

PARENTS NEWS

February 2016 No. 247 The First & Foremost Local Monthly Newspaper for

1993 - 2016

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What's On in February Holiday Feature

London Wetlands
(Photo: Nick Brooks)
www.wwt.org.uk

www.nationaltrust.org.uk

www.bunnleisure.co.uk

Published on time, every time since 1993

www.parents-news.co.uk

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Southwest
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South
E Surrey
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Kent

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Quick Reads.

Launching on 4th February 2016, six new **Galaxy Quick Reads** books written by renowned authors will be released, aimed at helping adults across the UK discover the pleasure of reading. In 2016, *Quick Reads* will also celebrate its tenth anniversary, having been sponsored by **Galaxy Chocolate** for six years.

The 2016 titles are:

- **I Am Malala** by Malala Yousafzai (with Christina Lamb)
- **A Baby at the Beach Cafe** by Lucy Diamond
- **The Anniversary** edited by Veronica Henry
- **The Double Clue: Poirot Short Stories** by Agatha Christie (Edited by Sophie Hannah & John Curran)
- **Too Good to be True** by Ann Cleeves
- **On The Rock** by Andy McNab

The *Quick Reads* 2016 titles launch on **February 4th**, thereafter they will be available in bookshops (*Foyles, WH Smith, Amazon, Waterstones* etc) throughout the UK at only £1.00 each, so long as on **Feb 4th** is referenced

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Animal Adventures

For a unique adventure this half term why not bring your family to **Chessington World of Adventures Resort** for the brand new **Animal Adventures week**.

Discover a week of amazing Animal Adventures from **13th – 21st February** set amongst the wilds of **Chessington's Zoo** and **SEA LIFE Centre** where you can come face to face with over 1000 exotic animals from across the world.

Venture into **Trail of the Kings** and walk among jungle giants such as our breeding group of **Western Lowland Gorillas** and highly endangered **Sumatran Tigers**. Brave the **Creepy Caves** and come eye to eye with snakes; spiders and other hairy and scary creatures or dive into our **SEA LIFE Centre** and go underwater with sharks and stingrays.

And if that's not all the daily shows will give you a chance to learn fun and interesting facts from our expert **Zoo Keepers** plus much more. This **February Half Term** is set to be full of wild **Animal Adventures!**

For more information please visit www.chessington.com

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

Nature Explorers – Winter Art 16 February 16: 10am – 3pm £15. Suitable for 8 to 11 year olds
Book online now to avoid disappointment

Drop your 8 - 11 year old off at the **Education Centre** in the heart of **Hyde Park** for a day of activities, taking inspiration from the great outdoors!

Guided by expert education team, activities will include:

- Exploring the wilder parts of **Hyde Park**, collecting sticks, stones, leaves, seeds and other natural resources to make a giant outdoor ground sculpture
- Using magnifying glasses to discover and be inspired by nature's hidden shapes and designs
- Uncovering nature's hidden habitats and then sculpting a clay habitat to take home
- Being awarded a **'Nature Explorers Club'** badge and passport - every time the intrepid explorer visits the **Education Centre** they will get a brand new stamp!

Discovery Day – Brilliant Birds 17 – 18 February 2016: 11am – 3pm
Free of charge. Suitable for the whole family!
Booking not necessary.
Further details on the website.

With food becoming scarce towards the end of winter, give the birds a helping hand at the **Education Centre** in the heart of **Hyde Park!**

Drop in any time between 11am and 3pm to take part in a host of free and exciting activities including:

- Making a bird feeder to take home with you
- Following the bird **Discovery Trail** and learning facts about our feathered friends
- Donning some binoculars and taking part in some bird watching in the grounds
- Painting a bird picture or using the craft materials to

create your own new species

- Building a bird box to take home (there is an additional cost for this activity)

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

Venue: **Royal Parks Foundation Education Centre**, Hyde Park, London, W2 2UH.
Nearest tubes: **Marble Arch, Knightsbridge, Hyde Park Corner.**



Blowing the Whistle on GDC Scam.

Orthodontists and the General Dental Council are operating an illegal scam to withhold information from the public about new methods which can avoid almost all extractions and even major jaw surgery. This is being done partly to protect traditional methods and partly to preserve the high incomes of orthodontists and surgeons. Research suggests that this British development is being ignored in the UK while spreading rapidly abroad. As a result hundreds of children and young adults have extractions and jaw surgery, unaware they may be unnecessary.

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

There is another way.

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

ORTHOTROPICS

Natural Growth Guidance

The alternative to orthodontics with extractions and surgery.

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

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

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



Emily age 8



Age 14



When experts disagree, where do you go for answers?

www.Orthotropics.com

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

John.mew@virgin.net

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

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/

2016 Events at WWT London Wetland Centre

Saturday 23 January
Introduction to Wildlife Photography 10am - 4pm
 Confused or frustrated by the buttons and settings on your camera and want to really take control of your photographic creativity? Or have you just bought a new camera? This is the course for you. Photographer and author **Iain Green** will guide you through your camera's various automatic settings - and then show you how to turn off the 'automatic' mode but still get fantastic photos.
 Booking essential: please call **020 8409 4400**.

Sunday 31 January
Bird watching with a warden 9.30am - 11am
 This practical session will help you identify different birds and to understand more about them. An expert warden will guide you around the wildlife reserve. The course will focus on birds currently on site, their plumage, calls and behaviour. You'll get tips on how to watch birds including fieldcraft, what to listen out for and the differences between key species.
WWT London Wetland Centre is a great place to spot *bitterns*. Another notable bird species is the *Cetti's warbler*, which, unusually for a warbler, is present all year round. *Cetti's warblers* rarely nest in central London but bred here for the first time in 2010, raising two broods of chicks on the

reserve. We would also expect to see numerous wintering duck species such as *shoveler* and *gadwall*, and other seasonal visitors like *fieldfares*, *redwings*, *mealy* and *lesser redpolls and siskins*.
 The walk lasts for an hour and a half. £10 plus admission to the Centre. Bring your own binoculars/telescope where possible. Booking essential:

020 8409 4400
Friday 5 February
Winter Wildlife Photography Course 10am - 4pm
 Photograph the winter wildlife wonders of the wetlands with practical guidance and tuition from wildlife photographer and tutor **Iain Green**. Discover and learn about seasonal specialities of the reserve and how to photograph them. A practical course, the day will begin with an introductory session inside, before heading out onto the reserve. Suitable for beginner and intermediate, Iain's tuition will be tailored to suit. Due to small course numbers there will be plenty of time for 1-2-1 tuition.
 Booking essential:

020 8409 4400
Saturday 13 February
Members' Walk: habitat management 1pm
 The monthly wildlife walks for members are not just a great chance to join a warden to spot seasonal wildlife, it's also a great opportunity to meet other **WWT** members.
 . Booking essential. £2.

February half term:
Sat 13 - Sunday 21 February
 The first ever **London Puddle Jumping Championships** will be held at **WWT London Wetland Centre** during February half term. Children of all ages can grab their wellies and have fun jumping in puddles in the fresh air. Points will be given for style, creativity, enthusiasm and size of splash. There will be a prize each day for the 'super-splasher' and the **London Puddle Jumping Champion** at the end of the week, with the chance to go on to further glory by becoming **WWT's Big Splash** national champion. Bring your wellies and wet weather gear! Use your imagination to impress the judges with the biggest splash. Throw some shapes in the air for extra style and points! The official competition will take place at 2.30pm every day **from 13 to 21 February**, but there will be practice jump sites around the grounds so you can try out your technique before the **Big Splash** each day. It is 50p per official jump, plus paid admission to the Centre. Every contestant will receive a sticker to acknowledge their puddle jumping skills.
Sat 27 Feb - Sun 20 March
 Weekend family activities
 Enjoy a pond dipping session to see what mini-beasts are about and join in a nature walk. Get creative with nature crafts.
www.wwt.ork.uk

Going for a Spring Walk

Original and dynamic, **Primigi** shoes are perfect for children who want to enjoy the most beautiful season of the year ... in style. Fashion and quality distinguish the footwear brand that has always been attentive to children's basic needs, without ever losing sight of their well-being.

More and more mothers are turning to **Primigi** for the know-how the company has developed over many years of creating products for children. The performance of the shoes, the materials used, the meticulous attention to detail, the

unrivalled quality-price ratio and attention to the season's trends make **Primigi's** shoes a guarantee of quality that mothers demand.

Driving the technological innovation of **Primigi** products is the continuously improved **Primigi System**: 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.

To prevent allergy-related problems, the metal parts are nickel-free while the insole contains no chrome VI, for products that are even more health-conscious and natural.

From the first step to the junior line, **Primigi** offers a vast range of sandals, sneakers and ballet flats perfect for indulging the high-spirited energy of all children.

www.primigi.com



Urban-fashion look for this coral coloured pump with adjustable velcro closure.

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

Size: 24-35

Price: starting from £36,90

Code: 5172477



This blue leather, double velcro sneaker for boys has a light, flexible sole and a removable, leather insole to guarantee complete hygiene. Classic lines make this sneaker suitable for an elegant look that is still casual. The removable insole and the chrome VI free lining are in leather, the metal parts are nickel-free, to prevent allergic problems.

Size: 24-39 Price: starting from £42,99. Code: 5128077

Give your little monster their very own dinosaur Raptor T-Shirt

A terrifying Velociraptor eye peers through claw marks on the front of the navy tee just above your child's unique dinosaur name.

Perfect for all little dino lovers, your kids will be roaring to get ready in the morning and wear their very own dinosaur top. *Custom Blue Raptor T-shirt* for Kids, £20.00

Available sizes: 2-3 years, 3-4 years, 5-6 years, 7-8 years, 9-10 years, 11-12 years
Natural History Museum Shop

www.nhmshop.co.uk/custom-blue-raptor-t-shirt-for-kids.html



Kick start healthy 2016

Healthy eating is high on everyone's priority list for the new year and the **Béaba Babycook®** can help you stick to your new resolutions, helping you create delicious and nutritious meals for you and your little one.

This amazing 4 in 1 cooker/blender can have meals ready from fridge to highchair in minutes, simply steam a variety of nutritional and healthy ingredients: vegetables, fruit, fish and meat; rice, pasta and quinoa then blend the delicious combination to the preferred texture, the **Béaba Babycook®** makes sure that all the vital nutrients are kept in too. Kick start your healthy regime by

whizzing up delicious fruit and veg smoothies or give tired skin a boost by creating a rejuvenating face mask.

www.beaba.com/en
 RRP £109.95 available at *John Lewis, Amazon and Jojo Maman Bebe.*



Squid Soap

Thorough hand washing for tots is important and **Squid Soap** will teach your child correct, healthy hand-washing skills, in a fun and interactive way. Simply by pushing down on the dispenser, a washable stamp appears on their hand. Using the creamy lather children wash the stamp off, and their hands are clean!

The bright fun bottle appeals to all ages, and it comes with a collectable squid bath toy. www.squidsoap.com/ RRP: £1.99 available from *Tesco, Superdrug online* in store as well as many more.



LONDON PUDDLE JUMPING CHAMPIONSHIPS

13 to 21 February

DAILY PRIZES

Grab your wellies and join us for a splashing time!

Daily prizes, plus a chance to be WWT's Big Splash national champion.

www.wwt.org.uk/london
 Queen Elizabeth's Walk, Barnes, SW13 9WT
info.london@wwt.org.uk 0208 409 4400

London Wetland Centre

What's happening at *Historic Royal Palaces* January – March 2016?

Historic Royal Palaces series of fun, family activities, culminating in the launch of the spectacular new 'Magic Garden' at *Hampton Court Palace* at Easter! Meanwhile, for the grown-ups, throughout the winter months, explore the palaces after dark with spooky Ghost Tours at *Hampton Court Palace* and return of the *Tower of London's Twilight Tours*. There'll be much to enjoy for fashion fans too, as the 'Fashion Rules' exhibition at *Kensington Palace* undergoes a style overhaul with a completely new display of dresses from the collections of *HM The Queen, Princess Margaret, and Diana, Princess of Wales*.

Fashion Rules: Restyled From 11 February *Kensington Palace*

Move the timeline to focus on different periods in the wardrobes of *HM The Queen, Princess Margaret and Diana, Princess of Wales*, expanding our glimpse into the era-defining style choices of these three royal women. From the 'New Look' glamour of *Princess Margaret* in the 1950s, the elegance of *HM The Queen* in the 1960s and 1970s, and the tailored drama of outfits created

for *Diana, Princess of Wales* in the early 1990s, the display will continue to explore how these women navigated the fashion 'rules' defined by their royal duties in unique style.

The Battle of Agincourt ends 31 January *Tower of London*

600th anniversary of the battle of Agincourt, discover medieval armour, art, music, sculpture and manuscripts and marvel at a detailed diorama of the battle, revealing the emotional story and legacy of this extraordinary battle.

Family Ghost Tours

13 & 20 February, 18.30
Hampton Court Palace
Early evening walking tour
Suitable for 8–14 year olds.
adults £14 / children £7
0844 482 7777

Tiny Explorers

Selected Wednesdays and Saturdays from **10 February**
Kensington Palace
Selected Thursdays and Saturdays from **11 February**
Hampton Court Palace
Explore and play in the palaces together! Discover the stories of *Kensington Palace* or *Hampton Court Palace* in these multi-sensory sessions

for under 5s. Through music, movement, messy play and more, you and your little one will be transported into a magical world of stories.
Tickets: £6 / £5 HRP members

Victoriana: Science and Séance

13 February, 11.00-12.30
Kensington Palace
The Victorian era is celebrated as birth of the modern world. Britain was also fascinated by the supernatural, from spiritualism and séances to gothic fiction and sensationalist serialisations. Discover how science, religion, fanaticism and the supernatural co-existed and what this meant for morality, beliefs and culture in Victorian society.
Speaker: **Dr. Chris Renwick**, Senior Lecturer in Modern History at the University of York.
Tickets: £15 / £12 HRP members. Ticket includes a glass of Bucks Fizz and entry to *Kensington Palace*.

Live at the Tower Charity Gala **13 and 14 February, 18.30** *Tower of London*

A fundraising evening of variety acts hosted by the *Yeoman Warders*; net proceeds will be donated to the conservation project of the chapel of St John in the iconic White Tower. Starting with a drinks and canapé reception, the evening entails a two act variety show hosted by a celebrity MC. The show will feature West End performers, comedians and variety acts.
Standard tickets £75. VIP tickets are £125 and include premium seating and a private tour of the Crown Jewels before the show.

Drawn at the Tower
with *Art Macabre*
15 February, 15 March, 13 April and 24 May, 18.30-21.00
Tower of London

This new creative collaboration between *Historic Royal Palaces* and *Art Macabre* invites adults of all abilities to use drawing to explore stories from the Tower's remarkable 1,000 year history. From royals and rogues to ravens and rituals, each event illuminates the Tower's dark past.
Tickets: £24 / £20 concessions and *Tower Hamlet* residents.

Palace fun and games **14 – 20 February, 11.00-16.00** *Kensington Palace*

Discover what it is like growing up in a palace. Hear about *Princess Victoria's* childhood, play some of her favourite games and take part in her past times. These

free drop-in family activities are held throughout the day including games and craft activities, with storytelling on selected days.

Victoriana: Scullery maids and Suffragettes

5 March, 11.00-12.30
Kensington Palace
How could a Victorian woman be an independent monarch and an "angel of the house"? What feminine and masculine ideas were popularised and upheld by *Queen Victoria*? How did she manage domestic and political spheres and what did this mean for the average person? Join this Brunchtime lecture for an investigation in how women's rights developed and the influence on government policy, literature and moral codes of conduct during the Victorian age.
Tickets: £15 / £12 HRP members. Ticket includes a glass of Bucks Fizz and entry to *Kensington Palace*.

Encounters with the Past From Easter to August *Hampton Court Palace*

Immerse yourself in the stories of the palace and the people who have inhabited it through a series of up-close encounters with actors bringing to life real characters from *Hampton Court's* past. You might meet *Henry VIII's* Tudor court, or experience life in the Baroque palace.

www.hrp.org.uk

Kent & East Sussex Railway

Have an enchanting day out at the *Kent & East Sussex Railway* in Tenterden where everyone can have fun with *Thomas the Tank Engine™* and some of his friends.

All trains will be hauled by *Thomas* himself, so hop on and travel behind *Thomas* as many times as you like between Tenterden and Rolvenden Stations.

Meet *Rusty* and *Dusty*, The *Fat Controller's* mischievous comedy sidekicks. Enjoy Balloon modelling and magic shows and watch thrilling adventures with *Thomas* on the station's big screen T.V.

Whatever the weather you'll enjoy walkabout fun with *Charlie the Clown*, face painting and unlimited play time on the roundabout, bouncy castles and under fives soft play area, all of which are under cover.
Children 18 months to 15 years inclusive £13.00, Adults £17.00, Family Ticket 2 Adults, 2 Children £51.50, Babes in arms under 18 months are carried free of charge, providing they do not occupy a seat.
Tickets online at www.dayoutwiththomas.co.uk/
kentandeastsussexrailway or by calling **01580 765155**.



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MAKE THEIR DAY

A DAY OUT WITH THOMAS



FEBRUARY
13th, 14th, 20th, 21st

www.dayoutwiththomas.co.uk/kentandeastsussexrailway

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Kent & East Sussex Railway

TENTERDEN TOWN STATION

Telephone 01580 765155 • kesr.org.uk

Holidays

Brighten up dreary Winter with a sizzling summer deal at **Bunn Leisure**

Booking a summer holiday at **Bunn Leisure** is sure to brighten up any day – especially with up to 30% off peak school holiday breaks when booked **before Jan 31st**. The park, located on the stunning *Selsey peninsula* in West Sussex and boasting its own mile-long sandy beach, is the perfect destination for a break packed with family fun. **Bunn Leisure**'s best holidays at the very best prices with up to 30% off early summer holidays and 25% off school summer holidays.

A family of four can stay in a standard caravan at *West Sands* during the May off-peak period from just £156, while prices during the summer holidays (**July 22nd – August 29th**) start from £398. Families can prepare for a star-studded entertainment line-up with a host of big-name acts and well-known children's characters to delight the whole family.

Bunn Leisure has free kids' clubs, organised activities for children of all ages and fun

packed leisure complex, *The Oasis* – featuring waterslides and a lazy river.

For sport-mad youngsters there are football, basketball and tennis courts for plenty of active fun.

Bunn Leisure has four holiday villages to choose from – *West Sands* at the heart of the action, *White Horse Park* for families with young children who want a quieter stay, top-of-the-range *Green Lawns* with more space to unwind and *Warner Farm*, which has 250 pitches for touring caravans, motor homes and tents.

Warner Farm camping pitches start from £100 for four nights (family of four) **between June 5th and July 20th**.

There is also a choice of luxury holiday cottages which sleep between six and 12 people – pick one with unrivalled views of the sea. Wherever you choose, the *Bunni Express* Land train is an easy way to get around the park.

www.bunnleisure.co.uk or call

01243 606080

Start the New Year off in style with **Hilton's** top spa breaks

Hilton Worldwide
www.hiltonworldwide.com

has hand selected five of its favourite spas across the globe for you to relax, unwind and start the new year with a new you.

Whether it's a week at a luxury resort in Thailand or popping into a London spa for an afternoon treat, there is something for everyone to banish those blues.

Barbados
Why not treat yourself like a celebrity and indulge yourself in the **eForea spa** at the **Hilton Barbados Resort** to experience pure relaxation on the Caribbean's first quartz heated sand bed. The spa has an exclusive treatment menu, innovative design features and carefully selected product partners, the perfect getaway to clean out winter cobwebs.

Dubai
Release the stress at the **Breakwater Wellness Centre** at **DoubleTree by Hilton Dubai – Jumeirah Beach** with a range of indoor and outdoor facilities. Enhance your physical appearance, reduce your stress levels, escape from the daily routine, and stay fit and relaxed after a busy holiday season.

Croatia
Feeling the need to relax after the party season? **Beauty Line Centre** at **Hilton Imperial Dubrovnik** – an innovative concept in well-being, health and movement.



Liverpool

If you want to banish those dark circles which have appeared over the party season, try the **Biotec Sonic Skin-Radiance Facial** at the eForea spa at the newly opened **DoubleTree by Hilton Hotel & Spa Liverpool**.

Thailand

Hilton Pattaya is located on Thailand's largest beachfront, close to shopping and entertainment centres and boasts an outdoor infinity pool set amidst landscaped gardens with relaxation areas providing ocean views. A perfect setting to banish winter blues and enjoy the hues of the ocean, whilst replenishing your body.

Japan

Dedicated to the art of wellness, the **Aqua Beauté Spa** at **Hilton Odawara Spa and Resort** offers over 35 treatments designed to nourish your body, mind and senses. Set between the Hakone foothills and stunning Sagami Bay, the spa enables guests to experience deep relaxation while taking in serene, panoramic views.

www.hiltonworldwide.com

Beat the winter blues holiday in Cannes

Beat the winter blues with a **half-term holiday** in **Cannes** for just £247.96 for a five-night break for a family of four, at the newly-renovated **Mimozas Resort** in Cannes-Mandelieu. Cannes is just a 10-minute drive from the resort, with its famous Croisette seafront boulevard dotted with the stars handprints. From there you can enjoy a short ferry trip to the island of *Sainte Marguerite* - home to a 17th century fort, a bird reserve and beautiful scenery. Closer at hand, the picturesque village of *La Napoule* is a short stroll away, with its stunning marina and charming castle. You'll find plenty of restaurants

along the shore, boasting incredible views and the finest Provençal cuisine.

For a more active break, you can hire a bike and explore the local area. You'll also find a kids' playground, tennis court, football pitch, swimming pool, sauna, hot tub and spa, all on site.

Mimozas Resort offers a range of self-catering apartments, all with their own private balcony overlooking either the lake or golf course, with separate sitting rooms and plenty home comforts.

Fly direct to Nice from London *easyjet* and *British Airways*, or travel by train with *Eurostar*.

www.mimozascannes.com



SUN, SKI & SKIN

If you're going on a winter skiing holiday this year don't forget to pack your sunscreen! Although it might sound strange, your skin can burn in the snowy ski slopes, leaving you with embarrassing 'panda eyes' and a sore red face. The amount of UV rays that reach the earth's surface increases by up to 5% for every 1,000 feet above sea level you are, plus both ice and water are very good reflectors of UV radiation.

This means that areas that are typically exposed to the elements such as the hands, face and head are the key areas to apply sunscreen to. Liberally apply sunscreen, which is at least **SPF30** or higher – don't forget to look for a one with a high level of UVA protection.

Top tips

- Re-apply sunscreen as frequently as you would in the summer time to all exposed areas of the skin.

- Don't forget any exposed areas that we often miss when applying sunscreen such as the ears, lips and back of the neck.

- Stay moisturised. This won't protect you from the sun, but winds and colder temperatures will strip the skin

of its natural moisture, leaving it drier and more susceptible to cracking.

Dr Anjali Mahto, consultant dermatologist & **British Skin Foundation** spokesperson agrees. "It's all too easy to forget about skincare when you're covered from head to toe, but at altitude, the risk of sunburn remains high. It's vital to adequately protect exposed sites with high factor broad spectrum SPF and remember to reapply frequently."

The British Skin Foundation is the only UK charity dedicated to raising funds for skin disease and skin cancer research. There are eight million people living with a skin disease in the UK, some are manageable and others are severe enough to kill. Seven people die every day in the UK from skin cancer. **It Takes 7** is a fundraising campaign set up to raise as much money as possible to fund research into skin cancer.

Skin disease doesn't just affect the skin. It can have a huge impact on a person's day-to-day life, crush self-confidence, restrict movement, lead to depression and put a huge strain on families as well as personal relationships.



Photo: Pawel Kadysz Stocksnap

Shhhhh.. Do You Want To Know A Secret?

Are you looking for an easy beach holiday with the kids this summer where you are not crammed onto the sand like a tin of sardines? Well here is a perfect place – **Isla Canela** near the border town of *Ayamonte* in Southern Spain. Fly into Faro in Portugal, pick up a hire car and drive for 50 minutes along the motorway, over the *Guadiana Bridge* and into Spain. It's then the first beach resort you come to and it is simply a continuation of the Algarve but without the crowds. There are a number of family friendly 4* hotels to choose from, all of which are frontline properties facing the beautiful wide sandy beach

and the promenade. On the opposite side are the lagoon and marina where you will find some great restaurants and bars. Whilst there, visit the local town of *Ayamonte* and take the old ferry over the river for lunch in Portugal, explore the Eastern Algarve, and even visit *Seville* for the day. This is a perfect resort for beach loving families. To book this or any other holiday call **Janine** or **Paul** at **The Travel Trove** on

020 3598 6245.

They are independent travel consultants and parents so understand what's important to families on holiday.

www.thetraveltrove.co.uk



Holiday in the Tuscan region of Italy

Famous for its gorgeously hot summers and beautiful cultural events. However, **Tuscany** is relatively undiscovered for its winter season, and with **Tuscany Now & More**, guests can enjoy an array of exquisite villas that are ideal for a warming wintertime escape - a more peaceful time to experience this idyllic setting.

Villa I Giullari

This traditional Italian farmhouse is within walking distance to the famous city of Florence, offering guests the opportunity to fully absorb the Italian culture. The owner of this beautiful farmhouse can arrange delicious warming winter dinners for guests and even offers cooking lessons,

Villa Dasya

This is a beautiful private villa, located a short walk from the medieval town of Lari, offering boutique shops and restaurants. Offering ample space to cosy up together or enjoy a short walk into the local Tuscan town and sample some Italian delicacies

La Piana

Set just to the south of Siena this is the perfect villa to

experience the hot springs. Nestled into the hill side it offers breath taking views of its surroundings, which includes beautifully landscaped gardens a private pool and a charming pool house.

Warming Winter Cooking Classes

Set in the medieval town of Certaldo, **Chef Giuseppina** will provide guests with warming winter dishes from traditional Tuscan recipes as handed down through generations of home-cooking, guests can learn to cook the perfect Tuscan Ribollita soup.

The Artisans of Florence

This tour gives guest and insight into 'Made in Italy' and into the old tradition of Italian artisans. This tour offers a look round two artisan workshops, ranging from *Santa Maria Novella Pharmacy* or *Leather School* to the makers of mosaics, silver smiths and linen embroidery workshops.

For further information and bookings, please contact

www.tuscanynowandmore.com

or call

020 7684 8884.



Calling all parents of 7-16 year olds!

Registration opens in **February** for the **P&G Surrey Youth Games**.

The Games offer young people the chance to participate in sport with a focus on attracting new people to different sports. This may include young people who do not currently take part in any sport. Playing different sports helps to develop different skills and physical capabilities; this can help improve abilities, both in sport and in other aspects of their life. It is also a chance to meet new people, make new friends and sow the seeds for a healthy lifestyle. All these are fantastic long term benefits but what

really sells the Games is that they are a fun and inclusive way of encouraging people to take part in competitive sport.

Open to all children in the 11 Surrey Borough's, in 2015, *Epsom & Ewell* won the Games, with the biggest team (235 young people) from the smallest Surrey Borough. An achievement they are hoping to replicate in 2016!

The Games comprise 17 sports; basketball, badminton, bocchia, boxing, girl's cricket, girl's football, hockey, judo, lacrosse, netball, netball high 5, girl's rugby, swimming, squash, table tennis, touchtennis and tennis.

Once registered, training sessions take place throughout the Spring and early summer with the games taking place in June.

Epsom & Ewell's online registration opens on **Monday 22 February**.

Training sessions take place between April & June. The SYG take place on the weekend of **18 & 19 June 2016 at Surrey Sports Park** in Guildford.

To be eligible to compete for *Epsom & Ewell*, young people must be aged between 7-16 and live or go to school in the Borough.

www.epsom-ewell.gov.uk/surreyyouthgames



Wild Woodland Camp

Date: **Tuesday 16th - Thursday 18th February**
Time: 9am – 4.00pm
Cost: £40 a day
Booking: Advance booking required.

01932 868113

or book online

www.painshill.co.uk

Have a wild time this half term with tracking, wild art, bushcraft and den building. (For children aged 8 to 13 years).

Help your little ones get active this year

Perfect for all budding athletes and young explorers, let your kids enjoy the fresh outdoors. Football & Rugby Ball Backpacks, £24.99 each

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www.sportpax.co.uk

Survive book, £9.99

From the *The Imperial War Museum Shop*

www.iwmshop.org.uk



Half term

15-19 February 2016
www.merton.gov.uk/activeplus

Football Camp At *Dundonald* recreation ground; Singing Workshop At *Crown lane studios*, Morden Sewing Club At *Wimbledon Park* Horse Riding At *Ridgway stables* Badminton At *Wimbledon Racquets & Fitness Club* Squash At the *Wimbledon Club*

After school clubs: Tennis Development At *David Lloyd centre*, Raynes Park Mondays 17:30-18:30

A Carnival of Tropical Colour at Kew Gardens Half Term fun...

For information about visiting *Kew Gardens*, please call the Visitor Information team on

020 8332 5655

(24-hour visitor information line) or email

info@kew.org

Brazilian inspired crafts: Get creative and shimmy and shake your way through the rainforest as you make your very own Brazilian plant inspired craft to take home. These drop in sessions take place every day from **Saturday 13 February to Sunday 21 February** from 11.30am – 3.30pm in the *Princess of Wales Conservatory Film Room*.

Carnival inspired headdress making: Inspired by the riotous colour and spectacular plants on display, build your own Carnival headdress to take home. These drop in sessions take place on **Sat 13 & Sun 14 February and Sat 20 & Sun 21 February**, 11.30am – 3.30pm in the *Princess of Wales Conservatory Film Room*.

Enjoy carnival inspired Face painting every day from **Sat 13 February to Sun 21 Feb**, from 10.30am – 3.30pm in the *Princess of Wales Conservatory Film Room*.

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Express Community Interest Company's £5,000 Award

A **Community Interest Company** in *Kingston upon Thames*, which offers support to children with autism and their families, is celebrating after learning that it has won a £5,000 award from the **OneFamily Foundation**.

Express CIC was nominated for the award by **OneFamily** customer, **Paula Alvarez**, whose son has *Asperger's Syndrome*. She put the community group forward after hearing they needed funds for their art therapy classes and sibling support groups.

Paula said: "My friend, whose son is also diagnosed on the autism spectrum, told me about **Express CIC** after my son was diagnosed. The people that run **Express CIC** have been incredibly supportive and given me some really invaluable advice.

"As a customer of **OneFamily**, I was of course aware of the **Foundation** and its terrific **Community Awards**, so as soon as I heard **Express CIC** needed help fundraising, I immediately thought about putting them forward. What an absolute thrill to have won!"

The money will be used to fund the community group's art therapy sessions – a place where autistic children, can express themselves and interact

with others in a fun and supportive environment. Art therapy offers an opportunity for therapists to work with individuals on the autism spectrum to build a wide range of skills using an approach that they may be more comfortable with and that may be more effective than spoken language.

The community group also runs support groups for those children whose siblings have autism and the award money will assist in funding these groups; places where the children can share their feelings and experiences with others who are in similar situations. Talking with a friend or with a person from outside of the family may be a comfort to many siblings, offering a new perspective on their lives and helping them to realise that they're not alone.

Paula continued: "We are incredibly pleased and grateful to have won the award and want to say a big thank you to everyone who got behind us and voted. The money will make a genuine difference to the lives of these children and their families and to the community as a whole."

The **OneFamily Foundation** is a unique customer benefit fund, provided by mutual organisation, **OneFamily**, which intends to make

£5million available to its members to make their lives and communities better.

James Hale, Customer Engagement Manager at **OneFamily** said: "It's a real pleasure to be able to award £5,000 to the **Express Community Interest Company**, which will assist them in continuing their valuable work. The support they give to local families and the service they provide is important to the community as a whole, and we are pleased to play a part in ensuring that they can keep doing what they do. Using funding to make a positive difference to the lives of our customers and their local communities is what the **Foundation** is all about."

OneFamily provides investments, savings and life insurance products to help families work together to meet the financial demands of modern life. As a customer-owned business it is run for the benefit of its customers. The **OneFamily Foundation** redistributes a portion of the organisation's profits. The **Foundation** has also helped hundreds of customers with personal grants since its launch in 2014, and its funding pot is made possible due to the financial stability of the customer-owned organisation.

<https://foundation.onefamily.com>

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Check Your Spelling Age



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Brain Training



Edutainment

Classroom Tests was born out of a desire to help facilitate learning. The site aims to reinforce what the pupil has learned at school or college and enable the parent or school to easily track their progress. Incorporating the National curriculum in England: Framework for key stages 1 to 4.

For further information please contact +44 (0)208 394 1528.

classroomtests.net

Colds and flu in children By Dr Robert Arlt, consultant paediatrician at +richmond practice



Does my child have a cold or is it 'flu'?

Influenza is an illness capable of affecting the entire respiratory tract from the nose and throat down to the bronchial tubes and lungs. A typical case of flu in older children and teenagers consists of a sudden onset of chills and fever, headache, body aches, sore throat and a dry hacking cough.

Pre-school children tend to have an illness more like a severe cold, with high fever, runny nose and cough, typically accompanied by irritability and poor appetite. Some infants develop a hoarse cry and a "barking" cough (croup). Diarrhea and vomiting may also occur. Flu usually takes away a child's appetite, so don't expect them to eat much for the first few days. Encourage

them to drink more fluids, especially when fever is present, but forcing fluids is unnecessary. Active play can make a cough worse.

Consult your doctor if:

- you feel frightened or worried about your child's illness
 - your child has: difficulty breathing, a bluish tinge to the lips; vomiting that continues for several hours; severe lethargy
 - your child complains of an earache or if an infant pulls at their ears, becomes increasingly cranky or keeps waking at night; develops a deep cough with lots of mucus; has a fever of over 37.8 C lasting more than 4 days (check fever info).
- You can ask for an appointment with either our doctors or our paediatrician. The doctor can assess whether your child is fit to travel. If they suffer from frequent, recurring, colds the doctor can investigate for any other underlying cause. The doctor can recommend homeopathic options on request. We can also provide flu vaccinations.

Call +richmond practice for a same-day appointment with a GP or paediatrician on **020 8940 5009**.

You may also visit the web-site www.richmondpractice.co.uk

Keeping your toddler healthy at the petting farm

The British springtime brings to mind farmyard visits to see new born lambs and chicks. With the popularity of children's farms on the rise, spring isn't complete for a toddler without a trip to see the tractors and animals.

Toddlers are renowned for wanting to touch everything and always seem to have fingers in their mouths. A farm visit is a wonderful and educational experience for children but it is important to ensure little hands are kept clean by following basic hygiene rules to avoid picking up germs and bacteria from the animals.

Fay Watt, Managing Director of first aid and healthcare specialists **NatraSan**, offers parents helpful top tips to keeping inquisitive hands germ-free at a farm visit: Keep a close eye on kids and animals: Children will quite happily feed a salivating lamb and straight away put their fingers in their own mouths, even if you've told them not to! Pay close attention when feeding animals and give hands a good spritz of **NatraSan** when the need arises. Pack an effective disinfectant: Packing a safe disinfectant that has the ability to sanitise a number of different surfaces is vital to keep your family clean at farms. **NatraSan First Aid spray** kills 99.9999% of germs - great for picnic benches.

Always wash with soap and water: As well as having a handy bottle of **NatraSan** with you, it is wise to ensure everyone washes hands with warm soap and water after petting or feeding the animals and again before eating. Spritz hands regularly: There will always be the risk that someone doesn't clean their hands properly with soap and water, and then touches items in the play or eating areas, for example, thus spreading bacteria. Using the versatile **NatraSan** spray will help to reduce the spread of any germs. Don't forget about your mouth: Little fingers are always going in mouths and this is a common way for germs to be spread. Always clean little hands regularly just in case your child touches an animal and then sucks their thumb, for example. **Fay Watt**, Managing Director of **NatraSan**, says: "With the popularity of farm visits increasing every year, we want to ensure that families stay clean and germ-free. **NatraSan** offers children and adults safe protection from 99.9999% of germs and bacteria - that's over 100 times more effective than 99.9% products and the **Travel Buddy** is a handbag or change bag essential." **NatraSan** costs £10.00 for 250ml and £7.00 for 100ml - available at www.natrasanuk.com

Peekaboo 123 | Peekaboo A to Z Illustrated by Gareth Lucas

Publication Date: 10th March | Price: £9.99 each Age: 1-4

Lift the flaps to meet a crazy cast of animals in this brand new range of concept books. Guaranteed to have little ones laughing while they learn! Humorously alliterative text is perfectly paired with stunning illustrations from the super-talented **Gareth Lucas**.

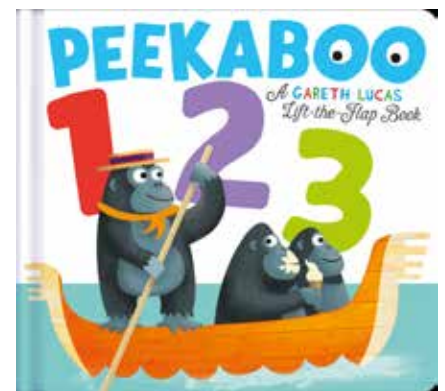
Peekaboo 123 and **Peekaboo A to Z** by **Gareth Lucas** are funny, stylish cased board books with large sturdy flaps - perfect for little learners getting to grips with their numbers and letters.

Join the **Animal Antics** race in **Peekaboo 123**! Will the winner be one polar bear on a pogo stick, two turkeys on a tandem or three walruses with a

wheelbarrow? Lift the flaps to meet the crazy contestants who will have children chuckling from 1 to 100.

Peekaboo A to Z is an alphabet book with bite! Lift the flaps to meet an alligator admiring some art, a bear balancing on a bean - and not forgetting a very attention-seeking zebra! The mad menagerie of animals will have your little ones laughing from A to Z.

Gareth is an illustrator and designer living in his hometown of Essex, with his wife and four children. After studying at **Brighton and Central Saint Martins** he has worked on a variety of projects, but enjoys children's book illustration the most. When he is not working he can be heard indulging his other love - the banjo!



Don't Let the 'Small Print' Ruin Your Winter Holiday

Its ski season and thousands of us will be looking to plan an active winter getaway. Effective planning is key to a successful and smooth holiday experience. There could be all kinds of irritating consequences should you fail to do so. Lack of care and caution when booking can result in some serious disruption during what is meant to be a relaxing getaway!

Frank Brehany, Consumer Director of **HolidayTravelWatch**, has put together some tips to avoid nasty surprises and unexpected expenses during your winter holiday:

1. Whilst price is always a factor for many consumers do not be blinded if it looks too good to be true, it probably is, shop around and compare! Around 56% of British holidaymakers don't use review sites such as **TripAdvisor** when booking their holidays. These sites are a great resource to find honest and genuine opinions as to the quality and value for money of a holiday resort.

2. Watch out for the many 'Click and Go' websites that divide products under such phrases as 'Flight and Hotel' or 'Holiday'. They may not sell true packages that offer full consumer protection and rights!

3. If you are not sure, check the terms and conditions or the

small print at the bottom of the webpage. If it says the website is only acting as an 'agent' or that it is not a 'principal' then you will not be protected by consumer laws.

4. If you make a booking by phone and they say they are only acting as an agent and are not the principle, ask them to explain what they mean and what consumer protections they offer. Do not book straight away, take time to think about the implications and compare with other companies that offer those protections!

5. If you book a holiday separately you will only have the protection of the contract. If you book a package holiday, you will have the protections of the contract and **The Package Travel Regulations**. Ask yourself: if my holiday goes wrong how much will it cost me to put it right or is there someone who could do that for me? Some 48% of Brits were unaware that **The Package Travel Regulations** covered them during a package holiday but the protection offered is very generous and can make life a lot easier should anything go wrong.

A lot of these tips take a matter of moments and can rescue what could otherwise be seriously destructive factors to consumer holidays.

www.holidaytravelwatch.com



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My Stencil Kit By Hervé Tullet

Published on Monday 29 February 2016

Designed for children aged 5+, this ingenious book is comprised of a large-format colourful art pad, and six durable stencil boards, which feature over 200 stencils to trace. Children are encouraged to mix and match their stencils to create their own original **Tullet-style** artworks. The latest from prize-winning author **Hervé Tullet**. The stencils

range from flowers, grass and trees to mountains, suns and streams, to cars, rockets and planes to giraffes, roosters, snails, and more! This ingenious book is a fantastic way for pre-school and school- aged children to discover the joys of drawing and tap into their own imaginations. The stencils allow children to quickly master the basics of line, colour and shape, and develop their understanding of symbols and their representations. This is a truly inventive art book that will spark hours of fun for parents and children alike. **Hervé Tullet** is the creator of more than 75 internationally acclaimed children's books, including the worldwide publishing phenomenon **Press Here**. He is the recipient of numerous prizes



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WHAT TO SAY TO YOUR CHILD ABOUT TERRORIST ATTACKS

We're a 24 hour news society - there's an endless stream of information that filters into our homes whether we want it or not. *So how do you protect your children when something like the Paris terrorist attacks occur?*

And more importantly, what should you be saying to answer your child's questions and alleviate their anxiety? So many parents find that they are quite literally 'lost for words'. **Alicia Eaton** is a *Behavioural and Emotional Wellbeing Specialist* working with both adults and children in **London's Harley Street**. She has a particular interest in children's anxiety and is the author of *"Words that Work - How to Get Kids to Do Almost Anything"* (Matador 2015). For further information please visit www.success-4-kids.com or www.aliciaeaton.co.uk

She tells us: Anxiety levels amongst children are rising and ironically, it's one of the biggest worries for parents today. Left unchecked, children can grow 'into' their fears, rather than grow out of them with harsh and long-term consequences. It can set back their emotional growth and hamper performance in every area of their lives. Anxiety will stop your child from making friends, taking part in social activities, sitting exams successfully and fulfilling their potential.

Fear is a natural and essential human emotion: after all, being programmed with the ability to have feelings of fear is what saved our ancestors from being eaten by sabre-toothed tigers. But there aren't too many sabre-toothed tigers for us to deal with nowadays and most of the things that we worry about never happen, so we can exhaust ourselves for nothing. Feelings of fear and anxiety are just that - feelings - and the good thing about feelings is that they can be changed.

TOP TIPS:

1) "Will this happen to me?" is the first thought that will be running through your child's mind. They will be wondering how this will impact on their own safety. Having seen incidents on the TV, your child will start wondering whether this is going to start happening in the street right outside their home. This will be especially true if your child has seen other children in danger for they'll be able to relate to them more. Reassure your child that this is happening 'far, far away'. Distance can be hard for children to imagine, so get a map or globe and point out that it's no where near their home or school.

2) Give plenty of time: Spend extra time sitting with your child especially at bedtime and listen carefully to their concerns. Every child is

different and depending on their age and temperament will have a different perspective on the news stories. It's possible to worry your child even more by giving too much information in your conversations, so try to learn what 'specifically' it is that is worrying your child. It may not be as bad as you think and a simple answer may be all that's required.

3) Empathise - Use phrases such as: "I can see that you're feeling worried / scared / anxious and that's understandable. It's a horrible thing that has happened". Avoid using negative phrases such as:
- Don't worry
- Just stop thinking about it
- Don't keep going on about it or you'll make it worse.
- Stop talking about it because you're starting to scare your little brother! (Say this and don't be surprised if 'little brother' starts crying.)
Our minds make pictures or images out of the words that we think or hear. Using a negative word will mean your child will end up doing exactly what you don't want them to do - worry!

4) Reassure your child that we're safe: Tell your child that when horrible things happen, there are lots of people who are looking after us and will keep us safe - eg. Government, Police, teachers, Mums and Dads. They'll make sure that

this doesn't happen to us and they also find the bad people and put them into prison. Always use words that reflect the desired state, such as:
- It's OK, we're all safe.
- We can stay calm about this, because it's happening far, far away.
- We can relax now, because there are plenty of people taking care of this for us.
- The situation is over now - it's finished.

5) Use the analogy of a false alarm to explain anxiety: Liken your child's feelings of anxiety to a smoke alarm going off when it's got a bit too smoky in the kitchen from the cooking. The smoke alarm can't tell the difference between a bit of smoke and a real fire - so it's a 'false alarm'. And sometimes when our bodies feel a bit panicky and anxious, the same kind of thing is happening. Our bodies make a bit of a 'mistake' and worry us for no reason - there is no real danger.

Extra fresh air and exercise: Watching and hearing bad news stories will increase the production of adrenaline and cortisol in the body. Ensure your child has plenty of outlets for burning these stress chemicals off. Increase the amount of exercise they take right now, preferably in the open air, otherwise their stress levels will simply keep on elevating.

6) Laugh: Laughter is another way of changing the brain's chemistry quickly. Watch more comedy and funny movies on TV and introduce a 'good news' only rule in conversations around the dinner table. Too often it's easy to fall into the trap of sharing bad news: 'I missed the bus this morning / got caught in the rain / got pushed over in the playground'. And if you're short of conversation, keep a joke book to hand and get the kids to read jokes out to the family over dinner. It's time to switch off the TV and start playing more family games such as *Monopoly* or *Twister*. Also soothing will be gentle activities such as colouring books that are now enjoying a resurgence in popularity amongst many adults. This is the time to avoid playing competitive computer games, no matter how much fun they may be, for they'll be adding to the stress chemical overload in the body if they're not properly burnt off.

7) Food: Be aware that certain foods will alter your child's stress and anxiety levels as well as create mood swings. Now is the time to avoid the stimulating effects of sugar and caffeine in fizzy and energy drinks that will cause fluctuations in blood sugar levels. This includes natural sugars found in fruit juices and smoothies. It may be tempting

to make the world seem 'a happy place' by introducing more chocolate, sweets and cake, but you'll be adding to your child's 'wobbly' feelings right now.

Introduce more protein into the diet to help steady your child's nerves and make them feel more grounded. Good foods to eat plenty of are: wholegrain breads rather than white, fish, turkey, chicken, cottage cheese, pulses and fruit and vegetables in general. If your child can eat nuts safely, it's a good idea to keep some handy for snacks in between meals.

8) Blow it out: Anxiety can lead to a shortness of breath. This leads to a pale complexion, sweaty hands and face, tightness in the chest and even giddiness or fainting. "Take a nice deep breath" is a traditional response and is a phrase we're all familiar with, but taking a nice, deep breath inwards is precisely what an anxious person doesn't need to do. Anxious feelings can be caused by having too much 'breath' trapped in the lungs, which gives that sensation of not being able to breathe. Your child will feel better if you ask them to 'blow out' instead - the air will be expelled out of their lungs and they will automatically relax and get back into an easy rhythm of breathing.

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wee gallery

Soft Cloth Books

Cosy up to these beautiful cloth books and meet Bear, Cat and their adorable friends.

Little hands can explore the lovable collection of animals in these super soft, touch-and-feel, fold-out cloth books. Lightweight, machine washable and perfect for pushchair, cot or changing-area play.

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/1R1a0Hs>).

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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relationship with the *V&A*'s
founding director, **Sir Henry
Cole**, who presented the first
museum exhibition of her
work (and the only one during
her lifetime). It includes a
number of works given and
sold directly by Cameron to
the Museum, letters written by

Cameron to Cole that reveal
her questions on technical
and practical matters, and Sir
Henry Cole's diary which
describes sitting for a portrait
by Cameron. The works on
display demonstrate Cameron's
technical experiments in
striving to make highly artistic
photographs she expected
would 'electrify you with
delight and startle the world'.
Free.

**CURTAIN UP:
CELEBRATING 40 YEARS
OF THEATRE IN LONDON
AND NEW YORK
9 FEBRUARY – 31 AUGUST**
To celebrate the 40th
anniversary of the *Olivier
Awards* in April 2016, this
display at the *V&A* will explore
the extraordinary range of craft
and collaboration that goes
into creating award-winning
plays, musicals and productions
in the West End of London
and New York's Broadway;
two world class centres of
theatrical excellence. The

show will be an immersive
theatrical experience taking
visitors from the stage, to the
design workshops and through
the history of the awards to
the red carpet. On display
will be costumes, designs,
models, photographs, archival
production material, film and
awards from productions such
as *The Phantom of the Opera*, *A
Chorus Line* and *Wolf Hall*.
Free.

**FACING HISTORY:
CONTEMPORARY
PORTRAITURE
To 24 APRIL 2016**

Featuring 80 contemporary
prints and photographs drawn
from the *V&A* collections,
this display presents a variety
of portraits by artists and
photographers including *Julian
Opie*, *Grayson Perry*, *Gavin
Turk*, *Bettina von Zwehl* and
Maud Sulter. It shows how
contemporary practitioners
have been inspired by earlier
modes of portraiture

www.vam.ac.uk

Free Family Activities at Imperial War Museum London'

February – March 2016

**February Half Term Family
Art Workshop: Protest and
Survive 13 – 21 February
2016 2 – 4pm** Join
celebrated political artist
Peter Kennard and develop
your own *Unofficial War Art
collages and drawings* on
the subject of protest, linked
to the current retrospective
of Kennard's work at *IWM
London*.

Peter Kennard will be on
hand to talk about his work
and provide tips on creating
collages and drawings during
this free, drop-in workshop.
All materials are provided and
no previous art experience is
required.
**Peter Kennard: Unofficial War
Artist** is a major retrospective
of Kennard's work charting
a 50 year career and features
over 200 artworks and related
items including a new art
installation, Boardroom,
created especially for the
exhibition. The exhibition is on
until 30 May 2016.

**Holocaust Learning Session
Introduction to the Holocaust
19 – 20 March 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
020 7416 5329

Please arrive early to avoid
disappointment

Free Family Activities

**Object Conversations
Every Saturday and Sunday
in February 2016**

11am – 12.30pm;

2pm – 4pm

In this
immersive object handling
session, families can explore
objects from our collections
and how they connect with
iconic objects on display in our
atrium and *Terraced Galleries*
Feel the weight of a shrapnel
piece from the **First World
War** and come to grips
with real objects from our
collections.

**Creative Response
7 and 28 February 2016
6, 13, 20 March 2016**

11am – 12.30pm;

2pm – 4pm

Get
creative and say what inspired
you on your visit.
Make a drawing, take a
photograph, write a postcard
and share your ideas.
Supported by the *Clare
Duffield Foundation*.

**Ongoing Free Exhibitions
and Galleries**

The Holocaust Exhibition

This highly-acclaimed
exhibition uses film,
photographs and a large
number of rare artefacts –
many brought from Germany
and Eastern Europe – to
document the history of the
Nazi persecution of the Jews
and other groups before and
during the Second World War.
The Holocaust Exhibition
is recommended for children
aged 14 and above

First World War Galleries

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.

A series of special family
captions are accessible for
younger visitors, telling the
stories of **Alfie Knight** a
nine-year old boy who wanted
to join Kitchener's army, and
Tirpitz the pig who became
the mascot of the cruiser *HMS
Glasgow* among others.
(Supported by HLF along with
other donors)

A Family in Wartime

explores the lives of **William
and Alice Allpress** and their
ten children and what life in
London was like during the
Second World War.
Interactive exhibits,
photographs, recorded
interviews with the family,
archive film footage, paintings,
personal documents and an
intricate model of the Allpress
family home.

Secret War

reveals the clandestine world
of espionage, covert operations
and the work of Britain's
Special Forces.
From the development of MI5
and MI6 before the First World
War, to Cold War intelligence-
gathering and the contemporary
use of highly-trained elite
forces, the exhibition examines
the facts behind the secrecy
and why the need for secret
agencies remains a subject of
continued debate today.

**The Lord Ashcroft Gallery:
Extraordinary Heroes**

Exhibition and records over
270 personal stories of bravery
by recipients of the *Victoria
Cross* (VC) and *George
Cross* (GC). A George Cross
belonging to Violette Szabo
recently joined the collection.
Visitors to the gallery
can discover the personal
stories behind each award
and examine the concept of
bravery, from aggression and
endurance through to skill and
sacrifice. A free stamper trail is
available for families.

www.iwm.org.uk



Family Activities on HMS Belfast February 2015 – March 2016

February Half Term

All activities are all included in
the general admission price.

**Darning and Yarning
13 – 21 February**

11am – 12.30pm and 2 – 4pm

All sailors past and present
have needed to know how to
sew, from repairing sails to
their own socks.

Help needed on board *HMS
Belfast* to create a new sailors'
cross stitch work. While you
sew find out more about the
Royal Navy and life on board
HMS Belfast.

Drop-in events are suitable
for all ages with parental
supervision.

Family Activities

Cracking Codes

12 – 13 March

11am – 12.30pm

and 2 – 4pm

Want to decipher secret
messages? Come and join
in the family activity!
Intercept messages,
map hazards on the sea
chart and even make up
your own secret code.
Learn about the skills
intelligence officers
had to have as well as
some of the dangers that
surrounded *HMS Belfast*.
This activity is in
association with *Maths
on Toast* who make
community events where
maths is fun.
Drop-in events are
suitable for all ages with
parental supervision.

Ongoing

HMS Belfast Private Tours

Visitors to *HMS Belfast* can
pre-book private tours with
one of the Ship's Company and
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 are limited to a maximum
of 12 people.

www.iwm.org.uk

or call Victoria Chan

020 7766 1141

vchan@iwm.org.uk

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

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.

Rotating radar screens have
been recreated 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.



London What's On

THE CUTTY SARK

February 2016

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

• **Celebrate Chinese New Year** on board by making animal masks and trying traditional tea
• Join in the **family fun day** for deaf and hearing audiences with crafts and storytelling
SPECIAL CHINESE NEW YEAR EVENTS

Tea Tasting

Sample some of *Twining's* finest blends of tea and discover the story of the ancient Chinese drink underneath *Cutty Sark's* beautiful hull.

6 February Sammy Ofer Gallery 11.00-13.00, 14.00-16.00 Suitable for all ages Included in admission price

Storytelling with Story Spinner

The magic paintbrush Delivered in partnership with Story Spinner, join Sailor Sam on a journey across the seas with a precious cargo of tea and an exotic tale of magic.

7 February 2016, Tween Deck, 11.00 | 12.00 | 13.30 | 14.30 3yrs+ Included in admission

Family Fun Weekend: Mischievous monkeys

Which Chinese zodiac animal are you? To celebrate Chinese New Year, make an animal mask or a mischievous paper monkey and see if you can spot any monkeys on board the ship.

6 & 7 February 11.30-13.30 | 14.00-16.00 all ages Included in admission price

HALF TERM ACTIVITIES Sea SIGNS

Programmed events for deaf and hearing families, including crafts and storytelling. Events are led by deaf presenters using BSL and accompanied by voice-over interpreters, or delivered by spoken facilitators and supported by BSL interpreters.

13 February 11.00-15.30 all ages Included in admission
Fold it!

Put your origami skills to the test and make a mini ship to sail home with you.

15, 16 and 19 February 2016 11.30-13.30 | 14.00-16.00 all ages Included in admission

You've got mail

Cutty Sark carried letters all around the world. Take inspiration from the letter of a real sailor to write and decorate your own letter home.

7 and 18 February 2016 11.30-13.30 | 14.00-16.00 all ages Included in admission

Toddler Time

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

3, 10, 24 February 2016 10.00-11.30

Ages 4 and under Included in 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, Ages 3+

Included in admission price

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

£13.50 for adults (£11.50 concessions) and £7.00 for children aged 5-15. Family tickets available

Cutty Sark is open 10.00 – 17.00, Monday – Sunday

020 8312 6608

www.rmg.co.uk/cuttysark

The Geffrye Museum

Tuesday 16 – Friday 19 Feb Half-term holiday activities for 2-16 year olds **Free**

Four Centuries in One Week Explore homes from a different century every day from the Tudors and Stuarts, Georgians, Victorians and finally the 20th century.

Make candlesticks from clay, crafty clocks and much more! 10.30am – 12.30pm and 2-4pm. Places allocated on a first-come, first-served basis 30 minutes in advance of workshops.

All children under 11 must be accompanied by an adult.

The Geffrye Museum of the Home, 136 Kingsland Road, London E2 8EA
www.geffrye-museum.org.uk

Samuel Pepys: Plague, Fire, Revolution the largest ever exhibition about the famous diarist with 200 objects from national and international museums, galleries and private collections. Pepys, one of the most colourful characters of the 17th-century, witnessed many of the great events that shaped Stuart Britain, bringing them brilliantly to life in his famous and candid diary. He lived through a time of turmoil which saw kings fighting for their crowns, and medieval London transformed into a world city following the devastation of the plague and the Great Fire. He was a naval mastermind, a gossip and socialite. He fought for survival on the operating table and in the cut-throat world of public life and politics, successfully navigating his way to wealth and status until his luck, intimately entwined with the King's fortunes, finally ran out.
Until 28 March 2016 10.00-17.00 £12 adult | £10 concession | £6 child

SPECIAL EVENTS

Love in the Archives

For centuries, lovers and loved ones separated by the sea have written letters that express their longing to be together again. Come and investigate the Caird Library's collection of love letters in the Museum's **Re:Think** space, before enjoying prosecco and nibbles. 14 February 2016 14.00-15.30
Re:Think/Baltic Glass, Adults £12 adult | £10 members

Chinese New Year The Year of the Monkey is here! Come to the National Maritime Museum for a cultural extravaganza of incredible things to see and do. 13 February 2016 11.00-16.00 Suitable for all ages: **Free RAINBOW WEEK** In honour of **LGBT History Month**, February events and half term workshops will explore colour, flags and identity.

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The National Maritime Museum Greenwich

tie-dye and marbling, show something you are proud of by creating fantastic, colourful and watery designs.

16, 18, 19 February 2016 11.30-16.00 all ages. Free

Out at Sea

From sex-changing fish, 'heroines and harlets' in Nelson's England and a family flag-making workshop. LGBT Histories, experiences and voices at the National Maritime Museum with a day of talks and workshops for adults and families.

20 February 2016 all ages. Free

Flags and Gladrags

Create a wearable flag that symbolises your identity and learn about celebrations and festivals at sea.

15, 17, 18, 19 February 2016 11.30-16.00 all ages. Free

WEEKLY FAMILY EVENTS Explore Saturdays

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

6, 13, 20, 27 February 2016 12.00 | 13.00 | 14.00 | 15.00
Venue: Sammy Ofer 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.

7, 14, 21, 28 February 2016 11.30-13.30 | 14.00-16.00 All ages Free
Play Tuesdays

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

2, 9, 16, 23 February 2016 10.30 | 11.30 | 13.00 | 14.00
Sammy Ofer Wing, National Maritime Museum

under 5s
Admission: £3 per child with an accompanying adult

Become the Greatest Explorer on The Great Map

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

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

The Great Map, National Maritime Museum all ages Free

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 4 July 2016**.

The National Maritime Museum, Royal Observatory Greenwich and Cutty Sark are open daily 10.00 17.00 (last admission 16.30).

General admission to *National Maritime Museum* is free. All events 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 at

www.rmg.co.uk/visit

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*.

www.rmg.co.uk
020 8858 4422

Science Museum to launch Leonardo da Vinci exhibition

• Tickets now on sale for Leonardo da Vinci: The Mechanics of Genius
• UK premiere of internationally-acclaimed touring exhibition
• Major show explores the unique mechanical concepts of one of history's greatest minds
10 February – 4 Sep 2016
Admission: £10, concessions available
www.sciencemuseum.org.uk/leonardo

The Mechanics of Genius

a new exhibition opening at the *Science Museum* The UK premiere of this visually stunning exhibition highlights the immense talent that sparked the polymath's reputation as an exceptional and enduring inspiration in the fields of engineering and art. Predominantly recognised as one of history's greatest painters, Leonardo da Vinci was also a uniquely gifted draughtsman. Using close observation and taking inspiration from the natural phenomena around him, Leonardo created a remarkable body of mechanical drawings that showed a radical approach to the challenges of flight, manufacturing and war. *The Mechanics of Genius* brings

the intricate mechanical concepts of this restless and curious mind to life in a major interactive exhibition.

At the age of 20, Leonardo was employed in a workshop on the site of Florence cathedral. Influenced by the engineers and mathematicians of the time, he started to make drawings of cranes and machinery, often trying to improve on the efficiency of their existing designs and processes.

The exhibition takes the machines that Leonardo drew and exquisitely reinterprets them in three-dimensional form, alongside games and multimedia installations. He demonstrated through his drawings a unique ability to recognise solutions to engineering problems in the world around him, and translate these into remarkable new concepts for machines that foresaw many aspects of the modern world. The legendary painter of *The Last Supper* and the *Mona Lisa* had an extraordinary skill in drawing and draughtsmanship which set his work apart from that of his contemporaries.

The 39 historical models in the exhibition – including flying machines, diving apparatus

and weapons – were made in Milan in 1952 in celebration of the 500th anniversary of Leonardo's birth. They are displayed across the five sections of the exhibition, each of which focuses on a different area of knowledge and expertise within his practice.

In discovering how Leonardo was inspired by the natural world's responses to problems such as flight, based on billions of years of evolution, the exhibition also considers the influence today of biomimicry by exploring the iterations of his research in modern robotics and aeronautics.

As the home of human ingenuity, the *Science Museum's* world-class collection forms an enduring record of scientific, technological and medical achievements from across the globe. Welcoming over 3 million visitors a year, the Museum aims to make sense of the science that shapes our lives, inspiring visitors with iconic objects, award-winning exhibitions and incredible stories of scientific achievement.

More information can be found at www.sciencemuseum.org.uk

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