

PARENTS NEWS

February 2016 No. 206 The First & Foremost Local Monthly Newspaper for 24th Successful Year

1993 - 2016

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What's On in February Holiday Feature

London Wetlands
(Photo: Nick Brooks)
www.wwt.org.uk

www.nationaltrust.org.uk

www.bunnleisure.co.uk

Three Editions in South-East England



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www.parents-news.co.uk

KENT

Quick Reads.

Launching on 4th February 2016, six new **Galaxy Quick Reads** books written by renowned authors will be released, aimed at helping adults across the UK discover the pleasure of reading. In 2016, *Quick Reads* will also celebrate its tenth anniversary, having been sponsored by **Galaxy Chocolate** for six years.

The 2016 titles are:

- **I Am Malala** by Malala Yousafzai (with Christina Lamb)
- **A Baby at the Beach Cafe** by Lucy Diamond
- **The Anniversary** edited by Veronica Henry
- **The Double Clue: Poirot Short Stories** by Agatha Christie (Edited by Sophie Hannah & John Curran)
- **Too Good to be True** by Ann Cleeves
- **On The Rock** by Andy McNab

The *Quick Reads* 2016 titles launch on **February 4th**, thereafter they will be available in bookshops (*Foyles, WH Smith, Amazon, Waterstones* etc) throughout the UK at only £1.00 each, so long as on **Feb 4th** is referenced

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Animal Adventures

For a unique adventure this half term why not bring your family to **Chessington World of Adventures Resort** for the brand new **Animal Adventures week**.

Discover a week of amazing Animal Adventures **from 13th – 21st February** set amongst the wilds of **Chessington's Zoo** and **SEA LIFE Centre** where you can come face to face with over 1000 exotic animals from across the world.

Venture into **Trail of the Kings** and walk among jungle giants such as our breeding group of **Western Lowland Gorillas** and highly endangered **Sumatran Tigers**. Brave the **Creepy Caves** and come eye to eye with snakes; spiders and other hairy and scary creatures or dive into our **SEA LIFE Centre** and go underwater with sharks and stingrays.

And if that's not all the daily shows will give you a chance to learn fun and interesting facts from our expert **Zoo Keepers** plus much more. This **February Half Term** is set to be full of wild **Animal Adventures!**

For more information please visit www.chessington.com

February Half Term: Fun for all the family in Hyde Park

Nature Explorers –Winter Art 16 February 16: 10am – 3pm £15. Suitable for 8 to 11 year olds
Book online now to avoid disappointment

Drop your 8 - 11 year old off at the **Education Centre** in the heart of **Hyde Park** for a day of activities, taking inspiration from the great outdoors!

Guided by expert education team, activities will include:

- Exploring the wilder parts of **Hyde Park**, collecting sticks, stones, leaves, seeds and other natural resources to make a giant outdoor ground sculpture
- Using magnifying glasses to discover and be inspired by nature's hidden shapes and designs
- Uncovering nature's hidden habitats and then sculpting a clay habitat to take home
- 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 – Brilliant Birds 17 – 18 February 2016: 11am – 3pm
Free of charge. Suitable for the whole family!
Booking not necessary.
Further details on the website.

With food becoming scarce towards the end of winter, give the birds a helping hand at the **Education Centre** in the heart of **Hyde Park!**

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

- Making a bird feeder to take home with you
- Following the bird **Discovery Trail** and learning facts about our feathered friends
- Donning some binoculars and taking part in some bird watching in the grounds
- Painting a bird picture or using the craft materials to

create your own new species

- Building a bird box to take home (there is an additional cost for this activity)

Booking info:
To book and for more information, please visit www.SupportTheRoyalParks.org/experiences/support@royalparksfoundation.org

or call the Royal Parks Foundation on 020 7036 8056

Venue: **Royal Parks Foundation Education Centre**, Hyde Park, London, W2 2UH.
Nearest tubes: **Marble Arch, Knightsbridge, Hyde Park Corner.**



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

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

John.mew@virgin.net

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

Discover a magical world for under 11s.

A Family Festival of spectacular underground shows and activities.

Time Out London Top 10 winter activities for kids 2015



Festival Weekends

30/31 January
13/14 February
27/28 February

Parties

6 February
5 March

FREE ENTRY

2016

The Vaults
SE1 7NN

www.vaultfestival.com/mini-vault/

2016 Events at WWT London Wetland Centre

Saturday 23 January
Introduction to Wildlife Photography 10am - 4pm
 Confused or frustrated by the buttons and settings on your camera and want to really take control of your photographic creativity? Or have you just bought a new camera? This is the course for you. Photographer and author **Iain Green** will guide you through your camera's various automatic settings - and then show you how to turn off the 'automatic' mode but still get fantastic photos.
 Booking essential: please call **020 8409 4400**.

Sunday 31 January
Bird watching with a warden 9.30am - 11am
 This practical session will help you identify different birds and to understand more about them. An expert warden will guide you around the wildlife reserve. The course will focus on birds currently on site, their plumage, calls and behaviour. You'll get tips on how to watch birds including fieldcraft, what to listen out for and the differences between key species.
WWT London Wetland Centre is a great place to spot *bitterns*. Another notable bird species is the *Cetti's warbler*, which, unusually for a warbler, is present all year round. Cetti's warblers rarely nest in central London but bred here for the first time in 2010, raising two broods of chicks on the

reserve. We would also expect to see numerous wintering duck species such as *shoveler* and *gadwall*, and other seasonal visitors like *fieldfares*, *redwings*, *mealy* and *lesser redpolls and siskins*.
 The walk lasts for an hour and a half. £10 plus admission to the Centre. Bring your own binoculars/telescope where possible. Booking essential:

020 8409 4400
Friday 5 February
Winter Wildlife Photography Course 10am - 4pm
 Photograph the winter wildlife wonders of the wetlands with practical guidance and tuition from wildlife photographer and tutor **Iain Green**. Discover and learn about seasonal specialities of the reserve and how to photograph them. A practical course, the day will begin with an introductory session inside, before heading out onto the reserve. Suitable for beginner and intermediate, Iain's tuition will be tailored to suit. Due to small course numbers there will be plenty of time for 1-2-1 tuition.
 Booking essential:

020 8409 4400
Saturday 13 February
Members' Walk: habitat management 1pm
 The 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.

. Booking essential. £2.

February half term:
Sat 13 - Sunday 21 February
 The first ever **London Puddle Jumping Championships** will be held at **WWT London Wetland Centre** during February half term. Children of all ages can grab their wellies and have fun jumping in puddles in the fresh air. Points will be given for style, creativity, enthusiasm and size of splash. There will be a prize each day for the 'super-splasher' and the **London Puddle Jumping Champion** at the end of the week, with the chance to go on to further glory by becoming **WWT's Big Splash** national champion. Bring your wellies and wet weather gear! Use your imagination to impress the judges with the biggest splash. Throw some shapes in the air for extra style and points! The official competition will take place at 2.30pm every day **from 13 to 21 February**, but there will be practice jump sites around the grounds so you can try out your technique before the **Big Splash** each day. It is 50p per official jump, plus paid admission to the Centre. Every contestant will receive a sticker to acknowledge their puddle jumping skills.
Sat 27 Feb - Sun 20 March
 Weekend family activities
 Enjoy a pond dipping session to see what mini-beasts are about and join in a nature walk. Get creative with nature crafts.

www.wwt.ork.uk

Going for a Spring Walk

Original and dynamic, **Primigi** shoes are perfect for children who want to enjoy the most beautiful season of the year ... in style. Fashion and quality distinguish the footwear brand that has always been attentive to children's basic needs, without ever losing sight of their well-being.

More and more mothers are turning to **Primigi** for the know-how the company has developed over many years of creating products for children. The performance of the shoes, the materials used, the meticulous attention to detail, the

unrivalled quality-price ratio and attention to the season's trends make **Primigi's** shoes a guarantee of quality that mothers demand.

Driving the technological innovation of **Primigi** products is the continuously improved **Primigi System**: in addition to the footwear's unmistakable lightness, flexibility and amazing fit, **Primigi's** shoes are made with additional performance features such as the anti-shock system, to protect the heel from impact, and removable insoles for maximum hygiene.

To prevent allergy-related problems, the metal parts are nickel-free while the insole contains no chrome VI, for products that are even more health-conscious and natural.

From the first step to the junior line, **Primigi** offers a vast range of sandals, sneakers and ballet flats perfect for indulging the high-spirited energy of all children.

www.primigi.com



Urban-fashion look for this coral coloured pump with adjustable velcro closure.

The removable insole and the chrome VI free lining are in leather, the metal parts are nickel-free, to prevent allergic problems.

Size: 24-35

Price: starting from £36,90

Code: 5172477



This blue leather, double velcro sneaker for boys has a light, flexible sole and a removable, leather insole to guarantee complete hygiene. Classic lines make this sneaker suitable for an elegant look that is still casual. The removable insole and the chrome VI free lining are in leather, the metal parts are nickel-free, to prevent allergic problems.

Size: 24-39 Price: starting from £42,99. Code: 5128077

Give your little monster their very own dinosaur Raptor T-Shirt

A terrifying Velociraptor eye peers through claw marks on the front of the navy tee just above your child's unique dinosaur name.

Perfect for all little dino lovers, your kids will be roaring to get ready in the morning and wear their very own dinosaur top. *Custom Blue Raptor T-shirt* for Kids, £20.00

Available sizes: 2-3 years, 3-4 years, 5-6 years, 7-8 years, 9-10 years, 11-12 years
Natural History Museum Shop

www.nhmshop.co.uk/custom-blue-raptor-t-shirt-for-kids.html



Kick start healthy 2016

Healthy eating is high on everyone's priority list for the new year and the **Béaba Babycook®** can help you stick to your new resolutions, helping you create delicious and nutritious meals for you and your little one.

This amazing 4 in 1 cooker/blender can have meals ready from fridge to highchair in minutes, simply steam a variety of nutritional and healthy ingredients: vegetables, fruit, fish and meat; rice, pasta and quinoa then blend the delicious combination to the preferred texture, the **Béaba Babycook®** makes sure that all the vital nutrients are kept in too. Kick start your healthy regime by

whizzing up delicious fruit and veg smoothies or give tired skin a boost by creating a rejuvenating face mask.

www.beaba.com/en
 RRP £109.95 available at *John Lewis, Amazon and Jojo Maman Bebe*.



Squid Soap

Thorough hand washing for tots is important and **Squid Soap** will teach your child correct, healthy hand-washing skills, in a fun and interactive way. Simply by pushing down on the dispenser, a washable stamp appears on their hand. Using the creamy lather children wash the stamp off, and their hands are clean! The bright fun bottle appeals to all ages, and it comes with a collectable squid bath toy. www.squidsoap.com/ RRP: £1.99 available from *Tesco, Superdrug online* in store as well as many more.



LONDON PUDDLE JUMPING CHAMPIONSHIPS

13 to 21 February

DAILY PRIZES

Grab your wellies and join us for a splashing time!

Daily prizes, plus a chance to be WWT's Big Splash national champion.

www.wwt.org.uk/london
 Queen Elizabeth's Walk, Barnes, SW13 9WT
info.london@wwt.org.uk 0208 409 4400

London Wetland Centre

What's happening at *Historic Royal Palaces* January – March 2016?

Historic Royal Palaces series of fun, family activities, culminating in the launch of the spectacular new 'Magic Garden' at *Hampton Court Palace* at Easter! Meanwhile, for the grown-ups, throughout the winter months, explore the palaces after dark with spooky Ghost Tours at *Hampton Court Palace* and return of the *Tower of London's Twilight Tours*. There'll be much to enjoy for fashion fans too, as the 'Fashion Rules' exhibition at *Kensington Palace* undergoes a style overhaul with a completely new display of dresses from the collections of *HM The Queen, Princess Margaret, and Diana, Princess of Wales*.

Fashion Rules: Restyled From 11 February *Kensington Palace*

Move the timeline to focus on different periods in the wardrobes of *HM The Queen, Princess Margaret and Diana, Princess of Wales*, expanding our glimpse into the era-defining style choices of these three royal women. From the 'New Look' glamour of *Princess Margaret* in the 1950s, the elegance of *HM The Queen* in the 1960s and 1970s, and the tailored drama of outfits created

for *Diana, Princess of Wales* in the early 1990s, the display will continue to explore how these women navigated the fashion 'rules' defined by their royal duties in unique style.

The Battle of Agincourt ends 31 January *Tower of London*

600th anniversary of the battle of Agincourt, discover medieval armour, art, music, sculpture and manuscripts and marvel at a detailed diorama of the battle, revealing the emotional story and legacy of this extraordinary battle.

Family Ghost Tours

13 & 20 February, 18.30
Hampton Court Palace
Early evening walking tour
Suitable for 8– 14 year olds.
adults £14 / children £7
0844 482 7777

Tiny Explorers

Selected Wednesdays and Saturdays **from 10 February**
Kensington Palace
Selected Thursdays and Saturdays **from 11 February**
Hampton Court Palace
Explore and play in the palaces together! Discover the stories of *Kensington Palace* or *Hampton Court Palace* in these multi-sensory sessions

for under 5s. Through music, movement, messy play and more, you and your little one will be transported into a magical world of stories.
Tickets: £6 / £5 HRP members

Victoriana: Science and Séance

13 February, 11.00-12.30
Kensington Palace
The Victorian era is celebrated as birth of the modern world. Britain was also fascinated by the supernatural, from spiritualism and séances to gothic fiction and sensationalist serialisations. Discover how science, religion, fanaticism and the supernatural co-existed and what this meant for morality, beliefs and culture in Victorian society.
Speaker: **Dr. Chris Renwick**, Senior Lecturer in Modern History at the University of York.
Tickets: £15 / £12 HRP members. Ticket includes a glass of Bucks Fizz and entry to *Kensington Palace*.

Live at the Tower Charity Gala **13 and 14 February, 18.30** *Tower of London*

A fundraising evening of variety acts hosted by the *Yeoman Warders*; net proceeds will be donated to the conservation project of the chapel of St John in the iconic White Tower. Starting with a drinks and canapé reception, the evening entails a two act variety show hosted by a celebrity MC. The show will feature West End performers, comedians and variety acts.
Standard tickets £75. VIP tickets are £125 and include premium seating and a private tour of the Crown Jewels before the show.

Drawn at the Tower with Art Macabre **15 February, 15 March, 13 April and 24 May, 18.30-21.00** *Tower of London*

This new creative collaboration between *Historic Royal Palaces* and *Art Macabre* invites adults of all abilities to use drawing to explore stories from the Tower's remarkable 1,000 year history. From royals and rogues to ravens and rituals, each event illuminates the Tower's dark past.
Tickets: £24 / £20 concessions and Tower Hamlet residents.

Palace fun and games **14 – 20 February, 11.00-16.00** *Kensington Palace*

Discover what it is like growing up in a palace. Hear about *Princess Victoria's* childhood, play some of her favourite games and take part in her past times. These

free drop-in family activities are held throughout the day including games and craft activities, with storytelling on selected days.

Victoriana: Scullery maids and Suffragettes

5 March, 11.00-12.30
Kensington Palace
How could a Victorian woman be an independent monarch and an "angel of the house"? What feminine and masculine ideas were popularised and upheld by *Queen Victoria*? How did she manage domestic and political spheres and what did this mean for the average person? Join this Brunchtime lecture for an investigation in how women's rights developed and the influence on government policy, literature and moral codes of conduct during the Victorian age.
Tickets: £15 / £12 HRP members. Ticket includes a glass of Bucks Fizz and entry to *Kensington Palace*.

Encounters with the Past **From Easter to August** *Hampton Court Palace*

Immerse yourself in the stories of the palace and the people who have inhabited it through a series of up-close encounters with actors bringing to life real characters from *Hampton Court's* past. You might meet *Henry VIII's* Tudor court, or experience life in the Baroque palace.

www.hrp.org.uk

Kent & East Sussex Railway

Have an enchanting day out at the *Kent & East Sussex Railway* in Tenterden where everyone can have fun with *Thomas the Tank Engine™* and some of his friends.

All trains will be hauled by *Thomas* himself, so hop on and travel behind *Thomas* as many times as you like between Tenterden and Rolvenden Stations.

Meet *Rusty* and *Dusty*, The *Fat Controller's* mischievous comedy sidekicks. Enjoy Balloon modelling and magic shows and watch thrilling adventures with *Thomas* on the station's big screen T.V.

Whatever the weather you'll enjoy walkabout fun with *Charlie the Clown*, face painting and unlimited play time on the roundabout, bouncy castles and under fives soft play area, all of which are under cover.
Children 18 months to 15 years inclusive £13.00, Adults £17.00, Family Ticket 2 Adults, 2 Children £51.50, Babes in arms under 18 months are carried free of charge, providing they do not occupy a seat.
Tickets online at www.dayoutwiththomas.co.uk/
kentandeastsussexrailway or by calling **01580 765155**.



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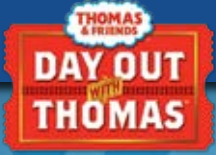
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MAKE THEIR DAY

A DAY OUT WITH THOMAS



FEBRUARY

13th, 14th, 20th, 21st

Join Thomas & Friends™ at a Heritage Railway near you. Experience a ride on a real steam train and take part in Thomas-themed activities.
Kent & East Sussex Railway
Tenterden, Kent TN30 6HE

www.dayoutwiththomas.co.uk/kentandeastsussexrailway

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Kent & East Sussex Railway

TENTERDEN TOWN STATION

Telephone 01580 765155 • kesr.org.uk

Holidays

Brighten up dreary Winter with a sizzling summer deal at **Bunn Leisure**

Booking a summer holiday at **Bunn Leisure** is sure to brighten up any day – especially with up to 30% off peak school holiday breaks when booked **before Jan 31st**. The park, located on the stunning *Selsey peninsula* in West Sussex and boasting its own mile-long sandy beach, is the perfect destination for a break packed with family fun. **Bunn Leisure**'s best holidays at the very best prices with up to 30% off early summer holidays and 25% off school summer holidays.

A family of four can stay in a standard caravan at *West Sands* during the May off-peak period from just £156, while prices during the summer holidays (**July 22nd – August 29th**) start from £398.

Families can prepare for a star-studded entertainment line-up with a host of big-name acts and well-known children's characters to delight the whole family.

Bunn Leisure has free kids' clubs, organised activities for children of all ages and fun

packed leisure complex, *The Oasis* – featuring waterslides and a lazy river.

For sport-mad youngsters there are football, basketball and tennis courts for plenty of active fun.

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.

Warner Farm camping pitches start from £100 for four nights (family of four) **between June 5th and July 20th**.

There is also a choice of luxury holiday cottages which sleep between six and 12 people – pick one with unrivalled views of the sea. Wherever you choose, the *Bunni Express* Land train is an easy way to get around the park.

www.bunnleisure.co.uk or call

01243 606080

Start the New Year off in style with **Hilton's** top spa breaks

Hilton Worldwide
www.hiltonworldwide.com

has hand selected five of its favourite spas across the globe for you to relax, unwind and start the new year with a new you.

Whether it's a week at a luxury resort in Thailand or popping into a London spa for an afternoon treat, there is something for everyone to banish those blues.

Barbados

Why not treat yourself like a celebrity and indulge yourself in the **eForea spa** at the **Hilton Barbados Resort** to experience pure relaxation on the Caribbean's first quartz heated sand bed. The spa has an exclusive treatment menu, innovative design features and carefully selected product partners, the perfect getaway to clean out winter cobwebs.

Dubai
Release the stress at the **Breakwater Wellness Centre** at **DoubleTree by Hilton Dubai – Jumeirah Beach** with a range of indoor and outdoor facilities. Enhance your physical appearance, reduce your stress levels, escape from the daily routine, and stay fit and relaxed after a busy holiday season.

Croatia
Feeling the need to relax after the party season? **Beauty Line Centre** at **Hilton Imperial Dubrovnik** – an innovative concept in well-being, health and movement.



Liverpool

If you want to banish those dark circles which have appeared over the party season, try the **Biotec Sonic Skin-Radiance Facial** at the eForea spa at the newly opened **DoubleTree by Hilton Hotel & Spa Liverpool**.

Thailand

Hilton Pattaya is located on Thailand's largest beachfront, close to shopping and entertainment centres and boasts an outdoor infinity pool set amidst landscaped gardens with relaxation areas providing ocean views. A perfect setting to banish winter blues and enjoy the hues of the ocean, whilst replenishing your body.

Japan

Dedicated to the art of wellness, the **Aqua Beauté Spa** at **Hilton Odawara Spa and Resort** offers over 35 treatments designed to nourish your body, mind and senses. Set between the Hakone foothills and stunning Sagami Bay, the spa enables guests to experience deep relaxation while taking in serene, panoramic views.

www.hiltonworldwide.com

Beat the winter blues holiday in Cannes

Beat the winter blues with a **half-term holiday** in **Cannes** for just £247.96 for a five-night break for a family of four, at the newly-renovated **Mimozas Resort** in Cannes-Mandelieu. Cannes is just a 10-minute drive from the resort, with its famous Croisette seafront boulevard dotted with the stars handprints. From there you can enjoy a short ferry trip to the island of *Sainte Marguerite* – home to a 17th century fort, a bird reserve and beautiful scenery. Closer at hand, the picturesque village of *La Napoule* is a short stroll away, with its stunning marina and charming castle. You'll find plenty of restaurants

along the shore, boasting incredible views and the finest Provençal cuisine.

For a more active break, you can hire a bike and explore the local area. You'll also find a kids' playground, tennis court, football pitch, swimming pool, sauna, hot tub and spa, all on site.

Mimozas Resort offers a range of self-catering apartments, all with their own private balcony overlooking either the lake or golf course, with separate sitting rooms and plenty home comforts.

Fly direct to Nice from London *easyjet* and *British Airways*, or travel by train with *Eurostar*.

www.mimozascannes.com



SUN, SKI & SKIN

If you're going on a winter skiing holiday this year don't forget to pack your sunscreen! Although it might sound strange, your skin can burn in the snowy ski slopes, leaving you with embarrassing 'panda eyes' and a sore red face. The amount of UV rays that reach the earth's surface increases by up to 5% for every 1,000 feet above sea level you are, plus both ice and water are very good reflectors of UV radiation.

This means that areas that are typically exposed to the elements such as the hands, face and head are the key areas to apply sunscreen to. Liberally apply sunscreen, which is at least **SPF30** or higher – don't forget to look for a one with a high level of UVA protection.

Top tips

- Re-apply sunscreen as frequently as you would in the summer time to all exposed areas of the skin.

- Don't forget any exposed areas that we often miss when applying sunscreen such as the ears, lips and back of the neck.

- Stay moisturised. This won't protect you from the sun, but winds and colder temperatures will strip the skin

of its natural moisture, leaving it drier and more susceptible to cracking.

Dr Anjali Mahto, consultant dermatologist & **British Skin Foundation** spokesperson agrees. "It's all too easy to forget about skincare when you're covered from head to toe, but at altitude, the risk of sunburn remains high. It's vital to adequately protect exposed sites with high factor broad spectrum SPF and remember to reapply frequently."

The British Skin Foundation is the only UK charity dedicated to raising funds for skin disease and skin cancer research. There are eight million people living with a skin disease in the UK, some are manageable and others are severe enough to kill. Seven people die every day in the UK from skin cancer. **It Takes 7**

is a fundraising campaign set up to raise as much money as possible to fund research into skin cancer.

Skin disease doesn't just affect the skin. It can have a huge impact on a person's day-to-day life, crush self-confidence, restrict movement, lead to depression and put a huge strain on families as well as personal relationships.



Photo: Pawel Kadysz Stocksnap

Shhhhh.. Do You Want To Know A Secret?

Are you looking for an easy beach holiday with the kids this summer where you are not crammed onto the sand like a tin of sardines? Well here is a perfect place – **Isla Canela** near the border town of *Ayamonte* in Southern Spain. Fly into Faro in Portugal, pick up a hire car and drive for 50 minutes along the motorway, over the *Guadiana Bridge* and into Spain. It's then the first beach resort you come to and it is simply a continuation of the Algarve but without the crowds. There are a number of family friendly 4* hotels to choose from, all of which are frontline properties facing the beautiful wide sandy beach

and the promenade. On the opposite side are the lagoon and marina where you will find some great restaurants and bars. Whilst there, visit the local town of *Ayamonte* and take the old ferry over the river for lunch in Portugal, explore the Eastern Algarve, and even visit *Seville* for the day. This is a perfect resort for beach loving families. To book this or any other holiday call **Janine** or **Paul** at **The Travel Trove** on

020 3598 6245.

They are independent travel consultants and parents so understand what's important to families on holiday.

www.thetraveltrove.co.uk



Holiday in the Tuscan region of Italy

Famous for its gorgeously hot summers and beautiful cultural events. However, **Tuscany** is relatively undiscovered for its winter season, and with **Tuscany Now & More**, guests can enjoy an array of exquisite villas that are ideal for a warming wintertime escape – a more peaceful time to experience this idyllic setting.

Villa I Giullari

This traditional Italian farmhouse is within walking distance to the famous city of Florence, offering guests the opportunity to fully absorb the Italian culture. The owner of this beautiful farmhouse can arrange delicious warming winter dinners for guests and even offers cooking lessons,

Villa Dasya

This is a beautiful private villa, located a short walk from the medieval town of Lari, offering boutique shops and restaurants. Offering ample space to cosy up together or enjoy a short walk into the local Tuscan town and sample some Italian delicacies

La Piana

Set just to the south of Siena this is the perfect villa to

experience the hot springs. Nestled into the hill side it offers breath taking views of its surroundings, which includes beautifully landscaped gardens a private pool and a charming pool house.

Warming Winter Cooking Classes

Set in the medieval town of Certaldo, **Chef Giuseppina** will provide guests with warming winter dishes from traditional Tuscan recipes as handed down through generations of home-cooking, guests can learn to cook the perfect Tuscan Ribollita soup.

The Artisans of Florence

This tour gives guest and insight into 'Made in Italy' and into the old tradition of Italian artisans. This tour offers a look round two artisan workshops, ranging from *Santa Maria Novella Pharmacy* or *Leather School* to the makers of mosaics, silver smiths and linen embroidery workshops.

For further information and bookings, please contact

www.tuscanynowandmore.com

or call

020 7684 8884.



Are you "cool" enough for science in *Doc. Yard's Secret Lab*?

Find out at *The Historic Dockyard Chatham!*

Following a successful summer of science spectaculars, **Doc. Yard, The Historic Dockyard's** brilliant but slightly eccentric resident professor, is away on another intrepid expedition; this time pushing the boundaries of scientific exploration and visiting both the North and South Poles via the shortest route possible - through the centre of the earth!

Back at *The Historic Dockyard Chatham*, *Doc's* trusty assistant *Bunsen* is trying to find ways to keep the *Doc* safe from the extremes of the subzero cold - *Bunsen* will need the Dockyard's growing army of **Techsplorers** to 'chill out' in the *Secret Lab* and help with some "cool" new research.

Every day during February *half term* (13th – 21st February); then during weekends and through the Easter holidays, *Bunsen* will be looking for volunteer **Techsplorers** to become 'Sub-Zero Heroes' and assist in hands on family friendly experiments. To break the ice, othe intrepid **Techsplorers** will have to prove they're cool enough to enter the *Secret Lab*. They will be issued with lab coat

and glasses and scanned using *Bunsen's* 'cool-techtor' thermal imaging camera to make sure they're super cool. Once inside, the *Techsplorers* will work through the different zones of the *Secret Lab* - plunging into a series of hands on 'sub-zero' scientific experiments, ranging from "Ice Cube Challenge" and "Antarctic Ice Creams" to "Super Cool Sculpture" and culminating in the "Solid CO2 Spectacular".

Speaking from the coolest lab on earth, *Bunsen* said; "2016 will be an extremely exciting year for me and the *Doc*, with brand new spaces to explore within the dockyard and new experiments to trial! These "super cool" experiments will take our **Techsplorers** on a journey from room temperature to minus 70 degrees – even colder than the Arctic!"

Doc. Yard's Secret Lab runs throughout the day from 10.30am until 3pm, every weekend and every day during school holidays from **February 13th until April 17th** and is included in the normal dockyard annual ticket, giving unlimited return visits during normal dockyard opening times.

More information on how to embark on an 80 acre maritime adventure and what's new for 2016 at *The Historic Dockyard Chatham* can be found at

www.thedockyard.co.uk



Go wild this half-term with the *National Trust!*

Half-term is fast approaching and there are lots of activities to get kids outdoors and having fun with the *National Trust*.

If you've been stuck indoors this winter, then **February half-term** is the perfect opportunity for the whole family to get outside and make the most of places springing back to life after the colder months.

Take a walk on the wild side, enjoy winter crafts, or try exciting challenges and quiz packed trails indoors and out. Along the way you'll be able to tick off a few of the '50 things

to do before you're 11 ¾ challenges by flying kites next to lighthouses and in parklands, building hotels for bugs and making wild art.

Take your pick from the top family places for a wild day out:

Kent Ightham Mote – winter crafts Daily from Saturday **13 February to Sunday 21 February 2016**, 11am-3pm

Have fun outside with a winter activity pack including some of the most popular 50 things activities and other games. Inside, warm up with storytelling,

traditional games and crafts Normal admission charges apply, small cost for some activities

Knole – family winter walk **Monday 15 February**, 11.30am, 12.30pm, 1.30pm and 2.30pm

Join a guided family walk at **Knole**. Learn more about this ancient parkland, discover the secrets of its past and see how many of the deer you can spot. Free event, no admission charge, car parking £4 or free for *National Trust* members

www.nationaltrust.org.uk



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STARTING HEALTHY HABITS EARLY: COMBAT TOOTH DECAY IN CHILDREN



Taking care of your teeth is one of the most important parts of your daily routine. By flossing, you remove plaque from the areas between your teeth where your toothbrush can't reach. If this plaque is not removed it can turn into tartar, which can cause gum disease leading to more serious health conditions such as lung and heart disease. By flossing for two minutes a day you can reduce the risk of these serious health risks, and it's never too young to start.

With the rise of tooth decay occurring in children as young as three, it has become apparent that this issue needs addressing. DenTek recommends that parents start flossing their children's teeth as soon as there are two teeth touching. Flossing primary (milk) teeth daily is just as important as flossing permanent teeth as it sets children up for forming healthy habits and looking after teeth and gums in the long run. The best way to reinforce this habit is to teach flossing at the age of two and be consistent to instill the importance of daily flossing.

DenTek provides a full range of interdental products, which can be used to remove plaque and encourage healthy gums. Parents can help children kick start their healthy habit by following these easy instructions for using floss picks:

- Hold the floss pick firmly between the thumb and forefinger
- Using a gentle back-and-forth motion, slide floss between the teeth
- Move the floss picks up and down against each side of the tooth to clean above and below the gum line
- Repeat steps for each tooth
- Discard after use

Encourage your child to go beyond brushing with DenTek for a healthier, brighter, whiter smile. Caution: under the age of 10 requires adult supervision.

ABOUT DENTEK

DenTek is a worldwide leader in innovative oral care products including floss picks, interdental brush cleaners, dental guards for nighttime bruxism, disposable dental picks, braces care and dental repair. DenTek products are available in retail stores nationwide including Boots, Amazon EU SARL, Gould Pharmacy and other select retailers. Visit www.dentek.co.uk for more information.



Living with Birds at Hever Castle

February 13th – 21st

Support **National Nest Box Week** at *Hever Castle's* 'Living with Birds' this *Half Term* and enjoy some family fun. Nature expert, **Tim Christian**, returns to lead a bird box building workshop (£6 in addition to entrance fee). Building a bird box to take home contributes to the conservation effort in the UK while giving you the pleasure of observing any breeding birds you attract to the garden.

Children can join a **FREE** bird themed craft workshop and find out more about different species of British birds on a birds spotting trail in the grounds. Visitors can also buy a bag of bird food at the information centre (50p) to feed the birds and ducks.

National Nest Box Week is organised each year by the **British Trust for Ornithology (BTO)**, Britain's leading bird research charity. They

encourage everyone to put up nest boxes in their local area to promote biodiversity and conservation of our breeding birds, particularly now the natural nest sites on which many of our bird species depend, such as holes in trees and buildings, are fast disappearing.

From February 13th (weather dependent) visitors can follow a snowdrop trail through the grounds where a dusting of frost adds to the beauty of a

walk in the award-winning gardens. At this time of year, delicate snowdrop bulbs are starting to emerge after their winter dormancy, the first sign that spring is just around the corner.

For further information visit the website:

www.hevercastle.co.uk
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Colds and flu in children By Dr Robert Arlt, consultant paediatrician at +richmond practice



them to drink more fluids, especially when fever is present, but forcing fluids is unnecessary. Active play can make a cough worse.

Consult your doctor if:

- you feel frightened or worried about your child's illness
- your child has: difficulty breathing, a bluish tinge to the lips; vomiting that continues for several

hours; severe lethargy

- your child complains of an earache or if an infant pulls at their ears, becomes increasingly cranky or keeps waking at night; develops a deep cough with lots of mucus; has a fever of over 37.8 C lasting more than 4 days (check fever info).

You can ask for an appointment with either our doctors or our paediatrician. The doctor can assess whether your child is fit to travel. If they suffer from frequent, recurring, colds the doctor can investigate for any other underlying cause. The doctor can recommend homeopathic options on request. We can also provide flu vaccinations.

Call +richmond practice for a same-day appointment with a GP or paediatrician on **020 8940 5009**.

You may also visit the web-site www.richmondpractice.co.uk

Does my child have a cold or is it 'flu'?

Influenza is an illness capable of affecting the entire respiratory tract from the nose and throat down to the bronchial tubes and lungs. A typical case of flu in older children and teenagers consists of a sudden onset of chills and fever, headache, body aches, sore throat and a dry hacking cough.

Pre-school children tend to have an illness more like a severe cold, with high fever, runny nose and cough, typically accompanied by irritability and poor appetite. Some infants develop a hoarse cry and a "barking" cough (croup). Diarrhea and vomiting may also occur.

Flu usually takes away a child's appetite, so don't expect them to eat much for the first few days. Encourage

Keeping your toddler healthy at the petting farm

The British springtime brings to mind farmyard visits to see new born lambs and chicks. With the popularity of children's farms on the rise, spring isn't complete for a toddler without a trip to see the tractors and animals.

Toddlers are renowned for wanting to touch everything and always seem to have fingers in their mouths. A farm visit is a wonderful and educational experience for children but it is important to ensure little hands are kept clean by following basic hygiene rules to avoid picking up germs and bacteria from the animals.

Fay Watt, Managing Director of first aid and healthcare specialists **NatraSan**, offers parents helpful top tips to keeping inquisitive hands germ-free at a farm visit: Keep a close eye on kids and animals: Children will quite happily feed a salivating lamb and straight away put their fingers in their own mouths, even if you've told them not to! Pay close attention when feeding animals and give hands a good spritz of **NatraSan** when the need arises. Pack an effective disinfectant: Packing a safe disinfectant that has the ability to sanitise a number of different surfaces is vital to keep your family clean at farms. **NatraSan First Aid spray** kills 99.9999% of germs - great for picnic benches.

Always wash with soap and water: As well as having a handy bottle of **NatraSan** with you, it is wise to ensure everyone washes hands with warm soap and water after petting or feeding the animals and again before eating. Spritz hands regularly: There will always be the risk that someone doesn't clean their hands properly with soap and water, and then touches items in the play or eating areas, for example, thus spreading bacteria. Using the versatile **NatraSan** spray will help to reduce the spread of any germs. Don't forget about your mouth: Little fingers are always going in mouths and this is a common way for germs to be spread. Always clean little hands regularly just in case your child touches an animal and then sucks their thumb, for example. **Fay Watt**, Managing Director of **NatraSan**, says: "With the popularity of farm visits increasing every year, we want to ensure that families stay clean and germ-free. **NatraSan** offers children and adults safe protection from 99.9999% of germs and bacteria - that's over 100 times more effective than 99.9% products and the **Travel Buddy** is a handbag or change bag essential." **NatraSan** costs £10.00 for 250ml and £7.00 for 100ml - available at www.natrasanuk.com

Peekaboo 123 / Peekaboo A to Z Illustrated by Gareth Lucas

Publication Date: 10th March | Price: £9.99 each Age: 1-4

Lift the flaps to meet a crazy cast of animals in this brand new range of concept books. Guaranteed to have little ones laughing while they learn! Humorously alliterative text is perfectly paired with stunning illustrations from the super-talented **Gareth Lucas**.

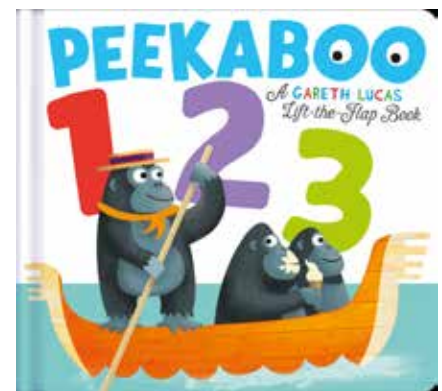
Peekaboo 123 and **Peekaboo A to Z** by **Gareth Lucas** are funny, stylish cased board books with large sturdy flaps - perfect for little learners getting to grips with their numbers and letters.

Join the **Animal Antics** race in **Peekaboo 123**! Will the winner be one polar bear on a pogo stick, two turkeys on a tandem or three walruses with a

wheelbarrow? Lift the flaps to meet the crazy contestants who will have children chuckling from 1 to 100.

Peekaboo A to Z is an alphabet book with bite! Lift the flaps to meet an alligator admiring some art, a bear balancing on a bean - and not forgetting a very attention-seeking zebra! The mad menagerie of animals will have your little ones laughing from A to Z.

Gareth is an illustrator and designer living in his hometown of Essex, with his wife and four children. After studying at **Brighton and Central Saint Martins** he has worked on a variety of projects, but enjoys children's book illustration the most. When he is not working he can be heard indulging his other love - the banjo!



Don't Let the 'Small Print' Ruin Your Winter Holiday

Its ski season and thousands of us will be looking to plan an active winter getaway. Effective planning is key to a successful and smooth holiday experience. There could be all kinds of irritating consequences should you fail to do so. Lack of care and caution when booking can result in some serious disruption during what is meant to be a relaxing getaway!

Frank Brehany, Consumer Director of **HolidayTravelWatch**, has put together some tips to avoid nasty surprises and unexpected expenses during your winter holiday:

1. Whilst price is always a factor for many consumers do not be blinded if it looks too good to be true, it probably is, shop around and compare! Around 56% of British holidaymakers don't use review sites such as **TripAdvisor** when booking their holidays. These sites are a great resource to find honest and genuine opinions as to the quality and value for money of a holiday resort.

2. Watch out for the many 'Click and Go' websites that divide products under such phrases as 'Flight and Hotel' or 'Holiday'. They may not sell true packages that offer full consumer protection and rights!

3. If you are not sure, check the terms and conditions or the

small print at the bottom of the webpage. If it says the website is only acting as an 'agent' or that it is not a 'principal' then you will not be protected by consumer laws.

4. If you make a booking by phone and they say they are only acting as an agent and are not the principle, ask them to explain what they mean and what consumer protections they offer. Do not book straight away, take time to think about the implications and compare with other companies that offer those protections!

5. If you book a holiday separately you will only have the protection of the contract. If you book a package holiday, you will have the protections of the contract and **The Package Travel Regulations**. Ask yourself: if my holiday goes wrong how much will it cost me to put it right or is there someone who could do that for me? Some 48% of Brits were unaware that **The Package Travel Regulations** covered them during a package holiday but the protection offered is very generous and can make life a lot easier should anything go wrong.

A lot of these tips take a matter of moments and can rescue what could otherwise be seriously destructive factors to consumer holidays.

www.holidaytravelwatch.com



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My Stencil Kit By Hervé Tullet

Published on Monday 29 February 2016

Designed for children aged 5+, this ingenious book is comprised of a large-format colourful art pad, and six durable stencil boards, which feature over 200 stencils to trace. Children are encouraged to mix and match their stencils to create their own original **Tullet-style** artworks. The latest from prize-winning author **Hervé Tullet**. The stencils

range from flowers, grass and trees to mountains, suns and streams, to cars, rockets and planes to giraffes, roosters, snails, and more!

This ingenious book is a fantastic way for pre-school and school- aged children to discover the joys of drawing and tap into their own imaginations. The stencils allow children to quickly master the basics of line, colour and shape, and develop their understanding of symbols and their representations. This is a truly inventive art book that will spark hours of fun for parents and children alike. **Hervé Tullet** is the creator of more than 75 internationally acclaimed children's books, including the worldwide publishing phenomenon **Press Here**. He is the recipient of numerous prizes



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WHAT TO SAY TO YOUR CHILD ABOUT TERRORIST ATTACKS

We're a 24 hour news society - there's an endless stream of information that filters into our homes whether we want it or not. *So how do you protect your children when something like the Paris terrorist attacks occur?*

And more importantly, what should you be saying to answer your child's questions and alleviate their anxiety? So many parents find that they are quite literally 'lost for words'. **Alicia Eaton** is a *Behavioural and Emotional Wellbeing Specialist* working with both adults and children in **London's Harley Street**. She has a particular interest in children's anxiety and is the author of *"Words that Work - How to Get Kids to Do Almost Anything"* (Matador 2015). For further information please visit www.success-4-kids.com or www.aliciaeaton.co.uk

She tells us: Anxiety levels amongst children are rising and ironically, it's one of the biggest worries for parents today. Left unchecked, children can grow 'into' their fears, rather than grow out of them with harsh and long-term consequences. It can set back their emotional growth and hamper performance in every area of their lives. Anxiety will stop your child from making friends, taking part in social activities, sitting exams successfully and fulfilling their potential.

Fear is a natural and essential human emotion: after all, being programmed with the ability to have feelings of fear is what saved our ancestors from being eaten by sabre-toothed tigers. But there aren't too many sabre-toothed tigers for us to deal with nowadays and most of the things that we worry about never happen, so we can exhaust ourselves for nothing. Feelings of fear and anxiety are just that - feelings - and the good thing about feelings is that they can be changed.

TOP TIPS:

1) "Will this happen to me?" is the first thought that will be running through your child's mind. They will be wondering how this will impact on their own safety. Having seen incidents on the TV, your child will start wondering whether this is going to start happening in the street right outside their home. This will be especially true if your child has seen other children in danger for they'll be able to relate to them more. Reassure your child that this is happening 'far, far away'. Distance can be hard for children to imagine, so get a map or globe and point out that it's no where near their home or school.

2) Give plenty of time: Spend extra time sitting with your child especially at bedtime and listen carefully to their concerns. Every child is

different and depending on their age and temperament will have a different perspective on the news stories. It's possible to worry your child even more by giving too much information in your conversations, so try to learn what 'specifically' it is that is worrying your child. It may not be as bad as you think and a simple answer may be all that's required.

3) Empathise - Use phrases such as: "I can see that you're feeling worried / scared / anxious and that's understandable. It's a horrible thing that has happened". Avoid using negative phrases such as:
- Don't worry
- Just stop thinking about it
- Don't keep going on about it or you'll make it worse.
- Stop talking about it because you're starting to scare your little brother! (Say this and don't be surprised if 'little brother' starts crying.)
Our minds make pictures or images out of the words that we think or hear. Using a negative word will mean your child will end up doing exactly what you don't want them to do - worry!

4) Reassure your child that we're safe: Tell your child that when horrible things happen, there are lots of people who are looking after us and will keep us safe - eg. Government, Police, teachers, Mums and Dads. They'll make sure that

this doesn't happen to us and they also find the bad people and put them into prison. Always use words that reflect the desired state, such as:
- It's OK, we're all safe.
- We can stay calm about this, because it's happening far, far away.
- We can relax now, because there are plenty of people taking care of this for us.
- The situation is over now - it's finished.

5) Use the analogy of a false alarm to explain anxiety: Liken your child's feelings of anxiety to a smoke alarm going off when it's got a bit too smoky in the kitchen from the cooking. The smoke alarm can't tell the difference between a bit of smoke and a real fire - so it's a 'false alarm'. And sometimes when our bodies feel a bit panicky and anxious, the same kind of thing is happening. Our bodies make a bit of a 'mistake' and worry us for no reason - there is no real danger.

Extra fresh air and exercise: Watching and hearing bad news stories will increase the production of adrenaline and cortisol in the body. Ensure your child has plenty of outlets for burning these stress chemicals off. Increase the amount of exercise they take right now, preferably in the open air, otherwise their stress levels will simply keep on elevating.

6) Laugh: Laughter is another way of changing the brain's chemistry quickly. Watch more comedy and funny movies on TV and introduce a 'good news' only rule in conversations around the dinner table. Too often it's easy to fall into the trap of sharing bad news: 'I missed the bus this morning / got caught in the rain / got pushed over in the playground'. And if you're short of conversation, keep a joke book to hand and get the kids to read jokes out to the family over dinner. It's time to switch off the TV and start playing more family games such as *Monopoly* or *Twister*. Also soothing will be gentle activities such as colouring books that are now enjoying a resurgence in popularity amongst many adults. This is the time to avoid playing competitive computer games, no matter how much fun they may be, for they'll be adding to the stress chemical overload in the body if they're not properly burnt off.

7) Food: Be aware that certain foods will alter your child's stress and anxiety levels as well as create mood swings. Now is the time to avoid the stimulating effects of sugar and caffeine in fizzy and energy drinks that will cause fluctuations in blood sugar levels. This includes natural sugars found in fruit juices and smoothies. It may be tempting

to make the world seem 'a happy place' by introducing more chocolate, sweets and cake, but you'll be adding to your child's 'wobbly' feelings right now.

Introduce more protein into the diet to help steady your child's nerves and make them feel more grounded. Good foods to eat plenty of are: wholegrain breads rather than white, fish, turkey, chicken, cottage cheese, pulses and fruit and vegetables in general. If your child can eat nuts safely, it's a good idea to keep some handy for snacks in between meals.

8) Blow it out: Anxiety can lead to a shortness of breath. This leads to a pale complexion, sweaty hands and face, tightness in the chest and even giddiness or fainting. "Take a nice deep breath" is a traditional response and is a phrase we're all familiar with, but taking a nice, deep breath inwards is precisely what an anxious person doesn't need to do. Anxious feelings can be caused by having too much 'breath' trapped in the lungs, which gives that sensation of not being able to breathe. Your child will feel better if you ask them to 'blow out' instead - the air will be expelled out of their lungs and they will automatically relax and get back into an easy rhythm of breathing.

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wee gallery

Soft Cloth Books

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Little hands can explore the lovable collection of animals in these super soft, touch-and-feel, fold-out cloth books. Lightweight, machine washable and perfect for pushchair, cot or changing-area play.

Wee Gallery Cloth books: Bear | 9781784934293 | Cloth book | £8.99 | 6 panels | 125 x 125 mm | March 2016
Wee Gallery Cloth books: Cat | 9781784934309 | Cloth book | £8.99 | 6 panels | 125 x 125 mm | March 2016

Slide and Play Board Books

Small fingers will quickly learn how to move the sliders to reveal hidden animals.



Read the clues and guess which animal is hiding on each page. Bold graphics and spot UV touch-and-feel effect on each spread add to the sensory experience. These board books feature puzzle pieces that will never fall out.

Wee Gallery Board Books: Pets | 9781784934316 | Hardback | £6.99 | 5 leaves (incl. 4 mechanisms) | 184 x 184 mm | March 2016
Wee Gallery Board Books: Safari | 9781784934323 | Hardback | £6.99 | 5 leaves (incl. 4 mechanisms) | 184 x 184 mm | March 2016

Activity Books

Fantastic puzzle activity books packed with excitement and adventure.



With familiar activities for young readers, can you help Dog and Cat make breakfast, decide on what to wear and how to spend their day? There's lots to spot, games to play and oodles of doodles to colour, keeping little ones busy for hours.

Wee Gallery Activity Books: Dog's Day Out | 9781784934330 | Paperback | £8.99 | 64 pages + Dust jacket & Poster | 240 x 185 mm | March 2016
Wee Gallery Activity Books: Cat's Playground | 9781784934347 | Paperback | £8.99 | 64 pages + Dust jacket & Poster | 240 x 185 mm | March 2016

Books to stimulate from birth: Wee Gallery illustrations are made of high-contrast repeating patterns to stimulate visual development in infants. Babies process faces long before they recognize other objects (for more details see <http://stanford.io/1R1a0Hs>).

Sensory experiences with this books help encourage a love of shared reading from baby's first days. It's never too early to start reading with your baby (<http://bit.ly/1N2gkCD>).

Stylishly designed books to grow with: *Slide and Play* books encourage growing babies to explore and change the world around them, whilst *Activity Books* are ideal for encouraging motor control and mark making (these are also perfect for older siblings of new born babies!).

Use the Wee Gallery cloth books to transform baby's environment into their first art gallery! Are you ever too young to appreciate good art and design?

Designer **Surya Pinto** grew up in India, and graduated with a degree in Chemistry, Botany and Zoology before finding her passion in design. Surya has a wealth of experience in the industry and has trained under Sujata Keshavan, the only Indian designer to have been honoured as Graphic Designer of the Year at the Advertising and Marketing (A & M) awards. In 2003, Surya founded Wee Gallery with her husband, Dave Pinto, after their first child was born.

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BEJEWELLED TREASURES: THE AL THANI COLLECTION To 28 MARCH 2016

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available). **V&A** Members go free.

[www.vam.ac.uk/
bejewelledtreasures](http://www.vam.ac.uk/bejewelledtreasures)

or by calling **0800 912 6961** (booking fee applies). **LAST CHANCE TO SEE JULIA MARGARET CAMERON To 14 FEBRUARY 2016** To mark the bicentenary of the birth of Julia Margaret Cameron (1815-1879), one of the most important and experimental photographers of the 19th century, the **V&A** presents more than 100 of her photographs from the Museum's collection. The exhibition examines her relationship with the **V&A's** founding director, **Sir Henry Cole**, who presented the first museum exhibition of her work (and the only one during her lifetime). It includes a number of works given and sold directly by Cameron to the Museum, letters written by

Cameron to Cole that reveal her questions on technical and practical matters, and Sir Henry Cole's diary which describes sitting for a portrait by Cameron. The works on display demonstrate Cameron's technical experiments in striving to make highly artistic photographs she expected would 'electrify you with delight and startle the world'.

Free. CURTAIN UP: CELEBRATING 40 YEARS OF THEATRE IN LONDON AND NEW YORK 9 FEBRUARY – 31 AUGUST To celebrate the 40th anniversary of the **Olivier Awards** in April 2016, this display at the **V&A** will explore the extraordinary range of craft and collaboration that goes into creating award-winning plays, musicals and productions in the West End of London and New York's Broadway; two world class centres of theatrical excellence. The

show will be an immersive theatrical experience taking visitors from the stage, to the design workshops and through the history of the awards to the red carpet. On display will be costumes, designs, models, photographs, archival production material, film and awards from productions such as *The Phantom of the Opera*, *A Chorus Line* and *Wolf Hall*.

Free. FACING HISTORY: CONTEMPORARY PORTRAITURE To 24 APRIL 2016

Featuring 80 contemporary prints and photographs drawn from the **V&A** collections, this display presents a variety of portraits by artists and photographers including *Julian Opie*, *Grayson Perry*, *Gavin Turk*, *Bettina von Zwehl* and *Maud Sulter*. It shows how contemporary practitioners have been inspired by earlier modes of portraiture

www.vam.ac.uk

Free Family Activities at Imperial War Museum London'

February – March 2016

February Half Term Family Art Workshop: Protest and Survive 13 – 21 February 2016 2 – 4pm Join celebrated political artist **Peter Kennard** and develop your own *Unofficial War Art collages and drawings* on the subject of protest, linked to the current retrospective of Kennard's work at **IWM London**.

Peter Kennard will be on hand to talk about his work and provide tips on creating collages and drawings during this free, drop-in workshop. All materials are provided and no previous art experience is required. **Peter Kennard: Unofficial War Artist** is a major retrospective of Kennard's work charting a 50 year career and features over 200 artworks and related items including a new art installation, Boardroom, created especially for the exhibition. The exhibition is on **until 30 May 2016**.

Holocaust Learning Session Introduction to the Holocaust 19 – 20 March 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 please contact **Grant Rogers**, Informal Learning Manager, grogers@iwm.org.uk **020 7416 5329**

Please arrive early to avoid disappointment

Free Family Activities

Object Conversations Every Saturday and Sunday in February 2016

11am – 12.30pm;

2pm – 4pm

In this immersive object handling session, families can explore objects from our collections and how they connect with iconic objects on display in our 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 7 and 28 February 2016 6, 13, 20 March 2016

11am – 12.30pm;

2pm – 4pm

Get creative and say what inspired you on your visit. Make a drawing, take a photograph, write a postcard and share your ideas. Supported by the **Clare Duffield Foundation**.

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. **The Holocaust Exhibition** is recommended for children aged 14 and above

First World War Galleries

In the *First World War Galleries*, visitors can 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. (Supported by HLF along with other donors)

A Family in Wartime

explores 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

reveals the clandestine world of espionage, covert operations and the work of Britain's Special Forces. From the development of MI5 and MI6 before the First World War, to Cold War intelligence-gathering and the contemporary use of highly-trained elite forces, the exhibition examines the facts behind the secrecy and why the need for secret agencies remains a subject of continued debate today.

The Lord Ashcroft Gallery: Extraordinary Heroes

Exhibition and records over 270 personal stories of bravery by recipients of the **Victoria Cross** (VC) and **George Cross** (GC). A George Cross belonging to **Violette Szabo** recently joined the collection. Visitors to the gallery can discover the personal stories behind each award and examine the concept of bravery, from aggression and endurance through to skill and sacrifice. A free stamper trail is available for families.

www.iwm.org.uk



Family Activities on HMS Belfast February 2015 – March 2016

February Half Term

All activities are all included in the general admission price.

Darning and Yarning 13 – 21 February

11am – 12.30pm and 2 – 4pm

All sailors past and present have needed to know how to sew, from repairing sails to their own socks.

Help needed on board **HMS Belfast** to create a new sailors' cross stitch work. While you sew find out more about the Royal Navy and life on board **HMS Belfast**.

Drop-in events are suitable for all ages with parental supervision.

Family Activities

Cracking Codes

12 – 13 March

11am – 12.30pm

and 2 – 4pm

Want to decipher secret messages? Come and join in the family activity! Intercept messages, map hazards on the sea chart and even make up your own secret code. Learn about the skills intelligence officers had to have as well as some of the dangers that surrounded **HMS Belfast**. This activity is in association with **Maths on Toast** who make community events where maths is fun. Drop-in events are suitable for all ages with parental supervision.

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 are limited to a maximum of 12 people.

www.iwm.org.uk

or call Victoria Chan

020 7766 1141

vchan@iwm.org.uk

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. Visitors can now imagine exactly what this would have been like as the Operations Room features exciting interactives.

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.



London What's On

THE CUTTY SARK

February 2016

Cutty Sark hosts special events and activities throughout the year. Admission charges apply (family activities are free with entry). Visit website for www.rmg.co.uk/cuttysark

• **Celebrate Chinese New Year** on board by making animal masks and trying traditional tea
• Join in the **family fun day** for deaf and hearing audiences with crafts and storytelling
SPECIAL CHINESE NEW YEAR EVENTS

Tea Tasting

Sample some of *Twining's* finest blends of tea and discover the story of the ancient Chinese drink underneath *Cutty Sark's* beautiful hull.

6 February Sammy Ofer Gallery 11.00-13.00, 14.00-16.00 Suitable for all ages Included in admission price
Storytelling with Story Spinner: The magic paintbrush Delivered in partnership with Story Spinner, join Sailor Sam on a journey across the seas with a precious cargo of tea and an exotic tale of magic.

7 February 2016, Tween Deck, 11.00 | 12.00 | 13.30 | 14.30 3yrs+ Included in admission
Family Fun Weekend: Mischievous monkeys Which Chinese zodiac animal are you? To celebrate Chinese New Year, make an animal mask or a mischievous paper monkey and see if you can spot any monkeys on board the ship.

6 & 7 February 11.30-13.30 | 14.00-16.00 all ages Included in admission price

HALF TERM ACTIVITIES Sea SIGNs

Programmed events for deaf and hearing families, including crafts and storytelling. Events are led by deaf presenters using BSL and accompanied by voice-over interpreters, or delivered by spoken facilitators and supported by BSL interpreters.

13 February 11.00-15.30 all ages Included in admission
Fold it!

Put your origami skills to the test and make a mini ship to sail home with you.

15, 16 and 19 February 2016 11.30-13.30 | 14.00-16.00 all ages Included in admission
You've got mail

Cutty Sark carried letters all around the world. Take inspiration from the letter of a real sailor to write and decorate your own letter home.

7 and 18 February 2016 11.30-13.30 | 14.00-16.00 all ages Included in admission
Toddler Time

Cutty Sark is dedicating term-time Wednesday afternoons to our youngest visitors. Bring your little sailors along for songs, stories and playtime on board.

3, 10, 24 February 2016 10.00-11.30

Ages 4 and under Included in admission price

Cutty Sark Characters

Come aboard to hear *Cutty Sark's* incredible stories brought to life by characters from the ship's past. Meet Captain Woodget, the ship's most daring master; Jock Willis, the man who built *Cutty Sark*; Nannie, the ship's figurehead; or the ship's cook, James Robson, who all have an extraordinary story to tell. Every weekend and weekday Sammy Ofer Gallery and Main Deck, Ages 3+

Included in admission price

Cutty Sark reopened to the public in April 2012, marking a new chapter in the extraordinary life of the last surviving tea clipper and one of the world's most famous ships. Visitors to *Cutty Sark* can venture aboard and beneath the beautiful three-masted clipper: walk along the decks in the footsteps of the merchant seamen who sailed her over a century ago; explore the hold where precious cargo was stored on epic voyages; and even walk underneath the 963-tonne ship in the dry berth below to view the elegant lines of her hull.

£13.50 for adults (£11.50 concessions) and £7.00 for children aged 5-15. Family tickets available

Cutty Sark is open 10.00 – 17.00, Monday – Sunday

020 8312 6608

www.rmg.co.uk/cuttysark

The Geffrye Museum

Tuesday 16 – Friday 19 Feb Half-term holiday activities for 2-16 year olds **Free**

Four Centuries in One Week Explore homes from a different century every day from the Tudors and Stuarts, Georgians, Victorians and finally the 20th century.

Make candlesticks from clay, crafty clocks and much more! 10.30am – 12.30pm and 2-4pm. Places allocated on a first-come, first-served basis 30 minutes in advance of workshops.

All children under 11 must be accompanied by an adult.

The Geffrye Museum of the Home, 136 Kingsland Road, London E2 8EA
www.geffrye-museum.org.uk

The National Maritime Museum Greenwich

Samuel Pepys: Plague, Fire, Revolution the largest ever exhibition about the famous diarist with 200 objects from national and international museums, galleries and private collections. Pepys, one of the most colourful characters of the 17th-century, witnessed many of the great events that shaped Stuart Britain, bringing them brilliantly to life in his famous and candid diary. He lived through a time of turmoil which saw kings fighting for their crowns, and medieval London transformed into a world city following the devastation of the plague and the Great Fire. He was a naval mastermind, a gossip and socialite. He fought for survival on the operating table and in the cut-throat world of public life and politics, successfully navigating his way to wealth and status until his luck, intimately entwined with the King's fortunes, finally ran out.
Until 28 March 2016 10.00-17.00 £12 adult | £10 concession | £6 child

SPECIAL EVENTS

Love in the Archives

For centuries, lovers and loved ones separated by the sea have written letters that express their longing to be together again. Come and investigate the Caird Library's collection of love letters in the Museum's **Re:Think** space, before enjoying prosecco and nibbles. 14 February 2016 14.00-15.30
Re:Think/Baltic Glass, Adults £12 adult | £10 members

Chinese New Year The Year of the Monkey is here! Come to the National Maritime Museum for a cultural extravaganza of incredible things to see and do. 13 February 2016 11.00-16.00 Suitable for all ages: **Free RAINBOW WEEK** In honour of **LGBT History Month**, February events and half term workshops will explore colour, flags and identity.
Awash with Colour Using techniques such as

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Science Museum to launch Leonardo da Vinci exhibition

• Tickets now on sale for Leonardo da Vinci: The Mechanics of Genius
• UK premiere of internationally-acclaimed touring exhibition
• Major show explores the unique mechanical concepts of one of history's greatest minds
10 February – 4 Sep 2016 Admission: £10, concessions available
www.sciencemuseum.org.uk/leonardo

The Mechanics of Genius, a new exhibition opening at the **Science Museum** The UK premiere of this visually stunning exhibition highlights the immense talent that sparked the polymath's reputation as an exceptional and enduring inspiration in the fields of engineering and art. Predominantly recognised as one of history's greatest painters, Leonardo da Vinci was also a uniquely gifted draughtsman. Using close observation and taking inspiration from the natural phenomena around him, Leonardo created a remarkable body of mechanical drawings that showed a radical approach to the challenges of flight, manufacturing and war. **The Mechanics of Genius** brings

the intricate mechanical concepts of this restless and curious mind to life in a major interactive exhibition. At the age of 20, Leonardo was employed in a workshop on the site of Florence cathedral. Influenced by the engineers and mathematicians of the time, he started to make drawings of cranes and machinery, often trying to improve on the efficiency of their existing designs and processes. The exhibition takes the machines that Leonardo drew and exquisitely reinterprets them in three-dimensional form, alongside games and multimedia installations. He demonstrated through his drawings a unique ability to recognise solutions to engineering problems in the world around him, and translate these into remarkable new concepts for machines that foresaw many aspects of the modern world. The legendary painter of *The Last Supper* and the *Mona Lisa* had an extraordinary skill in drawing and draughtsmanship which set his work apart from that of his contemporaries.

The 39 historical models in the exhibition – including flying machines, diving apparatus

and weapons – were made in Milan in 1952 in celebration of the 500th anniversary of Leonardo's birth. They are displayed across the five sections of the exhibition, each of which focuses on a different area of knowledge and expertise within his practice.

In discovering how Leonardo was inspired by the natural world's responses to problems such as flight, based on billions of years of evolution, the exhibition also considers the influence today of biomimicry by exploring the iterations of his research in modern robotics and aeronautics. As the home of human ingenuity, the **Science Museum's** world-class collection forms an enduring record of scientific, technological and medical achievements from across the globe. Welcoming over 3 million visitors a year, the Museum aims to make sense of the science that shapes our lives, inspiring visitors with iconic objects, award-winning exhibitions and incredible stories of scientific achievement.

More information can be found at www.sciencemuseum.org.uk

tie-dye and marbling, show something you are proud of by creating fantastic, colourful and watery designs.

16, 18, 19 February 2016 11.30-16.00 all ages. Free

Out at Sea

From sex-changing fish, 'heroines and harlots' in Nelson's England and a family flag-making workshop. LGBT Histories, experiences and voices at the National Maritime Museum with a day of talks and workshops for adults and families.
20 February 2016 all ages. Free

Flags and Gladrags

Create a wearable flag that symbolises your identity and learn about celebrations and festivals at sea.
15, 17, 18, 19 February 2016 11.30-16.00 all ages. 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.
6, 13, 20, 27 February 2016 12.00 | 13.00 | 14.00 | 15.00
Venue: Sammy Ofer 6yrs + 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.

7, 14, 21, 28 February 2016 11.30-13.30 | 14.00-16.00

All ages 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.

2, 9, 16, 23 February 2016 10.30 | 11.30 | 13.00 | 14.00

Sammy Ofer Wing, National Maritime Museum

under 5s

Admission: £3 per child with an accompanying adult

Become the Greatest Explorer on The Great Map

The Great Explorer is an interactive game for families. Take one of their 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 @ NMMGreenwich #greatmap

11.00-16.00
The Great Map, National Maritime Museum all ages Free

The National Maritime Museum, Royal Observatory Greenwich, Queen's House and Cutty Sark operate under the banner of **Royal Museums Greenwich**.

In preparation for the 400th anniversary in 2016 of its commissioning and design, the Queen's House will be closed for refurbishment **until 4 July 2016**.

The National Maritime Museum, Royal Observatory Greenwich and Cutty Sark are open daily 10.00 17.00 (last admission 16.30).

General admission to *National Maritime Museum* is free. All events free of charge to all visitors unless stated. Admission prices for the *Royal Observatory Greenwich, Peter Harrison Planetarium and Cutty Sark*, as well as *Museum* special exhibitions can be found online at

www.rmg.co.uk/visit

The Museum is located a short walk from the *Cutty Sark DLR*, and *Maze Hill* and *Greenwich* train stations. The closest tube stations are *North Greenwich* (to change to local buses) and *Canary Wharf* (to change to *DLR*), both on the *Jubilee line*.

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