

PARENTS NEWS

October 2015 No. 201 The First & Foremost Local Monthly Newspaper for Families

1993 - 2015
23rd Successful Year
Thank you

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What's On in October & Half Term

www.espritski.com



www.thedockyard.co.uk

Three Editions in South-East England

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South
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WHY Festival

www.southbankcentre.co.uk/why

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www.parents-news.co.uk

The Step by Step Guide From *Primigi* experience, many useful tips for the comfort of their small feet.

Every step is a discovery, an extraordinary adventure in every season, the way how your child explores the world around him. So, it's important to protect him and provides him comfortable, lightweight, breathable and durable shoes.

Do you know how to choose your child's shoes?

Picking out the right shoes for your child requires careful thought. It is very important that they avoid harming or interfering with the physiology and proper development of his feet.

12- 24 months: his first shoes

To support his first steps without restricting his little feet, we recommend ankle high shoes, so they don't slip off easily. During this phase of growth your child needs very soft yet sturdy shoes because his feet are very tender, flexible at the toe and supported at the heel, so as not to hinder movement.

Soft and natural materials, like leather and canvas, should be used.

Innovative materials are also a good choice as long as they are soft and breathable. Shoes with a velcro closure, which are easy to put on, can be chosen, but those with laces and buckles are also good to keep even the chubbiest feet properly regulated.

After 2 years: his first extraordinary adventures

When your child learns to walk, his shoes are subjected to new stresses. His foot has a more defined structure, it is more tapered and the shoe must conform to its shape.

The perfect shoes must have soft but sturdy uppers that still protect the feet from the harshness of the terrain as well as practical, safe fasteners.

Movement and continual changes in environment create more perspiration, so the shoes must be breathable, especially

through the insole, which must be made of materials that allow the sole of the foot to breathe.

How to choose the right shoe in every season?

Autumn

In the autumn it is not recommended to go directly from boots to open shoes or vice versa. Protect your child's foot from big changes in temperature with medium weight shoes, constructed of light leather with leather or canvas linings.

Winter

At least two types of shoes are recommended during this season: high, with an insulating, lug type sole, suitable for the cold and rain; it's alright if they are waterproof.

Lighter, with flexible soles and uppers, good for heated rooms, for long hours spent at home.

Let **PRIMIGI** 'STEP BY STEP' Guide help you! Don't miss out the other useful information and share them!

Visit the website www.primigi.com



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



A dream for every pre-school child...

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Specialist sports coaching, organic cafe, adventure playgrounds, holistic education

Innovative
Purpose designed activity studios, sensory room, baby sleep room, secure webcams

A fresh approach to nursery education.

www.activelearningchildcare.co.uk



QHotels embraces great outdoors with free adventure activities this October half-term

AA Hotel Group of the Year, QHotels, is encouraging families to embrace the great outdoors and create their own unique adventure with a range of family-friendly activities. Following the success of its new summer activities, in partnership with *The Wildlife Trusts*, *My Adventure Kit* and *Funslinger*, QHotels has extended its package of family-friendly outdoor adventures into **October half term**. The activities have been selected to get family members away from TV, tablet and smartphone screens and into the fresh air - whatever their age.

From den-building missions to wildlife expeditions and

monstrous garden games, the trio of free adventure activities will be available to guests at a number of the group's 'extra family-friendly' hotels throughout the October school holiday.

The outdoor activities are available at QHotels' 11 extra family-friendly venues across the UK throughout October half-term:

- Ashford International Hotel, Kent
- Belton Woods, Grantham
- Chesford Grange, Warwickshire
- Forest Pines Hotel & Golf Resort, North Lincolnshire
- Hellidon Lakes Golf

& Spa Hotel, Northamptonshire

- Slaley Hall, Hexham, Northumberland
- Stratford Manor, Stratford-upon-Avon
- Telford Hotel & Golf Resort, Shropshire
- The Hampshire Court Hotel, Basingstoke, Hampshire
- The Nottingham Belfry, Nottingham
- The Park Royal, Warrington, Cheshire

QHotels' dedicated extra family-friendly hotels also offer families a range of child-friendly features activity packs, new kids menus, splash times in the swimming pool, a hot chocolate voucher and more.

www.QHotels.co.uk/SCHOL



Esprit Ski is No 1 in Family Skiing and has been for over 33 years!

Esprit covers every angle for the skiing family so that you can spend your time enjoying yourself with your children, and not have to worry about the details of your holiday.

Esprit offer catered chalets and Chalets Hotels in 13 of the top resorts in the Alps, ranging from the world famous *Val d'Isère*, France, right down to the lesser known but fabulous *Gressoney*, Italy so they have something for everyone. All the chalets and Chalet Hotels are Esprit-exclusive, meaning that you will always be amongst like-minded guests*.

Esprit take pride in their Child Care. They are constantly reviewing and refining it from feedback given from the guests, letting them enhance it year on year. With a range of flexible child care options, from half-days to the 'Seamless Service' you and your family can choose what you do together on your holiday. The 'Seamless Service' means you will be able to leave your accommodation after breakfast to head for the first lifts, only needing to return after the last one shuts. They look after your children completely throughout the ski day for you.

They have strict ratios with all the children meaning that your child will never be left out due to large groups. This also includes their ski lessons. All the ski classes are again exclusive to Esprit and they work hard to have the best English-speaking instructors across all the resorts.

However, they know that your holiday is for you just as much as the children. They offer a half board service letting you enjoy your day on the mountain and then relax until dinner is served. Starting the day off with a hot and cold breakfast, you can choose to return to your accommodation for afternoon tea or wait until your 4 or 5 course evening meal**

with wine and coffee is served, completing your day the right way.

Esprit loves being in the mountain as much as you do, that's why they do everything they can to make your stay unforgettable. If you would like help planning your next trip to the Alps then call one of the friendly team on

01483 791 900

or find more information online

www.espritski.com

*Except Le Savoie, Val D'Isère that is shared with sister companies *Ski Total & Inghams*. However Esprit guests are all on the same floor where applicable.

** 4 courses are served in chalets and 5 courses in Chalet Hotels.



ESPRIT Ski

No.1 For Family Skiing



NEW! 5 ♦ Platinum Chalet Hotel Le Savoie in Val d'Isère



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★ **Baby And Toddler Weeks**

- 👶 FREE infant places
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- 👶 Half-price Skiing & Day Care for toddlers
- 👶 **BAT-Weeks** run on 10, 17, 24, 31 Jan & 21 Feb.



Call **01483 791 900**
visit espritski.com

Halloween Fear and Fun

Rare Breeds Centre in Kent like any opportunity to have a little fun on the farm, and Halloween is no different! There's plenty of ghoulish daytime fun and frolics to keep you and the family entertained. Ghost hunt around the farm to meet Halloween ghosties, but be prepared to be scared...are you brave enough to talk to them?!

You can also enjoy:

- **Wiley Wolf Productions** will present a unique and exciting experience for all the family.

- **Vunderbar the Wizard** telling scary tales and singing spooky songs in the Discovery Room. You can even help him with his spells!

- **make your very own Broomstick** to rival *Harry Potter's*

- **Ghoulish face painting*** (this activity is paid-for)

- **Taking the 'Spooks Quiz Trail'** and earn yourself a sweetie treat by finding all the clues around the farm.

- **Scary soup**, festering fairy cakes and spooky

sausages in the Granary restaurant

- the infamous daily **Hog Racing** which returns for the Halloween period

Come along in fancy dress - They will have a daily competition for the best children's costumes (although Adults are very welcome to dress up too!).

What's more, the extra fun is included in the standard admission price (*except for Face Painting activities).

01233 861453
www.rarebreeds.org.uk



National Breast Cancer Awareness Month

October is **National Breast Cancer Awareness Month** and the Breast Cancer Care with all funds raised throughout October mean **Breast Cancer Care** can provide its specialist nurses, local services and vital emotional support network for free to those who need it. At **Breast Cancer Care** they understand the emotions, challenges and decisions you face every day. So, from the day you notice something's not right to the day you begin to move forward, they'll be here to help you through.

Whether you want to speak to the nurses, read the specialist information or connect with volunteers who have faced what you are facing now,

they'll be here for you from day one. Having access to **Breast Cancer Care's** support services from day one makes a huge difference. For care, support and information from day one, call the nurses free **0808 800 6000**
www.breastcancercare.org.uk

ASDA are selling a range of products Diet Coke - 20 pack On sale for £4.43 with a 40p donation to **ASDA's Tickled Pink** campaign

Breast Cancer Care - Bone China Mugs Each features the logo in pink

tested, long-lasting *All in One* Mascara No. 01 "black" comes in a limited edition "**Pink Ribbon**" design and envelops the lashes gently with brilliant colour. Two different kinds of brushes are connected to each other so that areas of higher fibre density separate the eyelashes and areas of lower fibre density offer more colour and volume. The result is lashes that are both voluminous and separated. Wax of carnauba palm nourishes the lashes and keeps them supple. Price £13.70. The *Glossy Lip Volumizer* in a limited edition "**Pink Ribbon**" design makes lips wonderfully soft with a fresh mint-vanilla scent. The gloss gives lips an

on the base. Costs £7.95 each profit to **Breast Cancer Care**. www.shop.breastcancercare.org.uk/ Yankee candle Costs £29.00 with £24.30 donated from every sale donated to **Breast Cancer Care** Available on www.qvcuk.com



PINK TOGETHER AGAINST BREAST CANCER

The pink ribbon is known around the world as a symbol that raises the profile of breast cancer in order to foster mutual awareness in the face of this disease. Since 2014 **ARTDECO** has donated 10% of its sales of **Pink Ribbon** products. In 2015 **ARTDECO** expanded the collection and proudly presents the **Pink Ribbon All in One Mascara** (£13.70) and **Pink Ribbon Glossy Lip Volumizer** (£11.40), from which 10% of all sales are being donated to the **Marie Keating Foundation** www.mariekeating.ie The nourishing, clinically

extraordinarily delicate coating, while the light and creamy texture has a subtle hint of pink to create a natural shine. The composition of the hyaluronic acid and wild mango butter ingredients provides lips that look visibly fuller. Price £11.40.

ARTDECO is available online www.debenhams.com

www.beautybay.com and at selected **Debenhams** Stores, Pharmacies, Beauty Salons and Spas in the UK and Ireland.



Independent Schools Show

• Over 200 leading schools from across the country **The Independent Schools Show** at Battersea Park from **14-15 November**, has unveiled its strongest ever line-up of speakers and schools. The Show will once again provide parents with the country's leading forum for finding information and answers to the myriad of questions surrounding education options.

While parents will be able to meet face-to-face with over 200 of the country's top independent schools including the likes of *Eton, Cheltenham Ladies' College, Radley, Gordonstoun, Bedales, Kingham Hill and Millfield*, they will also have the opportunity to hear from renowned voices within the sector at the Show's esteemed **Education Theatre**.

This year's Theatre programme features journalist, author and school founder **Toby Young** who will be debating the merits of Free versus Independent schools with Harrow Head Master, **Jim Hawkins**. The Theatre's rich programme will also help provide parents with advice on issues such as: Parents can register for free tickets at www.schoolshow.co.uk

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VOICE TRIALS

FOR BOYS AGED 7 & 8
7 NOVEMBER 2015

Substantial scholarships are awarded and choristers benefit from an all-round excellent education at St Edmund's School Canterbury.

The Master of Choristers, David Flood, is always pleased to meet and advise parents and their sons.

For further details please telephone

01227 865242
davidf@canterbury-cathedral.org

[@No1Cathedral](https://twitter.com/No1Cathedral)



Extra **BLOOD-CURDLING FUN** for all the family

- ✓ Wiley Wolf Productions present '**Lily the Vampire**' a Halloween adventure
- ✓ **Vunderbar the Wizard** telling scary tales & singing spooky songs
- ✓ **Spooks trail** to earn a sweetie treat
- ✓ **Fancy dress** competition for the kids!
- ✓ Halloween **hog race!**



Find out more... **01233 861493** RareBreeds.org.uk



“Bats and Broomsticks” – a Halloween Spooktacular at The Historic Dockyard Chatham, October Half Term

“Bats and Broomsticks” – a Halloween Spooktacular at October Half Term 2015 Themed pumpkin carving, a “Balancing Bats” trail and a “Wear to Scare!” Halloween fancy dress competition, all within a shuddersome spooky space are some of the Halloween themed happenings for the whole family during “Bats and Broomsticks” at The Historic Dockyard Chatham this Spooktober half term. Chris Chedzey, Bats and Broomsticks organiser said; “There are treats and definitely some tricks in store during half term! Families can use their ticket and come every

day from 24th October to 1st November and not only learn about our wonderful Historic Dockyard, but follow the **Balancing Bats trail**, discover fascinating facts about our little upside down friends and make up their own dockyard bat name! Inside the shuddersome spooky *No. 1 Smithery*, with mild thrills and spooky excitement, they will be able to test their creative skills and carving prowess with pumpkin carving and they will be able to take their creations home with them and leave all the mess here! We shall be holding a “ghastly gathering” Halloween fancy dress competition every

day with prizes to encourage children to “Wear to Scare!” Entry into *The Historic Dockyard Chatham* and all its galleries and attractions is included in the normal admission price – tickets are valid for a year, giving unlimited return visits during normal opening times. A small additional charge applies to the pumpkin carving activities but all other activities are free of charge. *The Historic Dockyard Chatham* is open every day **until 29th November**, 10am to 6pm until 24th October and 10am to 4pm from 25th October onwards. www.thedockyard.co.uk



London Wetland Centre

Amazing giant LEGO® brick animals will bring families closer to nature at **WWT London Wetland Centre**. This autumn the world’s most popular toy will bring families closer to nature at **WWT London Wetland Centre**. Giant LEGO brick sculptures will be at the attraction in Barnes, London for five weeks from **3 October to 8 November**, alongside some of their living counterparts.

The awesome models, which include a giant otter and a huge twelve-times life-size dragonfly, will form a trail for kids (and big kids) to inspire them to build a better future for nature.

Visitors will be able to enjoy the trail of nine individually-designed LEGO brick characters, some inspired by real species at **London Wetland Centre**. Included are a large North American River Otter, a Hawaiian Goose (or NeNe, the world’s rarest goose), a Red Breasted goose and a mallard. By following the trail to discover how many LEGO bricks have been used to make the animals visitors can also enter a competition to win their own LEGO kits.

David Green, General Manager, said “We’re really excited to welcome these brilliant sculptures to **London Wetland Centre** for the autumn.

We know our visitors will love following the trail around the wetlands to find the LEGO brick animals, surrounded by real wildlife. Families love being around nature here and the LEGO brick trail is a fun way of putting the spotlight on some really important species, many of which are endangered.”

As well as following the trail visitors can pre-book workshops for an hour of creative fun and games at weekends and during half term. Create as many ducklings as you can in 10 minutes, take part in the great LEGO escape and you’ll get your own LEGO brick pumpkin to take home. The workshops can be pre-booked online www.wwt.org.uk/LegoBrickAnimals and cost £8.50 per person.

There is no extra cost to meet the giant LEGO brick animals at **London Wetland Centre**, the trail is included in the admission price.

WWT London Wetland Centre is a 105 acre wetland visitor centre in Barnes, southwest

London, an international award-winning visitor attraction and a *Site of Special Scientific Interest (SSSI)*. It is home to a wide range of wildlife species including birds, water voles, bats and amphibians. Facilities include six wildlife hides, *Water’s Edge Café*, Observatory, a gift shop and free car park. The Centre also has adventure play areas for children. *Wetland Centres* are easy, safe places to enjoy the wonders of wetland wildlife and a great way to have a taste of the wild without having to get your feet muddy.



PAY VISIT AGAIN
ONCE & AGAIN
TICKET VALID FOR A YEAR

THE HISTORIC
DOCKYARD
CHATHAM



BATS AND BROOMSTICKS

24 OCTOBER - 1 NOVEMBER

PUMPKIN CARVING*,
BAT TRAIL
& PRIZES FOR BEST
HALLOWEEN COSTUME!

thedockyard.co.uk

historic.chatham @DockyardChatham

Activity included in the price of your annual ticket.

*Pumpkin Carving activity requires a small additional cost.



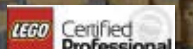
WWT London
Wetland Centre

MEET GIANT LEGO® BRICK ANIMALS
3 October to 8 November

See our nine larger
than life animals.

or book a fun-filled LEGO
brick workshop online

www.wwt.org.uk/LEGOBrickAnimals
Queen Elizabeth's Walk, Barnes, SW13 9WT
020 8409 4400



October Half Term

Wednesday 28 October, 11am – 3.30pm

A day of activities inspired by traditional Javanese theatre in urban settings, including gamelan workshops, storytelling and making shadow puppets as part of *The Big Draw 2015*.
Free

Community Teachsport: ParkActive

Monday 26 – Friday 30 October, 11am – 3.30pm

Take part in healthy fun activities in the Gardens including sports from around the world, as well as a soft play and baby gym. Drop in anytime.

Free. For children aged 0-18 years and adults.

Discovery for All

Monday 26, Tuesday 27 and Friday 30 October,

2 – 3.30pm

Come and visit the *Hands On Base* and explore its thousands of real objects from around the world.

Free. Everyone welcome. Children must be accompanied by an adult.

Family Art Fun

Monday 26, Tuesday 26, Thursday 29 and Friday 30 October, 11am – 2.45pm

Free and fabulous craft activities inspired by autumn and the *Mexican Day of the Dead*. Make stick insects or Day of the Dead banners.
Free

Nature Trail Discovery

Wednesday 28 October, 2 – 3.30pm

Discover the oldest Nature Trail in London which is carefully managed to encourage wildlife and includes pond, meadow and log pile habitats. The half mile *Horniman Nature Trail* occupies a stretch of the original *Crystal*

Palace and South London Junction Railway. This activity is not suitable for prams or pushchairs. Children must be aged 3+ and accompanied by an adult.
Free but ticketed on the day.

Nature Explorers:

Extraordinary Owls

Monday 26 and Tuesday 27 October, 11am, 12pm, 2pm, 3pm

A fun family session finding out about owls and what they eat by dissecting an owl pellet! Suitable for children age 5+. Tickets: Child £2. Adults free.

The Wonderful Adventures of Mary Seacole

Friday 30 October, 11.30am, 1.15pm, 3pm

Let 1800s war nurse Mary Seacole take you on a tour of the *Horniman* to tell her amazing story and show you the Museum and Gardens. A *Black History Season* event.
Free

The Horniman Halloween Fair

Saturday 31 October and Sunday 1 Nov 10.30 – 4.30pm

Join us for spooky storytelling, haunting happenings, creepy creatures, magnificent arts and crafts markets, fiendishly fine food stalls plus lots more. Come dressed in your favourite Halloween costume and join the Halloween parades taking place throughout the weekend.
Free entry

Art Makers

Every Saturday until 12 December (excluded dates

3 and 31 October, and 5 December), 1.30pm & 2.45pm
Have fun with different art techniques to create something fabulous to take home inspired by the *Horniman's* collections or seasonal celebrations. Different themes each week, please check the website. For families with children aged 3+. Tickets: £3 Child. Children must be accompanied by adults.

Busy Bees

Every Tuesday and

Wednesday, to 9 December

(excluding 22 Sep, 21, 27 & 28 Oct), 10.30am, 11.15am, 12pm
Lively sessions for Under 5s and their parents/carers during term-time. Activities include creative play, stories and songs or simple art and craft.

Free. Collect tickets from the *Ticket Desk* area or *Pavilion* on the day. Please note: these sessions are not suitable for nursery school groups.

Fabulous Fungi

Saturday 10 October, 11am – 12.30pm

Join them for a guided walk with conservationist Jim Murphy to discover fabulous fungi that grow in our Gardens and on the *Nature Trail*. Suitable for children age 7+ Adults £5. Child £3

Hands on Family Workshops

Every Saturday until 12 December (except 31st

October and 5th December), 11.45am & 1pm

Touch real museum objects and discover them with your family in these popular themed sessions.

Free. For families with children aged 3+.

Hear it Live!

Tuesdays, 29 September, 27 October and 24 November,

3.30pm

A live performance on the 1772 *Kirkman harpsichord* in the Music Gallery. Everyone welcome.
Free

Mud Kitchen

Fridays, 11 September, 9 October, 6 November, 11am – 12.30pm

A relaxed session for under-5s and their families, to enjoy getting messy playing with earth and water and making mud pies! Collect natural objects to decorate your amazing mud pie creations.
Free

Exhibitions and Displays

Plantastic

Closes Sunday 1 November

Explore the wonderful world of plants on a massive scale. From giant seeds to sun-seeking flowers and a huge crawl-through root system, *Plantastic's* interactive exhibits and games will bring visitors up close to all kinds of fantastic plant life revealing how plants are essential for life on Earth. Tickets: £3.85 Child, £7.15 Adult, £18.15 Family (prices include 10% voluntary Gift Aid donation). Free for *Horniman* Members.

Tea Trail London -

www.teatrail.london – is a new web app launched by the *Horniman* exploring the heritage of tea in London through three unique trails:

www.horniman.ac.uk

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

Nature Explorers – Wild Photography

27 October 2015: 10am – 3pm
£15. Suitable for 8 to 11 year olds Book online now to avoid disappointment

Ensure your 8 - 11 year old has a happy half term by dropping them off at the *Isis Education Centre* for a fun filled (and educational!) day of nature inspired games and activities. Activities include:

- Using photography and sound recording equipment to document wildlife activities.
- Learning how to storyboard a film and learning about angles, focus and using a tripod.
- Using digital microphones to record some sounds of nature and interviewing your friends for fun!
- Exploring the park's wilder spots and having a go at editing your photographs to take home on a memory stick.

Discovery Day – Hair-raising Halloween

28 - 29 October 2015: 11am – 3pm Free of charge. Suitable for the whole family!

Booking not necessary. Further details on our website. Drop in any time between 11am and 3pm to take part in a host of exciting activities, uncovering and discovering the magic of nature.

FREE October half-term events with *Wandsworth Museum*

Whizz, Swoosh and Whirl!

Tuesday 27th October

2.30pm - 4.30pm
Southfields Library, 300 Wimbledon Park Rd SW19

Join us for the creative activities all linked with fireworks and Bonfire Night! Have a go at making your very own arts and craft firework and

Free activities include:

- Daring to explore the 'feely boxes'
- Arts and crafts including making your very own owl mask to take home
- Learning about hibernating hedgehogs and how to track their behaviour
- Exploring the nature trail
- Potion making using the natural resources around us. Dressing up is definitely encouraged so why not get into the spirit and come dressed as a ghoulish ghost or wicked witch.

Booking info:

To book and for more information, visit www.SupportTheRoyalParks.org/experiences
support@royalparksfoundation.org
or call the Royal Parks Foundation on **020 7036 8056**

Isis Education

Centre, Hyde Park, London, W2 2UH.

Nearest tubes: Marble Arch, Knightsbridge, Hyde Park Corner.

The Isis Education Centre at the **LookOut** in



Sparks and Spooks!

find out about Wandsworth's history of gunpowder industries. Suitable for children aged 4 upwards. Drop in, no booking
Ghost in the Machine Saturday 31st October
Family Saturdays at *Battersea Arts Centre* 10am - 3pm
Wandsworth Museum will be running a special Halloween workshop during **Family**

Saturday in October. Explore ghostly goings-on in the *old Town Hall* and have a go at some ghostly crafts to take home...and scare your family! Suitable for children aged 3 upwards. Booking time slots available on the day

www.wandsworthmuseum.co.uk
bookings@wandsworthmuseum.co.uk
020 7326 8298



Seams So Easy.
Sewing Workshops and Classes

Sewing Clubs and Classes for kids aged 8+ and teens
Based in Beckenham, Kent.






Small class size with plenty of creative inspiration, students learn the basics of hand and machine sewing, embroidery, fabric printing etc... to take toys, accessories and clothing.
Weekend & weekday classes.
All materials included.

For information www.seamsoeasy.com
or call 077 17315735

Rich Mix

WIGGLY JIGGLERS
Mon 12 Oct, 26 Oct, 9 Nov, 23 Nov / 1pm / £4 / Main Space

At these creative movement sessions give your children the space and freedom to move in ways that support their development and their imaginations.

MWALIMU EXPRESS
Sun 20 Sep, 18 Oct, 15 Nov / 2pm / **Free** / Main Space
 London's finest free Pan African family adventure. Come party with Congolese Soukous specialists **KASAI MASAI** live and direct with their stirring can't sit down Sebene, and on screen, groove to **MAMA GOEMA**: The Cape Town Beat In Five Movements.

PANCHA KABI
Sun 25 Oct / 12pm - 3pm / **Free** / Main Space
 A celebration of works of five great Bengali composers along with 'Desh', a composition of music, dance and poetry expressing the love and devotion for the motherland. 35-47 Bethnal Green Road, London

www.richmix.org.uk

Have A Spooky Half Term at Squire's Garden Centres

Monday 26th - Saturday 31st October 10am - 4pm (No need to book, just drop in) **FREE** / £3.50 / £5.50

Prepare yourself for spooky half term fun at **Squire's Garden Centres** this October! Spooky "Create & Grow" is back with lots of exciting activities* to take part in, from **PAINT A GLOW IN THE DARK SKELETON**

Paint a glow in the dark wooden skeleton and take it home to hang in your bedroom window to scare away unwanted visitors. £3.50.

PAINT A PUMPKIN TEALIGHT HOLDER
 Paint a terracotta pumpkin tealight holder - yours to take home with a complimentary battery operated tealight inside the pumpkin! Put it on your windowsill to lighten up your room during those long spooky evenings. £5.50

PUMPKIN PURSUIT
 Follow the trail of pumpkin characters around the garden centre for your chance to win a prize. **FREE ENTRY.**
SPOOKY SPOT THE DIFFERENCE
 Find 10 differences between 2 pictures and collect a sticker. **FREE ENTRY.**

www.squiresgardencentres.co.uk/events/create-grow-spooky-half-term-fun/

* Activities available while stocks last.

Professional Programme
 - Ticket required for event, includes refreshment
Schools Programme - *Wristband* required for access to events, unless otherwise stated. These events are for schools and groups of children Public/Family Programme
 - Free or individually ticketed events at **Royal Festival Hall**

FESTIVAL LISTINGS
THURSDAY 22 OCTOBER WHY MARKETPLACE
 10am - 4pm (Thursday & Friday) / 11am - 5pm (Saturday & Sunday), **22 - 25 October**, Level 2 Foyer (Green Side) The **WHY? Marketplace** is made up of organisations promoting the rights of the young in numerous different ways and is home to a range of stalls providing information, raising awareness, showcasing work or offering informal drop-in workshops championing children's rights.

YOUNG PEOPLE'S VOICES: INTERACTIVE MEGAPHONE
 10am - 11pm, Schools groups, **22 - 23 October**, Level 2 Foyer (Green Side) Technology as a creative tool to build the *Interactive Megaphone*. This installation, a tetrahedral structure made out of smaller tetrahedral megaphones, was created by young people to express their ideas about their right to play, as described in **article 31** of the *UN Convention on the Rights of the Child*.

WHY? BANK IN PARTNERSHIP WITH NATWEST
 10am - 4pm (Thursday & Friday) / 11am - 5pm (Saturday & Sunday), **22 - 25 October**, Foyer Space, **free**
 Young people can get empowered by learning more about how money works at the **WHY? Bank**. For ages 5+

MAC-UK: MUSIC MAKING FOR BETTER MENTAL HEALTH
 11am - 11.50am / 12.30 - 1.20pm, Level 4 Green Bar **MAC-UK's Youth Trainers** lead a music-making session where children can learn new ways to tap into creativity and express themselves. **MAC-UK** spins mental health on its head by taking interventions out of the clinic and into the community.

THE RIGHT TO HEALTH WITH MAGIC BUS
 11am - 11.50am, The Clore Ballroom *Magic Bus* lead a fun-filled sport and activity-based workshop focusing on health and body image, exploring the right to the highest attainable standard of health stipulated by *Article 24 of the UN Convention on the Rights of the Child*.

WORDPLAY: A WORKSHOP IN ACTIVE DESIGN
 11am - 11.50am & 12.30pm - 1.20pm, The Saison Poetry Library. **Southbank Centre's** Poetry Librarians and a leading poet will work with attendees to create new poems, with the opportunity to then perform these poems at a pop-up venue on site.

STOP & SEARCH: KNOW YOUR RIGHTS
 11am & 12:30pm, Level 4 Blue Bar. Young people in general and young black people in particular are disproportionately likely to be stopped and searched by police. These informative and engaging workshops provide knowledge about the law that's easy to remember and could help keep young people safe while they're out and about.

DIVERSITY ROLE MODELS: THE DIVERSITY OF FAMILIES
 12.30pm - 1.20pm & 11-11.50am, Level 3 Function Room. Together with a volunteer LGBT role model, the charity fosters an open and positive discussion about same-sex families. The workshop challenges homophobic language, and children are invited to imagine a society where everyone feels welcome, happy and safe.

EMPATHYLAB: EXPLORING REFUGEE HUMAN RIGHTS WITH AUTHOR TANYA LANDMAN
 12.30pm - 1.20pm & 11-11.50am, Level 5 Function Room. A creative writing workshop that aims to help children and young people explore the rights and experiences of displaced people, especially refugees. An *'Empathy Wall'* displays the resultant creative work and participants' pledges.

PAN INTERCULTURAL ARTS - WEAPON OF CHOICE PRESENTS JOINT ENTERPRISE: KNOW THE FACTS
 12:30 - 1.20pm, Clore Ballroom
 A short film explaining the legal doctrine of joint enterprise. This workshop explores the film's topics and themes. Allow our raconteur to 'take you on a journey into a world of money, street codes and survival.'

ENCOUNTERING FAITHS AND BELIEFS WITH 3FF
 11-11.50am / 12.30pm - 1.20pm, Sunley Pavilion. Bringing real-life experiences of faith, belief and identity to **WHY?** festival, speakers from different faith and non-religious-belief backgrounds share their personal stories and open a forum for questions, discussion and interfaith

dialogue and cooperation. Originally founded to improve relations between the three Abrahamic religions, today **3FF (Three Faiths Forum)** works to build good relations between people of all different faiths, beliefs and cultures.

RE:FORM TOUR
 Meet at Exhibition Entrance, Spirit Level Tours at: 11am, 11.30am, 12noon, 12.30pm, 1pm, 1.30pm, 2pm, 2.30pm & 3pm
RE:FORM is the UK's annual national showcase of arts by prisoners, offenders on community sentences, secure psychiatric patients and immigration detainees.

VOICELAB: SING FOR YOUR RIGHTS
 1.30pm, The Clore Ballroom, free. *Voicelab* welcomes all young people aged 18 and under to join this singing workshop and stand up for their rights. From Bob Dylan to Bob Marley, attendees can learn songs and chants of protest and then sing, shout and call for change on the **WHY?** all abilities.

WHY? PROTEST PARADE
 2.15pm - 3pm, begins at The Clore Ballroom and continues across site, free to watch
 Watch hundreds of young people take to *Southbank Centre's* streets to make their views heard. All young people

are invited. Under-18s are invited to take part; ages 19+ are welcome to watch.

WHAT MAKES A GOOD CHILDHOOD? FORUM FOR PROFESSIONALS WHO WORK WITH CHILDREN AND YOUNG PEOPLE
 2.45pm - 6pm, The Clore Ballroom and Sunley Pavilion
 £10 Discussions, talks and workshops asking the question 'what makes a good childhood?' Children's charity *Barnardo's* joins *Southbank Centre* to co-host this conversation. For ages 18+

WHY ALWAYS ME?: TEACHING THE TEACHER
 7pm - 9pm, Sunley Pavilion free. Local youth organisation *SEI United* leads a conversation about young people's experience of education and exploring how the system affects young people today. For ages 12- 25.

SCORE
 7:30pm, 22 - 23 October, Blue Room (general public £14 / £7, included in day pass)
Score is inspired by the true stories of parents recovering from addiction. Capella singing and contemporary arrangements takes inspiration from parents' frank and funny accounts of addiction, recovery and getting their kids back.

FRIDAY 23 OCTOBER THE NEWS TODAY WITH FIRST NEWS
 10am - 10.50am, The Clore Ballroom, free.
 Join First News and some of its young readers to run through this week's big news stories, who will discuss how important it is for young people to have access to reliable, understandable information.

UNICEF: WANTS AND NEEDS
 11am - 11.50am & 1pm-1.50pm, Level 4 Green Bar
 Find out more about the United Nations' Convention on the Rights of the Child.

WHAT DRAWS YOU INTO GANGS?
 11am - 11.50am, Level 5 Function Room
 Join ex-gang members for a talk with questions and discussion on gangs, safety, girls in gangs and the ways in which gangs provide young people with an alternative sense of family.

FOR JIMMY FOOD STALL
 12 noon - 8pm, **23 - 24 October**, Food Market at Southbank Centre Square, free
 Vegetarian and vegan food from a stall run by young people who work for the Foundation For Jimmy..

And Much More....
www.southbankcentre.co.uk/why

SOUTH BANK CENTRE

WHY?
WHAT'S HAPPENING FOR THE YOUNG 2015

Supported by **Mishcon de Reya**

THURSDAY 22 - SUNDAY 25 OCTOBER
A FESTIVAL CELEBRATING THE RIGHTS OF CHILDREN AND YOUNG PEOPLE

Free talks with **Laura Dockrill, Cerrie Burnell, Lemn Sissay, Jacqueline Wilson and Michael Morpurgo**

Plus Music, Spoken Word, Theatre, Film Screenings, Creative Workshops, Talks and Debates and much more free activity to enjoy

SOUTH BANK CENTRE.CO.UK/WHY
#WHYFEST

Supported using public funding by **ARTS COUNCIL ENGLAND**
 LOTTERY FUNDED

Use of mobile and interactive media by young children.

The good, the bad and the unknown.

by Dr Robert Arlt MD

Consultant Paediatrician at
+richmond practice

Children are using smart phones, tablets and other digital media more and more, but what effect does this have on them?

When answering this question it might in the first instance be important to reflect on how we as adults are influenced by the use of digital media? Most of us are becoming increasingly dependent on being able to access information from across the globe and to communicate over distance via the internet and mobile devices. Sometimes virtual reality can be so interesting that it becomes an overpowering part of our lives. Children are exposed to the same risk as adults with one important difference. They are yet to developed a sense or grasp of the "real world". They are therefore being presented with a powerful dilemma and it can be very easy to choose or withdraw in to virtual reality.

A recent study from Germany (Riedel 2015) suggests that more than 60% of children aged nine to ten cannot keep themselves occupied for more than 30 minutes without using a digital medium. They are also being influenced by the example their parents set. Parents who literally, have their heads buried in a device. There can therefore be less relationship building going on, less eye contact and conversation.

At preschool age children could be placed at a development risk when they watch too much TV and videos. They are supposed to discover the world visually in three dimensions using complex, adaptative eye movements. TV and other digital media make these unnecessary; the child will only have to focus on a single area and the sound comes from a different

area usually the loud speaker. The need to imagine things may be limited as the story is presented, without the child being a part of the unfolding narrative.

The most powerful reason given for using digital devices is that it might be good for a child's education. There are programmes available to develop non-verbal reasoning skills and to learn your times tables, for example. Again the risk is that time with a compassionate teacher, who can motivate children, will be exchanged for a computer. My recommendation is that preschool children will be exposed as little as possible to digital media, because they first need to learn to interact with others. School aged children should slowly be introduced and be taught how to be active users and not passive consumers. For example we might teach them how to make and publish a *You Tube* film or how to write into *Wikipedia*. If you are concerned about a child who has become overly dependent on digital media contact us for a same day appointment or development check. We can assess your child's social development so that you will be reassured that the child is developing healthily.

For a same day appointment
020 8940 5009
mail@richmondpractice.co.uk
For more information visit
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PRIMIGI, the historic brand for children's shoes, was founded in Italy in 1976, establishing itself on the market with its first steps shoes. The brand immediately became synonymous with technological know-how, scrupulously selected materials and Italian style. It was an instant success: We have asked some of our readers to test drive Primigi shoes and here are the results Rob enjoyed receiving his *Zach* boots and trying them on. He liked the design of the boots particularly the fact that they had a zip up one side. Mum found this incredibly useful as busy parents always in a rush.



Imogen was also bought a pair *Ariel Primigi* boots. They are silver boots with a flower pattern all over them. Imogen was over the moon with these boots as they seemed (to her) very grown up and fashionable.

Imogen wore the boots with every outfit imaginable. In the photos when she had first received them she tried them on with her jeans. She could not believe how grown up she felt! These boots



Primigi Shoes by Real People (children)

The laces can be kept laced up all the time and your child could do up the zip himself. As Rob has not learned to tie up his laces (as yet) so he thought it cool: as everyone would think that he had learned to tie up his laces! He found the boots very comfortable - wearing them in the house and outside. He liked the faded effect around the edging at the bottom of the boot. They looked sporty. Rob very much liked the fact that he had a choice of colour for the laces: navy or yellow. He chose yellow as he really likes this colour. Rob reckons he could wear them for everyday use and for

parties too. Shoe shopping with mum they compared the *Primigi* boots with what he could find in the shops and he liked the fact that they were fashionable but not too fashionable. The logo is there but discreetly hidden - he is not very keen on huge logos. He prefers his logos to be hidden if at all possible. To check them out properly to see if they did fit him well he wore them to a 'climbing party' in an indoor centre (he is nearly nine years old). He was able to play sport in them as he likes football. He found the leather of the boots to be very soft. Overall the *Primigi* boots are extremely good value. The leather is soft and excellently stitched. The careful design is evident too, creating a strong and supple pair of boots. The footwear is very versatile and can be used for many types of activity both indoors and outdoors. The boots are a good wardrobe staple providing an all round shoe/boot for all weathers. Paying slightly more for a pair of boots which will last a long time is better value in the end.

and for every sort of activity. The quality of the boot was extremely high and they were very well designed. Imogen's parents knew she would get a lot of wear out of them.

The boots are a continental size 27 (UK size 9) and again fitted her perfectly.



Primigi Stockists:

www.spartoo.co.uk
www.yakelo.com
www.amazon.co.uk
www.sarenza.co.uk
www.zalando.co.uk

BIFF 41 DULWICH VILLAGE LONDON;
TROTTERS CHILDRENSWEAR UNIT 2
HURLINGHAM BUSIN.PARK, SULIVAN RD
LONDON;
THE SHOE STATION 12 STATION PARADE, KEW;
THE GOLDEN BOOT 25-31 GABRIELS HILL
MAIDSTONE, KENT;
SHOOZOO 35B MONTEFIORE ROAD
HOVE BRIGHTON
SID & EVIES UNIT 4, 174 GEORGE LANE SOUTH
WOODFORD LONDON
HEAVENLY SOLES 48, ST JOHN'S ROAD
TUNBRIDGE WELLS, KENT
www.primigi.it/en/store-locator.html

Dyspraxia Awareness Week – “Is it a battle of the sexes?”

11-17 October 2015

Frequently falling over, difficulty walking up and down stairs, poor hand-eye co-ordination, short-term memory, lack of spatial awareness, difficulty getting dressed or applying make-up and illegible handwriting – these are just some of the familiar, physical symptoms for people affected by dyspraxia, whatever your age.

But – according to a leading, national charity – there is a growing issue of girls, teenagers and young women “slipping through the net”, in terms of early diagnosis. Such a delay (although, many struggle through school, university and even in the workplace, without

ever receiving a diagnosis) can have a huge impact on the lives of these women and their families.

It is believed there are many complex reasons behind a perceived low level of dyspraxia diagnosis in females – which is why the **Dyspraxia Foundation** will be dedicating its 2015 *Awareness Week* to unpicking the factors that stop so many young girls from seeking help or that simply encourage them to conceal their symptoms.

The results of a new national survey will also shed light on why so many girls “get by” without an official diagnosis and why they fall below the

“professional radar”, as well as highlighting the huge benefits to young women with dyspraxia if introduced to special coping mechanisms from as early an age as possible.

Once cruelly and incorrectly referred to as ‘clumsy child’ syndrome, dyspraxia, (otherwise known as *Developmental Coordination Disorder - DCD*) is a common condition affecting fine and/or gross motor coordination, in both children and adults. Although the exact causes of dyspraxia are unknown, it is thought to be caused by a disruption in the way messages from the brain are transmitted to the body. This affects a

person’s ability to perform movements in a smooth, coordinated way.

Dyspraxia/DCD affects around 5% of the population (2%, severely) and there are believed to be two children affected in every class of 30 children.

Thanks to a substantial grant from the **Big Lottery Fund**, over the past three years the **Dyspraxia Foundation** has been able to re-invigorate its key support services and awareness packages and resources for people living with dyspraxia as well as their families and the professionals involved with their wellbeing.

The charity will also be urging the nation to be bright and bold for its second, annual, “**Funky Friday**”! on the final Friday of the Week, **16th October** - and show support to the **Dyspraxia Foundation** by simply wearing your most colourful or funky item of clothing (perhaps odd socks!) to work or school.

The charity’s existing and well supported social media platforms will also play a key role in helping to promote this part of the campaign – to send in your pics of funky fashions!
www.facebook.com/dyspraxiafoundation



If you are a parent you have no doubt experienced at least once that heart stopping feeling of panic when you lose sight of your child for even half a second.

The fear of knowing you are going to a crowded theme park, airport or event and you need to hold your children tight. Now - thanks to a new perfectly thought out gadget those fears can be alleviated.

The BuddyTag is a simple device that uses Bluetooth technology to keep track

of the child wearing it and updating their parent on their smartphone app. The free app is currently available on **iTunes** for *iPhone 4S, iPhone 5, 5C, 5S, fourth generation iPad, iPad mini, iPad Air, Samsung Galaxy S3, S4, S5, Note2 and Note3 with Android 4.3 and newer.*

www.amazon.co.uk
www.kiddicare.com
www.maison-bebe.com
www.littlepumpkin.co.uk
For details visit
www.buddytag.co.uk
Twitter @buddytaguk



26th Oct ~ 30th Oct

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Whole School Open Morning
Saturday 10th October
10am to 12 noon



Where to go at 5?
Open Week
Monday 12th to Friday 16th October
9:30am to 11:30am

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Independent Schools Inspectorate, Report 2014

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- ★ An academic but non-selective school
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www.ursuline-prep.merton.sch.uk



Family Activities at IWM London

Black History Month events culminate in two talks on **1 November** by archivist and historian **Tony Warner**, exploring the black community's role during the First and Second World Wars (both talks free).

Mark **Remembrance Weekend** and 'grow' a poppy in the family craft activity, and find out about the history behind the poppy and its association with conflict and memorials (free, **7-8 November**).

Come in from the cold over Christmas and take part in the communal wreath-making activity in **Art Workshop: A Wartime Christmas (20-23 and 27-31 December)**, free).

Black History Month

On Active Service:

What Were Black People Doing in the First World War? **Sunday 1 November**

11.30am - 1.30pm Join Tony Warner in this talk exploring the role of black servicemen during the First World War. This illustrated talk will use recorded interviews with First World War veterans - including those who served in the *West India Regiment* in Palestine

- and other conflicts across the globe.

Black Veterans from the Second World War

Sunday 1 November

2.30 - 4.30pm Come along to this interactive talk by Tony Warner to find out about the African and Caribbean war effort during 2nd World War. The talk will feature filmed interviews revealing the experiences of black veterans from Spitfire and bomber pilots to Nigerian and Somali troops who fought in Burma. Warner will also explore the lesser-known stories of black and Asian secret agents.

Remembrance Weekend

Make a Poppy

7 - 8 November

11am - 12.30pm;

2 - 4pm 'Grow' your own poppy from paper, wire and recycled military buttons in the **Remembrance Weekend** family activity.

As you make a poppy, find out about the history and heritage of the poppy, and its association with conflict and memorials.

Drop-in activity children all ages.

www.iwm.org.uk/

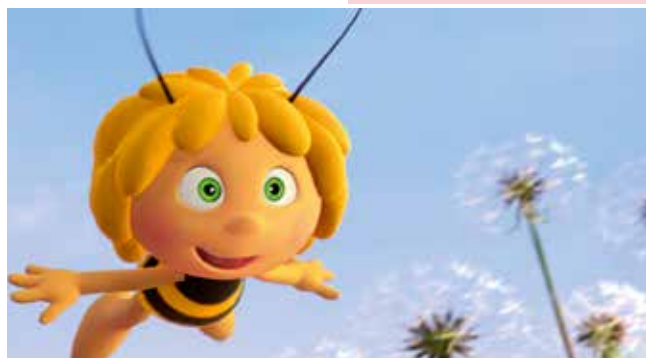
Maya the Bee

Maya, is a busy little bee, ready to leave her hive and live in the meadow, free like a.....bee. But soon Maya realises that a bigger challenge beckons and that together with her friend Willy, she must return and save their hive from the greedy queen's advisor and end the long-term hostility between bees and hornets.

The long awaited feature film with its €17m budget is set to delight audiences across the UK. The film was produced by *Studio 100 Media* and *Buzz Studios*, and will be distributed in the UK by *Primal Screen*. Directed by **Alex Stadermann** and featuring the voices of **Coco Jack Gillies** (Mad Max: Fury Road), **Kodi Smit-McPhee** (The Road, Dawn of the Planet of the Apes),

Jacki Weaver, (Silver Lining Playbooks, Animal Kingdom), **Miriam Margolyes** (Harry Potter and the Deathly Hallows Part 2) and **Richard Roxburgh** (Moulin Rouge, Van Helsing, Mission Impossible 2).

MAYA THE BEE opens in cinemas across the UK on **23 October** Certificate: TBC Running time: 88 minutes



www.mayathebee.co.uk
[facebook.com/MayatheBeeUK](https://www.facebook.com/MayatheBeeUK)

Maya and Friends Give-Away a chance to get one email before 19 Oct 15 info@parents-news.co.uk with name & address

"KIDS WILL LOVE THIS FILM AND WILL WANT TO WATCH IT AGAIN AND AGAIN"

Maya The Bee

A CURIOUS LITTLE BEE WITH A VERY BIG HEART...



BUZZING INTO CINEMAS OCTOBER

WWW.MAYATHEBEE.CO.UK



Trick or Treat: Halloween Spectacular at Europa-Park

From **26th September - 8th November 2015** **Europa-Park** opens its gates to the ultimate Halloween extravaganza, ensuring a frighteningly fun day out for all the family.

Bestowed the prestigious title of 'Best Amusement Park Worldwide' at the **2015 Golden Ticket Awards** once again, **Europa-Park** has an elaborate display of Halloween decorations and exciting events, guaranteeing an extraordinary atmosphere. With around 180,000 different shaped pumpkins, 15,000 chrysanthemums, 3,000 bales of straw, 6,000 corn plants, spider trees and ghostly illuminations covering the landscape, round every corner there is a new autumnal adornment to wow visitors. Take a stroll through 'Grimms' *Enchanted Forest*, where colourful pumpkin imps await discovery, or wander down to the gigantic 80m2 fruit dinosaur, made up of more than 20,000 apples and experience just some of the special features characterizing Halloween during **Europa-Park** 40th anniversary year.

Even the park's rides will be given a sprinkling of Halloween magic. Looming proudly over the European themed lands, the world's biggest pumpkin invites brave visitors to take a ride on the *Pumpkin Coaster* at breakneck speeds. With sparkles, scary music and mist, the 'Feria Swing' coffee cups in the Dutch area will also be transformed, offering a totally new backwards riding experience. Those wishing to take a break from all the adrenaline charged attractions can enjoy the numerous themed shows. 'Spook Me! The **Europa-Park Musical**' is back for a second year, providing an eerily beautiful treat in the *Teatro dell'Arte*, telling an inspiring story of love, courage and freedom. Young visitors can also have their first supernatural experience at the *Euromaus-Halloween-Show*, or immerse themselves in the 4D film 'The Time Carousel' at the **Magic Cinema**, before heading to the spine-chilling **Happy Halloween Parade**, where monsters and all sorts of creatures of the night storm through the park.

However, for older guests the excitement doesn't end there. Since 2007, **Europa-Park's** famous 'Horror Nights' have left thousands of visitors shuddering in fear. Branded 'Best Overseas Scare Event' for the fourth year in a row, at the *ScareCON Annual Recognition (SCAR)* awards this year, the event reigns victorious against other Halloween experiences from all over the world. Picture realistic horror film sets with impressively lifelike monsters lurking in six uniquely themed escape houses and 3 scare zones where, through a combination of special effects and masterful makeup, the horror of the cinema screen is transformed into reality. Areas include the secret laboratory, a clinical cavern where live actors bring to life an army of crazed test subjects, 'Nightmare-Escape' where the villainous 'Night Grabber' lays camouflaged in darkness, poised to strike fear into the hearts of those who dare to enter and 'The Cave'

www.europapark.de/en

Family Activities on HMS Belfast

October Half Term Dazzle Camouflage activity; learn about how dazzle helped to hide **HMS Belfast** during the Second World War and create your very own design (**1 November**, free with admission).

In November and December test your code breaking skills and have a go at **Cracking Codes**, a family activity in association with *Maths on Toast*. Intercept messages, chart hazards and learn about the skills needed to be an intelligence officer on board the ship (free with admission, **14 - 15 Nov & 12 - 13 Dec**). **Dazzle Camouflage 24 October - 1 November** 11am - 12.30pm and 2 - 4pm How do you hide a ship at sea? Learn how dazzle camouflage was used to keep **HMS Belfast** from being discovered by other ships and take part in an animation workshop to create your very own camouflage. All camouflage designs will be turned into a short film available to view online later in the year.

www.iwm.org.uk/visits/hms-belfast

Hilton London Metropole - London Family Scavenger Hunt Package

Hilton London Metropole have launched their **London Family Scavenger Hunt Package**. Choose from three tours; hunt for the missing royal wedding ring in *St. James's Park*, find out 'whodunnit' on the murder mystery trail in *Regent's Park* or crack the code on the spying mission in *South Kensington*.

The package includes two-night accommodation for all the family in a guest room such as the spacious **Family Superior Room**. Start the

day ready and energised with the included **Hilton** breakfast buffet featuring options for everyone. After completing the scavenger hunt enjoy a congratulatory post-hunt drink at the *EDG Bar & Lounge* as part of this package, whilst checking the results on the free Wi-Fi.

Prices start from £165 including VAT

www3.hilton.com/en/hotels/united-kingdom/hilton-london-metropole-LONMETW/index.html



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London What's On



Natural History Museum

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

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

•**Volcanoes and Earthquakes** – immerse yourself in Earth's explosive power in this revealing gallery. Through the Museum's own scientific research, real-life case studies and up-to-date information from around the world,

•**Treasures** – see 22 of the most valuable and significant items in the Museum's collections. This cabinet of curiosities includes unique, famous and surprising specimens from the worlds of botany, mineralogy, zoology and palaeontology. Highlights include a rare first edition of **Charles Darwin's** *On the Origin of Species*, the dinosaur teeth that led to the identification of these large reptiles and the exquisitely crafted Blaschka glass models of sea creatures.

•**Cocoon** – travel deep into the heart of the collections to glimpse the working lives of the scientists. Experience the world of scientific research from viewing decks, on video screens and through intercoms, and enjoy more than 40 high-tech installations and hands-on activities. You can also learn more about the scientific techniques used in laboratories at our science focus activity points.

•**Images of Nature** – indulge your passion for natural history, botanical illustration and scientific investigation. This permanent gallery showcases highlights from the Museum's extensive collection of prints, watercolours and oil paintings, alongside intriguing scientific images. These include meteorite slices, which look like tiny stained-glass windows, and a three-dimensional scan of a shark's head. **Until November 2015**, in celebration of the bicentenary of the publication of Britain's first geological map by William Smith, the gallery features **Mapping a Nation**, a display which celebrates Smith's scientific endeavour and achievements.

•**The Vault** – a dazzling exhibition of the finest gems, crystals and metals from around the world. Highlights include a collection of 296 naturally coloured diamonds known as the Aurora Pyramid of Hope, a giant one-of-a-kind emerald from Zambia known as Medusa and Tissint – a Martian meteorite that landed in Morocco in 2011.

•**Dinosaurs** – enter the Dinosaurs gallery and come face-to-face with an animatronic T.rex.

•**Investigate Centre** – become a scientist in our hands-on education space, where you can examine hundreds of real natural history specimens. **Every day**, 10.00–17.50 (last admission 17.30) **Free**
020 7942 5000
www.nhm.ac.uk

Daily family activities
Enjoy many daily activities and get up close to scientific specimens at special handling stations around the galleries. Knowledgeable Museum staff and volunteers encourage you to handle and explore exciting specimens, while younger visitors can pick up an explorer backpack and take a mini adventure around the Museum.

Wildlife Garden
The Museum's Wildlife Garden is a haven for thousands of British plants and animals and demonstrates wildlife conservation in an urban environment.



October half term at the Museum of London Docklands

A child's garden

Sat 24 Oct & Tue 27 Oct, 12-12.30pm, 2-2.30pm & 3-3.30pm

Meet Marjory from Wapping as she tells the story of a boy who creates a flourishing garden in a barren world in the midst of World War II. Based on the story by *Michael Foreman*. Suggested ages: 5+ FREE

Woven creations

Sun 25 Oct, 12-1.30pm & 2.30-4pm

Make your own woven artwork and learn how to finger weave in this crafting workshop. Suggested ages: 5+ FREE

World War II sing-a-long

Mon 26 Oct & Thu 29 Oct, 12-12.30pm, 2-2.30pm & 3-3.30pm

Explore the stories behind some of the most famous songs of World War II and perform them at this interactive storytelling session. Suggested ages: 5+FREE

London's landmarks recycled

Tue 27 Oct, 12-1.30pm & 2.30-4pm

Think you know London's landmarks? Get greener and explore these icons in a recycled art workshop. Suggested ages: 5+FREE

Wartime recipes

Wed 28 Oct, 12-1.30pm & 2.30-4pm

The war affected many aspects of life for people during World War II, even the food people ate. Learn about rationing and wartime recipes and create a ration book to take home. Suggested ages: 5+FREE

World War II playtime stories

Wed 28 Oct, 12-12.30pm, 2-2.30pm & 3-3.30pm

World War II changed everyone's lives, including children. Discover how playtime was reinvented during the war and how children made do with what was available. Suggested ages: 5+ FREE

Peg dolls

Thu 29 Oct, 12-1.30pm & 2.30-4pm

Many poor children in Victorian London could not afford to buy toys. Instead they would make their own from materials they found. Get crafty in this art workshop and make your very own peg doll like those made by Londoners in the past. Suggested ages: 5+ FREE

Soap and suds

Fri 30 Oct, 12-1.30pm & 2.30-4pm

Learn how many families in the past made their own soaps using what was on hand and create a wash bar to take home Suggested ages: 5+FREE

Textured textiles

Sat 31 Oct, 12-1.30pm & 2.30-4pm

Learn about old fashioned thrift by making your own cloth squares from felt and fabric scraps just as many Londoners would have done in the past. Suggested ages: 5+FREE

Under 5s at the Museum of London Docklands

Mini mudlarks babies group Mondays 12.45–1.45pm

Learn, play and explore together every Monday during term-time. This session is for babies (aged 6 months-walking) and their carers and includes sensory, hands-on and play based activities for you and your baby to enjoy together. 6 months-walking FREE

020 7001 9844

from 11am on the Friday before the session to book. Max of one adult per child.

Little mudlarks toddlers group

Mondays 10-10.45am & 11-11.45am

Learn, play and explore together every Monday during term-time in this fun, hands-on and creative session for toddlers (walkers - 5 years) and carers. Explore our Mudlarks gallery and soft play area then join one of our members of staff for a fun-filled interactive workshop Suggested ages: 1-5 FREE

020 7001 9844

from 11am on the Friday before the session to book. Max of one adult per child.

Under 5s storytime

Thursdays 3-3.30pm throughout **Sep and October**

Interactive story, told using puppets, museum objects and music - then come and play in Mudlarks Children's Gallery if you have energy to spare! Suggested ages: 1-5 FREE

Music and movement

Tue 22 Sep, Tue 20 Oct & Tue 17 Nov, 10-11am & 11am – 12pm.

Monthly music and movement session then come and play in *Mudlarks* afterwards! This session is for children and their parents and carers. Younger siblings are welcome.

Classified £1 per word
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Old Operating Theatre Museum & Herb Garret

Thursday October 15th 6.30 for 7pm *Vitriol and Lethion and ether frolics and medicine*

In association with **Ether Day**

Ether was most famously used in Boston on 16 October 1846 by dentist William Morton.

He succeeded in his public demonstration of using a substance he called lethion to eliminate pain, previously a necessary part of dentistry or surgery. Anaesthesia was used at the *Old Operating Theatre* from 1847, after news of the invention had reached England.

But this is not where the story of ether begins. From Valerius Cordus first description of producing Sweet Oil of Vitriol in 1540 it took 300 years to explore its full potential for medicine:

Anaesthesia. (Ladies and Gentlemen), this Yankee Dodge is beating Mesmerism hollow! Robert Liston Tickets £8.00, £6.00

Eventbrite **www.eventbrite.com/e/vitriol-and-lethion-ether-frolics-and-medicine-tickets18133767587**

Saturday October 31st 6.30pm for 7pm *The First Vampyre. Lord Byron's Physician Dr Polidori*

The manner of Frankenstein conception is not unknown, but the other gothic figure to emerge from that evening of writing ghost stories at the Villa Diodati by Lake Geneva is more obscure In this illustrated lecture, speakers **Dr Ruth Richardson** and **Professor Brian Hurwitz** trace the life of this young doctor before that fateful night, and follow through to his tragic death and literary afterlife. Tickets £8.00, £6.00 **www.eventbrite.com/e/the-first-vampyre-lord-byrons-physician-dr-polidori-tickets-18278779321**

Tuesday November 3rd 6.30pm for 7pm **VIRTUAL AUTOPSY : DEATH OF A KING**

The remains of Richard III were discovered in a Leicester car park in 2012 and recently reinterred in Leicester Cathedral. Forensic tests identified the body as Richard beyond reasonable doubt . Pathologist Dr Suzy Lishman relates how this conclusion was reached and discover what a modern-day post mortem examination might have uncovered. Tickets £8.00, £6.00 **www.eventbrite.com/e/virtual-autopsy-death-of-a-king-tickets-18278498481**

9a St. Thomas Street SE1 9RY

Rugby World Cup

18 Sep to 31 October

The ethos of **Respect, Teamwork, Fun, and Sportsmanship**, attracts families to rugby, and teaches players great self discipline as well as fitness advantages. Clubs tour and many players amateur and professional will tell of playing all over the world. The social side and lifelong friendships formed are legendary.

Many clubs have events to welcome new and returning players to enjoy the atmosphere and fun around RWCup.

Old Emanuel RFC in Southwest London had a successful **OPEN Day** and is following it up with a **Whole**

Club RWC Welcome Party on Saturday 10 October. There are adult matches at the club that day and all are staying to watch England vs Uruguay that evening on TV. An area in the tea rooms projection TV is set up for the younger viewers while a similar set up in the bar, ensures it is a family occasion. There will be some free food and soft drinks, but supplies are limited they would like to know numbers If you wish to go along and bring children please contact :

emanuelliions@gmail.com

The minis and juniors train and play on Sunday mornings. Please contact if interested in the club at all. **www.emanuelrugby.co.uk**

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For more than 30 years, Primigi shoes have been the preferred children's footwear of Italian mums. From their first steps to school, Primigi accompanies kids throughout their growth with attractive, innovative and reliable shoes. The experience of a large group, modern technologies, the careful selection of high-quality materials and Italian style come together to create specific products that satisfy all childhood needs. Thanks to its extremely vast range, Primigi offers the right product for every situation, including GORE-TEX® shoes, Primigi Sport shoes (for the most extreme sport, growing up!), and Primigi Girls shoes for the fashion-conscious Tween.