



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 unnece

Some Orthodontists mislead patients, saying that extractions can be avoided although the traditional methods they use leave too little room, risking severe damage to the face. It is wise to explore the internet yourself, many sites make great claims and show beautiful faces but very few show good results before and after treatment. Even the media is scared of disclosing this scandal.

There is another way.

Take a second opinion now. Nine years old may be too late.

ORTHOTROPICS

The alternative to orthodontics with extractions and surgery.

Orthodontics usually requires the extraction of 4 to 8 sound teeth although this is frequently denied

Emily was treated by natural methods. No extractions. No 'Train Tracks' No retainers.

Research shows Orthotropics can get much better results than 'Train Tracks'







When experts disagree, where do you go for answers?

www Orthotropics.com

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

Look forward to the summer with Guildford Summer Festival 12 June to 12 August 2016

Guildford Summer Festival returns for its 33rd year bigger than ever before with over 100 different events to pick from. Now regular family favourites such as the Guildford Festival Craft Fair, Farmers' Markets, Guildford Cricket Festival, Guildford Lions Raft Race, Drama in the Castle Grounds, and classical concerts all return for summer 2016. There will be a whole host of theatre, sport, art. music, walks, heritage, tours and days out to keep visitors and residents busy over the summer and this year the brochure has sections dedicated to celebrations for the Queen's 90th Birthday, and Guildford's first Alan Turing Celebration. The Guildford Town Guides offer their free guided walks around the town exploring its history and every nook and cranny. Their immensely popular Alan Turing walks are back, and included in the Alan Turing Celebrations. As always Arts and Heritage, events are in abundance with the annual Guildford Arts exhibition at the Mill Studio, Watts Gallery and Guildford House Gallery.

For those who prefer their theatre indoors will not be disappointed. G Live, The Yvonne Arnaud Theatre and the Back Room of the Star

play host to a variety of shows and Guildford Fringe Festival arrives in town in July across several venues.

There are plenty of opportunities to get fit this summer -the Round the Hogs Back Cycle Tour is designed for all ages and a perfect way to get fit or keep fit!. For those who would rather watch sport than participate head for the Cricket Festival!

Local ale is celebrated at the Guildford Beer Festival at the Cricket Ground and there are plenty of opportunities to listen to live music while taking a glass! This year, many of the events are completely free to attend so grab a brochure and see what takes your fancy? With so much to choose from there is something for everyone.

Guildford Summer Festival runs across the borough from 12 June to 12 August 2016. Brochures are available to collect from Guildford Tourist Information

Centre, The Electric Theatre, and other distribution points around the borough. Tickets for most events are on sale now. For full details, sign up to the mailing list and receive weekly reminders of events throughout the festival. Alternatively, visit

www. guildfordsummerfestival. co.uk

or visit the Guildford Summer Festival facebook page



Painshill Pooch Day

A fabulous day out for dog lovers, families and four-legged friends. Prepare to be wowed with displays which show the incredible bond between man and dog. Includes the famous Richard Curtis who will be performing his K9 Freestyle dog display, Southern Golden Retriever Society's Display Team, Agility Display by Scrambles Dog Training

School and Shambles Fly Ball Display. Special guest 'Bilbo Baggins' Pets as Therapy Dog of the Year, Crufts 2016. The main arena is supported by Henderson Keywood Vets, Cobham.

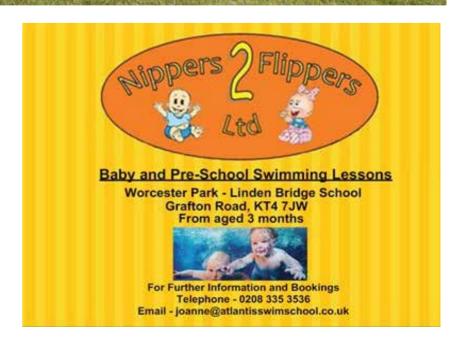
Enter the fun dog show (entry fees apply) and enjoy the retail area selling luxury dog products. Dogs must remain on a short lead.

Wild Summer Camp 25th-29th July, 1st-5th Aug, 8th-12th Aug 9am – 4.30pm £40 per day or £170 for 5 days Advance booking required.

01932 868113 www.painshill.co.uk

Have a wild time this summer, with den building, woodland craft and campfires. Fantastic outdoor fun (for children aged 8 to 13 years).





Get Happy in Hyde Park this Summer:

Discovery Days
3, 4, 10, 11, 17 & 24 August:
11.00am – 3.00pm. FREE.
Book online now or drop in!
Drop in any time between
11am and 3pm to take park in a host of exciting activities, uncovering and discovering the magic of nature.
Each day is themed with activities including pond dipping, bug hunting, following nature trails and getting creative, all supervised by experienced and enthusiastic

education team who are keen to share their expertise.

Walking Tours - Peter Pan

Friday 5 & 12 August 2016:
11.00am – 12.30pm. £5.
Book online now
Experience the magic that inspired J.M. Barrie to write
Peter Pan plays and stories.
Find out how Peter made his perilous journey from Bird
Island in the Serpentine to the magical shores of the Long
Water - children can even have a go at crafting their own

miniature clay vessel. There'll be plenty of surprising and magical activities to delight as they walk!

Walkers are encouraged to dress up, feel the magic and get in the mood as we look at Bird Island, Peter Pan's statue – and avoid Captain Hook!
Walking Tours - Bat Walk
Fri 5 Aug 8.45 – 10.15pm. £5.
Fri 26 Aug 8.15 – 9.45pm. £5.
Book online now
Using a bat detector, which makes bat's echo-location calls

audible to the human ear, you'll discover and see the different bat species which make *Hyde Park* their home. Guided by resident expert you'll learn all about the fascinating world of bats - separating bat fact from bat fiction!

Owl calls may add to the atmosphere and perhaps a curious fox will cross the path. *Sunset Safari*

Thur 18 & 25 August 2016: 7.30pm – 9.30pm. £12. Book online

Get the family wrapped up and join around the campfire in the private gardens in the heart of *Hyde Park*. Fuel yourself with a delicious campfire snack whilst learning fascinating facts about the nocturnal wildlife that call *Hyde Park* home.

Use bat detectors to listen into their secret calls and learn how to identify species.

On returning you'll get the chance to investigate the moth traps set up earlier to discover the amazing variety of moths that visit us at night.

Children Only Events
Nature Explorers
Tuesday 2 & 23 August 2016:
10.00am – 3.00pm. £15.

r 8 – 11 year old an active, fun, outdoor experience during the holidays. Drop them off at our Education Centre in the heart of Hyde Park for a full day of guided outdoor games and activities.

www.royalparks.org.uk

Wandsworth Festival

Come and enjoy the 7th annual FREE Get Active Wandsworth Festival taking place on Saturday 9th July 2016 at King George's Park, Wandsworth, SW18 4AZ.

The park will be packed full of great free activities for people of all ages to get involved in. There's so much for the kids to do with bouncy castles, fair ground rides, face painting, taster sessions with sports coaches and the list goes on. That's just for the kids, yoga and thai chi classes will be on show for those adults who fancy relieving a bit of stress, and the competitive adults can embrace their inner child

and race the kids to the top of the giant climbing wall. Free NHS health checks are also available. Last summer, with over 10,000 people expected to attend this great event, it should certainly be a must-see in your diary.

If you'd like to find out anymore information

active@enablelc.org 020 8871 8154

Come down; enjoy the day and most importantly *GET ACTIVE!*

www.twitter.com/activewands #GAWF2016

www.facebook.com/ activewandsworth www.enablelc.org/active





GET ACTIVE WANDSWORTH FESTIVAL

Saturday 9 July 2016 • 12-5pm • King George's Park, SW18



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







Don't miss the Ideal Gnome Show at Hampton Court Palace

23 July – 2 October 16 Look out for some unusual additions in the grounds of Hampton Court Palace. A year-long celebration of its world famous gardens, 15 very special gnomes will be popping up around the estate from July, revealing hidden secrets to the intrepid explorers who can find them. Designed and created by a range of local community groups, these aren't your typical common garden gnomes! From the whimsy of the maze, to the Privy Garden's

formal Baroque topiary, each will reflect a unique aspect of the remarkable landscape around the palace, which spans centuries of fascinating history. It's a little known fact, but Hampton Court Palace can lay claim to be the home of the English gnome. The first time the word gnome ever appeared in English was in Alexander Pope's epic poem - 'The Rape of the Lock.' Set at Hampton Court, the poem features a gnome named Umbriel. Given a voice by actor Stephen

Mangan, Umbriel will reappear in various guises in throughout the summer, recounting tales from the palace's past.

Discover the tale of the 'little gentleman in black velvet' (a mole!) who burrowed up from the ground and unhorsed King William III, and find out what weird and wonderful objects have been left in the maze since the seventeenth century. (including a few champagne flutes, shoes and a periwig!).

www.hrp.org.uk



Maths & English tuition for ages 6 - 16 by **FULLY QUALIFIED** teachers at our Surbiton centre KT6 4QZ Call 0203 004 9444 for a FREE assessment learnittuition.com

Until September 2016

- •Stand out shows include comic adventure, Air Play, which features incredible visual spectacles such as a giant snow globe, and a dance extravaganza showcasing the talents of ZooNation Youth Company.
- •Outdoor fun takes the shape of a pop-up CopaCABANA Beach, the return of Jeppe Hein's ever-popular Appearing Rooms fountain, and, this year, his witty twist on the park bench and much more.
- •A range of workshops and activities for the whole family, from toddler singing and dance Pram Jam sessions, to a Meltdown Circus Day with professional slack rope walker and juggler Stefano Di Renzo teaching his tricks.

Southbank Centre

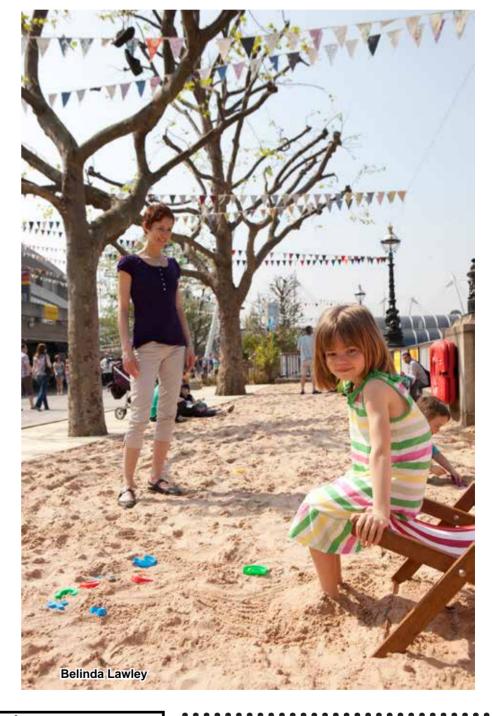
•Urban returns this summer with free activities for all ages, including a young DJ showcase and a hip-hop terrace party.

This summer, Southbank Centre plays host to a wealth of family-friendly activities, including music, dance, performance, workshops and lots of outdoor fun. Families can play in the sand at the riverside popup CopaCABANA Beach, dodge the jets of Jeppe Hein's Appearing Rooms fountain and grab some delicious street food from one of the many pop-up eateries, before taking in one of the season's spectacular shows. Many of the events - over half of which are free - are part of Festival of Love, which returns to Southbank Centre with a packed programme including the epic Big Wedding Weekend.

The festival includes the UK premiere of Air Play, a humorous show featuring an impressive display of flying umbrellas, giant balloons, kites that float over the audience and a mammoth snow globe. Another family highlight is a dance performance which showcases the talents of ZooNation Youth Company. Among the diverse activities and workshops on offer this summer are dragon making, skateboarding lessons, graffiti knitting and modern family fairvtales.

Here are the highlights of Southbank Centre's Summer 2016 programme of family activities. Meltdown

www.southbankcentre.co.uk/





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 Ashtead/Leatherhead

Epsom College

For more info contact Colin on 01372 739600

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Waffrons Farm, Woodstock Lane South, Chessington, Surrey

A Friendly, Family Run Riding School

- **BHS Qualified Instructors**
 - All weather sandschool 9
- All ages & abilites **Pony Days**
- Lessons & Hacks ♦ Holiday Fun Woodland Walk

020 8398 0822

Battersea Park Children's Zoo

There's always something magical going on during the school holidays at *Battersea Park Children's Zoo*.

Children will love watching the charming meerkats from the secret look out tunnel, or admiring the cheeky capuchin and Bolivian squirrel monkeys swinging from the branches in their enclosure. The Asian short-clawed otters love a splash in their pool while emus Ant and Dec look down on visitors through their beautiful long lashes.

In the *Barley Mow Farm* the children can get to know miniature Shetland pony Feather, rabbits Charlie and Dexter, or Kune Kune pigs Wiggle and Piggle, while elsewhere the wallabies, donkeys, chickens, ring-tailed

lemurs, tamarin monkeys, agouti, mara and Scottish wildcats are a delight to watch. In the *Mouse House* you can see the tiny harvest mice scuttling about, as well as giant African land snails, bearded dragons, box turtles and snakes. There are a variety of lovely birds to admire too, including lovebirds, zebra finches, Indian runner ducks and African grey parrots.

Battersea Park Children's

Zoo is now offering keeper experiences for children and adults as well as the popular children's parties, group visits, adoptions, feeding sessions and keeper talks from our friendly and knowledgeable staff. Find out dates and times for the summer events at

www.batterseaparkzoo.co.uk

Tues July 26th Rabbit Day Story and meet a rabbit
Thurs July 28th Hedgehog Day The PTES
Tues Aug 2nd Bug Day Meet some creepy crawlies.
Thurs Aug 4th Mouse Day - Mouse Story Time Tues
Aug 9th Snake Day Snake Story Time @
Thurs August 11th Lizard + Tortoise Day
SAT August 13th Cotton Top Tamarin Day
Animal Story Time Days

16th Aug- Guinea Pig Story18th Aug Hedgehog Story
23rd Aug - Ferret Story 25th August - Rabbit Story
See website for details



Hello London, Hello Barbados Hello London, Hello Barbados



Museum of London Docklands

Sat13 – Sun 14 August 2016 FREE 12 – 4pm

On Saturday 13 and Sunday 14 August, the Museum of London Docklands is bringing the Caribbean to Canary Wharf. Celebrating 50 years of Bajan independence, this family weekend festival has something for everyone taking its take inspiration from the Bajan festival 'Crop Over'. The museum has lots of exciting performances and workshops on offer, including traditional and modern music, dance, crafts and storytelling.

The museum will also welcome winners of the annual *National Independence* Festival of Creative Arts, a talent competition held in Barbados every year. These performers will be showcasing traditional Bajan culture by entertaining audiences with a lively show of music and dance. They will also be running interactive workshops in costuming, poetry and dance for the whole family to get involved with.

Alongside these shows, local community groups will create a temporary exhibition that explores the similarities and contrasts between life in Barbados and London. The exhibition will feature objects and photographs collected from Barbados together with the memories and thoughts of the local Caribbean community in London.

Aisling Serrant, Family Festival Coordinator at the *Museum of London Docklands*, said: "We are delighted to welcome performers all the way from Barbados for our special weekend family festival celebration."

www.museumoflondon. org.uk/museum-londondocklands

Landmark Arts Centre

Tues 2 – Thurs 4 August 10.30am – 12.30pm A three day workshop with *Ace Art* for young people 8 – 14 years. Explore the art skills of sketching, collage, painting and 3D construction to create your own sculpture portraits. *Ace Art* £39 including aterials. 020 8977 7558 info@landmarkartscentre.org

Fun at Squire's Garden Centres

"Create & Grow" Summer Holiday Fun 25th July – 31st August 2016 (Mondays & Wednesdays*) 10am – 4pm All Squire's Garden Centres (except Chertsey)

Squire's Garden Centres are running their ever-popular "Create & Grow" activities for children in the Summer Holidays every Monday and Wednesday (Wednesdays at selected centres*) from 25th July – 31st August. Come along and join in the fun painting, decorating and planting. There's no need to book, simply turn up on the day from 10am-4pm.

25th & 27th July

Decorate a pair of bug suncatcher wind chimes (£5) Create a colourful pair of bug suncatcher wind chimes to brighten up your room.

1st & 3rd August

Plant and decorate a strawberry pot (£5.75)

Grow your own delicious, succulent strawberries in your own personalised glittery terracotta pot. All you need is a splash of creativity, water, sunlight and a little love.

www.squiresgardencentres.







The Tiger Who Came to Tea SAT 6 AUGUST – SUN 4 SEPTEMBER 2016

Cadogan Hall, London

The Tiger Who Came to Tea roars into Chelsea this summer in the truly magical Olivier Award nominated West End production opening at Cadogan Hall on Saturday 6 August 2016 and running through to Sunday 4 September 2016. Adapted and directed by David Wood OBE, Judith Kerr's ever popular tale The Tiger Who Came to Tea is the ideal introduction to theatre for children aged three plus and the perfect summer treat for the

whole family.

When Sophie and her Mummy welcome the hungry Tiger to tea, he proceeds to eat all the sandwiches, buns, biscuits and more. He even manages to drink all the water in the tap! What will Sophie's Daddy say when he gets home? Join the Tiger, Sophie and her Mummy and Daddy, in this musical slice of teatime mayhem with sing-a-long songs, oodles of magic and interactive fun.

David Wood is undisputedly the country's leading writer and director of plays and musicals for children, whose many successes include: The Gingerbread Man, Guess How Much I Love You, eight Roald Dahl adaptations including West End hits The BFG, The Witches and George's Marvellous Medicine; and Goodnight Mister Tom.

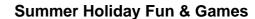
The doorbell rings just as Sophie and her Mummy are sitting down to tea. Who could it possibly be?

What they certainly don't expect to see at the door is a big furry, stripy tiger!

A musical play adapted and directed by David Wood, based

on the much loved book by Judith Kerr, designed by Susie Caulcutt, movement director Emma Clayton and Music Arranger / Supervisor Peter Pontzen, starring Abbey Norman (Sophie), Ashley Tucker (Mummy), Benjamin Wells (Daddy/ Milkman/Postman/Tiger), Stephanie Summers (Understudy/Wardrobe) and Thomas O'Connell (Understudy/ASM).

Watch the trailer at www.
thetigerwhocametotealive.
com



Kent Life Heritage Farm Park, near Maidstone, has unveiled a packed programme of summer holiday activities and events, including a visit by children's favourite The Gruffalo and the attraction's first-ever Ice Cream Festival.

Six weeks of fun on the farm kick off on **July 23** with a fortnight of themed *Nature Explorers*. Check out the award-winning attraction's nature trails, take part in animal activities and visit *Kent Life*'s farmyard friends.

Come along on **July 31** and see *The Gruffalo*, hear his story and meet the owls and mice he encounters on his way.

Young and old alike can discover their creative side between **August 8 and 21** with the **Creative Crafters**, when there will be plenty of crafty activities including a visit to the **Paint-a-Pot Studio**.

From August 22 to Sept 4, it's summer holiday camp time featuring traditional games and races. Enjoy some seaside fun at the sandpit and build a sand castle, or sit back and watch the *Punch and Judy Show.* Then on August 29, *Kent Life* hosts its first *Ice Cream Festival*, with ice cream vendors, chocolatiers and sweet stalls galore!

Why not head over to **Brundle's Big Top** and catch a show, including *Claws & Jaws*, *Flip the Clown, Kent Life Entertainers, Kent Owl Academy* and *Nick Spellman AnimalMan*.

Admission to *Kent Life* costs adults £9.50; children £7.50 (aged 3-15); concessions £8.50; family ticket (two adults and two children) £29.95.

Members and under-threes

FREE. Opening times: 10am to 6pm, last admission at 5pm.

Kent Life is the county's premier rural heritage experience, set in 28 acres of countryside. Visitors can wander through period dressed historic buildings in the charming Vintage Village; explore the beautiful gardens, orchard and one of the last hand-picked hop gardens in the country; ramble along the wildlife discovery trail and see the last working coal-fired oast house in Britain.

You can also now jump aboard the brand new land train for a tour of the gorgeous grounds or alternatively take a tractor ride.

The attraction is also a real working farm, so there are plenty of animals to see, including pigs, sheep, ducks, goats, alpacas, horses and ponies. You can even hold some of the smaller animals in **Cuddle Corner**.

Kent Life is in Lock Lane, Sandling, near Maidstone, just off junction 6 of the M20 or only an hour by train from London. For further information call

01622 763936 or visit

www.kentlife.org.uk

You can also follow Kent Life on *Twitter* **@Kent¬_Life**



Medieval Knights Descend On Arundel Castle

Medieval Joust and Tournament Week 26-31 July.

Medieval knights from up and down the country will take up arms and participate in the Tournament which will take place under the oldest part of the Castle, with a large tented encampment covering the American Lawns.

Visitors will be gripped by a series of powerful clashes using

a range of weaponry, including pole arm weapons, singlehanded swords and hand-and-ahalf swords.

Aside from the skirmishes, visitors will be able to enjoy beautiful ancient melodies performed by *Rough Musicke* and tales from years gone by re-enlivened by a 15th Century storyteller, as well as crafts showcases, cookery demonstrations and breathtaking falconry displays.

For younger visitors (8 years and older) there is also the opportunity to hone their bow and arrow skills, with have-ago archery sessions throughout the weekend.

Castle Manager Bryan
McDonald commented: "Each
year, the atmosphere during
the Medieval Tournament
is electrifying. With action
aplenty, and a very real 15th
Century ambience, there
could be no better way to

whet our visitors' appetites for the Medieval Joust and Tournament Week – the pinnacle of the events calendar. I very much look forward to seeing the action unfold at Arundel Castle over the coming weeks, I am certain that it will be as captivating as ever!"

Further information on the Castle and its 2016 event calendar can be found at

www.arundelcastle.org





Fabulous Roman Fashions Every Wednesday in August

Dress up as a Roman and learn all about Roman fashions for women and men including Roman soldiers! Make a fabulous "Roman" brooch and bracelet to take home. Sessions at 10.30am & 2.00pm. For up to 11 year olds. No booking needed. Children to be accompanied. Entry £4.00 per child, adult carer free.

01689 860939 crofton.roman.villa@gmail.

www.the-cka.fsnet.co.uk

Crofton Roman Villa, Orpington, BR6 8AF (adjacent railway station)

Monday 25th July

Pond-dipping (4 - 7 yrs) 10am – 12noon or 1.30pm – 3.30pm Cost: £7 per child Wed 27th and Fri 29th July Wed 3rd and Fri 5th August Wed 10th and Fri 12th Aug Wed 17th and Fri 19th Aug Wed 24th and Fri 26th Aug Trails and Tales (2 - 4 yrs) 10 – 11.30am 1.30pm 3pm £7 Mon 1st August Pirate Adventure (4 - 7 yrs)

10am - 12noon or 1.30pm -

3.30pm Cost: £7 per child

From Roman Villa
to Railway Station
Every Friday in August
The story of the Crofton
site from Roman villa times
through Saxon, Medieval,
Victorian station all the way to
1930's houses. Create a picture
for the special villa time-line

and make a history board game to take home!
10.30am & 2.00pm. Up to
13 year olds. Entry £4.00 per child, adult carer free.

01689 860939 crofton.roman.villa@gmail. com

www.the-cka.fsnet.co.uk

Gatton Park

Rainforest Art (4 - 7 yrs)10am - 12noon or 1.30pm 3.30pm Cost: £7 per child **Mon 8th August** Wizard Trail (4 - 7 vrs)10am - 12noon or 1.30pm -3.30pm Cost: £7 per child **Tues 9th August** All about Bees (4-7 yrs)10am - 12noon or 1.30pm -3.30pm Cost: £7 per child **Thurs 11th August** Wizard Challenge (8+ yrs) 10am - 12noon or 1.30pm -3.30pm Cost: £7 per child **Tues 16th August**

Bug Hunting (4 – 7 yrs)

10am – 12 noon or 1.30pm –

3.30pm Cost: £7 per child

Thurs 18th August

Bat Night (6+ years)

7pm – 9pm Cost: £7 per child

Mon 22th August

Junk Model - Space (4 – 7 yrs)

10am – 11.30am or 1.30pm –

3pm Cost: £7 per child

Thur 25th Aug

Art in the Landscape (8+ yrs)

10am – 12noon or 1.30pm –

3.30pm Cost: £7 per child

01737 649066

This summer, the astonishing and complete story of *The Historic Dockyard Chatham* is revealed and brought to life for the very first time, through brand new 'hands on' and engaging family friendly galleries and activities.

Families will discover two internationally significant archaeological discoveries in the brand new **Command of the Oceans galleries**; try their hand at dockyard trades of the early 1800s; and can let off steam in a brand new play area!

From 1st – 31st August, budding scientists can have

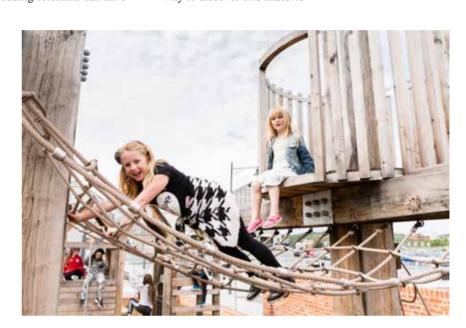
enormous fun in Doc. Yard's Time Travelling Techsplorers. Children can participate in a series of hands-on science experiments and an interactive show that features the best 18th Century science and inventions - but with a 21st century twist! Techsplorers will use potatoes to create electricity, measure time with pendulums and use the power of the wind before helping the *Doc* and *Bunsen* to travel backwards in time to meet King George III and the Royal Family.

The Captain's Cat's Mission Explore is an exciting new way to discover *The Historic*

Dockyard Chatham that puts younger visitors well and truly in the driving seat! Together with lots of fun missions to carry out, it also contains fun facts and a new illustrated map.

All of these new family friendly galleries and activities, together with a new exhibition 'Pole of Cold' which combines geography, adventure and art (13 August – 27 November), are included in the normal dockyard admission price, giving unlimited access for a

www.thedockyard.co.uk





Redefining the family practice

+richmond practice - private doctors' service since 2005

From one room at Roseneath Dental Surgery, to innovating a new approach to the way in which primary care is delivered in the UK - it cannot be denied that the +richmond practice team have come long wav.

Celebrating 11 years of redefining practice this autumn, the group continues to strive for excellence in every aspect of it's work, of which there are many. Their services include access to private GPs, paediatricians and gynaecologists, and they also work a multi-disciplinary team from shared premises. Many consultants are sonographers who are able to work onsite with the latest in ultrasound technology.

Paramount in the +richmond *practice* philosophy is ensuring that going to your doctor's appointment is hassle-free You can schedule a same-day appointment, request test

order repeat prescription telephone or the website. Patients can also enjov a multilingual service they will be attended to by the same doctor and be able to discuss their health in English, German, French, Italian or

results and

Founders Johanna and Sebastian Renz

richmond practice

PRIVATE DOCTORS' SERVICE

GP · Paediatrician · Gynaecologist

020 8940 5009 richmondpractice.co.uk

Spanish.

developed their business from Sebastian's vision of a 'Gruppenpraxis' or what is also called a polyclinic. Combining their knowledge of private healthcare in the USA,

Germany and South Africa with their experience with the NHS, the +richmond practice

The +richmond practice is a Care Ouality Commission and BUPA registered provider and was commended in the best professional service category by the Richmond Chamber of

020 8940 5009 www.Richmondpractice. co.uk



Commerce in 2012 and 2014.

19 Sheen Road, TW9 1AD

Primigi Footwear

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

Find out the collection on www.primigi.com

This red elegant Mary Jane is ideal for giving little ones the taste of a true fairy tale. The padded collar and the reinforced counter make walking more stable and comfortable right from her first

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



"Perfect for any occasion, this platinum coloured girl's combact boot has a double velcro closure and a rounded toe. Chic as well as comfortable thanks to the padded collar, the leather insole and the flexible sole that give the foot the perfect level

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



"Burgundy polish leather for this high-top sneaker with a double velcro closure. The light and flexible sole makes this sneaker perfect for fun, exuberant days. The metal parts are nickel-free to prevent allergic problems.'

Classic look for this ankle boot for boys made in brown leather with contrast stitchings and orange exposed elastics. It's perfect for great city adventures.



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

This *Primigi* light shoe for boys offers a vintage flair and extreme comfort.

The rounded toe, padded collar and the reinforced counter



"Stylish girl's combact boot made with trendy leopard printed patent and glitter materials. The perfect match for a super-fashion look. The removable insole and the chrome VI free lining are in leather, the metal parts are nickel-free, to prevent allergic problems.'



make walking more stable and comfortable right from his first

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

www.primigi.com



One hundred years of remembrance. One hundred and forty-one days of horror.

In recognition of the bravery and sacrifice of so many, Bourne Hall Museum commemorates the centenary of this momentous battle with various events throughout June and July.









St Lawrence College Holiday Camps

The St Lawrence College Holiday Camps are now into their 6th year providing funfilled and challenging sport and activity programmes which engage and excite children from Reception age to 15 years old. The camps are open to all children - everyone is welcome to come and join the fun!

The holiday camps offer a truly rounded experience through action-packed activities within a safe environment.

Children are able to challenge themselves whilst developing

child is different, tailored activity programmes are offered to delight and entertain whether your child is creative, adventurous or sporty - there is something to suit everyone.

To make all camp experiences successful, every child is included in each activity and

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

and finally, perform and create

www.vam.ac.uk/moc THE CLANGERS, BAGPUSS & CO.

Until-9 OCT 2016

The magical worlds of The Filmed in a barn in rural Kent, these characters brought new life to children's television. . The exhibition brings together the original puppets alongside archive footage, sets and storyboards, photos, scripts and filming equipment, all set in a playful recreation of Oliver and Peter's film studio. Visitors are also be able to watch films not seen for decades, including very early black and white versions of Ivor the Engine. Free

TALES

23 JULY 2016 - 8 JAN 2017 Tales is a series of twelve images by Hackney-based photographer Sonya Hurtado exploring the imaginary world of childhood. The photographs are set in the context of fairy tales and children's stories, with inspiration from surrealism, film, graffiti and other influences.

SUMMER ART CAMPS THE SECRET MUSEUM DIY FILM COLLECTIVE

MON 25 - FRI 29 JULY. MON 1 – FRI 5 AUGUST, 9.30 - 15.30

Children can attend workshops with artist Albert Potrony in which they will craft characters, design costumes, make life-size sets and props,

sound effects with their new characters, inspired by toys in the Museum.

MUSEUM OBJECTS COME TO LIFE

MON 25 – FRI 29 JULY, MON 1 – FRI 5 AUGUST,

9.30 - 15.30In these summer art camp

activities, artist Laura X Carlé will leading workshops in which children can create their own toy to play with, making large-scale copies of the untouchable objects from the Museum.

Two days £80 (Monday-Tuesday), three days £110 (Wednesday-Friday), or £150 for five days. 10% sibling discount

Suitable for ages 8-11. See www.vam.ac.uk/moc/events/ summer-camps-va-museumchildhood/

FAMILY EVENTS SUMMER FESTIVAL **SUNDAY 24 JULY,**

11.30 - 16.30

Live-entertainment, whatever the weather. The programme of events includes live music. dance and walk-about acts. There will also designer stalls and food on offer, face paints and henna, rickshaw rides and a variety of games and activities for children to join in with. Free.

ANIMATED! FAMILY FILM *FESTIVAL*

WEDS 27 JULY & 3, 10, 24 & 31 AUGUST, 10.00

Inspired by the Clangers, Bagpuss & Co exhibition, a series of innovative films, from the world oldest surviving animated feature film, The Adventures of Prince Achmed (1926), to France's visual masterpiece Kirikou and the Sorceress (1998). Before the screenings visitors can take part in film-related craft activities. £6.50 per person (under 3s free). For full programme

BACK-PACKS

Families can pick up an activity Back-Pack filled with jigsaws, stories and games to explore the collection. There are also packs available for families with children on the autistic spectrum.

www.vam.ac.uk/moc/events/

animated-family-film-festival/

Free., available every day 10.30 - 17.00, last pack given out at 16.00.

MUSEUM OF CHILDHOOD FREE ADMISSION

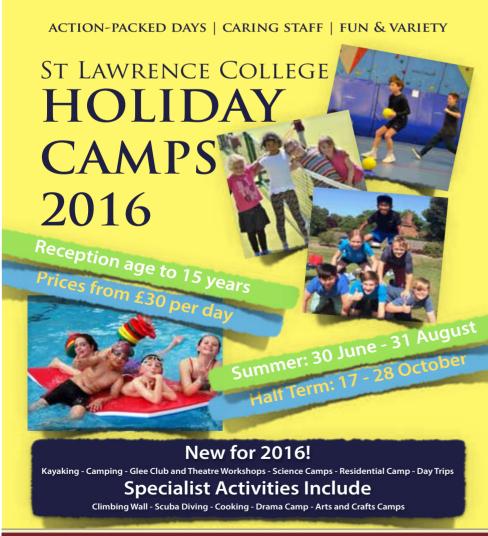
The V&A Museum of **Childhood** is open daily 10.00 17.45, last admission 17.30. The nearest underground station is Bethnal Green (Central Line).

For general information

020 8983 5200 www.vam.ac.uk/moc

For advance booking, email mocbookings@vam.ac.uk or call

020 8983 5205



For further information:

www.slcuk.com/Holiday-Camps T: 01843 572875 E: holidaycamps@slcuk.com

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National Maritime Museum

EXHIBITIONS & EVENTS Above and Beyond

A ground-breaking exhibition about the wonders of flight and mankind's remarkable journey to space. Created in collaboration with NASA, this exhibition hopes to inspire the next wave of engineers. pilots and astronauts by taking visitors on an exciting journey through the past, present and future of aerospace in the most interactive exhibition on the subject ever to tour. Packed full with immersive simulations, interactive design challenges and visionary concepts for the future, you can learn how to fly like a bird with Spread Your Wings, take an Elevator to Space and enjoy the view of Earth from above, or go on a Marathon to Mars and see how your body would cope on the long-haul trip to the red planet. Don't miss the last chance to see this inspiring exhibition.

Until 29 August 2016 10.00-17.00 £9.00 adult | £6.00 child

Jutland 1916: WWI's Greatest Sea Battle

As part of the National Maritime Museum's

commemoration of World War One, this exhibition marks the centenary of the largest naval battle of the conflict – the Battle of Jutland. Involving a total of 279 ships on 31 May 1916, the North Sea bore witness to 'Der Tag', a major clash between the British Grand Fleet and the German High Seas Fleet. Both sides suffered heavy losses in ships and men, but despite being the biggest naval surface engagement to date Jutland was one of the most keenly-felt disappointments of the war, with neither side achieving a decisive victory. Jutland 1916: WWI's Greatest Sea Battle takes visitors through the lead-up to the battle, the action during, and also uncovers stories of the aftermath, from the incredibly personal accounts of the sailors and their families, to the broader views of the nations and navies on either side of the conflict. Throughout August 10.00-17.00

Admission: Free

SPECIAL EVENTS The Nomad Open Air Cinema at the Queen's House

Nomad Cinema pops up on the picturesque lawns of the Queen's House. Ahead of the screenings, bring a picnic and enjoy an August sunset while listening to Royal Museums Greenwich's choir-in-residence. the London Oriana Choir.

book via

www.whereisthenomad.com Orlando (1992)

Based on Virginia Woolf's novel Orlando: A Biography, Tilda Swinton stars as the androgynous Orlando in 16th-century London. Commanded by Elizabeth I to never grow old, the film follows the character through centuries of British history as he experiences several lives, loves and gender-swaps along

11 August 2016 Gates open 19.15 Queen's House Lawns Admission: £20.00-35.00 PG

Marie Antoinette (2006)

Kirsten Dunst is Marie Antoinette in this tale of the rise and very dramatic fall of the wife of Louis XVI and the monarchy in the midst of the French revolution.

12 August 2016 Gates open 19.15 Queen's House Lawns £20.00-35.00 12A

INTERNATIONAL **SLAVERY** REMEMBRANCE DAY

The Haitian Revolution on 23 August 1791 was a major event in the abolition of the transatlantic slave trade. Talks, music and family activities exploring the experiences and hidden histories surrounding the trade in human lives. Commemorative ceremony along the river Thames from 3pm.

23 August 2016 11.00-17.00 Free Suitable for all ages

SUMMER HOLIDAY **EVENTS**

Polar Voyage! Follow in the snowy footsteps of arctic explorers as you head to the North Pole. Whilst vou're there, discover Inuit myths and legends and create vour own Inuit launcher.

25 July - 5 August 2016 Throughout the day Free Suitable for all ages

American Encounter!

Travel across the sea and back in time to when Europeans and Native Americans first met. Take part in performances and make gliding birds from Native American myth and legend. 8 - 19 August 2016 Throughout the day Free Suitable for all ages

Pacific Quest!

Fly to the beautiful Pacific islands and hear about the stories and traditions of the people that live there. Learn about their death-defying journeys across the seas and build a flyable Māori kite. 22 August – 2 September Throughout the day Free Suitable for all ages

Character Encounters

Meet a character from the past and take part in an exciting performance that will bring maritime history to life. 6, 13, 20, 27 August 2016 2.00 | 13.00 | 14.00 | 15.00 Sammy Ofer Wing, National Maritime Museum Free 6+

Discover Sundays

Be inspired by our maritime past and explore your personal connections to the sea. 7, 14, 21, 28 August 2016: 11.30-13.30 | 14.00-16.00 Free Suitable for all ages

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. **Every Tuesday** 10.30 | 11.30 | 13.00 | 14.00 Sammy Ofer Wing, £3.00 per child with an accompanying adult (Free for any accompanying siblings under 6 months) under 5s

Become the Greatest Explorer on The Great Map The Great Explorer is an interactive game for families. Take one of the tablet devices and set sail across The Great Map to explore distant lands.

> www.rmg.co.uk 020 8858 4422

Summer Holidays at *Imperial War Museums*

Families can embark on a voyage of discovery, as they learn how to become a member of a ship's crew and play Navy games on board HMS Belfast, build a model Second World War aircraft at IWM Duxford, draw their own animations at IWM London's art workshop.

NEW Ship Shape Saturdays: Navy Games HMS Belfast*

Sats in July; 11am – 4pm Learn how to become a member of the ship's crew. Find out how sailors of all ranks spent their leisure time playing the Royal Navy game of 'Uckers' - similar to Ludo. you'll soon pick up this game which is easy to learn, but harder to master.

Signals at Sea HMS Belfast*

Sats in August; 11am – 4pm Discover how the Royal Navy signal from ship to ship using lights, codes and flags. Experience and test out how top secret messages are sent so that only those who should know actually understand them.

Arts and Craft Activities

Art Workshop: Make a Moving Animation IWM London **Daily 25 July – 14** August; 11am-4pm Family art workshop which marks the 100th anniversary of the famous documentary film, The Battle of the Somme being released. Learn how to animate vour own drawings and create a unique spinning drawing

Build a B-29 Superfortress IWM Duxford* Tuesdays and Thursdays in August; 1pm and 3pm

to take home, based

century toy called a

on a popular 19th

Thaumatrope.

Open Studio: Craft sessions IWM North

Daily 1 - 31 August; 2 - 3.30 pm

Learn more about life on the Second World War home front. Be inspired by the creativity and ingenuity of people staying stylish on a shoestring during the Second World War and make your own craft items using a range of colourful materials.

Activities and Experiences The Lancaster Experience IWM Duxford* Wednesdays, Saturdays and

Suns; 23 July – 31 August; 11am - 3.30pm

Interpretative Sessions at 11am: 12pm; 1pm Peer inside the legendary

Second World War aircraft, the Lancaster bomber, to see what it was really like for the young men who fought and flew as part of a bomber crew.

Hear from a historic interpreter, dressed as a member of Bomber Command, to find out everything from the role of each of the crew members. to what they wore and the equipment and weapons they

used. Visitors will also find out about the famous Dambusters Raids and the development of the bouncing bomb.

Battle of Britain Object Handling Session IWM Duxford* Mondays and Fridays from **25 July – 29 August**; 12 – 3pm

Discover the story of the Battle of Britain, as you handle fascinating objects from IWM's collections including pilot's clothing and gas masks.

Storytelling: Evacuation and IWM North

Saturdays and Sundays in July: 10.30am

Daily 21 – 31 July; 10.30am

Learn about evacuation and Blitz as genuine and replica artefacts help to tell the true story of two children living through the Second World War.

www.iwm.org.uk/visits/iwmlondon

www.iwm.org.uk/hms-belfast

www.parents-news.co.uk This infomation plus much more online



Twitter: @parentsnewsuk





Cutty Sark

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

Enjoy the last of the superb comedians from the Pre-Edinburgh Comedy Festival Join Art Macabre on board for an evening of theatrical life drawing fun

FAMILY FUN WEEKENDS Pirate Takeover

A day of fearsome pirate activities, jaunty songs and hair-raising stories.

6 & 7 August Cutty Sark, Queen's House lawns (weather dependent) or the Colonnades 11.30-16.00 Suitable for all ages £15.00 adult | £7.50 child

Mythical Creatures

Take a look at some of the mythical sea creatures on ancient maps and create your own creature of the deep to take home with you. 16 & 17 August Sammy Ofer Gallery, Cutty Sark, 11.30-13.30 and 14.00-16.00 Suitable for all ages

Peek-a-boo portholes

Use see-through colours and shapes to create a mini porthole picture.

24 and 25 August Sammy Ofer Gallery, 11.30-13.30 and 14.00-16.00 all ages

SPECIAL EVENTS

Join Art Macabre for an evening of theatrical life drawing fun. Explore Cutty Sark's nautical adventures through sketch events, live performances, drawing games and more. All levels of drawing experience welcome.

13 August 2016

19.00 18yrs+ £25.00 adult (includes a shot of whiskey)

Summer Craft Activities at Cutty Sark

Crafty adventures. Create a creature of the deep, your own fishing game or a mini porthole

16, 17, 18, 23, 24, 25 Aug 2016 Sammy Ofer Gallery, 11.30-13.30 and 14.00-16.00 all ages

Magnetic Fish

all ages

One, two, three, four, five, once I caught a fish alive. Create your very own magnetic fishing game to find out who can catch the most fish on board. 18 and 23 August 2016 Sammy Ofer Gallery, 11.30-13.30 and 14.00-16.00

Cutty Sark, Characters

Hear 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, Cutty Sark, Suitable for ages 3+

GENERAL INFORMATION

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

Cutty Sark, is open 10.00 – 17.00, Monday – Sunday subject to change www.rmg.co.uk/cuttysark

Admission to Cutty Sark, is £13.50 for adults (£11.50 concessions) and £7.00 for children aged 5-15. Family tickets are priced at £24.00 (1 adult and 2 children) or £35.00 (2 adults and up to 2 children). Many of the events above are included in admission.

Bundled tickets are available with other Royal Museums Greenwich attractions.

Royal Museums Greenwich members receive free entry to Cutty Sark, among their membership benefits. Due to high demand tickets may be unavailable on the day to those who have not purchased their ticket in advance. Tickets can be purchased online at

www.rmg.co.uk/cuttysark or by calling the bookings line 020 8312 6608.

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

For details on National Maritime Museum and Royal Observatory Greenwich opening hours and admission

Classified £1 per word inc vat min 10 words Box - £40.00 inc vat £5 for colour. Cheque payable to Parents News, 10 The Manor Drive, Worcester Park Surrey, KT4 7LG Tel: 020 8337 6337 For a receipt send SAE.

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THE ROYAL OBSERVATORY **GREENWICH**

Watch cult films at London's only planetarium in the Silver Screen Sci-Fi season. This month's screening is 1999 film, Galaxy Ouest

Join the Daytime Sky Watch session and look at Venus through the iconic Great Equatorial Telescope Admission charges apply to planetarium shows, Flamsteed House and Meridian Courtyard, courses and some events – check for details. Entry into the *Astronomy*

SPECIAL EVENTS Galaxy Quest (1999)

Centre is free

Starring Tim Allen, Sigourney Weaver and the late Alan Rickman, Galaxy Quest is the story of the cast of a cancelled science fiction series who find themselves thrust into real space battles. Will the actors live up to their roles or are they simply has-beens? Following the movie there will be a talk from one of our astronomers on the science behind the film.

20 August 2016

Peter Harrison Planetarium, Royal Observatory Greenwich 18.00-20.15

Admission: £8.00 adult £7.00 concession |£6.00 child PG

Futures of Yesteryear Join Royal Observatory Astronomer, Brendan Owens, to find out what happened to the technological predictions of the past, from spacecraft driven by nuclear bombs to

spinning space stations and

11 August 2016 19.00-20.00

lunar colonies.

Peter Harrison Planetarium, £8.00 adult | £7.00 concession Age: Adult

Daytime Sky Watch: Venus

Look at Venus through the iconic Great Equatorial Telescope to find out more about this beautiful planet and its place in developing our understanding of the scale of the universe.

Weather dependent. In the event of cloudy weather, the talk will proceed as normal with unique footage of Venus taken through the telescope shown in place of observing. 22, 25, 26, 29 August 2016 15.50 | 16.30 | 17.10 | 17.50 Great Equatorial Building, Royal Observatory Greenwich £5.00 per ticket Age:7+

FAMILY EVENTS

Weekend Space Cadets Family workshops and activities related to space science and space exploration; from the International Space Station to the latest discoveries about the Solar System and the wider universe.

Weekends throughout August 12:45-16:15

Astronomy Centre, Free 7yrs+ www.rmg.co.uk or phone 020 8858 4422



visit the website www.rmg.co.uk ww.aquariusswimming.co.uk to download holiday course application form
AQUARIUS SWIMMING CLUB 01883 344662 – 01883 342270 Email info@aquariusswimming.co.uk **SUMMER HOLIDAY COURSES** starting at 9.00am and 9.30am LENGTHS AND BRONZE at 10.00-10.45am Established in 1979 and offering classes in Caterham, Warlingham, Oxted, Hurst Green



Dear Parents,

We are inviting all schools to organise their own 'My Marsden March' in aid of The Royal Marsden Cancer Charity. This is an easy to organise sponsored walk for your child's school that can take place anytime, anywhere. The school chooses a date, location and distance to suit themselves, and anyone from one or two classes to the whole school can take part. From short walks for younger children to longer hikes for older ones. My Marsden March is designed to be adaptable for schools.

It's also a great opportunity for pupils to have fun before and during the walk, for example by designing and making their own flags and banners, or decorating their outfits for the day.

I will help you make your school's *My Marsden March* a success by providing free t-shirts for teachers, pin badges for children, balloons, collection tins and posters to display around your school, like the one shown.

If you are feeling inspired and think your school might be interested in organising a *My Marsden March* or if you have any questions, please contact me on **Janet.Tobin@rmh.nhs.uk** or 020 8915 6105. You can also find out more at www.royalmarsden.org/schools-march.

We are fast approaching the end of the summer term but it may be a fundraising event your school could organise for the autumn!

I hope to hear from you soon. Janet Tobin

Registered Charity No. 1095197