

PARENTS NEWS

Nov-Dec 2015 No. 202 The First & Foremost Local Monthly Newspaper for East Surrey

1993 - 2015
23rd Successful Year
Thank you

FREE

**What's On
in November
& December**

**Christmas
Gift Reviews**

www.birdworld.co.uk

www.rarebreeds.org.uk

www.fairfield.co.uk

London Wetlands
www.wwt.org.uk

The Snowman
www.peacocktheatre.co.uk

Three Editions in South-East England

Southwest
London
& Surrey

London
South
E Surrey
W Kent

Kent

ISSN 2050-4764

Published on time, every time since 1993

www.parents-news.co.uk

London South
East Surrey & West Kent

The Thunderbirds game

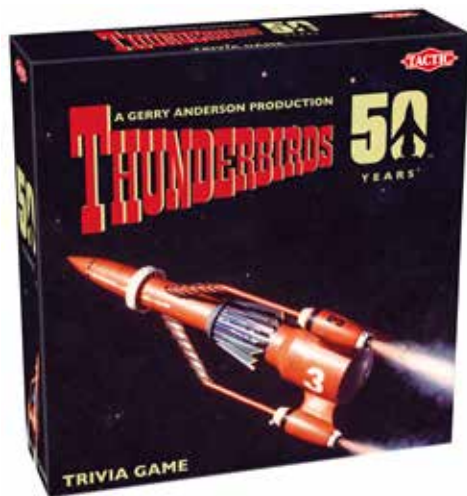
Fun board game for all the family although recommended age of 12 or thereabouts to understand the questions. The board, scoring pieces and question cards are of good quality and there are plenty of questions to ensure no repetitions for a long while of game playing.

The game states that to finish it will take more than 45 minutes. This is a good guide as we finished a game with 4 players in just over an hour. The instructions are clear and easy to follow. There are two ways to score and collect scoring pieces; by answering questions or by landing on certain spaces and then throwing a die to show specific numbers. This means that a player without specialist *Thunderbirds* knowledge still has a fair chance of scoring. As the

questions are multiple choice, you can always have a guess and even our resident expert did not know all the answers!

Once a person has collected all their scoring pieces they can move on to the next stage of answering questions which is when the picture cards come into play. These show scenes and characters from the episodes which may or may not help with the answer. Again, these are multiple choice so you are still in with a 1 in 3 chance of accurate guess. Good fun to play, and it didn't go on for too long ... all necessary criteria for playing board games in these gadget / i-pad times.

Thunderbirds Classic 50th Anniversary Trivia Board Game (£29.99) Available at www.amazon.co.uk. www.tactic.net



The IRobot dog

This cute little *I-Robot Dog*, walks all by itself and even tries to run! Our reviewer fell in love with its charm and mum and dad were impressed with its affordability. He (the one we tried had blue ears and tail!) also plays music, barks and all four feet flash red and blue. This robotic pup also walks at two different speeds and spins

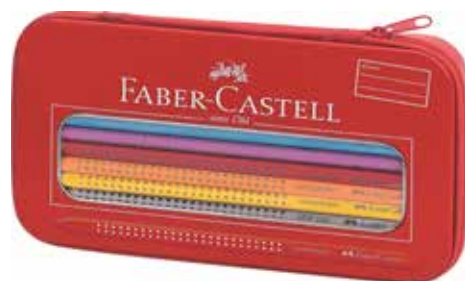
360°, giving your little ones endless hours of fun! A great little toy to interact with for 3 years plus. This little fellow shakes his head and wags his tail but there's no walkies and no vets bills! 3x AA Batteries (Not Included). Available from cheaponline.deals11 eBay.co.uk online marketplace £5.99



Faber-Castell Playing and Learning Pencil Case

Our reviewer really enjoyed colouring in with these graphite pencil with a great bumpy grip for little fingers. With sixteen colours to choose from plus the set also included a sharpener for continuous fun! The

youngster also was fascinated that the metal pencil case had a zip to keep her new set together -mum liked this too. This 16 shades GRIP 2001 costs £19.50 from www.stonegift.com



Alba 7 Inch Portable DVD Player:

Don't let your little ones get bored on your next long journey bring along a portable DVD player. This will provide you and all the family with enough battery life to watch an entire movie, so all you can have to do is choose your favourite movies and there will be peace and quiet will accompany you all the way to your destination.

This light weight portable movie entertainment can go with you on all forms of transport wherever you go with

the accessory power package; an ac mains adapter and a rechargeable 2 hour battery plus it can be operated via a car socket with the cable included. It has a 7 inch swivel LCD screen LCD with a clear 800 x 480 pixels resolution DVD region 2.

Enjoy your journey and keep your children happy for £44.99 from Argos

www.argos.co.uk/static/Search/searchTerm/4238531.htm



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'.



Emily age 8



Age 14



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

The stocking filler that will get everyone talking this Christmas

Christmas is the perfect time for bringing families together, and an award-winning game series is set to be this year's must-have stocking filler to ensure the time loved ones spend together is quality time, allowing them to really connect, share treasured memories and create some new ones too.

The Art of Conversation - a stocking filler sized game to get you talking! Cards with funny, thought-provoking and sometime embarrassing questions to get you talking, laughing, debating!

Perfect for gifts with a 'children's' 'literature' 'food' 'travel' 'general' edition for everyone's interests!

Priced for under £10, the games provide fun for all festive events, from family gatherings to office parties, with everyone able to join in together on the same level, whatever their age or outlook.

All titles in *The Art of Conversation* range are available now from all good bookshops and online retailers, priced £9.98



Its not Christmas without Cadburys

The *Cadbury Christmas countdown* is on! As well as the favourite classics, *Cadbury* has brought out new and exciting products which are sure to spread the festive joy throughout the UK this festive season.

New for 2015
Add a touch of *Cadbury Christmas purple* to your tree, or surprise your relatives by gifting them with the new *Cadbury Dairy Milk Baubles*. These spectacular supersized baubles are available in two different varieties. *Dairy Milk Oreo Baubles* are filled with *Cadbury Dairy Milk*

chocolates complete with a vanilla flavour filling and *Oreo* biscuit pieces. *Cadbury Dairy Milk Snow Bites Baubles* includes 4x34g bags of Snow Bites; Cadbury Dairy Milk chocolate balls encased in crisp sugar shells and dusted with delicious icing sugar. These Baubles are perfect for a fun gift for any member of the family. RRP £4.99



The Razor Party Pop Kick Scooter

The **Razor Party Pop Kick Scooter** (quite a name!) is known as a 'party on wheels'. It's outstanding feature setting it aside from other scooters is it 12 multi coloured LED lights in the polypropylene deck and its vibrant wheels. The scooter also has a unique white and purple colour scheme which cleverly compliments the bright LED light scheme. The lightweight steel frame and urethane wheels, which interestingly are more commonly used for skateboards, allows the rider to enjoy a smoother and faster ride than its competitors.



Given that you can go quite fast on this scooter the rear footbrake, anti slip footplate and easy grip handles are quite an important safety feature. My daughter in particular liked the foam covering on the handle bars, making it a very comfortable grip for her when scooting. As the footplate is slightly higher than some of the other scooters, it is a real thrilling ride, living up to its party pop kick scooter name. The LED lights after dusk are stunning. Unlike most other **Razar** scooters the handle bar is not adjustable, which is probably why the scooter is aimed at the 6+ age group. The height it is set at was more than suitable for my 8 year old daughter, who is actually quite petit for her age group. As the scooter also has a maximum weight of 100kg it could quite easily be used by adults as well. I do like the foldable element as it allows for easy storing when not in use and can be easily carried home after dropping kids to school. As a parent I was quite worried about this scooter being stolen as it is quite pretty and unique, so I would recommend a lock if keeping it in school grounds or a front garden. This scooter is really something special and given its £39.99 price tag it is a real bargain, so all in all a huge thumbs up for the **Razor Party Pop Kick Scooter**.

Party Pop is 6+

www.argos.co.uk

StetchKins Review

StretchKins are the new, soft and cuddly toys that stretch to make exercise and dancing fun. The **StretchKins** feet and hands attach easily onto the feet and hands of children allowing the **StretchKins** to be stretched to life size, allowing it to move with you.

For this review I had the special addition **StretchKin** whose feet light up when moving. Unfortunately once the batteries run out there is no means of fitting in new batteries. StretchKins come in many different characters varying from a jumping frog to a purple pony. **StretchKins** are lovely, soft and huggable toys, hence making them aimed at a more younger age group probably between ages 3-6. My 8 year old played with her bright pink cat **StretchKin**, dancing around and performing endless kart wheels but after a few days our **StretchKin** has joined the group of cuddly toys that sits at the end of her bed. However I do like the idea behind **StretchKins** and it will definitely be having your child moving and grooving.

With its soft dangly arms and legs, and cuddly life size factor means that the StretchKin could possibly be a ideal bed time companion or travel buddy for younger children.

Stretchkins is 3+. the Stretchkins would be £29.99 from **Argos**



Bush PHK-907 Headphones

These very of comfortable headphones have cushioned leather ear pieces. Comfort will not be the only thing you notice with the headphones, the 40mm drivers provide a punchy bass, but crucially doesn't lose its balance and retains a high sound quality. They have a 2.5m cord in-line volume control and fully adjustable headband. The 3.5mm jack will fit most devices and are only £9.99 from **Argos**

www.argos.co.uk/static/Search/searchTerm/1712919.htm



Fabulous Foil

Create 12 foil pictures and 25 foil stickers with this exciting foil art kit. Lily loved **fabulous foil**. She was able to easily understand the instructions and start straight away. Some of the pieces were a little bit fiddly but on the whole she found it fairly simple to make.

There were plenty of pictures to choose from and plenty of foils to use so many more hours of fun to be had. It will be a great activity to do when Lily has a couple of friends over to play. RRP: £7.99. Suitable for 6 years plus

www.galttoys.com



Wandsworth Christmas Events

Earlsfield Lights Switch On
Thursday 26th November
From 4:00pm *St Andrew's Church*, Junction of Waynelette Street & Garratt Lane. SW18 3QG.

Northcote Road Lights Switch On
Friday 27 November, 5pm
Corner of Bennerley Road, SW11 6DR
Santa's Grotto 3-6pm.

Northcote & Webb Road Christmas Market
Saturday 28 November
11am-6pm Webb Road Northcote Road SW11. Carol singing, Children's activities, street food stalls & gifts for all the family.

Wandsworth Town Lights Switch On and Annual Lantern Parade
Saturday 28 November
11:00am *Wandsworth Radio Roadshow* outside *TK-Maxx*. 3.50pm Lantern Procession 4.20pm *Lights Switch On*: by **Mayor of Wandsworth**. The *Lantern Parade* will begin at *West Hill Primary School* and finish at *All Saints Church*. Craft workshops will take place at Southside and story telling in *Wandsworth Town Library*. The *South Thames College Music School* will sing during the day in *Southside Shopping Centre* and the **Carol Service** will feature singers from *The National Opera Studio*.

Balham Lights Switch On
Sunday 29 November
5pm *Hildreth St Market & Balham Hill*, SW12. Food and gift stalls and Carol singing.

Battersea Square Lights Switch On
Tuesday 1 December
7pm *Battersea Square*, SW11.

Southfields Christmas Lights Switch On
Tuesday 2nd December
From 5:00pm. *Southfields Station*. Carols by local primary school choirs.

Tooting Christmas Lights Switch On
Thursday 3rd December, 4pm
Lights Switch On: *Church Lane* outside *St. Nicholas Church* Tooting, Carol singing. Lights switched on by the **Mayor of Wandsworth**. The winner of *Sellincourt Primary School* Christmas card competition. Followed by a speech by Mayor inside *St Nicholas Church*. Mince pies and drinks available.

Small Business Saturday
Saturday 5th December
Borough-wide activities and promotions. Special offers, promotions and events. www.wandsworth.gov.uk/smallbusinessaturday

Putney Lights Switch On
Friday 4th December
2.30pm - 8pm
Lights Switch On: 6pm., Hosted by *Wandsworth Radio*. Local school choirs, dance, drama groups and live music.



Christmas market – a select range of gifts, street food & drinks, *Santa's Grotto*: 2.30pm to 7.30pm.

Putney Christmas celebrations
Saturday 5th December
2.30-8.30pm *Church Square*. Special offers and promotions across the town centre *Santa's Grotto* 10.30am to 4.30pm Christmas market selling a select range of gifts, food and drinks.

Putney Christmas Art Market
Sunday 6th December
Putney Pier. Over 40 emerging and established artists and makers offer original, quality work: fine art, ceramics, mixed media, graphics, glass, jewellery, photography, textiles, wood carving/furniture and sculpture.

Bellevue Road, SW17 Lights Switch On
Sunday 6 December
Santa's Grotto 2-5pm
Lights Switch On 5pm.

www.wandsworth.gov.uk



LONDON'S FAVOURITE CHRISTMAS SHOW

The Snowman™

The live stage show

based on Raymond Briggs' *The Snowman*
Music and lyrics by Howard Blake

© Snowman Enterprises Ltd 1992, 2012



"Sheer theatrical magic. Go see **The Snowman and melt**"
The Times

Featuring **'Walking in the Air'**

FAMILY TICKET ONLY £110
4 tickets, must include one under 16
Transaction fee applies. Max £2.50

THE PEACOCK 25 Nov - 3 Jan
020 7863 8222 peacocktheatre.com

LECHUZA-PURO

Here is a great gift for mum or grandma plant pots and vase that self water you fill them up once every 12 weeks. **LECHUZA**'s sub-irrigation system takes care of your plants ensuring that they receive the right amount of water and nutrients they need for optimum growth. Daily watering is a thing of the past You never again have to worry about over-watering the water level indicator takes the guesswork out.

Plants can be switched with ease with easily removeable liners An assortment of planters are available with hi-gloss, matte or wicker-like finishes All **Lechuza** planters are produced in Germany.

Geobra has more than 50 years of experience in plastic fabrication 100 percent recyclable
www.lechuza.co.uk/
Color 20 white All-in-One Set
 £14.99



Busy Mums will love this under the Christmas Tree

Be Crafty, The Extra Hand 3 hands are better than 2,



Really Rotten Experiments

10 fiendishly rotten experiments! Hide a cockroach in soap, mould a fake poo and make your own vile vomit and



although no one is here to verify that statement, unless they actually have 3 hands! Now, unless your a super hero this gadget will help you when you really need 3 hands. Here to give you a helping hand, this funky and functionally designed flexible Smartphone holder can be clipped onto most surfaces. Perfect for watching films, listening to music and making hands free calls.

The Lazy Arm is compatible with most Smartphones. To use, clip onto desired surface, attach your Smartphone and enjoy the comforts of *The Lazy Arm!* Ideal for for when you need a helping hand, it can make cooking, watching TV, relaxing so much easier, perfect for crafts too!
The Lazy Arm costs £8.95 from **Genie Gadgets**

ghastly green slime!
 Contents: plastic stomach, vinegar, funnel, bicarbonate of soda, goggles, plaster of Paris, poo mould, paints and paintbrush, green food colouring, fart pot, glycerine soap pieces, beaker, microwave tray, soap mould, pipette, plastic cockroach, 36-page Top Secret Lab Notebook

£15.99

Build & Play:

With a wide range of true-to-the-original plastic model kits, from *Easykits* for beginners to sophisticated kits for professional model builders. **Revell** has introduced a new concept in model building for children aged 6 and above. **Build & Play** is a unique dual-purpose concept. The range is skill level 1, designed as an easy introduction for young kids into the world of modelling, so that they progress onto the more complex skill levels as they get older, namely *Easykits* for ages 8+ and *Model Kits* for ages 10+. The **Build & Play** kits will be easy to assemble and may even be quicker than the stated 15 – 30 mins assembly time, so you can't compare them to typical construction kits. For the *Play* aspect, the completed model kit can be used for imaginative play, but it may not have the durability of a traditional toy, so again you can't compare to

typical plastic toys. This range of authentic, easy-to-assemble 1:25 scale model kits is as easy as child's play, with a small number of pre-coloured parts fitting together without tools. The sturdy parts and rolling wheels means that upon completion each motoring icon is ready to hit the road and becomes a durable, fully functioning toy. The satisfaction of building each sporty-looking model kit combined with the subsequent hours of entertainment will leave your children wanting more.

The launch range includes the sporty American classic *Ford Mustang GT* (12 parts, 190mm); the turbo-charged supercar *Audi R8* (15 parts, 177mm); and the iconic *Ford Police Car* (17 parts, 215mm). Available from all good toy and model stores. For details visit www.revell.de/en,



Blackfox Waterproof Boots

"Splash around and stay snuggly!"

Do you and your little ones love sheepskin boots for their warmth and comfort, but find that when it rains, they can quickly become more soggy than snuggly? Introducing new **Blackfox Waterproof Cheyenne Boots**, coming soon to **Cuckooland.com!** These revolutionary boots are brand new to the UK, and feature a cosy faux fur/fleece lining and fully waterproof brushed PVC outer - giving the appearance of sheepskin, but with all the waterproof benefits of wellies. *Mugg-nificent!*

- Stylish, sheepskin boot appearance

- Fully waterproof, brushed PVC plastic outer
- Warm and cosy faux fur/fleece lining
- Made in Europe
- Available in 3 colours (Tan, Brown and Grey)
- RRP: Children's £24.95; Adult's £34.95
- Children's sizes: UK 7-7.5, 8-9, 10-10.5, 11.5-12, 13-13.5, 1.5-2
- Adult sizes: UK 3-4, 5-6, 6.5-7, 8-9
- Stockist:

www.cuckooland.com
 01305 231231



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

iBeani – The perfect for all the family this Christmas

This mini bean bag will support iPads, tablets and e-readers at the perfect angle on any surface

Tablets are now a mainstay in the modern home, but holding a device for hours on end can be tiring and annoying. This is where the **iBeani** comes in... Whilst other tablet stands will only work on flat surfaces, the **iBeani** is able to shift its shape to support and keep your device in the position you want, wherever you are. On the train, on the sofa or on a kitchen worktop, the **iBeani** works everywhere!

The **iBeani** is manufactured entirely in the UK from carefully selected quality fabrics to ensure customers get the highest quality and durable product possible. There are over 20 different variations of the **iBeani** with different materials and designs such as grey check, butterfly, techno black, mexicana, denim, and many more to appeal to men, women and children of all ages this Christmas.

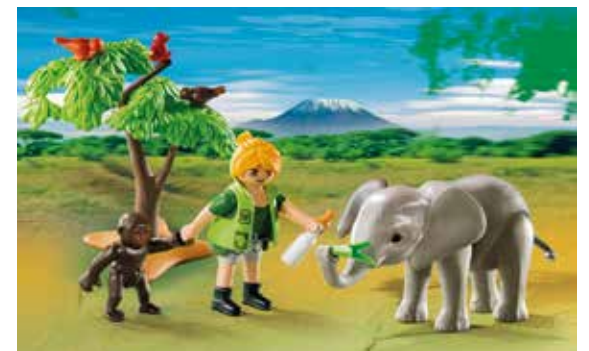
Available from
www.ibeani.co.uk
 with prices starting at £24.99



Pirate Playmobile

Carry cases are compact themed **Playmobile** toys. Available in *Wildlife, Basketball, Food shop Ninja, Pirates, Shopping, Police, Dragon Knights, Fairy and Western. Playmobile* pirates a massive hit. Lily was able to follow the instructions and

build the parts very easily From opening the box, building the parts and then being able to play was less than half an hour. Lots of pirate talking and shiver me timbers happening now. Under £10
www.playmobil.co.uk



Something for the Teethers in the Family

Neckerchew

A reversible dribble bib with a teething chew triangle on the end, this is a lovely product, made with soft, good quality fabric that washes well. There are a range of designs for both boys and girls, which are modern and stylish. It has poppers, which I prefer, as velcro bibs are pulled off within seconds by my little one! At first my son (6 months) struggled to coordinate getting the rubber in his mouth and had a few incidents where he poked the chew triangle in his cheek/eye, but he has since got the hang of the size and feel and now enjoys using the bib. *Chewy*
Chewy is a soft rubber hippo,

used for babies to nibble and gnaw on. This is a cute looking toy, with an attachable strap, a squeaking tummy and arms and feet that are easy to hold. Unfortunately my son hasn't been very taken with *Chewy* and is unable to make the tummy squeak himself, as he is not quite strong enough. For a 6 month old it is a little cumbersome and large, but perhaps in a month or two he will have more interest in the product.

All four designs are available as a **Comfortchew** (£18.95) and **Neckerchew** (£12.99) and are available in **Joules** stores and online at www.cheekychompers.co.uk



Old Barn Stables

Waffrons Farm, Woodstock Lane South, Chessington, Surrey

A Friendly, Family Run Riding School

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



For directions and info, call

020 8398 0822

Adopt Puddy the Pony for Christmas

A perfect Christmas present! To help fund its work to preserve the traditional Dartmoor pony on the Moor, the **Dartmoor Pony Heritage Trust** charity offers a "Pony Adoption Gift Pack", suitable for anyone, of any age, who loves horses and ponies, but for whom buying a real one is simply not an option. In addition to *George*, *Charlie*, *Smartie* and *Rolo*, they have a new 'girl' who needs to be loved! *Puddy* is two years old, a gift from famous wildlife and adventure photographer, **Tracey Elliot-Reep**. *Puddy* represents the bloodlines and wonderful temperament of

a herd that has now almost disappeared from the Moor. It is hoped that she will join the **DPHT's** team of ponies that are the foundation of its 'Ponies Inspiring People' programmes - working with young people with challenging behaviour and disabilities - when she matures at 4-5 years. The cost is just £20 per year. Visitors are welcome on selected dates to groom and handle the ponies and find out all about them, and how important they are to the Dartmoor landscape.

www.dpht.co.uk
01626 833234



Burn A Real Yule Log This Christmas

www.certainlywood.co.uk is reviving an old Christmas tradition in the shape of the Yule Log. However, for centuries, burning a Yule Log over the 12 Days of Christmas was an important part of the Festive celebrations. It was meant to ensure good fortune, wealth and happiness for the coming year. Working with *Tillhill Forestry*, **Certainly Wood** has sourced oak trees from an old woodland that was crying out to be managed, and have created, Each of the oak Yule Logs comes beautifully gift-wrapped and includes a box of handmade "Flamers", **Certainly Wood's** natural firelighters, along with kiln-dried kindling to make lighting your fire simple and straightforward. There's also an accompanying scroll, which tells the age-old story of the Yule Log, plus instructions on

how to light it in keeping with tradition. Commenting on the idea, Nic Snell, **Certainly Wood MD**, said: "A Yule Log is a perfect gift and creates a focus for the whole family. Traditionally, the log was 'welcomed' into the house on Christmas Eve. Once in the hearth, a Christmas blessing was said over it and it was sprinkled with wine before being set alight. The log was then burnt over the 12 days of Christmas, with the last of the log being kept as kindling for the following year's Yule Log. You don't need an open fire or wood burning stove to enjoy your Yule Log either - there's nothing better than sitting around a winter camp fire, toasting marshmallows and downing a glass or two of mulled wine". £25 including P&P online between 1st and 19th Dec from www.certainlywood.co.uk



Get the Perfect Night's Sleep with Philips SleepTime Mickey

Teaching your child to stick to a bedtime routine can be tricky at the best of times. The new **Philips SleepTime Mickey** table lamp helps to take the hassle out of bed time and add a little *Disney* magic to any child's bedtime routine.

Philips SleepTime Mickey table lamp is the perfect solution to help ease your child into a regular sleeping pattern. This fun table lamp uses *Philips* LED technology to soothe your child to sleep, emitting a gentle warm white light (2700K) to create a comforting night time environment for your child.

As your child gets into bed, **SleepTime Mickey** can be fully lit so that they can enjoy a bedtime story. When it's time to sleep, a soft-glowing moon acts as a comforting night light. To let your child know it's time to wake up



and start their day, **SleepTime Mickey** will shine a light in the shape of a sun. **SleepTime Mickey** lets your child know when it's time to sleep and time to get up and play.

Designed with children in mind, the lamp is completely cool to the touch and comes with a child friendly wire binder to keep the cables safely tucked away. Available from the 7th of August on Amazon.co.uk, priced £49.99 and it will also be available in *Argos* and the *Philips* online shop.

Great Christmas present for Mum Philips juicers with revolutionary pre-clean technology!

Start 2016 with a real juice with a **Philips Viva Collection Juicer**, a convenient and fast way to add the health benefits of real juice to a busy lifestyle. Whether you want a nutritious breakfast on the go or need an energy boost before the gym, the **Philips juicer range** is built to maximise the fun of juicing whilst minimising the hassle of cleaning. This is the perfect gift to provide your family with vitamins and nutrients from fresh juice this winter!

The **Philips Viva Collection Juicer** is the first centrifugal juicer to have a pre-clean function. Pouring water in the pusher creates a water fountain in the appliance, which rinses away the unwanted fibres from the lid after juicing and makes the innovative sieve easier to clean. Thanks to the *QuickClean* technology, all surfaces of the sieve are smooth, which makes it easier to wipe away the unwanted fibres that usually get stuck in the sieve.

The lid and the pulp container are transparent so you can see your fruits and vegetables being juiced. The juicer extracts up to 2L of juice in one go without the need to empty the pulp container so you can ensure the whole family receive their five-a-day!

The 75mm extra-large feeding tube allows you to juice even large fruits and vegetables like apples, carrots and beetroots without pre-cutting.

Jennifer Kendall, marketing manager for *Philips* kitchen appliances says, "When designing our Viva Collection juicer range for 2015, we focused on innovation where it matters for our consumers. We know people love to drink homemade juices, but they don't make them as often as they would like because the cleaning afterwards can be a hassle. Thanks to the new Pre-clean function, cleaning couldn't be made easier! Available from *Argos*, *Currys*, *John Lewis* and

www.philips.co.uk.



Christmas at Birdworld.

A visit to see Santa at **Birdworld** is a tradition that goes back quite a few years with parents visiting now who had been as children themselves. It really is everything you would expect and in addition to meeting Santa to receive a personal present, children can also enjoy meeting the elves, enjoying the extensive winter wonderland scenes and even coming face to face with **Birdworld's** very own Reindeers! (Well of course they are Santa's reindeers really but they live at **Birdworld** all year round when present deliveries are not needed!)

There are two options for visiting **Birdworld** at Christmas. You have the choice of just enjoying the Christmas experience (Silver pass) or combining it with a visit to the rest of the **Birdworld** attractions (Gold pass.). In case you are concerned about booking the full visit and then being hampered by bad weather, the visit to the park can be transferred to a later date- this can be decided on the day of your visit thereby giving you complete flexibility! Booking couldn't be easier- simply go to the **Birdworld** website and book on line at www.birdworld.co.uk or speak directly to an 'elf', 01420 22992.

Visit our Winter Wonderland & meet Santa!

Selected dates from
28th Nov - 24th Dec 2015



Book online today at
www.birdworld.co.uk

Christmas Fair & Festive Shopping Days

Embrace the seasonal splendour
Christmas Fair Weekend
28 Nov, 10am–5pm & 29 Nov,
10am–4pm

As winter envelopes the Garden, the warming festive scent of mulled wine welcomes you to this year's Christmas Fair. At this traditional event in the Garden's calendar you can peruse an abundance of tempting gifts and lavish treats for your friends and family.

Taking place in a heated marquee with over 90 carefully selected stallholders, the Christmas Fair includes a range of unique products including plants, unusual gifts and artisan food and drink.

The Growing Friends and

Volunteers of Chelsea Physic Garden will be selling their ever popular handmade Christmas wreaths. This year they will also be creating Christmas moss balls with white cyclamen and hellebores, inspired by the Snowdrop balls which featured at this year's Snowdrop Days.

Join in with crafty Christmas activities for families with our Education team and create seasonal decorations to take home.

Refreshments will be available throughout the Fair and *Tangerine Dream Café* will be serving a seasonal menu for those who would like a more substantial meal.

All proceeds of the Fair to Garden projects.

Adults: £6 Friends & under 16s: Free

Festive Shopping Days, 1–4 & 6–11 Dec 2015, 10am–4pm
The Chelsea Physic Garden Book & Gift Shop is full of wonderful festive ideas. Find the perfect gifts for friends and family whether they are keen gardeners or not so green-fingered. Discover a unique and interesting range of festive gifts and an eclectic range of books. There will also be seasonal discounts to enjoy.

The Tangerine Dream Café will also be serving a special Christmas menu.

Free entry to the Garden. Entry at 66 Royal Hospital Road.

www.chelseaphysicgarden.co.uk

Stephen Mulhern stars in *Cinderella*

4th Dec 2015 to 3rd January
You are invited to the most magical Royal Ball ever! Prepare your party clothes for this year's spectacular Christmas pantomime at **Fairfield Halls, Croydon**, Star of ITV's *Catchphrase*, *Big Star's Little Star*, and *Britain's Got More Talent*, **Stephen Mulhern** plays the role of *Buttons* heading a fabulous cast which includes **Lisa Davina**

Phillip as the Fairy, **Joanna Sawyer** as Cinderella and **Stewart Wright** and **Matt Daines** as the Ugly Sisters. *Cinderella* promises a fun-packed family pantomime with hilarious comedy, great music and choreography, magnificent sets, beautiful costumes and magical illusions. Once again, the show will be written by **Paul Hendy** and Produced by *Evolution*, the team behind last

year's smash-hit *Snow White and the Seven Dwarfs*. Book now for the funniest and most spectacular show of the year!

020 8688 9291

or online at

www.fairfield.co.uk

Great group rates are available, contact the Group Bookings

020 8603 3973

groupbooking@fairfield.co.uk

Experience the magic of Christmas at Portsmouth Historic Dockyard

Victorian Festival of Christmas returns, with a new magical Christmas maze the key feature from **Fri, Nov 27 – Sun, Nov 29**. The maze will be right next

to world famous warship and Nelson's flagship, *HMS Victory*. There will be real ale, in the popular *Fagin's Tavern*, along the Dickensian, snow-covered streets, with Victorian

characters and performers. Strolling the snowy site will be a Victorian Father Christmas, in traditional green.

Christmas Market returns, with around 150 traders selling original gifts, crafts, jewellery and refreshments.

More than 30,000 people are expected to visit the **Victorian Festival of Christmas**. Tickets include entry to *The Mary Rose, National Museum of the Royal Navy, HMS Warrior 1860, HMS Victory, Action Stations* and *Harbour Tours* (weather permitting), the newly-opened First World War Gallipoli survivor *HMS M.33* and soon-to-be-opened **Boathouse 4** exhibition.

www.christmasfestival.co.uk
023 9283 9766



A Truly Magical Christmas at *The Rare Breeds Centre*

5th, 6th, 12th, 13th, 19th, 20th, 21st, 22nd and 23rd Dec
No family Christmas is complete without a visit to see Father Christmas and at the **Rare Breeds Centre** Christmas has become a much loved tradition.

This is a heart-warming family experience that will leave not just the children feeling suitably festive, but the rest of the family too!

The elves will welcome you into the truly magical Grotto and along with 'The Naughty

Snowman' and Santa you will experience forty minutes of fun and entertainment, at the end of which each child meets Santa for a one to one chat and receive their special present, whilst you take those cherished photos!

Sessions with Santa are at:
10.50 am 11.30 am 12.10 pm
1.30 pm 2.10 pm 2.50 pm

Booking is essential, at
www.rarebreeds.org.uk
or call Nikki
01233 861508.

Mr Wong also returns for another hilarious pantomime experiencewhere will he be travelling to this year!!!!?

Take the children to Mother Christmas' workshop to decorate biscuits and cakes.....no extra charge for either activity!

For a small fee (£2.50) the children can make a candle and turn it into a very special table decoration for their Christmas table! Woodchurch TN26 3RJ



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Who will you meet at the
Rare Breeds Centre this
Christmas?

December
5th & 6th
12th & 13th
19th - 23rd



✓ **Mr Wong** returns with another festive adventure

✓ **Christmas Activities** in Mrs Christmas's workshop



Booking is essential.

Online booking at rarebreeds.org.uk/events/christmas
Special rates for Annual Members - call 01233 861508



Enjoy the magic of Christmas at *Bluewater*

Celebrations begin on **November 13th** with the annual *Christmas Light Switch On*, a unique fireworks display to the soundtrack of festive favourites. Heart FM presenter **Toby Anstis** will be hosting with entertainment kicking off from 6:30pm outside *Marks and Spencer*.

Nov 26th until January 3rd, *Bluewater's Winter Wonderland*, with a host of thrilling activities, including a 6,000 square foot real indoor Ice Rink, a fantastic 40-metre Snow Slide and a Christmas 4D Cinema. Stacks of indoor traditional rides, amusements, games and more. To book tickets visit:

<http://bluewaterwinterwonderland.co.uk>

Helping to spread Christmas cheer and merriment, Santa's Grotto will open its doors **26th November until Christmas Eve**. During the visit with Santa Claus, each child will be given a commemorative plush toy and the chance for a photo keepsake, which can be purchased afterwards at the *Ice Palace Photo Shop*. Visits can be booked

<http://bluewaterwinterwonderland.co.uk>

RITA Simons, best known as Roxie Mitchell from *EastEnders*, stars in this year's *Marlowe Theatre* pantomime.

Joining her in *Snow White And The Seven Dwarfs* at the Canterbury venue is **Phil Gallagher**, *Mister Maker* from *CBeebies*, back by popular demand for the third time, this time as *Muddles*. Also returning are **Ben Roddy** (who

will play *Nurse Nellie*) and **Lloyd Hollett** (*Herman The Henchman*). Pantomime producer **Paul Henny** said Rita is a strong addition to the established team: "People will instantly recognise her as Roxie but

what they won't realise is that she has a strong song and dance background and is extremely talented. She's also great fun and even though she is playing the *Wicked Queen*, this will definitely come across. "It's early days, but I can

promise the biggest and best pantomime ever!". *Snow White And The Seven Dwarfs*, sponsored by *Lipscomb Volvo*, is at *The Marlowe Theatre* from **Friday 27 November to Sunday 10 January 2016**.

For times, ticket prices and details of the accessible performances (including a *Relaxed Performance*) call the Box Office on **01227 787787** or go to www.marlowetheatre.com.



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RITA SIMONS
(EastEnders)

PHIL GALLAGHER
(CBeebies' Mister Maker)

Snow White And The Seven Dwarfs

THE MARLOWE THEATRE

Ben Roddy • Lloyd Hollett
Written and directed by Paul Henny

FRI 27 NOV - SUN 10 JAN
marlowetheatre.com (bkg fee) **01227 787787** (bkg fee)

Tickets selling fast!

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PRIMIGI shoes with **GORE-TEX®** deliver a special combination of total breathability and waterproofness, keeping feet dry and protected against the cold and overheating with extraordinary health benefits.

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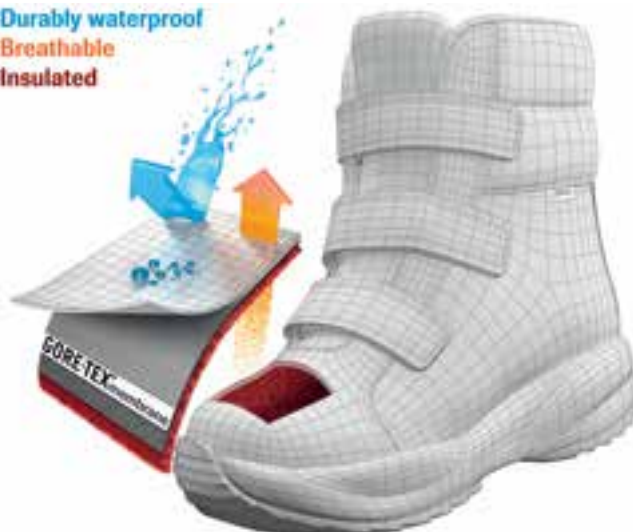
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Too push to push?

~ the health implications of a vaginal delivery to the mother

Alexandros Derpapas MD, DM Consultant Obstetrician and Gynaecologist

It is broadly acknowledged that trends in childbirth have changed significantly. This shift has had various implications, among which the rise in caesarean section rates are one of them. But, what are the reasons for mother's wanting their babies to be delivered via caesarean section? Are mum's to be simply too push to push?

Benefits of a vaginal delivery
The benefits of a vaginal delivery are well-known and it potentially outweighs the risks (trauma and tears) or medium to long-term consequences on the pelvic floor. Caesarean section carries a potentially serious risk to both mums and babies (prolonged hospital stay, increased risk of infection and bleeding and breathing difficulties for the newborn). All these factors require consideration when deciding on your preferred mode of delivery.

What are the potential adverse consequences of a vaginal delivery?

The percentage of women suffering from urinary incontinence and vaginal prolapse (loss of support for the uterus, bladder or bowel) after a vaginal delivery is

35% and 50% respectively according to reasonably sizeable epidemiological studies. There are a substantial numbers of women struggling with problems after a vaginal delivery and that could be attributed to the impact of pregnancy on the pelvic floor and their wish to deliver via caesarian section.

Childbirth is also an independent risk factor for developing prolapse; women who give birth to just one child have a two-fold increased risk of developing a lax vagina which might fall out of its normal position in comparison to those who have not had children. Each additional child birth adds a further 10-20% increase in risk. The link between childbirth and urinary incontinence is stronger; a single delivery increases a woman's risk of developing urinary incontinence by 40% and this risk is further increased by almost 100% with a higher number after every delivery. More babies increases the chances of a woman developing urinary incontinence and/or vaginal prolapse at some point in her life.

Does a caesarean section protect your pelvic floor?
There is evidence to suggest that a caesarean section will significantly reduce your risk of developing stress incontinence by almost 50%. There is also a lesser risk of developing

prolapse, in comparison to women who had a vaginal delivery.

Another point that needs to be made is that symptoms of a weakened pelvic floor manifest not only after childbirth, but also during pregnancy, which implies a link between incontinence and prolapse with pregnancy itself rather than mode of delivery alone.

In conclusion, although caesarean section seems to be protective of a woman's pelvic floor, a decision for an elective caesarean delivery needs to be cautiously made after risks and benefits are thoroughly balanced against individual aims and risk factors.

Consult your doctor or midwife:

- * For an objective appraisal on the advantages and disadvantages of a vaginal delivery
- * To discuss how you might prevent prolapse or incontinence in pregnancy and after child birth
- * At six weeks post-partum if there are concerns about prolapse or incontinence
- * If you develop incontinence or prolapse later on

At **+richmond practice** they offer consultations in pregnancy to 20 weeks and postnatal checks, six weeks post-partum to help you debrief after your delivery and to ensure that you are medically fit. They also offer consultations about prolapse and urinary incontinence which are taken by a consultant gynaecologist, who has the latest ultrasound technology available to her.

Call for a same day appointment on

020 8940 5009

mail@richmondpractice.co.uk

Stylish Comfortable & Trendy

When lifelong friends, **Carla Romig & Aline van Doorne** found that they couldn't get hold of the trendy clothes they wanted for their kids, they decided to solve the problem themselves – and **Le Lait Baby** was born.

“We first met in sixth grade”, says **Le Lait Baby's** Co-Founder **Carla Romig**, “We've shared a lot of experiences over the years, but since we each had our first child, we found one more thing in common: we couldn't find the trendy clothes we wanted for our kids!”

After searching fruitlessly for the right garments, and realizing they weren't available on the market, the ladies knew the only way to solve the problem was to create the clothing line themselves.

“We really recognized a huge gap in the market”, says Romig,

“After realizing no one had what we were looking for, we knew the only way to solve our problem was to do it ourselves. So we created a clothing line that was stylish, sophisticated and super soft, for delicate skin.”

“And since we developed this collection with our own little ones in mind, we use only the softest organic cotton – free from irritating or damaging colors and dyes”

“Organic cotton is pure, natural and more breathable for delicate skin”

And you won't see any cliché pink or blue here, the entire **Le Lait Baby** collection is gender neutral.

“Because we feel both little boys and little girls deserve to look great”, says **Le Lait Baby's** Co-Founder **Aline van Doorne** “we made the conscious decision to create a collection that is completely gender neutral.”

Today **Le Lait Baby's** sophisticated, gender neutral, children's garments are shipped worldwide.

www.lelaitbaby.com/

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Shopping List Review



Shopping list is a game produced by the famous company **Orchard Toys**. The game is aimed at ages 3-7 and can be played with 2-4 players. However if you purchase extra shopping lists the game is suitable for up to 6 players. The extra shopping lists focus on clothes and fruit & veg. However we really enjoyed playing the game in its original form with no extra lists, as it allowed the game to remain exciting and quick which is important when playing with little ones. Playing with all six players meant the game dragged on for longer than the little ones could focus. **Shopping list** is a simple and fantastic game, the aim of which is to be the first at finding all the items on your shopping list and placing them in your trolley/basket. 32 item cards are laid face down and four shopping list of which you must collect all the correct items in your list. It certainly is a game

that tests young childrens' memory and is also good at teaching them to concentrate, as the opposing player may turn over a tile that is on their list, therefore requiring them to always be alert. Both my 3 and 8 year old children loved playing the game. My 3 year old in particular really enjoyed counting how many items each player had collected as the game proceeded. This game is wonderful in that it is fun but yet encourages children to communicate, observe and test their memory skills.

www.orchardtoys.com

How School fundraising really helps

Support from schools has enabled **The Royal Marsden** to fund pioneering projects that give children and adults with cancer the best possible treatment and care. Do you know a school or college who are planning a



Christmas show, Carol concert or Nativity and would possibly consider holding a collection for **The Royal Marsden Cancer Charity** at any of their events?

Or, perhaps your son or daughter's school would be happy to run a **The Royal Marsden** charity stall at their Christmas bazaar or fete? They can provide a small selection of merchandise which could be sold at these events in addition to promotional fundraising materials ie. Banners, posters, balloons, collection tins. If you would like to get involved, please contact **Janet Tobin**

janet.tobin@rmh.nhs.uk
or call

020 8915 6105

Academic Excellence and so much more..!

High academic standards are a given at **St Lawrence College Junior School** in Ramsgate where over 80% of its candidates were successful in this year's 11+ Kent Test. Small class sizes and individual attention ensure pupils flourish and fully achieve their academic potential.

Academic excellence is, however, just the beginning. The ethos at **St Lawrence** is very much about providing opportunities for children to excel in all areas of school life, and the school prides itself on its ability to find something special in each child.

The Junior School, like the rest of the College, is currently thriving, with waiting lists for places in **Nursery** and limited availability in other year groups.

If you are considering **St Lawrence College** for your child in September 2016, the advice is to register sooner rather than later to avoid disappointment!

Add to your primary school choices and book a tour of the school during its forthcoming **November Open Week** beginning **Monday 16 November**.

www.slucuk.com
01843 572912



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OxBridge Centre is a well-established tuition centre based in New Malden. Currently there are around 500 students from year 1~A-Level studying at the centre. Why don't you join us too?



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MONDAY 16 – FRIDAY 20 NOVEMBER 2015

TOURS: 9.30AM MON, WED & THURS OR 2PM TUES & FRI

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T: 01843 572912 E: jsadmissions@slcuk.com www.slucuk.com

St Lawrence College, College Road, Ramsgate, Kent CT11 7AE

National Maritime Museum

Diwali: The Festival of Light
Celebrate with a day of fun activities for the whole family. Discover more about how trade by sea brought people, ideas, and culture from all over the world to Britain.

14 Nov 11.00-16.00
all ages Free

Plague Takeover

'Black Death'. What are the causes and cures of this vile disease? A day of plague-themed events and activities not to be sniffed at.

21 Nov 11.00-15.00
all ages Free

Let's go wassailing!

What were the holidays like through the ages? The word 'wassail' comes from the Anglo-Saxon phrase 'waes hael', which means 'good health', and was also originally a drink made from mulled ale. Join in this special event and discover Britain's fascinating history with the fruits and spices used in this traditional Christmas drink.

21-23 and 28-31 December
11.30-13.30 | 14.00-16.00
all ages Free

Smelly Christmas

Pinch your nose and learn about smelly London and how holiday decorations kept the season fresh before people took regular baths.

21-23 and 28-31 December
11.30-13.00 | 13.30-16.00
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.

5, 12, 19 Dec - 9, 16, 23, 30 Jan
12.00 | 13.00 | 14.00 | 15.00
ages 6+ Free

Discover Sundays

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

6, 13, 20 Dec, 10, 17, 24, 31 Jan
1.30-13.30 | 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.

1, 8, 15 Dec 12, 19, 26 Jan
10.30 | 11.30 | 13.00 | 14.00
Aunder 5s £3 per child with an accompanying adult

Become the Greatest Explorer on The Great Map

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 with us @ NMMGreenwich #greatmap
11.00-16.00
all ages Free

www.rmg.co.uk

Old Royal Naval College

NOVEMBER

Royal Greenwich International Early Music Festival & Exhibition |
Thurs 12 – Sat 14 Nov
10.00 – 18.30

The world's largest early music fair, featuring over 100 instrument makers from around the globe and an inspirational programme of events.

Tickets: Adults £8, concessions from £6, Children under 14 FREE. To book:

www.earlymusicfestival.com
01274 288 100

Painted Hall and Queen Mary Undercroft

Architecture for All: London on Film 2 of 2 - Number 27

Thurs 19 November
18.30 – 20.30

Miss Barwick has lived in Number 27 for 90 years but her home now stands in the way of a proposed new development.

Andrew Veitch is given a week by his unscrupulous boss Murray Lester, to get Miss Barwick out by her home.

Written by **Michael Palin**, this gem remains unseen since its original screening in 1988. Michael Palin will introduce the film, followed by a conversation with Tristram Powell.

Tickets: £5 available at

www.ornc.org
Invicta Primary School Pop-Up Museum

Mon 23rd – Fri 27th Nov,
10.00 – 17.00

Interactive and creative exhibits curated by local school children and teachers!
Tickets: Free

Christmas Lantern Parade and Lights Switch-on/
Wednesday 25 November,
16.00 – 17.00

A festive colourful parade of lanterns made by local school children. FREE

Greenwich and Bexley Hospice Concert

Sun 29 Nov, 19.00 – 21.00

Festive Carol Concert

Featuring choir and congregational carols

Tickets: £25

The Chapel of St Peter and St Paul

DECEMBER

Christmas at the ORNC |
Sat 5, Sun 13 & Sat 19 Dec

14.00 & 15.00

Explore what Christmas was like at Greenwich through the ages during this free festive talk!

Painted Hall

Christmas Concert and Supper

Musical, Food, Pay
Friday 11 Dec 19.30 – 22.00

Christmas music. Afterwards, you'll enjoy a two-course supper and glass of wine in the spectacular Painted Hall.

Tickets: Visit

www.ornc.org

St James Theatre in Victoria.

26 Nov 2015 - 17 Jan 2016
Around the World in 80 Days
by Laura Eason based on the novel by Jules Verne. Directed by Lucy Bailey.

JOIN PHILEAS FOGG ON THE ADVENTURE OF A LIFETIME

The majestic, mysterious and fabulously wealthy Phileas Fogg wagers his life's fortune that he can circumnavigate the globe in just 80 days. Join Fogg and his loyal valet, Passepartout, as they voyage from the misty alleys of Victorian London to the exotic subcontinent and the Wild West in a race against the clock.

This Christmas Laura Eason's celebrated adaptation of one of the world's most beloved tales arrives in London in a dazzling new production directed by Lucy Bailey. A cast of eight play over 50 characters in this imaginative, high-spirited escapade including six trains, five boats, four fights, three dances, two circus acts and an elephant!

This adventure story is best enjoyed by ages 6 and above.

www.stjamestheatre.co.uk

Foodies Festival

Retro recipes in the *Chefs Theatre*, vegan treats in the *Artisan Christmas Market*, *Champagne Ski Bar* and a *London Gin Theatre* are just some of the festive features food-lovers can look forward to as **Foodies Festival** Christmas returns to London's **Truman Brewery 27th – 29th November.**

Acclaimed London chefs and celebrity cooks will swap their aprons for Santa hats in the **Aga Rangemaster Chefs Theatre**, sharing their favourite recipes and top tips to help visitors create the perfect Christmas banquet.

Retro Recipes in the *Chefs Theatre* will transport festival-goers back in time to the 1960s when green piped potato, glacé cherries and multi-coloured cheese and jellies were all the rage. Inspired by infamous TV chef Fanny Craddock, several chefs will recreate classic recipes such as the Prawn Cocktail, Baked Alaska, Sherry Trifle, Chicken Kiev, Vol-au-vents and Duck à l'Orange in their own signature style.

An Artisan Christmas Market boasts over 150 of the finest producers selling locally produced cheeses, chutneys, chocolates, sauces and jams, biscuits and crackers, cakes, puddings and more.

www.foodiesfestival.com

WIN MINIONS ON Blu-ray™/ DVD

To celebrate the return of everyone's favourite goggle-wearing, yellow sidekicks, we're giving **five** lucky winners the chance to take home the biggest animated film of the year, as **MINIONS** is released on Blu-ray™ 3D, Blu-ray™ and DVD from **16th November** from **Universal Pictures (UK)** and **Illumination Entertainment**. **MINIONS** begins at the dawn of time, following the *Minions* as they evolve through the ages, serving the most despicable of villains along the way. Despite their best efforts, they struggle to keep their evil bosses for long, and ultimately fall into a deep depression when they can't find a new master to serve. Thankfully, one courageous

Minion named Kevin steps in to save the day with his two unlikely sidekicks – teenage rebel and wannabe rock-star Stuart, and the hapless yet lovable little Bob. They embark upon a thrilling journey that ultimately leads them to their next potential boss. Their quest sees them travel from frigid Antarctica to 1960's New York City, finally ending in London, where they must face their biggest challenge to date – saving all of *Minion* kind from obliteration.

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COMPETITION

For the chance to win one of **FIVE** copies, please send an answer to the question below by email to

info@parents-news.co.uk

by **noon 30 November 2015**, when we will draw five correct answers to win the prizes.

Please include full name and address.

Normal PN rules will apply

Q: Where do the Minions end up on their quest to find their next potential boss?

A: London

B: Rome

C: Paris

Family Activities at IWM London

Dec 2015 – January 2016

Wreath-making activity in Art Workshop: **A Wartime Christmas (20–23 and 27–31 December, free).**

Christmas Family Activity (free)

Introduction to the Holocaust 23 – 24 January

11.30am – 12.30; 2.30–3.30pm

Booking is not required but places are limited to 30.

The session is suitable for children aged 11 and above.

Every Sunday in December every Sat and Sun in January

11am – 12.30pm; 2pm

– 4pm In this immersive object handling session. Feel the weight of a shrapnel piece from the First World War and more real objects.

6 and 13 December

and **every Sunday in January**

11am – 12.30pm; 2pm – 4pm

Get creative and tell what inspired you on your visit. Make a drawing, take a photograph, write a postcard and share your ideas with them

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.

www.iwm.org.uk

SweetDreams Cool Mist Humidifier & Image Projection

Getting your child or baby to sleep can sometimes be a difficult task, especially during the cold and flu season when rattling coughs and blocked noses can keep your little one awake and unsettled. Making sure your child gets enough sleep is vital to helping them recover quicker, as well as helping the whole family to get the rest they need. During the winter months, indoor humidity levels can drop to as low as 10%, partly due the cold air and the heating been switched on in homes. With such low humidity, viruses such as Influenza

stand a greater chance of survival with cold and flu symptoms becoming much more prevalent. But with the new **Vicks SweetDreams Cool Mist Humidifier with Image Projection (VUL575E)**, a peaceful night's sleep could just be round the corner, even during the cold winter months, as it helps to temporarily relieve your child's tickly cough and congested nose. Why do I need a humidifier? "Breathing air that contains the correct level of humidity is important for all age ranges, from newborns right through to their great grandparents.

Older people with respiratory problems such as bronchitis and emphysema (COPD) or asthma will also benefit." Your little one's nose and sinuses are designed to humidify, warm and filter air before it reaches their lungs. When their body is functioning properly, the air that they breathe is humidified to 100% but when they are suffering from a cough or congestion and the air around them is very dry, it can further add to their discomfort. Available from Amazon

www.vickshumidifiers.com



Give the gift of a peaceful nights sleep



London What's On

Museum of London

Victorian Santa's Grotto
5, 6 & 12-23 December
 Meet Santa in his secret grotto in the festive 19th century Victorian Walk. Tell him your Christmas wishes and receive a special gift! Book in advance
www.museumoflondon.org.uk/grotto
 Tickets between £7-£9

London's night owls festive sleepover
Saturday 12th December,
 6.45pm - 9.40am
 How did Londoners through history celebrate Christmas? Hands-on and interactive activities inspired by our city's Christmas past!
 Suggested ages: 7 - 11
 OVERNIGHT Tickets £60
 Book in advance online
sleepover@museumoflondon.org.uk with queries.

Decorate and celebrate
Sun 27 Mon 28 December
 12.30-2pm & 2.30-4pm
 Help decorate the Saxon house with garlands, wreaths and yule logs. Suggested ages: 5+FREE

Festival of lights
Sun 27 Thurs 31 December
 1-1.30pm, 2-2.30 & 3-3.30pm
 Discover Hindu objects found beneath the Thames, then explore the celebration of Diwali at this interactive storytelling puppet session. Suggested ages: 5+ FREE

A Christmas Carol
Mon 28 Tues 29 December
 12-1pm & 2.30-3.30pm
 Travel back in time and see Victorian London come to life in a family friendly and up-close production of 'A Christmas Carol', Charles Dickens's classic winter tale. Suggested ages: 5+FREE

Fancy fireworks
Tuesday 29 Wed 30 December
 12.30-2pm & 2.30-4pm
 Olympic Games, royal weddings, and New Year celebrations - fireworks are a perfect way to celebrate Make firework-themed crafts at this art drop in session. 5+FREE

A frost fair tale
Wednesday 30 December
 1-1.30pm, 2-2.30 & 3-3.30pm
 What Tudor Londoners did when the Thames froze over. Suggested ages: 5+ FREE

Eat, drink and be merry
Wednesday 30 December
 11am - 1pm
 What past Londoners enjoyed for their special meals. Suggested ages: 5+FREE

The Feast of Janus
Thurs 31 Dec Fri 1 Jan
 12.30-2pm & 2.30-4pm
 Discover what happened at the Ancient Roman feast of Janus, the god of beginnings.
www.museumoflondon.org.uk

Cutty Sark

FAMILY FUN WEEKENDS
Cutty Sark Christmas
 Inspired by the cargoes that Cutty Sark carried around the world, come along and make your own beautiful Christmas decoration to celebrate the festive season.
5 and 6 December 2015
 11.30-13.30 14.00-16.00

Woolly Jumpers
 Create a bouncy, fluffy sheep made with wool just like the cargo Cutty Sark used to carry all the way from Australia.
2 and 3 January 2016
 1.30-13.30 14.00-16.00

WINTER HOLIDAYS
Precious cargoes
 If you could fill a ship with one thing, what would it be? Make a mini ship and fill it with something important to you.
29 and 30 December 2015
 11.30-13.30 | 14.00-16.00

Hawk Talk
 Join bird of prey specialist, and Norman, the hawk, on the main deck of *Cutty Sark* and find out how he helps us look after the ship and her rigging. Learn about Railton's work and adventures and how Norman scares off other birds to prevent them from roosting in the ship's rigging.
28 December 2015
 10.00-12.00

Toddler Time
 Term-time Wednesday afternoons, bring your little sailors along for songs, stories and playtime on board.
2, 9, 16 December 2015
6, 13, 20, 27 January 2016
 4 & under Included admission

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
 Suitable for ages 3+
 Admission: Included in Cutty Sark admission price

www.rmg.co.uk/cuttysark

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Free Christmas Events at the Museum of London Docklands

Victorian Santa's Grotto in Sailortown
Sat 5, Sun 6 and 12-23 Dec
 Festive 19th century Victorian Walk. Tell Santa your Christmas wishes and receive a special gift! Book in advance at
www.museumoflondon.org.uk/grotto

Tickets between £7-£9
Fun at the frost fairs
Saturday 12 December
 12-1.30pm & 2.30-4pm
 Brrrr! Join the party, and help build up a Frost Fair scene in the museum. 5+

Victorian festivities
Saturday 19 December
 12-2pm & 3-4.30pm
 Get into the festive spirit by creating holiday decorations inspired by Victorian winter traditions. 5+

A Christmas Carol
Sat 19 Sun 20 December
 12-1pm & 2-3pm
 Travel back in time and see Victorian London come to life in a family friendly and up-close production of 'A Christmas Carol', Charles

Dickens's classic winter tale. Suggested ages: 5+
Sea-worthy celebrations
Sunday 20 December
 12.30- 2pm & 3-4.30pm
 Create and decorate your own boat to explore traditions around the world that celebrate strong ties to the sea. 5+
Light up the docks
Monday 21 December
 12.30-2pm & 3-4.30pm
 Light is celebrated by many people in different festivals in the world. Create your own clay candleholder to celebrate winter festivals of light. 5+
O, Christmas Tree
Monday 21 Wed 23 December
 12-12.30pm, 2-2.30pm & 3-3.30pm
 Meet Mrs Evergreen, a Victorian shopkeeper, as she tells the traditional German tale 'The Golden Goose'. Learn how popular Christmas customs started and came to London. 5+

www.museumoflondon.org.uk/docklands

The World's Biggest Equestrian Christmas Party Competition

Olympia, The London International Horse Show, 15-21 December 2015
 with a thrilling line-up showcasing the very best horsemanship from around the globe. This hugely popular event is the climax of the equestrian sporting calendar and offers the rare opportunity for spectators to see an array of Olympic legends and *Rio 2016* hopefuls. Top riders will include World No.1 and London 2012 Olympic Gold Medallist **Scott**

Brash and recently qualified 2016 Olympic Show Jumping team **Michael Whitaker, Joe Clee, Ben Maher and Jessica Mendoza. Charlotte Dujardin**, the most successful British Dressage rider in the history of the sport, will also be returning to break the world record in *Dressage Freestyle* for an unprecedented third year running.

Olympia Horse Show not only hosts FEI World Cup™ competitions in *Show Jumping*,

Dressage and *Carriage Driving*, but also a feast of breath-taking equestrian displays throughout the event. The expected 90,000 visitors will be treated to performances from *French Horse Whisperer, Jean-François Pignon*, *The Household Cavalry Musical Ride* and all the old favourites including *The Shetland Pony Grand National, The Kennel Club Dog Agility* and *The Olympia Finale*.
www.olympiahorseshow.com
0871 230 5580



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The Study School

New Malden:
EYFS Open Evening; Thursday 12th November
 2015, 5:30pm - 7:30pm
 57 Thetford Road, New Malden, KT3 5DP.
020 8942 0754
 Come and meet our Nursery and Reception Team.

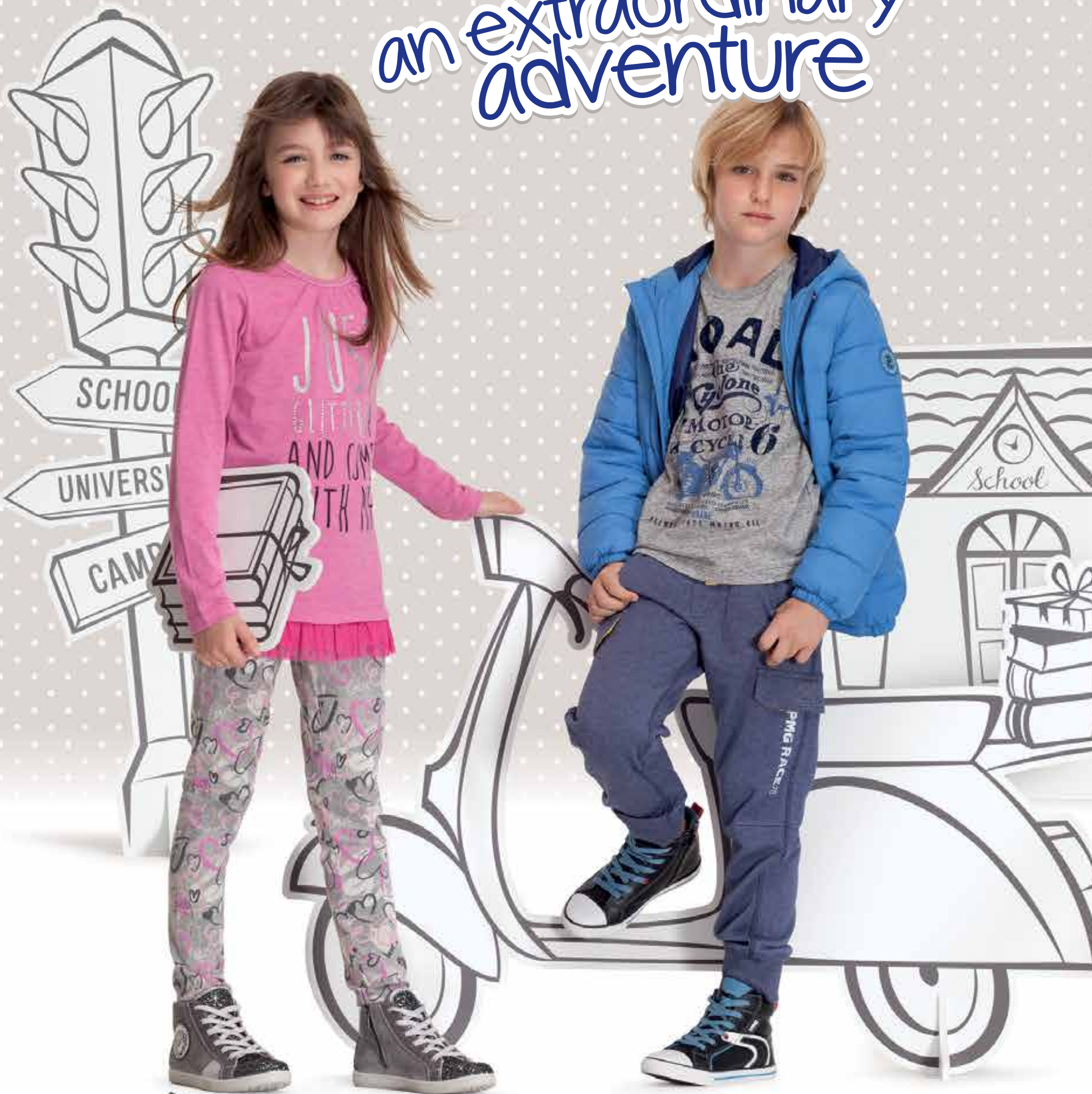
Give Away

We have two tickets for the Tuesday evening for this year's *Olympia, The London International Horse Show*, to give away.
 Send an email with **your name and address** with "Olympia" in the subject line to info@parents-news.co.uk by **noon 30 November 2015**, and we will select one to receive TWO tickets for the Tuesday evening.

Usual PN rules apply

an extraordinary adventure

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