ac.uk)

For advance bookings for activities and events call **020 7942 2211**

## Cycle Revolution Festival Design Museum

**Cycle Revolution** exhibition, bicycle-powered mini-cinema, drop in bike maintenance and cycle training sessions plus talks, tours and creative activities for the family.

Part of the **Mayor of London's Find Your London Festival**

[www.london.gov.uk/](http://www.london.gov.uk/)

[findyourlondon](http://findyourlondon.org)

[#findyourLDN](https://twitter.com/findyourLDN)

### Cycle Confident Dr Bike Maintenance & Cycle Training

### Sat 9& Sun 10 April

11am-4pm FREE

Drop in and get your bike checked over by the experts. Instructors on hand for a short taste if you book a free one-to-

one training session.

### Easter Colouring Competition

### Fri 25-Mon 28 March

Drop-in All Day FREE

There will be a gallery of the entries on display with prizes for the best three designs.

Insight Tours

Wed 30 March, Sat 2 April

2pm & 3pm FREE with entry

20 minute tour of the Cycle

Revolution exhibition,

featuring personal insights

behind selected bikes and

exploring key design features.

**020 7940 8783**

[tickets@designmuseum.org](mailto:tickets@designmuseum.org)

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

This information plus much more online



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### What's On in March, Easter Planning, & Holiday Feature



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## APRIL EVENTS AT CUTTY SARK

### CUTTY SARK STUDIO THEATRE

Spring season  
James Acaster  
Reset

Come see one of the most brilliant and distinctive young comedians of a generation flex his comedic muscles on board *Cutty Sark* in this work in progress. James Acaster was nominated for 'Best Comedy Show' at the **Edinburgh Fringe Festivals** and won the *2015 Chortle Award* for Best Show. A TV regular, he has appeared on BBC Two's Live at the Apollo and Channel 4's 8 Out Of 10 Cats.

**Sunday 3 April 2016**

19.45-20.45  
£12.50 14yrs +

### Austentatious

*An Improvised Jane Austen Novel*

Performed in period costume with live musical accompaniment, *Austentatious* is an entirely improvised comedy play in the style of the wondrous and witty Jane Austen. Based on nothing more than a title from the audience, a seasoned cast presents an eloquent, irreverent, 100% improvised take on the works of Britain's best-loved novelist.

**Friday 8 April 2016**

19.45-21.05  
£17.50 11yrs+

### James Veitch

*Dot Con*

Suspicious emails; they pop-up in our inbox and standard procedure is to delete them on sight. But what happens when you reply to the un-claimed insurance bonds/close friends marooned in a foreign country?

In a blend of traditional stand-up, interactive projections and music, join comedian **James Veitch** on a journey through the con schemes that plague the everyday.

**Saturday 9 April 2016**

19.45-20.45  
£15.00 16yrs+

### Josie Long

*Work in progress*  
Hailed as 'an original and unflagging spirit' by *The Times*, triple Edinburgh Comedy Award nominee, presenter of Radio 4's Short Cuts and cult optimist, Josie Long presents her latest material as she sows the seed of her next stand-up show.

**Monday 11 April 2016**

19.45-20.45  
£10.00 14yrs+

### SPECIAL EVENTS

*Silent Disco at Cutty Sark*  
*Time Out's* legendary silent disco is sailing down the river to Greenwich once again. Get ready to climb on board *Cutty Sark* for a nose around the world-famous ship before donning a pair of headphones and dancing the night away.  
22 April 2016  
20.30-00.00  
18yrs+ £29.99, book via [timeout.com/time-out-events](http://timeout.com/time-out-events)

### Tour of Cutty Sark

Join Curator, Jessica Lewis, for a tour of clipper ship *Cutty Sark*. Explore the ship and its original structure, discover the secrets of its success, and find out about the recent conservation project to preserve this beautiful vessel  
[www.rmg.co.uk/cuttysark](http://www.rmg.co.uk/cuttysark)

## Natural History Museum

### Wildlife Photographer of the Year 2015

From intimate portraits to dramatic landscapes, come and see how photographers' passion for the natural world produces startling images and compelling narratives. With new categories introduced this year that have encouraged photographers to think differently about the way they tell stories and use innovative technologies, the exhibition showcases the very best of nature photography, revealing the beauty and diversity of life on Earth.

**Until 10 April,**

10.00-17.50 (last admission 17.15)  
Adult £15\*, child and concession £7.50\*, family £41\*  
Advance booking advised  
**020 7942 5156**  
[www.nhm.ac.uk/wpy](http://www.nhm.ac.uk/wpy)

\* A voluntary donation is included in admission prices. If you are a UK taxpayer and pay the ticket price including donation, the *Natural History Museum* can reclaim the tax on the whole ticket price under the *Gift Aid* scheme. For every £100 worth of tickets sold, they can claim an extra £25 from the Government.

### Otherworlds: Visions of our Solar System

Travel to the remote edges of our Solar System in this spectacular new photographic exhibition created by artist, curator and writer **Michael Benson**. Using raw data provided by NASA and ESA missions, the 73 composite images on display demonstrate an important chapter in the history of photography and bring art and science together to create a glimpse of worlds currently beyond our reach.

**Until 15 May,**

10.00-17.50  
Adult £11 child and concession £6, family £29  
Advance booking advised  
**020 7942 5000**  
[www.nhm.ac.uk/whats-on](http://www.nhm.ac.uk/whats-on)

### Sensational Butterflies

Follow chomping caterpillars turning into beautiful butterflies and along the way discover fascinating facts about one of our planet's most amazing life cycles. Get a close-up view of butterfly specimens through a magnifier, and see the secrets of butterfly wings revealed through a stunning scanning electron microscope image. Now in its eighth year, the tropical butterfly house is a spring and summer favourite

for children, as well as adults escaping the bustle of the city.  
**Until 11 September,**  
10.00-17.50

Adult, child and concession  
£6.50, family £22

**020 7942 5000**

[www.nhm.ac.uk/whats-on](http://www.nhm.ac.uk/whats-on)

### Dinosaurs, precious gems and creepy crawlies –

as a visitor to the *Natural History Museum* you will be amazed by the diversity of the natural world. The Museum is home to the nation's finest collection of natural history specimens and is one of the UK's top attractions, with more than five million visitors each year. See wonderful displays and exhibitions, and visit the **Darwin Centre** to see real scientists at work on topics relevant to science today.

### •New Human Evolution gallery

revealing the origins of our species using specimens from the unique collection and unrivalled scientific expertise to tell the intertwined history of how *Homo sapiens* emerged from a family tree of different human species ranging back millions of years. Highlights include the most scientifically accurate Neanderthal and early *Homo sapiens* models ever made, the *Broken Hill skull* which was the first early human fossil found in Africa, and the first adult female Neanderthal cranium ever discovered.

• The world's most complete *Stegosaurus* – see the first complete dinosaur specimen to go on display at the Natural History Museum in nearly 100 years. The 150-million-year-old *Stegosaurus stenops* is the most significant dinosaur the Museum has acquired since the 1980s and the only *Stegosaurus* in a public collection outside the USA.

[www.nhm.ac.uk](http://www.nhm.ac.uk)

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## We're Stuck!

*One Tenth Human & China*  
*PlateTheatre*  
present:  
**Maths. Robots.**

*Shoreditch Town Hall*  
**25th March to 1st April**

A brand new interactive theatre show for 8-11 year olds, *We're Stuck!* takes children on a fun adventure with scientists and robots which could change their whole attitude to maths. Inspired by the extraordinary abilities and limitations of our brains, award-winning theatre-maker **Sarah Punshon** uses the latest educational neuroscience to tackle how utterly rubbish our brains can be. *Ever got terribly stuck on a problem? Ever made a stupid mistake and felt like a fool?* Then this show is for you. Young adventurers will go on a special tour deep into the heart of Volcano Industries where they meet cutting edge scientists struggling with some unusual and extremely tricky problems in their top-secret research laboratory. In a promenade performance, the ridiculous heroes and the brave young audience go on a voyage of discovery, pitching themselves against ludicrously difficult tasks, getting horribly stuck, and risking total failure. It'll be fun.

**WARNING: May contain robots.**  
The show was developed through test workshops over the last year with the help of *Maths on Toast*, a charity that was founded to tackle the lack of opportunities for families to have fun doing maths in their local communities. Five senior neuroscientists

and psychologists from the **Centre for Educational Neuroscience**, *University of London*; the **Department of Experimental Psychology**, *University of Oxford*; and the **School of Biomedical Sciences**, *University of Edinburgh* helped in developing the show. Sarah Punshon said, "I was inspired to make the show after helping my nephew with his maths homework. It was scary to see how much he minded getting a wrong answer, how tempted he was to give up if it got hard. It reminded me of myself at that age! But talking to the scientists has been extraordinary. I've discovered how wrong we are about how we learn maths – and been astonished by the breakthroughs scientists are making in understanding exactly how our brains work. I'm excited to work with such a brilliant team. Because it's such an interactive show, I've been collaborating very closely with **Sophie Sampson**, our games designer, and **Joanna Scotcher**, our designer. We've been inventing strange brain-computer hybrid robots, and ways for kids to learn how to control them. My sister's terrified of helping her kids with maths: I'm hoping someone like her will bring their kids along, and maybe the show will help change the way she looks at maths homework in future."

*Shoreditch Town Hall*, 3 80 Old St, London EC1V 9LT  
**25 March – 1 April**  
[www.shoreditchtownhall.com](http://www.shoreditchtownhall.com)



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