

Families

South West

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IN THIS ISSUE!

Top party venues in SW
Colouring competition
Half Term holiday activities
What's on in SW

Issue 325 May/June 2023

familiesonline.co.uk



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Design
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**Warning:
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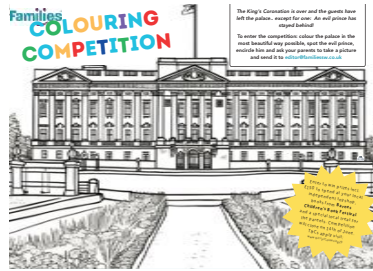
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Swimming feature



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Colouring competition!



Welcome to
Families



Eleni, Editor and owner

Earlier this year, when the opportunity came up to be the next editor of **Families** South West, it was part excitement and part nerves that filled me. Taking over a 30 years + print magazine in difficult economic times while raising two small children - are you insane, Eleni? But it felt right!

Families has always been my go-to guide for family activities. I have been a keen reader and love the community we live in: the classes, the schools, the bookshops and cafés, everything. And that's what **Families** South West is about!

I really look forward to building on the new magazine's strengths while trying new approaches. I hope you enjoy it as much as I do and would be happy to hear from you. Do drop me an email if you have comments or suggestions!

editor@familiesw.co.uk

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Half term clubs and classes



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What's on



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TOP 16 PARTY PERFECT: PARTY VENUES IN LONDON SW

By **Charlie Avella**, a local mum and writer at www.thedailymumtra.com

Did someone say party? You don't have to look far for a fantastic venue; here are some favourites, right on our doorstep

Chelsea FC Fulham Road SW6

Football fans will delight in the unforgettable birthday package at Chelsea's Stamford Bridge home ground. With access to the dressing rooms, press rooms and players' tunnels, children get to play out their future dream job with chances to lift trophies, sit in the manager's chair and handle their favourite players' shirts. After the stadium tour, you can relax whilst the venue's staff facilitate penalty shoot outs and other football-themed games. Ages 7-11, £25 per child including party bags.

National Army Museum Royal Hospital Road SW3

Tanks, soldiers and uniforms! If you have visited The National Army Museum, it is likely your child is already a fan. Delight them with a two hour party inclusive of food, party bags, private room hire plus an hour's exclusive use of Playbase; the museum's immersive soft play area. Ages 1-8, package for 20 from £750.

Beaufort House 354 King's Road SW3

From teenage discos to princess tea parties, this elegant venue on the King's Road offers a truly memorable birthday. With three distinctly different private rooms to hire, their inhouse specialists have all the savoir faire to bring your birthday dreams to life. Whether you would like a DJ, a visit from a Disney princess or an acrobatic display from a superhero, these party planners have it covered. They also do a pretty impressive spread of sandwiches, sweets, canapes or cupcakes.

Peggy Porschen 219 King's Road SW3

The lavishly-adorned doorstep of Peggy Porschen on the King's Road may be one of the most photographed locations in all of London. But did you know the iconic cake shop also houses its own indoor version of an English Rose Garden aptly named the Chelsea Rose Room? With dreamy backdrops of soft pastels, antique mirrors and a dramatic ceiling skylight mural to frame those irresistible cakes and bakes, this venue is the epitome of bijou chic. A deliciously decadent option. Pricey? Yes. Instagram worthy? Very. Venue hire starts at £700.

Gambado Townmead Road SW6

Located on the Fulham side of Chelsea Harbour, Gambado houses arguably the largest and most impressive soft play spaces in west London. Further equipped with an indoor carousel, bumper cars, arcade games, slide and ball pit, this venue has it all if you are looking for a high energy/ low stress birthday party. Weekend parties last two hours and start at £21.95 per child, including food, access to all facilities, party bags, balloons and a dedicated party host.

Clip'n Climb 19 Michael Road SW6

If you need a high energy activity look no further than Clip n Climb. This towering neon oasis of climbing walls will allow your guests to unleash their inner daredevil in the capable hands of the resident experts. Non-exclusive hire starts at £17.50 per child with the option to add on their party bus and order in pizzas and a birthday cake. Exclusive hire starts at £695 for up to 35 guests - a good option for joint parties.

London Wetlands Centre Queen Elizabeth Walk SW13

Pond dipping, creepy crawly catching and bird watching. Grab your binoculars and wellies and let the team at WWT enthral your party in this natural oasis in West London. Prices start at £265 for a party of 10 children and includes invitations, entry, guided activities, adventure playground, room hire and Party bags. Parties last 2 1/2 hours with the final hour taking place in a dedicated party eating area where a party buffet is available for £4.95 per child. Alternatively there is the option to bring your own food. Activities are aimed at 5 to 12 year olds.



Putt in the Park Wandsworth Park SW18

Set within Wandsworth Park on the banks of the river, this child-friendly mini golf course is aimed at all ages. Guests can enjoy a round of golf with a set tee time followed by a party lunch of pizzas, toasts and organic fruit juice. Parties are priced at £21 per child with a minimum of 10 guests. Putt in the Park have multiple locations including Battersea Park.

Strike Bowling 74 Wandsworth High Street SW18

Located across from Southside in the Ram Quarter development, this small bowling venue is proving a real hit with discerning toddlers and teenagers alike. With duckpin or tenpin bowling on offer, this is a cool venue with a grown up feel that your child will be proud to host at. £23.45 per child includes one hour of bowling followed by an hour in the restaurant area where the birthday guests will be served a two course meal (think gourmet burger and fries etc). Parties are available for 8-24 guests and suggested for ages 5-12 years.

Gymfinity 45 Garratt Lane SW18

If you are party planning for a budding gymnast or ninja, this next venue equipped with giant air tracks, sprung floors, bars, beams and obstacle courses, may be just the ticket. Located opposite Southside in central Wandsworth, Gymfinity offers a competitively priced (£275) weekend party package for up to 30 children aged 4.5yrs and over. No food provided however there is access to an eating area for you to provide your own.

The Fairy House 50 Webb's Road SW11

Nestled away behind a pastel pink doorway, a stepping stone from Northcote Road, The Fairy House offers magical birthday experiences for intimate birthday celebrations. With incredible attention to detail, this immersive experience is tailored to the season, making for wonderful photos and priceless memories. Little fairies in training will take away wings, wands and a gift bag plus a baked treat. A birthday party for up to six guests is priced at £269 at this much loved local treasure. Ages 2+.

Battersea Park Zoo Battersea Park SW11

Battersea Park Children's Zoo is home to meerkats, wallabies and monkeys in addition to its farm and mini beast house. A party here offers a sleuthing adventure; searching for clues and learning fun facts about the animals with a keeper whilst touring the zoo. Little guests will get to uncover their inner detective and even have the chance to handle some of the Zoo's residents. Next up is a birthday lunch in the party cabin, animal themed crafts and the chance for the birthday boy or girl to paint a brick on the Zoo's 'wall of fame'. All party food and party bags are supplied by the venue. £29.50 per child, ages 5+.

Go Ape Battersea Park SW11

Set in the heart of Battersea Park, perched above the city skyline you will find a leafy tree top adventure course. Get wired up and allow the kids to conquer their fears as they navigate the drawstring bridges and fly like superheroes on thrilling zip wires. Indulge your thrill seekers from £22 per person. Suitable for all children able to meet the 1 metre height restriction.

Bertie and Boo Adventure Island 205 Balham High Road SW17

Run by a family of third generation magicians, this enchanting adventure soft play space is dedicated to providing quality children's entertainment and exceptional parties. With exclusive hire of the venue, comprising soft play and disco party room, parents are invited to relax whilst dedicated entertainers interact with the children, facilitating play with storytelling, magic and puppetry. From £349 includes food.

Flying Fantastic St Mark's Place, Old Compton Street SW19

Does your child dream of running away with the circus or soaring through the air on a flying trapeze like Cirque du Soleil performers? The expert flyers at Flying Fantastic will have them hanging, swinging and climbing like the professionals in this 90 minute party workshop. Budding aerialists can choose from trapeze, silks, slings and hoop and are guaranteed to leave with some show stopping tricks.

Parthian Southside Shopping Centre SW18 - opening July 2023

Opening this summer in the Southside Mall, Parthian is a climbing centre like no other. Home to the 'Titan' a competition bouldering wall that will feature in the 2024 Paris Olympics, this is a facility for pros and novices alike. Birthday sessions can be booked for up to eight children with their own dedicated instructor.



London Wetlands



Strike Bowling



The Fairy House



Flying Fantastic



Parthian

Forest School at Wandsworth Prep

Wandsworth Prep school is committed to providing opportunities that enable their children to become healthy, well-rounded individuals with a strong sense of independence and compassion. Over the years, they have found that one of the best ways to teach these qualities is through weekly Forest School sessions.



Forest School caters for all children from Reception to Year 6 and enables the pupils to gain hands-on experience in the natural environment. The sessions are designed to increase confidence through problem-solving, as children learn how to manage risks. The children take part in natural exploration, building dens, games, imaginative play, natural crafts, scavenger hunts, and adventure games. Each session ends with plenty of free time to explore further and enjoy a hot chocolate!

As it is such a resounding success, Families SW caught up with Katie Brown, Wandsworth Prep's Enrichment Coordinator and Forest School Lead to learn more:

Q: How long have you worked at Forest School? Were you here when the school first implemented it? If so, what was it like?

When I joined the team, I implemented our own Forest School curriculum based on the outcomes that we wanted the children to achieve. We combine a mixture of traditional Forest School skills, such as using tools for purpose with activities to real-life experiences.

Q: How much time do your early years children spend in the Forest School, and what do they do there?

The children in Early Years spend a full morning each week in a natural environment. They usually focus on an imaginative hook which provides a problem for the children to solve or a specific skill focus. During different seasons we use the environment to enrich our learning. Spring for example is the perfect time to explore wildlife and identify different plants and trees.

Q: Why teach outdoors?

Taking learning outside can improve attainment, increase engagement, and develop a wide range of skills including problem-solving, communication and resilience. Linking our Forest School with the wider curriculum also provides endless opportunities for experiential, contextual and applied education.

Q: Which parts of your training are the most important to you and why?

The most important aspect of my training encompassed learning how to teach specific skills to children across a large age range. This included learning the correct tool and fire protocols and how to work with children safely. Through my training, I learnt a lot about how to apply these skills to many areas of the curriculum and how much children benefit from these life skills.

Q: How can we bring the principles of outdoor education indoors?

It is more about what learning outdoors can do to equip children with skills that then transverse into their indoor lives. It is particularly important to give children the opportunity to connect with and build a love for the outdoors. Not only so they can regulate themselves as they mature but so they treat the natural environment with the respect that it deserves and needs. Aside from this, risk management, problem-solving and resilience skills can be applied across every walk of life.

Q: Do you have other plans for the Forest School program or exciting things happening in the future?

We are currently adapting our Forest School program for the older children in our school to ensure that the learning experience they have is challenging and provides a new experience for them each year. This could involve them taking part in a whole new range of life lessons such as the opportunity to train as lifeguards.

Read more about Wandsworth Prep and the Forest School at www.wandsworthprep.com. To book a private tour with the Head, Laura Nike, email office@wandsworthprep.com



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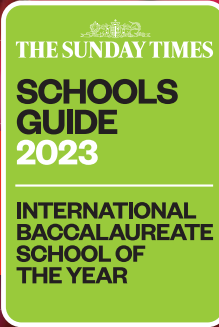


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www.godolphinandlatymer.com

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Developing independent learning

By Zuzu Jordan

It's time for celebration when our children display independence, right from when they take their first steps on their own or ride a bike without stabilisers.

So what is independence?

Helping your child to be independent with learning isn't dissimilar to helping them walk unaided. We need to offer support, gently reduce that support and praise them for going it alone. This doesn't mean stopping helping your child; instead it's about nurturing an independent attitude and growth mindset. Our input will be age dependent and will need to be adapted accordingly.

Try some of these tips to help your child approach their learning with an independent attitude:

Establish a routine for starting homework.

For example, for the first five minutes, your child works on their own or, in reverse, you work with them just for the first five minutes to get them started. Depending on the homework and age of the child, you could also consider helping out with every other question or section, then slowly building up the time between support periods.

Give them three tokens.

They can use each token to ask for help. Once they have used up their tokens, they then have to continue working alone, trying to work things out themselves.



For written assignments, put a tiny mark on the page and ask your child to write up to that target before you read through it.

Use the BBBB approach - ask your Brain, Book, Buddy before you ask the Boss (you!)

When the homework involves questions, suggest they start with whichever one they can tackle independently, then come back to the questions they need help with.

A growth mindset is probably the most important ingredient in achieving independence. Nowadays, research shows that mindset significantly influences how we learn and achieve. A fixed mindset person may use phrases like 'I was never good at maths' whereas a growth mindset person says 'I can't do this problem YET' and bans the word 'can't' from their vocabulary altogether.

Zuzu Jordan is a Mastery for Maths specialist who has taught primary aged children for sixteen years and is interested in early years and home learning. For free homework and home learning resources, find the Facebook page Edumateuk.

Boat Race triumph for Godolphin and Latymer Alumna

This year's winning Cambridge women's boat race crew included Alex Riddell-Webster, who learnt to row while she was at Godolphin and Latymer School in Hammersmith. Mr Benton, Alex's first coach when she started rowing as a J14, commented:

'Alex always showed great potential and we're so proud of her for representing Great Britain at the age of 17 and now going on to win the boat race with Cambridge. Her experience of rowing on the Thames Tideway really proved advantageous in a race with such challenging conditions and very choppy waters.'

Cambridge's women secured their sixth consecutive win over Oxford by four-and-a-quarter lengths despite a very strong start by the dark blue crew before Cambridge took control of the race. The Cambridge men also won their race, following a very bold manoeuvre by their cox, which secured the double for the light blues.

Godolphin and Latymer hopes that their rowing programme will continue to nurture girls keen to follow in Alex's footsteps. Already this season their first eight placed second at the Schools Head of the River on the Thames while their



J15s took bronze at the National Junior Sculling Head at Eton Dorney.

www.godolphinandlatymer.com

Being prepared with Yellowbird



On the second day at Yellowbird holiday workshops or Sunday exam preparation, parents often comment, "What do you do to make my child want to run through these gates and learn?"

The aim at Yellowbird is to ensure each individual child is happily learning. If they are happy they will do their personal best and that is what Yellowbird tutors are looking for. London schooling is not

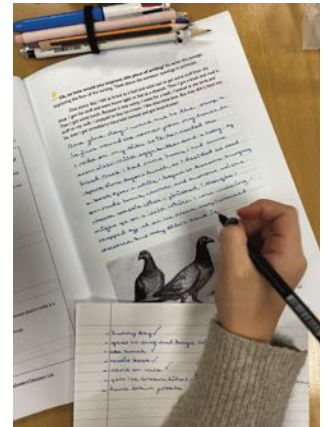
straightforward: schools are competitive and exams can be challenging. Children should be prepared in a fun and engaging way where they can achieve their personal best for the right school for their individual needs.

Children adore the small groups, lots of individual attention and are supported in a happy, kind, funny and friendly environment. They thrive on the positive feedback and challenge for the following day.

Yellowbird are a small family run business. Parents themselves, they are realistic and honest about each child's learning and engagement. Their goal is to see children excited to learn no matter which workshop they attend, and to be prepared for many areas of life they will encounter.

Held in Fulham, the engaging workshops offer children the chance to develop skills in Creative Writing, Handwriting, Comprehension and Composition, English Exam Preparation, Reasoning, Arts and Crafts and Public Speaking. Their experienced team further offers Assessments, Mock Exams and Interview Practice to develop skills and techniques to prepare children for competitive schools admissions.

With extensive knowledge of the British school system, Yellowbird Education offers advice and support to children preparing for 7+, 8+ and 11+ independent school entrance exams as well as lifelong skills in writing and creativity.



The focus of all workshops is to inspire children and encourage creative minds whilst giving children the confidence to think differently. Carefully structured classes build confidence and motivation whilst aiming to enlighten children to the joy of learning - key to success on any educational journey.

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SCAN ME

How handwriting affects self-esteem

By Catherine Loble and Lisa Wander

It is known that children who have good handwriting do better in school and enjoy it more. And the opposite is also true: those who struggle with handwriting are often at a disadvantage in the high-paced classroom setting. According to the Dyspraxia Foundation, children with poor handwriting are usually aware of their difficulty and their untidy handwriting can make them feel uncomfortable and isolated. Commonly, children feel depressed and frustrated as a direct result of poor writing skills.

Handwriting activates a specific part of the brain which helps establish and build the neural patterns needed for learning and memory. Studies show that **children who spend time working on handwriting produce clearer and more coherent communication**, along with better thought and organisation skills.

As the majority of our examinations are still handwritten, handwriting forms an integral part of our education system. Students who are unable to write legibly and articulately find themselves at a severe disadvantage. Once these skills are taught there is an **enormous difference in confidence and self-esteem**.

With at least ten to fifteen percent of children in the classroom suffering from poor self-confidence, teachers need watch out for early problems with their pupils' handwriting. Simply having their writing labelled as messy or lazy by adults can contribute to a child's low self-esteem and anxiety. This may lead children to believe that they are unintelligent and incapable of writing correctly and discourage them, continuing the downward spiral.



Unfortunately, the problem of anxiety-related handwriting problems cannot simply be overcome by using a computer. As a child grows older, there will always be everyday circumstances in which handwriting is needed. Furthermore, **handwriting helps the flow of ideas and thoughts** in a way which keyboarding doesn't, so it is fundamental that children are taught to write legibly.

Although handwriting is an integral requirement of the National Curriculum, many schools are unable to dedicate to it the time required due to the huge demand of core subjects. In addition, there are many different styles and programmes being used with too many confusing elements.

With the correct time and teaching, children can master handwriting, thereby raising their confidence and self-esteem and embedding it into adulthood.

Catherine and Lisa are co-founders of **Emparenting** (www.emparenting.co.uk), supporting children, parents and families with insights, skills and tools to nurture the development and well-being of the next generation.



Motor skills to support handwriting

Essential for handwriting, motor development is divided into gross and fine motor skills. Gross skills involve large muscle movements such as crawling, walking, running and swimming. Fine motor skills require smaller muscles: grasping, object manipulation and drawing.

Well-developed gross and fine motor skills are essential to a child's readiness to write. Early years activities prepare them for the dexterity and co-ordination they will need in the classroom and it's never too soon to start the journey.

Practising gross motor skills is the first step towards two-handed tasks such as holding down paper with one hand while writing with the other. Fun activities teach small bodies! Examples include monkey bars, hopscotch, throwing and catching balls, dancing, running and swimming.

Fine motor skills are necessary for handwriting so a child can control the pencil in forming letters and use the correct pressure on the pen and the paper. This is where hand and finger activities come in. Consider these: threading beads, cutting paper, construction play, baking, finger painting and playdough.

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How to be better with money when you have a family

By Richard Templar

When finances are tight, having kids is guaranteed to make things even tougher. Not only are there more people in the household to feed and clothe, you also don't want to make them forego the things they enjoy. However budgeting is a vital life skill and this is a great time to start teaching it. Younger children probably won't even notice changes. Older children will have some level of understanding, and the best thing to do is talk to them, and involve them where you can.

There are two strategies in particular that will help the whole family to budget:

- Make it fun. If you can turn saving money into a game or a competition, it will help everyone to stay positive.
- Let your children see it working. Keep them in the loop about how effective the cost-cutting has been, once they're old enough to understand, and where possible find some way to reward them.

Using these principles here are a few ideas for keeping costs down.

Energy bills Encourage the kids to turn off lights, switch appliances off at the wall, turn off taps while cleaning teeth, and wear an extra layer instead of turning the radiator up. Take meter readings every day or week so you can monitor how much you've cut down, and turn this into a game where you try as a family to beat your previous record. Have a family reward at the end of the week if you meet your target.

Slap-up meals If the cost of going out for a pizza is too expensive, come up with a slap-up meal at home option. For example, you could have tacos with home-made fries, veggie fillings, grated cheese, salad, beans, mayo... something fancy all the family enjoys. (You can also replace cinema trips with home movie nights where you make popcorn and have drinks in big paper cups.)

Clothes Unfortunately kids have a habit of growing out of things. You



Richard Templar

can set aside money each week for school uniforms, and most schools have thriving second-hand uniform sales. You can also buy second hand clothes online, or reward the kids for saving money elsewhere by giving them a budget and letting them loose in second-hand shops for an affordable spending spree. Some teenagers wear three lots of clothes in a day and then put them all in the wash. You can work

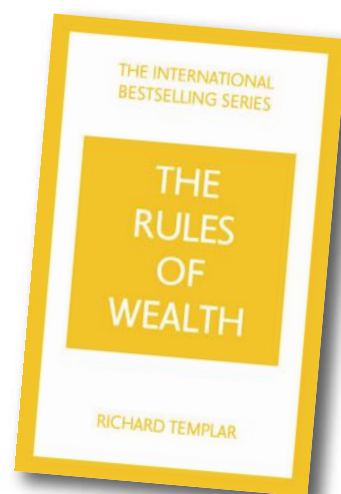
together to cut down the laundry cost – kids from early teens on should be able to do their own laundry, which can encourage them to minimise it.

Holidays and entertainment Look for free or low-cost ways to give the kids some fun. Make a picnic together to take to a park you haven't been to before, or put up a tent in the garden (borrow one if

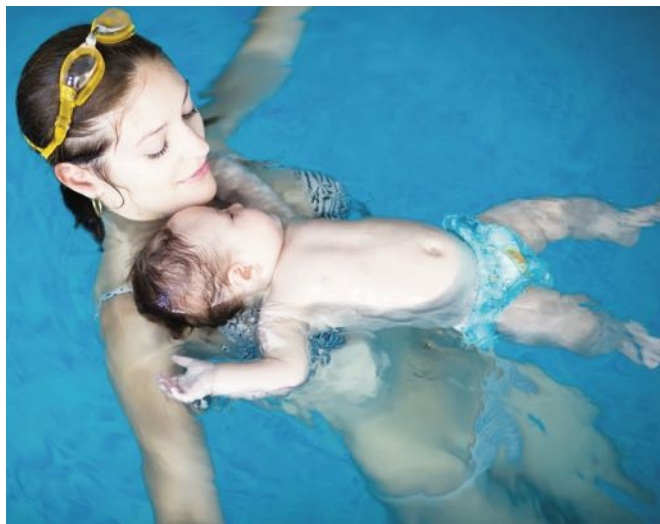
necessary) and give the kids a camping staycation. If they're old enough teach them to make a (supervised) camp fire and cook on it. Check out the local council website in the holidays for free kids' activities.

Sell stuff You can sell off clothes and toys the children have outgrown, along with plenty of other stuff, either online or at car boot sales. It's easy to find ways to incentivise the kids to do this by cutting them in on a share of the profits, or letting them keep whatever they make in place of pocket money.

Food shopping Check if there are regular items that cost a lot and find alternatives – involve older kids in choosing cheaper options. For example do you tend to buy carton juice, or bottled water? If you or your kids are often tempted by impulse buys, shop online instead if the delivery charge is less than you'd end up spending extra. You'll need to plan your meals ahead, which is a great way to save costs and reduce waste as well.



Richard Templar is the author of the global best-selling "The Rules of..." series. *The Rules of Wealth* is published by Pearson



Baby splash

By Mads Hansen, Publisher Families South West

It's hard to imagine anything more exhilarating than watching a baby splashing around in a pool. The sheer joy on their little faces as they paddle their arms and legs is enough to bring a smile to anyone's face. But baby swimming is more than just a fun activity; it's also an incredibly important one.

In South West London, we are blessed with having access to many pools - private as well as public - and we believe every parent should consider introducing their little one to water early.

Baby swimming is an excellent way to promote physical as well as cognitive and emotional development.

Swimming engages a range of muscle groups, helping to build strength and stamina in a way that few other activities can match, but it has also proven to be great for cognitive and emotional development.

Studies have shown that swimming can help to improve memory, coordination, and problem-solving skills. And because swimming is a social activity, it provides plenty of opportunities for babies to interact with other children and adults, helping to foster social skills and emotional intelligence.

Of course, safety is a concern at such a young age. But with proper supervision and safety measures in place, swimming can actually help reduce the risk of drowning as water confidence can help to instill good water safety habits that will stay with the child for life.

Here are a few things to look for when choosing a swimming school:

Progression: A good school will provide the facility for your child to swim right through from infant to competitive standard - no reason not to believe you've given birth to the new Adam Peaty!

Check Teachers are Qualified: In England there are two major bodies which award swimming teaching qualifications, the ASA and the STA - instead of asking them to do laps.

Group size: If you do not go for one-on-one sessions it is important to look at group sizes. Smaller groups can prove vital to learning and progression - also be aware of the safety if the instructor-to-child ratio is wrong.

Motivational, creative and fun: Another important aspect of learning is for the teachers and sessions to be motivational, creative and fun - *ideally you want to hear a few giggles... ideally from your baby!*

little dippers
teaching your baby to love the water

FREE TRIAL SESSIONS

New baby and toddler swim classes at the Aqua-Hub a lovely new warm water aqua sensory private pool.

www.littledippers.co.uk 01273 229390

South West Swimming School

- All ages and abilities from babies to adults
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 - Rookie Lifesaving Club
- Adult Swim Fit and Learn to Improve Technique
- Small classes, 7 days a week in 4 local venues
 - FREE trial of our classes

BOOKINGS NOW OPEN: 020 8767 2723
info@swwswimschool.co.uk | www.swwswimschool.co.uk

How to make your child love swimming? Families SW finds out

While swimming is fun for children, they are also learning potentially lifesaving skills; so it's important to make sure they are taught properly. South West Swimming School is passionate about creating swimmers that love swimming.

SWSS has 25 years' experience teaching over 10,000 customers in Wandsworth, Battersea, Balham and Tooting, with students ranging from babies and toddlers, from beginners all the way to their Pro Club. A swim school that starts a life long journey to all aspects of aquatic sports.

How can you teach my child to swim?

SWSS provide a clear progressive pathway starting with the correct fundamental skills, giving children the foundation to build upon. From here they introduce swimmers to additional activities such as water polo, lifesaving, diving, snorkelling and synchronised swimming. Their professional team motivate children, whilst closely listening to their feedback. SWSS teachers make the sessions fun and purposeful which helps children work towards a goal.

How is progress assessed?

SWSS teachers mark swimmers' progress regularly using the Swim England Learn to Swim Programme. This is a national syllabus which is designed to help teachers deliver swimming



lessons for all ages to a high and consistent standard. Parents can see the expected standards and follow their child's progress via a home portal login, with awards and badges given at the end of each progressive stage.

Water skills and awareness

Teachers at SWSS ensure that your child is developing water safety skills such as buoyancy, treading water and that they are feeling confident moving in the water.

How do I get started?

SWSS understands that every child learns at a different pace and that learning swimming is age and personality dependent. The teachers are all highly qualified and DBS checked, with years of experience to know how to get the best out of swimming classes with your child. For more information, call 020 8767 2723 between 9am to 4pm Mondays to Fridays, or email info@swwimsschool.co.uk

www.swwimsschool.co.uk

Little Dippers celebrates its 30th anniversary



Little Dippers baby swim water safety programme celebrates its 30th anniversary this year. Founded by baby swim pioneer Lauren Heston; her journey began when involved in filming an advertisement for British Gas which featured a baby swimming underwater; which was a very controversial image at the time. She observed how naturally the baby adapted to the water and decided to investigate this phenomenon. This led her to a study on the Russian premature baby techniques in aquatic environments and watching how newborn babies responded so naturally to the water, using a natural reflex which allows them to go underwater easily.

It was this that inspired Lauren to create the Little Dippers programme with the aim of teaching babies and toddlers key water safety techniques in a way which is both fun and nurturing. As one of the first activities you can do with your baby, it is both a great way to bond with your baby through special one to one time in the water, while the exercises help

to strengthen your baby's heart and lung capacity and develop their cognitive skills. Little Dippers will teach your baby invaluable water safety and self-rescue skills whilst having fun.

Classes take place in small groups in their lovely private warm water aqua sensory pool at the Aqua-Hub, Putney opposite Wandsworth Park. The water is heated to a balmy 34C and the UV filtration allows for lower chlorine levels which is kinder to delicate skin and eyes. The addition of aqua sensory lighting and with just four babies in each class, learning takes place in a calm and relaxing environment.

For more information and to book a course, check out their website:

www.littledippers.co.uk.

Parents can book a FREE TRIAL by emailing info@littledippers.co.uk or calling 01273 229 390.



Six reasons to book a holiday swimming crash course



Whether at the beach in the summer or in the hotel pool, swimming is the perfect family holiday activity. This is why many families book intensive holiday crash courses: to help their children become more confident in the water and prepare them for swimming while away with the family.

SwimWay Swimming School run intensive children's crash courses which are extremely popular, both with weekly regulars and those on a holiday swimming course. They explain why it would be beneficial for your child to attend a holiday swimming course:

1. Helping build confidence

Some children lack confidence in water or in their own abilities to swim. It is important for a child to be confident and comfortable in water, as it is a framework of swimming and helps future swimming progression. Expert attention and daily training facilitates overcome fear, pushing children further. By practising every day for five consecutive days, a child builds confidence and improves faster.

2. Work on the details

Some swimmers need extra attention to learn a particular stroke or part of a technique. This is especially true for students who are developing their front crawl stroke, breathing technique or breaststroke timing. These are some of the most technically difficult skills for younger children. Intensive instruction from an experienced teacher will help the student focus on a particular area. It is a great way to boost progress through focus on technique.

3. Try something new

If you are thinking about committing to swimming courses long term, a shorter holiday course is perfect to find out if swimming is right

for your child, without committing. Many regular term-time swimmers start off with a summer, December or Easter pre-term crash course. Subsequently, they discover that they had so much fun and would like to continue on in the term time classes.

4. Continuous progression

Students thrive in their lessons when they attend on a regular basis. The old adage 'practice makes perfect' holds true: when a child attends lessons irregularly during a term, their progression can suffer as a result. Over a long summer break or taking a break between each term can have similar consequences.

5. A boost to the progression

Sometimes you may find a 1:2 ratio or group lesson gradually becoming a mismatch. This can happen for a multitude of reasons as one child may be finding it difficult to master a certain exercise. This is why signing up for a week's crash course can really help swimmers master some of the skills they have been struggling with. It does wonders for their confidence and health, and of course is a whole lot of fun!



6. The children love it!

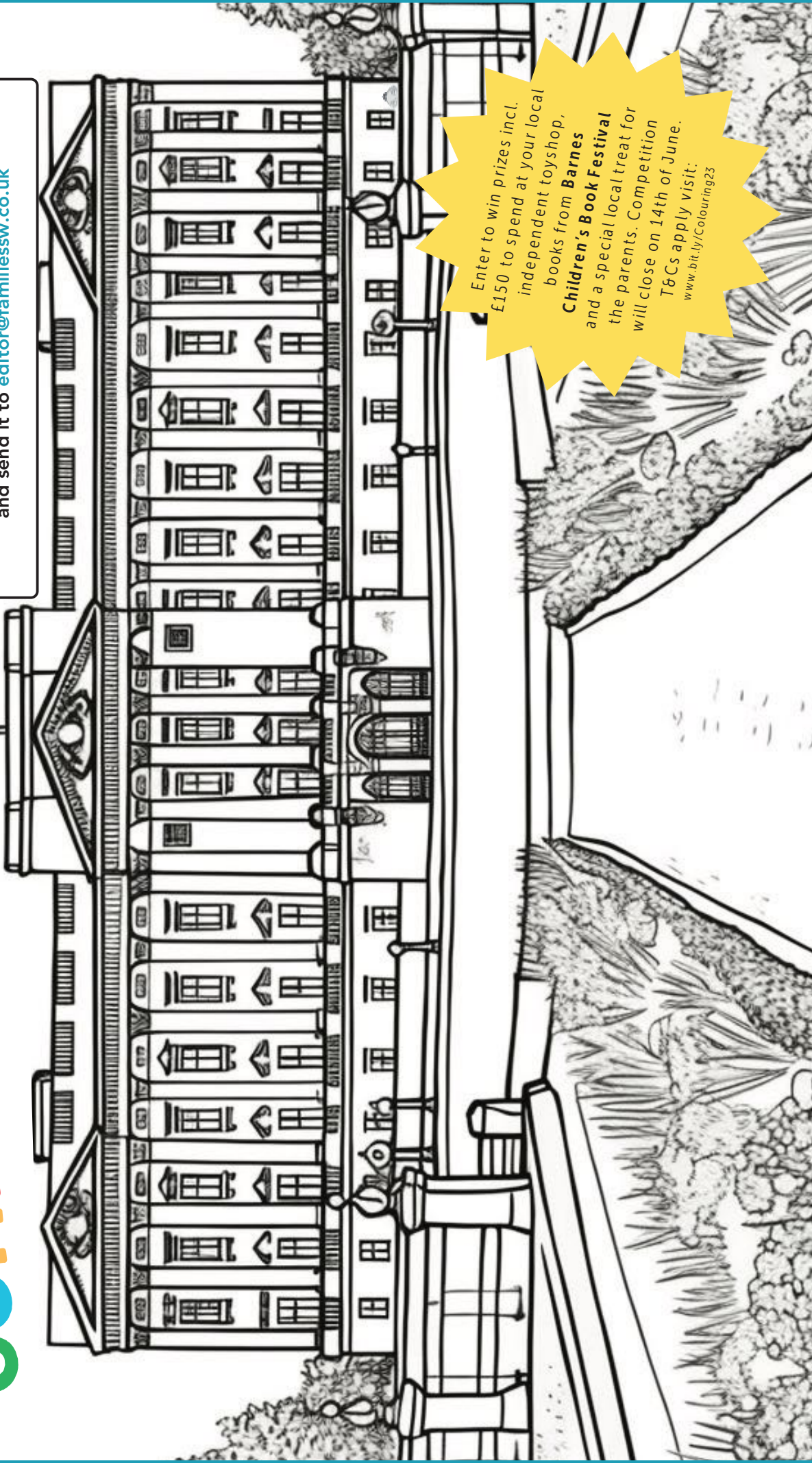
Never underestimate that one of the main things to focus on is that the children ENJOY THEMSELVES! A fun and encouraging atmosphere helps push children to become better. If you're not going away for a holiday, what better way to engage your children in a fun and exciting activity than signing them up for a swimming crash course?

SwimWay is now taking bookings for their summer holiday crash courses running from 30 May to 2 June (half term) and then every week from 24 July until the end of August. Get in touch now to book!
www.swimway.co.uk / info@swimway.co.uk
 0208 871 3972

Families[®] COLOURING COMPETITION

The King's Coronation is over and the guests have left the palace.. except for one: An evil prince has stayed behind!

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Enter to win prizes incl. £150 to spend at your local independent toyshop, books from **Barnes Children's Book Festival** and a special local treat for the parents. Competition will close on 14th of June. T&Cs apply visit: www.bit.ly/Colouring23

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For further information, please visit

www.angelaeast.co.uk/education

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Music should belong to everyone. Zoltán Kodály*

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Big Science
Age 8-12 years



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Book a FREE summer term class with Perform

Summer term is here and there's no better time for your child to try Perform. Packed with self-esteem boosting activities, Perform weekly classes round off the academic year with a fun and relaxed focus on developing confidence, communication, coordination and concentration. Using a mix of drama, dance and singing, these high-energy classes for all abilities are designed to allow even the most reticent children to shine.

This term, 4-7s will be setting sail on the Jammy Dodger for an adventure with the Mermaids &

Pirates. Meanwhile, 7-12s will enjoy a laugh-out-loud adaptation of Shakespeare's A Midsummer Night's Dream in The Dream. The curriculum has an emphasis on fun with free apps and videos to watch at home.

Classes are for all abilities and every child is welcome to try a free class in Clapham, Clapham South, Colliers Wood, Earlsfield, East Sheen, Fulham, Knightsbridge, Parsons Green, Putney, Southfields, Tooting and Wimbledon. Just visit www.perform.org.uk/try

Perform fun continues into the summer holidays with Wizard of Oz holiday courses in Clapham, Chelsea, Battersea, Wimbledon, Barnes and Earlsfield - and don't miss the Perform in the Park

summer festival of children's theatre, see more on page 35.

Visit www.performinthepark.uk to book. 020 7255 9120

enquiries@perform.org.uk

Perform weekly drama, dance and singing classes

Confidence-building drama classes for 4-7s and 7-12s. A unique mix of fun drama games, dance and singing specially designed to boost confidence, communication, concentration and coordination. Classes run in Clapham, Clapham South, Colliers Wood, Earlsfield, East Sheen, Fulham, Knightsbridge, Parsons Green, Putney, Southfields, Tooting and Wimbledon.

To book a FREE class visit www.perform.org.uk/try

Paint Pots Creative Classes

Fun and creative classes for parents and children aged 6 months - 3 years.

Based on the Montessori approach our classes of the art, craft, music, messy play and Montessori activities for babies and toddlers.

Location: Paint Pots The Boltons, Saint Mary the Boltons Church Hall, The Boltons, London SW10 9TB Monday - Friday, Morning and Afternoon classes £260-£500 per term depending on class length 1 - 2 hours, prices prorated for mid-term starts [book online at www.paint-pots.co.uk](http://www.paint-pots.co.uk)



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Drawn to Water: Quentin Blake at WWT London

Reimagine the wonder of wetlands and nature through the eyes of the UK's best loved illustrator this summer, with new seasonal trails to explore, each with a different illustrated guide full of Quentin Blake's drawings to collect and keep.

There will be a whole host of art and illustration activities aimed at all ages and abilities, including nature-inspired creative challenges, art workshops and much more, with new events and activities throughout the year.

Activities include a Quentin Blake prints exhibition (18 May to 14 July) a Mural Painting workshop (29 May to 2 June) and a Charcoal Making and Drawing Workshop on 27 and 28 May and 3 and 4 June. Look out for exciting art workshops throughout the summer too plus take part in crafty competitions with lots of Quentin Blake goodies up for grabs, including the chance to win a one-off, special edition Quentin Blake print.

Ready to visit?

Book online at www.wwt.org.uk/wetland-centres/london

et patati patata!

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Where? Hurlingham Academy | When? Tous les samedis de 9h à 12h30

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3 ages groups 4-6, 7-10 and 11-16 year olds | Where? Fulham

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Camps and workshops

School holidays are perfect for learning new skills, making new friends and having fun doing something different. Do mention you saw these in **Families**.

SPORTS & MULTI-ACTIVITIES

SwimWay

Various SW London venues
www.swimway.co.uk

30 May - 2 June

24 July - 1 September

Combining fun with the obvious health and life skill benefits, SwimWay's 3-5 day crash courses are an excellent boost to children's development. Ages 2+.

Junior Golf Academy London

Wimbledon and Kingston
www.juniorgolfondon.co.uk

30 May - 2 June

24 July - 1 September

Holiday camps for ages 5 and up, great fun yet educational with lots to learn along the way. Weekly golf academy sessions are also available during term time.

Youngstars Holiday Camps

Various SW London venues
www.young-stars.co.uk

30 May - 2 June

An introduction to a wide range of sports in a way that is centred around enjoyment rather than winning or losing! Full and half days available. Ages 4-10.

Activ Camps

Venues across SW London
www.activcamps.com

30 May - 2 June

24 July - 1 September

Innovative and inclusive variations of traditional games and sports, including experiences children might normally encounter, including Body Zorbing, Archery Tag, rock climbing and giant inflatables. Ages 4-14.

Crazy Camps

Various SW London venues
www.crazycamps.co.uk

30 May - 1 June

24 July - 1 September

Cricket, archery, dodgeball, go karts, nerf wars, arts and crafts and more for active fun. Ages 4-12.

Ultimate Activity Camps

Various venues & Fulham SW6
www.ultimateactivity.co.uk

24th July - 25th August

Ultimate Activity Camps (UAC) are award-winning camps that provide an inspiring school holiday programme for children aged 4-14. Children will enjoy a range of over 40 sports, games and craft activities each week. UAC is open from Monday-Friday from 9am-5pm or 8am-6pm during school holidays, bookable by day or week. Book by 6th June to save.

Camp Beaumont

Wimbledon and Putney
www.campbeaumont.co.uk

30 May - 2 June

10 July - 1 September

Multi activity weeks with treats such as hand and ball sports, waterplay, yoga, spy school, magic coding, crafts, movie making, music and more. This time, Santa will be making a visit! Ages 3-16.

SuperCamps

Various venues across London
www.supercamps.co.uk

28 May - 2 June

10 July - 25 August

From sports to drama, music and team games to arts and crafts, SuperCamps keep children busy, entertained and safe through the school holidays. Ages 4-12.

Samba Soccer Schools

Various venues including Chelsea SW10 and Fulham SW6
www.sambasoccerschools.com

Summer holidays

Four-day holiday camps jam-packed with skills training, team play and activity packs for young football lovers. Ages 4-12.

Get-Set-Go Swimming

Putney SW15
www.get-set-go.com

Summer holidays

Five-day intensive swimming courses give a huge boost to progress and are a brilliant school holiday activity. Ages 0-3 and 3+.

PERFORMING ARTS

Inside Out Dance Company

Chelsea, Battersea and Balham
www.insideoutdancecompany.co.uk

May bank holiday

Summer holidays

Fun themed dance camps where children learn new skills through dance and movement games, creative crafting and stories. Ages 2-4 and 4-7.

Perform Summer Workshops

Clapham, Chelsea, Battersea, Wimbledon, Barnes and Earlsfield
www.perform.org.uk/wizard

31 July - 4 August, 7-11 August and

21-25 August

Perform are off to see the wizard this July and August, as they sing and dance their way down the yellow brick road in their Wizard of Oz holiday courses. With colourful costumes, uplifting songs and dazzling dancing, your child will have the best fun of the summer as they bring this story to life. Ages 4-10.

MUSIC

Upbeat Holiday Camps

Parsons Green SW6
www.upbeatmusiccourses.co.uk

30 May - 1 June

Sing, dance, play instruments, record and write songs with professional musicians and qualified teachers. There's outdoor play too, and an end-of-week performance. Ages 4-12.

Funky Monkey Keyboard Classes

Venues across SW and SE London
www.funkymonkey.info

29-31 May

24 July - 4 August

Make music the fun way in with fun beginner workshops. Children learn how to write and play notes C-G and try some famous tunes using electronic keyboards. All equipment and take home workbooks provided. Ages 4-9.

DEVELOPING SKILLS

Seven Seals

Clapham Common SW4
www.facebook.com/seensealsholidaycamp/

29 May - 2 June

This May half term Seven Seals will take you around the world in five 5 days, from African drumming sessions to singing in Spanish with Bilingual Beats. Seven Seals offers fun activities every half term: there's truly something for everyone. Fresh fruit and veg are available daily to feed hungry bodies. Ages 3-10, 5% sibling discount when booking three or more days. Email manager7seals@gmail.com or call 07380 670 429.

Kids En Cuisine

Ecclestone Square SW1V1
www.kidscuisine.com

30 May - 1 June

Children learn how to make a main dish and dessert from scratch with high quality ingredients, run by certified chefs in a professional kitchen. Bookable by day or week. Ages 6+.

Yellowbird Education

Fulham and Wandsworth
www.yellowbirdeeducation.com

30 May - 2 June

11 July - 1 September

Fun and engaging holiday workshops helping children develop skills in creative writing, English exam prep, intensive handwriting, reasoning and arts and crafts. Ages 6-11.

Et Patati et Patata

Fulham, Hurlingham Academy
www.etpatatipatata.com

24-28 July 2022

31-4 August 2022

7- 11 August 2022

Et Patati et Patata is a French immersion program based on a wide range of fun and creative activities in French. The Award-Winning Camp is back this Summer in London from 4 years old and a Teen programme. Réserve ton été, on va tellement s'amuser! contact: caroline@etpatatipatata.com

Little House of Science

Kensington W8
www.littlehouseofscience.com

30 May - 2 June

Fun science-based camps with a different theme each week. Book by day or full week. Ages 4-12.

Mother Nature Science

Various SW London venues
www.mnature.co.uk

30 May - 2 June

Every day is a science expedition into the unknown. Each week children take part in over 30 in and outdoor science activities, see exciting demonstrations, work on hands-on experiments, play team games and fun quizzes. Ages 5-12.

NM Touch Typing

Fulham SW6 5PY
www.nmtouchtyping.co.uk

30 May - 2 June

Designed for beginners or intermediate typists, bringing children's skills up to speed without compromising on accuracy. Ages 7+.

Sticks'n'Sushi Masterclasses

www.sticksnsushi.com

Various dates and venues

Friendly guidance from brilliant sushi masters at Sticks'n'Sushi, who share their passion and knowledge in a series of hands-on classes, complete with a sushi rolling mat, bandana, branded apron and recipe book to take home. Ages 8-12.

Paint Pots Creative Classes

Fun and creative classes for parents and children aged 6 months - 3 years.

Based on the Montessori approach, classes are filled with art, craft, music, messy play and Montessori activities for babies and toddlers.

Classes are held in Chelsea from Monday to Fridays during term times. Read more books online at www.paint-pots.co.uk





Quentin Blake
Drawn to Water

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Summer wetland adventures

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Sow Awesome – May Half Term

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Our gardens are bursting with life - there's no better time to learn how to grow your own. Discover how fun and easy it is to plant and harvest vegetables and learn more about where our food comes from, as a family.

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Seven Seals likes to have jam packed sessions filled with exciting and enriching experiences for children who join them during the holiday period

Fun packed half term camp in Clapham South

29th May-2nd June 2023, 9- 3pm
(extended hours available)

This May half term they bring you around the world in 5 days, from African drumming sessions to singing in Spanish with Bilingual Beats. Seven seals is the place to be every half term. Full of fun activities for children aged 3-10 years old. There's truly something for everyone. They supply fruit and veg daily, all food is fresh and halal. Based in Clapham near Clapham South tube station. A 5% sibling discount when booking 3 or more days. Book your space today!

So, join them this half term, where will this experience take you?

**Email manager7seals@gmail.com
or call 07380 670 429**



Chilly Powder - Summer in the Alps

The Alps may be an obvious destination for the ski season, but how about a summer visit? Summer offers enough green (the mountains) and blue (the sky) to set you up for the whole year - and plenty of fresh air to fill your families' lungs.

With reasonably priced flights from London airports to Geneva then a short drive to Morzine, there is a warm welcome waiting from Paul and Francesca Eyre at Chilly Powder. With the main chalet - Au Coin du Feu - plus two chalets next door, you can organise your own meals, or join the party at 'Au Coin du Feu' for dinners that you

usually only dream of. Family friendly early evening meals for the children and a daytime crèche for little ones not quite as active as you, with drinks in the bar for the grown ups - or in the Jacuzzi on the terrace - Paul and Francesca will make you wish that this was home!

For more about Chilly Powder chalets for summer visit www.chillypowder.com and more about summer in Morzine visit www.morzine-avoriaz.com/activites-de-plein-air-ete.html

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IN FULHAM

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The ultimate holiday experience for children

Ultimate Activity Camps (UAC) are award-winning camps that provide an inspiring school holiday programme for children aged 4-14 to enjoy at some of the UK's leading independent schools. From 24 July to 25 August this year, UAC are bringing their camps to Fulham Boys School, SW6. Led by qualified and motivating staff, children will be able to enjoy a range of over 40 sports, games and craft activities each week. Parents can take the stress out of childcare knowing their children are experiencing an outstanding school holiday club.

"Ultimate Activity Camps has a lot to be proud of," said Luke (managing director of UAC). "We are all about making memories for children, through fresh air, fun and friendship. And we are currently offering a special discount for summer dates, save £20 per week or £4 per day when you book before Tuesday 6 June."

UAC is open from Monday-Friday from 9am-5pm or 8am-6pm during school holidays, bookable by day or week. For bookings and more information, go to www.ultimateactivity.co.uk.

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How playgrounds benefit your child

As a parent or carer of young children, you've no doubt spent many hours sitting or standing in a playground watching your child play or pushing them on a swing. As well as being great for getting kids playing outside, playgrounds also have a range of developmental benefits - not just physical and social but cognitive and emotional too.

Unexpected physical benefits

Playgrounds provide children with the opportunity to develop their complete physical selves:

Swings and climbing frames

develop advanced balancing skills and improve their equilibrium for surer footedness.

Climbing and running

benefit muscle development and weight management.

Exposing children to daylight helps stabilise their circadian rhythms which can improve sleep patterns.

Playing outside exposes youngsters to more organic bacteria

and microbes, which can help build a more robust immune system and an advanced microbiome.

The emotional and cognitive benefits

Anxiety, self-esteem and introversion are all common issues faced by children. A playground gives them a safe space in which to confront those feelings without judgement or expectation.

They can choose to play with the other kids in the castle or observe and learn how they can socialise before taking the first brave steps. Similarly, they can play by themselves on the swings or slides to reduce their anxiety as they don't need any help from others to



accomplish that (though the kit is designed to encourage engagement and communication). Finally, they can give their self-esteem a boost by being brave enough to try a new piece of equipment or by making a new friend.

The playground gives them options. They don't have to do anything they don't want to but if they choose to act, it's almost certain they will experience a benefit.

Playground play is also great for developing problem-solving skills, increasing creativity and encouraging critical thinking.

Do too many children want to play in the castle? They can work together to create a game and solve the problem. Does everyone want to go on the slide? Well, they can queue and wait their turn, right?

Family Corner (www.familycorner.co.uk) is the family arm of the Early Years Alliance (www.eyalliance.org.uk). The charity provides expert-written articles on all aspects of child development including health, behaviour, communication and fun activities.



Which equipment is best for learning?

When deciding which kit is best for learning, it all depends on what you want the child to learn. Some children need social development while others need physicality, so here are some options:

For improved physicality. Climbing frames, rope bridges and adventure or obstacle-based trim trails all get under-used body parts moving.

For improved education. Check out the activity panels at the playground such as noughts and crosses, chalkboards, map boards and more. Often large-scale, they encourage fun learning outside the classroom. Outdoor classrooms and reading corners are an option for this kind of learning too.

For improved creativity. In pieces like castles, forts and multi-play kits, children naturally come up with the scenarios to make the equipment more exciting and come to life. This equipment also helps boost co-operation and communication between kids.

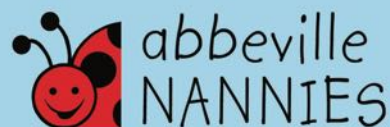
At the end of the day, every piece of playground equipment can help a child develop and learn something in some way.

Social and educational benefits of playgrounds

When your child is new to a setting or you're on holiday and want your kids to make new friends quickly, you encourage them to visit the playground, right? This is because playgrounds are designed to encourage engagement and collaboration and to facilitate independent play.

For example, the castle and climbing frames result in children making up imaginative role-play games together where the setting becomes a fantasy world. Competition often breaks out on the swings to see who can go the highest and kids also take turns on the slide and wait patiently for the next go. They need a buddy to sit on the other end of the seesaw. Before they know it, they have a new friend.

As for the educational benefits of playgrounds, it's all about learning to be brave and patient and experiencing things like excitement, fear and nervousness for the first time. Many play parks also have pieces of kit specifically designed for educational purposes like big magnifiers, storybook corners and sensory play kits.



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Managing behaviour at children's parties

By Tamsin Ryan



Birthday parties flood all the senses: a different environment, new faces, new games and activities, lots of colours, music and usually a sugar overload! When over-excited children misbehave, it is their way of trying to communicate with us but managing their behaviour can be challenging.

One way to tackle this is to use positive discipline, as I learned from Agata, the founder of Family Date (www.familydate.fun). Essentially, positive discipline is tool for teaching children essential values, social and life skills. Agata shared lots of tips with me to help parents better manage their children, particularly the under 5s, at parties.

If your child is attending the party, allow them to make some decisions themselves - a little control will encourage buy-in. For example, let them choose their party outfit (from a couple you have pre-selected) and give them the job of handing over the birthday present. They could even make the birthday card.

Probably the most important tip is preparation. When children know in advance what's going to happen at a party, they are much more likely to buy into it and collaborate. If you are the party organiser, it's a great idea to share an agenda ahead of time so that parents can manage their child's expectations. Even better if you can share the

agenda in pictures, like a story, as younger children remember visuals better.

At the start of the party, it is helpful to communicate the agenda again. Every time a party activity is completed, remind children what is coming next. Outline a few guidelines so that the kids are aware of your expectations and focus on what they can do to achieve these, rather than what they shouldn't do.

After an activity, thank all the children for joining in and praise their efforts. When children feel they are being helpful, they are less likely to misbehave. One of the most effective ways to get children to cooperate is to model the behaviour you'd like from them; if you want them to sit nicely at the table, sit at the table with them. Keep up the positive reminders; in the excitement of the party they won't remember it all the first time!



Children are very likely to misbehave if they become tired or hungry so it's good to have some healthy snacks available.

Tantrums

All children have their moments and these can often be triggered when they are prevented from doing something that they enjoy. If there are going to be any changes to the party agenda during the party, give your child plenty of notice so they can get used to the idea.

If your child gets upset or cross, resist the temptation to reprimand them. It is important and more effective to acknowledge their frustration, validate their feelings and then find a way to redirect them to another activity. Aim to use positive language and give them positive things to do, rather than telling them not to do something.

If a tantrum persists, follow through with a consequence rather than punishment. A consequence can be a different activity or a changed environment. The key is to stay positive and kind, then firmly and gently remove the child from the situation by suggesting doing something else. Once they feel better, they can come back to the activity and try again.

Tamsin Ryan is a blogger, creator, mother and lover of children's parties. For more party tips, visit www.icecreamandjelly.com

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**Craft activity fun for parties and home?
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It's a place where creativity and fun merge together to make memories, build confidence and self esteem. Suitable for small parties and small group bookings of three or more children, the available activities are: bath bombs, resin jewellery, resin keyrings, resin bookmarks, soaps and candles.

Contact Iona for more information on 07456 506 660 or email iona.blackburn@icloud.com



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What are we having

tonight?

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& PARTNERS

One-pan beef lasagne with ricotta & basil

The preparation for this hearty family beef lasagne is made even easier with the soffritto mix available in Waitrose. Take full credit with half the effort!

Serves 4

Prepare 10 mins

Cook 25 mins

Ingredients

1 tbsp olive oil

400g pack Aberdeen Angus beef mince 5% fat

200g pack Cooks' Ingredients Soffritto

400g can chopped Italian tomatoes with olive oil & garlic

400g can lentils, drained

6 fresh lasagne sheets, halved lengthways

3 tbsp ricotta

40g Parmigiano Reggiano, finely grated

6 basil leaves, shredded

Step 1 Heat $\frac{1}{2}$ tbsp oil in a large ovenproof frying or sauté pan over a high heat. Add the mince, breaking it up with a wooden spoon. Season and fry for 5 minutes, until cooked through and no pink meat remains, then tip into a bowl.

Step 2 Add the remaining $\frac{1}{2}$ tbsp oil to the pan, then add the soffritto and fry over a medium heat for 2-3 minutes. Return the meat to the pan and stir in the tomatoes, lentils and 200ml water. Simmer for 5 minutes, then nestle in the pasta sheets and simmer for 5 minutes more.

Final Step Preheat the grill to high. Mix the ricotta with 1 tbsp Parmigiano. Season and add a splash of water to loosen if needed. Arrange spoonfuls over the lasagne and sprinkle over the remaining Parmigiano. Grill for 5 minutes until golden, then scatter over the basil leaves before serving

Families says

Pick up your next issue of Families South West in the brand new Waitrose shop on King's Road



Our local chef

Ross Anderson is the owner of the Motcombs restaurant in Belgravia:

"I love cooking a dish like this for my family. It's quick and tasty. And bulking up beef mince with cooked tinned lentils is a great way of reducing your red meat intake while still enjoying a protein-rich meal."



All details are as provided when going to press, however in case of changes, do double-check before setting out

If you only do one thing this month...



Climb the walls at The Wild

The Wild

Substation Brixton SW2 5DZ. www.substation.co.uk
State-of-the-art bouldering and fitness centre Substation Brixton has launched a new children's indoor play space. Perfect for holiday activities, playdates and parties, The Wild has been curated by a Froebel specialist to provide maximum stimulation and creativity, where children can enjoy bouldering in a safe, fun and creative environment.

SPECIAL EVENTS

Wellnergy Festival

Barn Elms SW13 9SA
www.wellnergy.co.uk
17 June

Mindfulness, fitness, food, music and laughter come together in a unique festival experience. Immerse yourself in a day of fun wellness activities and experiences to educate and transform friends, families and couples.

Independent Schools Show

Hurlingham Club SW6
www.schoolsshow.co.uk
23 May

A day of talks, workshops, academic assessments and the opportunity to meet representatives from independent 11+ day and boarding schools.

Giffords Circus

Chiswick House Gardens W4 2RP
www.giffordscircus.com
2-19 June

A magical village green circus tours



England throughout the summer. Performances combine dance, comedy, horses and live music in a beautiful white tent, surrounded by vintage-style burgundy showman's wagons.

Wandsworth Arts Fringe

In and around Wandsworth
www.wandsworthartsfringe.com
9-25 June

WAF is back with a jam-packed, 17-day, awe-inspiring programme of street performances, dance, exhibitions, comedy, theatre, music, art and everything in between, happening all over Wandsworth. Prepare to meet big friendly Sea Giant Eko as he makes waves on the high streets, and greet Jungle Book pals Mowgli and Baloo, let loose in the urban jungle. Families can get stuck into creating a colourful community sculpture, try yoga under the sea, or learn new instruments from around the world! There's something for everyone, with plenty of free daytime, evening and weekend activities and events for all ages.

SPECIAL OFFER: buy tickets for 3 events, get 30% off!



Hazelfest

Blacksaw Road SW17 0DA
25 June

The final day of Wandsworth Arts Fringe brings a free afternoon of fun for all the family, with live music and theatre performances, football skills, refreshments, crafts and storytelling.

Chestertons Polo in the Park

Hurlingham Park SW6 3RH
www.polointheparklondon.com
11 June

It's family day at southwest London's only Polo tournament, offering endless kids games, alongside the opportunity to learn to play polo, improve rugby and football skills or to just bounce the day away in the Little Hooves Kids Club.

Great Exhibition Road Festival

Exhibition Road SW7 2AZ
www.exrdfestival.com
17+18 June

Celebrate science and the arts with a packed weekend of free events from Imperial College London, the Natural History Museum, Science Museum, V&A and more. You can hear an eclectic range of performances on the main stage from the Royal Albert Hall and Royal College of Music. Take part in a hands-on workshop, extract DNA from a strawberry, hear about the biggest dinosaurs that ever lived, or step into a world of virtual reality! Enjoy the live family-friendly amazing Molecular Science Show to discover the incredible world of molecules. Packed with games, crafts and experiments, explore the fun Family zone to make an amazing artwork, build a tower, marvel at minibests, become an urban wildlife explorer or chill out with a story.

BBC Earth Experience

Earls Court SW6 1TT
www.bbcearthexperience.com
Until 31 July

An unforgettable journey through the natural world of our seven unique continents on the most epic scale. With breath-taking footage on multiple screens, narrated by Sir David Attenborough, you will feel like you've stepped into the natural world, right in the heart of London.

Frameless Immersive Art

Marble Arch Place W1H 7AP
www.frameless.com

Ongoing

Step inside art itself on a journey through four distinct, immersive galleries. Each one features larger-than-life, iconic masterpieces from some of the world's greatest artists including Cezanne, Kandinsky, Monet, Dali, Van Gogh, Canaletto, Rembrandt and Klimt.

Dali Cybernetics: The Immersive Experience

Brick Lane E1 6RU
www.immersive-dali.com/london



Until 29 May

If the above wasn't enough and you are looking for a more in depth immersive experience, and Dali happens to be your favourite greatest artist then you are in luck! Discover Dali's mind and works of art around you and feel the shift in reality as you dive deep into the world created by the artist.

Summer Science Exhibition

Carlton House Terrace SW1Y 5AG
www.royalsociety.org

4-9 July

The Royal Society's annual Summer Science Exhibition offers a free interactive experience for anyone curious about the latest advances in science and technology. This year, visitors can get hands-on with drumming to improve their brain plasticity, predicting the next eruption of a quiet volcano, operating on the human eye using micro-surgical robotics in virtual reality, or exploring how Raman spectroscopy can detect both bone diseases and life on Mars.

RHS Garden Wisley

May Half Term: *Sow Awesome*

Saturday 27 May – Sunday 4th June

The garden is literally bursting with life so there's no better time to learn how to grow your own! Discover how fun and easy it is to plant and harvest vegetables and learn more about where our food comes from, as a family.

No booking required, normal garden admission applies
01423 565 418

<https://www.rhs.org.uk/gardens/wisley/whats-on/half-term>

THEATRE & MUSIC

Streatham Space Project

Sternhold Avenue SW2 4PA
www.streathamspaceproject.co.uk
7 May The Instrumentals

An uplifting show with characters, story and inspiration from the African-Caribbean diaspora. Innovative puppetry and comedy combine in a fun musical journey. Ages 4-8.

Colourhouse Theatre

Merton Abbey Mills SW19 2RD
www.colourhousetheatre.co.uk
Until 6 June

Alice in Wonderland

A wonderful musical adaptation of the ever-popular tale by Lewis Carroll for the whole family to enjoy. Ages 3+.





Alice in Wonderland, Colourhouse Theatre



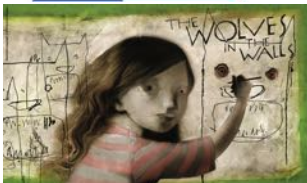
Baron Munchausen, Wimbledon Theatre



The Everywhere Bear, Polka Theatre



Puppet Theatre Barge



New Wimbledon Theatre

The Broadway SW19 1QG
www.atgtickets.com/venues/new-wimbledon-theatre

Until 1 October

The Extraordinary Time-Travelling Adventures of Baron Munchausen

Discover how the Baron invented Morris dancing, how his actions saved the Isle of Skye from sinking beneath the waves and other stories, in a show packed with swords, duels, elephants and castles built of cheese.

Polka Theatre

The Broadway SW19 1SB
www.polkatheatre.com

Until 21 May *Let's Build!*

An interactive performance that explores the places where we live, how they are made and how they change. Ages 2-5.

26 May - 4 June

The Adventures of The Little Red Hen

Join the plucky little hen in a breath-taking combination of brilliant puppetry, live music and unforgettable comedy. Ages 3-10.

27 May - 13 August

The Everywhere Bear

Julia Donaldson and Rebecca Cobb's beautiful story springs to life with rhyme, original music and delightfully expressive puppets. Ages 3-7.

1 July - 20 August *Hairy*

Comedy-meets-rock-band-meets-punk-clown-mayhem in *Hairy*, a new show created specially for young people from Spymonkey, the UK's longest-running comedy theatre comedy. Ages 6-12

Puppet Theatre Barge

Blomfield Road W9 2PF
www.puppetbarge.com

13 May - 11 June *The Town Mouse and the Country Mouse*

Two famous cousins visit each other and both experience exciting new sights and sounds. A delight for young and old, told with music, songs and rod puppets. Age 3+.

The Lantern Arts Centre

Raynes Park SW20 8RA
www.lanternarts.org

30 May *You Choose - Live*

Based on the brilliant book by Nick Sharratt and Pippa Goodhart, Nonsense Room Productions bring a brilliantly interactive musical show for all the family. In this show, YOU CHOOSE what happens. Ages up to 10.

Rose Theatre

High Street Kingston KT1 1HL
www.rosetheatre.org

31 May - 4 June *Hey Duggee*

It's time for a Duggee hug! Join Duggee and the squirrels in this vibrant interactive production bursting with music, puppets and barrels of laughs along the way.

The Exchange

London Road, Twickenham TW1 1BE
www.exchangetwickenham.co.uk

4 June *Top Secret - The Magic of Science*

A fast-moving and colourful magical science show, packed with mystery, suspense, and heaps of mess! Experience non-stop action-packed interactive magical science experiments that capture everyone's imagination.

Richmond Theatre

The Green, Richmond TW9 1QJ
www.atgtickets.com

4 June *Sing-a-long-a Encanto*

Mirabel is trying to save the magic surrounding the Encanto! Sing your heart out to a live-hosted movie screening, learn some dance moves and create magic with your free props bag. Age 4+.

Shakespeare's Globe

New Globe Walk SE1 9DT
www.shakespearesglobe.com

Family Workshops

The Globe's family workshops feature a range of activities and games based on Shakespeare's best-loved plays.

27 May - 2 June *Romeo & Juliet*, ages 5-8 and 9-12.

30+31 May *Twelfth Night with Cbeebies*.

Cbeebies bring Shakespeare's comedy a unique twist on the Globe stage. With plenty of songs and dancing, this is the perfect introduction to Shakespeare for younger audiences.

Little Angel Theatre

Dagmar Passage N1 2DN
www.littleangeltheatre.com

12 May - 23 July

The Wolves in the Walls

When Lucy hears noises from behind the walls, she tries to warn her family that there are wolves lurking inside their house. Neil Gaiman and Dave McKean's spooky and hilarious tale comes to life in a frenzy of puppetry, songs and shadow-play. Ages 1-17.

Southbank Centre

Southbank SE1 8XX
www.southbankcentre.co.uk

13 May *Before the Firebird*

A live, LPO FUNharmonics concert for the whole family, inspired by Stravinsky's masterpiece. Ages 7+.

14 May *Divergent Sounds*

Amble Skuse's soundscapes, played by City of London Sinfonia, build on conversations with neurodivergent people to explore their experience and identity. Ages 7+.

3 June *Dennis & Gnasher: Unleashed at the Orchestra*

The Beano's Dennis and Gnasher invite you along for some musical mischief-making in a family concert.

Royal Opera House

Bow Street WC2E 9DD
www.roh.org.uk

Various dates *Family Sundays*

Discover opera, ballet and the Royal Opera House with fun-packed creative activities for all the family.

Shaftesbury Theatre

Shaftesbury Avenue WC2H 8DP
www.shaftesburytheatre.com

From 12 May *Mrs Doubtfire*

The new musical comedy based on the hit film is coming to town! A hilarious and heartfelt story about holding onto your loved ones against all odds, *Mrs. Doubtfire* is the new musical comedy that came direct from a sensational run in Manchester where it played to sold-out crowds. Ages 6+.

Palace Theatre

Shaftesbury Avenue W1D 5AY
<https://uk.harrypottertheplay.com/>
Ongoing Harry Potter and the Cursed

Child. There's magic in every moment at the most awarded new play in history and "one of the most defining pop culture events of the decade" (Forbes). And now, the 8th Harry Potter story is bringing the magic back to London's West End.

Royal Albert Hall

Kensington Gore SW7 2AP
www.royalalberthall.com

15 - 25 June *Cinderella*

English National Ballet's sparkling production will transport you to an enchanting kingdom where forest creatures live alongside princes, a growing tree appears to dance in the wind, and Cinderella's wit and generosity get her to the ball. Over 90 dancers and a live orchestra create glittering onstage magic.

The London Palladium

Argyll Street W1F 7TF
www.wizardofozmusical.com

23 June - 3 September

The Wizard of Oz

A spectacular production featuring the iconic original film score, and starring Gary Wilmot, Jason Manford and Ashley Banjo.

Regents Park Open Air Theatre

Regents Park NW1 4NU

17 June - 22 July *Robin Hood: The Legend*. Re-written.

Prepare for a thrilling new take on the classic tale which promises humour, heart and a forest full of secrets. Expect the arrows to fly in a bold new direction as trickery and truth collide with fiery results. Ages 8+.

Sadler's Wells Theatre

Rosebery Avenue EC1R 4TN
www.sadlerswells.com

Last Friday of each month

Family Fridays Dance workshops for accompanied children, facilitated by a freelance lead and supporting artist and managed by the Learning & Engagement Department. Ages 2-4, all abilities.

Theatre Royal

Catherine Street EC2B 5JF
www.frozenthemusical.co.uk

Ongoing until October 2023

Frozen the Musical

The stage version of the hugely successful animated Disney film features unforgettable songs from the movie, including 'Let It Go' and 'Do You Wanna Build a Snowman', as well as some catchy new numbers. Expect spectacular staging, amazing special effects and beautiful costumes in a magical world. Ages 6+.

Unicorn Theatre

Tooley Street SE1 2HZ
www.unicorntheatre.com

27 May - 2 July *Squirrel*

Under the light of the sun, between the houses and the offices, and the rivers and the factories, Squirrel has buried a precious acorn collection. This is a story of new growth and new beginnings with a sprinkling of magic and puppetry mayhem thrown in. Age from 6 months - 4 years.

28 May - 18 June *The Invisible Man*

Imagine how much fun you can have when no one can see you. Take a seat and watch *The Invisible Man* in this surreal and hilarious show. Ages 5-11.

MUSEUMS & MONUMENTS

Chelsea Physic Garden

Royal Hospital Road SW3 4HS
www.chelseaphysicgarden.co.uk

31 May **Chocolate Workshop**

A family chocolate workshop - make your own tasty treats with a variety of botanical ingredients.

1 June **Family Funky Bubbles Soap Making**

In this bubbly workshop, you will design your own botanical creations with a variety of colours and scented plants, ready to take home. Ages 5+

Natural History Museum

Cromwell Road SW7 5BD
www.nhm.ac.uk

Until 7 January **Titanosaur: Life as the Biggest Dinosaur**

Step into the world of one of the largest creatures to have ever walked the earth. You'll learn how Patagonian mayorum stayed safe, found food and kept cool as you follow its journey from tiny egg to towering head and shoulders above other Cretaceous critters.

Once a month **Dino Snores for Kids**

Spend a night amongst the museum's incredible collections, with an evening of awesome learning activities before bedtime, and breakfast in the morning. Ages 7-11.

Science Museum

Exhibition Road SW7 2DD
www.sciencemuseum.org.uk

Daily **Wonderlab: The Equinor Gallery**

Fuel your little one's imagination by immersing yourselves in a world of wonder in the most spectacular interactive gallery in the world.

V&A Museum

Cromwell Road SW7 2RL
www.vam.ac.uk/families

Families can enjoy free activities at the museum every day. During the school holidays hands-on making events and performances inspire the whole family. The ever-changing programme is designed for all ages and encourages play and learning through.

The National Archives

Kew TW9 4DU
www.nationalarchives.gov.uk

27 May - 29 October school holidays

Spirit of Invention

Become an inventor for a day, taking inspiration from the galleries' collection of trade design registers. Try on a Victorian ventilating top hat, make a call on an early telephone and bring your own inventions to life.

Tower Bridge

Tower Bridge Road SE1 2UP
www.towerbridge.org.uk

6-8 May **Coronation**

A variety of interactive, fun-filled family activities will be on offer across the Bank Holiday weekend including the chance to create your very own crown in honour of King Charles III.

Grant Museum of Zoology

University Street WC1E 6DE
www.ucl.ac.uk

Until 1 December **Tutankhamun the Boy**

A free display exploring Tutankhamun's life as a young boy at the royal palaces of Anarna and Gurob.

London Transport Museum

Covent Garden Piazza WC2E 7BB
www.ltmuseum.co.uk

The Museum is a great place for families to have fun together and discover the history of London's famous transport network. There are interactives throughout many of the galleries, term-time singing and story sessions plus school holiday specials.

The Foundling Museum

Brunswick Square WC1N 1AZ
www.foundlingmuseum.org.uk

Until 27 August **Finding Family**

Explore new perspectives on what family is and can be. This original, insightful exhibition showcases the ongoing power of art to challenge and question the world around us.

Museum of London Docklands

West India Quay E14 4AL
www.museumoflondon.org.uk/docklands

Shop like a Victorian

Take a stroll through history in an atmospheric recreated Victorian street. Check out the wares at the toy shop or see where gentlemen might have had their beards shaved in a real Victorian barbershop.

Horniman Museum

London Road SE23 3PQ
www.horniman.ac.uk

Until 29 October **Brick Dinosaurs**

Some of the largest beasts to ever walk the earth have been recreated in miniature form by artist Warren Elsmore and his team. The exhibition also features rarely seen specimens from the Horniman's stores, and a range of hands-on activities for children to enjoy including building your own dinosaur and digging for fossils.

National Maritime Museum

Romney Road, Greenwich SE10 9NF
www.rmg.co.uk

Sundays **Discover Sundays**

Each week a different artist takes families on a journey into the museum's collection, featuring stories and creative activities. All ages, free.

10 June **World Oceans Day**

A day of workshops, talks and opportunities to talk to ocean and climate experts. Free, all ages.

Cutty Sark

King William Walk SE10 9HT
www.rmg.co.uk/cuttysark

Various dates **Rig Climb Experience**

Climb the famous masts and enjoy views of the Thames and London like no other. Visitors can traverse one of the ship's lower yardarms before reaching the top platform, taking in the view from the rigging of a true London icon. Ages 12+.

Weekends and school holidays

Cutty Sark Characters

Costumed guides bring to life on-board stories, from the perspective of the most senior captains to the vital supporting workers. Ages 3+.

Royal Observatory Greenwich

Blackheath Avenue SE10 8XJ
www.rmg.co.uk/royal-observatory

Various dates **The Sky Tonight**

A live show taking visitors on a tour of what can be seen in the night sky. See the

stars, constellations, planets and moons, including a fly-out to the edge of the visible universe. Ages 7+.

Various **Ted's Space Adventure**

Explore the solar system with a bear named Ted, learning about the things we find there and how they affect us. Ages 3-7.

ART GALLERIES

The National Gallery

Trafalgar Square
www.nationalgallery.org.uk

30 May **Drawing Wolves**

Family Workshop
Meet friendly 'wolves' and sketch along with artists and animal lovers from Wild Life Drawing. Ages 3-13.

Tate Modern

Bankside SE1 9TG
www.tate.org.uk/visit/tate-modern

Visit the Welcome Room to choose an activity for your family to enjoy together in the galleries, including a free sketchbook.

THE GREAT OUTDOORS

Perform in the Park

Coram's Fields WC1N 1DN
www.perform.org.uk

22 July - 28 August

A magical festival of children's theatre in the heart of London. Four fantastic musicals for children aged 2-14 plus evening events for teens. Set in a pop-up tent in Coram's Fields, families can also enjoy the park with wide lawns and wonderful play areas. Bring a picnic or enjoy the charming all-day cafe.

WWT London Wetland Centre

Queen Elizabeth Walk SW16 9WT
www.wwt.org.uk/wetland-centres/london

18 May - 10 September

Reimagine the wonder of wetlands and nature through the eyes of the UK's best loved illustrator this summer, with new seasonal trails to explore, each with a different illustrated guide full of Quentin Blake's drawings to collect and keep.

Pub in the Park

www.pubintheparkuk.com

Various venues
The brainchild of Tom Kerridge, Pub in the Park is a celebration of food, world-class chefs and iconic music with friends and family. A dedicated Kids Area has crafts, games and more.

12-14 May Wimbledon

9-11 June Dulwich Park

1-3 September Chiswick

Clapham Common Waterplay

Off Windmill Drive SW4 9DE
www.lambeth.gov.uk

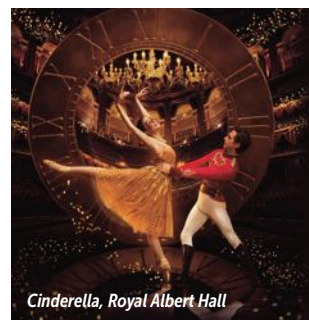
Opening this summer

Clapham Common paddling pool is being transformed into a state-of-the-art waterplay space featuring around 40 multi-function water jets to splash around in.

Kew Royal Botanic Gardens

Kew TW9 3AE. www.kew.org

Spectacular plants and views, plus a children's garden where your little ones can climb, run, jump and explore everything that a plant needs to grow.



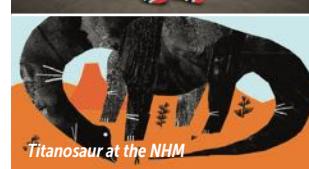
Cinderella, Royal Albert Hall



A SPECTACULAR ADVENTURE OVER THE RAINBOW



THE INVISIBLE MAN



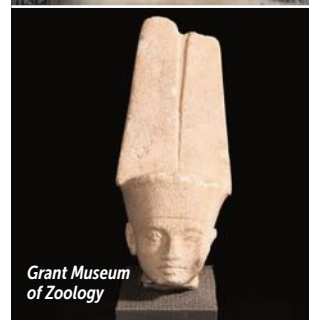
Titanosaur at the NHM



Wonderlab, Science Museum



Tower Bridge



Grant Museum of Zoology



Museum of London Docklands



Cutty Sark Rig Climb Experience

BABIES & UNDER 5s

Bach to Baby

www.bachtobaby.com

Various venues and dates

Critically-acclaimed classical concerts for babies and their grownups. Outstanding musicians put on exhilarating performances where babies can 'join in' with as much noise as they like!

8 May in Notting Hill

8 May in Clapham & Battersea

13 May in Kew & Richmond

1 June in Putney

10 June in Wimbledon

Rug Rhymes

Royal Festival Hall, Southbank SE1 8XX

www.southbankcentre.co.uk

5-19 May

What rhymes with rug? Find out in a free, puppetry session with nursery rhymes, poems and rhyming stories. Ages 0-5.

OAE Tots: LPO Funharmonics

Royal Festival Hall, Southbank SE1 8XX

www.southbankcentre.co.uk

13 May *Before the Firebird*

Let your little ones' imaginations take flight in an interactive workshop with musicians from the Orchestra of the Age of Enlightenment. Ages 2-5.

Natural History Museum

Natural History Museum SW7 5BD

www.nhm.ac.uk

Every other Tuesday

Adventure Babies

Sensory storytelling classes brought to you by award-winning Adventure Babies, filled with sensory props, magical stories, singing and messy play. Ages 0-4.

Various dates *Bring Your Own Baby*

A series of baby-friendly nature talks, created for inquisitive grown-ups looking for something to do with under-ones in tow.

Mini Masterpieces

Dulwich Picture Gallery SE21 7AD

www.dulwichpicturegallery.org.uk

Last Thursday of every month

Take your little one on a journey through the Gallery to discover people, places and animals in paintings, followed by a 'messy play' art-making activity. Ages under 5.

Mum2mum Market

Various venues

www.mum2mummarket.co.uk

Nearly new baby and children's clothes,

toys, books and baby equipment. Book a stall to make space in your house, or bag a preloved bargain.

13 May in Teddington

11 June in Twickenham

Bring Your Baby

Various venues

www.bringyourbaby.org

Even the tiniest babies can enjoy London's history. Bring Your Baby organises guided historical walks around London

DAYS OUT

RHS Garden Wisley

Wisley Lane GU23 6QB

<https://www.rhs.org.uk/gardens/wisley/whats-on/half-term>

Early summer fun

Steeped in history, RHS Wisley is also blazing a trail as a glorious garden of the future. During May half term, families can discover how fun and easy it is to plant and harvest vegetables and discover where our food comes from. Inspire the next generation of gardeners at RHS Hilltop – The Home of Gardening Science, discover the abundant produce in the World Food Garden, explore the colourful Exotic Garden and wonder at the tropical Glasshouse.



Bach to Baby



Adventure Babies,
Natural History Museum



Mini Masterpieces,
Dulwich Picture Gallery



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Rebecca Cobb

Ages
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Barnes Children's Literature Festival 2023 - UK's largest dedicated children's literature festival

For the ninth year running, Barnes will become the children's books capital of the UK when the Barnes Children's Literature Festival returns from 18 May to 25 June. Book-loving families will have the chance to meet acclaimed authors and illustrators, listen to talks and stories and even pick up writing tips.

The completely free Primary Schools' Programme has been expanded once again to offer 13,000 children the chance to see an author or illustrator event at five sites in Tower Hamlets, Wandsworth, Kingston, Twickenham Stadium and Barnes.

Public programme: 24 and 25 June

The last weekend of June will see a packed public programme of over 100 author events, performances and free activities. Comedy legend Sir Lenny Henry; master storyteller Sir Michael Morpurgo; multi-award winning author and environmental campaigner Dara McAnulty; Charlie and Lola creator, Lauren Child and million-selling author and illustrator Cressida Cowell will lead the line-up which also includes a celebration of Judith Kerr's life in an interview with her daughter Tacy Kneale.

There's plenty of fun for non-fiction fans too with superstar space scientist Dr Maggie Aderin-Pocock who will answer the big questions for children and talk about her new non-fiction book *Am I Made of Stardust?* Acclaimed historian and broadcaster Tom Holland introduces his blockbuster retelling of the Persian Wars for children, while Gareth P Jones will teach children how to play detective with his *Solve Your Own Mystery* books.

Education programme: 18 May - 23 June

Authors and illustrators ready to inspire Key Stage 1 children and teachers include Nathan Byron & Dapo Adeola; hilarious picture book pairs Sue Hendra and Paul Linnet; superstar pairing Karl Newson & Duncan Beedie and bestselling author and illustrator Kristina Stephenson who returns with her much-loved show. The Key Stage 2 programme stars Waterstone's Children's Laureate Joseph Coelho; teachers' favourite Frank Cottrell-Boyce; Hannah Gold; Ross Welford, Emma Carroll and Abi Elphinstone and the hilarious Steven Lenton.

Tickets for the public programme will be on sale from 13 May.

www.barneskidslitfest.org





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12.00-18.00

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Great Exhibition Road Festival

Join the Great Exhibition Road Festival on 17-18 June 2023 to celebrate science and the arts with a weekend of free events for all ages.

Come along for an unmissable weekend packed full of events from Imperial College London, the Natural History Museum, Science Museum, V&A and more. Plus, you can hear an eclectic range of performances on the main stage from the Royal Albert Hall and Royal College of Music. Take part in a hands-on workshop and extract DNA from a strawberry, hear about the biggest dinosaurs that ever lived, or step into a world of virtual reality!

Enjoy the live family-friendly Amazing Molecular Science Show to discover the incredible world of molecules. Packed with games, crafts and experiments, explore the Fun Family zone to make an amazing artwork, build a tower, marvel at minibests, become an urban wildlife explorer, or chill out with a story.

To register for free and for more information, please visit www.exrdfestival.com

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Putney West (SW15 6PE)
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Balham / Tooting Bec (SW17 8JR)



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HOLIDAY SWIMMING COURSES RUNNING MAY/JULY/AUGUST

Summer Holiday Course Dates 2023

Tuesday 30th May - Friday 2nd June
Monday 24th - Friday 28th July
Monday 31st July - Friday 4th August
Monday 7th - Friday 11th August

Monday 14th - Friday 18th August
Monday 21st - Friday 25th August
Tuesday 29th August - Friday 1st September
Autumn Term Starts Monday 4th September

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