

PARENTS NEWS

July/Aug 2015 No. 243 The First & Foremost Local Monthly Newspaper for Families

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23rd Successful Year
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www.bbc.co.uk/proms

www.wwt.org.uk/london

What's On in July & August School Summer Holidays

www.batterseaparkzoo.co.uk

www.travelstomyelephant.org

Three Editions in South-East England

Southwest
London
& Surrey

London
South
E Surrey
& W. Kent

Kent

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

South West London & Surrey

Tanks, Spitfires and Family Fun at Headcorn

Travel back to wartime Britain at the 'Combined Ops Military Vehicle and Air Show' - the only military show in Kent to take place on the ground and in the skies!

Sat 15th and Sun 16th August, this fantastic family friendly weekend will offer something for everyone from military

vehicle displays and living history re-enactments to food and military stalls, tank driving and jive dancing. There is also a packed programme in the sky, with displays from the *Great British Lancaster Bomber*, *Spitfire* and *Hurricane*. Visitors are in for a rare treat as the world's only flying *Vulcan*

Bomber will blaze through the skies above the crowds. This deafening aircraft played a huge part in Britain's cold war defence programme and had a key role in defending the Falklands Islands in the 1980's, Martin Withers who made that flight back then will be flying her on the day.



Royal Air Force display team, *The Red Arrows* soaring overhead in a spectacular twenty five minute display of speed, agility and precision. Tickets are priced from £25 for a family of two adults and two children (under 4's free). Book early to save money on your tickets!

Headcorn Aerodrome, Kent

www.combinedops.co.uk

Old Barn Stables

Waffrons Farm, Woodstock Lane South, Chessington, Surrey

A Friendly, Family Run Riding School

- ◆ BHS Qualified Instructors
- ◆ All weather sandschool
- ◆ All ages & abilities
- ◆ Lessons & Hacks
- ◆ Pony Days
- ◆ Holiday Fun
- ◆ Woodland Walk



For directions and info, call

020 8398 0822

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.

Emily was 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**

John.mew@virgin.net

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

Hampshire

The Hampshire South Downs nestles between the cathedral cities of Winchester, and Chichester, on the Sussex coast. It has a character all its own - boasting dramatic and inspirational countryside - from its trademark woodland Hangers and sunken lanes through to the high hilltops of Butser and the Downs. The South Downs in Hampshire is rich in opportunities for walking, hiking and cycling but also has a great deal to offer those interested in sampling its history and heritage or foodie delights. This quiet corner of the *South Downs National Park* is famous for its literary heritage and was home to Jane Austen. Jane Austen's

former home is now a famous museum in the lovely village of **Chawton**. Nearby is the former home of the naturalist and ecologist Gilbert White - also now a fascinating museum and gardens. The museum also houses exhibitions dedicated to the great explorers Lawrence and Frank Oates. Very soon there will be a walk in the footsteps of Gilbert White - from Selborne to Oxford, which you may like to hear more about. *National Trust* historic houses **Hinton Ampner** and **Uppark** are both nearby and the area has a series of 6 literary walks following in the footsteps of **Jane Austen, Gilbert White, Flora Thompson, William**

Cobbett, Edward Thomas and WH Hudson. There is lots to delight the food lover - wonderful local produce with restaurants and pubs serving delicious fare.

www.butserancientfarm.co.uk

www.rural-life.org.uk
www.sustainability-centre.org
www.forestry.gov.uk/aliceholt
www.fieldfarmproject.com

www.champneys.com/spa-resorts/champneys-forestmere

www.inadownfarmholidayhomes.co.uk

www.nationaltrust.org.uk/uppark

www.easthants.gov.uk/tourism



Active Learning
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A dream for every pre-school child...

...and their parents



Everything you'd expect in a nursery, and more

DORKING RECRUITMENT DAY
Saturday 11th July
10am - 2pm

Come and visit our wonderful nurseries **Chiswick, Kingston, Fulham & Dorking**
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020 3031 4700 info@activelearningchildcare.co.uk

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Specialist sports coaching, organic cafe, adventure playgrounds, holistic education

Innovative
Purpose designed activity studios, sensory room, baby sleep room, secure webcams

A fresh approach to nursery education.

www.activelearningchildcare.co.uk



Battersea Park Children's Zoo

Usual entrance fees apply. Children MUST be accompanied by an adult

Tuesday 21st July
SSSSNAKE DAY - Snake Story Time @ 11.45am & 2.15pm - Meet a real snake @ 12.15pm & 2.45pm
Make a snake puppet (free) &/or a snake badge (cost £1) Drop in sessions: 11am - 12.30pm & 1.30pm - 3.30pm.

Thursday 23rd July
Meerkat Day Meerkat Story @ 11.45am + 2.15pm
Meerkat feeding time fun @ 11.15am + 2.45pm - Make a Meerkat puppet (free) &/or a meerkat badge (cost £1)
Drop in sessions: 11am - 12.30pm & 1.30pm - 3.30pm.

Tuesday 28th July
Wildcat Day Find out all about Scottish Wildcats and see the zoo's Scottish Wildcats: *Cormack & Glenn*. - Today ONLY Wildcat Keeper talks @ 11.45am & 2.15pm
Wildcat themed Activities. Sign up and take part ...4 x 45 min sessions @ 11am, 12pm, 1.30pm, 2.30pm

Cat Story Time and Wildcat Chat by *PTES (People's Trust for Endangered Species)*
Cat ears craft activity, finished off with face painted whiskers! (free) Cat Face painting (Cost £2.50)

Thursday 30th July
Australian Animal Day
Watch the Emus have a shower (weather permitting!), see the Wallabies bounce around their field and meet a Bearded

Dragon Lizard.
oin in the Emu themed fun Did you know an Emu egg is GREEN? Help Artist in Residence, Beatrice Von Preussen, complete her big Emu collage by adding your hand print to the picture to give the Emu her feathers!
Meet a Bearded Dragon Lizard @ 11.45am & 2.15pm
Make your very own Emu mask (Cost £1)
Drop in sessions: 11am - 12.30pm & 1.30pm - 3.30pm.

Tuesday 4th August
Snail Day Giant African Land Snail... Just how slimy are they? Snail Story Time & meet a snail @ 11.45am & 2.15pm.
Make your own snail puppet. (Cost £1) Pin the shell on the snail picture!

Thursday 6th August
BIAZA Big Bug Bonanza Day (*British and Irish Association of Zoos and Aquariums*)
BIG BUG BONANZA Week... there will be free stickers - Meet some creepy crawlies. - Listen to a Bug Story @ 11.45am & 2.15pm
- Make an Ugly Bug puppet (free) Bug picture colouring in
Drop in sessions: 11am - 12.30pm & 1.30pm - 3.30pm.

Tuesday 11th August
Piggy Day - Feed hairy Kune, pigs at 12.15am & 3.30pm (free) - Listen to a Piggy story @ 11.45am & 2.45pm (free) - Make a piggy mask (free) - Make a Piggy Badge (Cost £1)
Drop in sessions: 11am - 12.30pm & 1.30pm - 3.30pm.

Thursday 13th August
Lizard Day Story Time & meet a lizard @ 11.45am & 2.15pm free - Make a Lizard puppet, with movable arms and legs! (Cost £1) Drop in sessions: 11am - 12.30pm & 1.30pm - 3.30pm.

Saturday 15th August
Cotton Top Tamarin Day
Monkey Feeding Time fun @ 11.30am & 3.00pm - Monkey Story time @ 11.45am & 2.45pm free - Monkey badge making (Cost £1)
- Face painting (Cost £2.50)
- Monkey Puppet making (Cost £1)
- Buy a Banana (50p) and have a Monkey Picnic.

(All money raised will go to *Projecto Titi*, which is a multi-disciplinary in situ conservation program that combines field research, education initiatives and community programs.)
Animal Story Time Days at the zoo...A chance to... - hear an animal story - make a picture from the story (free) and/or a badge (cost £1) - meet the real life characters! Picture/badge making: Drop in sessions: 11am - 12.30pm & 1.30pm - 3.30pm. Story times & meet the animal character @ 11.45am & 2.15pm
Tuesday 18th August - Rabbit Story Time
Thursday 20th August - Ferret Story Time
Tuesday 25th August - Guinea Pig Story Time
Thursday 27th August - Hedgehog Story Time
020 7924 5826
www.batterseaparkzoo.co.uk

Get Active Wandsworth Festival

Enjoy the **6th Annual Get Active Wandsworth Festival** on **Saturday 18th July 2015**, taking place at *King George's Park*, Wandsworth, SW18 4AZ.

The day will be packed out with fun free activities for all ages and abilities to enjoy. Keep the kids entertained with bouncy castles or kid's street dance, with circus skills or face painting, while the adults can indulge in some yoga or tai chi, get a health check at the *NHS* stand or even race the kids to the top of the climbing wall. With over 7000 people attending last year it's one of the must see events of the summer. To

know more email active@wandsworth.gov.uk
020 8871 8154

and remember to **GET ACTIVE!**

@activewandsGAWF2015
www.facebook.com/activewandsnorth
www.wandsworth.gov.uk/active





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

we're passionate about wildlife



Battersea Park, Chelsea Bridge Gate
Battersea London SW11 4NJ

GET ACTIVE WANDSWORTH FESTIVAL

Saturday 18 July 2015 • 12-5pm • King George's Park



FREE
activities
for all the
family

[f](#) [t](#) #GAWF2015

www.wandsworth.gov.uk/active

Quote **PARENTS NEWS** to a member of staff to claim your **FREE GOODY BAG**



Rare Breeds Centre

Summer Fun, Adventure and Discovery 'So much to do you'll need more than a day'

.....and it's true the whole family can enjoy the perfect day out here on the 100 acre farm.

From the exotic butterfly tunnel, the *Discovery Garden*, woodland walks to the edge of the *Secret Lake* there is something for everyone.

You may like to follow the footprints to the giant's chairs.....if you are brave enough!!

Daily activities are *Meet the Animals sessions*, *Falconry Displays* and of course the famous *Pig Racing*. Outdoor activities also include zip

wires, a hill fort, tube maze and two assault courses.

They have a large restaurant offering hot and cold meals and snacks at very reasonable prices and a patio where you may like to relax and watch the kids in the paddling pool and sand pit. They also have a gift shop and a Plants and Produce area!

The Rare Breeds Centre is situated on the B2067 between Hamstreet and Woodchurch close to Ashford.
For more information visit www.rarebreeds.org.uk
01233 861493

All this information
plus much more online

www.parents-news.co.uk



The Historic Dockyard Chatham

Doc Yard makes a triumphant return from a secret mission with the Southern Hemisphere Navy and is ready to share the new science of "**Bubbleology**" at **The Historic Dockyard Chatham** with budding Techsplorers!
Doc Yard's "Liquid Science" sessions provide a hands-on, interactive science and technology experience, suitable for young minds from 4 to 94 included in the normal dockyard admission price!

Produce personal bubble formula, test in a 'bubble off' and take it home; construct bubble frames and see the fascinating properties of soap films; race balloon vehicles in a test of design and technology skills; and be immersed in an interactive science show with the *Doc and Bunsen*.

Doc Yard's Liquid Science sessions run three times a day from **1st to 31st August** and included in dockyard annual ticket. **The Sailors' Academy** crew. Children and grown-ups board the impressive Victorian Naval Sloop, **HMS Gannet** (1878) and pick up a mission, comprising tasks on board and around **The Historic Dockyard**. They can learn how to tie knots and whistle commands; they can follow the ship's cat trail and an animal trail around the dockyard, use signal flags, try out a hammock, learn nautical language and explore the ship's history below decks. These activities fun from **25th July to 31st August**

www.thedockyard.co.uk



Outside play with Chad Valley

As the sun continues to shine and the evenings stay lighter, kids are making the most of the warmer weather by playing outside. As a parent, trying to think of games and activities can be a tough job, but with the **Chad Valley Playtime Pocketbook** from *Argos* there's inspiration for traditional style games to keep kids occupied come rain or shine.

The **playtime pocketbook**, developed by long-standing toy maker **Chad Valley**, surveyed over 2,000 parents to compile more than 100 ideas and top tips for parents to keep kids entertained - the ideas are endless!

With the warmer days here to stay, here are our top ten picks from the pocketbook:

1. One for the lighter evenings... set up glow in the dark bowling by putting glow sticks in plastic water bottles
2. Turn paddling pools into a mini ball pit with plastic play balls, great all year round!

3. Create a map of your local park and plan a route to cycle or walk round, and take the kids on a magical mystery tour
4. Make toy parachutes by attaching napkins to toy soldiers with string and releasing

them from the top of a climbing frame or a window
5. Make and decorate frisbees by sticking together two paper plates

6. For parties or BBQ's, why not make fun cocktails with different types of fruit juice

7. Have a teddy bears picnic inside or outside using your child's favourite toys and snacks

8. For indoor fun...create an obstacle course from household objects for children to navigate around

9. Make stamps using potatoes and get little ones creative by using them to paint a work of art

10. Put together a scavenger hunt for the children to find objects in the garden

The complete **Chad Valley** range is available exclusively at *Argos* stores or www.argos.co.uk/chadvalley where customers can reserve for free for instant pick up from store.



All Summer Long
FUN Guaranteed

So much to do you'll need more than a day!

With our famous PIG RACING

- ✓ 100 acres to explore
- ✓ Friendly farm animals
- ✓ Beautiful butterflies
- ✓ Paddling pool & sandpits
- ✓ Assault courses & zip wires
- ✓ Inclusive play equipment



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



THIS SUMMER EMBARK ON AN **80 ACRE MARITIME ADVENTURE**
PAY ONCE VISIT AGAIN & AGAIN TICKET VALID FOR A YEAR

THE HISTORIC DOCKYARD CHATHAM



SUMMER HOLIDAYS

UNLIMITED FUN FOR ALL THE FAMILY, VISIT EVERY DAY!



SHIPS, SIGHTS AND SAILORS' ACADEMY CREW ALL SUMMER LONG

EMBARK ON AN 80 ACRE MARITIME ADVENTURE!

JOIN HMS GANNET'S CREW AND LEARN SAILOR SKILLS
TAKE PART IN DOC YARD'S SUMMER SCIENCE SESSIONS



DOC. YARD'S 'LIQUID SCIENCE' 1st - 31st AUGUST

thedockyard.co.uk

historic.chatham @DockyardChatham

Doc. Yard's 'Liquid Science' is supported by

together!
BAE SYSTEMS INSPIRE WORK

Calling all Nature Explorers

This summer holiday, children of all ages can discover their inner adventurer by becoming fully fledged **Nature Explorers** at any of the nine UK **WWT Wetland Centres**. Here, they can follow in the footsteps of Scott of the Antarctic (father of **WWT's** founder **Sir Peter Scott**) by going on an array of 'wild' adventures and recording them in a special Nature Explorer passport.

Adventures to tick off include taking a watery safari, discovering giant animals made entirely of **LEGO®** bricks, finding treasure, building dams, hand feeding rare birds, riding 'wild' bikes trails, crawling through tunnels and lots, lots more. Summer 2015 at a **WWT Wetland Centres** has just got much more exciting. Little explorers can begin their voyage of discovery by picking up a **Nature Explorer** passport from the front desk and collecting stickers for each of the activities working their way up to gold. What's more if children don't have enough time to fill in their passport they can visit again for free, any time during the school summer holidays.

Awesome adventures include:
 • Discovering giant animals made of **LEGO** bricks, including flamingos and otters, on the new summer trail at **Slimbridge Wetland Centre**.
 • also a **LEGO** brick building pit
 • Paddling or gliding through reeds to come face to face

with kingfishers, water voles and lots more on canoe or boat safaris at **Martin Mere, Slimbridge** and **Arundel Wetland Centres**. Older explorers can hop on a Land Rover safari and go on to the wild reserve at **Slimbridge** and take a bike safari at **Llanelli Wetland Centre**
 • Finding treasure at **Martin Mere** on the Geocache trail
 • Hand feeding some of the world's rarest birds
 • Going on big bug hunts to discover creepy crawlies
 • Building dens
 • Pond dipping
 • Picking up a pair of binoculars and spotting some of the wonderful wildlife
 • Splashing, climbing and swinging at adventure playgrounds, such as **Welly Boot Land** in **Slimbridge**, **Water Vole City** at **Llanelli**, and **Playscape** at **Washington**
 • Getting up close to a whole range of amazing animals including flamingos, otters, swans, geese, diving ducks, salamanders and many more
 For more information on **Nature Explorer** activities at your nearest **WWT Wetland Centre** please visit

www.wwt.org.uk

- **WWT Slimbridge Wetland Centre** - Gloucestershire
- **WWT Martin Mere Wetland Centre** - Lancashire
- **WWT London Wetland Centre** - Barnes

- **WWT Arundel Wetland Centre** - West Sussex
- **WWT Llanelli Wetland Centre** - Carmarthenshire, Wales
- **WWT Washington Wetland Centre** - Tyne & Wear
- **WWT Welney Wetland Centre** - Norfolk
- **WWT Castle Espie Wetland Centre** - Northern Ireland
- **WWT Caerlaverock Wetland Centre** - Dumfriesshire, Scotland

WWT Wetland Centres

A whole new world of award-winning discovery awaits you at **WWT Wetland Centres**. There are nine different centres across the UK, including **Slimbridge**, **Martin Mere**, **London** and **Arundel**. At the centres you can have close encounters with some of the world's most dramatic and endangered birds, mammals, reptiles and amphibians, surrounded by stunning scenery.

There is always something to see and do at the Centres, 364 days of the year. Add to this exhilarating adventure playgrounds, a packed line up of special events, cafes serving delicious homemade goodies, buggy friendly pathways and parent & baby facilities.

What's more every penny spent at the centres supports the vital conservation work.

www.wwt.org.uk

Summer Party Decorations



Everyone loves a good summer party. Whether you're planning a BBQ, house warming, birthday or wedding reception, **mt washi tape** has a range of colours and patterns to suit every soiree. It allows you to express your inner creative side by making your own decorations in a fun way for all the family. The diverse product allows you to be creative by writing and drawing on it. **mt washi tape** can be removed without leaving a trace and re-applied in case you make any mistakes. It's also water and heat proof so it's safe when the kids are

around. **mt washi tape** masking tape is the original of its kind and began in 2006 when three ladies from Tokyo approached **Kamoi Kakoshi** who initially made industrial masking tape. The four joined forces and revolutionised masking tape as we know it, launching **mt washi tape** as a decorative item. There are now over 100 different colours and patterns. Use to decorate, personalise, embellish and beautify your summer party with **mt washi tape**.

Prices start at £2.50
 Stocked in **Selfridges** and www.stonegift.com

Consult your doctor:

- if you are pregnant and want to know more about your options in screening for **Down syndrome**

- if you have had a test which gives you a high risk of **Down syndrome** and are considering having a 'diagnostic' test

- if you are unsure what would be the best test for you

+richmond practice provides private pregnancy care and baby scan services by a multi-disciplinary team of specialists, tailored to your needs. The consultant gynaecologists and obstetricians offer continuity of care and the patients are assisted in a comfortable and caring environment.

To book an appointment
020 8940 5009
www.richmondpractice.co.uk

What are your options for screening for Down syndrome during pregnancy?

by **Dr Elisabeth Peregrine**, consultant obstetrician at richmond practice

Down syndrome is the commonest chromosomal abnormality and there are several options on how to screen for it during pregnancy.

Combined Screening, the most frequently used test, detects around 85% of **Down syndrome**. It involves a scan and blood test at 11-13 weeks, giving you a risk of **Down syndrome** (e.g. 1 in 1000). It carries no risk to the pregnancy, but cannot give you a definite 'yes' or 'no' answer.

A new screening test: **Free Fetal DNA** testing is now available. It involves taking blood from you from 10 weeks onwards and can detect >99% of **Down syndrome**. There are several different tests available (e.g. the **Harmony** test) but none are currently available on the **NHS**. They are only available in private clinics at a cost of around £500. The test cannot give you a definite answer but carries no risk to the pregnancy.

Amniocentesis and **CVS (Chorionic Villus Sampling)** are diagnostic tests, which can give you a definite answer as to whether your baby has **Down syndrome** or another chromosomal abnormality. However, these tests both involve putting a needle into the womb and therefore carry a risk of miscarriage of around 1 in 100 (1%). **CVS** can be done from 11 weeks and involves taking a biopsy of the placenta and amniocentesis can be done from 15 weeks and involves taking some fluid from around the baby. Usually these 'diagnostic' tests are only done if you are considered high risk of having a baby with **Down syndrome**.

Dr Elisabeth Peregrine was trained in London in Obstetrics and Gynaecology and worked at two large teaching Hospitals. She is a subspecialist in fetal and maternal medicine and a Consultant in Obstetrics and Fetal Medicine at **Kingston Hospital**.

BE A NATURE EXPLORER
25 JULY – 30 AUGUST
 Complete six wildlife challenges and get a sticker in your Wetland Passport for each activity!

SOPHIE BUG HUNTER

FREE with paid entry

WWT London Wetland Centre
 Start your adventure by visiting www.wwt.org.uk/london
 Queen Elizabeth's Walk, Barnes, SW13 9WT, 0208 409 4400



richmond practice
 PRIVATE DOCTORS' SERVICE

GP · Paediatrician · Gynaecologist

020 8940 5009 richmondpractice.co.uk

...is the largest classical music festival in the world. With 92 concerts over 58 days and many more free events to enjoy over the summer, it's a great place to introduce your family to some of the world's most celebrated musicians in an informal and relaxed atmosphere. This year, the

The BBC Proms.....

Proms introduces regular Sunday matinees, a series of concerts for all the family to enjoy, with tickets to all concerts (except for the Last Night) half-price for under-18s. The first year of *BBC Music's* classical music initiative Ten Pieces culminates with two dedicated Proms concerts,

a spectacular live journey through classical music. The concerts showcase the original 10 pieces of music, as well as a range of children's creative responses to the music. An opportunity for the whole family this summer at *The Royal Albert Hall*.
www.bbc.co.uk/proms

BBC Proms
17 JULY – 12 SEPTEMBER 2015
ROYAL ALBERT HALL · ROYAL COLLEGE OF MUSIC

FAMILY-FRIENDLY EVENTS

Book Now
bbc.co.uk/proms

Introduce your family to classical music.

Half-price tickets available to under-18s for most concerts.

All Proms Extra tickets free, see bbc.co.uk/proms for details.

Guildford Summer Festival

Something for everyone this summer at *Guildford Summer Festival*. For full listings go www.guildford.gov.uk/article/6304/Guildford-Summer-Festival-calendar. *Guildford Summer Festival* is one of the youngest Fringe Festivals in the world but with one of the biggest hearts! *Guildford Summer Festival* is an open access multi-arts festival in the heart of Guildford town centre which runs for the whole of July every year. In this historic and beautiful town *Guildford Summer Festival* invites all artistic genres to get involved, it is literally open to EVERYONE! They are becoming known for edgy, exciting and diverse events that are shown at a number of venues in Guildford town centre which range from theatre, burlesque, comedy, kids shows, music, dance, exhibitions, talks and cabarets!

Taking place in July means that they attract producers, acts and artists to Guildford to preview their work that they are taking up to *Edinburgh Fringe* which is the largest Fringe Festival in the world! Can't be a bad thing can it to have some of these events in Guildford?

The dates for *Guildford Summer Festival 2015* are 1st – 26th July. In 2014 they were spread across 9 venues with 70 events happening and 3000 people attended. 2015 is already shaping up to be a far larger affair! Over 60% of participants in 2013 were from Guildford and the surrounding areas showing that Guildford is really full of artists of all kinds, we are just offering a platform for all of them to use and be promoted through.

This is a completely open-access festival and anyone can be involved and entered into the programme of events for a small entry fee. They accept any form of art and the more diverse the better so do get in touch and show them what you've got!
www.guildfordfringefestival.com

RHS Wisley is also getting involved with *Adventures in Wonderland & Mad Hatter's Tea Party* 22 July–31 August see www.rhs.org.uk/gardens/whats-on-at-rhs-gardens-wisley

Swimming Lessons

Quality classes in small group
**** COME AND TRY A CLASS FREE ****

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

Classes held at:
Downsend School Ashted/Leatherhead
Epsom College

For more info contact Colin on 01372 739600

What's On

The SunWalk Festival

this year *The SunWalk Festival* will be held in *Battersea Park* on **Sunday 12th July**, it is a great fun day out for everyone, with fairground rides, an animal safari for children and live music throughout the day. There are walking distances for all the family – 5k, 10k and a 13.1 miles Half Marathon.

Why not bring the whole family to *The SunWalk Festival* organised by grant-making breast cancer charity **Walk the Walk!** There's a distance for every age and ability and children can walk for free... they all love to be competitive and will get their very own medal! This fantastic day, with its Jungle theme, is always a sell out and tennis fans can watch the Wimbledon final on big screens whilst tucking into strawberries and the odd *Pimms!* This is not just a walk in the park, there will be live bands, great food, fair rides, stalls, and animals to get up close to... a fabulous *Walk the Walk* day! So sign up now and get ready to *SunWalk!* *The SunWalk Festival*, Sunday 12th July 2015 *Battersea Park*, London. Entry fee £27 for adults, with each adult able to bring one child 12 and under free of charge. Each additional child costs £15. Entry to the site and entertainment is free
www.walkthewalk.org/sunwalk
to sign up as either a Walker or a Volunteer

Summer Courses @ Tennis Avenue Academy

New Malden, Surrey – *Tennis Avenue Academy* are once again offering weekly courses for children aged 5-14 throughout the summer holiday period. Focusing on a different technical theme each day of the week from Monday to Thursday, the children then get to put everything they have learned into practice on the Friday when they play fun games and matches - with lots of prizes to win!

Many top national standard junior players train at *Tennis Avenue Academy* (many of whom help with the camps), including two players who are currently ranked No.1 in the

country for their respective years of birth and a No.2 ranked player. In total the academy is home to fifteen or so players who would be considered top national standard for their age group, making it one of the most successful training centres in the country.

Tennis Avenue Academy summer courses are a great way to embark on the path to becoming a successful tennis player. Courses start the week **beginning 13th July 2015**, and run weekly for seven weeks. They are bookable online at www.tennisavenue.co.uk.

SHADBOLT PARK SPORTS DAY!
Saturday 4th July

3-5pm
£3 per child!
BYO picnic kids tea

Contact: shadboltssportsday@gmail.com
Funds raised to renovate children's play area
Shadbolt Park, Salisbury Road, Weybridge Park, KT4 7BX

TENNIS AVENUE ACADEMY

We don't just teach kids to play tennis; we train them to win... including international standard juniors and many players who who are top 10 ranked in Great Britain for their ages. Take the first steps to playing competitive tennis - join our SUMMER CAMPS!

MINI TENNIS
- Ages 5-9
- 5 day courses (15 hours)
- £75 per week
- Grouped by ability
- Beginners to advanced
- 9:30am - 12:30pm

JUNIOR TENNIS
- Ages 9-14
- 5 day courses (20 hours)
- £100 per week
- Grouped by ability
- Beginners to advanced
- 8:30am - 12:30pm

KIDS' SUMMER CAMPS 2015 - booking form

Full Name _____ Date of Birth _____
Address _____ Post Code _____
Allergies / Medical Conditions _____
Email _____
Mobile _____

Mini Jul 13 - Jul 17
 Junior Jul 20 - Jul 24
 Jul 27 - Jul 31
 Aug 03 - Aug 07
 Aug 10 - Aug 14
 Aug 17 - Aug 21
 Aug 24 - Aug 28

Payment will be requested once a place in each camp booked is confirmed
Enquiries: 07886 455661 OR 07952 820023 / helpdesk@tennisavenue.co.uk
www.tennisavenue.co.uk (online booking)

Tennis Avenue Academy, Manor Park, off Malden Road, New Malden, Surrey KT3 6AU

In Surrey

Rural Life Centre's Summer Event

What will you be doing on **26 July**? Mark the date in your calendar - you could be demonstrating your craft, and selling your creations, to the many hundreds of visitors attending the **2015 Rustic Sunday** event at the **Rural Life Centre** in Tilford.

This is the biggest event in the museum's busy summer programme and showcasing traditional crafts is just one of the many attractions on offer to visitors.

The big bonus for those taking part, however, is that the stand for anyone demonstrating a craft is absolutely free of charge. This year the museum is also offering stallholders and activity organisers a free weekend museum pass for **Saturday 25th and Sunday 26th** (the day of the event) together with completely free camping from Saturday until Monday morning, and the opportunity to purchase visitor tickets at discounted prices.

Rustic Sunday, set in the tranquil and charming surroundings of the **Rural**

Life Centre is a celebration of rural life of a bygone era and a wonderful experience that all the family can enjoy.

Besides the demonstrations of traditional crafts and creative trades, there is music and dancing, the Old Kiln Light Railway, heavy horse drawn waggon rides, a working forge and steam roller, a chain-saw sculptor plus locally grown produce and baked goods.

This year there will be a traditional fairground carousel for the little ones and the chance for adults to sample real ale from a local micro-brewery. All the museum's buildings, exhibits and facilities will be open along with the cafe. All event proceeds supports the **Old Kiln Museum and Rural Life Centre**

Further information on **Rustic Sunday** and how to request an application form to participate can be obtained by contacting rusticsunday@rural-life.org.uk

or calling organiser Rod Dengate on

01483 423699

Bourne Hall Museum, Summer Walks

Thursday 23 July 2pm-3.30pm Hidden Ewell

Tuesday 28 July 2pm-3.30pm Ashley Road Cemetery 7pm-8.30pm Horrible Ewell

Thursday 30 July 11am-12.30pm Horrible Ewell

Tuesday 4 August 2pm-3.30pm Explore Epsom Common

Wednesday 5 August 7pm-8.30pm Chalk Lane to Worlds End

Thursday 6 August 2pm-3.30pm Ashley Road Cemetery

Tuesday 11 August 7pm-8.30pm Horrible Epsom

Wednesday 12 Aug 2-3.30pm Chalk Lane to Worlds End

Tuesday 18 August 7pm-8.30pm Epsom's Oldest Road

Thursday 20 August 2pm-3.30pm Epsom's Oldest Road

Wednesday 26 August 2pm-3.30pm Horrible Epsom

Walks cost £5 per person and places are limited to 25 people per walk. Places must be booked with David Brooks,

Bourne Hall Museum, Spring St Ewell, Surrey, KT17 1UF.

020 8394 1734

dbrooks@epsom-ewell.gov.uk

Museum of Richmond

Thurs 23rd July 12pm to 3pm **Museum of Richmond Archaeology of the Thames** Meet local archaeologists and learn about archaeology from

the Thames through a range of artefacts **Sat 25th July** 12pm to 3pm **Museum of Richmond Roman Day** Meet local historian **Dr Pamela**

Greenwood and learn about the Roman life through Roman artefacts and costume **Free** entry, no need to book, open to all ages

Painshill Pooch Day promises to be a wagging success



Visitors to **Painshill Landscape Garden**, Cobham, Surrey, will be treated to a fun dog day on the **19th July** (11am until 4.30pm). Highlights of the **Painshill Pooch Day** include performances from **Richard Curtis** and his famous **K9 Freestyle dog display**, the **Southern Retriever Society's Display Team** and a demonstration from the award winning dog agility expert and trainer **Colin Skeaping**. Spectators will have the unique opportunity to see Richard Curtis (four time winner of the Crufts freestyle finals and author of the best-selling book *'Dancing with your Dog'*) demonstrating the fascinating bond between man and dog through choreographed routines set to music. The fun continues with obedience routines to music by sixteen Golden Retrievers and their handlers, and dog agility from

the **Ripley Agility Club** run by **Colin Skeaping** who has 25 years of top-level competition experience including major agility finals at **Olympia** and **Crufts**.

Visitors with dogs (on short fixed leads) may enter the fun dog show with prizes from local businesses including **Bruce's Doggy Day Care**. The fun dog show will be judged by **Pauline Scholey**, a **Kennel Club** accredited dog training instructor from **Cobham Dog Training Club**.

Other highlights include a hog roast and a retail area with artisan dog biscuits, handmade dog collars, luxury dog products and doggy themed home accessories.

This event is included in the normal admission price. A small entry fee to the dog show will apply. Tickets on the day or booked in advance from

www.painshill.co.uk
01932 868113.

ONE BIG PARTY NCT Cheeky Monkeys Sat 1st Aug Godalming United Church Bridge Rd Star Kidz Parties, Professor Adamski, David & Katie, face painting, lucky dip, crafts, refreshments! 10-12.30pm £3 child £5 family. events@godalmingnct.org.uk

Guildford summer festival

12 June - 8 August 2015

Make the most of your summer in Guildford

Alice's Adventures in Wonderland
150 years Lewis Carroll

www.guildfordsummerfestival.co.uk



Including



Sponsors



Coombe Wood Lawn Tennis Club Summer Camps

GALSWORTHY ROAD - KINGSTON UPON THAMES - KT2 7BS (opposite Kingston Hospital)

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
Ratio 1:8

Squad (11 years and over)

Using proper tennis balls and being able to play from baseline
Emphasis on stroke technique & matchplay
Attend 10.00am - 4.00pm
Monday to Friday each week
Ratio 1:8

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

Prices shown are per person, per week or daily session / The second, higher amount is for non-members of the club

Weekly £96/£108 (get one day free!!!)	Daily £24/£27	Weekly £168/£192 (get one day free!!!)	Daily £42/£48	Weekly £168/£192 (get one day free!!!)	Daily £42/£48
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Week 1 13th - 17th July **Week 2** 20th - 24th July **Week 3** 27th - 31st July **Week 4** 3rd - 7th August
Week 5 10th - 14th August **Week 6** 17th - 21st August **Week 7** 24th - 28th August

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:

Sunny Dimic (Head Pro): 07949 169882 or Ollie Lloyd (Assistant Pro): 07748 961359
or visit our website to download an application form www.coombewoodltd.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!!!

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

It can be quite challenging to build a child's self-esteem without overdoing it. There is a balance between too much praise and not enough. With too little a child's self-esteem can suffer, but with too much children can develop a distorted sense of entitlement and their own abilities.

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 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 what might be called artificially high self-esteem may have been given overblown praise for no real reason, or not taught to empathise with others. They may develop a sense of superiority, struggle to form healthy relationships, and find it hard to understand why they don't automatically succeed at everything they attempt.

Then there are the kids with low self-esteem. Many children who regularly misbehave already view themselves in a highly negative way. They may feel inadequate and/or lack the desire to achieve goals and face challenges. They may also believe bad things about themselves: that they are, and always will be, dumb, ugly, stupid, naughty etc.

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.

Healthy self-esteem doesn't come built-in at birth. We first learn our view of ourselves during childhood, through the interactions we have with the people around us. So it's crucial for parents and carers to help our children develop a true

sense of their own strengths and weaknesses.

So how do you build healthy self-esteem in children?

1) 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.

2) Watch what you say. Constant criticism can create low self-esteem, and make problem behaviour even worse.

3) 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 to set realistic goals and work towards them.

4) 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.

5) 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.

6) 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.

7) 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/

Advertise in PARENTS NEWS

020 8337 6337
fergus@
parents-news.co.uk

Barnard Castle School

Barnard Castle School provides girls and boys with a safe, happy and nurturing environment in a stunning area of *County Durham*. With its outstanding academic record, first class facilities and excellent pastoral care, it offers all students the chance to excel both inside and outside the classroom. **Boarders** from the age of 4 to 18 benefit from a strong family atmosphere.

Old Barnardian, **Lee Dickson**, born 29 March 1985 in Verden, Germany was a boarding school pupil at **Barnard Castle School** and is now a rugby union player who plays scrum-half for *Northampton Saints* in the *Aviva Premiership*. When asked about his experience as a boarding school pupil at **Barnard Castle School** in County Durham, he said:

"My time boarding at Barney was fantastic. I had the use of all the sports facilities whenever I wanted to, which was more or less every day, which was a real benefit. As I got older I was able to access them for more specific training and the school coaching staff were always there to help and guide me. The boarding community had a great family atmosphere to it and I still have some close friends from it. Staff were always available whether it was to help with academic work, or just for a chat.

"Boarding helped me become more independent and better organized. I had to work hard and was encouraged to do so. I was able to manage

my time between sport and the classroom well. I am dyslexic so the extra help I received was invaluable to help me pass my GCSEs and A levels.

"We didn't have many people in each class which I think made it easier for teachers to get to know us. The added time outside the classroom with staff meant they knew what we were like in other situations so could relate to us better.

"I loved doing sport and the continuous help and support from a variety of coaches helped me become a professional rugby player - the dedication and expertise of the coaches is second to none. One of my highlights was leading the 1st XV out at Twickenham on my 18th birthday in the *Daily Mail Cup* final.

"And Peps is brill!" (**Martin Pepper** is Director of Sport at Barnard Castle School)

www.barnardcastleschool.org.uk



St Lawrence College Holiday Camp

After the success of previous camps, **St Lawrence College** in Ramsgate will again be running its Holiday Camp this summer,

offering a truly rounded experience for children from Reception age to 15 years via fun and energetic activities.



Lawrence College Holiday Camps encourage confidence through experience; children are able to challenge

themselves in a safe and secure setting whilst developing their social skills. With so many activities on offer, including swimming, climbing, crafts, sports, scuba diving, drama and themed weeks, children are able to build on and develop skills that will last them a lifetime, while ultimately having fun.

Lawrence College Holiday Camps strive to make every camp experience a success, ensuring that every child is included in each activity, and that each child interacts in a positive way. It's no wonder many campers look forward to returning each and every holiday!

Find out more and book a place:

01843 572855
holidaycamps@slcuk.com
www.slcuk.com/Holiday-Camps

ST LAWRENCE COLLEGE HOLIDAY CAMPS 2015

Summer: 29 June – 28 August
Half Term: 22 – 30 October

Reception age to 15 years
Prices from £30 per day



Specialist Activities include
Climbing,
Drama, Cooking,
Scuba Diving
and more!

ACTION-PACKED DAYS | CARING STAFF | FUN & VARIETY



For further information:
www.slcuk.com/Holiday-Camps
T: 01843 572855
E: holidaycamps@slcuk.com
College Road, Ramsgate, Kent CT11 7AE

Marley Spoon recipe boxes Seasonal recipes and market-fresh ingredients delivered straight to your door

Marley Spoon is a weekly recipe delivery service that's radically simplifying home cooking. Customers choose from a changing weekly selection of tasty recipes and receive fresh, local produce and step-by-step instructions delivered directly to their door. Making wholesome meals at home has never been easier. **Marley Spoon** removes the

hassle out of cooking by taking care of the planning, measuring and shopping for delicious meals. Every **Marley Spoon** box includes exact amounts of carefully sourced ingredients for each recipe; so there's more time to enjoy cooking and less worrying about waste. Log on www.marleyspoon.co.uk and simply set your portion and taste preferences. Dishes start

from £5.50 per meal, including delivery.

Marley Spoon is serious about sustainability; all packaging is fully recyclable and can be picked up using the handy returns service.

PARENTS NEWS REVIEWED

Quality food, well packaged. Great for real food, home cooked, for busy people



GOFEST

GoFest 2015, the UK's Family Festival of Sport, Dance, Health & Fitness at **Surrey Sports Park** will now also run tournaments for adults and children on **Sun 12th July**. The family festival, falling on the weekend of **10-12 July**, will feature tournaments in

Football with **Fulham FC Foundation** and **Kevin Keegan**, Rugby with **Harlequins**, Hockey with **Surrey Spartans**, Netball with **Tamsin Greenway** and **Surrey Storm**, and Tennis with the **LTA** and **Premier Tennis**. **GoFest Tournaments Day** will offer a fantastic

opportunity for friends, teams and clubs to come together for a day of fun and team bonding at what is promising to be the mass participation sporting event of the summer. Ready to win? Visit

www.gofest.co.uk/tournaments

Look After Your Babies Delicate Skin with the SmartSun Wristband

Fresh air and warm weather are healthy for young children and babies, and small doses of Vitamin D from the sun's rays are good for baby's skin. Babies and young children have delicate and sensitive skin however, so it is important to make sure their SPF is topped up at all times when outside in the sun.

It is easy to forget about reapplying sun cream when you are out having fun, but the **SmartSun wristband** provides an easy to read indicator

of how much UV radiation they have been exposed too.

It works by measuring the amount of UV radiation, and lets you know when to reapply sun cream and when they have had too much sun.

With two colour changes – one to tell you when your children's sun cream needs reapplying, and one to tell you when to avoid the sun, you can enjoy the time spent outside by using the **SmartSun wristband** to accurately time the next sun cream application. The band

is discreet and comfortable to wear for either adults or children and can be used in and out of both pool and sea water.

SmartSun wristband can be worn by anyone – from babies to grandparents and give you an easy to read indicator for UV exposure to make sure you can enjoy the sun worry free. Perfect for holidays, or if you are out and about on a sunny day.

They are available in packs of 5 priced at £4.99 from www.smartsunuk.co.uk

Seams So Easy

has been running sewing clubs and classes in **Beckenham, Kent** area for over 5 years.

The clubs teach children as young as 8 to sew both by hand and using a sewing machine. Each term lasts six weeks and follows a school term. They also offer holiday camps at Easter, **summer** and Christmas. Working on fun and imaginative projects while learning the principles of sewing, students complete a level and get a certificate to move to the next. The club teaches a variety of sewing and textiles techniques so that students get an opportunity to explore their own creative path. For more information about the club please

www.seamsoeasy.com
mail@seamsoeasy.com



The Seams So Easy Summer Sewing Camp
Monday 20th–Thursday 23rd of July 2015
9.30am -12.30pm

St Davids College, Beckenham Road,
West Wickham BR4 0QS

Camp is for kids aged 8+ and teens.

There is an exciting line up of projects to choose from for both hand and machine sewing.

Techniques will include, hand and machine embroidery, tie dye, beading, etc

Materials are included

and spaces are on a FCFS basis..

To register your interest or to book please email us on mail@seamsoeasy.com or call on **077 17315735**

ART CLASSES for children, young people and adults

in the Summer holidays, 13-31 July at Putney School of Art and Design

Putney School of Art & Design

Summer Courses

27th July ~ 14th Aug 2015 (3 weeks)



11+ Summer Intensive Course

*Apply early as spaces are limited!

It's your best chance to boost your skills for the 11+ exams!

Subjects Literacy, Maths, English, Problem Solving, VR and NVR
Times Between 9am ~ 3:30pm
Venue King's College School, Wimbledon SW19 4TT

Primary Summer Intensive Courses (Yr 4 & Yr 6)

Begin your new school year with confidence by taking our Summer Courses!

Yr 4 Essay Writing - *build up your fundamental essay skills!*
Yr 5 Maths Preparation - *learn 11+ key concepts in advance!*
Yr 6 Essay Writing - *accelerate your formal essay writing & critical thinking skills!*
Yr 7 Maths preparation - *acquire Year 7 concepts in advance!*

Reading Club (Yr 1~ Yr 8)

Improving reading & writing skills in a fun environment with books

Subjects Reading Club for Yr1~6 & Shakespeare Stories for Yr7~8

website www.oxbridgeuk.com

11+ ★ Dates **12th Sep, 19th Sep, 26th Sep, 31st Oct**
Mock Tests in preparation for the Entrance Exams

Cavendish Centre **020 8949 8838** email admin@oxbridgeuk.com
Blagdon Centre **020 8949 2131** email info@oxbridgeuk.com

Oxbridge Centre is a well-established tuition centre based in New Malden. Currently there are around 550 students from year 1~A-level studying at the centre. Why don't you join us too?



For details visit www.webenrol.com/psad or call (020) 8788 9145



London What's On

EXHIBITIONS AND GALLERIES

Against Captain's Orders: A Journey into the Uncharted will take audience members on the adventure of a lifetime through the *National Maritime Museum's* extraordinary collection of maritime artefacts. With so much history secured in one museum: so many objects, so many stories, so many doorways to other times and other worlds, who knows who or what will turn up on this exciting journey. Exciting, enlightening and perhaps just a tiny bit dangerous, this is a theatrical expedition through the museum, the likes of which have never been seen before.

www.rmg.co.uk/whats-on/events/against-captains-orders
August From 10.00 daily
Sammy Ofer Wing, National Maritime Museum Admission: £19.75A 6-12 years.
 Adults attending must be accompanying a child.

Unseen: The Lives of Looking by *Dryden Goodwin*
 Acclaimed contemporary artist Dryden Goodwin's first feature-length film, in the striking space of the 17th-century Queen's House, alongside an exhibition of related drawings and artefacts. The newly commissioned film continues Goodwin's long-term investigations into portraiture and focuses on three individuals at the forefront of their professions, each of whom have a compelling relationship to 'looking'.

www.rmg.co.uk/whats-on/events/unseen-dryden-goodwin
Until 26 July 10.00-17.00
Queen's House **Free**

AHOY!

A gallery dedicated to younger visitors. Board a pirate ship, stoke the fire of a steamship, navigate an ice-breaker, and more, all under one roof.
 10.00-17.00 *National Maritime Museum*
 Under 7s **Free**

WEEKLY FAMILY EVENTS

Explore Saturdays
 Meet a character from the past and take part in an exciting performance that will bring maritime history to life.
4, 11, 18, 25 July 2015
1, 8, 15, 22 August 2015
 12.00 | 13.00 | 14.00 | 15.00
Sammy Ofer Wing, National Maritime Museum 6+ **Free**
Discover Sundays
 Be inspired by our maritime past and explore your personal connections to the sea. Ask staff where the activity is on the day.

5, 12, 19, 26 July 2015
2, 9, 16, 23, 30 August 2015
 11.30-13.30 | 14.00-16.00
National Maritime Museum
 All ages Admission: **Free**
Play Tuesdays
 Have fun with your family by exploring the Museum through crafts, music, dance and drama. Timed sessions; collect tickets from the admissions desk.
7, 14 July 2015
 10.30 | 11.30 | 13.00 | 14.00
 Venue: *Sammy Ofer Wing, National Maritime Museum*
 for under -5s £3 per child with an accompanying adult
 Children's Gallery, AHOY!, families with children under 5 to enjoy together.
4, 11, 18, 25 August 2015
 10.30-12.30 | 13.00-15.00
 (Drop-in) *National Maritime Museum Learning Space*
 under 5s Admission: **Free**

www.rmg.co.uk

Family Activities on HMS Belfast

August – September 2015

Family Activities
 All included in the general admission price.
Crossing the Line 17 – 31 August
 11 – 12.30pm and 2 – 4pm
 Cross the line and look at the ceremony that took place when sailors crossed the equator for the first time. Find out why the crew dressed up as different characters from Neptune's court and what kind of initiation rites men were put through – including being blindfolded and getting soaked. Create your own collaged mask and take part in a re-enactment of the ceremony on the deck. Drop-in events are suitable for all ages with parental supervision.
Tattoo T-Shirts: Davy Jones's Locker 5 – 6 September
 11am – 12.30pm and 2pm – 4pm
 Children may impress friends and family by designing their very own t-shirt, inspired by traditional navy tattoos, and the sailor legend of Davy Jones's Locker.

While getting creative, they'll learn more about the history of navy tattoos, what the symbols mean and why as a sailor you wouldn't want to be visiting Davy Jones's Locker in a hurry.
Ongoing
HMS Belfast Private Tours
 Visitors to *HMS Belfast* can pre-book private tours with one of the Ship's Company and enjoy exclusive behind-the-barrier access. Discover some of the quirky sailors' stories of living and working on board including the time a reindeer joined the crew!
 Hear the unique stories of how sailors survived in freezing conditions during the Arctic

convoys and what it was like to be one of the first ships firing on D-Day and *HMS Belfast's* role as part of the United Nations' forces in Korea from 1950 to 1952.
 Private tours last for one hour, and due to the nature of the site numbers are limited to a maximum of 12 people.
 Further details are available on www.ivm.org.uk. For more information or to make a booking, please call Victoria Chan
020 7766 1141
vchan@ivm.org.uk

Gun Turret Experience
 Immerse yourself in the *Gun Turret Experience*, a chance to see what fighting at sea would have really been like. Overlooking the back of the ship, or Quarterdeck, is one of *HMS Belfast's* Triple Gun Turrets.
 Lights, audio, projections and movement will recreate the experience, highlighting the hectic and cramped conditions that would have seen twenty-six men in this confined space at any one time.

Interactive Operations Room
HMS Belfast could once be controlled from the Operations Room, the nerve centre and brain of the entire ship. The Operations Room features exciting interactives.
 The Operations Room's rotating radar screens have been recreated giving a sense of the movement and urgency of the room, and there are two large touch screen interactive games based on the real-life *Pony Express* exercise of 1961 which involved 60 warships, 20,000 naval personnel and 6,000 US, British and Australian troops off North Borneo in the South China Sea.

Family Fun Weekend: Pirate Takeover

Come on a swashbuckling adventure with all your family. Join in a pirate takeover on board *Cutty Sark* and at the *National Maritime Museum* for a fun-filled weekend that'll shiver yer timbers. Come dressed like a pirate, or as you arrr!

Saturday 1 and Sunday 2 August 2015 *Cutty Sark* and *Queen's House* South Lawn (weather dependent) or *Colonnades* 11.30-16.00
 Suitable for all ages
 Admission: £15 Adult | £7.50 Child (3+) | £5 Members | Free under 3s | (all tickets include general admission to *Cutty Sark*)

International Slavery Remembrance Day
 The first successful slave uprising in Haiti in 1791. Mark the occasion with thought-provoking activities and end the day with a commemorative ceremony by the Thames.
Sunday 23 August 2015
 11.00-16.00 *National Maritime Museum* Suitable for all ages
 Admission: **Free**

Meet a Female Pirate
 Not all pirates had one leg, a parrot and not all of them were men! Women were just as fearsome as men in the world of buccaneering.
Saturday 29 August 2015
 12.00 | 13.00 | 14.00 | 15.00
Sammy Ofer Wing, National Maritime Museum and then to *AHOY!* or *Great Map* 6+ **Free**

WEEKLY FAMILY EVENTS
The Greatest Adventure
 Have you ever dared to venture into the unknown? Make your own telescope to guide you through storytelling adventures.
Mondays, Wednesdays and Fridays until 28 August

11.30-13.30 | 14.00-16.00 (Drop-in) *National Maritime Museum Learning Space* All ages Admission: **Free**

CURATOR'S TOURS
'From Working Boats ... to Ship in a Bottle'
 A tour of the art highlights on display at the *National Maritime Museum*, including the striking *Ship in a Bottle* by Yinka Shonibare, MBE.
19 August 2015 13.00
Baby Friendly Bring along your baby to this special curator's tour,
5 August 2015 11.00
Sammy Ofer Wing Foyer **Free** but booking advised

Become the Greatest Explorer on The Great Map
The Great Explorer is a magical new interactive game for families. Take one of the tablet devices and set sail across *The Great Map* to explore distant lands and discover treasures from all around the world.
 Where will you visit and what will you find? Take a photo and share your adventure with us @NMMGreenwich #greatmap
 11.00-16.00 **The Great Map, National Maritime Museum**
 all ages Admission: **Free**
www.rmg.co.uk

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WHAT'S ON AT THE V&A MUSEUM OF CHILDHOOD

www.vam.ac.uk/moc
EXHIBITION
THE ALICE LOOK
2 MAY – 1 NOV 2015
 To mark the 150th anniversary of the first publication of one of Britain's best known and most loved children's book, **Lewis Carroll's Alice's Adventures in Wonderland**, the *V&A Museum of Childhood* presents **The Alice Look**. The exhibition brings together garments, photographs, rare editions and illustrations to explore how Alice has influenced the way people dress and inspired fashion designers and stylists around the world. Using photographs by *Annie Leibovitz*, artwork by *Vivienne Westwood* and *Japanese Lolita* clothing, **The Alice Look** shows how Alice's style has remained contemporary. A specially commissioned *Alice in Wonderland* outfit has been created by *Roksanda Ilincic*

pattern-cutter, *Josie Smith*, using fabric printed with text from the book.
Free.
EXHIBITION SMALL STORIES: AT HOME IN A DOLLS' HOUSE
to 6 SEPTEMBER 2015
 Fascinating stories behind 12 of Britain's best-loved dolls' houses from the past 300 years. Visitors are taken on a journey through the history of the home, everyday lives and changing family relationships presented through the eyes of the inhabitants. Day-to-day life is illuminated through tales of marriages and parties, politics and crime. Displayed chronologically, the houses show developments in architecture and design and include country mansions, a Georgian town house, suburban villas, newly-built council estates and high-rise apartments. **Free.**

NEW DISPLAY
KITES FROM KABUL
4 JULY 2015 – 3 JANUARY
 In the historic city of Kabul, the spring sunshine brings kite flyers out in their hundreds, and brightly coloured kites can be seen dotting the skyline. *Kites From Kabul* will bring this spectacle to London, transforming the entrance lobby at the *V&A Museum of Childhood* with a colourful display of paper kites made by children in Murad Khani, the Old City district of Kabul. The rich heritage of kite flying will be brought to life by photographs taken at sites around Kabul and Bamiyan, and there will be a video, giving a glimpse into the lives of children living in the Old Town. The display has been developed with the British charity *Turquoise Mountain*, one of the Prince's Charities, working in Afghanistan. **Free.**

SPECIAL EVENTS
SUMMER FESTIVAL
SUNDAY 26 JULY,
 11.30 – 16.30
 The ever popular annual Summer Festival returns to the *V&A Museum of Childhood*. The event will provide an action-packed afternoon of live music including a performance by *Magic Roundabout* and song and dance by *Praxis*. There will also be food on offer, designer stalls, henna, face-painting, games and other craft activities to join in with.
Free. Drop-in. Suitable for all ages.
ARTBASH CAMP – WONDERLAND
MONDAY 27 JULY – THURSDAY 30 JULY,
 9.00 – 15.30
 Young artists can develop their creative skills through a programme of imaginative workshops at the *V&A Museum of Childhood*.

Participants can enjoy experimenting with materials and developing ideas in their sketchbooks, as well as taking part in messy, outdoor, giant-size activities. They will need to bring a packed lunch and dress for mess.
 £140 Monday – Thursday or £40 per day (10% sibling discount). Book at www.artbash.co.uk/book/ Suitable for ages 5 – 11.
SUMMER HOLIDAYS FUN
FRIDAY – STORY-FEST
FRIDAY 31 JULY,
 11.00 – 16.00
 At this special event curated by *Story Spinner* visitors can travel around the world in a day with a variety of storytelling workshops, installations and art activities.
Free. Drop-in (sign-up for some workshops on the day). Suitable for all ages

FAMILY ACTIVITY
BACK-PACKS
 Families can pick up an activity Back-Pack filled with jigsaws, stories and games to explore the collection. There are also packs available for families with children on the autistic spectrum.
Free. available every day 10.30 – 17.00, last pack given out at 16.00.
MUSEUM OF CHILDHOOD
GENERAL INFORMATION
FREE ADMISSION
The V&A Museum of Childhood is open daily 10.00 – 17.45, last admission 17.30. The nearest underground station is Bethnal Green (Central Line).
 For general information:
020 8983 5200
www.vam.ac.uk/moc
 For advance booking:
mocbookings@vam.ac.uk
 or call **020 8983 5205**

Days Out

Discover the Great Outdoors

Children are invited to experience a taste of the wild at **Penshurst Place and Gardens** this summer, with several exciting bushcraft taster sessions taking place across the season, as well as the option of enjoying a two-day overnight camping experience. Set in the beautiful *Weald of Kent* countryside, the 14th century historic house and gardens opens up its parkland again this year for an outdoor two day bushcraft experience that includes an overnight stay

in a large communal tent. Taking place over **30th-31st July and 6th-7th August**, children aged 7 – 14 years will learn how to light campfires, build shelters and take part in scavenger hunting -- with help from the **Camp Wilderness** experts. At night, wrapped up warm and campfires glowing, the young adventurers will fall asleep under the stars comfortable sheltered in a large traditional Bell Tent. The knowledgeable crew at the **Camp Wilderness** are trained

in survival techniques and accredited by the *British Safety Council*, creating a perfect way for children to make new friends, have fun and learn valuable skills -- in a fully-supervised environment. Bushcraft taster sessions will also be on offer to families during visiting **Penshurst Place** during the August Bank Holiday. Families and little explorers, who may be too young for the camps, can try out shelter building and campfire making with live demonstrations by

the professionals from *Camp Wilderness*. For more information on the two day summer camps and to book, please visit: www.campwilderness.co.uk/summer-camps/penshurst-place Taster bushcraft activities will take place daily on **30th & 31st August**, between 11am-5pm and are included within the admission price. www.penshurstplace.com/whats-on/events-and-activities/



Family Activities at IWM London

August – September 2015 Fashion on the Ration: 1940s Street Style before it closes on **31 August** and learn about 'onesies' worn in air raid shelters and jewellery created from aeroplane parts. In August, have a go at making your own colourful forties scarf in our popular activity Art Workshop: Design a 1940s Scarf. (Free, **1 – 16 August**). Adult: £10 Child: £5 Concession: £7 Members go free Explore how fashion survived and this major exhibition at **IWM London**. Discover how men and women of Britain found new ways to dress, from adopting more casual styles to demonstrating

amazing ingenuity in renovating, recycling and creating their own clothes. See uniforms and textiles from wartime Britain and discover the impact of the war on people's lives – on what they wore, their sense of identity, and how they coped with the demands and deprivations of shortages and austerity. Free family activities Suitable for all ages with parental supervision. **Art Workshop: Design a 1940s Scarf 1 – 16 August** 11.30am – 12.30pm; 2 – 4pm Taking inspiration from fashion of the 1940s, get inspired and design your own bold and colourful scarf to take home at these free drop in sessions. This

activity is inspired by items in our *Fashion on the Ration* exhibition. Uniforms and patriotic fashions of the Second World War were an essential part of the war effort and had to be durable but could also be stylish, with scarf designs featuring anything from propaganda slogans and cartoons to bright colours and patterns. Suitable for ages 11 and above with parental supervision. **Object Conversations Every Sunday throughout August and September** 11am – 12.30pm; 2pm – 4pm In this immersive object handling session, families can explore objects from the collections and how they connect with iconic objects

on display in theatrion and Terraced Galleries. Feel the weight of a shrapnel piece from the First World War and come to grips with real objects from the collections. **Creative Response 23, 30 August and 6, 13, 27 September** 11am – 12.30pm; 2pm – 4pm Get creative and tell them what inspired you on your visit. Make a drawing, take a photograph, write a postcard and share your ideas. **Ongoing Free Exhibitions and Galleries The Holocaust Exhibition** This highly-acclaimed exhibition uses film, photographs and a large number of rare artefacts – many brought from Germany and

Eastern Europe – to document the history of the Nazi persecution of the Jews and other groups before and during the Second World War. Recommended for children aged 14 and above **First World War Galleries** Discover the story of the war through the eyes of people in Britain and its empire, both on the home front and the fighting fronts. They are able to see how the war started, why it continued, how the Allies won and its global impact. A series of special family captions are accessible for younger visitors, telling the stories of Alfie Knight a nine-year old boy who wanted to join Kitchener's army, and

Tirpitz the pig who became the mascot of the cruiser *HMS Glasgow* among others. **A Family in Wartime** The lives of William and Alice Allpress and their ten children and what life in London was like during the Second World War. Interactive exhibits, photographs, recorded interviews with the family, archive film footage, paintings, personal documents and an intricate model of the Allpress family home. Secret War **Secret War** reveals the clandestine world of espionage, covert operations and the work of Britain's Special Forces. www.iwm.org.uk

10th Anniversary with Outdoor Feasts at Alexandra Palace, July 3,4,5, and Clapham Common July 24,25,26th July is the month for feasting in London as **Foodies Festival** celebrates its 10th anniversary North and South of the River. Expect Michelin-star and celebrity chefs, new food and drink theatres, artisan producers and more street food than you can shake a satay stick at. Festival-goers can join the

culinary celebrations in the **New Tasting Theatre**, where local experts invite visitors to try the latest foods and learn new skills including Oyster Shucking, Bee Keeping, Cheese Selecting, Foraging, Raw and Vegan foods, and Herb Cocktail Making. To toast *Foodies'* big year, a **Wine and Champagne Theatre** hosts tutored tastings with experts **Neil Phillips** and **Charles Metcalfe** who will guide visitors through this

Foodies Festival Celebrates

season's best British bubbles from the UK and around the world, and beer expert **Melissa Cole** hosts masterclasses in the **New Craft Beer Theatre**, matching foods with locally produced craft beers. Summer cooking inspiration comes from the **Aga Rangemaster Chefs Theatre** with Michelin-starred and celebrity chefs cooking favourite dishes from their summer menus, inspiring the audience to recreate these

dishes at home for friends and family and experiment with new flavours and ingredients. Chocolate addicts should head to the **Chocolate Theatre** for an instant hit of coco in *'How to Sniff Chocolate like a Rockstar'* masterclasses with Coeur de Xocolat, while the **Cake & Bake Theatre** offers masterclasses in 3D cake modelling, Pastry, Chocolate Making and Sugar-Craft with London's best bakers and pâtisseries. A complementing

Chocolate, Cake and Bake Village sells bakes, jams, gadgets and baking essentials. Delicious smells wafting from **The Street Food Avenue** will tantalise visitors to feast on the huge selection of hot and cold dishes from around the world, at communal tables in the Feasting Tent. **Little foodies** can explore their taste buds and learn basic skills with **Picnic in the Park** themed

masterclasses in the **Childrens Cookery Theatre**, where Kiddy Cook will show them how to make finger sandwiches, jellies and chocolate buns. After a day of feasting and fun, foodies can relax with a spot on the grass and soak in the atmosphere with live music and a refreshing cocktail, glass of bubbly or from the Giant Pimms Teapot and Galleon Mojito bars. www.foodiesfestival.com

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Out of this World Activity Mornings

This summer, *Out of this World* will be celebrating the arrival of the *NASA* spacecraft **New Horizons** at the dwarf planet Pluto in the asteroid belt, and we will be exploring dwarf planets, asteroids and meteorites. Parents will remember when Pluto was a planet – find out why this is no longer the case. **22 and 29 July 2015** 10.00-12.30 *Astronomy Centre, Activity Space* £5 5+ **Sunday Space Explorers** Drop-in family workshops, where astronomers will show you how to make a star

finder to identify stars and constellations in the night sky, all year round. **26 July 2015** 12.00 | 12.30 | 14.00 | 14.30 | 15.00 | 15.30 *Activity Space, Astronomy Centre, Royal Observatory Greenwich* £1 5+ Plenty of other activities for all the family over the summer An 'Astro Ticket' combining access to the historic Royal Observatory buildings and Meridian Courtyard with a planetarium show is available subject to availability www.rmg.co.uk/royal-observatory



foodies FESTIVAL WITH TOP CHEFS



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