

PARENTS NEWS

April 2015 No. 240 The First & Foremost Local Monthly Newspaper for Families

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Three Editions in South-East England



ISSN 1362-5551

South West London & Surrey

'PRIMI GI 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.fussybird.co.uk and www.itsamummylook.com

Lois tried *Baby Nordic Cybill* 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 to keep them safe and to

defer 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 boy's trainers: These striking Aygo Cocky trainers are a lovely bright blue colour with a thin neon yellow trim along the sole, making them look really high-end. Already a thumbs-up from Mummy

for style. In fact, I'd like a pair myself! My son looks super-cool in them and they're easy to get on and off in a rush (do three-year-olds do anything slowly?), thanks to the elasticated laces and single Velcro strap.



Design-wise, you couldn't ask for more for an active little boy. Anti-shock cushioning in the soles and a generous shape means he has plenty of freedom of movement and his feet are both comfortable and protected, no matter

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 walk her dog, runs, plays and still wants to look cool.

www.primigi.com.



April 2015

Who knew six year old girls were so fashion conscience?

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-shirt. Overall, very pleased with them.

April 2015

Birdworld

Birdworld is a great day out for all of the family. Admission includes entry to the *Bird Park* and gardens, *Underwater World* and the *Jenny Wren Farm*. The park is open every day and there are daily events including Penguin 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 term. Come face to face with some of the more unusual slithering and crawling residents during this

fantastic week of discovery. For the ultimate value you won't 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 www.birdworld.co.uk



display and Animal Encounter at the farm. Catering is available around the site but there is also plenty of space to picnic.

The Easter holidays are packed with fun and adventure. On **Wednesday 1st April & Wednesday 15th April** they will be holding *Birdworld Easter Egg Hunts*. From **7th to 10th April** there is a full week of swashbuckling



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Battersea Park Children's Zoo

Visit family-friendly *Battersea Park Children's Zoo* for a 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.

Children can get up close to an amazing range of animals, including emu, chipmunks, bearded dragon lizards, capuchin monkeys, lemur, tamarins, ferrets, parrots, snakes, mice, coati and ring tailed lemur.

They can meet resident wallabies *Boomer* and *Junio*, laugh at the antics of emus *Art* and *Dec*, and spy on the meerkats in the secret lookout tunnel.

There are special activity days for children throughout the year, such as *Hedgehog Adventures*, *BLAZA Big Bug Bonanza Week*, *Reptile Days*,

Meerkat Days, *Monkey Days* and *Halloween Fun Days*.

And don't forget the fun-packed 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

Battersea Park Children's Zoo... who will you see?

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

PLUS our fun play area for kids of all ages!

Visit our website www.batterseaparkzoo.co.uk Tel: 020 7924 5826

Battersea Park, Chelsea Bridge Gate
Battersea London SW11 4NJ

we're passionate about wildlife

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

The alternative to orthodontics with extractions and surgery.



Orthodontics usually requires the extraction of 4 to 8 sound teeth although this is frequently denied. Easily treated by natural methods. No extractions. No 'Train Tracks'. No retainers.

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



When experts disagree, where do you go for answers? www.Orthotropics.com Ask an appropriate professional to refer you for a free assessment.



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

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



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BIRDWORLD
BIRD PARK • JENNY WREN FARM • UNDERWATER WORLD

Easter Fun at Birdworld!

Easter Egg Hunt -
Wednesday 1st & 15th April 2015

Pirate Week -
Tuesday 7th - Friday 10th April 2015

Birdworld 2 for 1 TICKET OFFER
One entry FREE with one full paying visitor!
(cheapest ticket FREE - please present this voucher)
Not valid in conjunction with an Annual Pass, Tesco Vouchers or any other ticket offer

Valid 28th March - 19th April 2015

Thumbs Up!
It's Thursday!

VISIT KINGSTONFIRST.CO.UK FOR VENUES AND MORE INFORMATION

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Easter Fun and Lambing at the Rare Breeds

Lambs, lambs and more lambs here at **The Rare Breeds Centre**.....Everyone is excited about the arrival of the star attractions, due from the middle of March and throughout the school holidays. You may be lucky enough to see a lamb being born or feed a sock lamb! We will also have an explosion of cute little Easter chicks and of course cheeky piglets too!

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 season racers are a cross between Tanworth 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 Barn**. (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 **Granny** restaurant....

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

01233 861493
info@rarebreeds.org.uk
for more information.



Last summer, the amazing **Doc Yard** stunned audiences at **The Historic Dockyard Chatham** with the discovery of **AIR Dockyard Gas**. Doc is away at the **World Scientist Convention** in Australia to discuss an even more exciting project which will be unleashed in the summer of 2015. 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? 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, squiddy and warm experiments and visitors can take home some of things they make! They run from **7th - 19th April**, are all included in the normal dockyard admission price and places are allocated on a first come, first served basis.

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**

The Historic Dockyard Chatham

Historic Dockyard give a fascinating insight into the way Chatham supported the Royal Navy. **Doc** and **Bunsen** carry on the great scientific, engineering and mathematical traditions of the **Dockyard** by promoting **STEM** subjects to



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

April 2015

Help: have you seen this duck?



A group of **GIANT** ducks will be landing at **WWT Wetland Centres** this Easter, and they need your children to help them find them all! The **GIANT** rubber duck hunt 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 hide-and-seek skills to find these rubbery yellow visitors. There are prizes and yummy treats to be won, as well as a certificate for taking part.

Hannah Clifford from **WWT** said: "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 keep 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.

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 just birds – some centres are home to mammals, reptiles and creepy crawlies too!

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

Jigsaw's Top Five Reasons to Choose Performing Arts!



2015 is a very exciting year in 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'!

For more information on **Jigsaw Performing Arts** www.jigsaw-arts.co.uk 020 8447 4530

Find out what's on... 01233 861 493 / info@rarebreeds.org.uk RareBreeds.org.uk

Daily Lower Morden Garden Centre 020 8337 7781 Soft Play, under 5's.
Daily Sutton Ecology Centre Fairfield Walk Carshalton 020 8770 5820 Playworlds fantasy play area, 2-10yrs.
Daily Kew Gardens, Kew Palace 020 8847 0946 Daily Walking Tours of seasonal highlights, **FREE**. **Every Sat** Tropical Nursery Tours, need to book. **Every Tues & Thurs** Orchid Nursery Tours, need to book. **Every Sat** Hands on Session Blowing in the wind stories of seed dispersal, **FREE**, no need to book.

Daily 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 each exercise station are signs showing the exercise to be undertaken with the suggested number of number repetitions.
Ongoing Dupps Hill Outdoor Gym Each item has clear instruction for over 12's.
Ongoing Kingston Museum and Heritage Centre Wheatfield Way Kingston 020 8547 5006 Remembering Kingston at War exhibition.
Recently reopened Kidplay Cafe 282-284 Lower Addiscombe Road Croydon Softplay & cafe, under 5's.
Every Sun YMCA Wimbledon 020 8542 9055 Volleyball sessions for all levels for local residents in Wimbledon & Merton, **FREE** from 12.30pm, info@wimbledonvolleyballclub.com.
Every Mon Parkmore Community Centre 53-55 Parkmore Road 020 8726 6000 x88965 Circuit for those new to exercise, returning after illness & the more mature exerciser.

Every Mon Secomb Theatre Cheam Road Sutton 020 8770 6990 Zumba fitness. **Every Tues** Line Dancing. **Every Wed** Ballroom Dance, under 8's to adults.
Every Mon Hampton Library 020 8734 3347 Storytime session, under 5's, **FREE**. 3rd Thurs of the month Chatterbooks reading group, 8-9yrs, 4pm, **FREE**.
Every Mon Morden Library 020 8545 4040 Scrabble Club everyone is welcome. **Every Wed** Welcome Mornings with stories & crafts for pre-school children. **1st Thurs of every month** Coffee mornings for adults. **Every Fri** Storytime 4yrs. **1st Fri of each month** Wellbeing drop in sessions, a Wellbeing Coordinator will be on hand to meet you face to face, talk through any issues you may have, sign you up for any upcoming workshops, tell you more about other services available in the borough, Tel: 020 3178 2549.

Every Mon Pollards Hill Library 020 8764 5877 Musical mayhem. **Every Mon** Employment Club improve your CV, covering letter, interview skills & more. **Every Tues** Salsa Dance classes. **FREE**. **Every Fri** storytimes. **Every Mon Wimbledon Library** 020 8946 7432 Jewellery drop in workshop for babies & toddlers. **Every Thurs** Coffee morning for over 50s. **Every Tues IT** also Basic IT Training. **Every Wed** Sewing Circle for adults, **FREE**. **Every Wed** French Conservation drop in classes, beginner & intermediate levels, for adults. **Every Wed** Teenage French Tutorials, 8-18yrs. **Every 1st Sat** of month Genealogy Sessions, get help tracing your ancestry, drop in session for all ages. **Every Tues & Thurs** Children's story & rhyme time session.

Every Mon Kingston Children's Library Wheatfield Way Kingston 020 8547 6438 Rhyme & storytime sessions for babies, toddlers & under 5's. **Every Thurs** Stories & crafts for under 5's.
Every Mon Tudor Drive Library 020 8547 6456 Storytime for under 5's, **FREE**. **Every Tues** Rhymetime for under 5's followed by stay & play until 3.30pm, **FREE**.
Every Mon St John's Church Kingston Road 020 8288 1801 Tots in Tow fun for the under 5's, 10-11.30am.
Every Mon Loyd Park 020 8726 6000 Health walk circular through Loyd Park & Shirley on mainly flat terrain, ideal for beginners, 2 miles last approx 1hr, meet 1am **FREE** & same walk on potentially hilly terrain, 3-miles ideal for advanced walkers, 2pm, **FREE**. **Every Sat** Park run, **FREE** weekly timed 5k run, need to register first.

Every Mon Parkmore Community Centre 53-55 Parkmore Road 020 8726 6000 x88965 Circuit for those new to exercise, returning after illness & the more mature exerciser.
Every Mon eve Sutton Grammar School Korfbal for Beginners for school years 3-12 various times & sessions, email for details info@nomadskorf.com.
Every Mon eve Corpus 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, Toddlers Group, 9.30-11.30am
Every Mon, Wed & Fri during term time Little Hamsters Play Cafe Ham 07432 354274 Relaxed environment for mums & tots 0-5yrs offering coffee, cakes, lunches, soft play shapes, ball pool, ride on toys, table top activities & puzzles plus outdoor playground with indoor & outdoor seating. **FREE** parking. **FREE** Wi-Fi. **Every Tues Coudon Library** 020 8726 6900 Bookstart

Rhymetime for babies & toddlers, Wiggle & Jiggle, 2-4yrs. **Every Thurs** Storytime, 2 ½yrs. **Every Sat** Storytime, under 7's, **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, 8-11yrs. **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 Fri** Sat Rock & Rhyme for babies & toddlers, **FREE**.
Every Tues Centrale Shopping Centre Croydon www.centrale.co.uk In the early Learning Centre playtime sessions for children, all ages with all kinds of arts & crafts from making face masks, cards, painting, colouring or just play. **Every Tues** Rhymetime for under 5's, 10-12pm, Tel: 020 8686 7535.
Every Tues Thornton Heath Library 020 8726 6900 Bookstart Rhymetime for babies & toddlers, **FREE**.
Every Tues Careers, training & learning advice sessions, 2-4.30pm. **FREE** & Computer training courses for beginners to experts.
Every Tues Farnham Library www.bookstart.org.uk Baby Bounce 'n' Rhyme, **FREE**.
Every Tues Whitton Library 020 8734 3343 Storytime session, under 5's, **FREE**. 2nd Thurs of month Tiny Teddies sessions baby bounce & rhyme, **FREE**.
Every Tues Hampton Wick Library 020 8734 3358 Storytime session, under 5's, **FREE**. 2nd Tues of the month Chatterbooks reading group, 8-9yrs, **FREE**.
Every Tues Donald Hope Library 020 8542 1975 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 to bring own needles.
Every Tues United Reformed Church Cavendish Hall 020 8949 3402 Sparkles, under 5's, 9-11.30am.
Every Tues Malden Centre Blagdon Road New Malden 020 83361561 Stay & Play open under 5's. **Every Thurs** young parents drop-in, 1-3pm. **Every**

Fri Toy Library, under 5's, 10.30-13.0pm.
Every Tues De Staffords Leisure Centre Caterham 01883 344355 Family Swim.
Every Tues Riddlesdown Circular Walk 020 8726 6900 x64952 Health walk, 2-3miles, meet 11am at 'Good Companions' pub, Hamsey Green, **FREE**. www.croydon.gov.uk
Every Tues afternoon Raynes Park Library Story times from under 5's. **Every Thurs** morning Simple Yoga & Meditation Group.
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 activities, 0-5yrs.
Every Tues-Fri Dickering Adventure Playground Dickering Lane Kingston 020 8942 1707 Parent & Toddler play sessions.
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, **FREE**.
Every Wed Unitarian Church 1 The Flyover 020 8726 6900 x88965 Zumba Latin inspired dance music & rhythms, all abilities.
Every Wed Ham Library 020 8734 3354 Storytime session, under 5's, **FREE**. **1st Fri of each month** Tiny Teddies sessions baby bounce & rhyme, **FREE**.
Every Wed Watermans 40 High Street Brentford 020 8232 1010. **mon** Parents & babies screenings. **Every Sat** Drama Zone 5-8 & 9-14yrs. **Every Sat** mom Family Cinema, 1 adult goes **FREE** with every one paying child.
Every Wed Castelnau 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 020 8726 6000 x88965 Circuits Low intensity mature exercisers.
Every Thurs Croydon Sports College Croydon High Street 020 8726 6000 x88965 Circuits Low intensity for mature exercisers.

FREE. **Every Wed Tudor Hall** Kingston 020 8893 4250 Jungle body fitness class using boxing, dance, cardio & plates inspired moves, 7.30-8.30pm.
Every Wed Sanderted Library 020 8726 6900 Bookstart rhymetime, babies & toddlers, Wiggle & Jiggle, 18mths+yrs, Storytime 2 ½+yrs. 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 mon Sutton Arena Leisure Centre Middleton Road Carshalton 020 8770 4088 Women's Recreation Mornings with a wide range of sport & social activities available for a 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**.
1st & 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 10-15yrs
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 Bental Centre Kingston ArtyLand or Sea, 'Make & Take' workshops children can create their own costume or T-shirt, **FREE**. www.kingstonfirst.org.uk
Every Fri New Addington Library 020 8253 1023 Bookstart Rhymetime 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 month** Chatter Books reading group for 8-12yrs, **FREE**.
Every Fri Thornton Heath Leisure Centre 89-110 High Street 020 8726 6000 x88965 Acquise pay as you go
Every Fri Sutton Life Centre 020 8644 9696 Running & non contact boxing, 12-18yrs, **FREE**.

Every Fri Teddington Library Walgrave Road 020 8734 3304/5 Storytime session, under 5's, **FREE**. **Every 2nd 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 parent & toddler group.
Every Fri South Norwood Library 020 8726 6900 Bookstart Rhymetime for babies & toddlers. **Every 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 pre-school children. **26 Mar** Hill Studio Millbrook 01483 4400 00 Bartholomew Fair. **4 Apr** How the Koola Learn to Hug, 3yrs. **25 Apr** The Magic Porridge Pot & Other Tasty Tales, 3yrs.
26 Mar 15.16.23.30 **Apr** Caterham Hill Library www.surrey.gov.uk/kidstuff Rhymetime, 10am **FREE**. **Every Fri** Storytime, 2.15pm, **FREE**.
27 Mar Concert Hall Fairfield 020 8688 9291 American Superlam Wrestling family show. **18 Apr** Waterloo: The Best of Abba.
27 Mar, 30,10,17,24 **Apr** Warringham Library www.surrey.gov.uk/kidstuff Storytime, **FREE**.
27 Mar, 30,10,17,24 **Apr** Dorking Library www.surrey.gov.uk/kidstuff Rhymetime, **FREE**.
27 Mar, 30,10,17,24 **Apr** Sutton Library 020 8644 9696 Jug Club volunteer led support group for job seeker, all ages, **FREE**, no need to book.

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1st & 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 10-15yrs
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 Bental Centre Kingston ArtyLand or Sea, 'Make & Take' workshops children can create their own costume or T-shirt, **FREE**. www.kingstonfirst.org.uk
Every Fri New Addington Library 020 8253 1023 Bookstart Rhymetime 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 month** Chatter Books reading group for 8-12yrs, **FREE**.
Every Fri Thornton Heath Leisure Centre 89-110 High Street 020 8726 6000 x88965 Acquise pay as you go
Every Fri Sutton Life Centre 020 8644 9696 Running & non contact boxing, 12-18yrs, **FREE**.

Every Fri Teddington Library Walgrave Road 020 8734 3304/5 Storytime session, under 5's, **FREE**. **Every 2nd 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 parent & toddler group.
Every Fri South Norwood Library 020 8726 6900 Bookstart Rhymetime for babies & toddlers. **Every 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 pre-school children. **26 Mar** Hill Studio Millbrook 01483 4400 00 Bartholomew Fair. **4 Apr** How the Koola Learn to Hug, 3yrs. **25 Apr** The Magic Porridge Pot & Other Tasty Tales, 3yrs.
26 Mar 15.16.23.30 **Apr** Caterham Hill Library www.surrey.gov.uk/kidstuff Rhymetime, 10am **FREE**. **Every Fri** Storytime, 2.15pm, **FREE**.
27 Mar Concert Hall Fairfield 020 8688 9291 American Superlam Wrestling family show. **18 Apr** Waterloo: The Best of Abba.
27 Mar, 30,10,17,24 **Apr** Warringham Library www.surrey.gov.uk/kidstuff Storytime, **FREE**.
27 Mar, 30,10,17,24 **Apr** Dorking Library www.surrey.gov.uk/kidstuff Rhymetime, **FREE**.
27 Mar, 30,10,17,24 **Apr** Sutton Library 020 8644 9696 Jug Club volunteer led support group for job seeker, all ages, **FREE**, no need to book.

Calendar

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



Twitter: @parentsnewsuk

Every Thurs South Norwood Leisure Centre 164 Portland Road 020 8726 6000 x88965 Acquise sessions.
Every Thurs in term time 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 Coudson 020 8726 6000 X64952 Bookstart Rhymetime for babies & toddlers, Wiggle & Jiggle, 2-4yrs. **Every Mon** Storytime 2 ½+yrs & Chatterbooks reading group for 8-11yrs. **Fortnightly** 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 Tues** Storytime for pre-school children. **26 Mar** Hill Studio Millbrook 01483 4400 00 Bartholomew Fair. **4 Apr** How the Koola Learn to Hug, 3yrs. **25 Apr** The Magic Porridge Pot & Other Tasty Tales, 3yrs.
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Kings Oak Primary Dickering Lane 020 8949 6065 Who Let the Dads out Play session for under 5's, 10-12.30pm.
3rd Sat of every month Maple Road Surbiton Farmers Market www.surbitonfarmersmarket.co.uk Offering a wide selection of fresh seasonal produce.
Every Sat The Green Dragon 58-60 High Street Croydon 020 8667 0684 Storytime for families 3-7yrs, drop in 2hr session with stories, puppets, arts activities & songs, **FREE**.
Every Sat Wimbledon Park Free-standing Gazebo behind the seaing & watersport centre. Volleyball outdoor sessions for all levels for local residents in Wimbledon & Merton, **FREE** from 10-12pm, info@wimbledonvolleyballclub.com. www.gospike.net
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**.
Every Sat mon Church Gardens Lower Ham Road Kingston 020 8547 6422 Low impact outdoor cardio exercise for all with power walking, jogging & stretching, 10-11am, 10-11am, **FREE**.
28 Mar Ashcroft Theatre Fairfield Croydon 020 8688 9291 The Chris & Pui show from CBeebies family show, www.chrisandpui.com.
28 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 with egg-eciting games. **4 Apr** Members Walk. **10 Apr** Wildlife photography: intermediate skills.
30 Mar-2 Apr Painshill Park Cobham 01932 868113 Wild Easter Camp. **19 Apr** Bird Song Walk learn all about how

to identify birds by song & by sight, 12+yrs. www.painshillpark.co.uk
1.8.15.22.29 **Apr** Charles Crier Theatre 39 High Street Carshalton 020-8770 4950 Spiral Youth Theatre for 13+yrs members learn a variety of activities such as drama, dance & singing, musical theatre composition, set design & costume making culminating in two productions per year & **Every Thurs** Minis & Juniors 5-7yrs.
2 Apr Bourne Hall Museum Epsom 020-8394 1734 Tommy's Trenches trench warfare on the Western Front & touch 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.epsonandewellhistoryexplorer.org.uk
10 Apr Waddon Ponds & 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 & Wandle Park, 2-3 miles, meet outside Lidl, 11am, **FREE**.
7-11 Apr The Hawth Crayley 01293 553636

28 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 & activities, contact 4 friends@haling-grove.org.uk
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Dreamboats & Miniskirts www.parkwoodtheatres.co.uk/thehawth
8-10 Apr Arnheim Gallery Fairfield 020 8688 9291 Nana and Nunu – The Big Sneeze family show. **11 Apr** The Original Juboke Heroes. **18-1**

Unsure about September 2015?

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outdoor space and unbeatable facilities, why not take the opportunity to see for yourself? Visit the next Junior School Open Morning on Bank Holiday Monday 4 May 2015. For more information and to book a tour, contact: Lindsey Harris.

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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 exams.

Airborne allergy expert Max Wiseberg can really empathise with children and young people taking exams this May and June. "I've suffered from hayfever 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 your runny nose makes you 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 drowsy too.

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 league table position!

Hayfever 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 hayfever occurring. This is not a cure, but a prevention.

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 sleep.

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. HayMax 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 day!"

HayMax organic drug-free pollen barrier balms are proven to trap pollen before it gets in the body. They also work for dust and pet 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 HayMax trapped one third more pollen grains than an uncoated nostril, and that it also trapped dust and pet allergens [2].

Unlike many anti-histamines, HayMax 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 women.

HayMax drug-free allergen barrier balms are available from Holland & Barrett, selected Morrisons, Waitrose and Boots; independent chemists, pharmacists and health stores; on 01525 406600 and from www.haymax.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, Naughty 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

whether it's at an airport, in the queue or on a train. 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 £5.50

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Oh, Naughty Me!
Draw Me A House
Once Upon A Time...
Picasso In The Eyes 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

Aspiring author, Isabella Harrod, 10 years, from Bromley High School is celebrating after winning a top prize in the annual Girls' Day School Trust (GDST) Creative Writing Competition. Her story, 'My Role Model', beat 16 other entries to take first place in the junior category.

The theme of this year's competition was 'role models' and entries were judged by distinguished adult and children's author, Anne Fine, an alumna of Northampton High School, GDST.

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 world. 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 assure them they 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 deal with strong emotions.

learning, and show them how to set realistic goals and work towards them. 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. 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 deal with strong emotions.

As a reaction to not getting 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/

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For Bookings, Enquiries & Discount offers contact Chris 07973564381 c_salling@upandabout.co.uk

www.upandabout.co.uk 07973564381

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