

PARENTS NEWS

October 2016 No. 209 The First & Foremost Local Monthly Newspaper for Families

1993 - 2016
24th Successful Year
Thank you

FREE

www.winchestersciencecentre.org

What's On in October & Half Term

www.thestudyschool.co.uk

www.vavistalife.com

www.batterseaparkzoo.co.uk

Published on time, every time since 1993
www.parents-news.co.uk

Three Editions in South-East England

Southwest
London
& Surrey

London
South
E Surrey
W Kent

Kent

ISSN 2050-4764

London South
East Surrey & West Kent

Mindfulness Parenting

Part 2

Gratitude. I believe gratitude is a fundamental component of mindfulness, teaching our children to appreciate abundance in their lives, as opposed to focusing on all the toys and goodies that they crave. My family does this at dinner when we each share one thing we are thankful for. It is one of my favorite parts of the day.

Snow globe - Shake it up and watch the beautiful storm! But soon, if we sit and breathe and

simply watch the disturbance, it settles. As do our minds.

Mindful eating Teaching your child to eat healthful and mindful can start as early as toddlerhood. While mindfulness seems like a new health trend, your child is born a pro. Infants and toddlers are connected to their senses; they look, feel, smell, and taste their food before they eat. The younger the child, the closer he is to mindful eating.

The raisin meditation is great!

Hold a raisin in your hand. See and touch the raisin as if you were an alien just seeing this for the first time. Smell the raisin — hold it to your nose to take in the aroma. Place the raisin on your tongue and hold it there without chewing. Hold it there for a bit. Now taste the raisin, bite it slowly, and when you do, pause and notice the flavors and textures. Slow down and pay attention, using all your senses. You're in the moment and connected to what you're eating.

As kids pay attention to their

food, those neural pathways that connect taste receptors in the tongue to perceptual areas of the brain that evaluate flavors and portions (yummy, sweet, flavorful, want more, or too much, I'm done) become strengthened. If they connect the food on their plate to their aware, conscious brain, they have a healthy relationship to food, and it's a good thing for their eating habits — now and for years to come.

Mindfulness practice has an abundance of everyday

activities, thoughts, attitude and perceptions which brings balance and to be in the moment with your child every step of their lives.

"the present is the only time that any of us have to be alive — to know anything — to perceive — to

learn — to act — to change — to heal"

www.sarahjonesuk.com



Dinosaur Days at WWT London Wetland Centre

Meet the walking, roaring T Rex!

Saturday 29 & Sunday 30 October

Join the *Dinosaur Society* at *WWT London Wetland Centre* to discover more about the wetland superstars that wandered the planet in prehistoric times. See real dinosaur bones, discover the link between birds and dinosaurs, find fossils, check out the dinosaur art and sculptures and lots more!

Meet the terrifying **T Rex** which will be making appearances throughout the day — don't let him catch you!

See a life size Stegosaurus, join in art workshops for all abilities, bring your fossil for

identification and buy rocks, minerals, fossils and books.

The Dinosaur Society will also be holding walks and talks suitable for all ages during the weekend, on **Saturday 29 and Sunday 30 October**.

WWT London Wetland Centre is a 105 acre wetland visitor centre in Barnes, southwest London, an international award-winning visitor attraction and a *Site of Special Scientific Interest (SSSI)*. I

t is home to a wide range of wildlife species including birds, water voles, bats and amphibians. Facilities include six wildlife hides, *Water's Edge Café*, Observatory, a gift shop and free car park.

The Centre also has indoor and outdoor adventure play areas for children.

www.wwt.org.uk/london



© Bob Nicholls

The Historic Dockyard Chatham

This half term *The Historic Dockyard Chatham* reveals a Halloween spooktacular for children of all ages to have fun and get creative!

Try your hands at a Halloween classic - **spooky pumpkin carving!** Design a scary face and take it home to spook the neighbours! Or have a go at making your own scary puppets and put on a spooky play! And new for this year - it's slime to get messy and mix up devilish ingredients, cast the spell and make your own slime!

All these activities are set in the free to enter discovery centre at *The Historic Dockyard* and taking part costs from £3 (per activity, or 2 for £5) Make your visit

even better and upgrade to an annual ticket for *The Historic Dockyard* - one of Kent's best loved days out. As well as the usual adventures for all ages, during half term the fearless can take on the *Dockyard's* pumpkin trail, set in *The Commissioner's Garden*; dare you to have your 'photo taken with the *Dockyard's* spooky visitor!

The new **Mess Deck** restaurant will also be spooked out ready for you to sink your fangs into some scary sausages, monster mash and ice cream!

This will all be happening at *The Historic Dockyard Chatham*

Sat 22nd to Sun 30th October

www.thedockyard.co.uk

Advertise in PARENTS NEWS

020 8337 6337

fergus@parents-news.co.uk

ALSO view on-line

WWW. parents-news.co.uk

Twitter:

@parentsnewsuk

MEET T-REX

DINOSAUR DAYS

SAT 29 & SUN 30 OCTOBER

AT LONDON WETLAND CENTRE

Dinosaur bones, fossils, art and workshops, walks and talks and much more...

WWT London Wetland Centre
Barnes, SW13 9WT
www.wwt.org.uk/london

THE HISTORIC DOCKYARD CHATHAM

HALF TERM HOLIDAY FUN! AND PUMPKIN CARVING

22 TO 30 OCTOBER 2016

For full details and much more visit www.thedockyard.co.uk

f historic.chatham @DockyardChatham thehistoricdockyardchatham

Style, practicality and fun! Winter has *Primigi* written all over it

Primigi is ready to accompany children throughout this long and cold winter, during walks in the mountains and playtime in the snow.

Primigi's winter collection, undoubtedly a step ahead, is conscious and highly aware of the latest trends. It is ideal for taking on this season full of activities and exciting new experiences with a stylish and fun approach.

From boots with *GORE-TEX®* membrane, the best for ensuring absolute waterproof wear by protecting feet from the heavy rain and snow, to the classic chukka boots with velcro strap closure, the most practical wear.

For girls, there's a selection of lovely boots, leather ankle boots with a glamorous twist, and soft fur-lined suede boots with appliques, practical and elegant even during the coldest months.



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

Size: 24-35
Cod. **6159177**

Vintage and trendy *this boy's* combat boot has a double velcro closure and a rounded toe. The padded collar and the reinforced counter make walking more stable and comfortable.

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

Size: 20-35
Cod. **6053000**



Urban-fashion look for this red coloured *Mary Jane* with adjustable velcro closure. The

The Primigi System, a guarantee of quality and technological innovation

'*Primigi System*' is the system that guarantees the quality and innovation of *Primigi* shoes. In addition to the footwear's unmistakable lightness,

flexibility and amazing fit, *Primigi's* shoes are made with additional performance features such as the anti-shock system, to protect the heel from impact, and removable insoles for maximum hygiene.

What's more, all of the footwear's **metal parts** are **nickel-free**, to prevent allergies, while the lining contains no *Chrome VI*, to guarantee products that are even more health-conscious and natural.

Find more on www.primigi.com



Halloween Fear and Fun at *The Rare Breeds Centre*

Saturday 22nd to Sunday 30th October 10.30 am – 5.30 pm Things are about to get a little spooky on the farm!

We dare you join them at the *Rare Breeds Centre* for a Half Term Week filled with Ghosts, Ghouls and of course a whole lot of fearsome fun!

There are lots of Halloween activities for everyone including: Find all the spooky characters around the farm

and collect your sweet treat from the shop.

Come along and meet *Vunderbar the Wizard*, who will be in the *Discovery room* telling spooky stories and singing scary songs.

Let *Wiley Wolf Productions* transport you to the wonderful world of **'The Wizard of Oz'** in their spooky panto.

Watch the *Devil's Pig Race!* Get a fearsome face paint by Jax face painter (at a small extra cost) Look out for the Halloween characters

around the farm.

Plus (For those who are not too keen on Halloween) all the usual fun of the farm, friendly animals and **Big Red Trailer Rides**.

They love everyone to dress up in their most scary costume and there will be a daily fancy dress competition just before *The Devil's Pig Race* only for the kids!

For more information call **01233 861493** or visit www.rarebreeds.org.uk



Halloween

Daytime FEAR & Fun

Saturday 22nd to Sunday 30th October



Extra BLOOD-CURDLING FUN for all the family

- ✓ **Vunderbar the Wizard** is here with spooky stories and scary songs
- ✓ Let **Wiley Wolf Productions** transport you to the wonderful world of **The Wizard of Oz** panto
- ✓ Look out for all of our **Halloween characters** around the farm
- ✓ If you dare, complete the **spooks trail** and collect a tasty treat



RareBreeds
Centre

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





Sir Chris Hoy

The team at *Piccadilly Press* announces the forthcoming publication of the first non-fiction book from **Sir Chris Hoy, On Your Bike**, which will be published on the **20th October 2016**.

On Your Bike is an illustrated, comprehensive guide for children to choosing, maintaining and making the most of their bikes with top tips and tricks from Olympic cycling champion Sir Chris Hoy. The book will encourage children to have fun cycling, keep safe, and record their cycling adventures.

This entertaining and informative book will teach children all they need to know about the wonderful world of cycling.

Using the **Flying Fergus** characters (illustrated by *Clare Elsom*) to assist Sir Chris in teaching children about bikes, and a scrapbook-style collage of nostalgic snapshots from his own childhood on a bike as well as technical drawings, diagrams and practical photography, this book draws on the Olympic champion's wealth of expertise in a fun, friendly and accessible format. The book also features access to bonus step-by-step videos of Sir Chris demonstrating key

tips and tricks.

Sir Chris Hoy says: "I'm so excited to be working in partnership with *Piccadilly Press* on my first non-fiction book for children. I hope that **On Your Bike** will introduce children - and parents - to the joy of cycling, providing a fun, informative and accessible guide to making the most of your bike."

Emma Matthewson, Publishing Director of *Piccadilly Press* says: "We are so proud to be publishing this brilliant 'how to' cycle book for children. Who could be better to introduce your child to cycling than the much loved Olympian Sir Chris Hoy? The videos and tips make this a great fun, must-have book for any parent and child wanting to get the most out of cycling".
Jane Harris, Executive Director of *Piccadilly Press* comments: "Sir Chris Hoy is a brilliant ambassador for *Piccadilly Press* and for inspiring children to read - we are thrilled to be working in partnership with him."

Sir Chris Hoy is one of the most decorated Olympic cyclist of all time, with a total of seven Olympic medals: six gold and one silver, as well as eleven World and two Commonwealth titles. At the 2008 Olympics,

Hoy became Scotland's most successful Olympian and the first British athlete to win three gold medals in a single Olympic Games since 1908.

Since retiring from professional cycling, Sir Chris has been eager to devote his time, knowledge and experience in working with the next generation of cyclists. He has brought his experience to bear with the launch of his very own bike range: **HOY Bikes**, in partnership with *Evans Cycles*, where the line-up offers something for everyone from young riders up to race-ready weekend warriors. Now, with this series of books, Sir Chris hopes to continue to impassion the next generation of cyclists with stories that are all about that taste of freedom that comes with owning your first bike and discovering the adventures that await you. The age at which you receive your first bike is often the age at which you start reading independently; stirring your imagination with the wonderful world of books, just as cycling can stir up a child's imagination for adventure.



EVENTS AT THE ROYAL OBSERVATORY GREENWICH

SPECIAL EVENTS

Alien (1979)

In space, no one can hear you scream. Directed by **Ridley Scott** and starring Sigourney Weaver as Ripley, *Alien* is considered one of the greatest sci-fi horror films. When the crew of space vessel *Nostromo* wake out of hypersleep to investigate a distress signal on a hostile planet, they discover a derelict spacecraft hosting a strange species. Abandoning the mission after one of them is attacked, the crew make their way back to Earth, safe in the confines of their ship. Or so they think... Following the movie there will be a talk from one of our astronomers on the science behind the film.

Popcorn, confectionery, soft drinks and alcoholic beverages will be available for purchase in the *Planetarium* foyer before the event.

29 October 2016

Peter Harrison Planetarium, 18:30-21:00
£8.00 adult | £7.00 concession | £6.00 child or guardian
15 yrs+

FAMILY EVENTS

Out of this World

Join Astronomers over half-term for a series of activity packages for older children that include a planetarium show, interactive quiz and virtual

reality activity.

Selected weekdays throughout October half term 2016
10.00-12.30
Astronomy Centre, Royal Observatory Greenwich
£6.00 child or guardian
7yrs+

Holiday to Space

Pack your bags for space as we fly around the Moon and planets in an **early years planetarium show**. Look out for the animal stories in the sky! Afterwards children can enjoy an engaging actor-led performance and a playful hands-on activity. Throughout October half term 2016
10.00-12.00
Astronomy Centre,
£6.00 child or guardian
4yrs+

Weekend Space Cadets

Weekend family workshops varied range of 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 October 2016
12:45-16:15
Astronomy Centre,
Free 7yrs+

Observatory Unlocked

Enjoy a range of public talks and activities delivered by our *Observatory Explainers*

in the *Meridian Courtyard*, ranging from uncovering the hidden stories of the **Royal Observatory Greenwich** to solar observing and hands-on science demonstrations. In the event of rain this activity will take place in the *Great Equatorial Telescope* or the *Octagon Room*.
Weekends and holiday weekdays October 2016
12.45-16.15
Included in Royal Observatory, Flamsteed House and Meridian Courtyard admission price 7yrs+

PLANETARIUM SHOWS

Peter Harrison Planetarium featuring state-of-the-art technology is the only public planetarium in London. 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 subject to availability. This offers savings for both individuals and families.

Planetarium is closed on the first Tuesday of every month.

www.rmg.co.uk
or phone
020 8858 4422.



My Marsden March

Anytime. Anywhere.



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

**October to December 2016
Special Events**

**Nature Trail Activity Walk
Saturday 8 October, 1.45-3.30pm**

Join us on the *Horniman* Nature Trail for a family friendly activity walk to discover the insects, animals and plants that live there in the autumn.

Suitable for families with children aged 5+.

Tickets: Adult £5, Child £3

Magic Late

Thursday 13 October, 6.30 – 9.30pm

A night of surprising activities celebrating magic in all its shapes and forms, with mysterious music performances, storytelling around ghosts and the occult, artists inspired by the Horniman's collection of magical charms, film screenings, food and more.

Over 18s only. Tickets £5.

**World Mental Health Day
Saturday 15 October**

11.30am–3.30pm

World Mental Health Day aims to raise awareness of Mental Health issues. Come along to this family day and take part in fun activities around the Museum to learn more about wellbeing. Run by local Mental Health Community Groups who work in partnership with the *Horniman*.

Free. Everyone welcome.

Horniman Halloween Fair

Saturday 29 and Sunday 30 October, 10.30am – 4.30pm

Join in fiendish fun at the annual Halloween Fair. Enjoy the amazing arts and crafts markets and fabulous food stalls, plus spooky animal handling and more. Come dressed in your scariest costume and join in the Halloween happenings at the *Horniman*

Free entry

October Half Term**Big Wednesday: Dinosaurs!**

Wednesday 26 October, 11am – 3.30pm

Join for a day of activities inspired by the last week of our exhibition *Dinosaurs: Monster Families*. Take part in The STEAM Powered Big Draw and create your own art

inspired by dinosaurs. Listen to stories about the *Crystal Palace Dinosaurs* and watch some short films and animations about dinosaurs.

For a special dinosaur treat on the day, visit *Dinoland* run by *Tea Dance for Little People* – book tickets online in advance.

Family Art Fun

Monday 24 October, Tuesday 25 October, Thursday 27 October, Friday 28 October, 11am – 2.30pm

11am – 2.30pm

Join free and fabulous *Horniman* craft activities this October half-term inspired by the *Dinosaurs: Monster Families* exhibition (Monday and Tuesday) and *Diwali* (Thursday and Friday).

Free. Ticketed on the day.

Hands On Base: Horniman Explorers

Monday 24 October, Thursday 27 October, Friday 28 October

11am – 12.30pm; 2-3.30pm

Discover the collections that make the *Horniman* special! Touch and explore things from a West African thumb piano to puppets in our *Hands On Base* and then use your explorer skills to discover the galleries and Gardens in a new way.

Free

Fantastic Fossils

Monday 24 October and Tuesday 25 October

11am, 12pm, 2pm, 3pm (45 minute sessions)

Find out how fossils are made, see some real fossils from the *Horniman*'s collection and make your own fossil cast to take home.

Tickets: Child £3, accompanying adults free.

Regular Events**Horniman Farmers' Market**

Every Saturday, 9am - 1.30pm

A locally sourced, locally sold farmers' market selling vegetables, meat, bread, flowers, hot food and much more in our glorious Gardens.

Free entry

A World of Stories

Every Sunday (except 30

October, 4, 18 & 25 December, 1 January)

2-2.45pm, 3.15-4pm

The storytellers will whisk you

to faraway places and different times in these fun and interactive sessions. Their stories, inspired by our exhibitions, festivals and nature bring the Museum's collections to life.

Free. Suitable for families with children aged 5+

Art Makers

Every Saturday (except 15 October, 29 October, 26 November, 3, 17, 24, 31 December) 1.30pm & 2.45pm

Have fun with different art techniques to create something fabulous to take home inspired by the *Horniman*'s collections or seasonal celebrations. Different themes each week, please check the website.

Tickets: £3 Child. For families with children aged 3+. Children must be accompanied by an adult.

Sat 8 Oct: Secret Toadstools

Have fun making your own toadstool model with a secret place to hide your treasures!

Sat 22 Oct and 5 Nov: Firework Rockets!

Celebrate bonfire night by making and decorating a model firework to hang up at home.

Every Tues and Wednesday

10.30am, 11.15am, 12pm

Excluded dates

•Wednesday 12 October

•October half term: Tuesday 25 and Wednesday 26 October

Lively sessions for under-5s and their parents/carers during term-time. Activities include storytelling, art and craft and outdoor play.

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

Hear it Live!

Last Tuesday of every month, 3.30-4pm

Except December Join in the Music Gallery to hear performances and talks based on the musical instrument collection, including our 1772 Kirkman harpsichord.

Free

Tues 25 October: Join a talk

by **Tony Johnson** about the Hoffmann lute in the collection.

Tony will play a lute he made based on his technical drawing of our Hoffmann lute.

Tues 29 November: Enjoy a performance on the 18th century harpsichord by Masumi Yamamoto, accompanied by the rarely heard viola d'amore.

Wed 28 December, 2.30-3pm: A demonstration of the ocarina, an ancient wind instrument, then get the chance to play one.

Tues 31 January 2017: Join us for a live performance on our 1772 Kirkman harpsichord.

Hands on Base: Family Activities

Saturdays, 11am, 11.45am and 12.30pm

Excluded dates: 15 and 22 October, Discover the collections that make the *Horniman* special. Each week, these fun family sessions will explore a different theme linked to our collections. Sessions are aimed at families with children aged 3+.

Free

Sat 8 Oct Explore Autumn Animals

Sat 22 Oct Explore Skeletons

Sat 5 Nov Explore Festivals of Light

Hands On Base: Open for All

Sundays, 11am–12.30pm

Excluded dates: 30 October, 4, 18, 25 December, 1 Jan 2017

Discover the collections that make the *Horniman* special. Explore and touch things from African masks to sharks jaws in the *Hands on Base*, then use your explorer skills to discover the galleries and gardens in a new way.

Free. Drop in.

Exhibitions and Displays**Dinosaurs: Monster Families Until Sunday 30 October**

Discover the fascinating world of dinosaurs and their young in this family-focused interactive exhibition. *Dinosaurs: Monster Families* shows how dinosaurs looked after their eggs, nests and babies. Meet 'Baby Louie', a cast of the nearly-complete skeleton of a dinosaur hatchling; dig in the discovery pit; touch a real dinosaur leg bone and come face-to-face with T-Rex's relative – a life-size Tarbosaurus skeleton cast. Have fun at the interactive exploration stations, and enjoy an exciting programme of dinosaur-themed activities. See a cast of an extinct Elephant Bird egg, one of which was famously found by Horniman patron Sir David Attenborough in Madagascar in 1960.

Child £4.40; Adult £7.70; Family (2 adults, 2 children) £18.70. Prices include 10% voluntary *Gift Aid* donation.

www.horniman.ac.uk/dinosaurs

**October Fun at
Battersea Park Children's Zoo!****Pumpkin Trail**

Sat 22 – Sunday 30 October

Purchase a quiz sheet upon entry and use the clues to work out, and find, which animals have put out pumpkins this Halloween half term. Cost £1 (includes a prize) Usual entrance fee applies

Saturday 22nd TBC

Author **Jane Howard** is visiting the zoo and will be reading from her newly published book... *'Emily Jones and the Totally Missing Cats'*. (Her book features thezoo!)

Slithery Snake Day Tuesday 25th October

As Halloween is approaching they're having a day themed around slithery snake friends. Including *Snake story time* and the chance to meet a real one! As well as the chance to make your own snake puppet (Cost £1)

Usual entrance fee applies.

**Half term fun at
Crofton Roman
Villa,**

Crofton Road, Orpington, BR6 8AF

Wednesday 26th October and Friday 28th October 2016

Travel back in time to Roman Bromley and discover fascinating facts about the Romans. Children can see and handle everyday Roman objects on the touch table, dress as Romans, dig for finds in the excavation tray, do a Roman soldier brass rubbing and play with replica Roman toys.

You'll be amazed what you can learn!

Parking available off York Rise, adjacent Orpington Railway Station.

Open 10am – 4.30pm

Adults £1.50

Concessions £1.00

Family of four £4.00 each

additional child 50p

See what Roman Bromley was like 1,800 years ago!

www.the-cka.fsnet.co.uk

Bat Day

Thursday 27th October

Bat facts and fiction, Bat Story Time, Bat face painting and the chance to make a *'Bat that flaps'* to take home! Craft activity cost £1. Face painting cost £2.50. Usual entrance fee applies.

The Big Draw

Saturday 29th October

Lots of drawing, cutting, sticking and colouring fun! Once again the zoo is joining in with the *Big Draw Campaign*. They're hosting a family event where grown-ups and kids alike are positively encouraged to join in and get creative!

**The Zoo's Artist in Residence
Beatrice Von Preussen**

will be on hand to help and encourage everyone!

Usual entrance fee applies.

Free

Battersea Park, Chelsea Bridge Gate

Battersea London SW11 4NJ

020 7924 5826

www.batterseaparkzoo.co.uk

**Spooky
"Create & Grow"**

Bring the children along to *Squire's* this Half-Term (**24th-31st October**) and they can paint a terracotta pumpkin, complete with a fun LED blow out battery operated tea-light (£5.50), or go batty by creating their very own bat *'Trick or Treat'* bucket (£3.50).

Or why not make both! There's no need to book, simply turn up on the day. There are also FREE activities including a creepy colouring competition and a ghost hunt. Find your nearest *Squire's* at www.squiresgardencentres.co.uk

**Advertise in
PARENTS NEWS
020 8337 6337
fergus@
parents-news.co.uk
www.
parents-news.
co.uk**



**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 www.batterseaparkzoo.co.uk

Tel: 020 7924 5826 | Battersea Park, Chelsea Bridge Gate
Battersea London SW11 4NJ

we're passionate about wildlife

AUTUMN FAMILY FUN AT THE ALBANY

The Autumn family season at *the Albany, Deptford Lounge* and *Canada Water Culture Space* features fantastic shows, events, workshops and more for the whole family. **The Albany Autumn family season** kicks off with the first family Sunday show *The Girl and the Giraffe*, an enchanting performance about wellbeing and friendship, told from a child's perspective. Highlights include *The Snail and the Whale*, and modern adaptation of **A Christmas Carol** at *Canada Water Culture Space*. There's also the return of a **Halloween Disco Kids** and **Growing Up Club** - craft and gardening activities for over 2s. They welcome the **Family Arts Campaign** to the *Albany*. It joins **Fun Palaces**, the national (and international) campaign for the arts and sciences.

The *Albany* is home of **Fun Palaces**. To date there have been 280 Fun Palaces, made by 5262 *Fun Palaces Makers*, across 11 nations, with 90,000 people taking part. As long as it's free and someone thinks it's fun, anything goes at a **Fun Palace**, so get in touch with them with your ideas, or join on the day to see what unfolds. To get involved creative@thealbany.org.uk

Sunday 9 October
12pm & 2pm. Tickets £15 per pair. Ages 3+.
Circus Family Workshop
Tumble, balance and spin on a hairpin: learn circus skills in partnership with your child. Brilliant and bonding!

Tuesday 18 October
7.30pm. Tickets £14 / £10 concs. Ages 11+.
International Dance Double Bill: *No Man Is An Island* and *O Snap*
No Man is an Island is a duet where one dancer's body supports the other throughout, so his feet never come into contact with the ground.

Sun 23 October
1pm & 3pm. Tickets £7 / £24 family ticket. Ages 3+
Snow Play is a showdown between Winter and Spring Help Mr Green against Mr White interactive smashhit production. Make a giant snowman, cover a whole house in snow and have a super snow-ball fight!

Sunday 30 October
2pm - 5pm. Tickets £6 / £20 family ticket. Under 7s.

THE ALBANY PRESENTS *Disco Kids: Haunted House*
Welcome to the scare-tastic Halloween special! Ghosts and ghouls unite on the dancefloor with their best spine-tingling moves to spook-tacular music from DJ Jean Genie. Fancy dress strongly recommended.

The Albany:
Sunday 16 Oct, 1pm & 3pm.
Canada Water Culture Space:
Saturday 15th October, 1:00pm - 3:00pm
Tickets £7 / £24 family 5yrs+.
A Pocket Full of Grimms
An exciting new look at some of the Grimm Brothers' favourite tales, including Rumpelstiltskin, The Golden Goose and Cat and Mouse. Brought to life through a high energy mix of clowning, physical theatre, puppetry and music.

The Albany:
Wed 26 & Thurs 27 October, 1pm & 3pm.
Tickets £7 / £24 family ticket. Ages 3+.
Underneath a Magical Moon
Written by *Mike Kenny*
Through her open window Wendy Darling gazes out at the night sky dreaming of blue lagoons, magical moons and the stories that she can tell. But tonight, like no other, has magic in the air...
A sparkling new production with exquisite music, entrancing movement and a sprinkle of magic.
A re-imagining of the enchanting story of *Peter Pan* as told by Wendy. 'Enraptures its young audience with a wonderful and warm piece of theatre.' *THE STAGE*

Regular Events
Every Wednesday, 3pm - 4.30pm and the **last Saturday of every month**, various times. Tickets FREE. All Ages

(children under 16 must be accompanied by an adult).
The Albany Gardening Club
Help make the Albany garden a beautiful and relaxing place. Plant seeds, enjoy free workshops, say what you'd like to see in the garden and learn more about planting, gardening and growing.

Pick up tips on the best way to sow, plant and grow vegetables, fruit and flowers. Learn to grow seeds that can be found for little or no money from the kitchen like pea shoots, tomatoes, lemons, chillies and coriander. Sow seeds and plant tubers to take away and leave for the Albany beds and café. No experience necessary, all equipment provided.
caz.burley@thealbany.org.uk
020 8692 4446

16 & 23 October & 13 Nov
2pm - 3pm. Tickets £3. Ages 2+.

Growing Up Club
Indoor and outdoor craft and gardening activities: dig, grow, play and discover before or after watching a show in the theatre. Adults do not require a ticket.

Tuesday 25 October, 1pm - 3pm. Tickets £5, carers and under 5s FREE but ticketed. All Ages.

A 21st Century Tea Dance: LOVE
Beware of Cupid's arrow when you step into the next *21st Century Tea Dance*. They're serving up an aphrodisiac cocktail to celebrate **LOVE**.
Ida Barr heads an intoxicating line up with live music from *the Jive 5*, mix of comedy, song, dance, gossip and tea.
www.thealbany.org.uk
020 8692 4446
The Albany, Douglas Way, Deptford. London SE8 4AG.

www.parents-news.co.uk

This information plus much more online



Twitter: @parentsnewsuk

Curious Combustion!

7

Winchester Science Centre and Planetarium prepares for an explosive October Half Term
Ignite their curiosity at **Winchester Science Centre and Planetarium** this **October Half Term** with an explosive extravaganza all about the science of combustion.

Running daily from **21 - 31 October** (10am to 5pm), the **Science Centre** will have a bumper programme of live shows, demonstrations, busking activities and lots of hands-on fun to keep even the most inquisitive of minds ablaze.

A live presenter-led science show will deconstruct the fundamentals of explosions, all the way down to their energetic concepts. A huge bang will capture everyone's attention, followed by a series of exciting demonstrations that will explain the various energy conversions involved, as well as lots of opportunities for audience participation. Running **twice daily** throughout the Half Term holidays, the show is ideal for visitors aged 7+ years.

Another family-friendly show will transport visitors into outer space. All about the first *British ESA* astronaut, **Tim Peake**, and his mission to the *International Space Station*. **The Destination Space Show** will feature video footage of Tim's mission, demonstrations featuring hydrogen balloon

explosions and a hovercraft, and opportunities for the audience to get involved.

Visitors will also find science buskers roaming around the **Science Centre** with even more hands-on explosive experiences to delight and amaze.

Visitors can also pay a visit to the UK's largest standalone planetarium, where they will be able to watch a variety of 360° full-dome films and live, presenter-led shows. And if that isn't enough, they can get hands-on with over 100 interactive exhibits, including the **Science Centre's Little Big Room** and the **Science of Sport Zone**.

Ben Ward, Director at **Winchester Science Centre**, said: "October Half Term is going to be an explosive week of discovery and fun at **Winchester Science Centre and Planetarium** with our **Curious Combustion** activity programme. From live shows and demonstrations, to science busking and space exploration, there will be something to keep all the family curiously entertained. "Our brand new café, *The Hub*, will also be open for visitors to refuel during their visit. It would be great to see visitors leaving their packed lunches at home and making the most

of our new and improved café during October half term." *The Hub* will serve up a variety of hot and cold food options, including sandwiches, Paninis, cakes and snacks. A variety of hot and cold drinks will keep thirsty visitors refreshed, and they will also be able to treat themselves to a new thick milkshake offering, available in up to eight delicious flavours. Supporting local businesses, a number of food items served in *The Hub* will be sourced from local suppliers and producers.

All activities (excluding planetarium shows) are **free** with General Entry to the **Science Centre**.

Winchester Science Centre and Planetarium is Southern England's leading hands-on, interactive, science and technology centre with the largest standalone planetarium in the UK.

The Science Centre is a self-funded, independent educational charity and relies on *Gift Aid* and visitor donations to stay open seven days a week. Online booking discount available on general entry. To book, visit

www.winchestersciencecentre.org
01962 863791

WINCHESTER SCIENCE CENTRE AND PLANETARIUM
Open 7 days a week
CURIOUS COMBUSTION
October Half-Term
21 - 31 October
100 interactive exhibits + Live shows + Demonstrations + Busking activities
Brand new café + Free parking
01962 863 791 | S021 1HZ | Find out more online at www.winchestersciencecentre.org

Mental Health Awareness Day is on 10 October

Is emotional intelligence the key to happier, more successful children?

New book: **GROW: Change your mindset, change your life - a practical guide to thinking on purpose**

With children in England ranking the lowest for self-confidence and coming 14th out of 15 countries when it comes to life satisfaction*, we are clearly failing the next generation. According to new book **GROW**, by Jackie Beere, the answer lies in helping young people develop emotional intelligence through 'Thinking on Purpose', facilitating easier learning and greater resilience.

Schools are increasingly under pressure to focus on teaching knowledge and improve examination results to improve their own status. This can mean that the child's self-belief, adaptability and empathy can too often fall by the wayside; factors that in Jackie's opinion are essential for improving the well-being of our children, while also helping them achieve academically.

In **GROW**, Jackie, a parent and former head teacher who was awarded an OBE for her work developing student and teacher learning programmes in primary and secondary schools, explores how to apply research on emotional intelligence and growth mindset to everyday

experiences; for both adults and children. The book provides tips for parents and care givers to help young people better understand themselves and others, in order to improve confidence and flexibility; key attributes in successful living.

Containing practical advice and activities, tools for reflection, personal experience, case studies and the latest research, **GROW** will make you examine the way you think, inspiring potentially life-changing action to take on board yourself and pass down to the next generation.

Help your children **Think on Purpose** and '**GROW**':

- Find out about the 'Growth Mindset', a powerful way to improve grades, while helping young people to better meet the challenges of 21st century life
- Help your children sustain optimism, a key element of future health and happiness
- Teach them to make every mistake into a learning experience, cope with challenges and adapt to change
- Learn the importance of encouragement vs too much shallow praise

"In the 21st century, it is not the strongest people that thrive, nor the most intelligent, but those who best respond to change and choose to grow." Jackie Beere.



Available from **Crown House Publishing**, priced £9.9

Jackie Beere comments on topics, such as:

- How to help your children grow emotionally; encouraging learning and self-belief
- Teaching children to understand others for better relationships and positive outcomes
- Practical thought management guides to improve decision making, using critical feedback and well-being
- Learning from mistakes and turning negatives into positives
- How to avoid the pressure that turns high achieving children into fragile perfectionists
- Encouragement vs praise, why too much praise can lead to self-doubt
- Guide to growth mindset and how this approach improves academic performance and emotional well-being.

Bedwetting in children Does your child still wet the bed?

By Dr Robert Arlt

If your child still wets the bed it is important for you to consider three questions:

- Was your child ever dry at night over a period of longer than a couple of weeks?
- Is your child bedwetting again after being dry for several months?
- Are there problems with urinating during daytime too: wetting of pants, frequent urge to urinate, further dripping after having been on the toilet?

If there are no problems during daytime, it is quite normal for a child to occasionally wet the bed at night until the age of 6 years in girls and 7 years in boys. Just comfort your child, don't shame them. However, if it were to happen while on a holiday with friends for example, it may cause the child

a major emotional problem. To avoid this you should see a doctor. The doctor can prescribe a short course of a medication that will reduce urine production during the night.

If your child is usually always dry at night and has no problems during daytime, bedwetting then may be due to stress (perhaps after the arrival of a new sibling.) You should always see a doctor to rule out a bladder infection and other, rarer, conditions.

If there are problems with urinating during the daytime too you should see a doctor for further assessment.

Consult your doctor if:

- your child's bedwetting could embarrass them when staying away from home
- you think your child may

be stressed or may have a urinary infection

• your child has daytime urinating problems too. If the doctor finds no medical reasons for the urinary incontinence, bedwetting alarms and/or acupuncture might be an option.

Dr Robert Arlt is a consultant paediatrician at **+richmondpractice** which offers same-day appointments to both local and international families, assisting in both emergency and routine situations.

For more information, visit www.richmondpractice.co.uk



richmond practice
PRIVATE DOCTORS' SERVICE

GP • Paediatrician • Gynaecologist

020 8940 5009 richmondpractice.co.uk

020 8949 8838 **BOOK NOW** Limited spaces!

11+ Mock Tests

★ Designed to prepare you under real exam conditions to help eliminate the fear of formal tests and build up your confidence!

Dates **Saturday 29 OCT** *Ranking and individual reports will be issued!
Subjects **English and Maths**
Time Between 9:00 am ~ 11:00 am Venue Malden Centre KT3 4AF

24th Oct ~ 28th Oct Half-term Courses

Year 5 - Prepare for the 11+ exams with OxBridge Centre!

Subjects English, Maths, Literacy and VR & NVR
Times Between 9:00am ~ 3:30pm (Mon ~ Fri)

Year 6 - Last minute preparation for upcoming exams

Subjects English, Maths and VR & NVR
Times Between 9:00am ~ 3:30pm (Mon ~ Fri)

Reading Club Year 1~6

Improving reading & writing skills in a fun environment with books

Times 9am ~ 12pm OR 12:30pm ~ 3:30pm (3 hours everyday)

GET ON THE BALL

OPEN DAY

Sunday 9th October 2016

12pm - 4 pm

Including: Surrey GIRLS pitch up & play skills demonstrations,
Bouncy Castle, Ice Cream Van, Wine or Whine
Deal or No Deal, Tin Can Alley, Coconut Shy, Bottle and Meat
Raffles, Cake Sale, Teas, Coffee, Bar and BBQ!

All welcome!

inclusive rugby for boys, girls, mums and dads
bring the whole family something for all.

Find us at:
Blagdons Sports Ground, Beverley Way,
New Malden, Surrey, KT3 4PU

For more details email: emanuellions@gmail.com
Website: www.emanuelrugby.co.uk



OxBridge Centre
ENGLAND

admin@oxbridgeuk.com
info@oxbridgeuk.com
www.oxbridgeuk.com

Our online lectures are now open! Go visit www.oxbridgeit.co.uk.

Quit The Itch! NEW PURESSENTIEL ANTI-LICE DUO

The Kids Are Back To School And So Are The Dreaded Nits. Put a stop to lice, larvae and nits naturally with the new, **Anti Lice Lotion + Comb and Lice Repellent Spray**, from **Puresentiel**, which is a 100% natural and effective head lice treatment which is tough on lice, but soft on hair and the environment.

It is thought that up to one in three children in the UK may get head lice at some point during the year. These infestations are not the result of dirty hair or poor hygiene as head lice can affect all types of hair, regardless of length and condition. Whitish to grey-brown in colour and about the size of a sesame seed when fully grown, head lice cannot fly, jump or swim and are spread by head-to-head contact, climbing from the hair of an infected person to the hair of someone else.

Effective from the first application, the mild formula of the **Puresentiel, Anti Lice Treatment Lotion** eliminates lice and leaves hair soft and shiny after 10 minutes. The formula asphyxiates larvae,

nits and lice by blocking their respiratory system without the use of dimethicone, a silicon based ingredient. Meanwhile, the inclusion of Calophyllum, jojoba, sunflower, sweet almond, castor oil and coco work to prevent hair dryness, while essential oils lavender, tea tree, geranium and clove work to cleanse and soothe the scalp and also help repel future lice infestations.

The fresh scented squeeze-tube is safe to use on asthmatic children and comes complete with the **Puresentiel, Lice Comb** included. The comb's fine, micro-grooved steel teeth are made from a high quality metal, which work to pull out and destroy nits, while the rounded, long tips care for the hair and scalp, making it easy to use all types of hair.



Keep lice away the natural way with the **Puresentiel's Lice Repellent Spray**, which works in just 10 minutes. This 100% natural repellent, which uses Citriodol®, derived from lemon eucalyptus essential oil, has 24 hours proven efficacy to repel lice and stop infestations. The handy spray cleanses the scalp and soothes itching thanks to the inclusion of lavender floral water and lavandin, without leaving the hair feeling greasy or damaged. **Puresentiel, Anti Lice Lotion + Comb** (RRP £12.99) and **Lice Repellent Spray** (RRP £9.99) from **Boots, Day Lewis** and selected pharmacies.

Equazen report reveals how diet and lifestyle can boost brain power

A book at bedtime can boost a child's brain power, accelerate academic achievement and reduce the risk of behavioural problems; new research has revealed from **Equazen**, the makers of the clinically proven, evidence based *omega-3 brain health supplements*.

MRI scans show that reading to children from an early age actually increases activity in parts of the brain involved with language, particularly those regions which are critical for spoken language and reading.

Better understanding of the neurobiology of the brain has also shown how diet and digital technology can influence reading and cognition.

But the latest research underlining the importance of reading points to problems ahead. Research from **Equazen**, suggests that a worrying number of children are turning their backs on books.

On average, children now read for just 2.4 hours per week outside school and homework and one in five (21%) reads for 30 minutes or less a week.

Leading neuroscientists believe that our reading is more superficial when we use a screen, but a survey of parents has shown nine out of ten children have access to a tablet or Kindle.

The **Equazen** data also suggests we may already be witnessing a deterioration in

reading skills as two out of five parents (38%) worry about their child's reading ability, yet only one in four parents (27%) say they struggled with literacy as a child.

A new report, **SOMETHING FISHY ABOUT READING**, authored by **Philip Calder**, Professor of Nutritional Immunology at the *University of Southampton* and an advisor to **Equazen** and independent dietitian **Dr Carrie Ruxton** examines the very latest data and explores new research into literacy and brain function. And it reveals a complex interplay between reading, cognition, behaviour, diet and lifestyles.

- Reading alters the way we think
 - Reading improves blood flow to the brain
 - Tablets, Kindles and other devices may lead to 'digital brain' and reduced concentration
 - Reading improves academic performance
 - 7 out of 9 trials show that children benefit from supplements of long chain omega-3 fatty acids
 - Children who struggle with reading are more likely to develop behavioural problems
 - Omega-3 fatty acid supplementation produces "significant" improvements in children who have underperformed in reading tests.
- Professor Calder** says it's hardly surprising that long chain omega-3 fatty acids appear to be so important for

cognition and reading as up to 40 per cent of the grey matter in the human brain is fat, and around half of it is the omega-3 docosahexaenoic acid (DHA). DHA is essential for normal brain function, while another omega-3, eicosapentaenoic acid (EPA) has been shown to influence blood flow, mood and behaviour.

Professor Calder notes further: "We are at the beginning of a new chapter in our understanding of how the brain works, and how reading influences our health, cognitive function and emotional wellbeing. There is now clear evidence that reading boosts academic achievement and increases our emotional intelligence. Scans have even shown that our brains work differently when we concentrate on a good novel."

Experts estimate that some Western diets now have up to 25 times more omega-6 than LCn3PUFA, an imbalance which is compounded by the fact that most forms of omega-6 inhibit uptake of LCn3PUFA into cells. An exception may be gamma-linolenic acid (GLA), an omega-6 which has interesting interactions with LCn3PUFA and also been shown to reduce inflammation. Studies show that unlike other forms of omega-6, GLA does not lower concentrations DHA in the brain and there is also evidence it protects DNA by blocking the proliferation of damaged cells.

The Study School.....

is an outstanding independent nursery and school in the heart of New Malden, educating children from 3 – 11 years old. The small pupil/teacher ratio ensures that the talents of every child are recognised, nurtured and celebrated in a caring yet challenging environment. Courtesy and thoughtfulness towards others are emphasised throughout the school and the friendly family atmosphere ensures that each child flourishes and feels secure. As the children move up the school they are encouraged to step out of their comfort zone and to take on new responsibilities. As a result, children from **The Study School** are frequently recognised for their self-assurance and maturity. Children leave **The Study School** at the end of Year Six, well-prepared and eager to face the new challenges of senior school life.

The Study School is having an **Open Morning on Saturday 8th October**, this is a fantastic opportunity to visit the school, meet

the Headteacher, the teaching staff and the children and experience this inspiring school for yourselves.

020 8942 0754

info@thestudyschool.co.uk
57 Thetford Road,
New Malden KT3 5DP

www.thestudyschool.co.uk



Best ever 11+ results!
100% pass rate for 11+ secondary school exams



Open Morning
Saturday 8 October
9:30am - 12pm

Join us on our open morning and experience our nurturing, family atmosphere where inspiring learning takes the lead

T: 020 8942 0754 E: info@thestudyschool.co.uk 57 Thetford Road, New Malden KT3 5DP

www.thestudyschool.co.uk

Meningitis Baby Watch

Tense or bulging soft spot

High temperature. Warning - could be normal or low in babies under 3 months

Very sleepy/staring expression/too sleepy to wake up

Breathing fast/difficulty breathing

Extreme shivering

'Pin prick' rash/marks or purple bruises anywhere on the body

Sometimes diarrhoea

Is your baby getting worse fast? Babies can get ill very quickly, so check often.

Unusual grunting sounds

Vomiting/refusing to feed

Irritable when picked up, with a high-pitched, moaning or odd cry

Blotchy skin, getting paler or turning blue

A stiff body with jerky movements, or else floppy and lifeless

Pain/irritability from muscle aches or severe limb/joint pain

Cold hands and feet

Not every baby gets all these symptoms and they can appear in any order

Get your baby vaccinated to protect against meningitis. Vaccines give excellent protection but can't prevent all forms.

For information and support our Freephone helpline is available 365 days a year

080 8800 3344 (UK) 1800 41 33 44 (Ireland)

helpline@meningitis.org

www.meningitis.org

Meningitis 
Research Foundation

THE NATIONAL MARITIME MUSEUM AND QUEEN'S HOUSE,

EXHIBITIONS & EVENTS The Queen's House Re-opening

The Queen's House, the jewel in Greenwich's crown, reopens this October after over a year of extensive refurbishment to celebrate its 400th anniversary. Designed in 1616 by **Inigo Jones** for James I's wife, Anne of Denmark, the Queen's House is Britain's first classical building and a masterpiece of 17th-century architecture.

450 works of art from the National Maritime Museum's art collections. Focusing on the people and events key to the building's creation and history, the collection also reflects its significance today.

From 11 October 2016
10.00-17.00
Free

SPECIAL EVENTS

Trafalgar Day

To commemorate the famous *Battle of Trafalgar* at which **Admiral Lord Nelson** was wounded and killed, curators give 'live' updates of the battle throughout the day. Learn about the experience of ordinary sailors and the representation of the battle in art through short talks and tours around the Museum. Finally, give remembrance during a reading of Nelson's last diary entry and prayer.

21 October 2016
12.00-16.00
Free

Suitable for all ages

Museums at Night: Mystery at the Museum Late

Something spooky is afoot at the National Maritime Museum; its Director has disappeared along with one of the Museum's most precious objects! If you think you can handle the Museum after hours, grab a tot of rum to steady your nerves and help solve the mystery.

29 October 2016
18.30-22.00
£15.00 adult
18 yrs+

SPECIAL FAMILY EVENTS Things that go splash in the night!

This Halloween, discover deep ocean noises, create creatures that sing strange sounds and learn about sea shanties. Make your very own shipwrecked musical instruments and gather around to hear Madame Swashbuckle's ghostly tales of watery goings on in a puppet-filled frightfest.

24-29 October 2016
Times vary,
Free
Suitable for all ages

Halloween: Bermuda Triangle

Build your own frankenbeast, explore an alien ocean and meet a monster hunter with a dangerous secret mission at this sci-fi themed day of family fun. Ghouls, ghosts, and pirates of all ages are welcome for this freaky festival of fun!

30 October 2016
11.00-16.00

£10.00 adult | £6.00 child
Suitable for all ages

All at Sea: Mental Health Awareness Day

Drop-in activities exploring emotions at sea and on land. From homesickness and cabin fever to the comradery of a happy crew, discover what

Maritime Museum

£3.00 per child with an accompanying adult (Free for any accompanying siblings under 6 months)
Suitable for 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 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

www.parents-news.co.uk

This information plus much more online



Twitter: @parentsnewsuk

seafarers can teach us about wellbeing.
10 October 2016
11.00-15.00
Free
Suitable for all ages

FAMILY EVENTS

Character Encounters

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

Saturdays in October 2016
12.00 | 13.00 | 14.00 | 15.00
Sammy Ofer Wing,
Free
6yrs+

Discover Sundays

Be inspired by the maritime past and explore your personal connections to the sea.

Sundays in October 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.

Tuesdays in October 2016
10.30 | 11.30 | 13.00 | 14.00
Sammy Ofer Wing, National

The Great Map, National Maritime Museum
Free
Suitable for all ages

GENERAL INFORMATION

The National Maritime Museum, Queen's House, 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 for details
www.rmg.co.uk/cuttysark

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

For updated information prior to visit visit the web site:
www.rmg.co.uk or phone
020 8858 4422

ICE: THE FIRST-OF-ITS-KIND APP THAT'S GOT YOUR BACK

- ICE allows users to alert friends and family instantly if urgent help is required
- Shares current location, sends a distress signal to nearby ICE users and contacts emergency services at a touch of a button
- Launches on Indiegogo in October

ICE (In Case of Emergency) – a pioneering personal security device that houses a panic button, is small enough to attach to a set of keys or fit in the palm of your hand, and is connected to your mobile phone through an easy-to-use app.

To call for help, simply press the emergency button or, if you have a smartwatch, just shout your predetermined safe word. The ICE disc will then strobe red and buzz – telling you the call for help has been recognised.

ICE will then do three things:

1. Alerts nearby ICE users to come and help them by sharing the distressed person's exact location



2. Automatically sends a text message to emergency services, with the location and mobile number

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.

SWIMMING LESSONS

Colin Bull Swimming Lessons
All ages/abilities.
See advert pg 6
01372 739600

EXPERT 11+ TUITION

7+10+11+English Reading Writing Spelling. Experienced teachers. GCSE Revision, Maths, Science & English
Free assessment if lesson booked telephone now.
Progress Tuition Centre 020 8336 1951
www.surrey tuition.co.uk

HOOK AQUA CENTRE

*Summer Crash Courses
*Fun Swims *Private Lessons
Call Cass on 020 8397 7731
www.hookaquacentre.co.uk

Malden Weekend Tuition Centre (MWT) KT3 3NX

Enrolling NOW Science, Maths, English by qualified teachers.
Free Assessments & Learning Plans 8-18yrs
One to one, small groups: past papers & revisions.
New Tutors welcome
020 8241 9901 07771 348838 wchandra@hotmail.com

3. Sends a text message to pre-designated ICE contacts (they don't need to be members of the platform). This alerts them that help is needed and includes a web link revealing an exact location

When help is on the way, the ICE disc strobes white, and the buzz changes pattern.

The brainchild and founder of London's School of Communication Arts in Brixton, **Marc Lewis**, gained inspiration for the ICE system after he was concerned for the well-being of his students

– many of whom walk home at night. Marc then worked with some of his students and the country's top design, marketing, PR and engineering agencies, to produce a stylish, robust device.

ICE launches on Indiegogo in October and starts at £20. It is compatible with all Apple devices and most Android devices, and requires just a phone signal and internet connection to function. Free access to the platform for 1-year is included in the price of the ICE Disc,
<http://ice-security.co.uk>



October 22nd – 30th 2016, Arts Theatre

TaleGate Theatre Productions Arts Theatre, Great Newport Street, London WC2H 7JB

Edinburgh kids show hit *The Giant's Loo Roll* transfers to London! This fabulously funny and brilliantly bouncy musical adaptation of Nicholas Allan's much loved book will play lunchtimes at the Arts Theatre this October.

Based on *The Giant's Loo Roll* by Nicholas Allan for 2+ yrs
artstheatrewestend.co.uk 020 7836 8463

Children and Young People's Mental Health:
Promoting Integration and Early Intervention

Thursday 8th December 2016
Manchester Conference Centre

www.openforumevents.co.uk

OPEN FORUM EVENTS

An extraordinary adventure

PRIMIGI®



UNIT 203 4-6 MIDNORTH ROAD - PERVALE, MIDDLESEX UB6 7JJ - TEL. 0208-567 2384 - MOD.011.190.156 - SKYLINEAGENCIES@GMAIL.COM



ITALIAN LEADER FOR KIDS
The brand of children's shoes and clothing preferred by Italian mums

PREMIUM QUALITY
Primigi shoes are unrivalled for quality, style and attention to detail

TECHNOLOGY
The exclusive PRIMIGI SYSTEM guarantees feet stay in good shape in any situation

40th ANNIVERSARY
Standing behind children and mums the world over since 1976