

# PARENTS NEWS

March 2016 No. 204 The First & Foremost Local Monthly Newspaper for Families

1993 - 2016  
24th Successful Year  
Thank you

**FREE**

Photo: Todd Anderson  
[www.disneyworld.com](http://www.disneyworld.com)

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



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## What's On at Churchill War Rooms

**February – May 2016**

Step back in time and discover the secret underground headquarters that were the nerve centre of Britain's war effort. *Walk in Winston Churchill's footsteps*

through the extensive secret underground site from which he directed the war. Located in the heart of Westminster, visitors to **Churchill War Rooms** can view this complex of historic rooms left exactly as they were in 1945.

**The Churchill Museum** within **Churchill War Rooms** has a vast collection of objects, which explore the stories of Churchill's life and legacy. **Churchill War Rooms** will be taking part in *Disabled Access Day 2016*, on **12 March**.

Earpieces are available for the audioguides, and transcripts are available. Guide dogs and hearing dogs are also welcome. The gift shop has a range of books, posters, gifts and souvenirs for all ages. Private tours can be booked at **Churchill War Rooms** for most days of the year and make a unique gift. Hour-long tours are available for up to ten guests. Members go free to **Churchill War Rooms**.

**Disabled Access Day**  
**12 March 2016**

IWM is taking part in *Disabled Access Day 2016*, highlighting accessibility in their five museums. *IWM London, IWM North, IWM Duxford, Churchill War Rooms* and *HMS Belfast*.

Extra activities at some branches especially for **Disabled Awareness Day**. Check the *IWM* website and *Disabled Access Day* website for further information.

On Offer at **Churchill War Rooms**

New Café open, fully licensed, a great place to recover from the cold weather during a visit to **Churchill War Rooms**, with hot and cold food and drinks and seasonal specials. The Café offers a delicious range of dishes cooked on site by in-house chefs using fresh, seasonal ingredients. The daily menu includes British classics, fresh sandwiches and home baked cakes.

**IWM Membership**

*IWM* membership offers unlimited free entry to *HMS Belfast, Churchill War Rooms* and *IWM Duxford* and ticketed exhibitions, with benefits including discounts in our shops and cafés and access to exclusive events including curators' talks and tours of *IWM* collections after hours. To purchase membership, call **020 7416 5255** or visit the *IWM* website.

**Churchill War Rooms Shop**

Open 7 days a week  
9.30am – 6pm A wide range of books, DVDs and CDs, clothing and accessories, posters, souvenirs and gift ideas.

For the younger visitors they have an exciting range of games, toys and souvenirs as well as a selection of children's books.

**Churchill War Rooms Private Tours**

A private tour of **Churchill War Rooms** offers you an unparalleled opportunity to step back through history. The expert team can provide hour-long tours for up to ten guests, and can even take you behind the glass and into the *War Cabinet Room*. Further details can be found on the *IWM* website and to make a booking for yourself or as a gift, please call **Victoria Chan**  
**020 7766 1141**  
**vchan@iwm.org.uk**

Ongoing

**Undercover: Life in Churchill's Bunker**

Visitors can hear the first-hand accounts of those who worked in the **Churchill War Rooms** during the war.

Learn what life and conditions were like underground and experience the authenticity and emotional resonance of walking through the corridors where Churchill made history. Entry included in general admission price. Members go free.

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

## EASTER ACTIVITIES National Maritime Museum

**Sea Food!**

Fish and chips, scampi, cockles and mussels alive alive-oh! We get a lot of food from the sea, so get inspired and create your own fantastic pretend food.

**28 and 30 March 2016**

11.30-13.30 | 13.30-16.00  
*Sammy Ofer Wing*, Suitable for all ages  
Free

**Seaside Stand-Ins**

Become a pirate, a mermaid, a monster or a captain as you make a full-size carnival-style backdrop. All that's missing is your head!

**9 and 31 March 2016**

11.30-13.30 | 13.30-16.00  
*Sammy Ofer Wing*, Suitable for all ages  
Free

**WEEKLY FAMILY EVENTS**

**Explore Saturdays**

Meet a character from the past and take part in an exciting performance that will bring maritime history to life.

**5, 12, 19, 26 March 2016**

12.00 | 13.00 | 14.00 | 15.00  
*Sammy Ofer Wing*, 6yrs+  
Free

**Discover Sundays**

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

**6, 13, 20, 27 March 2016**

11.30-13.30 | 14.00-16.00  
Suitable for all ages  
Free

**Play Tuesdays**

Have fun with your family by exploring the Museum through crafts, music, dance and drama. Timed sessions: collect tickets from the admissions desk.

**1, 8, 15, 22, 29 March 2016**

10.30 | 11.30 | 13.00 | 14.00  
*Sammy Ofer Wing*, Suitable for under 5s  
Admission: £3.00 per child with an accompanying adult

**Become the Greatest Explorer on The Great Map**

An interactive game for families. Take one of the tablet devices and set sail across *The Great Map* to explore distant lands and discover treasures from all around the world.

Where will you visit and what will you find? Take a photo and share your adventure  
@NMMGreenwich #greatmap  
11.00-16.00

**The Great Map, National Maritime Museum**

Suitable for all ages  
Admission: Free

**GENERAL INFORMATION**

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

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

*The National Maritime Museum, Royal Observatory Greenwich* and *Cutty Sark* are open daily 10.00-17.00 (last admission 16.30). *Cutty Sark's* opening times may be subject to change, see website  
[www.rmg.co.uk/cuttysark](http://www.rmg.co.uk/cuttysark).

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

[www.rmg.co.uk/visit](http://www.rmg.co.uk/visit)

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## 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.



Emily age 8



Age 14

When experts disagree, where do you go for answers?

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

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

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



[John.mew@virgin.net](mailto:John.mew@virgin.net)

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

## Discover a magical world for under 11s.

A Family Festival of spectacular underground shows and activities.

**Time Out**  
London  
Top 10  
winter activities  
for kids 2015

**Festival Weekends**

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

**Parties**

6 February  
5 March

**FREE ENTRY**

2016

The Vaults  
SE1 7NN

[www.vaultfestival.com/mini-vault/](http://www.vaultfestival.com/mini-vault/)



## Easter Fun at Battersea Park Children's Zoo

**Easter Egg Trail 25th – 28th March** Some of the animals will have brightly coloured Easter eggs in their enclosures this Easter weekend; purchase a quiz sheet upon entry to help you work out who they are! Hand in your completed sheet to collect a prize. Cost £1.50 + usual entrance fee (includes prize)

**Good Friday 25th March** *Easter Egg shaped Animal Feeding.* At various **Feeding Times** this day children can help the zoo keepers to prepare the animals' feed in different egg shaped ways. Check the notice board upon entry for timings. Activity is free. Usual entrance fees apply.

**Spring Trail 29th March-10th April** Purchase a trail sheet and see how many signs of spring you can tick off as you go around the zoo. Claim your medal from the shop for being a mini explorer! Cost £1

**Rabbit Day Tues 29th March** Lots of Rabbit themed fun and a chance to meet and stroke a real one!

- Come and make a set of rabbit ears and complete the look with face painted whiskers! Drop in: 11am - 12.30pm & 1.30pm - 3.30pm Rabbit Story Time @ 11.15am & 1.30pm Meet a real rabbit @ 11.45am & 2.15pm Children MUST be accompanied by an adult. Activities are free. Usual entrance fees apply

Plant a seed pot & make a flower Collage. **Thurs 31st March** Children can come along and plant a little seed pot to take home and make a flower collage based on the flower the seeds should hopefully turn into! Cost £1 + usual entrance fee applies. Children MUST be accompanied by an adult.

**Hedgehog Days Tues 5th & Thurs 7th April** Lots of Hedgehog themed fun! *Hedgehog Story Time* at 11.45 + 2.15 Meet a Hedgehog at 12 + 2.30pm Hedgehog clay model Making. Drop in from 11-12.30 + 1.30-3.30pm Cost £1 Usual entrance fee applies. Children MUST be accompanied by an adult.

**020 7924 5826**  
[www.batterseaparkzoo.co.uk](http://www.batterseaparkzoo.co.uk)

## Emirates Spinnaker Tower,

**Easter Activities: Meet the Easter Bunny!**

Over the Easter weekend, from **Friday 25th to Monday 28th March**, equipped with delicious chocolate treats. Throughout the holidays, a family trail full of puzzles promises to keep children entertained as they navigate the viewing tower's three levels. Adult: £9.95 Concession: £8.95, Child: £7.95

**02392 857520**  
[www.spinnakertower.co.uk](http://www.spinnakertower.co.uk)  
Visitors to the 170 metre *Emirates Spinnaker Tower* travel to the first of its three viewing decks in a high-speed internal lift, reaching 100 metres above sea level in just 28 seconds. Prepare for the wow factor as stunning 350 degree views envelop visitors with views stretching out for up to 23 miles, out across Portsmouth harbour, the south coast and beyond. Those who are brave enough can test their nerve and venture across the glass floor *Sky Walk*, Gunwharf Quays, Portsmouth, Hampshire, PO1 3TT



## 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.

*How to choose the right shoe in every season?*

**Spring and Autumn**  
In the autumn and spring 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.

**Summer**  
*Before 2* years old, and especially when the child starts crawling, closed-toe sandals are perfect, with a high heel, to protect and support his foot.

*From 2 years* old and onward these more protective styles, which are good for when your child is involved in activities with greater movement, can be alternated with sandals that are more open at the toe and heel.

*At any age*, avoid clog styles, without a strap on the heel, because they fatigue the feet and hinder movement. Your child could easily lose them when moving around and trip.

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

Download the *PRIMIGI 'STEP BY STEP' Guide* on their website:

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





# Battersea Park Children's Zoo...

## who will you see?



From cheeky monkeys to leaping lemurs, noisy otters to snuffling coatis, who will you come face to face with?

PLUS our fun play area for kids of all ages!

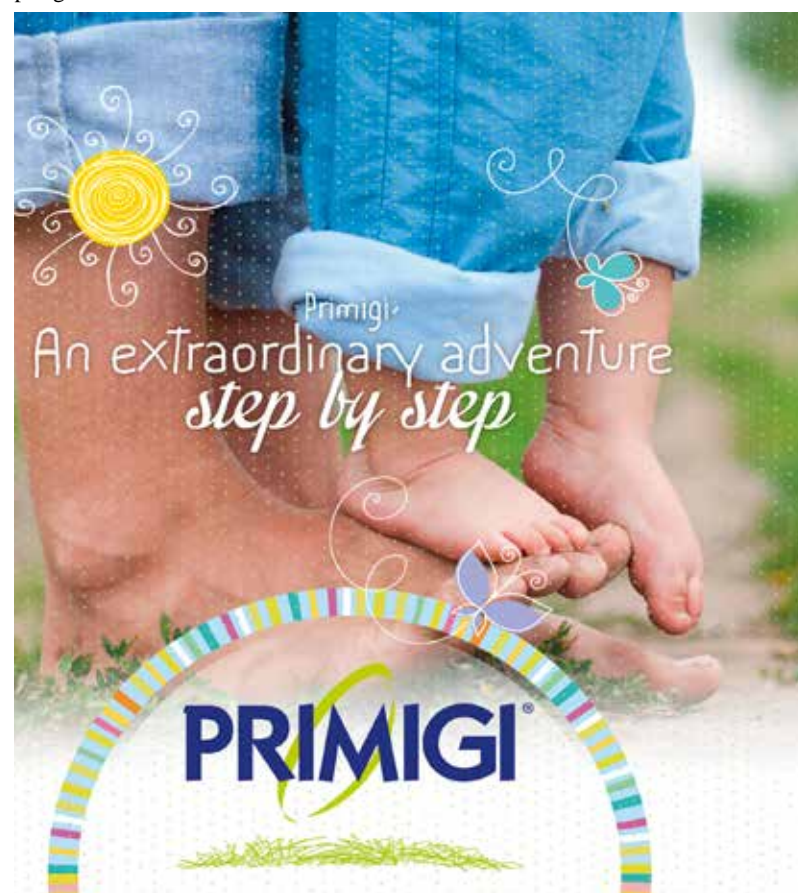
Visit our website

Tel: 020 7924 5826

Battersea Park, Chelsea Bridge Gate  
Battersea London SW11 4NJ

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

we're passionate about wildlife





## Easter Eggstravaganza at Blenheim Palace

**Blenheim Palace** has an excellent Easter weekend planned for all the family to enjoy from **25 – 28 March**, with lots of additional fun to be had over the entire Easter holidays.

On **Easter Sunday and Easter Monday** two very special characters will be visiting **Blenheim Palace**; *The Gruffalo* and *Tree Fu Tom*. *The Gruffalo*, from the popular children's

picture book, will be visiting the **Pleasure Gardens** for meet and greet sessions at intervals on each day. Children will also be able to see *Tree Fu Tom* in his mini show and learn Tree Fu Magic, there will be the opportunity to meet him too.

**Blenheim Palace's Pleasure Gardens** will also host a traditional Victorian fairground with a *Lighthouse Helter Skelter*, vintage car ride, chair

o'planes, mini swinging chairs and game stalls. Families can see *Punch & Judy Shows* as well as watch *Balloon Twisters*, take part in **Circus Skills Workshops**, admire Stilt-Walkers and have their faces painted over the four day celebration too.

To add to the excitement **Blenheim Palace's Easter Trail** will run for all four days, with chocolate bunny prizes on Good Friday and Saturday, as well as visits from the *Easter Bunny* himself throughout Easter Sunday and Monday.

Families can also stay entertained in **The Pleasure Gardens** with the permanent features, including the giant *Marlborough Hedge Maze*, *The Butterfly House* and the *Adventure Playground* throughout the holidays.

With plenty to entertain don't miss the family fun-filled Easter weekend at **Blenheim Palace 25 – 28 March**. The Gruffalo, Tree Fu Tom and the Easter Bunny at Blenheim Palace, with trails and a Victorian Fair Ground too!

Park & Gardens ticket required:  
Adult £14.90 /  
Child £6.90 (Age 5-16) /  
Concession £10.90 /  
Family £39.90  
(2 Adults & 2 Children)

For more information  
[www.blenheimpalace.com](http://www.blenheimpalace.com)

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fergus@  
parents-news.co.uk



## Natural History Museum Daily family activities

Enjoy 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.

### Dino Snores

Discover what really happens at the Museum when the staff and visitors have gone home. Stalk the corridors as night descends, join a torch-lit trail in the Dinosaurs gallery, watch an amazing live show by the scientists and snuggle down at midnight in the shadow of the *Diplodocus* skeleton in the Museum's *Hintze Hall*. Before the doors open to the public in the morning, ogle owls and marvel at meerkats in a spectacular live animal show.

**Dino Snores** is for children aged 7–11 years old.  
19 March, 18.45 (ends 9.30 the following day)  
£60 (£54 Members)  
**020 7942 5283**  
[www.nhm.ac.uk/dino-snores](http://www.nhm.ac.uk/dino-snores)

### Swimming Lessons



**Quality classes in small group**

**\*\* COME AND TRY A CLASS FREE \*\***

Lessons for:

Adults and Children from 2 yrs  
Non-swimmers -Improvers  
Advanced & SUPER Advanced

Classes held at:

Downsend School Ashted/Leatherhead  
Epsom College

For more info contact Colin on 01372 739600

### Old Barn Stables

Waffrons Farm, Woodstock Lane South, Chessington, Surrey

**A Friendly, Family Run Riding School**

❖ BHS Qualified Instructors ❖ All weather sandschool

❖ All ages & abilities ❖ Lessons & Hacks

❖ Pony Days ❖ Holiday Fun

Woodland Walk

For directions  
and info, call

**020 8398 0822**

## A PONY FOR YOUR THOUGHTS

A BRAND NEW FAMILY THEATRE SHOW BY TRYGVE WAKENSHAW & FRIENDS

Join Sheriff Bigbottom as he fights two villains and a stinky cat in the dustiest, most action packed cowboy show of the century!



13th - 14th Feb 2016

10:45AM & 12:30PM

FOUR SHOWS ONLY!

The Vaults, Waterloo

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

## The Marvellous Imaginary Menagerie

**Fri 25 March 2016**

Roll up; roll up, for the most 'magnificent', 'tremendous' and 'fantasticulous' experience in town! The caravan of curiosities and its crew of mysterious misfits have arrived to entertain, amuse and beguile you.

Ever wanted to count a Decapus's, legs? Or wondered what a Whistling Pank eats? Would you like to catch a glimpse of the fabled 'Massive Paw', or lick a Tresillian Toad? Or perhaps see a cow that looks like Brian May? Then you've come to the right place! **Dr Longitude** and his team of "experts" are here to guide you through a puppet-packed, ludicrously lyrical and magically musical tour of the **Imaginary Menagerie's** finest exhibits.

From the acclaimed creators of *Alice's Adventures Underground*, *The Trench*, and *Captain Flinn and the Pirate Dinosaurs*, **Les Enfants Terribles** tour with the silliest, funniest and most entertaining family shows to date - suitable for big kids and small grown-ups!

If *Roald Dahl* and *Tim Burton* had ever met and decided to open a travelling circus, the result might have been something close to **Les Enfants Terribles'** superb storybook world of **The Marvellous Imaginary Menagerie**.  
*Edinburgh Spotlight*  
A beautifully-realised, pacey

production performed with great panache  
*FEST*

**Les Enfants Terribles** create a visually striking and highly fantastical world of circus and carnival, where anything seems possible

**Total Theatre**

Presented by: *Les Enfants Terribles*  
Written by: Oliver Lansley and Anthony Spargo

Performance time: 2pm  
£13.50 (Children £11)  
(£12.50 & £10 tickets plus £1 booking fee)  
Family ticket (4 people) £40  
Suitable for ages: 6+

**Leaper**

**Mon 28 & Tue 29 March 16**  
Something fishy's going on! Although it sounds like a tale from a children's story, the reality is that fish are starting to disappear from our rivers and seas. *Why?*  
And how can one little girl help stop it?

**LEAPER: A FISH TALE**

follows one fish's magical quest against the ever-growing natural and man-made monsters in our seas. Using their signature blend of beautiful puppetry and mesmeric music, **Tucked In** explore the colourful and breathtaking world beneath the water's surface. Following Sam Rose in the *Shadows*, *The Golden Cowpat* and *Tim*

& *Light*, this promises to be **Tucked In**'s most ambitious show yet.

**Tucked In** are blessed with a fresh new vision  
*The Stage*  
Mon 1pm, 3.30pm;  
Tue 11am, 2pm  
£11 (Children £8.50)  
(£10, £7.50 tickets plus £1 booking fee)  
Suitable for ages: 4+

**Comedy Club 4 Kids**

**Thu 31 March 2016**  
Since 2005, the **Comedy Club 4 Kids** has been getting the best stand-ups and sketch acts from the international circuit to do their thing for an audience of children and their families... but without the rude bits!

It's just like a normal comedy club, but it's on in the day, kids are allowed in, and thus there is a higher than usual chance of heckles like "why is that your face!?"

A highlight for children... giving them a taste of some of the biggest names in comedy with the fun, rowdy feel of a real comedy club  
2pm  
£11 (Children £8.50)  
(£10 & £7.50 ticket plus £1 booking fee)

**020 8858 7755**

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



## FROM SPRINGS TO FALLS TO FROZEN, ORLANDO AWASH WITH 'A SWEET 16' OF NEW OPENINGS IN 2016

While *Orlando* has long been known as home to seven of the top theme parks in the world, *Disney*, *Universal* and *SeaWorld* constantly evolve each year with one-of-a-kind attractions, resorts and retail, dining and entertainment complexes.

### NEW IN 2016

• **Walt Disney World Resort** will complete a multi-year transformation of *Downtown Disney* into *Disney Springs*. Featuring an eclectic and contemporary mix from *Disney* and other noteworthy brands, this new expansion will double the number of shops, restaurants and other venues for guests to explore, to more than 150 establishments. The new area will include already announced restaurants: **The Edison**, **Frontera Fresca**, **Homecoming: Florida Kitchen and Southern Shine**, **STK** upscale steakhouse.

• **Universal Orlando Resort** "Skull Island: Reign of Kong" will honor one of the most monumental figures in movie history, King Kong. Guests will board large vehicles and explore ancient temple structures while encountering hostile natives and fending off unspeakable terrors.

• **SeaWorld Orlando** announced plans for **Mako**, a brand new 200-foot-tall coaster opening in summer. 73 mph as it races along 4,760 feet of steel track.

• **Universal Orlando Resort** and **Loews Hotels & Resorts** have announced plans to build the **Loews Sapphire Falls Resort**. 1,000 rooms and suites with a casual Caribbean theme, built around a lagoon and towering waterfall.

• **Epcot** guests will be able to visit the kingdom of Arendelle when the highly anticipated attraction "Frozen Ever After" opens in the *Norway*

*Pavilion*. The family adventure welcoming guests to the magical world of "Frozen".

• **On Soarin' Around the World** guests on board the popular Soarin' attraction will journey to far-flung lands and fly above some of the world's most unique natural landscapes.

• **Sunset Kilimanjaro Safaris**, at *Disney's Animal Kingdom* theme park will be extended for a new nighttime adventure.

• **"Rivers of Light"** will magically come to life on the natural stage of **Discovery River**.

• **"The LEGO® Movie™ 4D A New Adventure"** uses wind, water, smoke and special lighting effects.

• **Kennedy Space Center Visitor Complex** announced the addition of a new attraction, **Heroes and Legends**.

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

## Magic Kingdom,

*Magic Kingdom's* blue- and gold-turreted, 18-tower icon, *Cinderella Castle*, rises 189 feet above the park's 142 acres.

### Attractions

• **Main Street, U.S.A.** – City Hall, Main Street Vehicles, Main Street Chamber of Commerce (package pickup), Harmony Barber Shop, Town Square Theater, Main Street Bakery, Plaza Ice Cream Parlor, *Walt Disney World* Railroad, shops and emporiums.

• **Adventureland** – *Pirates of the Caribbean*, *Jungle Cruise*, *Swiss Family Treehouse*, *Walt Disney's Enchanted Tiki Room* and *The Magic Carpets of Aladdin*, *The Pirates League*, *A Pirate's Adventure – Treasures of the Seven Seas*.

• **Frontierland** – *Big Thunder Mountain Railroad*, *Splash Mountain*, *Country Bear Jamboree*, *Tom Sawyer Island*, *Walt Disney World Railroad*.

• **Liberty Square** – *Haunted Mansion*, *Liberty Square Riverboat*, *The Hall of Presidents*.

• **Fantasyland** – *Cinderella Castle*, "it's a small world," *Peter Pan's Flight*, *Mad Tea Party*, *Prince Charming Regal Carrousel*, *Fairytale Garden*, *The Many Adventures of Winnie the Pooh*, *Mickey's PhilharMagic* 3-D movie experience, *Walt Disney World Railroad*, *Dumbo, the Flying Elephant* in *Storybook Circus*, *Barnstormer Coaster*, the *Casey Jr. Splash 'N' Soak Station* water play area, *Fantasyland Train Station*, *Under the Sea – Journey of The Little Mermaid*, *Ariel's Grotto*, *Enchanted Tales with Belle*, *Princess Fairytale Hall*, and *Seven Dwarfs Mine Train*.

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

## Family Luxury In Mauritius

### The Travel Trove

If you dream of escaping to a tropical paradise with the kids this year, you'll find it hard to beat **Trou Aux Biches Resort & Spa** in **Mauritius**. Situated on the west coast you will experience spectacular sunsets, a shimmering lagoon and one of the best beaches on the island.

Luxury family suites offer spacious two-bedroom accommodation, or there are private villas available with their own pool, spacious decking area, barbeque and private garden.

There is a choice of six outstanding restaurants in the resort, offering an amazing array of cuisines, and you can opt for bed & breakfast, half-board or full-board plus meal options.

There are plenty of complimentary land and water sports on offer including water-skiing, windsurfing, sailing, glass-bottom boat trips, and floodlit tennis.

The renowned **Bob Marlin**

**Children's Club** offers an entertaining mix of fun to keep 3 to 12 year olds enthralled, and the high-tech **Teens' Club** is full of all the things teenagers love, including *Playstation* games, pool, table football and a host of fun outdoor activities too. So if you're looking for a luxury holiday in a blissful setting, with exemplary service and outstanding facilities this resort on the magical island of Mauritius could be for you. To book this or any other holiday, call **Janine** or **Paul** at **The Travel Trove** on **020 3598 6245** [www.thetraveltrove.co.uk](http://www.thetraveltrove.co.uk)

**The Travel Trove** offers your holiday packages and bespoke travel itineraries. All types of holidays corporate travel, groups, weddings and honeymoons. Customers are the cornerstone of the business and building trust and rapport is prerequisite in the delivery of that perfect journey. Excellent service every step of the way **020 3598 6245** [www.thetraveltrove.co.uk](http://www.thetraveltrove.co.uk)



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## Butlin's Just for Tots breaks just got a 'Teeny' bit better

**Butlin's** have expanded their tots offering for 2016 with an industry leading programme to delight the youngest of guests. 'Teeny Tots', which will feature on a number of 'Just for Tots' breaks throughout the year, has been designed especially for those under three in partnership with a number of expert parenting brands.

The breaks include sessions from baby swimming specialists *Puddle Ducks*, music and movement classes from *LittleMagicTrain™* and

post-natal fitness groups with *BuggyFit™*, as well as early dining times and repeated show schedules - so unsociable nap times need never get in the way of the fun again. What's more they can enjoy all the fun of the tot's fairground and *Splash Waterworld* included in the price of their break.

The addition will enhance the already-popular 'Just for Tots'

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





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

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

Besides following the Easter trail to hunt for Golden Bunnies, children can make their own Easter bonnet at daily craft workshops\* (\*small additional charge). There's an opportunity to parade their creation in the **Best Easter Bonnet** competition in front of the Castle each

day with treats for the winners. Enjoy more family fun with an Easter themed quiz in the Castle. Event supported by **Lindt** chocolate.

At this time of year, **Anne Boleyn's Orchard** is covered in a carpet of daffodils. Drifts of bright daffodils line the moat and river banks, while violas, wallflowers and hyacinths create a dazzling display in the Italian Garden.

A visit to the **Adventure Playground** is ideal for young children, while energetic families can venture out on the **Hever Lake Walk**. Then round off the day with seasonal home cooked

food and hot cross buns in the restaurant followed a visit to the **Gift Shop** stocked with Easter goodies including **Lindt** chocolate eggs and treats.

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

For further information and opening times please visit the website:

[www.hevercastle.co.uk](http://www.hevercastle.co.uk)  
or call Hever Castle on **01732 865224**



## Easter Through the Looking Glass:

25th March to 10th April 2016

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

Starting on the **25th March** and running through to the **10th April**, there will be Easter activities for all ages including an **Alice in Wonderland** themed trail across the estate for children. Hand in your completed trail card to receive a small chocolate prize. An additional charge of £1 per child applies.

From the **25th until the 28th**, there will be even more going on across the bank holiday weekend. Meet Alice and her friends as they pop up across the grounds of the Castle during your day. At 11am each day, children can join in the hunt for the **White Rabbit** in the **Woodland Walk**.

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



Leeds Castle Foundation

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

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

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

[www.leeds-castle.com](http://www.leeds-castle.com)

**Leeds Castle** is located near Maidstone in Kent just off Junction 8 of the M20 within easy reach of London. Grounds open at 10am daily and the Castle is open from 10.30am.

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## UNIQUE ISENSE CINEMA SCREEN AT ODEON ORPINGTON

Screen measures 15m wide by 6.2m tall, packing 4K projectors with 9m pixels for unparalleled detail

**ODEON Orpington** opens on **Friday February 26th**  
Just a handful of tickets are left for the first two days of opening, the public's last chance to enjoy top films for the special price of £2 each

Builders at Orpington's new ODEON cinema have been pictured putting the finishing touches to the cutting-edge cinema due to open just after March **PARENTS NEWS** is published.

The state-of-the-art **ISENSE** screen - one of only two in the UK - will take pride of place in a 276-seat **ISENSE** theatre, featuring floor-to-ceiling **Dolby ATMOS** sound.

The screen measures 15m x 6.2m, and is curved to maximise light reflection, packing state-of-the-art 4K digital projectors that deliver almost nine million pixels for an even clearer and more detailed picture.

Orpington's first cinema for 34 years will hold 959 seats across seven screens - and tickets are on-sale now.

[www.ODEON.co.uk/orpington](http://www.ODEON.co.uk/orpington)

Some of the biggest films to be shown in the brand-new cinema include *Goosebumps*, *Deadpool* and the upcoming *Batman vs Superman: Dawn of Justice*.

"We're less than two weeks away from opening the doors of our new cinema, and the team couldn't be more excited," said **Trevor Cavell**, General Manager at **ODEON Orpington**. "To bring cinema back to Orpington after three decades - on our cutting edge **ISENSE** screen - will be a truly unique experience for residents, and we look forward to welcoming as many local film fans ..."

Key features of the new cinema will include:  
 . 959 seats across seven screens  
 . Cutting-edge 276 seat **ISENSE** screen featuring **Dolby ATMOS** sound  
 . **ODEON Premiere** seating, as well as **ODEON's** sub-brands **ODEON Kids**, **ODEON Newbies**, **ODEON Silver Cinema** & **ODEON Screen Unseen**  
 . **Ben & Jerry's** ice cream  
 . Freshly-popped salted popcorn, **Make It Your Way** hot dogs, **Pick & Mix**, nachos and freshly-cooked lattice fries & chunky chips  
 . New made-to-order Italian pizza at the award-winning **Croma Pizza Point**  
 . Full range of alcoholic beverages and soft drinks

Some of the most anticipated films to be shown in the brand-new cinema include:  
 . *Grimsby*  
 . *Kung Fu Panda 3*  
 . *Hail, Caesar!*  
[www.ODEON.co.uk/orpington](http://www.ODEON.co.uk/orpington)

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# SHAKESPEARE WEEK

Join the national celebration

**Shakespeare Week 2016:**  
Free, Live and Interactive for every primary school in Britain  
[www.shakespeareweek.org.uk](http://www.shakespeareweek.org.uk)

**14-20 March 2016**  
@ShakespeareWeek / #ShakespeareWeek

More than 1.5 million children in primary schools across the UK are getting ready to take part in the biggest ever celebration of Shakespeare.

Led by the *Shakespeare Birthplace Trust*, **Shakespeare Week** in 2016 will shine a spotlight on Shakespeare around the UK in the year that celebrates the playwright's 400 year legacy, kicking-off with a live virtual tour of his childhood home in a national schools watch-a-long - *Walking with Will*. Hosted by **Baroness Floella Benjamin**, there will be an opportunity for children to take part in a live Q&A with a panel of experts.

Schools that register now for **Shakespeare Week** will also have access to a free *Passport to Shakespeare* for every child. Developed in partnership with *Walker Books*, it is designed by award-winning children's book author **Marcia Williams** and contains fun activities and challenges for children and their families to continue their Shakespearean journey.

Some of the nation's well known cultural institutions including the BBC,

*Westminster Abbey* and the *National Trust* are also taking part to enable families to experience and celebrate 400 years of Shakespeare's legacy at hundreds of cultural attractions and public libraries across the UK.

**Jacqueline Green**, head of learning and participation at the *Shakespeare Birthplace Trust* said: "This is the year to celebrate Shakespeare. Through **Shakespeare Week** we want to offer even greater insight into the life of this most famous creative genius, and inspire young minds across the nation.

"Teachers everywhere have the chance to create intriguing and fun sessions to learn about Shakespeare, his works and how he has helped to shape our own cultural identity as a nation. This year to add to our library of free resources for teachers and families, we will be, for the very first time, taking children on a virtual school trip of Shakespeare's Birthplace, without having to leave the classroom."

**Shakespeare Week** is a free scheme for primary school children and their families, run by the Shakespeare Birthplace Trust. To register, access free resources and take part in **Shakespeare Week 2016**, visit

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

## Breastfeeding: Real tips from real mums

As a new mum, it's perfectly natural to feel anxious about breastfeeding. Nursing an infant is a different experience for every mother and baby and the pressure can sometimes be overwhelming. As **National Breastfeeding Week** takes place in May, the experts at *Health Plus* have spoken to mums and gained 'real life' tips for breastfeeding:

**Check for tongue-tie** Liz from Surrey says: "Make sure your breastfeeding counsellor or doctor checks your baby for tongue-tie, a common but minor malformation that restricts the movement of the tongue. My son was three weeks old before they checked, by which point I had very sore nipples as he couldn't latch on properly. After a tiny, 30 second operation, he was latching on beautifully and it didn't hurt as much."

**Have a 'day bag'** Barbara, from Nottingham, advises: "It's quite likely that you will spend a lot of time stuck on your sofa with your new baby. Keep a bag with you at all times that contains a big bottle of water (to keep you hydrated), some snacks, a muslin cloth, spare breast pads (leakage happens at the most impractical times), your mobile phone and TV remotes – guaranteed you will want all of the above just after your baby has gone to sleep on you!"

**Protect your nipples** Gina, from Leeds, comments: "If you have a bad start to breastfeeding, usually from



latching on problems, it's your nipples that can suffer the most. I was determined to continue breastfeeding even though my nipples were agony and feeding my little one sometimes made me cry in pain. I discovered nipple shields and they were a godsend. These silicone suction nipple-extendors (as I called them) feel a bit weird and make it look like your nipples are extremely cold (!) but using them for a few weeks gave my nipples the chance to heal so I could continue happily from thereon in feeding my baby. Nourishing a new baby can be very satisfying, but it's also tiring so adequate rest, healthy food and hydration are essential as is taking a regular pregnancy multivitamin.

**Health Plus Pregnancy Multivitamin** (£5.95 for 30 tablets) is a great one-a-day supplement, while the **Health Plus Pregnancy Pack** (£18.45 for 28 days) contains all the essential vitamins and minerals for optimum health and can be taken during pregnancy, after birth and throughout breastfeeding, that packs a bigger 'nutritional punch'.

## "Top tips for a good night's sleep naturally"

**Sleep Awareness Week, 6th - 13th March** It's a good time to start thinking about what we can do to improve the quality of sleep we get," says **Katie Pande**, *Medical Herbalist (MNIMH)*.

"We all know that getting a good night's sleep works wonders for our wellbeing but with the pressures of modern day living it's hard to switch off easily when it comes to bedtime.

Lack of good quality sleep can cause many unwanted symptoms such as anxiety, sugar cravings and play havoc with your hormones – all-in-all, lack of sleep can leave you feeling pretty poor," adds Katie.

According to recent research, almost half of British women (43%) say they are not getting enough sleep. In fact, 45% do not feel well-rested when they wake up.\*

"Before pharmaceutical sleeping tablets were invented, our ancestors relied on medicinal herbs to provide them with a natural, calming remedy for a good night's sleep."

Medical herbalist Katie Pande selects her favourite herbs to help you get a great night's sleep.

1. **Valerian\*\*** - a strong nervine and sedative to the central nervous system relaxing tense muscles whilst also encouraging an undisturbed sleep, healthy sleeping pattern and ameliorating stress.

2. **Chamomile** - a classic relaxant for the whole body but particularly the nervous system.

3. **Lavender** – a sweet smelling herb contains aromatic essential oils that reduce difficulty in falling asleep, promoting a more restful sleep and preventing night-time waking.

4. **Limeflowers** - a particularly effective in helping to treat bad dreams and soothing a frazzled nervous system.

5. **Outflower** - a restorative to the nervous system which calms shattered nerves, relieves emotional instability and helps to restore a sense of peace and tranquillity.

6. **Ashwagandha** - a strengthening tonic for nourishing the nervous and immune system, reducing stress and promoting a rejuvenative night's sleep. Ashwaganda is a modern-day 'adaptogen', adapting to the needs of our body and mind.

## The Fostering Foundation

**The Fostering Foundation (London)** Office has moved from Wimbledon to Ealing

The London Office is one of 4 regions that are independently registered by *Ofsted* and had been previously working out of Wimbledon.

**Group Managing Director Jenny Jones** said "the move is intended to broaden accessibility to potential prospective applicants in terms of transport and for Local Authorities who contact us seeking to place children with our foster carers."

The London office is led by

**Biri Yaya (Regional Director)** who explained that advertising in established papers is "one of several ways the region intends to recruit suitable foster carers" from across the region.

He further stated that "there will be series of information and publicity sessions through local stalls and community centres during the coming year"

Applicants can contact or ask for information by calling on **020 8545 7190**

[byaya@fosteringfoundation.co.uk](mailto:byaya@fosteringfoundation.co.uk)

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



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## Venturer Launches Its Affordable 2 in 1 Mini Windows Notebooks

The perfect first computer to surf, work or play. The **BravoWin** and **EliteWin** are both a tablet and laptop!

Looking for a reliable, affordable tablet AND laptop for school, college or work? Then look no further! Premium audio and video manufacturer, **Venturer**, is introducing to the UK the new 2-in-1 mini notebooks, the **BravoWin 10KT** and **EliteWin 11KT**, equipped with *Windows 10* and *Office 365* or *Office Mobile* (model dependant)

Easy to use and incredibly durable, the *Venturer* Tablet is ideal as a first tablet for students heading to secondary school, college, university or even home use. With its sleek, light weight design, and long battery life, the **BravoWin 10KT** and **EliteWin 11KT** are ideal for work or entertainment on the go with up to 8 hours usage whilst travelling.

Unlike other more expensive tablets on the market, the *Venturer* convertible tablets are equipped with a detachable smart keyboard that has a pressure sensing trackpad which clips on magnetically so it can be used as a stand-alone tablet or quickly transformed into a working laptop, making it easier to type, work and surf the internet.

With an **Intel Atom Core 4** processor, 2GB RAM and 32GB of memory, they offer a quick and responsive user

experience with the ability to access the internet within seconds and an expandable storage space for photos, videos, music and work files. The 2MP dual cameras allow you to take photos or videos, skype your friends or make a conference call at work producing good quality images and videos.

**BravoWin 10KT** has a 10.1" 1280 x 800 display and comes with all the key software from *Office Mobile* you require, including *Word Mobile*, *Excel Mobile*, *Powerpoint Mobile* and *OneNote*. The **EliteWin 11KT** has a larger 11.6" screen with 1366 x 768 display and is fully loaded with the latest *Windows 10* software and a month's free trial of *Office 365* (Word, Excel and Powerpoint) making it an ideal laptop for any school or office environment.

With a headphone, micro and regular USB port to attach or charge other devices and an HDMI output allowing you to easily connect to your TV for an enhanced viewing experience, the *Venturer* tablets have

all the necessary outputs for a great multimedia experience.

Priced at only £149.99 and £199.99, the *Venturer* mini notebooks are the ideal choice for those looking for the flexibility of a tablet and laptop combined, a lightweight device that easily fits into a schoolbag or work satchel with the quality, reliability and durability for work, for play, for every day.

Keep an eye out for *Venturer's* fantastic range of audio products coming later in the year including the new **Bluetooth Sound Bar** launching soon.

The *Venturer BravoWin 10KT* is available from Amazon RRP £149.99

The *Venturer EliteWin 11KT* is available from Amazon RRP £199.99



## How to Stay Healthy this Winter by Dr. Sebastian Winckler MSc Private GP

Every winter it is the same story, almost everybody (80%) seems to be running around with a sore throat, a stuffy or runny nose or a cough. Unfortunately, most of us will not be able to avoid this by simply migrating a couple of thousand miles to sunnier shores.

**Evidence-based measures to boost your immune system** regular exercise, ideally outside, and during daylight. Don't use the cold winter months as an excuse to stay in and lounge around. Instead, get out with the whole family to try out a new activity – an ice-rink or walk  
**Sufficient Sleep** It's perfectly natural to adopt hibernating habits when the weather turns cold, you may use the time to catch-up on sleep.

**A healthy and balanced diet** When it's cold and dark outside, it can be tempting to fill up on unhealthy comfort food. A concerted effort to eat healthily will boost your immune system. It is also not that commonly known that dairy products such as milk and yoghurt are

recommended as great sources of vitamins A and B12 and good for you in winter.

**Supplements** Vitamin C and Zinc supplements can reduce the duration and severity of a common cold. Vitamin D supplements can help, especially if you have darker skin or if you cover up outside.

**Light therapy** Light therapy that strikes the retina of the eye can be used to treat seasonal affective disorders (SAD). It raises your mood and prevents depression.

**Hand Hygiene** Frequent hand-washing reduces the infection rates considerably. Carry with you a small bottle of alcohol hand gel to help disinfect your hands. when to see your doctor?

*If you feel unwell with a cough or cold, consult your doctor when: flu symptoms last longer than a week*

*you develop a bacterial chest infection as a complication to your cough or cold*  
*you are over 65, or pregnant, or have an underlying disease, or a weak immune system*  
*\*for a flu jab or nasal spray (children), that will protect you and others who are vulnerable*  
**Sebastian Winckler MSc** brings with him a broad spectrum of experience as a physician and as a doctor in business. He has a special interest in the management of chronic and infectious diseases and men's health. You can confidently refer male patients to him, for a credible service.  
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## Cambridge University Press takes young readers on an adventure

**Cambridge University Press** has collaborated with **University College London Institute of Education (IOE)** and award-winning authors to create a new primary guided reading series, **Cambridge Reading Adventures**. This engaging new series will enable teachers to create a structured literacy learning route, which children will both benefit from, and enjoy.

The series has been grouped into **11 Book Bands** to ensure that reading challenge across the series supports teacher decision making and progress in literacy. The 90 titles cover a wide range of subjects at each child's unique reading level, including fictional tales, traditional settings, animal adventures and historically based and factual stories, as well as plots featuring real and imagined worlds that children can explore. Titles include *Leela can Skate* by **Alison Hawes** and *Late for School* by **Claire Llewellyn**, both authors chosen for their expertise in children's education and teaching.

**Edward Rippeth**, Head of Primary at **Cambridge University Press**, said: "Children will thoroughly enjoy the adventures their reading will take them on with this series, which will instil in them, from a young age, the enjoyment and potential value of a 'good book'. **Cambridge**



**Cambridge Reading Adventures** aims to instil a love for reading in learners at a young age.

this series of books for children who are learning to read across the globe and for whom English may or may not be their first language - it is the perfect resource to support children in their pursuit of reading for pleasure."

"Each of the stories is exciting and interesting, of high quality and contains culturally relevant reading material for children around the world. We're thrilled to have developed this series to inspire children to read and to show we care about the experiences of young readers."

Each book in the series follows the **IOE Book Bands** framework and supports the entire reading journey; from a child who is completely new to reading through to becoming a confident and independent

programme use impeccable and rigorous pedagogy and are structured in such a way that parents and older children are able to follow a clear progressive route, in line with the reader's linguistic improvement, gradually exposing each child to more advanced words, and a level of content which is suitable for his or her age.

Written and edited by carefully selected authors who have been chosen for their expertise in children's education and teaching, and who bring English language to life for learners, **Cambridge Reading Adventures** features notable names such as **Lauri Kubuitsile**, **Jonathan Whybrow**,

[www.cambridge.org](http://www.cambridge.org)

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\*Please contact us for more information!

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[info@oxbridgeuk.com](mailto:info@oxbridgeuk.com)



## Snow White & Digitopia Sadler's Wells & Lilian Baylis Studio

**Friday 25 & Saturday 26 March**  
Performances: *Snow White* on Friday at 3pm; Saturday at 11am & 3pm

*Digitopia* on **Friday** at 2pm; **Saturday** 10.30am & 2pm  
Tickets: *Snow White* £12 - £18  
*Digitopia* £7 - £12 | Family Dance workshops £2  
Ticket Office:  
**0844 412 4300**  
[www.sadlerswells.com](http://www.sadlerswells.com)

Family Weekend, *Sadler's Wells'* annual two-day festival of family friendly events, returns from **Friday 25 and Saturday 26 March 2016**.

*Family Weekend* takes over the building, offering something for all ages with fun activities complementing the shows on the *Sadler's Wells* and *Lilian Baylis Studio* stages: *Snow White* and *Digitopia*.

Following the award winning and critically acclaimed *Rapunzel*, **balletLORENT** brings its latest dance theatre fairytale production, *Snow White* to *Sadler's Wells* theatre. This production takes inspiration from the original **Brothers Grimm** fairytale, where Snow White's real mother, rather than her stepmother, becomes consumed by jealousy for her beautiful daughter.

At the *Lilian Baylis* studio, **Tom Dale Company** has partnered with **MOKO Dance** to present *Digitopia* – A dancing digital wonderland. *Snow White* inspired

*Family Dance Workshops:*  
**Friday 25 March & Saturday 26 March**, 1.30-2.30pm  
Dance workshops for parents and children of all abilities based around music and dance from *Snow White* (£2 per person. Children must be accompanied. Maximum three children per adult. Tickets are available to *Snow White* ticket holders only.)

*Stay and Play Workshop:*  
**Friday 25 March**, 3.00-3.30pm,  
**Saturday 26 March**, 11.30-12.00pm & 3.00-3.30pm (£1 per child. Adults must be present but do not need a ticket. Tickets are available to *Digitopia* ticket holders only).

A thirty minute session on stage with the performers exploring dance and technology, led by **Tom Dale Company**. Suitable for 5-10 year olds and limited to a capacity of up to 20 participants. Pre-booking essential.

**0844 412 4300**  
[www.sadlerswells.com](http://www.sadlerswells.com)

## Blog Writers Wanted

**PARENTS NEWS** has had a great brand name in print since 1993, and has been online since 1997.

A project for 2015 is to develop, even more, the website  
[www.parents-news.co.uk](http://www.parents-news.co.uk)

For this we need writers producing unique articles of interest to families. We plan to build advertisements around

**Sunday 13 March, Create** will run a music event for disabled children and their families at *Henry Wood Hall* in South London. It enables disabled children and young people to access high-quality music performances in an informal, relaxed, welcoming environment.

Global/jazz/brazilian ensemble the Antonio Forcione Quartet and pianist Derek Paravicini (who is blind and is on the autistic spectrum) perform, with opportunities for the audience to get involved. Interactive elements include mask-making, singing, dancing, and percussion.

The *Antonio Forcione Quartet* has received consistent 5-star reviews from the *Edinburgh Festival* in recent years and is renowned for combining Brazilian, African, Spanish and jazz sounds. Antonio himself, an enigmatic guitar virtuoso, has shared the stage with greats including **Van Morrison** and **Phil Collins**.

these articles, and willing to share revenue with the writers, so that we get the good, unique content.

A mum or dad with something interesting to say? Someone with a regular blog looking to expand? Do you have opinions on cinema, travel, sport, theatre, education, parenting, schools, clubs?

## Create

*Henry Wood Hall*, Trinity Church Square, SE1 4HU  
2.45pm – 4.00pm  
**free** parking.  
£4 children (£6 adults).  
Book by emailing [huw@createarts.org.uk](mailto:huw@createarts.org.uk), send a cheque to **Create**, 379 Salisbury House, London Wall, EC2M 5QQ.

To pay via PayPal, please send the correct amount to [info@createarts.org.uk](mailto:info@createarts.org.uk)

*Creative:space* is designed for children with communication, learning or sensory integration difficulties (these include autism, asperger's syndrome, dyspraxia, dyslexia, various speech/language disorders, down's syndrome, cerebral palsy, ADHD), their siblings and family members.

There will be tables with paper, crayons and crafts materials, with free space at the front of the hall for children to dance and move around.



If so, contact Penny or Fergus [writers@parents-news.co.uk](mailto:writers@parents-news.co.uk)

## FAMILY FUN WEEKEND Port of London

*Cutty Sark* visited London more than any other port in the world, but how has the city changed in the last 150 years? Help create a modern port of London with famous buildings and places that are important to you. Tickets can be purchased online at [www.rmg.co.uk/cuttysark](http://www.rmg.co.uk/cuttysark) or by calling the bookings line **020 8312 6608**.

**5 and 6 March 2016**  
11.30-13.30 | 14.00-16.00  
Suitable for all ages  
Included in *Cutty Sark* admission price

### EASTER HOLIDAY ACTIVITIES

#### Easter egg hunt

*Cutty Sark's* chickens have been laying their eggs in some strange places, how many can you spot around the ship? Join in the hunt for a chance to win a family ticket to **Camp Bestival!**

**25-28 March 2016**

*Sammy Ofer Gallery*  
Throughout the day  
Suitable for all ages  
Admission: Included in *Cutty Sark* admission price

#### Land Yachts

Make your own amazing land yacht powered by the wind, just like *Cutty Sark*, and take part in some fun science demos to find out about ships and sailing.

**29- 31 March 2016**

*Sammy Ofer Gallery*  
11.30-13.30 | 14.00-16.00  
Suitable for all ages  
Admission: Included in *Cutty Sark* admission price  
**CURATOR'S TOUR**

Tour of *Cutty Sark*  
Join Curator, **Jessica Lewis**, for a tour of clipper ship *Cutty Sark*. Explore the ship and its original structure, discover the secrets of its success, and find out about the recent conservation project to preserve this beautiful vessel for future generations.

**17 March 2016**  
15.00-16.00

£17.00 adult | £13.50 conc (include admission to ship)

#### Toddler Time

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

**2, 9, 16, 23 March 2016**

*Sammy Ofer Gallery*,  
10.00-11.30

Suitable for ages 4 and under  
Admission: Included in *Cutty Sark* admission price

#### Cutty Sark Characters

Come aboard to hear *Cutty Sark's* incredible stories brought to life by characters from the ship's past. Meet **Captain Woodget**, the ship's most daring master; **Jock Willis**, the man who built *Cutty Sark*; **Nannie**, the ship's figurehead; or the ship's cook, **James Robson**, who all have an extraordinary story to tell.

Every weekend and weekday  
*Sammy Ofer Gallery* and Main Deck, *Cutty Sark*

Suitable for ages 3+  
Included in *Cutty Sark* admission price

[www.rmg.co.uk/cuttysark](http://www.rmg.co.uk/cuttysark)  
**020 8312 6608**.

## V&A

**DIGITAL KIDS**  
**FRIDAY 25 MARCH**  
– **SUN 27 APRIL**,  
10.30 – 17.00

In these digital art workshops children can transport themselves into Botticelli paintings with green screen photography and create their own postcard souvenir to take home.  
Free, drop-in. Suitable for ages 5 and over.

### THE IMAGINATION STATION

**FRIDAY 25 MARCH – SUNDAY 27 APRIL**,  
10.30 – 17.00

At the *Imagination Station* children are invited to explore the iconic images of Botticelli and have a go at creating their own piece of art.  
Free, drop-in. Suitable for ages 3 and over.

**POP UP PERFORMANCE**  
**FRIDAY 25 MARCH – SUNDAY 3 APRIL**

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

### GENERAL INFORMATION

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

For general information call **020 7942 2000**

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

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

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



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**April – May 2016**  
In time for Easter, a new **on-board Café** and two new shore-side café offers open in February and March. The on-board Café will be open on weekends and school holidays.

**Easter Activity**

All activities are all included in the general admission price. Join them in the Easter holidays for **Tattoo T-shirts: Davy Jones's Locker**, and find out about the legend of **Davy Jones** (free with admission, **1 – 10 April**).  
11am – 12.30pm and 2 – 4pm Impress your friends and family over the Easter holidays by designing your very own t-shirt, inspired by traditional navy tattoos, nautical superstitions and the sailor legend of Davy Jones's Locker. While you're getting creative, you'll learn more about the history of navy tattoos, what the symbols mean and why as a sailor you wouldn't want to be visiting Davy Jones's Locker in a hurry!  
**HMS Belfast Private Tours**  
Visitors to **HMS Belfast** can pre-book private tours with one of the Ship's Company and

**Family Activities on HMS Belfast**

enjoy exclusive behind-the-barrier access. Discover some of the quirky sailors' stories of living and working on board including the time a reindeer joined the crew!  
Hear the unique stories of how sailors survived in freezing conditions during the Arctic convoys and what it was like to be one of the first ships firing on D-Day and **HMS Belfast's** role as part of the United Nations' forces in Korea from 1950 to 1952.  
Private tours last for one hour, and due to the nature of the site numbers are limited to a maximum of 12 people.  
Further details [www.iwm.org.uk](http://www.iwm.org.uk).  
For more information or to make a booking, please call Victoria Chan **020 7766 1141** [vchan@iwm.org.uk](mailto:vchan@iwm.org.uk).  
**IWM membership**  
**IWM** membership offers unlimited free entry to **HMS Belfast**, **Churchill War Rooms** and **IWM Duxford** and ticketed exhibitions, with benefits including discounts in our shops and cafés and access to exclusive events including

curators' talks and tours of IWM collections after hours. To purchase membership, call **020 7416 5255** or visit the IWM website.

**HMS Belfast shop**

Open 7 days a week 10am – 6pm The **HMS Belfast** shop sells a wide range of books, DVDs and CDs, clothing and accessories, posters, souvenirs and gift ideas.

For our younger visitors they have an exciting range of games, toys and souvenirs as well as a selection of children's books.

**Tom's Kitchen Deli and Tom's Kitchen Bar**

Open 7 days a week from 12 March 9am – 6pm A special new café offer opens on the quayside of HMS Belfast.

**Ongoing Gun Turret Experience**  
Entry included in general admission price. Immerse yourself in the **Gun Turret Experience**, a chance to see what fighting at sea would have really been like. Overlooking the back of the ship, or Quarterdeck, is one of **HMS**

**Belfast's Triple Gun Turrets**. Lights, audio, projections and movement will recreate the experience, highlighting the hectic and cramped conditions that would have seen twenty-six men in this confined space at any one time.

**Interactive Operations Room**

Entry included in general admission price. **HMS Belfast** could once be controlled from the Operations Room, the nerve centre and brain of the entire ship. Visitors can now imagine exactly what this would have been like as the Operations Room features exciting interactives. The Operations Room's rotating radar screens have been recreated for the first time since the ship was operational, giving a sense of the movement and urgency of the room, and there are two large touch screen interactive games based on the real-life **Pony Express** exercise of 1961 which involved 60 warships, 20,000 naval personnel and 6,000 US, British and Australian troops off North Borneo in the South China Sea. [www.iwm.org.uk](http://www.iwm.org.uk)

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**FAMILY EVENTS**  
**Out of this World: Venture to Venus**  
Find out about the unusual cloud-wrapped planet Venus in the **Planetarium**. Discover amazing past, present and future missions to explore this deadly world in the interactive science quiz and make a paper globe of this mysterious planet to take home. For updated information prior to visit the web site: [www.rmg.co.uk](http://www.rmg.co.uk) or phone **020 8858 4422**. **28-30 March 2016**  
10.00-12.30 Astronomy Centre, **Royal Observatory Greenwich** £6.00 child or guardian 5 yrs+  
**Weekend Space Cadets**  
New programme of weekend family workshops to participate in a wide range of activities related to space science and exploration: from life on the **International Space Station** to the latest robotic missions exploring the solar system and beyond.  
**Weekends throughout March** 13.00 | 13.30 | 14.00 | 14.30 | 15.00 | 15.30 Astronomy Centre, **Royal Observatory Greenwich** Free 7+  
**Talking the Line**  
Enjoy a range of public talks and activities delivered by our **Observatory Explainers** in the **Meridian Courtyard**. Talks will cover topics ranging from the history of the **Royal Observatory Greenwich** to the science of navigation and timekeeping, while activities will range from solar observing to hands-on science demonstrations.  
**Weekends and holiday weekdays throughout March** 12.30-16.30 Admission: Included in Royal Observatory, Flamsteed House and Meridian Courtyard admission price 7yr+  
**PLANETARIUM SHOWS**  
**Peter Harrison Planetarium** featuring state-of-the-art technology is the only public planetarium in London and is the centrepiece of the **Royal Observatory's Astronomy Centre**. Children must be accompanied by an adult. An 'Astro Ticket' combining access to the historic Royal Observatory buildings and Meridian Courtyard with a planetarium show is available [www.rmg.co.uk](http://www.rmg.co.uk) **020 8858 4422**

**April – May 2016**  
Over the **Easter holidays**, families can take part in our new art activity, centred around the 100th anniversary of the **British Brodie** helmet, with **Art Workshop: Make a Moving Animation (1 – 10 April, free)**. 11am – 4pm Over Easter take part in the family art workshop, and create your own unique spinning drawing, based on a popular 19th century toy called a **Thaumatrope**. Mark 100 years since the introduction of the iconic **British Brodie** helmet during the **First World War** and come up with your own hat and

**Free Family Activities at IWM London**

helmet drawings, and find out how to make them move like an animation. Share your efforts with on **Holocaust Learning Session Introduction to the Holocaust 30 April – 1 May and 21 – 22 May 2016** 11.30am – 12.30pm; 2.30pm – 3.30pm Booking is not required but places are limited This free discussion and replica object handling session is a useful starting point for families who wish to learn about the Holocaust. The session is suitable for

children aged 11 and above. For further information please contact **Grant Rogers, Informal Learning Manager**, [grogers@iwm.org.uk](mailto:grogers@iwm.org.uk) **020 7416 5329**. Please arrive early to avoid disappointment.

In the **First World War Galleries**, visitors can discover the story of the war through the eyes

of people in Britain and its empire, both on the home front and the fighting fronts. They are able to see how the war started, why it continued, how the Allies won and its global impact. [www.iwm.org.uk](http://www.iwm.org.uk)

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**wee gallery**

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

**Slide and Play Board Books**  
Small fingers will quickly learn how to move the sliders to reveal hidden animals. Read the clues and guess which animal is hiding on each page. Bold graphics and spot UV touch-and-feel effect on each spread add to the sensory experience. These board books feature puzzle pieces that will never fall out.  
Wee Gallery Board Books: Pets [9781784934316] | Hardback | £6.99 | 5 leaves (incl. 4 mechanisms) | 184 x 184 mm | March 2016  
Wee Gallery Board Books: Safari [9781784934323] | Hardback | £6.99 | 5 leaves (incl. 4 mechanisms) | 184 x 184 mm | March 2016

**Activity Books**  
Fantastic puzzle activity books packed with excitement and adventure. With familiar activities for young readers, can you help Dog and Cat make breakfast, decide on what to wear and how to spend their day? There's lots to spot, games to play and oodles of doodles to colour, keeping little ones busy for hours.  
Wee Gallery Activity Books: Dog's Day Out [9781784934330] | Paperback | £8.99 | 64 pages + Dust jacket & Poster | 240 x 185 mm | March 2016  
Wee Gallery Activity Books: Cat's Playground [9781784934347] | Paperback | £8.99 | 64 pages + Dust jacket & Poster | 240 x 185 mm | March 2016

- **Books to stimulate from birth:** Wee Gallery illustrations are made of high-contrast repeating patterns to stimulate visual development in infants. Babies process faces long before they recognize other objects (for more details see <http://stanford.io/1Rla0Hs>).
- Sensory experiences with this books help encourage a love of shared reading from baby's first days. **It's never too early to start reading with your baby** (<http://bit.ly/1N2gkCD>).
- Stylishly designed **books to grow with:** *Slide and Play* books encourage growing babies to explore and change the world around them, whilst *Activity Books* are ideal for encouraging motor control and mark making (these are also perfect for older siblings of new born babies!).
- Use the *Wee Gallery* cloth books to transform baby's environment into their **first art gallery!** Are you ever too young to appreciate good art and design?

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

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