

PRIMIGI SHOE REVIEW

We have asked three families to review some Primigi shoes for us and give us a critique based on comfort wearability and style.

Mum & Dad Simon and Lucy with a girl Lois and boy Reuben. Lucy, is co-founder and editor of



www.itsamummvlook Lois tried Baby Nordic

Cvbill girl's shoes: The Baby Nordic Cybill booties have become a firm favourite for my little girl. Lois is 16 months old and has only been walking for two months, so I like that they give a bit of ankle support. The thick rubber soles give her a good grip and make the shoes nice and robust. While initially being wary of the laces surely too fiddly for busy mornings? - the shoes are beautifully made of good quality leather, making them easy to open wide when putting on (great for her high instep). The laces, while a little too long, can be doubled up

www.fussybird.co.uk and deter her from fiddling with them

> Style-wise, though pink, they are not overly girly, which I like. More of a subtle dusky rose colour. they feature a hint of shimmer with little star and disc motifs to keep them fun. The almost metallic shade means they work with most outfits and, alongside the great quality, comfort and ease of putting on, this is another reason they score highly. Reuben tried Aygo Cocky

Design-wise you couldn't ask for more These striking Aygo for an active little boy. Cocky trainers are a Anti-shock cushioning in lovely bright blue colour the soles and a generous with a thin neon yellow shape means he has plenty of freedom of movement and his feet making them look really high-end. Already a are both comfortable thumbs- up from Mumn and protected, no matter

for style. In fact, I'd

like a pair myself! My

son looks super-cool in

get on and off in a rush

(do three-year-olds do

to the elasticated laces

and single Velcro strap

them and they're easy to

anything slowly?), thanks

how many walls he's jumping off. They're also surprisingly lightweight, and I love the fact that you can remove and wash the leather insoles (anatomically fitted to support busy feet), as when it comes to boys' trainers, hygiene is key!

Mum & Dad Julie and

Rob with daughter Lila.

Rob is a stay at home dad He reports: for Lila age 6.shoes: SP Trendy ORTHIA "Wow, Daddy, they are so cool" ---- and they are. Incredibly soft, comfortable and hard wearing, I would definitely recommend these shoes to anyone whose child likes to walks her dog, runs, plays and still wants to look

Who knew six year old girls were so fashion conscience?

April 2015

Parents Laurie and Gill, both working, have two children. They reported on their son Fin. who tried out: Boy TRENDY DIAMOND and parents reported:

Fin loves his. Very comfortable, easy for him to get on and off and they look great. He wore them to a christening and they looked very smart with chinos and a shirt, but could have easily paired them with jeans and a t-Overall, very pleased

with them

www.primigi.com.





trim along the sole,

boy's trainers:





Blowing the Whistle on GDC Scam.

Orthodontists and the General Dental Council are operating an illegal seam to Orthodophrists farm the Cenerar Dential Council are operating an inegal scien 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 orthodophrists and surgeons. Research suggests that this British development is being ignored in the UK while spreading rapidly abroad. As a result hundred 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

Ormodonfics usually requires the extraction of 4 to 8 offhough this is frequently denk

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

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





When experts isagree, where de a go for answers

you for a



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







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April 2015

Birdworld is a great day out for all of the family. Admission includes entry to the Rind Park and gardens. Underwater World and the Jenny Wren Farm. The park is open every day and there are daily timed events including Penguin

display and Animal Encounter

there is also plenty of space to

The Easter holidays are packed

with fun and adventure. On

Wednesday 15th April they

will be holding Birdworld

Wednesday 1st April &

at the farm. Catering is available around the site but

feeding, Outdoor Flying

capers with Pirate Week. If you can't make it during Easter then don't worry because 'Love Your Zoo' week runs throughout the May half

Birdworld

Come face to face with some of the more unusual slithering and crawling residents during this

fantastic week of discovery. For the ultimate value why not

take out a Birdworld Annual Pass allowing you to come to all of these great events plus a summer holiday packed with even more brilliant days out. For full details visit thr website at www.birdworld.co.uk

At certain times of the year, children can help the keepers feed the farm animals in the Barlev Mow Farm, including pigs, chickens and rabbits. The donkeys chasing each other around their field are always a big hit with children while Kune Kune pigs Piggle and Wiggle just love to get attention

Visit family-friendly Rattersea

great day out with the children

Located in Battersea Park in

the heart of London, right next

to the River Thames, the zoo

offers a perfect blend of animal

adventures and playground fun.

Park Children's Zoo for a

Children can get up close to an amazing range of animals including emu, chipmunks, bearded dragon lizards, capuchin monkeys, lemur, tamarins, ferrets, parrots,

Battersea Park Children's Zoo

They can meet resident wallabies Boomer and Juno, laugh at the antics of emus Ant and Dec, and spy on the meerkats in the secret lookout

snakes, mice, coati and ring

tailed lemur.

There are special activity days for children throughou the year, such as Hedgehog Adventures RIAZA Ria Rua Bonanza Week Rentile Days Meerkat Days, Monkey Days and Halloween Fun Days

And don't forget the funpacked adventure playground with its tractors, diggers, water play, sand pit, rides and life-sized fire engine. Birthday parties and school groups are welcome and animal adoptions are also available. See the website for further details Battersea Park Children's Zoo. Battersea Park. Chelsea Embankment. London SW11 4NJ

020 7924 5826 www.batterseaparkzoo.co.uk





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Easter wouldn't be Easter without chocolate so why not take part in the Chocolate Bunny Hunt......great fun for kids and grown-ups too and there's always their own The Easter Bunny to help you (Easter week end only).

Thursday 2nd April marks the start of the famous pig racing season. The new seasons racers are a cross between Tamworth and Gloucester Old Spot, chosen especially for their speed and agility.. Don't miss this, it's great fun and you could even be picked to run with the pigs!!

The fantastic Easter show this year is Monster Emporium, an exciting live 'puppet show' suitable for all ages. performances are 12 noon, 1 pm and 2pm in the Benson (Easter week end only).

All this and the usual fun of the farm, including Meet the

Animals (and maybe feeding lambs) and Creepy Crawlies, Falconry displays, trailer rides and exciting outdoor and indoor play areas. (Some activities are subject to weather conditions). Plus the beautiful woodland walks to the Secret Lake ... why not take a picnic or you can eat delicious food at very reasonable prices in The Granary restaurant....

You can tickets book online www.rarebreeds.org.uk

01233 861493 info@rarebreeds.org.uk

for more information.

When is a liquid not a liquid? How strong is water? How does plastic work? These hands-on 30 minute sessions are full of wet, squidgy and warm experiments and visitors

2015

The Naval Dockyard at Chatham was a centre of shipbuilding excellence for nearly 400 years and constantly at the forefront of new technology. Today, the many buildings, exhibits, artefacts and three historic warships preserved at The

Convention in Australia

to discuss an even more

unleashed in the summer of

Doc's Assistant Bunsen has

been left in charge of Doc's

Secret Lab and needs help

from Dockyard Techsplorers

of all ages to complete the

challenges that Doc has set,

including: what way does

water go down the drain?

can take home some of things

they make! They run from 7th

19th April, are all included

admission price and places are

allocated on a first come, first served basis

in the normal dockvard

The Historic Dockyard Chatham

Historic Dockyard give a Last summer, the amazing Doc. Yard stunned audiences fascinating insight into the at The Historic Dockyard way Chatham supported the Royal Navy. Doc and Bunsen Chatham with the discovery of A1R Dockvard Gas. Doc carry on the great scientific, engineering and mathematical is away at the World Scientist traditions of the Dockyard by promoting STEM subjects to exciting project which will be

the next generation of young innovators Information on The Historic Dockyard's galleries, attractions, admission prices and STEM programmes can be found at

www.thedockvard.co.uk









A group of GIANT ducks will he landing at WWT Wetland Centres this Easter, and they need your children to help them find them all! The GIANT rubber duck hunt

April 2015

will take place at WWT's eight Wetland Centres across Great Britain, promising prizes and lots of family fun for the holidays.

On arrival you'll be given an activity sheet to take a trail round the grounds, where you'll need to search high and low - and use all your hideand-seek skills to find these rubbery yellow visitors. There are prizes and vummy treats to be won, as well as a certificate for taking part.

Hannah Clifford from WWT

"Our wardens are great at spotting all the baby ducklings, goslings and cygnets waddling

around our wetland nature reserves right now. But for some reason they keen missing these cheeky GIANT yellow rubber ducks - so we desperately need your help to find them!"

Find the Wetland Centres across Great Britain at Arundel (Hampshire), Caerlaverock (nr Dumfries), Llanelli (Carmarthenshire), London (at Barnes) Martin Mere (Lancashire). Slimbridge (Gloucestershire), Washington (Tyne & Wear) and Welney (Norfolk).

Many WWT Wetland Centres will also have daily family activities during the Easter holidays to keep visitors of all ages entertained, including walks and talks, craft sessions bug hotel building and pond dipping.

Come on our **GIAN**7

Easter Duck Hunt

WWT Wetland Centres are easy, safe places to enjoy the wonders of wetland wildlife. WWT offers eight different Wetland Centre experiences across Great Britain where adults and children can have close encounters with some of the world's most dramatic and rare birds, surrounded by stunning scenery. And it's not iust birds - some centres are

All WWT Wetland Centres are fully accessible, have comfortable hides, buggy and wheelchair friendly pathways, a fully stocked cafe and gift shop and disabled and parent & baby facilities. For a full range of Easter

home to mammals, reptiles and

creepy crawlies too!

holiday activities, find your nearest WWT Wetland Centre www.wwt.org.uk

Jigsaw's Top Five Reasons to Choose Performing Arts!



our Jigsaw calendar looking back over the past 20 years that they have been offering Performing Arts classes to 3-18 year olds across London Reflecting on this, they have come up with 20 reasons why it's important to take part in the Performing Arts, and here are the top 5:

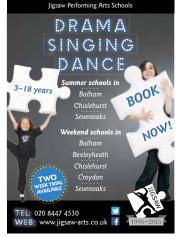
Creativity: Being able to think on your feet and think 'outside the box' is a useful skill for children to have whilst growing up and in the future.

Confidence: Performing Arts encourages children to step out of their comfort zone and challenges them to open up in front of others and believe in themselves.

Perseverance: Teaching children that by learning new skills, practising and not giving up you will achieve success in all that you put your mind to.

Problem Solving: Helping to develop children's skills in reasoning and understanding by working as a team. Fitness: A fun source of exercise for children - it never feels like 'hard work'!

020 8447 4530





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Epsom College
For more info contact Colin on 01372 739600

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FREE. Every Fri storytimes.

Every Mon Wimbledon

Library 020 8946 7432

Jewellery drop in workshop

for adults, FREE, Every Tue

Coffee morning for over 50s

Every Tues IT also Basic IT

Training, Every Wed Sewing

Wed French Conservation

drop in classes, beginner &

intermediate levels, for adults.

Tutorials, 8-18vrs, Every 1st Sat

of month Genealogy Sessions,

get help tracing your ancestry,

drop in session for all ages.

Every

Library

Every Tues & Thurs Children's

Children's Library Wheatfield

Way Kingston 020 8547 6438

Rhyme & storytime sessions

for babies, toddlers & under

5's. Every Thurs Stories &

Every Mon Tudor Drive

Storytime for under 5's, FREE,

Every Tues Rhymetime for

under 5's followed by stay &

Every Mon St John's Church

Kingston Road 020 8288 1801

Tots in Tow fun for the under

Every Mon Lloyd Park 020

8726 6000 Health walk circular

through Lloyd Park & Shirley

on mainly flat terrain, ideal for

beginners, 2 miles last approx

1hr. meet 11am FREE & same

walk on potentially hilly terrain.

3+miles ideal for advanced

walkers, 2pm, FREE. Every

Sat Park run, FREE weekly

Mon Parchmore

timed 5k run, need to register

play until 3.30pm, FREE,

5's. 10-11.30am.

crafts for under 5's

Mon Kingston

020 8547 6456

very Wed Teenage French

Circle for adults. FREE, Every

South Norwood Recreation Ground Car Green Road Croydon 020-8760 5707 Fitness Trails for adults & children of all fitness levels to get fit & keep fit. Positioned at story & rhyme time session. each exercise station are signs showing the exercise to be undertaken with the suggested number of number repetitions. Dupass Hill Outdoor Gvm Each item has clear instruction for over 12's

and Heritage Centre Wheatfield Way Kingston 020 8547 5006 Remembering Kingston at War exhibition. Recently re-opened Kidplay Cafe 282-284 Addiscombe Road Croydon

Ongoing Kingston Museum

Softplay & café, under 5's. YMCA Sun Wimbledon 020 8542 9055 Volleyball sessions for all levels for local residents in Wimbledon & Merton FREE from 12.30pm, info@ wimblodonvolleyballclub.com,

www.gospike.net. Parchmore Community Centre 53-55 Parchmore Road 020 8726 6000 x88965 Circuit for those new to exercise, returning after illness & the more mature

Every Community Centre 53-55 exerciser. Every Mon SecombeTheatre Parchmore Road 020 8726 Cheam Road Sutton 020 8770 6000 x88965 Circuit for those 6990 Zumba fitness. Every new to exercise, returning after Tues Line Dancing. Every Wed

Chatterbooks reading group, 8-

Every Mon Morden Library

020 8545 4040 Scrabble Club

everyone is welcome. Every

Wed Welcome Mornings with

stories & crafts for pre-school

children. Ist Thurs of every

month Coffee mornings for

adults. Every Fri Storytime

4+vrs. 1st Fri of each month

Wellbeing Coordinator will be

on hand to meet you face to

9vrs, 4pm, FREE

illness & the more mature Ballroom Dance, under 8's to exerciser. adults Every Mon eye Sutton Every Mon Hamnton Grammar School Korfball Library 020 8734 3347 for Beginners for school years Storytime session, under 5's, 3-12 various times & sessions. FREE. 3rd Thurs of the month

first

email for details info@ nomadskorf.com.

Christi School Chestnut Grove 07956 312920 Aerobics all abilities, 7-8pm.

Every Mon-Wed St James's Church Hall Bodley Road New Malden 020 8942 2093 Tiddlers Group , 9.30-11.30am Every Mon, Wed & Fri during term time Little Hamsters Wellbeing drop in sessions, a Play Cafe Ham 07432 354274 Relaxed environment for mums & tots 0-5yrs offering face, talk through any issues coffee, cakes, lunchs, soft play shapes, ball pool, ride on toys

you may have, sign you up for any upcoming workshops, tell table top activities & puzzles you more about other services plus outdoor playground with available in the borough. Tel: indoor & outdoor seating. FREE parking, FREE Wi-Fi. Every Mon Pollards Hill Every Tues Coulsdon Library

020 8764 5877 020 8726 6900 Bookstart

Avrs Every Thurs Storytime 2 1/4+vrs Every Sat Storytime under 7's FREE

10.30-1.30pm.

gov.uk

Group.

01883 344355 Family Swim.

Circular Walk 020 8726

6000 x64952 Health walk. 2-

3miles, meet 11am at 'Good

Companions' pub. Hamsey

Green, FREE. www.croydon.

Every Tues afternoon Raynes

Park Library Story times for

under 5's. Every Thurs morn

Simple Yoga & Meditation

Every Tues & Thurs West

Barnes Library 020 8274

5789 Classes for those wishing

to learn to use the internet

which runs for 6 weeks Every

Tues Rendezvous Club for over

55's. Every month Art Club

for children, to put your child's

name forward to join need to

speak to member of staff in

library. Every Fri Toddlers

Rhyme Time & musical

Every Tues-Fri Dickerage

Dickerage Lane Kingston 020-

8942 1707 Parent & Toddler

Every 3rd Wed of the month

Richmond Library 020 8734

3303 Chatterbooks reading

group, 8-9yrs, 4.30pm, FREE

1st Thurs of month Tiny Teddies

sessions baby bounce & rhyme,

Every Wed Unitarian Church

1 The Flyover 020 8726 6000

x88965 Zumba Latin inspired

dance music & rhythms, all

Playground

activities, 0-5yrs.

Adventure

Play sessions.

FREE

Every Tues Ashburton Library 020 8726 6900 Bookstart Rhymetime for babies & toddlers, Every Thurs Wiggle & Jiggle for toddlers. Every Mon Chatterbooks drop in sessions 8-11vrs Every Sat Rock & Rhyme for babies & toddlers Every Wed Social club for older people for a chat & a cup of tea. Every Thurs term time only storytime for

under 7's, FREE Every Tues Purley Library 020 8726 6900 Bookstart Rhymetime for babies & toddlers & Wiggle & Jiggle. toddlers over 18mths. Every Storytime 2 1/2+yrs, Every Rock & Rhyme for babies & toddlers FREE.

Tues Centrale Every Shopping Centre Croydon www.centrale.co.uk In the Early Learning Centre playtime sessions for children, all ages with all kinds of arts & arts from making face masks, cards painting, colouring or just play, FREE, 10-12pm, Tel: 020

8686 7535. very Tues Thornton Heath Library 020 8726 6900 Bookstart Rhymetime for babies & toddlers, FREE. Every Tues Careers, training & learning advice sessions, 2-4 30nm FREE & Computer training courses for beginners

to experts. every Tues Farnham Library www.bookstart.org.uk Baby Bounce 'n' Rhyme, FREE,

FREE

9yrs, FREE.

Storytime, Every Thurs Need

Help with IT? A dedicated

volunteer will be available to

provide assistance with a wide

range of IT issues, for more

info 020 8274 5799. Every Fri

Rhymetime. Every Sat Colliers

Wood Chess Club for all ages.

Every Tues Mitcham Library

020 8648 4070 Under 5's

Storytime & Craft, fun activity.

FREE, Every Thurs CV &

Careers Advice. Last Thurs of

each month, Coffee Mornings.

Every Fri Knitting Group, need

Every Tues United Reformed

Church Cavendish Hall 020

8949 3402 Sparkles, under 5's,

Every Tues Malden Centre

Blagdon Road New Malden

020 83361561 Stay & Play for

under 5's. Every Thurs young

parents drop-in, 1-3pm. Every

to bring own needles.

9-11.30am

abilities. Every Wed Ham Library 020 8734 3354 Storytime Every Tues Whitton Library 020 8734 3343 Storytime session, under 5's, FREE. 1st session, under 5's, FREE. 2nd Fri of each month Tiny Teddies Thurs of month Tiny Teddies sessions haby bounce & rhyme sessions haby hounce & rhyme FREE

Every Wed Watermans 40 Every Tues Hampton Wick High Street Brentford 020 8232 Library 020 8734 3358 1010. morn Parents & babies Storytime session, under 5's, screenings. Every Sat Drama Zone 5-8 & 9-14yrs. Every Sat FREE, 2nd Tues of the month Chatterbooks reading group, 8mom Family Cinema, 1 adult goes FREE with every one Every Tues Donald Hope paying child. Library 020 8542 1975

Every Wed Castlenau Library 020 8734 3350 Storytime session, under 5's, FREE One Sat a month Tiny Teddies baby bounce & rhyme sessions, FREE.

Every Wed Hampton Hill Library 020 8734 3320 Storytime session, under 5's. FREE. 1st Sat of every month Tiny Teddies sessions baby bounce & rhyme. FREE. Every Wed Ursuline Prep

School 18 The Downs Wimbledon 020 8947 0859 Mother & Toddler playgroup. in the nursery, play along with the toys & make use of the facilities plus a cup of tea is always available & well qualified & well trained nursery

staff are on hand FREE Every Wed Tolworth Library 37-39 The Broadway 020 8547 6470 Rhyme & storytime for under 5's with simple crafts,

Fri Toy Library, under 5's,

Every Wed Tudor Hall Kingston 020 8893 4250 Every Tues De Staffords Leisure Centre Caterham Jungle hody fitness class using boxing, dance, cardio & Every Tues Riddlesdown pilates inspired moves. 7 30-8.30 p.m

Every Wed Sanderstead Library 020 8726 6900 Bookstart rhymetime, babies & toddlers, Wiggle & Jiggle, 18mths+vrs Storytime 2 +vrs Fortnightly Rock & Rhyme for pre-school

children, FREE. Every Wed Unitarian Church 1 The Flyover 020 8726 6000 x88965 Zumba Latin inspired dance music & rhythms, all abilities.

Every Wed morn Sutton Arena Leisure Centre Middleton Road Carshalton 020 8770 4088 Women's Recreation Mornings with a wide range of sport & social activities available for one single fee, 9-12pm, Daily Playworld fantasy play area, 2-10yrs

Every Wed & Sun East Sheen Library Sheen Lane 020 8734 3337 Storytime session, under 5's, FREE, 3rd Wed of the month Chatterbooks reading group, 8-9yrs, 4.30pm, FREE. & 3rd Thurs of month Tiny Teddies sessions baby bounce

& rhyme, FREE. Every Thurs Cheam Leisure Centre Cheam 020 8770 4830 Street Dance lessons for boys & girls 10-15vrs

Every Thurs Twickenham Library Garfield Road 020 8734 3340 Storytime session, under 5's, FREE. 2nd & 4th Thurs of month Tiny Teddies sessions baby bounce & rhyme. FREE

Every Thurs Methodist Church Hall High St New Malden Parent & toddler club 9.45-11.30am

Every Thurs Tolworth Recreation Centre 020-8391 1882 Badminton Club for intermediate/advanced level Tel: 020 8395 9175.

Every Thurs Bentall Centre Kingston Air.Land or Sea. 'Make & Take' workshops children can create their own costume or T-shirt, FREE, www.kingstonfirst.co.uk.Every Thurs Watch magic tricks & learn to do some at home held on 3rd floor.

Every Thurs Norbury Park and Norwood Grove 020 8726 6900 A circular walk through Norbury Park & Norwood Grove. 2-3 miles. meet at Norbury Train Station. 1.30pm, FREE. 21 Aug Butterfly Walk, 2 hrs around the park to learn about these insects, 07968 832508. Every Thurs Selsdon Baptist

Chuch Addington Road 020 8726 6000 x 88965 Circuits Low intensity mature exercisers. Every Thurs Croydon Sports College Croydon High School 020 8726 6000 x88965 Circuits

Low intensity for mature

Calendar

www.parents-news.co.uk

This infomation plus much more online



Twitter: @parentsnewsuk

Every Thurs South Norwood Leisure Centre 164 Portland Road 020 8726 6000 x88965

Aquacise sessions Every Thurs in term tin Sutton Christian Centre 020 8642 8117 Special Stars a baby & toddler group for children with disabilities or additional needs, siblings welcome.

Every Fri Bradmore Green Library Old Coulsdon 020 8726 6000 X64952 Bookstart Rhymetime for babies & toddlers, Wiggle & Jiggle, 2-4yrs. Every Mon Storytime 2 1/2+yrs & Chatterbooks reading group for 8-11yrs. Fortnightl Every Sat Rhymetime, FREE. Every Fri Broad Green Library 020 8726 6900

Bookstart Rhymetime 0-5yrs Fortnightly on Sat Rock & Rhyme for pre-school children. Every Wed Arty Crafty computers drop in sessions for under 5's, parents & carers FREE

Every Fri Shirley Library 020 8253 1023 Bookstart rhymetime for babies & toddlers, Wiggle & Jiggle for 18mths+. Every Thurs Storytime for 2 1/2+yrs. Every Sat Rock & Rhyme for babies & toddlers. Monthly story & craft workshops, 5-10yrs. Every Fri New Addingtor

Library 020 8253 1023 Bookstart Rhymeitme for babies & toddlers & Wiggle & Jiggle, 18mths+, Free. Every Fri Norbury Library 020 8726 6900 Bookstart

Rhymetime. Every Thurs Wiggle & Jiggle. Alternate Sat Rock & Rhyme followed by Storytime. Last Fri of each nonth Chatter Books reading group for 8-12yrs FREE Every Fri Thornton Heath

non contact boxing, 12-18vrs.

Leisure Centre 89-110 High Street 020 8726 6000 x88965 Aguacise pay as you go Every Fri Sutton Life Centro 020 8644 9696 Running &

Norbiton Childre's Centre

Every Fri Teddington Library Walgrave Road 020 8734 3304/5 Storytime session, under 5's, FREE. Every 2 Wed of the month Chatterbooks reading group, 8-9yrs, 4.20pm, FREE, 1st Thurs of month Tiny Teddies sessions baby bounce

& rhyme FREE Every Fri Kew Library Storytime session under 5's FREE

Every Fri Christ Church Coombe Road 020 8241 9423 Toddler Group for under 5's. 9.45-11.15am

Every Fri New Malden Baptist Church Kingston Road New Malden 8942 6912 Tadpoles

narent & toddler group

Every Fri South Norwood 020 8726 6900 Library Bookstart Rhymetime for habies & toddlers Tues Wiggle & Jiggle, 2-4yrs. Alternate Sat Rock & Rhyme or Storytime, FREE

Every Fri Selsdon Library 020 8726 6900 Bookstart rhymetime babies & toddlers Wiggle & Jiggle, 18mths+ Every Tues Storytime for preschool children. Every Sat Rock & Rhyme for pre-schoolers. 1st Tues of the month Arty Crafty, 4-8yrs plus parents & siblings. Sat afternoon teenage reading group. Last Thurs of

month adult reading group. Every Fri morn Running Club 07936 240937 A mixed group consisting mainly, but not restricted to mothers with children in school, meet at 9.50am in the Pembroke Lodge car park for a run of between 3 & 4 miles. Social group of runners with no pressure on ability, new runners more than welcome

Every Sat Heathfield Library 020 8734 3356 Storytime session, under 5's, FREE. Last Tues of each month Tiny Teddies sessions baby bounce & rhyme. FREE.

3rd & 4th Sat of the month

Please call before you go and please mention PARENTS NEWS www.parents-news.co.uk

Kings Oak Primary Dickerage Lane 020 8949 6065 Who Let Redhill Library www.surrey. sight, 12+yrs. the dads out Play session for under 5's. 10-12.30pm.

FREE Sat of every month 27 Mar Concert Hall Fairfield Maple Road Surbiton 020 8688 9291 American Farmers Market www. Superslam Wrestling, family surbitonfarmersmarket.co.uk show. 18 Apr Waterloo: The Best of Abba. Offering a wide selection of fresh seasonal produce.

Every Sat The Green Dragon 58-60 High Street Croydon 020 8667 0684 Storytime for families 3-7vrs drop in 2hr session with stories, puppets, arts activities & songs, FREE. Every Sat Wimbledon Park Free-standing Gazebo behind thesailing&watersportcentre. Volleyball outside sessions for all levels for local residents in Wimbledon & Merton. FREE from 10-12pm, info@ wimblodonvollevballclub.com. www.gospike.net.

10-11am, FREE,

info@AHM-Go.com.

Stay & Play 0-18mths

Law exhibition

yvonne-arnaud.co.uk

Until 31 Dec Chertsey

Museum 01932 575374

Magna Carta: Freedom under

Until 29 Mar Vyonne Arnaud

Theatre Millbrook Guildford

01483 440000 Oh What A

Lovely War the Musical. www.

Mar Mill

Millbrook 01483 4400 00

Bartholomew Fair. 4 Apr How

the Koala Learnt to Hug, 3+yrs.

25 Apr The Magic Porridge Pot

26 Mar.2.9.16.23.30 Apr

Caterham Hill Library

www.surrey.gov.uk/kidstuff

Rhymetime, 10am FREE.

FREE

Best of Abba.

Warlingham

Storytime, FREE

Dorking Library

Rhymetime FREE

FREE no need to book

very Fri Storytime, 2.15pm

27 Mar Concert Hall Fairfield

020 8688 9291 American

Superslam Wrestling family

show 18 Apr Waterloo: The

www.surrey.gov.uk/kidstuff

surrey.gov.uk/kidstuff

27 Mar.3.10.17.24 Apr Sutton

Library 020 8644 9696 Joh

Club volunteer led support

group for job seeker, all ages,

Mar.3.10.17.24 Ani

Mar,3,10,17,24 Apr

Library

& Other Tasty Tales, 3+vrs.

electrictheatre Every Sat The Green Dragon 58-60 High Street Croydon 020 8667 0684 Storytime for families 3-7yrs, drop in 2hr session with stories, puppets, arts activities & songs. FREE. & activities contact Every Sat morn Canbury Gardens Lower Ham Road

Kingston 020 8547 6422 Low impact outdoor cardio exercise for all with power walking, from CBeeebies family show. jogging & stretching, 10-11am, www.chrisandpui.com.

First Sat of every month New Malden Children's Centre Burlington Road New Malden 0208336 1561 Saturdads Group with breakfast & fun activities for dads/male carers & their children up to 5yrs. Every Mon

> intermediate skills 30 Mar-2 Apr Painshill Park

> Cobham 01932 868113 Wild Easter Camp. 19 Apr Bird

Song Walk learn all about how Crawley

Rhymetime www.painshillpark.co.uk

> 1.8.15.22.29 Apr Charles Cryer Theatre 39 High Street Carshalton 020-8770 4950 Spiral Youth Theatre for 13+vrs members learn a variety of activities such as drama dance & singing, musical theatre composition, set design & costume making culminating

5-7vrs.

Epsom

in two productions per year &

Every Thurs Minis & Juniors

2 Apr Bourne Hall Museum

warfare on the Western Front

& tough daily life, plus handle

objects & weapons from the

War to end all Wars & lots

more. 7 Apr The Darker

Side of Ewell Village about

exploding gunpowder mills

& visit the graveyard of St

Marys, tale of witches &

horrible murder & more, 8 Apr

Gladiator School learn how to

be a gladiator & put your new

found skills into practice. 10

Apr Ashley Road Cemetery

Walk, 11 Apr Nasty Napoleon

hear what it was like to serve

in the British army during the

wars which ended at the Battle

of Waterloo, discover the

weapons & tactics used. www.

epsomandewellhistoryexplorer.

BourneHallMuseumClub.html

Wandle Park 020 8656 5947

Easter Sunday Wandle Wander

a stroll along the Wandle River

to Beddington Park & back.

Every Fri Circular walk

through Waddon Ponds &

Apr Waddon Ponds &

org.uk

Tommy's Trenches

020-8394 1734

Dorking Mar Halle 01306 881717 Reauty & the Reast www.dorkinghalls.co.uk

gov.uk/kidstuff

28 Mar Electric Theatre Guildford 01483 444789 Little Sparks in the Café Bar with music, games, songs, stories & puppets & Sparkles Dance drop in classes for 5-9yrs. very Mon & Tues after school The Man in The Moon Weekly drama workshops 6-14yrs Every Wed All Star Choir, 8-14vrs. www.guildford.gov.uk/

Mar Haling Grove 020 8726 6900 Join the Friends of Haling Grove to celebrate the Easter Season, meet in the park between 2-4 p.m for tea, cake

friends@haling-grove.org.uk 28 Mar Ashcroft Theatre Fairfield Croydon 020 8688 9291 The Chris & Pui show

Mar-12 Apr London Wetland Centre Barnes 020 8409 4400 Giant Easter duck hunt follow the trail to find where they are hiding plus create your own colourful duckling to take home in the duck painting eggs-travaganza plus egg-citing games, 4 Apr Members Walk, 10 Apr Wildlife photography:

Wandle Park, 2-3 miles, meet outside Lidl, 11am, FREE. 7-11 Apr The Hawth

Mar.3,10,17,24 Apr to identify birds by song & by

thehawth 8-10 Apr Arnhem Gallery Fairfield 020 8688 9291 Nana and Nunu - The Big Sneeze family show. 11 Apr The Original Jukebox Heroes, 18-19 Apr The Snail & The Whale with storytelling, live music & lots of laughs, 4+yrs.

www.fairfield.co.uk 11-12 Apr Fairfield Halls 020 8688 9291 Ben & Holly's Little Kingdom, live on stage all the family

www.benandhollylive.com. 13-18 Apr Dreamboats &

Miniskirts the musical.

12 Apr Sanderstead to Whyteleafe Countryside Wood 07766 421236 Nature's Treasure Trail exploring the downs following natural trails. 1 1/2 hr walk, aimed at families.

Tel: 07771 715812. 12 Apr Selsdon Wood Nature Reserve Old Farleigh Road Selsdon 020 8726 6900 Spring time stroll with the Friends of Selsdon Wood through the fields & woods to marvel at the

fresh green of spring. www.friendsofselsdonwood.

org.uk Gardening Week Gardens all over Britain that normally charge for entry or are closed to the public will be opening their doors for FREE on 17 Apr. www.nationalgardeningweek.

org.uk 16 Apr Battersea Arts Centre Old Town Hall Lavender Hill London SW11 020 7223 2223 Toddler Time Travel workshops explore Wandsworth's unique history from the time of hunter gathers to the present day

through song, stories, object

handling & creative play,

Dreamboats & Miniskirts 6mths-4yrs, Discover Early www.parkwoodtheatres.co.uk/ Man. 23 Apr Unearth Roman Wandsworth 30 Apr Uncover

Tudor Wandsworth 19 Apr Happy Valley 020 8726 6900 Be a Dormouse Detective find out about the life of the elusive dormouse. find out how to spot their signs & how Happy Valley are managing to help this rare &

at Farthing Downs car park 19 Apr Purley Beeches Purley Downs Road Sanderstead 020 8688 6680 Family woodland ramble marvel at the giant beech trees, look for animal

protected species, meet at 2n m.

clues & more on this family friendly 1 1/2 hr walk. 22-23 Apr The Hexagon Theatre Reading 0118 960

6060 Ben & Holly's Little Kingdom Live on stage.

www.benandhollvlive.com 24 Apr South Norwood Lake 020 8726 6900 Watch bats hunting for insects over the lake, meet at 7.30 p.m by the

main entrance to the park. Apr King's Wood 26 Sanderstead 020 8726 6000 Enjoy the freshness of new leaves & delicate flowers at our feet, a gentle 2hr ramble

starting at 10a.m. www.crovdon.gov.uk

What's On in it and Ab

Pages 10 & 11 Also on-line www.

parents-news co.uk

Coombe Wood Lawn Tennis Club Easter Camps

01293 553636

Attend weekly (Monday - Friday) or on a daily basis for ages 4-18 years

Tiny Tots (4-5 years) & Shorties (6-7 years) Foam/Large soft tennis balls will be used with emphasis on racquet & ball

co-ordination skills Ability to play on a short court Attend 10 00am - 1 00pm Monday to Friday each week Ratio 1:6

Transits & Mini Champs (8-11 years) Low/High compression soft tennis balls will be used with emphasis on stroke

technique Ability to play from midcourt/baseline Attend 10 00am - 4 00pm Monday to Friday each week

Squad (11 years and over) Using proper tennis balls and being able to play from baseline

Emphasis on stroke technique & Attend 10.00am - 4.00pm Monday to Friday each week

Please note: Ages act as a guideline only, player's ability will be taken into account

Prices shown are per pe Weekly £96/£108 £24/£27 f168/f192 f42/f48 £168/£192 £42/£48

Week 1 Mon 30th March - Fri 3rd April

(get one day free!!!)

(get one day free!!!)

(get one day free!!!)

Week 2 Mon 6th April - Fri 10th April Week 3 Mon 13th April - Fri 17th April

Multi-Activity Competition Day will take place each Friday from 10.00am-4.00pm for Transits & Mini Champs and Squad players For further information or an application form please contact:

or visit our website to download an application form www.coombewoodltc.co.uk We have the latest in teaching equipment including: AirZone, Speed Gun, Kick-a-Flick, Hitting Hands, Target Windows, Catcha Ball, Tag Ball, Power Resistant Ropes and much more!!!

Tennis Fun Games include: Singles Champion, Doubles Champion, Rotation Tennis, Tennis Cricket, Tennis Volleyball, Wipe-In, Wipe-Out, Games of Lives, Touch Tennis and many more!!!

Children are treated as individuals and thrive in the secure and positive atmosphere. Teachers really

get to know each child's needs, stretching and inspiring the most able whilst supporting and encouraging those whose confidence is still developing. The Junior School also prepares pupils thoroughly for the 11+ Kent Test.

With all the advantages of a small, friendly environment plus the added extra of acres of



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JUNIOR SCHOOL OPEN MORNING Bank Holiday Monday 4 May 2015 10AM - 12 NOON

STILL UNDECIDED ABOUT SEPTEMBER 2015? CALL TODAY TO BOOK A TOUR

T: 01843 572912 E: jsadmissions@slcuk.com www.slcuk.com St Lawrence College, College Road, Ramsgate, Kent CT11 7AE

Exam time can be a breeze not a sneeze!

Hay fever can have a real and dramatic effect on children and young people's' performance in their exams, with studies showing that a hayfever sufferer is 40% more likely to drop a grade from January to May/June. Fortunately. airborne allergens expert Max Wiseberg has some practical suggestions that may help...

Hay fever is the most common allergy in the UK, with around 15-20% of people being sufferers. It is more common in younger people, with nearly 40% of 15-25s suffering from the condition

Common symptoms include sneezing, a runny nose, a stuffed up nose, itchy, watery or streaming eyes, nasal congestion and a general stuffed up feeling in the nose and throat. All of this can lead to tiredness and fatigue. Hay fever can also affect how you sleep, causing sleep disturbance and difficulty getting to sleep. These can in turn zap your energy levels, leaving you feeling low and sluggish. Not ideal when revising and sitting

Airborne allergy expert Max Wiseberg can really empathise with children and young people taking exams this May and June. "I've suffered from havfever all my life. I was the kid who took not one but two toilet rolls into the exam hall in summer, just to get me through to the end of the exam. Having hayfever on your exam day makes you feel miserable from the start and vour runny nose makes vou dehydrate more quickly. Just 2% dehydration can mean a reduction in performance of 30%. Taking anti-histamines can also dehydrate you, and some can make you feel

So what can parents do? Well, firstly, be prepared. Remember in advance that your child may start suffering from hayfever any time, as it's probably 8 or 10 months since their last attack. Speak to the school or college to see if they can offer an exam room away from playing fields or on the eastern side of the building prevailing winds blow pollen west to east. Your child won't be the only one affected, so it's not an unreasonable request. and it could help improve their

Havfever is the body's over-reaction to a harmless substance - pollen, Each person can tolerate a certain amount of pollen before a reaction is triggered. Keeping the body below this trigger level will stop the symptoms of havfever occurring. This is not a cure, but a prevention.

league table position!

Avoid being outside in the morning and evening - the peak pollen times - though this is easier said than done if you have a morning exam. Keep the bedroom door and windows shut, to avoid pollen getting into the room and affecting sleep. Pollen sticks to anything and everything, including the hair. So - possibly a difficult task here - encourage your child to shower every night to get rid of the pollen from the day, so they get a better night's

Applying a pollen barrier balm, such as HayMax, will help stop the pollen getting into the body, reducing the chances of your child's hayfever being triggered. HavMax has been proven to trap a third more pollen than an uncoated nostril [2]. This is enough to effectively reduce the pollen count from high to medium and all but the highest pollen days.

Pollen also sticks to clothes and bed clothes. So changing your child's bedding regularly is a real help - as is fresh, clean clothes on the day of the exam. And though it may sound strange, vacuuming a jacket, blazer or jumper that they wear every day will help too.

And finally, don't forget to give your child plenty of sympathy and a bottle of water on exam HayMax organic drug-free

pollen barrier balms are proven to trap pollen before t gets in the body. They also work for dust and net allergens. In July 2014, results of a survey by Allergy UK showed that almost eight out of ten respondents said that the balm helped some or all of their hayfever symptoms [1]. And Independent research on HayMax by The National Pollen and Aerobiology Research Unit (NPARU) concluded that HavMax trapped one third more pollen grains than an uncoated nostril and that it also trapped dust and pet allergens [2].

Unlike many anti-histamines. HavMax has no drowsy side effects, which means they are ideal for when taking and preparing for exams. As they're drug-free, they are also suitable for children, teenagers and pregnant and breast-feeding

HayMax drug-free allergen barrier balms are available from Holland & Rarrett selected Morrisons Waitrose and Boots: independent chemists, pharmacists and health stores; on 01525 406600

and from www.havmax.biz.

They retail at £6.99 per pot.

Easter holidays and why Minus Activity Books are the 'must-have' collection

Minus are interactive Activity Books with witty and educational content designed to capture the imagination of its readers. With 8 quirky and cute titles to choose from including 'If I Were An Artist! and 'Oh. Naughtv Me!' their vibrant colours and humorous illustrations are bound to keep the whole family amused. Minus booklets is an ideal way to occupy the kids when travelling to and from your

holiday destination especially on those long car journeys. The Minus concept was to make a smart and entertaining series of books to inspire simple moments of togetherness between adults and children. Minus encourages users to learn about everything, everywhere, anytime whilst having fun. Their miniature size allows you to pop them in your handbag and pull out anytime



The entire collection is made in France at a traditional printing firm in Roubaix (Northern France) using vegetable-based inks and paper issued from FSC-certified forests. They entrust all of their delivery shipments to a work assistance centre dedicated to helping disabled workers Be your own artist and explore the wonders of Minus ... Activity Book prices start at

whether it's at an airport, in the

queue or on a train.

If I Were An Artist! Oh. Naughty Me! Draw Me A House Once Upon A Time... Picasso In The Eves Of Picasso If I Were Prime Minister , Grandpa, Grandma And Me www.stonegift.com

Role models for the future - young Bromley High School writer marks International Women's Day with winning short story Commenting on the overall

Harrod, 10 years, from Bromley High School is celebrating after winning a top "The standard was excellent prize in the annual Girls 'Day School Trust (GDST) Creative Writing Competition Her story 'My Role Model' beat 16 other entries to

April 2015

category

Aspiring author, Isabella

take first place in the junior The theme of this year's competition was 'role models'

and entries were judged said: by distinguished adult and children's author, Anne Fine, an alumna of Northampton High School, GDST.

quality of the entries, Anne Fine said:

A good number of the stories have that intriguing quality that makes us want to read on and know more, and that's the most essential ingredient for any niece of writing Storytelling is a splendid and enriching way for girls and young women to find their own voice and reflect on their place in the world." Praising Isabella's story she

"The story about the Minions is a complicated idea, well knitted together. It's amusing and very,

very different. The two sides of friendship are set neatly against one another in the story which ends up being both light and memorable.

Isabella Harrod, the winning student, commented "I really enjoyed writing this story. It has given me inspiration for my future writing" Isabella will receive a prize of

The GDST intends to publish all winning and highly commended stories in an

£100.

www.bromleyhigh.gdst.ne

Your child's self-esteem are you getting the balance right?

So what is healthy self-esteem? Professor Matt Sanders. founder of the Triple P Positive Parenting Program explains: Self-esteem is the term psychologists use to describe how a person feels about their innate worth as an individual. their skills and attributes, and how they interact with the

Under a daily bombardment of "winning is everything" advertising messages, it can be particularly hard for kids to learn to deal with disappointment, and/or to stop measuring themselves against impossible standards. This is an often-overlooked element of the development of healthy self-esteem.

True self-esteem is something we build up ourselves, as we work to master new skills. stick to our values, and show pro-social behaviours such as care and concern for others. Egotism, on the other hand, is an unhealthy focus on one's self and a disregard for others a feeling of being better than everyone else, and, often, a fear of failure. Children who have healthy,

balanced self-esteem are likely to be happy and cooperative and make friends easily They're eager to learn and succeed, and they can cope with stress effectively So how do you build healthy self-esteem in children? Professor Matt Sanders from Triple P has some advice: Take a consistent, positive approach to their upbringing. Tell your child you love them, and demonstrate this by spending time talking to and playing with them. This helps your child feel valued and cared for.

Watch what you say. Constant criticism can create low selfesteem, and make problem behaviour even worse. Display confidence in their ability to persist. Let them attempt appropriate things by themselves. Teach them that mistakes are important ways of

learning, and show them how As a reaction to not getting to set realistic goals and work

Follow a healthy lifestyle. Taking care of one's self with regular exercise, healthy food, and grooming habits all help children develop a positive self-image. Teach them to be balanced.

towards them.

When they've made an effort and mastered a new skill or achieved something. teach them to enjoy their accomplishments, without gloating or boasting. Help them understand that everyone is good at different things. Teach them that life isn't always about winning. Your role is not to make every problem disappear or smooth over every bad feeling; instead. let your child express how they feel and assure them you understand. They'll develop a deeper sense of self-worth as they learn that with a bit of help from you, they can work out reasonable ways to

what they want, children may sometimes put themselves down, saying things like "I'm dumb, you hate me", or "I'm just stupid". If this happens, try not to get dragged in to being overly sympathetic; instead, encourage your child to try again after the set-back, and to enjoy the activity or game even if they aren't the winner. Encourage a sense of humour Laughter really is a great medicine, and it doesn't hurt kids to see that even parents can laugh at themselves sometimes. Enjoying the little things in life helps people cope with tough times. Help your child to laugh by listening to their stories, playing games and having fun together.

By following this advice parents can help their children develop healthy self-esteem - a gift that will stay with them throughout their lives. www.triplep-parenting.

uk net/online/



Aventure Activities avo

For Bookings, Enquiries count offers contact Ch

o_contact C 079735643. c_couling⊗upan

07973564381

Bromley High SCHOOL



PEN EVENT

Friday 5th June 2015

YEAR 5 TASTER SESSION

May 13th and June 11th 2015

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website www.oxbridgeuk.com **Join Oxbridge's Easter Courses** to prepare for 11+ exams! 11+ Easter Intensive & Revision Courses ects Essay Writing + Reading Comprehension, Literacy, Maths, VR + NVR Dates 30th (Mon) March ~ 2nd (Thu) April **Primary Easter Intensive Courses** Subjects Year 4 Essay Writing (1hour), Maths (1hour) Dates 30th (Mon) March, 31st (Tue) March, 1st (Wed) April

020 8949 2131

020 8949 8838

OxBridge Centre is a well-established tuition centre based in New Malden. Currently there are around 500 students from year 1~A-Level studying at the centre. Why don't you join us too

explores children's birthday parties

from the perspective of both

children & adults, FREE, Until

Easter hols Chelsea Gambado Station Court, Chelsea Holiday Camps in conjunction wth Kidsplay Childcare, a full or half day of jam packed fun, themed activities, weekly day trips & much more www.gambado.com/clubs/chelsea/ holidaycamps.php. Maypay with childcare vouchers 0333 800 7000. Musnem Imax Theatre 0870 870 4868 Mysteries of the Unseen World

Market Balham SW12 Street Market with fresh food traders sourced from all over London. Every Mon & Thurs Holy Trinity

Church Brook Green 07710 023743 Singing & Songwriting sessions for 6-11 & 11-14yrs, www.holytrinityw6/org

Museum Covent Garden 020 7379 6344 The Family Station choose some FREE activities to do as you explore the museum, families all ing Family Station All Year Round activities for families. 3-12yrs, www.ltmuseum.co.uk

Sat of every month Royal National Theatre South Bank 020-

on Tue & Thurs South London southlondongallery.org

Every weekend Tate Modern Bankside 020 7887 8008 Open Studio play & create Daily Family resources with paper based activities for families all ages, FREE, Dail Children's Multimedia Guide keens children entertained & animates art works through music, video clips &entertaining games 5+vrs Da Under 5's Zone a new play space for families FRFF Every weekend Start Sessions with games, map making & clue matching, 5+yrs, FREE, www.tate.org.uk/visit/tatemodem

020 7222 1234 Harry Potter Locations Tour, 2 1/2 hrs.

Small Stories of your Own David Clocktower Market Greenwich Lucas, author & illustrator will Quirky weekend High Road help children to create their own market has 50 stalls specialising in picture book, 5-12vrs, 30 Mar-3 vintage, retro & antiques with a few contemporary craft stalls FREE make a paper house which can be www.clocktowermarket. transformed into a glowing light,

Every weekend Tate Britain Millbank London 020 7887 8888 Liminal invites visitors into a physical, material & social experience of sculpture through touch, interaction & collaboration, all ages, FREE. Every weekend Art Trolley sessions encourages children to imagine & create collages & lots more, FREE. Every end Children's Multimedia Guide fun & interactive a sensory available for families with children

enjoy, 5+yrs. Daily Family Resources provides questions & activities which encourage children & families to explore art works. FREE, Daily Family Trails, under 5's, FREE, www.tate.org.uk/visit/ tate-britain.

the air or exploring Space, all ages. Every weekend Icy Cool

Adventure families, under 7's,

FREE, Every Weekend Spaced

Weekend A Cockroach Tour of the

museum visitors take on the form

of cockroaches dressing up in realistic costumes, FREE. Every

Weekend explore hundreds of real

natural history specimens, discover

evidence along the way using

microscopes, the computer database

www.sciencemuseum.org.uk

Apr Paper Light House Workshops

Out, families, 5+vrs, FREE, Every

Sept Small Stories: At Home In a Dolls' House exhibition, www. museumofchildhood.org.uk Science Museum Mar-26 Apr Unicorn Theatre Exhibition Rd 0870 870 4868 147 Tooley Street 020 7645 0560 Unlocking Lovelock: Scientist, Velveteeen Rabbit, 4+yrs. Inventor, Mayerick exhibition.all Until 12 Apr The Chair with ages, FREE. Daily Interactive live music & songs, 7+yrs www. experience: Flyzone Studio a new unicorntheatre.com 29 Mar Design Museum Shad experience that transports visitors 020 7940 8783 Create using the latest in green screen technology. Children, adults & & Make: Fashion Power & Play. families are able to come along create your own customised fashion & dress up as pilots or astronauts accessories drop in sessions 5-& then take away photographs of themselves flying through

11yrs, www.designmuseum.org. Mar National Maritime Museum Greenwich 020 8312 6565 Discover Sundays explore your personal connections to the sea, all ages, FREE Until 31 Aug Against Captain's Orders: A Journey into the Uncharted to take 6-12yrs & their families on the adventure of a lifetime, life jackets part of the motley crew of HMS Adventure, Until 31 Aug Against Captain's Orders: A Journey into the Uncharted exhibition. www. rmg.co.uk

& other scientific instruments, science educators are there to Mar Horniman Museum help you with your investigations, London Road Forest Hill FREE, Ongoing Engineer Your Community Music Day the Future exhibition, 11+yrs, FREE. programme will include jazz classical concerts, gamelan workshops, a capella singing & Until 12 Apr Imperial War Museum Lambeth Road 020 7416 5439 Faster holidays new Mar-10 Apr craft activities for family activity Art Workshop, families inspired by springtime & Easter, different activities each day include Easter Bunny Messengers, Object Conservations family Pecking Hens, Bee Headdresses & Leafy Plant Masks, FREE, 30 Mar-Apr The Greatest Adventure creative response to themes held interactive gallery with a wide range of activities. FREE. Every within the new atrium & Terraced on,Tues & Fri 30 Mar-10 Apr Wartime exhibition explores the Discovery for All Drop in Hands lives of William & Alice Allpress On Base to explore thousands of & their ten children & what life in real objects from around the world London was like during the war. A FREE, 1 Apr Chirpy Chickens a day of activities all about chickens Family in Wartime is brought to life through interactive exhibits, find out all about the chickens & photographs, recorded interviews their friends in an animal walk, with the family, archive film touch some chicken taxidermy footage & more, FREE. www. eggs & other objects plus traditional Easter egg rolling, FREE. 4-5 28 Mar Camden Arts Centre Apr Easter Fair hop around the Arkwright Road London 020 7472 dens with the Horniman Bunny 5500 Petting Zoo, a nig. a donkey go on an Easter Egg trail take a goat & other farm animals with part in craft activities, discover visiting the centre as part of what's in the arts & crafts market & lots more, FREE entry. 8 Apr Ruth Ewan's exhibition Back to the Fields, FREE entry, www. camdenartscentre.org. Plantastic day of activities inspired by plants, dance like a flower, make a natural botanical flower print & Childhood Bethnal Green 020 see the mini beast home being re-8983 5200 Paper Houses family built & lots more, FREE. Hands activity children are invited to on family Workshops 3+yrs, 11 play with paper & unfold a world Apr Adornment themed sessions paper houses, cardboard dens families, 18 Apr Animals & disposable costumes drop in workshop 24 Apr Mud Kitchen get messy playing with earth & water &

making mudpies, drop in, under 5's

& families, FREE, 25 Apr hands

on family workshops Puppets

themes session. 28 Apr Hear it

Every Sat Farmers Market FREE

entry. Every Sat except 4 Apr Art

Makers with different themes each

week, families, 3+vurs, Every

Busy Bees creative play stories &

songs or simple art & craft, under

5's & their parents/carers, FREE.

Every Sun except 6 Apr A World

of Stories storytelling sessions

families, 5+vrs, FREE, Every

thousands of real objects from

around the world, FREE,www,

Sun Discovery for All explore

England

Museum Threadneedle 7601 5545 Eggstraordinary the trail to find the chicks & egg hidden in them museum

You can then decorate your animal finger home plus chocolate egg for every Discover Gold new permanent

exhibition. Empire Theatr 117 Street 020

& Holly's Little Kingdom for all the family, www.benandhollylive. com,www.hackneyempire.co.uk 1.4.7.15.28 Apr Geffrye Museum Restored almshouse tours a rare

glimpse into the lives of London's poor & elderly in the 1780's & 1880's 7-10 Apr Easter holiday activities Gardens Galore, celebrate the reopening of the gardens & the launch of the new garden activity cart. Create seasonal headwear plant seeds for spring & make Nursery Rhyme Time with stories songs & craft activities, 2-5yrs. weekend Geffrye explorers with FREE activity backpacks, audio guides, feely box, quizzes & trails, www.geffrve-museum.org

1-12 Apr HMS Relfast Tooley Street 020 7940 6320 020 7403 0719(f) Crossing the Line find out what it was like for sailors crossing the equator for the first time as they took part in initiation rituals, dressing up as different characters from the court of the sea god Neptune & made to do forfeits. events, all ages. 25-20 Apr Tattoo T-Shirts Dayy Jones's Locker impress your friends & family be designing your very own t-shirt, inspired by traditional navy tattoos, & the sailor you wouldn't want to be visiting Davy Jones's locker in a hurry. Ongoing HMS Belfast Private Tours with exclusive behind the barrier access, discover some of the quirky sailors' stories of living & working on board including the time a reindeer joined the crew! Ongoing Gun Turret Experiencewww.iwm.org.uk 2.3.9.10 Apr The Royal Observatory Greenwich 020 8858 4422 Daytime Sky Watch 11+yrs. 4,5,11,12 Apr Meet the Time Travellers, Albert Einstein & his modern day companion Anna Bastable, 7+yrs. 5 Apr Space

Explorers family drop in workshops

where you will have the opportunity

to make a star finder, 5+yrs. 6-

Apr Out of this World Activity

Mornings, join the astronomers to

celebrate the impending arrival of

the NASA spacecraft Dawn at the

dwarf planet Ceres in the asteroid

belt, with a planetarium show

workshop & entry to the historic

Meridian Courtyard & Flamsteed

House, 5+yrs, Selected weekends

holidays throughout Apr

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



Twitter: @parentsnewsuk

Meet the time Travellers, Nevil Maskelyne or his human computer Mary Edwards, 7+vrs. www.rmg. co.uk/visit

Apr Southbank Centre Belvedere Road 0844 8750073 The festival will bring thousands of singers onto the Southbank site over the Easter weekend to perform, learn & exchange, with a range of large scale & intimate projects. 6 Apr A day of events focusing on singing & wellbeing rship with the Sidney Do Haan Centre & various projects by the National Youth Choirs of grea Britain at the heart of the festival www.southbankcentre.co.uk Apr-12 Sept Natural History

Museum Cromwell Road 020

7942 5000 Sensational Butterflies highlights to include an outdoor butterfly garden with tips on how to attract butterflies & create your own butterfly garden at home. Games & activities exploring surprising butterfly facts, the chance to watch butterflies emerge from their chrysalises through the hatchery window, a riot of colourful tropica plants in the house & garden & tins & advice from the butterfly house manager. Daily Who Do You Think You Really Are state of the art interactive film, www. nhm.ac.uk/film FREE. Da Family Explorer backpacks filled materials & fun activities to helt children make exciting discoveries in the galleries, www.nhm.ac.uk/ education. under 7's FREE Daily Investigate Centre explore hundreds of real natural history specimens, from a shark's jaw to a meteorite as old as Earth in their hands-on science centre, families 7+vrs. FREE, Daily Nature Through the Lens with close-up: of insects & extraordinary time lapse photography, FREE, www. nhm.ac.uk/whats-on. Daily David Attenborough: Life on Camera enjoy some of the best loved clips from his landmark television series, FREE www.nhm.ac.uk/whatson Daily Wildscapes experience what it's like to be an animal on the African plain, swimming

nhm.ac.uk/whats-on 3-12 Apr Victoria & Alber Museum 020 7942 2000 www. vam.ac.uk The Imagination Station visitors will be able to create their own pieces of wild fashion, inspired

through the ocean & in the Arctic

& Antarctic circles, FREE, www.

by fairy tales, myths, legends & animals in the V & A collections drop in 3+vrs, FREE, 3-12 Apr ioin in interactive performances to meet fantastical characters & hear strange & wonderful tales, drop in families, FREE, 4-12 Apr Digital Kids children create digital art with help from experts, 5+vrs, Every Sur Drop in Design on selected days, create a 3D sculpture with wire FREE, drop in, 5+yrs. Daily Back Packs filled with jigsaws, stories & games to explore the collection. 4-11vrs. Activity Cart hands on art fun create a Samuri helmet a silver goblet or an elephant mask to take home, FREE, drop in Agent Animal has developed for under 5's containing an audio map & fabric

cubes, FREE, www.vam.ac.uk Apr Chelsea Physic Garden London 020 7352 5646 Chocolate Tuesday, the day will include craft activities, a Garden tour. chocolate tasting & the chance to create your own mixtures to take away, 7+yrs, 8 Apr A Passion for Plants - gardening for beginners. Apr Celebrate Spectacular Seeds discover amazing seeds from around the world, 6+yrs. 14 Ap Lotions & Potions, an introduction to herbal medicine for spring into Summer, 7+yrs. 15 Apr Garden Photography, 11+yrs. 16Apr Creepy Crawling discover the divers world of animal with Vic Taylor from Mynewt Enterprises who will show his marvellous menagerie including a hissing cockroach. giant millipede, com snake, gian African snail & Mr Jelly Belly the tree frog, find out how they are suited to their environments and hold them if you want to, 4+yrs. www.chelseaphysicgarden.co.uk. 8-9 Apr Isis Education Centre

020 7036 8056 Discovery Day, Flower Power. hidden plant facts plus go into the Discovery Room with FREE activities to include, crafting flower on a stick making a daisy bookmark, spring blossom finger painting, making a paper pot & planting a seed, drop in all ages, no need to book. 14 Apr Nature Explorers: Spring Hatchings a lay of activities & outdoor game to include exploring the wilder parts of Hyde Park looking for enring hatchings discovering how birds make their nests & making

Calendar

the sounds of baby birds in their nests & snotting some ducklings on the lake, tadpole dipping & lots more, 8-11yrs, need to book. 15-16 Apr Discovery Day:Animal Magic activities to include Pond dipping, painting colouring pictures babies, looking at real bird's nests in the Discovery Room, making a birds nest collage & following the Discovery Trail, drop in, families all ages, FREE, no need to book www SupportTheRoyalParks.org/ experiences.

Apr-19 July E4 Udderbelly Festival Southbank Centre 0844 545 8282 The iconic upside down Purple Cow returns for its seventh year hosting exciting comedy cabaret & theatre from around the

10 Apr Peter Harrison Planetarium 020 8858 4422 Planetarium Morning Stars show for children with an Autistic Spectrum Condition & their families, 7+yrs Throughout April Dark Universe planetarium show, 5+yrs, The Sky Tonight live show, 5+yrs, Space Safari follow the adventures of Ted as he searches the Solar System fo the great hig bear in the sky under Meet The Neighbours.

5+yrs. www.rmg.co.uk. 11-25 Apr Barbican Theatre Silk Street 020 7638 8891 www. lso.co.uk English National Opera

25 Apr The Foundling Museun 40 Brunswick Square 020 7841 3600 Instrument Parade join artis & instrument maker Giles Leaman & make some musical instruments vourself FRFF

28 Mar-12 Apr Sheffield Park and Garden Nr Haywards Heath 01825 790302 Explore what makes our trees special & why they were so useful in times gone by, a Cadbury chocolate Egghead prize will be awarded to each Eggsplorer, www. www.eastereggtrail.com,

nationaltrust.org.uk

28 March -12 Apr Royal Gunpowder Mills Waltham Abbey Essex EN9 1BN 01992 767 022 Eggsplosive Easter Holida Fun with Professor Nitrate back in his MadLab and will be set to unveil even more 'secret science experiments. On Good Friday & Sat there will be a range Easter activities designed for younger children with a traditional Easter Egg hunt, crafts & face painting as well as the chance to meet the Easter bunny. On Easter Sun & Mon there will be a spectacular arena event featuring live suppowder & other pyrotechnic explosives in twice daily shows plu try your hand at launching rockets bikes, trikes & carts & try the new 'Mega Marble Run', plus lots more, entrance under 3's FREE

Apr Alfriston Clergy House Polegate 01323 870001 Easter egg trail search for the bunnies hidden around the garden. find all the bunnies & receive a Cadbury chocolate Egghead prize, Until 12 Apr Bodiam Castle

01580 830196 Robertsbridge Explore the castle & grounds with the Cadbury Easter Egg trail hunt, plus Heathcliff Heroics will be onsite providing archery lessons. 10 Apr Outlaw Academy take par in the special academy & learn how to live off the land & survive on the run from medieval justice.

Days Out
Until 12 Apr Bateman's Burwash

01435 882302 Follow the spring bird Eggsplorer trail around the property, how good are you at spotting nests & working out who laid the eggs. Have fun & discover more about garden birds. There's a Cadbury Egghead at the end for those who completer the quest, www.eastereggtrail. com, www.

Apr The River & Rowing on Thames 01491 415600 Taylor Tugs Holiday Happenings, make, sing & play with creative Easter fun. 18mths-5yrs. 1 Apr Secret Theatre unique session exploring set design & theatre production, discover behind the scenes & create your own set at the museum inspired by their emporary exhibitions, 11-15yrs. Apr Pom Pom Chick Chick, have learning new skills to create Pom Pom chicks & paper posies in a little basket for spring time, 4-7yrs. 8 Apr Gargoyles Galore explore the world of grotesques, gargovles & green men. 7-11vrs. 8 Apr Caterpillar Crazy make a crazy model to show how a caternillar urns into a butterfly, 4-7yrs, 9 Ar Feathers and Fur meet the animals from Mill Cottage Farm Experience including donkeys, rabbits & chicks & get crafty in the museum. Ever erm time Artways Art Club, 5 week sessions, 11-15yrs.

Tug's under 5's Club, www.rrm. co.uk 2-19 Apr Kent Life Heritage Farm Park Lock Maidstone Kent 01622 763936 Meet all the new babies on the farm, including lambs. wiener piglets, calves & Easter chicks. Have a go at bottle feeding the newborn lambs, hop on a tractor for a ride around the grounds, paint

Every Wed during term time Taylor

a pot in the art studio & snuggle ur to the smaller animals in Cuddle have your face painted, meet the blacksmith (Fri & Mon only). fairground rides follow the wooden egg trail & look out for the Easter bunny, www.kentlife.org.uk

3-6 Apr Birling Gap & Seven Sisters Easthourne 01323 422512 Easter egg trail collect clues to win a chocolate prize, try your skill in the egg & spoon races plus lots more family fun on offer www.eastereggtrail.com, www naltrust org uk

3-6 Apr Standen East Grinstead 01342 323029 Meet on Goose Green to pick up a trail map to start your adventure which ends with a Cadbury Egghead prize. www. Easter holiday family fun with make & take crafts & outdoor activity days, www.nationaltrust.org.ul 3-6 Apr Monk's House Rodmell Lewes 01273 474760 Follow the Easter trail around the garden & win a Cadbury Egghead. 4-6 Apr Devil's Dyke West Sussex

01273 857712 Easter egg trail collect your quiz sheet & map & find the eggs hidden around the Dyke, solve, the clues & claim your chocolate prize, 6 Apr Egg Rolling bring your own hand decorated hardboiled egg & try your luck at this Easter egg rolling custom, the egg that gets furthest down the Dyke valley wins plus prizes for the best decorated 16 Apr Nymans Garden Handcros Haywards Heath 01444 40032

Head Gardener's spring highlights walk, need to book. 25-26 Apr New Brighton Floral Pavillion 0151 666 0000 Ben & Holly's Little Kingdom Live on Classified £1 per word inc vat min 10 words Bo - £40.00 inc vat +£5 for colour. Cheque payable o Parents News, 10 The Manor Drive, Worceste Park, Surrey, KT4 7LG Tel: 020 8337 6337 For

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very weekend London Transpor

7452 3234 Family Days, discover the skills & secrets behind the NT's productions, families 8+vrs. Every Sat 2-4nm & after school

Gallery 65 Peckham Road 020 design a 1940s scarf to tak home 7703 6120 The Shop of Possibilities with you. 11+yrs. Every Sun ir for children & families living on five neighbouring estates. Pelican. object handling sessions, 19.26 Southampton Way, Elmington, Apr Creative Response make Wyndham & Comber & Sceaux Gardens are invited to play at after school & weekend workshops in Galleries. Ongoing A Family in this recently renovated former retail outlet on the Sceaux Gardens housing estate.www.

Every weekend Rich Mix Bethnal Green 020 7613 7498 Kids' Cine Time family films, www.richmix. org.uk

ekend Temple Station weekend Greenwich

5-12yrs. 3-10 Apr Paper House Performances a pop up paper performance orchestra artists from Cabinet of Curiosity who with the help of visitors will turn everyday material into an extraordinary paper house installation, drop in, all ages. 18 Apr Dolls' House Study Day Daily Back-Packs filled jigsaws, stories & games to explore the collections plus special packs



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