The local information magazine for parents in **Surrey** 

From babies to big kids



Packed full of essential information

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WiN WiN WiN competitions WiN WiN WiN prizes galore WiN WiN WiN



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# The local information magazine for Surrey parents with young children - from babies to big kids!

### Hello and welcome to our fun-packed summer 2017 issue of ABC Surrey.

The summer always brings a wealth of outdoor child-friendly events and activities to Surrey and, with the school holidays nearly upon us, now is the time to get out there and make the most of them - weather permitting, of course! Do make sure to remember the sun cream, hats and protective clothing though.

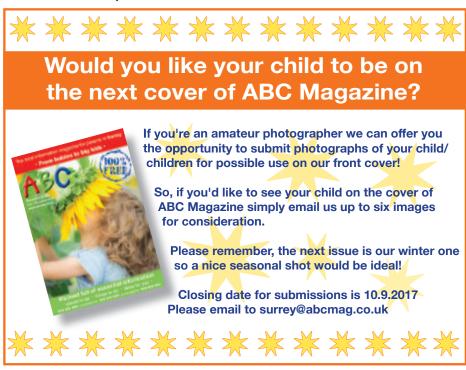
Even if the weather lets you down there are still plenty of things to keep the children occupied throughout the county from museums to theatres through to art classes and leisure centres. Take a look at our Diary of Events in the centre pages for a list of some of the fantastic family events taking place locally through the summer months.

Here at ABC we are very excited to launch our new look, super user-friendly website, www.abcmag.co.uk which complements our paper magazine and enables you to access all our advertisers websites, read our favourite articles and enter all our fabulous competitions. Please remember to like us on Facebook or follow us on Twitter to catch up between issues.

We are a magazine for local parents, so please do tell us what you think - we're open to ideas and contributions so if you've got something to say let us know - surrey@abcmag.co.uk

Enjoy this issue and please mention ABC when responding to advertisers so they know THE magazine Surrey parents really read!

Rachel Boyle, Editor



# ABC is a combination of many peoples efforts and contributions so a huge thank you, as always, to you all.

Big thanks also to my husband Iain, my boys Joe and Charlie and my mum for their patience, understanding and help, yet again, in putting another issue together.



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Call 01273 542257 Email sussex@abcmag.co.uk Visit www.abcmag.co.uk

### Makeover for Gymboree!

Gymboree Surbiton has had a complete makeover! With brand new state of the art play equipment providing development opportunities for children from newborn to five years, the possibilities for your little ones are endless. Gymboree offer a free trial so do take a look at their advert on page 47.

### Focussing on outstanding primary education

Outstanding primary education is key to the successful development of children's academic, emotional and social development. Therefore, The **International School of London Group** in Surrey has decided to focus on providing an outstanding education experience for primary aged children, that will prepare and equip them for the next step in their school careers. The school will open in August for local and international students and will offer a supportive, yet challenging environment, dedicated to providing the knowledge and skills students need. You can find their article for preparing children for the 21st century on page 17.

## Kick start to swimming

Many swimming schools in the area are offering intensive lessons over the summer holidays. These are a great way of getting your child used to the water quickly, or improving their swimming in time for your holiday. Our swimming feature starts on page 40 so do have a look for lessons in your area, and give your child some extra confidence in the water in time for the summer.

# Planning a day out?

A family day out over the summer holidays is a lovely way to spend time together and have some fun - you may even learn something educational! Take a look at our Days Out feature starting on page 32 for some of the best ones in the area. We live in a wonderful part of the country so make the most of it while the days are long and the children are off school.

# Inside this issue...



### **Education**

Whether you have a baby, toddler or a 'big school' child, there's something to interest you and add to your child's learning potential.



- What is speech and language?
- Childcare changes

5

- 6 Why choose nursery for your child?
- 8 Communication struggles?
- 10 Make the most of summer days
- Time to Read 13
- 14 A child-led curriculum
- The rewards of learning Mandarin 15
- Your child in the 21st century 17
- 20 Encourage your child to keep a diary
- 21 The Forest School approach
- 23 Back to school time!
- 25 Expanding beyond the curriculum
- 29 Your child's mind is full of questions

### **Activities**

For children of all ages, structured activities form an important part of their learning and social development.

- 40 Water safety for children
- 42 Swim Safe this summer
- 42 Get splashing for Tommy's
- 43 Enjoy an active summer
- 45 Live music in dance classes
- 47 The power of play
- 49 The benefits of trampolining
- 50 What is the CAA?
- 51 Pottery painting for all the family





**Need to tell parents in Surrey** about your business? Talk to us - we can help! (01273) 542257

### Health & well-being

Your health, and the health of your children, is of vital importance. Take good care of the family with the advice and help of our experts.



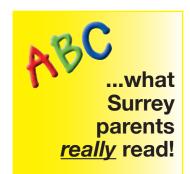
4 Let nature help the stress
52 Blueberries beat the blues!
56 Tommy's launch 'Always Ask'
56 Human milk for tiny humans
58 An introduction to osteopathy
59 Do mothers feel judged?
60 Floored by the pelvic floor
61 Why is pee so important?



### Out & about

For ideas about things to do and discover and places to go across Surrey, look no further...

- 32 Diary of events
- 34 Days out for free
- 39 Theatre time



### Lifestyle

With ideas for helping families to get the most out of life, there are interesting articles for everyone.

- 16 Over-protected in the digital age?
- 53 Night nannies
- 54 Financial planning by Mencap
- 57 Mum loneliness how to fight back!



### **Numbers that count**

If you need to know a number in a hurry - local businesses and services plus other useful contact numbers - we've got it covered!

- Contact us
- 62 Page-by-page directory
- 64 Helplines and useful numbers

# \*\*\*\*\*

# Win fab prizes with ABC

Something for everyone! Once again, ABC has brought you a great selection of competitions, with some fabulous prizes for you to win.

- 6 Cards to get the family talking
- 10 Tennis Twisternet
- 16 A truly artful book!

# Good luck!

- Classic BBC audio books
- Ergobaby carrier
- 52 Books to complement your pregnancy
  - Weleda maternity range goodies

#### **ABC** competition rules:

The act of entering any competition will be taken as acceptance of these rules. The closing date for all competitions running in this issue is Friday 13th October 2017 unless stated otherwise on the competition. Only email entries will be accepted. If you enter any competition in ABC Magazine, your details may be passed on to the competition supplier. Please visit www.abcmag.co.uk/competitions to enter. Only one entry per person per competition is permitted. Unless

46

58

otherwise stated the winner(s) will be randomly selected. Incomplete entries will not be accepted. No cash alternative to any prize is offered. All winners will be notified by email and their prize will be posted to them. The editor's decision is final and no correspondence will be entered into. Unless stated otherwise on the competition, each entry should be clearly marked with the competition name in the subject line, together with your answer, name, postal address, email address and telephone number.

All ABC competitions are to be entered online please go to www.abcmag.co.uk/competitions



Like us on Facebook, follow us on Twitter visit us at www.abcmag.co.uk



Have you got a story to share with other ABC readers? We'd love to hear from you...



# What is speech and language?

Speech and Language Therapy is an umbrella term that refers to communication, language, literacy and interaction as a whole. Speech and Language

Therapists are experts in determining how people; children and adults engage, process and understand the world around them. Speech and Language Therapists work with a variety of people who may have developmental or acquired difficulties in: attention, listening (hearing), understanding spoken and written words, expressing their ideas in speech, expressing their ideas in words, social relationships, speech production, eating, drinking and swallowing, learning difficulties and neurological conditions.

Speech and Language Therapists often specialise with either children or adults and ideally work as part of a multi-disciplinary team with doctors, psychologists, physiotherapists and occupational therapists. At Kids First, in Kenley we have access to occupational therapists and clinical psychologists, we can therefore offer the full multi-disciplinary service under one roof including a monthly Autism Diagnostic Clinic.



The Kids First Centre which is part of Words First, specialises in working with children from birth to the age of 19 in schools, home and now at our Kenley Centre. The overall aim of working with children is to assist their development towards expected levels of attainment according to developmental norms - the things we expect to see by a certain age. Therapy draws on a wide variety of evidence based techniques, strategies and programmes designed to target skill development in the area of need, identified during an assessment. Therapy is delivered one-to-one or in small group sessions. To help ensure therapy is as effective as possible it is essential to then work with parents, teachers and carers to help them better understand the needs of the child and teach them the strategies that work best for each individual child. This helps ensure that they can be used everywhere and learning is consistent and everyone's emotional well-being is considered. At Kids First we run workshops specifically for parents and professionals who work with children, from TAs to SENCOs.

Paediatric Speech and Language Therapists see a range of children with a range of difficulties, it isn't just the boy who has the stammer, the girl with dyslexia, the student with an EHCP or who attends a special school, the toddler with dyspraxia or the teenager with Autism. Speech and Language Therapists can also support pre-literacy skills, storytelling, reading comprehensions, vocabulary understanding and phonological awareness. Therapists work on strategies that can help a child's processing speed, attention and listening, turn taking and understanding both their own and others emotions and thoughts.

Speech and Language Therapy is fun, and we use a lot of techniques that encourage sensory stimulation to increase the learning experience, therapy is targeted and supportive of children and adults with a variety of differences in their communication styles and abilities. We really do cover it all!

# Let nature help the stress

esearch by Nestlé Waters has revealed the extent to which children are affected by stress, with 84% of 10 to 14 year olds admitting they often experience stress - as defined by feelings of worry or anxiety that lead to changes in behaviour, for example, difficulty sleeping or reduced confidence and concentration.

The study reveals that the school environment is the main factor in contributing to feelings of stress among children. The biggest causes of stress are cited as:

- 1. School and homework performance (63%)
- 2. Falling out with friends at school (41%)
- 3. Being bullied (30%)
- 4. Feeling like you don't fit in at school (21%)
- 5. Changes in family life (21%)

When asked about current coping mechanisms for dealing with stress, turning to a games console was the most common choice (43%) for children, followed by eating foods they like (36%), lying for long periods in bed (28%) and just staying alone in their rooms (27%).

Crucially, when asked about whether having access to the outdoors would help to make a difference, over three-quarters (83%) of children said that being outdoors surrounded by nature would make them feel happier.

For the past 25 years, Nestlé Waters has worked with Project WET - an initiative to help educate children and teachers about the importance of water as a resource. The research reveals that regardless of the positive benefits that being amongst nature can have on mental health, parents are only spending an average of two and a half hours a week outside with their children. The Wildlife Trusts, who reach around half a million children each year through their junior membership and work with schools, are concerned about a loss of contact with wildlife during childhood and are urging parents to respond by getting out into nature.



# Childcare changes

rom September 2017, you may be able to get 30 hours a week of free early education and childcare.

- For working families in England
- With three and four year old children
- An extra 15 hours a week of free childcare so 30 in all
- Parents of children who will be three on 31st August can apply now.

If eligible, you're entitled to an extra 570 hours of free childcare a year to use flexibly, so 1140 hours in total.

You, and any partner, must each expect to earn (on average) at least £120 a week (equal to 16 hours at the National Minimum or Living Wage). If you, or your partner, are on maternity, paternity or adoption leave, or you're unable to work because you are disabled or have caring responsibilities, you could still be eligible.

You can't get 30 hours free childcare if you, or your partner, expect to earn £100.000 or more.

### Available at participating:

- Nurseries and nursery classes
- Playgroups and preschool
- Childminders
- Sure Start Children's Centres

For more information and to apply go to www.childcarechoices.gov.uk





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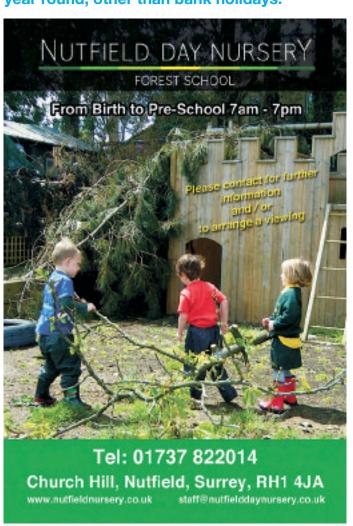
Parking for drop off and collection. Now also offering yags and multi-sports.

is FREE and will remain so as long as the advertisers are aware of the magazine that Surrey parents read! Please mention ABC when replying to adverts, give copies to your friends, and help spread the word!





urseries and preschools are popular with many parents because they provide continuity of care and are dependable - which is vital to working parents. Unless your child is ill they will still be able to go to nursery. You aren't reliant on one carer and nurseries are generally open all year round, other than bank holidays.





For many children, it is the first time they will spend time away from close family, so this is where they will gain important social skills such as learning to share, getting on with others and simply interacting with their peers and adults.

By their nature, nurseries can give children more learning opportunities than parents can at home. They have the equipment and the time to allow children to participate in numerous crafts and activities - without worrying about the housework! Outdoor and indoor play areas will be set up in a way to fuel their imagination and curiosity, as they play alongside other children.

As children reach the end of nursery, the staff will help prepare them for moving onto school. Some nurseries will have good links with nearby schools and will also make sure your child has the skills that will make school so much easier for them.

There are many good and excellent nurseries in the county where children feel safe and cared for. This allows them to build strong and trusting relationships with adults which will help them later in school, and in other areas. The social interaction that nurseries and preschools provide means that children learn important social skills and are emotionally mature when they start school. They will have learnt, without even being aware, how to join in with other children's play and the need for sharing and compromise.

It can be hard for parents to hand their little one over to someone else, but high quality nurseries will provide a safe and nurturing environment for them to grow, thrive and most importantly have fun!

Need to tell parents in Surrey about your business?



Talk to us - we can help! (01273) 542257





# Speech, language and communication

# signs your child may be struggling LCAN Speech & Language Advisor

Ihink about everything you've done since you woke up this morning, how many times have you used language, and how difficult would some of those tasks have been if you couldn't? Speech, language and communication underpin everything we do, and although it's easy to take these skills for granted there are currently over 1.4 million children in the UK today who struggle with speaking, listening and understanding.

This is concerning, particularly given what we know about the importance of early language for later academic success. Research tells us that vocabulary at age five is a very strong predictor of the qualifications achieved when a child leaves school. So making sure your child is on track with their language skills is really very important.

There are some really useful online tools to help with monitoring language. For example, the Talking Point website (www.talkingpoint. org.uk) has ages and stages information and a Progress Check that can help parents understand how their child is doing with their talking and understanding.

### Watching out for signs of difficulties

Are you concerned about your child's communication skills? There are some key indicators you could look out for at different ages, based on key skills children should are some key have mastered:

### Between 12 and 18 months

based on key children begin skills... to use up to 20 simple words, such as 'cup', 'daddy' and 'dog'. These words may not always be easily recognised by unfamiliar adults.

### Signs to watch out for:

• Has your child started to

babble to communicate by 12 - 15 months?

- Are they saying their first words by 18 months?
- Do they respond well to language, such as following simple instructions like 'kick

### At 18 months - two years

children understand between 200 and 500 different words and use about 50 words. They start to put them together into simple two to three word phrases.

#### Signs to watch out for:

- Is your child slow to follow simple instructions?
- Are they saying 25 recognisable words?

Between two and three years children should use up to 300 different words and be putting four or five words together to make short sentences.

#### Signs to watch out for:

indicators you

could look out for

at different ages,

• Are they only saying single words instead There

of joining words together into

short sentences?

- Can you understand most of what they say?
- Are they slow to respond to your instructions and rely on being

shown what to do rather than being told?

By the age of four, children use longer sentences and link sentences together. They can

understand and often use colour, number and time related words.

### Signs to watch out for:

- Are they struggling to turn ideas into sentences?
- Is the language they use jumbled and difficult to understand?

By five years old children can use sentences that are well formed although they may still have some difficulties with grammar. They are able to understand spoken instructions without stopping.

#### Signs to watch out for:

- Do they have the right words to be able to say what they want?
- Do they have difficulty organising their ideas in order?
- Is their speech difficult to understand because they aren't using the right sounds?

Most children do go on to develop good speech and language skills at the right time, but for some children it can be a very difficult process. They may need extra help. If you're concerned about your child having looked at the signs above, get in touch with your local speech and language therapy service for some advice.

### Some children struggle

Some children who struggle require further support as

they have speech, language and communication needs (SLCN).

Are

they slow to

respond to your

instructions and

what to do rather

than being

told?

rely on being shown

### A child with SLCN:

- Might have speech that is difficult to understand
- They might struggle to say words or sentences
- They may not understand words that are being used, or the instructions they hear
- They may have difficulties knowing how to talk and listen to others in a conversation.

Children may have just some or all of these difficulties; they are all very different. That's why getting an accurate picture of a child's difficulties is really important.

Knowing the right milestone information for speech and language and checking your child's communication skills against these milestones is crucial. By doing this, you'll be giving them the best chance of getting help as soon as they

If you are concerned about a child, I CAN Help is a free service giving you the opportunity to talk to or email a speech and language therapist for information and advice. Call 0207 843 2544 for more information or to book a call.

I CAN also offer an assessment service for more in depth information. Contact The I CAN Centre with Meath School on 01932 872 302 for more details and costs.



- the magazine Surrey parents really read... it's got everything in it!



I CAN assessments offer expert information to help you understand your child's difficulties and the educational support needed to meet your child's needs. Speech and language assessment services are available at I CAN's Meath Centre in Surrey for children aged 4-11 years. We provide families, professionals and local authorities with a joined up, in depth picture of a child's speech, language and communication needs. We will help you to get your child the right support so they make the best educational and social progress in school.

Call I CAN's **Meath Centre** now to find out how we can help your child on **01932 872 302** or email us at **admin@meath-ican.org.uk** 

helps children communicate

www.ican.org.uk/assessment



This summer, the fun starts at the Shoutl Holiday Camps with a programme packed with sports, arts and crafts and games to keep 5 to 13 year old children busy and on the go!

SPAR Camp - A mix of sports, games and arts: multi-sports, dodgeball, karate, judo, golf, badminton, mini-Olympics, soccer skills, street dancing, cheerleading, music, games and woodland craft activities. Location: Hersham Cost: from £25 per day with more card, £30 without. Bookable by the day.

Sports Camp - Sports galore for super active kids on the go! Dodgeball, badminton, golf, tag rugby, indoor athletics, bowls, squash, football, karate, swimming, team building activities and more... Location: Walton-on-Thames.

Cost: Week £125 more card, £150 without. Only bookable by the week





Activities run 24 July to 1 September

info at elmbridge.gov.uk/shout book now on 01372 474634

# Make the most of summer days

he temperatures are higher and the days longer, so summer is the ideal time to get the children active. The school holidays will soon be upon us and with more free time, you can get your children into the routine of some good fitness habits.

Encourage your children to choose one new sport to try out over the summer; if they feel they have made the to choose one decision they will be more new sport to try likely to give it a go. Many leisure centres and sports clubs offer sports sessions

over the holidays which

allow children to try out new sports without having to make a long-term

> commitment. Not all children are attracted to the mass participation sports such as football, netball and rugby, so

offer up some of the lesser well-known

sports too.





If you are struggling to find local clubs in your area have a look at www.bbc.co.uk/sport/get-inspired, where you can type in your postcode to find all the different sports and activities that are offered nearby.

There are some sports such as tennis, golf and cricket that are definitely better in the summer; at least while you are getting to grips with them. After Wimbledon, some tennis clubs lay on open days or beginners' tennis lessons for those that

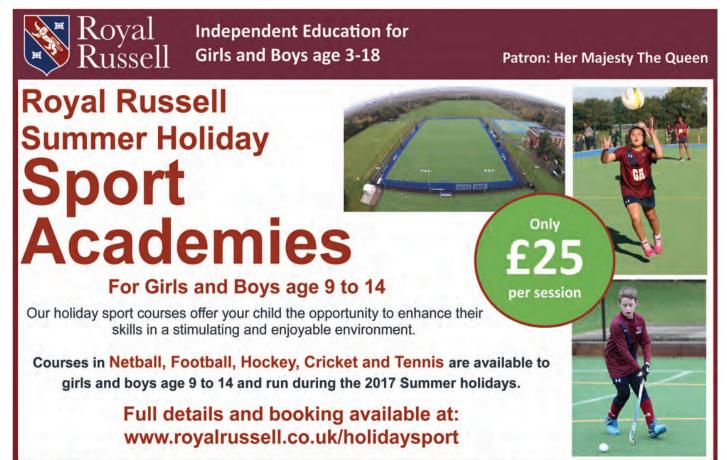
have been inspired by seeing the stars play, so look out for ones in your area if your little one wants to give tennis a go.

Make sure you fit in plenty of swimming with your children. Term-time lessons will stop, but carry on taking your children swimming and enjoy having fun in the water together. Many leisure centres run inflatable sessions at the weekends and in the holidays which children love. They use a lot of energy

(continued over the page)







Royal Russell School: Coombe Lane: Croydon: CR0 5RF

Opposite Coombe Lane Tram Stop

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Challengers are a charity who offer play and leisure opportunities for disabled children and young people across Surrey, Hampshire and Berkshire.

Challengers' schemes are full of fun and energy with amazing activities like messy art, music workshops, themed days, mobile farms and so much more!

As well as offering all these awesome activities for young people, parents also get a short break. "Challengers for us is a godsend, it's a safe, happy place for me to leave one of the most precious things in my life for a few hours, worry free, to look after the other precious things in my life."

Challengers are proud to have an inclusion policy, meaning that no matter the level of support required, any child or young person can come and join in the fun. The charity is getting ready for a busy summer holiday with lots of fun activities planned including pub lunches, mini golf, Harry Potter World, petting zoos and so much more - you name it, Challengers has made it possible for hundreds of disabled children and young people to have these experiences.

There are numerous schemes that run in Surrey for different age groups in; Bookham, Caterham, Dorking, Epsom, Farnham, Godstone, Guildford and Leatherhead. So why not come and join the fun at Challengers?

For more information and to book please call 01483 230930 or visit www.disability-challengers. org/what-we-do

climbing up and down the inflatables, and then swimming back to start the fun all over again, so are sure to sleep well at night! And don't forget to make use of outdoor lidos on hot, summer days.

Organised sports and exercise have many benefits beyond the physical. When young children take part in a sport or an activity class they will also learn the importance of listening to instructions, being part of a group or team, and taking turns. It also gives them another circle of friends with a common interest, beyond nursery or school. However, not all children like group based exercise, but it is still important that they can enjoy the benefits of being fit. It is far easier to be active in the summer with walks, bike rides and swimming. You can also make sure children have lots of active play in the garden and in the park; children will happily run around for a couple of hours particularly if they have friends to play with. If you are on a day out, make sure there is time to play on outdoor play equipment, a vigorous game on the beach, or a long walk. When the weather isn't good, play centres provide perfect exercise for children while they run around and have

The NHS recommends that to maintain a basic level of health, children aged five to 18 need to do at least 60

minutes of physical activity every day - this should range from moderate activity, such as cycling and playground activities, to vigorous activity, such as running and tennis. On three days a week, these activities should involve exercises for strong muscles, such as pushups, and exercises for strong bones, such as jumping and running. During term-time if children do a couple of after-school sports clubs, with PE and are running about at playtime, many of them should reach the level recommended, but in the holidays it is important for their health that children still have regular exercise.

Don't forget your children will be inspired by you! If they see you taking part and enjoying the benefits of exercise they will want to join in to. Talk about what exercise you have done and how good it makes you feel, and they will be more inclined to try it out too.

Enjoy the summer and remember to keep active! ABO

# New funding for games area in

# Redhill

eigate and
Banstead
Borough
Council is celebrating
the news that it has
received funding of
£48,000 for a multi-use
games area in Redhill.

The funding boost comes from SUEZ Communities Trust (formerly SITA Trust) for the Ifold Road Recreation Ground multi-use games area (MUGA). Funding will provide a MUGA for local users, groups and individuals to enjoy a range of activities including football, basketball, netball, fitness and running.

# Six in seven Surrey pupils offered their first-choice primary school

igures from Surrey County Council for national primary school offer day show that 86% of applicants were offered the school they put first on their list - up from 82% last year, and 96% of Surrey applicants were offered one of their top three preferences.

Liz Mills, Surrey County Council's Assistant Director for Schools and Learning, said: "Wê're pleased we were able to offer the vast majority of Surrey children the primary school place they wanted this year with six in seven applicants getting their first preference. While the number of applicants to Surrey primary schools fell this year in the wake of the birth rate dropping in 2013, we know we still need to create an extra 11,000 school places over the next five years to cater for demand in many parts of the county at both primary and secondary level."



# Time to Read

Research released by BookTrust, the UK's largest children's reading charity, shows that parents of primary school children worry about family members increasingly living in their own 'bubbles' as their children get older. They want to spend more time doing things

### together but admit they read with their children less and less as they age.

Almost two thirds (65%) of parents surveyed are worried about family members spending too much time isolated within their own 'bubbles' in the home, with social media, technology, and school homework all cited as reasons why parents are spending less time interacting with their children than they would like. In addition, nearly nine in ten (89%) say they would like to do more shared activities in order to increase quality family time together.

The study, which polled 2,000 parents of children aged five to 11, highlighted how these

concerns appeared to grow as children get older, as just 53% of parents of five year olds said they were worried about their family 'bubble', compared to 72% of parents of 11 year olds. This is reflected in the amount of time parents spend reading with

their children as they grow older; on average 86% of parents with a child age five read with them every day or every other day, but this falls to 38% of parents of 11 year old children.

A 2015 study by BookTrust with Ipsos MORI1 supports these findings and suggests that the frequency of

around age five or six, with a noticeable reduction in the number of parents

reading with children begins to drop off

> reading to their children every day or several times a week from age

seven. Research from Egmont Publishing earlier this year also points to seven as the age when children and parents start swapping their nightly reading habit for tech-based entertainment such as visiting YouTube or other social media channels.

Many of those surveyed (40%) in the latest research from BookTrust said they spend less time reading with their child as they got older because they have begun to read on their own. However, academic research indicates that shared

(continued over the page)

# Kumon's maths and **English** study programmes work to build your child's confidence and inspire a passion for learning.

To unlock your child's potential, contact your local Instructor for a free assessment.

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Woking 01483 726 961 **Boost your** child's confidence



Fees very. Please refer to your local study centre.

kumon.co.uk

# A child-led curriculum

esigning a curriculum around children's questions makes them motivated and maintains concentration.

**They** 

in.

What if, instead of teaching children using textbooks and whiteboards, they could learn in a way that related to their own lives? An innovative study flipped the way in which curriculums are designed on its head. Instead of thinking about what children needed to know, the researchers asked the children what they wanted to know about the topic of water.

"The results show that children are more motivated, more engaged and maintain a higher level of concentration if the tasks they are asked to complete are more interesting and relate to their own lives and experiences in different ways," says Professor started by Patricia Thomson, simply asking who led the the children what research project.

interested Professor Thomson and her team at The University of Nottingham teamed up with Papplewick Pumping Station, a Trust whose aim is to educate the community about the importance of water. Alongside local artists, the academics worked with teachers and pupils from two Nottingham primary schools, as well as two secondary schools, to devise the curriculum. They started by simply asking the children what they were most interested in.

"Science teaching in schools is often already driven by children's curiosity, and so we took this approach when devising the curriculum but widened it so that the pupils would learn about the science, history and geography of water," Professor Thomson added.

"This is because children are much more likely to learn and retain information if they can bring a range of different experiences and knowledges to bear on the subject."

The curriculum Professor Thomson and her colleagues devised was large and varied. Topics ranged from the different states that water can exist in, to how a steam engine works, and how much water is used to make a pair of jeans. Older children learnt about the effect that a lack of water has on conflicts and wars around the world.

The active and varied approach to learning promoted by the researchers had a visible effect on the they were most pupils. The work they produced, including writings and presentations was more insightful than usual.

> Teachers also remarked on how well the children could understand difficult concepts as well as think strategically about issues, such as how nation states would act to protect their water resources. As a result of this variation in learning, children were also able to remember what they had learnt 12 months later.

The project was an initial scoping study, but Professor Thomson believes the approach was so successful that she is planning on repeating the study on a larger scale and measuring the outcomes on children in a more quantitative way.

(continued from previous page)

reading between parent and child benefits the emotional health and well-being of young children. This means families could be missing out on quality time spent together with books and the emotional benefits that go with this as their child gets older.

Diana Gerald, BookTrust chief executive, comments: "When children get older and start to learn to read for themselves, it can be tempting for parents to step back and let them continue their reading adventures alone. However, research shows the enjoyment of reading, developed through shared reading time with parents or carers, has a significant positive impact on a wide range of life outcomes including social, personal,

health &

well-being and

educational.

"It is now widely acknowledged that children who enjoy reading will read more often and this helps them do better at school, even in subjects like maths. Indeed, reading for pleasure regularly has more of an impact on a child's educational achievement than having a parent with a degree.

"It is the combination of skills and a love of reading that enables children to achieve academically and in life. We know that this lifetime love of reading is sparked by reading together, and the shared adventures that books can offer well beyond the nursery school years."

The study shows that parents are also aware of the many benefits of reading with their

children; 65% stated that increased bonding and physical closeness with their child was the top benefit, followed by enjoying a shared experience (61%) and having fun together (60%.) With more than half of parents surveyed with children age 11 admitting that they spend less time talking to them as they have grown older, shared reading could be the perfect way to increase quality family time, open children up to new conversations and help burst the family 'bubble'.

Professor Peter Fonagy, head of the Research Department of Clinical, Educational and Health Psychology at UCL, and Chief Executive

of the Anna Freud National Centre for Children and Families, said: "A strong, lasting bond between families and children is founded on shared

interests, excitement, and wonder - all of which can be achieved by reading for pleasure, which opens doorways to safely explore new worlds and concepts that fire their imaginations. Children have a multitude of developmental needs that can all be served simultaneously by reading together with parents or carers they love and trust. The long term cognitive and emotional benefits are clear reading together promotes optimal interpersonal, developmental and educational functioning in later life."

The BookTrust website hosts booklists for reluctant readers alongside tips on how to get your child loving books. These can be found at www.booktrust. org.uk/timetoread ABC

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# The rewards of

increases the

size of the brain's

area responsible

for forming, storing

and retrieving

memories...

# learning Mandarin

tudies and research show that studying Mandarin Chinese has many advantages; it is seen as prestigious to master such a critical Asian language and also sharpens the musical ear, reinforces business and artistic talents and boosts memory. Learning Mandarin will also equip pupils to become open-minded; a critical skill in a globalised world.

Recently, leading UK politicians instrur encouraged students to pick up Mandarin, given its growing importance for future trade and business (China will soon overtake the US as a leading economy). More than one billion people speak Mandarin Chinese, making it the instruction instrur apprecation.

making it the most widely spoken language globally (English ranked third amongst most spoken language in 2016). In 2013

2016). In 2013, 9% of secondary schools in the UK offered Mandarin classes and a mere 1% of the UK population could hold a basic conversation. In 2016 GCSE students taking Mandarin rose by 10% compared to 2015, and there was a 75% increase over the previous five years. This compares with an overall fall in students taking modern foreign language exams.

Mandarin proficiency is a fairly rare personal attribute that is likely to contribute to building an interesting student profile. A pupil that will go the extra mile in developing this language skill will gain a distinctive edge when applying to colleges. Interestingly, one advantage of learning Mandarin is music-related. The linguistic attention to tone, embedded in pronunciation, is an advantage in perceiving pitch in music. This leads to pupils being better equipped when learning

instruments and enhances their appreciation of music.

The writing of well-formed, unique characters is very important in China where calligraphy is an art form in its own right. Master

calligraphers are true artists

and spend considerable efforts refining their writing skills.

Practice of calligraphy requires

learning how to use a writing brush, ink stick, paper, and ink slab; concentration is key to learning how to guide the soft writing brush. Speed, strength and agility are skills one will acquire to achieve such artwork.

Finally, memory boosting is yet another advantage of learning Mandarin. Studying Mandarin increases the size of the brain's area responsible for forming, storing and retrieving memories (known as the hippocampus). Researchers measured brains before and after language training and observed that the size of the hippocampus had increased in participants. Another study looked at English students' brains as they learned Chinese vocabulary. MRIs revealed that they developed better connectivity between different regions of their brain. Similar results appeared even in the elderly where the brain's ability to constantly change and

grow was noticeable for those speaking second languages.

Surrey is fortunate to have a number of schools dedicated to teaching Mandarin Chinese as well as after-school clubs. Some are academic in nature and have specific aims (such as preparing students for GSCE), others have a more pragmatic approach and aim to impart not only the grammar, but also the culture. Another unique way to dive into the Chinese culture is to visit China; this is a unique opportunity to experience firsthand the dynamism of China and its fascinating culture. The study of the Chinese Mandarin

language will be learned in parallel with the rich 4,000 years old Chinese history and traditions.

Tangible rewards will come to students ready for the new linguistic experience of learning Mandarin Chinese. Initial challenges will soon give way to both personal satisfaction and practical uses that many will envy and which will last a lifetime.

Hong Ravano has established a unique Mandarin Chinese language and culture academy in Surrey. Her engaging teaching style are successfully received by many students. www.access2china.net



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eavy-handed approaches to issues around social media and digital communication such as 'sexting', may be damaging to children's emotional development, according to research on childhood in the digital age, by academics at the UCL Institute of **Education (IOE) and Plymouth University.** 

The researchers interviewed children who told them most of their online activities were relatively harmless. The children said they were aware of explicit images being passed around but had rarely been personally involved - however, parents and teachers were often unnecessarily

anxious.

Some children described how their parents would monitor their phones and emails, doing regular spot-checks or even receiving copies of all their texts or online messages. In some cases, the youngsters were even tracked using GPS. Teachers, too, would examine the contents of pupils' phones.

"There is a serious risk that the next generation of our society develops in a way that makes them think they have no right to privacy," said Dr Leaton-Gray and Professor Phippen in their book 'Invisibly Blighted: The digital erosion of childhood'.

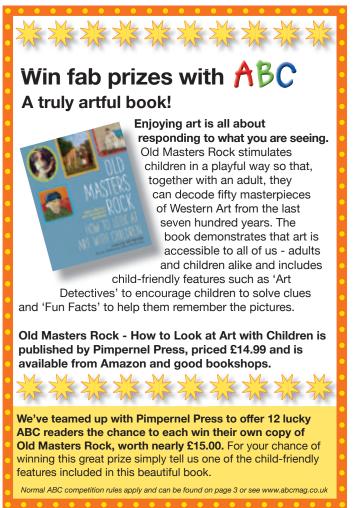
The researchers argue such heavy-handed approaches can often be counterproductive, and that teenagers who do

transgress online The children are behaving rather like said they were those who, aware of explicit in the past, images being passed might have around but had rarely made rude been personally gestures from the back seat of involved... a school coach on the motorway.

Dr Leaton-Gray said:

"Something that was a 10 second thing on the school bus now becomes a permanent feature of your life. We need to be a bit more laid back about the fact that it's happening, and spend more time and energy on educating children about their privacy rights instead. To put it simply, it's almost always

(continued on page 18)





# Three things a school can do to prepare children for the 21st century

igh on a prospective parent's checklist is often a school's Ofsted rating, but with over 80% of schools in the UK being judged as 'good' or 'outstanding' what other factors should be considered in choosing an education for your child? Key questions to ask are: how are schools preparing students for the 21st century and how are they developing the skills our children need to be ready for life beyond the school gates?

As an educator and a parent of two teenagers, I would like my children to develop as confident, tolerant, well-balanced citizens who have critical thinking and problem solving skills, plus the resilience necessary to succeed in a challenging world. This article outlines three ways in which schools can develop these attributes in their students: use of the outdoors, service learning/community engagement and a well-being focus.

### **Outdoor Learning**

The physical benefits of time spent outdoors are well known, however, there are other positive impacts that being in a natural environment can have on children. For example, I recently observed a group of primary children in the school's forest working together to figure out the best way to erect a tarpaulin, despite wet weather and limited resources. To be successful, the children needed to demonstrate

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Have you got a story to share with other ABC readers? We'd love to hear from you...



(continued from page 16)

wrong to pass on images and personal data without permission, and victim blaming is not the answer."

Punitive approaches can be unnecessary and even damaging. For example, the response to incidents of abusive adults, are 'sexting' has actually being used often been against them. to threaten to involve the police. This contradicts police guidance, which suggests those who send offensive 'sexts' rarely pose an ongoing threat, and that prosecution is therefore not usually the best approach. The authors argue that laws, which were designed to protect vulnerable young people from abusive adults, are actually being used against them.

Similarly, schools have often misused the Data Protection Act in defence of decisions not to allow parents to take photographs events such as plays - which are not covered by the Act - while breaching it themselves by using pupil photographs without

explicit consent in their own ...laws which prospectuses were designed to and on their protect vulnerable own websites. young people from

> say that schools need to face the demands of living in a digital world and that we need policy, practice and national coordination, which acknowledge, rather than shies away from, the challenges that arise from growing up in the 21st century. ABC

The authors

Invisibly Blighted: The digital erosion of childhood' by Sandra Leaton-Gray and Andy Phippen is published by UCL IOE Press. (continued from previous page)

resilience and use problem solving skills in a way that would have been difficult to replicate in the classroom. These skills link with the following OFSTED statement: "When planned and implemented well, Learning Outside the Classroom contributed significantly to raising standards and improving pupils' personal, social and emotional development."

> Learning Outside the Classroom -How far should you go? OFSTED report 2008.

### Service Learning/ **Community Engagement**

An emphasis on real life learning opportunities allows students to connect what they are learning with taking action. At the same time, this plays an important role in developing their understanding of the positive impact they can have on the world around them. A four year old in my school, who was initially nervous about an upcoming visit to an elderly care home, came back bursting with

enthusiasm to tell me he had made a 'new friend' there. This now confident young student then explained to me, step by step, how he had taught this new friend to play a ladybird game and asked when he could go back. These real-life experiences allow our children to develop the skills to become well-balanced, responsible and tolerant individuals; skills so important in these uneasy times. This is echoed by a quote from the Kellogg Foundation: "Educators are drawn to servicelearning because they believe it produces important educational results for students, schools and communities. In individual interviews, they can clearly articulate their observations of the effects. They give many examples of students becoming more altruistic and caring, growing more concerned about their community and community issues, and learning more in specific content areas."

> The Impacts of Service-Learning on Youth, Schools and Communities, W.K. Kellogg Foundation

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### **Well-being**

According to global rankings on student well-being published by PISA in 2017, UK pupils are amongst the unhappiest in the world. The study found that one in six of its students are unhappy, ranking the UK 38th out of 48 countries in its happiness study. It also reported that UK students were more anxious about testing than students in other countries. The high stakes testing culture in UK schools seems to be affecting the well-being of our children. Schools need to find a way to respond to this. Wellbeing should be given a central place in a school's programme and not just be seen as an addon. Mindfulness programmes, therapy dogs and opportunities for exercise are just some of the things that schools can do to support good mental health. But schools can also take action by not over-emphasising to children the importance of testing. Education is not just about examination results, as highlighted in the following

report: "It is widely recognised that a child's emotional health and well-being influences their cognitive development and learning, as well as their physical and social health and their mental wellbeing in adulthood."

Promoting children and young people's emotional health and wellbeing - Public Health England report 2015

My own children are coming to the end of their time in school and I am fortunate that they attended schools that placed importance on all of the areas outlined above, as well as many more aspects of what I regard as a well-rounded education. I urge any parent looking for a school to take a moment to reflect on what they really want for their child and how the school they choose can prepare them for this.

ISL Surrey is an independent primary school in Woking, for children aged 2 - 11. The school provides an outstanding education, with a curriculum based on the principles of the International Primary Curriculum (IPC). There is in addition extensive wrap-around care and a focus on student well-being, www.islsurrey.org





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Easy to search local information for local parents



# Encourage your child to keep a diary

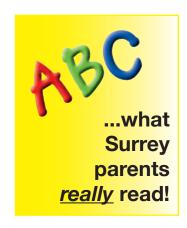


National Literacy Trust's report, Children and Young People's Diary Writing, found that diary writing has a positive impact on children's attainment, as well as boosting their motivation to write. The report showed that pupils who keep a diary are almost twice as likely to write above the expected level for their age compared with children who do not say they keep a diary. What's more, writing a diary allows children to choose what they want to write about, and 82% of girls and 76% of boys say if they can choose the subject, writing is more fun.

The report found diary writing to be more popular with girls, and more broadly with younger children of both genders. Whilst the research also highlighted a drop in the number of children writing in a diary over the past five years from one child in four in 2010 to one child in five in 2015), it also found that almost half of children (46.8%) are still writing something in private in their free time.

Award winning author Jacqueline Wilson has blazed the trail of diary writing, including diary entries in her children's fiction series Tracy Beaker and her own diary entries in an autobiographical account, My Secret Diary. Jacqueline Wilson is championing the charity's campaign. She told us: "I still have the diaries I wrote as a teenager. I wince at times when I read them, but they bring back

those long-ago days so vividly and help me remember what it's like to be young. I'm particularly fond of using a fictional diary method when I write my books. It helps make the story more immediate and easy to read. I always advise would-be writers to keep a daily diary as it gets you into a regular writing habit. It's also a brilliant way of expressing yourself and confiding special secrets."



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# The Forest School approach to learning

**Forest School programme offers** children regular opportunities to achieve and develop confidence and self-esteem through hands-on learning experiences in a woodland or natural environment. The concept originated in Scandinavia, where open air culture is an integral part of Early Years education and was introduced to the UK in the 1990s by a group of nursery nurses who, during a visit to Denmark, saw the positive impact it was having on children's creativity and skills.

The movement has grown significantly over the past ten years and many education settings now offer Forest School programmes to provide an opportunity for children to have the freedom to explore the natural world around them. Forest School leaders are fully trained in the guiding principles of Forest Schools and must be Level 3 accredited by the Forest School Association which involves about 180 hours of study.

Forest Schools harness a child's natural urge to explore and investigate and in doing so develops their mind both holistically and cognitively. It is a long-term learning process involving a group of children regularly visiting a woodland setting (at least once a week) to improve their confidence and knowledge of the natural environment.

Before each session, physical boundaries are set by the leader, in a fun way, so the children have a clear expectation of behaviour. Once at the woods, the group is encouraged to look around and see if anything has changed since their last visit, and to investigate new flowers or leaves they have not seen before. Then they have a choice of activities to inspire their imagination and creativity which they do at their own pace, giving them the freedom to explore the environment and play.



The leader encourages the group to work together using natural resources and to come

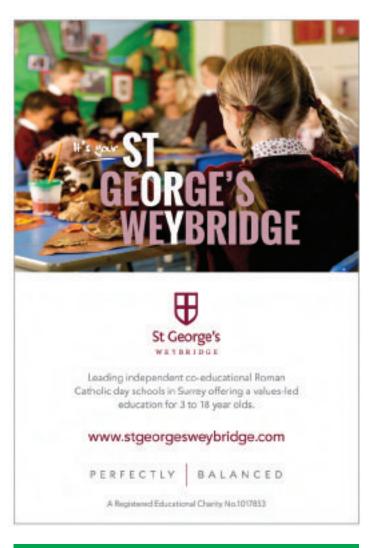
up with their own ideas. A fairy door placed at the base of a tree





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(continued from previous page) can become the focus for the children to build a fairy house out of twigs and leaves. Some activities do not necessarily have a beginning or end and the children have time to enjoy the woodland around them. They may discover bugs under a log or a giant earthworm which they can

watch and discuss.

The sessions are great fun as well as being beneficial to the children's development. The programme helps those who have less confidence to try new things and encourages all to take risks within a safe limit. Activities are designed to help the children make judgements such as how they will climb onto a log or perhaps negotiate a small space when building a den. The risk benefit process is constantly managed and monitored by the Forest School leader to ensure the children can explore and investigate safely.

At the end of each session, the children are given a chance to reflect upon what they have learnt and to share with each other the things they have enjoyed doing the most. Each

child's progression in learning is observed throughout the session so it can be fed into planning for the next visit to ensure it is developed.

The
Forest School
programme fosters
resilient, confident,
independent
and creative
learners.

The Forest School programme fosters resilient, confident, independent and creative learners. The children learn boundaries of behaviour, grow in emotional resilience, confidence, self-esteem and motivation. They learn skills that can be taken and used in everyday life in and outside of the classroom to create lifelong learners. ABC

vibrant co-educational school for boys and girls aged 3 to 11, set in a beautiful campus in Tadworth, Surrey. We stretch and inspire pupils, through a challenging and diverse curriculum and the provision of top quality sport, drama and music. A love of learning is instilled in the children within a warm and nurturing environment, setting them on the path to a happy and fulfilled adulthood. Our bright and spacious nursery, with separate areas for play, art and more formal activities, enables our dedicated and highly qualified staff to foster a warm atmosphere and encourage an enquiring mind. Our Forest School programme is integral to the nursery curriculum and the children benefit enormously from the sessions. Chinthurst is part of the

Reigate Grammar School Family.

Established in 1908, Chinthurst is a



# Back to school time!

he long, relaxing days of summer will come to an end and it will soon be time to shop for school uniform. After a prolonged break, it can be difficult for children to adjust to the routine of the school day again; here are some ways to ease the transition.

# Gradually adjust your schedule

One of the joys of the holidays for children is being able to stay up a bit later, and not to have to get up early in the morning and rush around getting ready.

The new routine can come

The new routine can come as a bit of a shock so start easing into your term-time routine a week or so before school starts.

as a bit of a shock so
start easing into your
term-time routine
a week or so
before school
starts. Go to
bed earlier,
wake up earlier
and eat around
the same time
that you will when
school starts.

(continued over the page)



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# Help save £3 million a year

Did you know that recycling your food waste through your collection service rather than putting it in your rubbish bin will help save over £3 million a year?

That's because it costs less than half to recycle food waste through anaerobic digestion than it does to dispose of it. So putting all your food waste in your caddy every week means you're helping to protect other council services like social care, libraries and schools.

While most Surrey residents use their caddy there's more we can all do to help make the savings. Surrey's councils will be working with residents this autumn to encourage them to recycle all of their food waste every week. But to start making a difference today, visit www.recycleforsurrey.org.uk where you can find out more about your food waste collection, and how to order replacement indoor kitchen caddies and outside food waste bins if yours are missing or damaged.

To make it cleaner and easier to recycle your food waste, you can line your caddy with a plastic bag or liner. Using plastic bags or liners is the cleanest and easiest way to deal with your food waste - you can use them to line your kitchen caddy and minimise drips, or put smelly food in a bag, tie it up and put it straight into your outside food waste bin. All types of plastic bags can be used, including old shopping bags, pedal bin liners, or bread, cereal, fruit or vegetable bags, but please don't use black bin bags.

The food is taken to an anaerobic digestion plant where it's used to generate green electricity and fertiliser used in farming.

Mike Goodman, Surrey County Council's Cabinet Member for Environment and Planning, said: "Putting food waste in your caddy for collection is clean and easy when you use plastic bags instead of the old compostable liners, which cost more and could easily leak or tear. If everybody put their food waste in their caddy your councils would have more money to spend on the services you value most."

The Recycle for Surrey website also has tips on how you can reduce the amount of food you throw away - which can save the average family £60 a month. Simple things like storing your food correctly and not being tempted by offers at the supermarket can make a surprising difference to how much food you waste.

Visit www.recycleforsurrey.org.uk or see main ad on outside back cover for further information.

(continued from previous page)

#### **Rekindle friendships**

As the new term approaches, set up play dates with children in your child's class so that they can solidify friendships before school begins. If friends all ended up going on holiday at different times, it can mean children don't see much of their friends during the summer.

### Out with the old, in with the new

Sort out uniform, shoes and stationary in advance so you don't have to rush around at the last minute. This can be a fun time with your child, and makes going back to school

exciting. Most young children enjoy getting their new supplies for school. Sort out their room together, establish a quiet area to do homework, and talk about a homework routine.

#### Keep calm!

Each child feels differently about the start of the school year. Some are nervous, some are excited, most are a mix

of the two. But as a parent, you don't want to make the beginning of the school year a bigger deal than it has to be. Give your child a chance to talk about any worries they may have so they can be nipped in the bud early on, and emphasise the positives.

### Prepare the night before

The first day back always seems more manic than other days, and you want your child

**Give** 

your child

positives.

to go into school on the first day without feeling a chance to talk stressed. about any worries Prepare as they may have so they much as you can be nipped in the can the night bud early on, and before, agree emphasise the what breakfast will be and perhaps get up a

> few minutes earlier to give yourself a bit of extra time.

Let your child select one activity they would like to do before the holiday ends; this gives them something to look forward to and symbolises the move from holiday to school. Wave goodbye at the school gate with a smile, and then enjoy some 'me time'! ABC

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# Mums tell white lies - lots of them!

fib, a porky, a whopper...however you label it, telling the odd 'little white lie' to your children can be crucial to helping parents get through the day, and a new study has revealed that the average mum tells an astonishing 255 each year!

The report, released by Interflora, found that 60% of mums admit the odd porky pie can help make their home life significantly easier - preventing tantrums, encouraging an early bedtime, stopping children watching too much television or even helping them to eat their greens.

### The most common little white lies emerged as:

- 1. Carrots make you see in the dark.
- 2. We're almost there.
- 3. If you don't come now, I'll leave you here.
- 4. If you sit too close to the television your eyes will go square.
- 5. The chocolate has all gone.
- 6. It's bedtime 30 minutes earlier than usual.
- 7. It won't hurt, I promise.
- 8. If you pull that face when the wind blows it will stay that way.
- 9. Eating crusts will make your
- 10. There are no replacement batteries for that toy.

In addition, some of the more bizarre little white lies included: "eating apple pips make an apple tree grow in your tummy", "eating broccoli will turn you into the incredible hulk" and "if you don't get out of the bath, a snake will come out of the plughole"!



ducation funding cuts are a hot topic at the moment. It seems every time we look at the news, there are bleak headlines about the possibility of Grammar Schools introducing means-tested fees, and tough decisions are being made about which subjects state schools can afford to offer, and which they are being forced to drop.

Heads are having to focus on the core compulsory subjects with resources being directed towards boosting league table results. Of course, literacy, numeracy and the sciences are vital, but with access to the creative and performing arts, languages and humanities becoming a lottery for many students

Variety and choice within the curriculum is fundamental to providing a thorough

across the country, we are on a

dangerous path.

and balanced education that expands a child's horizons and produces young people with the resilience, confidence and

integrity to navigate the challenges Variety and they face in the choice within modern world. the curriculum At our school is fundamental to we strongly believe in providing a thorough the benefits and balanced of studying a education... broad range of subjects. The term

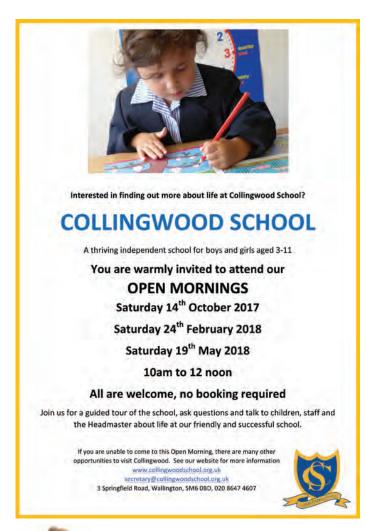
'humanities' provides a clue as to the many rewards that studying history, geography, philosophy, psychology, religious studies, classics and politics bring. These subjects

(continued over the page)





...what Surrey parents really read!





f anyone in your family loves to draw, or would like to, The Big Draw is an opportunity to take part in a global celebration of drawing.

From 1st to 31st October, there will be thousands of enjoyable and experimental drawing activities for people of all ages in schools, galleries, museums, libraries, heritage sites, village halls, refugee organisations, outdoor spaces - all sorts of places!

The Big Draw is open to anyone and this year's theme is Living Lines: An Animated Big Draw Festival. You can find out about events happening in

(continued from previous page)

help our children to learn how to be human, instilling an understanding of ethics, values and culture that is an essential element of education.

The humanities

The afford an humanities opportunity afford an for students opportunity for to develop students to develop their own their own considered considered opinions on some of opinions on the most important some of the areas of life... most important areas of life, helping them to clarify their beliefs and values. We live in societies made up of real people, who have been shaped by past events and individuals: communities follow traditions that have been passed down through the generations, and every day we depend on technologies, ideas and innovations that have been developed, by other people, for us. Studying the humanities also teaches research and problem solving skills, the capacity to summarise and critique texts, and the ability to clearly and creatively debate and present information - skills that are extremely attractive to universities and employers, but should not be the sole reason for learning them.

Ever-increasing globalisation amplifies the importance of studying languages. Proficiency in French, Spanish and the other modern languages opens the door to living and working abroad, and to a plethora of careers across all sectors in

multinational companies where language skills are required. However, it is through the literature and art that one really begins to comprehend another culture: insight into experiences

> understanding and tolerance. Even if students choose to drop languages after their GCSEs, they will have learnt the discipline, dedication and confidence required

and perspectives fosters

to communicate with other people (no matter how tentatively) and so to begin to build links and relationships that may be useful both professionally and personally throughout their lives.

At our school we believe the creative and performing arts have an extremely positive impact on physical and mental well-being, inspiring pupils and allowing them to use their imaginations while they take a break from their academic pursuits. Whether a student intends to pursue music, drama, textiles, ceramics or art as a career, or whether it is just for fun and relaxation, it is vital these subjects are available to students at secondary level, and that they are encouraged to take part. Who knows where it may lead them? The more a curriculum is restricted, the more stifled creativity becomes and we risk depriving children of essential life skills, and of narrowing their horizons.



5 acres including a 9 hole golf course

ranmore School Independent Preparatory School for girls and boys 21/2 - 13

admissions@cranmoreprep.co.uk 01483 280340 - www.cranmoreprep.co.uk The benefits of singing, playing music or performing on stage (no matter how nerve-wracking it may seem initially) are vast: from boosting self-confidence, to teaching the discipline that is required to learn lines or music. Commitment, attention to detail, critical analysis and patience are required to succeed. These skills are eminently transferrable and cross-curricular links between the arts and those subjects considered

more traditionally The academic are benefits of hugely valuable, singing, playing not least in music or performing providing on stage (no matter contextual how nerve-wracking detail and it may seem initially) background are vast... information to enrich learning: the bigger picture!

A future in which these subjects are not available to pupils is

an alarming one, and one that many parents in the state sector are increasingly facing. We want our girls to leave school with an excellent understanding of the past, not least in how that informs the skills they need to thrive in the future as a proactive member of a modern society. Abstract and creative intellectual curiosity is important, but must be tempered by understanding of and compassion for

themselves and others: that is exactly what we are giving them. In our increasingly global existence, this combination of skills couldn't be more important,

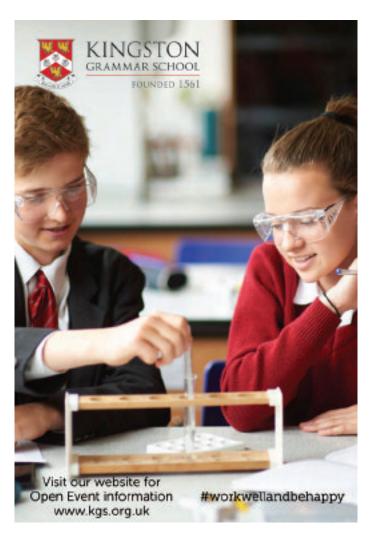
> but cannot be measured by a written examination, or passively learnt!

(continued over the page)



Like us on Facebook, follow us on Twitter visit us at www.abcmag.co.uk







**Independent Education for** Girls and Boys age 3-18

Patron: Her Majesty The Queen

**NURSERY: JUNIOR** SENIOR: SIXTH FORM

# **OPEN** MORNING

Saturday 23 September 2017 8.30am - 1.00pm

No appointment necessary. Tours last approximately 45 minutes. Last Tour 12.15pm. Arrive at your convenience and we will be delighted to show you the outstanding educational experience that we can offer your child.





Royal Russell School: Coombe Lane: Croydon: CR0 5RF www.royalrussell.co.uk Tel: 020 8657 4433 Email: admissions@royalrussell.co.uk



(continued from previous page)

League tables, funding cuts and ever-changing attainment goals have created an educational landscape in which the state sector is being directed to focus on the traditional 'core' subjects, to the disadvantage of those children and parents who are looking for a broader educational experience. Everyone should be able to benefit from an education that

inspires creativity and critical thinking; that encourages commitment and selfconfidence; that helps children learn about and prepare for the world around them. ABC

> Antonia Beary is Headmistress at Mayfield School, a leading Catholic independent boarding and day school for girls aged 11 to 18. She is also currently Chair of CISC and Hon Sec of GSA.





Having provided a hugely successful education, across the breadth of abilities, as a prep school, our provision now includes Senior Years, educating boys to GSCE.

Our ethos remains the same as we educate only boys through to age 16 and they benefit from the unique learning experience that Kingswood House offers. We have always provided a nurturing and caring environment for boys to learn and grow in, and this is equally important in our Senior School. Kingswood House offers a different choice - we are a boys only school where your son can have continuity and stability from age four through to age 16, without the need to move schools.

Common Entrance remains part of our curriculum and will ensure your son finds the best place for his Senior Years, wherever that may be. Our mission is to equip every boy, regardless of learning style, with the skills he needs to fulfil his potential, academically and otherwise. We feel passionately that every boy is entitled to a rigorous and inspiring learning environment, with teaching tailored to how he learns best. We challenge our pupils to achieve the best they can in every aspect of school life.

Places available for Year 9 from September 2017.

Kingswood House School, 56 West Hill, Epsom KT19 8LG T: 01372 723590 E: admissions@kingswoodhouse.org

www.kingswoodhouse.org "Excellent in all areas" ISI Inspection 2014





# Your child's mind is full of questions

The best schools won't just answer them, they'll inspire even more...

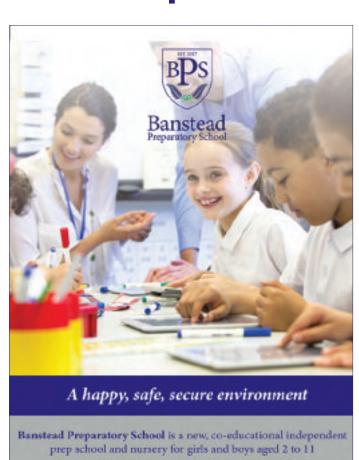
s an Early Years specialist, I firmly believe that a child's very first experience of learning influences their whole approach to education, which is why that first experience is so important.

Children who share the joy of being read to, and then take pride in learning to read, uncover a world of wonder, awe and endless enjoyment. Likewise when the youngest enjoy counting through singing and then go on to learn to do very basic arithmetic, we are introducing them to the world of maths in an accessible, open and confident way. New social interactions help to build confidence in a child; they learn to adapt to new situations and are introduced to a wider friendship group.

During these important years, it is vital that we equip children with the necessary social, physical and mental skills to help prepare them for their next school stages and beyond. By investing in our youngest children - encouraging their interests, promoting kindness and compassion, and teaching them how to learn well - we instil good habits that will last a lifetime. By encouraging children to learn about the sciences, language and culture, whilst developing their own

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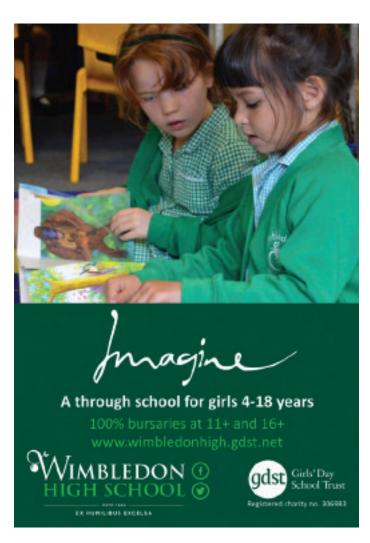
Sutton Lane, Banstead



www.bansteadprep.com

Opening September 2017

01737 363601







# St Hilary's School

IAPS Preparatory Day School and Nursery in Godalming Boys 2-7 • Girls 2-11

Tel: 01483 416551 • @StHilarysSchool Email: registrar@sthilarysschool.com

www.sthilarysschool.com

(continued from previous page) self-confidence and mastering their reading, writing and maths skills, we provide solid foundations for future academic

success.

to explore

new skills and

The interests we begin to share in our first years of school are often critical in helping shape what we do as adults. interests we Choosing an begin to share Early Years in our first years setting that of school are often can provide myriad critical in helping opportunities

The

activities will help your child discover their own particular strengths, making prep school so much more than just a launch pad for the 11-plus, scholarship exams, grammar school entry or other forms of secondary education.

Research bears this out; a study by the Effective Preschool Primary and Secondary Education project found that children who attended preschool education for one or two years, whether part-time or full-time, achieved higher GCSE grades and were more likely to go on to A-level studies. Previous reports from the project have also shown positive effects of preschool on children at ages 7, 11 and 14.

Every child is unique and learns in their own way. Qualified, specialist Early Years teachers always get to know a child's individual learning preferences.

They use this understanding to personalise each day, ensuring activities and equipment are relevant and available in order to maximise every learning opportunity whilst maintaining and growing a child's interest and excitement for the topic at hand. Teachers

build children's confidence and communication skills, teach them how to solve problems and offer shape what we do an insight into the world as adults... around them, all in preparation for the next steps ahead.

> I chose to specialise in Early Years education because I know how rewarding it is to devote time and attention to pupils in the very first stages of their learning. By giving children the appetite and skills to learn we can offer them the best foundations to move forward quickly and confidently. I am a firm advocate of placing no limitations on expectations; all children can achieve their best when given the encouragement and opportunity to tackle new challenges and nurture new skills and are able to do so within a happy and secure environment. ABC

Vicky Ellis is the Headteacher of Banstead Prep School, a new co-educational independent nursery and prep school for girls and boys aged 2 - 11, opening in September 2017. For more information please contact Mrs Adrienne Forster, Head of Admissions on 01737 363601 or admissions@bansteadprep.com



# THE magazine Surrey parents really want to read! **THE magazine Surrey**

Your ad could have been in this space 25,000 times in the printed magazine and online - all for only £150! That's 166 copies for each tiny pound!

Can you afford not to be in ABC? Call us now on (01273) 542257 to find out how we can make your business grow.



# STAINES PREPARATORY SCHOOL

Educating today's children for the challenges of tomorrow



- A nurturing school with children at the forefront
- State of the art teaching, sporting and performance facilities
- Nursery provision from age 3
- 11+ tuition and preparation from Year 3



IAPS | Co-Educational since 1941 | Ages 3-11



STAINES PREPARATORY SCHOOL



@STAINESPREP

01784 450909 STAINESPREP.CO.UK

# **Diary of Events**

This list of events in your local area has been carefully selected to offer both children and families fun things to do - hopefully with something to appeal to everyone. We appreciate that on a family day out, if the children are happy the chances for the entire family to enjoy the day are enhanced.

Although every effort is made to ensure that information is correct at the time of going to press, ABC Magazine cannot be held liable for any errors or omissions. We suggest that you check details before setting off for the day.

# Tourist Information www.surrey.com

The phone numbers of the Tourist Information Centres covering Surrey are listed below:

Farnham	01252 712667	
Godalming	01483 426510	
Guildford	01483 444333	
Haslemere	01428 645425	
Kingston	020 8547 1221	
London	020 7606 3030	
Richmond	020 8891 1411	

### **Local Authorities**

Fifteen councils are involved in the running of the area covered by ABC Surrey and all are a hive of local information. Listed is the telephone number of each council - queries regarding facilities should be raised with the relevant Leisure Services department.

Croydon	0120 8726 6000
Elmbridge	01372 474474
Epsom and Ewell	01372 732000
Guildford	01483 505050
Kingston	020 8547 5000
Merton	020 8274 4901
Reigate & Banstead	01737 276000
Runnymede	01932 838383
Spelthorne	01784 451499
Surrey Heath	01276 707100
Sutton	020 8770 5000
Tandridge	01883 722000
Waverley	01483 523333
Woking	01483 755855

# **July**

	<b>y</b>
1	Godalming Food Festival
	Godalming Town Centre, Godalming
	www.godalmingfoodfestival.co.uk
1	TCC Summer Fair & Farmers Market Great Tattenhams
	www.tattenhamcorner.co.uk
1-30	Guildford Fringe Festival
	Various venues, Guildford
1-	www.guildfordfringe.com Guildford Summer Festival
1- 12 Aug	Various venues, Guildford
127109	www.guildford.gov.uk
1-	The Borrowers
20 Aug	Polka Theatre, Wimbledon
1-	www.polkatheatre.com  Robots
3 Sept	The Science Museum, London
ООСР	www.sciencemuseum.org.uk
1-	Mayfield Lavender
17 Sep	Carshalton Road, Banstead
	www.mayfieldlavender.com
1- 17 Sep	Sensational Butterflies Natural History Museum, London
17 Зер	www.nhm.ac.uk
2	NGS Gardens Open
VIII.	116 St Johns Road, Woking
	www.ngs.org.uk
2	Collingwood School Summer Fete Springfield Road, Wallington
	www.collingwoodschool.org.uk
2	Gatton Country Fair
	Gatton Park, Reigate
	www.gattonpark.com
5-16	Outdoor Screenings The Village, Guildford
	www.guildford.gov.uk/thevillage
7-	Hatch
27 Aug	Polka Theatre, Wimbledon
	www.polkatheatre.com
8	The Sound of Musicals G Live, Guildford
	www.glive.co.uk/online
8	Reigate Caves Open Day
	Tunnel Road, Reigate
	www.wcms.org.uk
8	Party in the Park Woking Park, Woking
	www.celebratewoking.info
8	Pyrford & Wisley Flower Show
	Pyrford Cricket Ground, Pyrford
7.	www.pyrfordflowershow.org.uk
8-9	Kingston Regatta Barge Walk, Kingston Upon Thames
	www.kingstonregatta.co.uk
8-9	Fire Engines on Show
	Rural Life Centre, Tilford
/	www.rural-life.org.uk
15	Burstow School Hawaiian Fair
	Burstow School, Smallfield www.burstowschool.org
15	Knaphill Village Show
	Knaphill, Woking
4.5	www.knaphillshow.org
15-16	Summer Jousting Tournaments Hever Castle, Edenbridge, Kent
	www.hevercastle.co.uk

priceless information for Surrey parents!
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16	<b>Boogie Wonderland</b> G Live, Guildford
	www.glive.co.uk/online
16	Supercar Sunday
	Brooklands Museum, Weybridge www.brooklandsmuseum.com
16	Morden Family Fun Day
	Morden Park Sports Field, Morden
	www.mordenfunday.org
16	Rotary Dragon Boat Festival
	Kingston Upon Thames www.kingstonrotaryclub.org.uk
17-18	The Tiger Who Came to Tea
	G Live, Guildford
	www.glive.co.uk/online
22	Pop! A Magical Comedy Show
	G Live, Guildford
22	www.glive.co.uk/online The Ripley Event
	Ripley Village Green, Ripley
	www.ripleyevent.org
22	Jamie's Wish Fun Day
	Linden Park, Littlehampton, Sussex
22-23	www.jamieswish.co.uk  Tudor Tales & Jousting
22-23	Hever Castle, Edenbridge, Kent
	www.hevercastle.co.uk
22-	Animal Antics
3 Sept	Godstone Farm, Godstone
00	www.godstonefarm.co.uk
22- 3 Sept	<b>Dusty's Wildlife Rangers</b> Arundel Wetland Centre, Arundel, Sussex
о оерг	www.wwt.org.uk/arundel
22-	Summer Fun on the Farm
3 Sept	Bocketts Farm, Fetcham
	www.bockettsfarm.co.uk
24	Roller Disco
	Guildford Spectrum, Guildford www.guildfordspectrum.co.uk
24-	Summer Holiday Family Activities
25 Aug	Brooklands Museum, Weybridge
	www.brooklandsmuseum.com
25	An Outer Space Adventure
	G Live, Guildford www.glive.co.uk/online
25-28	Summer Family Fun Festival
	The Lightbox, Woking
	www.thelightbox.org.uk
26	Alma
	G Live, Guildford
28-30	www.glive.co.uk/online Ride London Surrey
20 00	London & Surrey
	www.prudentialridelondon.co.uk
29-30	Summer Jousting Tournaments
	Hever Castle, Edenbridge, Kent
29-30	www.hevercastle.co.uk  Dinosaur Weekend
20 00	
	vveilington Country Park, Berkshire
	Wellington Country Park, Berkshire www.wellington-country-park.co.uk
30	www.wellington-country-park.co.uk <b>Rustic Sunday</b>
30	www.wellington-country-park.co.uk

# **August**

1 Build a Dinosaur Challenge
Haslemere Museum, Haslemere
www.haslemeremuseum.co.uk
1- Summer Fun on the Farm
3 Sept Bocketts Farm, Fetcham
www.bockettsfarm.co.uk
1- Robots
3 Sept The Science Museum, London
www.sciencemuseum.org.uk

We appreciate that on a family day out, if the children are happy then the chances for the entire family to enjoy the day are enhanced. Every effort is made to ensure that information is correct at time of going to press, but ABC Magazine cannot be held liable for any errors or omissions.

1-	Animal Antics
3 Sept	Godstone Farm, Godstone
	www.godstonefarm.co.uk
1-	Dusty's Wildlife Rangers
3 Sept	Arundel Wetland Centre, Arundel, Sussex
-	www.wwt.org.uk/arundel
1-12	Guildford Summer Festival
	Various venues, Guildford
	www.guildford.gov.uk
1-20	The Borrowers
	Polka Theatre, Wimbledon
4.05	www.polkatheatre.com
1-25	Summer Holiday Family Activities
	Brooklands Museum, Weybridge www.brooklandsmuseum.com
1-27	Hatch
1-21	Polka Theatre, Wimbledon
	www.polkatheatre.com
1-	The Great Brick Safari
1 Oct	Marwell Zoo, Winchester, Hampshire
	www.marwell.org.uk
5-6	Loxwood Joust
	Loxwood Meadow, West Sussex
	www.loxwoodjoust.co.uk
5-6	Teddy Bears Picnic
	Wellington Country Park, Berkshire
	www.wellington-country-park.co.uk
5-6	Castle Canines
	Hever Castle, Edenbridge, Kent
7 44	www.hevercastle.co.uk
7-11	Creative Arts Week
	G Live, Guildford www.glive.co.uk/online
12	Milkshake! Live
12	G Live, Guildford
	www.glive.co.uk/online
12-13	Fairy & Pixie Weekend
	Wellington Country Park, Berkshire
	www.wellington-country-park.co.uk
12-13	Loxwood Joust
	Loxwood Meadow, West Sussex
	www.loxwoodjoust.co.uk
12-13	Summer Jousting Tournaments
	Hever Castle, Edenbridge, Kent
	www.hevercastle.co.uk
12-	The Figurative Sculpture of Sean Henry
5 Nov	The Lightbox, Woking
15	www.thelightbox.org.uk Roller Disco
13	Guildford Spectrum, Guildford
	www.guildfordspectrum.co.uk
17	Teddy Bears' Picnic
	Haslemere Museum, Haslemere
	www.haslemeremuseum.co.uk
18-19	Dinosaur World
	G Live, Guildford
	www.glive.co.uk/online
19-20	Pirate Weekend
	Wellington Country Park, Berkshire
	www.wellington-country-park.co.uk
	. 80
	what

Surrey parents really read!

#### 19-20 **Summer Jousting Tournaments** Hever Castle, Edenbridge, Kent www.hevercastle.co.uk 20 Miniature Steam Train Rides Stoke Park, Guildford www.gmes.org.uk 25-28 **Summer Jousting Tournaments** Hever Castle, Edenbridge, Kent

www.hevercastle.co.uk 26-27 Wings & Wheels

Dunsfold Park, Cranleigh www.wingsandwheels.net 26-28 **Hop Through History & Jousting** 

Hever Castle, Edenbridge, Kent www.hevercastle.co.uk 26-28

The Big Inflatable Takeover Wellington Country Park, Berkshire www.wellington-country-park.co.uk 27-28 **Agricultural Show** 

Ardenrun Showground, Lingfield www.edenbridge-show.co.uk 28 **Carshalton Environmental Fair** Carshalton Park, Carshalton

www.envfair.org.uk 28 Godstone Fete & Donkey Derby The Green, Godstone www.godstonefete.co.uk

**Animal Antics** Godstone Farm, Godstone www.godstonefarm.co.uk 1-3 **Dusty's Wildlife Rangers** Arundel Wetland Centre, Arundel, Sussex www.wwt.org.uk/arundel 1-3 Robots The Science Museum, London www.sciencemuseum.org.uk 1-3 Summer Fun on the Farm Bocketts Farm, Fetcham www.bockettsfarm.co.uk 1-5 Summer Fun on the Farm Bocketts Farm, Fetcham

www.bockettsfarm.co.uk 1-17 Mayfield Lavender Carshalton Road, Banstead www.mayfieldlavender.com **Sensational Butterflies** 

1-17 Natural History Museum, London www.nhm.ac.uk The Great Brick Safari

1 Oct Marwell Zoo, Winchester, Hampshire www.marwell.org.uk 2-3 Comic Con

Guildford Spectrum, Guildford www.guildfordspectrum.co.uk 3 **American Day** 

Brooklands Museum, Weybridge www.brooklandsmuseum.com 9 **Roller Disco** 

Guildford Spectrum, Guildford www.guildfordspectrum.co.uk 10 Food & Drink Festival

G Live, Guildford www.glive.co.uk/online

16 The Lightbox 10th Birthday Party The Lightbox, Woking www.thelightbox.org.uk

16-17 Tractor Ted Live! Godstone Farm, Godstone www.godstonefarm.co.uk

#### Disclaimer:

The information contained in this listing is given in good faith on the basis of information available to ABC Magazine. ABC Magazine cannot guarantee the accuracy of the information and accepts no responsibility for any error, omission or misrepresentation. All liability for loss, disappointment, negligence or other damage caused by the reliance on the information contained herewith, is hereby excluded.

17 **Epsom and Ewell Rotary Fun Day** Hook Road Arena, Epsom www.epsomfunday.net 24 **Autumn Fair** The Diamond Centre, Carshalton www.diamondcentre.org.uk 25-26 The Hunting of the Snark

**Grandparents Go Free!** Godstone Farm, Godstone www.godstonefarm.co.uk

G Live, Guildford www.glive.co.uk/online

The Great Brick Safari Marwell Zoo, Winchester, Hampshire www.marwell.org.uk

1-29 **Autumn Colour Trail** Hever Castle, Edenbridge, Kent www.hevercastle.co.uk

The Big Draw - Living Lines Haslemere Museum, Haslemere www.haslemeremuseum.co.uk

14-15 **Aviation Weekend** Brooklands Museum, Weybridge www.brooklandsmuseum.com 21 **Roller Disco** 

Guildford Spectrum, Guildford www.quildfordspectrum.co.uk 21-29 Wizards & Witches Week

Bocketts Farm, Fetcham www.bockettsfarm.co.uk 21-29 Hallo'welly'ween

Wellington Country Park, Berkshire www.wellington-country-park.co.uk

21-29 Haloween Half-term Fun Hever Castle, Edenbridge, Kent www.hevercastle.co.uk 22 **London Bus Museum TransportFest** 

Brooklands Museum, Weybridge www.brooklandsmuseum.com 23-27 **Half-term Family Activities** Brooklands Museum, Weybridge

www.brooklandsmuseum.com 23-29 Willa's Workout Halloween Fun Godstone Farm, Godstone

www.godstonefarm.co.uk **Haunted Halloween** 27 Haslemere Museum, Haslemere www.haslemeremuseum.co.uk

28 **Peter and The Wolf** G Live, Guildford www.glive.co.uk/online

29 **Low Bangs Fireworks Display** Godstone Farm, Godstone www.godstonefarm.co.uk

LOOK OUT FOR THE NEW WINTER **ISSUE OF ABC - OUT & ABOUT** FROM 1st NOVEMBER!

# November

1-2 Peppa Pig's Big Adventure G Live, Guildford www.glive.co.uk/online

1-5 The Figurative Sculpture of Sean Henry The Lightbox, Woking www.thelightbox.org.uk



# Where can we go?



# Days out for FREE • Days out for FREE • Days out for FREE •

### All these places offer free admission and may also have other facilities available for a charge (such as tea rooms, boat hire, golf etc)

Beddington Park and Grange Lake - Many facilities including skate park, playground and indoor soft play. Pavilion cafe, heritage walk and boating lake.

Buckland, Windmill Church, Reigate Heath - Only church inside a windmill, worldwide. Collect key from adjacent Golf Club.

Burpham, Sutherland Memorial Park - Fenced play area with adventure play structure. Toddlers play area. www.guildford.gov.uk/sutherlandmemorialpark

Carshalton, Oaks Park Nature Trail - Walk of less than 3 miles through exciting flora and fauna. Tearoom and craft centre. www.friendsofoakspark.org.uk

Caterham, East Surrey Museum - Regularly updated exhibitions of life in early East Surrey. 'Hands On' junior room. www.eastsurreymuseum.org.uk

Caterham, Queen's Park Fun Playground - Facilities for basketball, football, tennis, and croquet. www.fieldsintrust.org/Queens-Park

Chertsey Recreational Ground - Putting green, areas for tennis, cricket and football. Play equipment, some for disabled children. www.runnymede.gov.uk/recsandparks

Chertsey, Gogmore Farm Park - Play areas for toddlers and older children, tennis courts, multi-use games area and riverside walks

Cobham, Cobham Mill - Restored working water mill producing flour for the first time in 60 years. www.cobhammill.org.uk

Croydon Clocktower - Cultural centre, exhibitions, museum, live performances, art house films, library, cafe, bar and Tourist Info Centre.

Dorking, Box Hill - Mature woodland and chalk downland with amazing views. Discovery Zone, Information Centre and café. www.nationaltrust.org.uk/box-hill

Egham, Runnymede Pleasure Grounds - On the Thames; playground with equipment and café

Epsom, Horton Country Park - Golf, farm and riding centre. Countryside walks, events, activities and Information Centre. www.hortoncountrypark.co.uk

Farncombe, Godalming, Broadwater Park - Separate adventure play areas for older and younger children. Walk round the 10 acre lake and feed the ducks

Farnham, North Downs Way - Trail of 45 miles with beautiful views. Well signposted and with public transport for the less energetic! www.northdownsway.co.uk

Farnham, Alice Holt Forest Woodland Park - Forest walks, habitat trail and organised activities. www.forestry.gov.uk/aliceholt

Farnham and Hindhead (between), Frensham Great Pond - Part of Frensham Common. A beach to play on and build sandcastles, swimming from May

Frimley, Frimley Lodge Park - Over 59 acres with an adventure playground, pitch and putt, miniature railway, woodland, canal side walks and tearoom

 $\textbf{Godstone, Bay Pond -} \ \textbf{Nature study with pond life}. \ \textbf{Sensory garden, hay meadow and bird hide. www.surreywildlifetrust.org/reserves/bay-pond} \ \textbf{Sensory garden, hay meadow and bird hide.} \ \textbf{Sensory g$ 

Guildford, Guildford Castle Grounds - Statue of Lewis Carroll's 'Alice' and historic bowling green. www.guildford.gov.uk/castlegrounds

 $\textbf{Hampton, Bushy Park -} Ponds \ and \ waterways, \ woodland \ gardens, \ deer \ and \ children's \ playground. \ www.royalparks.org.uk/parks/bushy-park$ 

Haslemere Educational Museum - Historical exhibits, geology gallery, natural and human history. www.haslemeremuseum.co.uk

Lightwater Country Park - Heathland, meadowland, ponds, children's playground, nature trail, finess circuit and Visitor Centre. www.lightwatervillage.co.uk/country-park.htm

Merton, Merton Abbey Mills - A historic arts riverside village with shops, restaurants and a colourful weekend market. www.mertonabbeymills.org.uk

Milford, Witley Common - Good nature trails, children's activities and an Information Centre.www.nationaltrust.org.uk/witley-and-milford-commons

Morden, Deen City Farm - Community project working farm, includes rare breeds, riding school and pre-arranged tours. Café and shop. www.deencityfarm.co.uk

Morden Hall Park - Parkland with nature club and guided walks. Craft workshop, holiday activities, Discovery Days, café and shop. www.nationaltrust.org.uk/morden-hall-park

 $\textbf{Mytchett, Basingstoke Canal Visitor Centre -} \ Children's \ play \ area, \ narrowboat \ trips, \ tearoom \ and \ shop. \ www.basingstoke-canal.co.uk, \ trips, \ tearoom \ area, \ narrowboat \ trips, \ tearoom \ and \ shop. \ www.basingstoke-canal.co.uk, \ trips, \ tearoom \ area, \ trips, \ trips, \ tearoom \ area, \ trips, \ tri$ 

Reigate, Priory Park - Play areas, duck feeding, playing field, five-a-side, skate ramp, basketball, walks and refreshments. www.reigate-banstead.gov.uk/priorypark

Richmond Park - Largest open parkland in London. Fallow and red deer herds wander freely. www.royalparks.org.uk/parks/richmond-park



Brooklands Museum. Brooklands Road, Weybridge, Surrey KT13 0QN info@brooklandsmuseum.com 01932 857381

For prices and times visit:

www.brooklandsmuseum.com

Special activities subject to weather and operating conditions



#### **BROOKLANDS** MUSEUM

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BERTIE BEAR PEDAL PLANES

kids tours Concorde 9



4D Theatre Concorde Experience Trails for kids London Bus Museum Soft Play Area Discovery Café

**FOLLOW US** 







Heaven Farm is very aptly named - it is both a wonderful and a magical place - visitors of all ages cannot fail to be enchanted by its simple beauty and historic charm.

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Easy to find and with plenty of free parking, we headed straight for the Stable Tearooms for a cup of tea and to work out the best route for our nature trail. The trail map is clear and informative with fascinating pointers to times gone by and we found the tranquil beauty surrounding us very relaxing. We sat on a bench amongst the chickens and guinea-fowl as they clucked their way around the farmyard.

Various footpath junctions along the trail offer explorers a choice of a short or longer route to suit their abilities. Take your time though and don't forget your camera as the light is wonderful and the fauna magnificent. The wallabies may not be indigenous, but they've made themselves at home here in 'Heaven' and are a delight. The trails are well-trodden with good signs but unfortunately, prams or wheelchairs are not practical because of the evolving nature of the terrain. Off the trail however, access for all is good and there's plenty going on, in and around the farmyard.

Heaven Farm is a lovely relaxing place and although famous for it's fabulous bluebell woods, its other features alone merit a visit. As a great 'back to nature' family day out we cannot recommend it highly enough - after all, who wouldn't want to go to 'Heaven' for the day?

Heaven Farm, Furners Green, Uckfield, TN22 3RG Telephone 01825 790226 www.heavenfarm.co.uk



is FREE and will remain so as long as the advertisers are aware of the magazine that Surrey parents read! Please mention ABC when replying to adverts, give copies to your friends, and help spread the word!

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## Win fab prizes with ABC

## Enjoy the journey this summer!



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These audiobooks, starring some of Britain's best-loved actors, bring

these wonderful stories to life and are a perfect companion for your child on those long summer car journeys.

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- Alice's Adventures in Wonderland

£10.99 CD format, £5/£6 digital download. Duration: 2 hours approx. Available from www.amazon.co.uk





We've teamed up with BBC Audio to offer 6 lucky ABC readers the chance to each win 3 BBC children's classics CDs, together worth over £30. For your chance of winning this great prize simply tell us the approximate length of each audiobook.

Normal ABC competition rules apply and can be found on page 3 or see www.abcmag.co.uk

#### The Loxwood loust - is the

UK's premier mediaeval fun day out, taking place at the enchanted Loxwood Meadow - it is the most spectacular mediaeval festival in the Realm with an unrivalled programme of mediaeval mayhem.

Step back in time and experience the verve and vigour of a world where lives were harsh and hearts were passionate at this unique, fun and educational day out for all the family!

Each day from 10am to 6pm, the Loxwood Joust's unrivalled programme of mediaeval revelry guarantees a day out like no other. A fast-paced, all action jousting tournament will amaze and astound whilst daring displays of weaponry, archery and cannon fire will enthral as fully armoured knights prepare to meet in a thunderous battle. Wander the massive Living History Village in the 'Mediaeval Meadow' - a totally authentic recreation of a mediaeval battle camp and browse the Mediaeval Market Place where traders and hawkers vie for your attention as companies of actors, wandering minstrels, the Court Jester and dance troupes entertain and delight throughout the day.

Try your hand at archery and blacksmithing, sup fine ales and dine on local organic fayre while the little ones can enjoy their very own Children's Kingdom - a festival within a festival where the Mediaeval Groat is the currency! This 'Mini Mediaeval Mayhem' includes Have-a-go Archery, Face and Wound Painting, Pelt the Peasant and 'Sword School' where you can learn to be an apprentice knight - welcome to your heritage!

5th, 6th, 12th & 13th August 2017 - two weekends of Mediaeval Mayhem! www.loxwoodjoust.co.uk





For more details and to book visit thelightbox.org.uk

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The Loxwood -5TH 6TH 12TH & 13TH AUGUST 2017, 10AM - 6PM THE LOXWOOD MEADOW, WEST SUSSEX, RH14 OAL 2 WEEKENDS OF MEDIAEVAL MAYHEM Full Contact Jousting • Thunderous Battles with FULLY ARMOURED KNIGHTS Real Ales and Pig Roast • Pelt The Peasant • Have-a-Go-Archery Face and Wound Painting • Childrens Kingdom • Mediaeval Baebes New for 2017 Torture Zone • Mediaeval Gaming Zone AND MUCH MUCH MORE / MAIN ATTRACTIONS TWICE DAILY SAVE MONEY WITH ADVANCE TICKETS Adult £12. Child £6 Adult Gate £15, Child Gate £6 (4-14). Under 4's go free. FREE CAR PARKING. More info & advance tickets from LOXWOODJOUST.CO.UK Tickets in person from GUILDFORD TIC, HORSHAM TIC, BURGESS HILL TIC

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The Village, Guildford is a new, vibrant event space located in the heart of Guildford, with a stage area, an open public space and seating. A mix of food concessions will be serving a tempting array of street food and there are also retail outlets and a licensed bar to enjoy. Every Thursday morning they get creative with crafty creative sessions designed to delight the under-fives.







...it's what everyone reads! www.abcmag.co.uk

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## heatre time

ost young children love the theatre and if you take your children to the theatre early in their life they will see and experience one of life's greatest cultural pleasures and hopefully develop a love that will last them a lifetime.

Make sure you take children to an age appropriate production and if they are very young, head to a children's theatre production as these are usually quite short in length (under an hour) and designed with a child's attention span in mind!

Before you go to the theatre, explain to your child what they will be seeing and, that you are taking them to a live theatre performance. Familiarise them with the characters, the plot and the setting and if there is a book of the play, read it with them.

It's also a good idea to tell your

child how they will be expected to behave and explain what is required of the audience in order to help the actors do a good job; use your own judgment concerning what they will understand and how much they can retain.

Then, you can sit back and enjoy watching their excited faces as the characters come alive and give you all a trip out that will produce some lovely memories.



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Winners of the National Category Amateur Swimming Association Awards for Private Swim School n the summer there is nothing more appealing than a dip in the sea, a paddle in a river or an afternoon at the pool or lido. And because we're so relaxed and having fun, we may be more likely to think about excitement rather than safety and that's when accidents are most likely to happen.

#### **Danger of drowning**

Drowning is the second leading cause of unintentional injury-related death among children ages 14 and under, with children under the age of

#### Summer intensive swimming courses with Atlantis Swim School

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Call 020 8335 3536 for further details www.atlantisswimschool.co.uk five at the highest risk. Many drownings and near drownings occur when children are left unattended by a pool, pond or in the bath. It isn't surprising to learn then, that the majority of all drownings and near drownings occur between May and August.

It's also a fact that the drinking of alcohol plays a large part in drowning in adults, and the consumption of alcohol should be avoided at all costs if you intend swimming of any kind - especially if you are looking after children near water as you may be their one hope of rescue.

#### New splash play for Priory Park

rand new splash play equipment is to be installed in the Priory Park play area in Reigate. The new area will include wet pour rubber flooring made up of two colours to depict sand and water, making the existing ship look close to the beach.

Greenspaces Services Manager, Emanuel Flecken said "The exciting new play facility will be well worth waiting for. The new splash pad design sprays water at a variety of heights, pressures and patterns and it is sure to be a great addition to the playground."



Even inside the home, toddlers and children are attracted to water and love to play in it. Unfortunately, they don't understand Between the dangers of 60-90% of drowning so you have to drownings occur be their safety in residential pools, mechanism. such as pools in Children can back gardens. drown in as little as one inch of water in a matter of seconds and it can happen in the time it takes a parent to answer the phone while a bath is running. So always either ignore the phone or take your toddler with you!

Water safety at the swimming pool

Between 60-90% of drownings occur in residential pools, such as pools in back gardens. Amazing as it may seem, a pool is 14 times more likely than a motor vehicle to be involved in the unintentional death of children aged four and under.

#### To keep your child safe, here are some straightforward rules to abide by in swimming situations:

- Never leave your child alone in or around a swimming pool or a spa.
- Teach children how to swim. Enrol children in swimming lessons taught by qualified instructors when your child is

habits. Children should not run, push others under water, jump on others, dive or jump in

> shallow water or swim during lightning storms or other

bad weather.

- Keep a telephone, emergency phone numbers and rescue equipment at the poolside.
- Empty inflatable

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## **Swim Safe** this summer

ith the weather getting warmer and holidays by the sea booked, many parents will be wondering how to ensure sure their children stay safe in the water this summer.

An initiative is providing every primary school with a range of resources to help teach young people how to enjoy the water safely.

The Swim Safe school campaign is being led by Swim England and the world's leading online security company, Norton by Symantec. The two organisations have come together in a new partnership to ensure young people stay safe in the water as well as online.

"As summer holidays approach it is important that parents are equipped to keep their children safe. From surfing online to surfing the waves, children get up to all sorts in summer, which is why we have partnered with Swim England. We believe it's important to support families and encourage them to teach young people how to enjoy their summer safely", said Nick Shaw, vice president, Consumer Business Unit, Symantec.

The new resources will complement the work schools already do on water safety. Jane Nickerson, Swim England CEO, commented: "Every primary school already teaches swimming and water safety as part of the national curriculum. These fun resources have been designed to help support these classes so that every child is aware of these important water safety messages."

Primary schools across England will receive their Swim Safe packs in time for the start of the summer term. They are also available to download via swimsafe.org.uk/school-resources.

Schools are also being encouraged to sign up to take part in a free, practical Swim Safe session at one of 15 sites across the UK. Schools can find out more information by visiting www.swimsafe.org.uk

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pools and store out of children's reach when not in use.

#### Safety advice for open

The majority of drownings among older children occur in open bodies of water. These drownings happen when an older child overestimates his or her swimming ability or when he or she is swimming in an unsupervised area (over confidence and showing off are usually involved).

#### To prevent drownings in natural or open bodies of water, read the following tips:

- · Always watch your child while at the beach, lake or other natural bodies of water.
- Never let older children swim in unsupervised areas like such as water wings, quarries, are not considered canals or ponds. Make it clear they are off limits and tell them why. Many times children underestimate the depth of water.
- Make sure your child wears a personal flotation device when in or near natural bodies of water. Air-filled swimming aids, such as water wings, are not considered safety devices and are not substitutes.

#### **Diving dangers**

Diving is one of the most

hazardous water activities. Most diving-related injuries occur in pools with 5 foot (about 1.5 metres) of water or less.

#### Take the following precautions to prevent diving-related injuries and

- Do not let your children dive into water unless an adult is present and knows that the depth of the water is greater than 5 foot.
- Never allow your children to dive into above ground pools.
- Teach your children to dive with their hands in front of their face and to swim toward the surface immediately upon entering the water to avoid hitting the bottom or sides of the pool.

Air-filled

swimming aids,

safety devices

and are not

substitutes.

- Teach them to dive only from the end of the diving
  - board; never let them dive from rooftops, balconies, ledges or fences.
- Teach them to keep their dives simple.
- Make sure your diving board is in good condition before allowing your child to use it.
- Do not permit children to run and dive.

By following these simple safety precautions, tragic drownings and near-drownings can be avoided. ABC



## Get splashing for Tommy's

his year, Tommy's are hoping to raise £1million with the help of Water Babies and the hugely successful Splashathon.

You can expect all the fun, bunting and balloons of all fundraising events, but at Splashathon, the 'athletes' are less than four years old!

Splashathon is a really fun experience for everyone, but there's an important reason behind it too. Every year, one in four women lose a baby during pregnancy or birth, Tommy's believe this is unacceptable, and fund research into pregnancy problems and provide pregnancy health information to parents.

To find out how you can get involved go to www.tommys.org/splash

# Enjoy and active summer active summer active summer active summer actives and in his novel Pig.

s Arthur Ransome, author of Swallows and Amazons observed in his novel Pigeon Post "Term-time was gone as if it had been wiped out. Real life was beginning again." Sadly, it seems the Swallows and Amazons experience that many of us connect with our upbringings just no longer exist. Freedoms have been reconsidered in the face of safeguarding and child protection as society has changed over the generations.

The school summer holidays are a period of relaxation following a busy academic year. For many of us, the quintessential school summer holidays involve endless bicycle rides, splashing

about in paddling pools, enjoying barbeques and holiday signals picnics and spending time a period of liberty, with friends. free from the For older constraining rules students, this and regulations six week break is a welcome destination

following a demanding exam schedule. For many children, this extended holiday signals a period of liberty, free from the constraining rules and regulations of school. In an era where the well-being and mental health of our young people is at the forefront of our minds, the summer holidays

opportunity to redress the work/ play life balance of our children.

Homes where carers are in fulltime employment are required to plan the summer

...this

extended

of school.

holidays carefully to establish a family life timetable

that balances the needs of all. For those families with childcare at home.

keeping children

entertained and content for a single six week block can be a daunting





(continued from previous page) through organised activities and social interactions, enabling children to thrive through engagement with

Coming

friends and peers.

together with Over the years, strangers over a provision for children common skill set, throughout topic or hobby will the school bring individuals holidays has together... developed and enjoyed vast improvements in quality and content. A wide and stimulating offering is now available for parents and young people to choose from, to avoid spending long days in front of the television or computer screen. These activities must be investment opportunities for the young people, where days consist of inspiring and exciting pursuits from which they come home enthused. If we are to be fair and honest to our young people, these often costly

recreations cannot be merely expensive babysitting services.

When selecting activities where children and young

people will be left in the care of others, parents must be sure to check key aspects of the provision of care. For instance:

• Is the activity, your child, the venue and practitioners fully insured?

- Have all adults who are solely responsible for the care of your child in receipt of a full DBS check?
- Is there an adequate child protection policy for the activity and what safeguarding principles do they have in place?
- Is there access to qualified first aid staff and are medical details and allergy information appropriately disclosed and provided for?

In an ideal world, school is a place where the minds of young children are challenged and their imaginations stretched. We must expect nothing less from the summer holiday activities we provide or select for our young people. The summer holidays provide an ideal opportunity to enrich an appetite for learning through experiential enhancement activities alongside other interested and engaged peers. Coming together with strangers over a common skill set, topic or hobby will bring individuals together through their shared interests, providing healthy opportunities for new friendships to be struck and developed. Not only may we be providing moments to boost learning and creative development, but we may also be enabling improvement of social interaction and stimulating communication between children, their peers

and adults. The quality of the

learning experience is paramount to both social development and the acquisition of skills.

A balance between rest, play and learning must be struck and this is a delicate one to maintain over the six week school holiday. As with any aspect of learning and development, if you are looking to form a judgement of the teaching and provision of care, look to the student. Children who are stimulated, engaged with and communicated with are happy children.

Anna McNamara FRSA
Anna McNamara is the Principal of the
Guildford Theatre School and founder
of the Guildford Summer Youth
Project, holiday activities now in their
tenth year at The Electric Theatre, for
children between four and 16 years
old working under the guidance of a
highly skilled professional team on one
week courses to stage a musical.
www.guildfordtheatreschool.co.uk



ABC

- the magazine Surrey parents really read... it's got everything in it!



ive music has become the exception rather than the rule in dance classes these days as new technology supercedes old and budgets prohibit it. But where collaboration between dance teachers and pianists is forged, live piano music offers the classical ballet class many benefits.

Phillipa Hogan SCHOOL OF DANCE "Inspired by passion!" Ballet Top Modern Theatre Contemporary For girls & boys aged 2 1/2 years to adults **Bursaries Available** St Hllary's School, Godalming St Mary's School, Chiddingfold Hascombe Village Hall Chiddingfold Village Hall Telephone: 01428 683990 Email: phillipa.hogan@btinternet.com www.phillipahoganschoololdonce.co.uk

Sometimes a teacher is looking for music outside the fixed curriculum to encourage children's listening skills and stimulate them to respond to variation and this is where the relationship between teacher and pianists comes into its own. The teacher may be looking for a particular beat or rhythm and she can simply request the pianist to play a piece at a different tempo, or improvise a mazurka or a jig if that is required, rather than stopping the class to manipulate the speed of the music on a CD player or iPod. From a practical point of view, live music can only maximise class time and so often a versatile and skilled pianist will be able to pull a tune out of the hat and play on

the spot, varying the speeds and

repetitions of parts according to

the teachers needs. Each dance

class can offer a new challenge to the dancer, when a pianist plays slightly faster one day and slower the next. It also saves the teacher time and enables her to conduct a class continuously

from beginning to end. When it comes to

examination The practice and adaptability also the a dancer learns examinations themselves, through training pianists are with a pianist still preferred is crucial. and at the Royal Academy of Dance Headquarters

> If a talented child is pursuing a dance career then at some point they will need to be able to perform with live music. The adaptability a dancer learns through training with a pianist is crucial. Musicality is part of being a dancer and if you do not have this skill it is very obvious to the teacher and to an audience. Like

are used all the time.

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musicians, dancers need to be able to express their storyline and emotion by the way they respond to the music.

Arguably this can be done with recorded music, however, live music makes a dancer listen to what the pianist is playing and it makes for an intelligent dancer rather than a robotic one.

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what the pianist is Good dance playing and it makes pianists are for an intelligent a rare breed, dancer rather than requiring a a robotic one. very specific combination of patience, the ability to play impromptu pieces, a decent knowledge of ballet and the ability to work with children. They can anticipate and find the mood and feel of the music that a teacher needs for a particular dance exercise. Pianists need to learn the format of a standard class, how to respond to requests from the teacher for certain kinds of rhythm or styles, whether to start playing before or after the students dance and that is something only learnt through immersion and experience.

Pianists have a wealth of knowledge when it comes to dance productions and demonstrations and are readily able to come up with inspiring and uplifting pieces of music for teachers to choreograph and work with. The harmony between dancer and pianist provides the audience a higher level of engagement.

At our dance school a strong relationship between the Principal and her two pianists over 19 years has enabled the dance school to have the leading edge over other local competitors. Pianists are an integral part of the ballet classes for children aged two and half years to advanced pupils. For

the junior pupils the pianists interact instinctively with the teacher's imaginative creativity and instruction and are always able to find the right music that the children can relate to, such as famous ballet tunes or music they may be familiar with.

Older students can broaden their musical repertoire when pianists

introduce wider musical styles and pieces in class.

"My pianists are
of a high calibre
and extremely
versatile. Nothing
is ever going to beat

live piano music, and I find that my dancers become more inspired when performing with the pianists", says Phillipa Hogan.

Many of our dance pupils have excelled to the level where admittance to professional dance schools becomes their next step. In some cases children are able to take their training on to join dance companies and London West End stage productions.

Despite the obvious benefits of live music, dance schools across the world are finding it increasingly difficult to justify the cost and are turning to cheaper and diverse alternatives brought by the rapid

advancement of technology and If a talented apps. But those child is pursuing dance schools a dance career then that are still at some point they able to provide will need to be able live music are to perform with able to continue live music. an art form that puts them and their dancers a step above

the rest. ABC

At Phillipa Hogan School of Dance in Godalming, Surrey, we cater for boys and girls from two and half years to adults. We provide a range of dance styles including Ballet, Tap, Modern Theatre Dance, Contemporary and Adult Ballet and Tap.

Contact Phillipa Hogan School of Dance Telephone: 01428 683990 www.phillipahoganschoolofdance.co.uk Visit us on Facebook and Twitter



The cost of raising a child in the UK, from birth to the age of 21, has reached £231,843 - making it more expensive than the average semi-detached house!

According to the annual 'Cost of a Child' report from protection specialist LV=TM, the cost of raising a child has increased by more than £2,500 in the last year, and in London, the cost of raising a child is now more than a quarter of a million pounds - £253,638.

The most expensive years are between the ages of one and four, with the cost of childcare and babysitting in particular adding to the financial strain, amounting to nearly a third of the total cost of raising a child. Childcare costs increased by the most over the last year, making it the second biggest expense after education.

## Win fab prizes with ABC

#### Gorgeous Ergobaby carrier



The Ergobaby Adapt carrier is made with 100% premium cotton and provides a new level of comfort for parents, as well as featuring three different width settings for your baby. This adaptability ensures your baby is supported at every stage of development, without the need for a separate infant insert.

The Ergobaby Adapt is now available in two sophisticated new monochromatic-inspired prints: Geo Black and Graphic Grey. Suitable from birth for babies above 7lbs.

The Ergobaby Adapt carrier is available from Amazon and good nursery retailers. RRP £119.90.



We've teamed up with Ergobaby to offer 2 lucky ABC readers the chance to each win a Ergobaby Adapt carrier in the new print of their choosing, worth £119.90. For your chance of winning this great prize simply tell us what new prints the Ergobaby Adapt carrier now comes in.

Normal ABC competition rules apply and can be found on page 3 or see www.abcmag.co.uk



## The power of play The benefits of classes for

#### From toy to social tool

In the beginning, toys and objects serve as play things for infants to suck, grab and swat and to eventually push, pull, drop and stack in an exploratory manner. Sometime between 12 to 18 months, children begin to use toys and objects not only as a function, but as tools for initiating social interactions. Get a group of

babies and toddlers on a parachute with bubbles and you will see the social interaction that occurs.

Toys are also tools for imaginative play. To the toddler, an air-shape is no longer just a soft weighted object that can be held or tossed. It becomes a telephone to hold at your ear, cheese to put on a sandwich, or a present to give to a friend.

#### **Physical play**

Young children enjoy learning through physical play because it helps them refine budding motor skills. It teaches them to control their bodies, develop confidence and

understand their Repetitive abilities and and simple limits. Physical activities with play can toys and objects also redirect frustration help your toddler and pent up to confirm ideas energy caused of how they from the stress of function.

encountering new situations. To support physical play, find classes

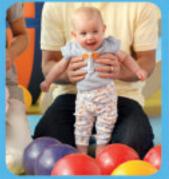
that provide climbing pieces for your child to tackle under your supervision.

Balls, beanbags and blocks are great for pushing, stacking, carrying and eventually for

initiating social interactions with peers. Repetitive and simple activities with toys and objects help your toddler to confirm ideas of how they function. Once your child has

(continued over the page)









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www.gymboreeclasses.co.uk



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the time to discover objects and toys, they will be ready to use them as tools for more complex social and cognitive activities.

#### Pretend play, real learning

The toddler's ability to use a toy as a tool for imaginative play is an important step for being able to engage in pretend play, an inevitable social milestone in the young child's development. The ability to pretend emerges by 18 months of age and pretend play becomes more sophisticated by three years. It may seem like make believe to

the adult eye, but it's what a child uses for practising adult roles like going to the shops or taking care of a baby, and acting out familiar events and actions like eating breakfast or getting ready for bed. Classes that encourage children to use their imagination amongst peers are a great way for a child to develop these skills.

#### Being with your peers

Peers become more interesting to young children, especially throughout the preschool years. Classes are a great place for children to interact alongside

each other.

The play between a young child and their peers will most likely take the form of parallel play, play that is near peers but not collaborative. By two and a half to three years, a child's play will become more cooperative. Classes that are structured to take account of these changes with developmentally appropriate activities will aid the transition from parallel to cooperative play.

#### **Preschool classes**

Seek out classes that offer an array of developmentally appropriate play, music and art activities for you to enjoy with your child. Ensure that creative activities, equipment, toys and props change from class to class to ensure maximum challenge for your child, whatever their age.

Classes based on themes are great, as through theme-related activities, they support the child that is beginning to pretend, and supplies you with ideas for how to engage in pretend play

which involves you in the learning ...your involvement and guidance play an important role in your child's social and cognitive development.

process. Not only can a slide and tunnel set-up provide large motor activity, in your child's mind, it can become a submarine 'under

the sea' to crawl through or a 'monkey island' at the zoo to climb on.

Play is a powerful thing for both you and your child. It emerges on its own but your involvement and guidance play an important role in your child's social and cognitive development. ABC

> If you are interested in encouraging your child's physical development, based on their age and developmental goals, and would like to try our fun and energetic classes, please contact Gymboree Play & Music Surbiton, Walton on Thames or Horsley for a FREE trial. Our specially designed equipment is suitable for babies from pre-mobile at six months all the way up to active five year olds!





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T: 01932 429240

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Kingston & Surbiton

E: kingston surbiton@monkeymusic.co.uk

T: 020 8224 3971

Leatherhead & Dorking

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Nurturing a lifetime of music www.lmcnkeymusic.co.uk

## The benefits of trampolining!

rampoline parks have become one of the UK's most popular activity destinations for children - and quite rightly so because they're flippin' fun, but there's more to the activity than just the simple joy of freejumping. By taking your child trampolining you're not only putting a smile on their face, but also giving them the platform for a really good workout!

#### Many people aren't aware of these health benefits:

#### Stronger bones

Each jump landing is approximately twice the force of gravity, which strengthens bones and helps prevent brittle bone disease.



#### Improved mental health

Scientists would say that trampolining releases endorphins which are proven to have a positive effect on your mood. Freejumpers would say that it's impossible not to smile when you jump on a trampoline - let

alone 100!

#### Fitness/calorie burning

Studies show that trampolining burns more calories than traditional forms of exercise like jogging - in fact, up to 63% more!

#### Better co-ordination and balance

Trampolining requires different body parts to

work in harmony together - usually muscles you are not used to using too!

#### Children shouldn't have all the fun!

It's well known that exercising regularly can help you build or maintain good health and overall body fitness - but it isn't easy! Firstly, it's difficult to motivate yourself to go for a run, secondly, gyms can be intimidating places and thirdly, it's all a chore!

Well, here's the answer for adults - get your jump socks on and swap that grimace for a smile as you workout alongside your family or friends! It's accessible

no matter your current fitness level or age - beginners may start with gentle jumping for shorter periods of time, hard core fitness fans can tackle the jumping fitness classes.

If you are looking for a new way to have fun, get fit and increase your overall wellness, trampolining is a great option. Find out more about fitness classes at www.oxygenfreejumping.co.uk







## What is the CAA?

## A UK first that parents need to know about

hildren's activities are a valued and much loved feature in the weekly routine for many families countrywide and when attending a structured activity, class or club it is only natural for parents to assume that the organiser is regulated. But this is not always the case. In fact it is shocking to learn that up until two years ago there was no code of practice or even any guidelines in place to monitor standards in the children's activities sector or to help parents make informed choices regarding the wealth of providers out there.

With so many children engaged in activities throughout the UK each week and the average family investing considerable time and money in clubs and classes, it is truly remarkable that independent guidelines were not in place. Now however, thanks to the Children's Activities Association (CAA), this alarming gap has been filled. When choosing activities, parents can now easily get peace of mind on a range of important issues such as insurance, health and safety, criminal record checks, training, qualifications, class content and much more just by asking one question -"Are you a CAA member?"

Set-up by leading industry experts in 2015, the CAA is a not-for-profit, industry-led independent association that is committed to setting and raising standards in all organised children's activities across the UK. This ground-breaking national initiative has truly revolutionised the industry and the way that parents can now make choices with their

pioneering Code of Practice and an accreditation system (lead by one of the UK's leading experts in child development, Dr Amanda Gummer PhD) - that parents can trust.

Activity providers joining the CAA commit to the Code of Practice and the very thorough accreditation programme thus clearly demonstrating their drive to deliver the very best for children and their passion for excellence. The CAA brand gives recognition to those providers who excel and gives parents a 'benchmark' - the reassurance they need when selecting classes for their little ones from the myriad of providers out there. From baby massage to swimming, gymnastics to crafts and football to yoga, ensuring that the provider is a CAA member is now a very important part of the decision-making process for mums, dads and carers.

The brainchild of the organisation is Sam Willoughby, multi award-winning business

owner and
mum who
says: "I have
loved taking
my own
daughter to
many children's
activities since
she was a baby,
so much so I
created online
guides and
awards back in

2006 to help other parents find activities to enjoy with their kids. Having worked in this thriving area of business for over a decade I realised that the companies

working so hard to deliver excellence for children had no way to get any independent accreditation. I was in the unique position to bring together leading providers and experts in the field to make this a reality. We have worked hard to develop a relevant Code of Practice and robust accreditation process and so now for the first time parents can feel confident making informed decisions when making their choices."

Thanks to the CAA, parents don't have to ask dozens of questions any more when considering an activity for their children - simply checking whether the provider is CAA accredited will give them the peace of mind they need - and with more than 200,000 children attending a CAA member class every week, there's something for everyone.

For more on the CAA and its members visit www.childrensactivitiesassociation.org



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the word!





## **Pottery** painting

## perfect for all the family

will last for years

a great sense

of pride...

ottery painting and crafts can provide many learning and development benefits for both children and adults. It is a relaxing and calming time that is enjoyable and creative and can be enjoyed by all ages and those with differing levels of skill. Some therapeutic pottery painting could be just what the family needs as a break during the hectic summer months. It could be the time to get everyone together and really enjoy some quiet quality time.

Pottery painting settings are also great places to hold children's parties as they keep the children focused and sitting down! Most allow you to bring party food and drink in to help keep that creativity flowing.

Creating a tangible piece of art that will last for years can give your child a great sense of pride and achievement and the skills promoted include fine motor skills, concentration, creativity and patience. The final artwork can also make a lovely personal present for grandparents, family and friends.

#### Some things to consider when picking a pottery painting venue:

- Do I need to pre-book or can I just turn up?
- Is the activity suitable for the age of your child? Is there a simple pot that can be painted so that younger children are

not excluded? Often there is a plain pottery tile in the selection which may be a suitable option - not too pricey but still messy and fun!

- What types of pottery do they have available for you to choose from and what is the price range? Most venues have a wide variety of items to paint, from an egg cup to a tea pot, all of which are charged at different prices. It is definitely worth checking the price of your chosen item before your child starts creating their 'work of art'!
- Do the paints stain? Are they safe to use?



- If I'm not painting will I be charged a studio fee?
- How long does it take to glaze/ fire/varnish the pottery? Can I take it home the same day or do I have to come back to collect it?

What can I do if I do not have time to Creating finish my pottery a tangible painting? piece of art that

• Does the venue cater for can give your child large groups? Pottery painting or craft parties are very popular with most age groups.



Paint Your Own Ceramics www.paintyourownceramics.co.uk

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cientists at the Centre for Addiction and Mental Health (CAMH) in Canada have now found that on day five after giving birth, which is when postnatal baby blues typically peak, taking blueberry juice and/or an extract containing blueberry supplements helped to offset their melancholy. With that in mind, we have teamed up with leading nutritionist Dr Emma Derbyshire to offer top tips on how to beat the baby blues with blueberries.

Postnatal depression affects more than one in every five new mothers and usually starts within the first month after childbirth. Postpartum depression has many different causes but one is the rise in monoamine oxidase A - an enzyme that can cause oxidative stress rises when there is postpartum blues. Levels of this enzyme are thought to increase by as much as 40% in cases of postpartum blues. The good news is that blueberries can help to prevent oxidation damage in the brain, particularly that caused by monoamine oxidase A, helping to offset the baby blues.

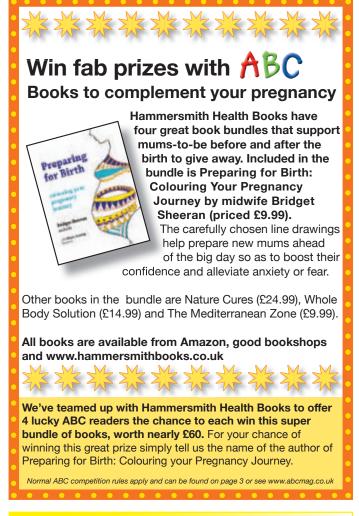
New mums should aim to eat a healthy and balanced diet after birth. This includes drinking plenty of water (especially if breast-feeding), aiming for 'five a day' and eating at least one weekly portion (about 140g) of oily fish. However, eating right after birth is sometimes easier said than done, so here are some tips from Dr Derbyshire on how to help combat the baby blues:

#### Dr Emma Derbyshire's tips for new mums to help combat postpartum depression:

• Have plenty of snacks to the ready. Looking after a newborn can take a lot of energy. Place a banana, berries, or a cereal bar in your baby bag to help give you energy lifts throughout the day.

- Nibble on blueberries. Having a pack of fresh blueberries is a great snack to have to the ready. Chilean blueberries taste great this time of year.
- Eat oily fish. Oily fish is a great source of omega-3 fatty acids which have also been linked to reduced risk of baby blues. So eat oily fish, aiming for one to two weekly portions. Oily fish includes salmon, trout, mackerel and fresh tuna.
- Get enough iron and vitamin D. Don't forget to include ironrich foods such as lean red meat and vitamin D containing foods such as eggs and oily fish in your diet after birth. Anaemia has been linked to emotional upheaval and depression after birth. Low vitamin D levels in early pregnancy have also been linked to higher rates of depression later on.
- Don't forget to drink. Being busy with a new baby can leave us somewhat distracted and it is not uncommon to 'forget' to drink. Keep a bottle of water in your bag or by your side when you are feeding your little one.

More health tips, recipes and berry info can be found at www.seasonalberries.co.uk



## Night nannies

#### What is a night nanny?

She is a trained professional, with extensive newborn experience, who will arrive bedtime routine, and work a 10 breastfeeding hour shift for and any sleep you (although issues. these hours are negotiable). She will help you with the night time feeds, bedtime routine, breastfeeding and any sleep issues.

Depending on your preference, your night nanny can rest in the same room as your baby, or you will sleep with your baby and the night nanny will offer support and guidance when needed. When your baby wakes for a feed, the night nanny will make sure good feeding practices are being learnt, she will ensure your baby stays awake to have a good feed, and she will then wind and settle your baby.

Often mothers drift off to sleep whilst feeding and may not have

winding or settling their baby if they She will are tired. This help you with the can result in the night time feeds,

the energy to spend time on

baby waking again within a short period requiring further winding and possibly another feed. An exhausted mother may not recognise this in the small hours of the night. A night nanny will make sure everything stays on track whilst

#### What are the benefits of using a night nanny?

you get the best sleep you can.

For the first few months, your baby will need to be regularly fed, day and night. Having a new baby can feel exhausting, but by hiring a night nanny you can avoid the sleep deprivation that can occur, a night nanny will help you through these early weeks and months. Knowing there is a professional in your home, caring for your baby, you will have the opportunity to sleep much better. She can

guide and support you through any early concerns, help you establish good feeding patterns and encourage positive sleep associations for your baby.

come to your house each week for as long as you need. You can nanny will make reduce nights sure everything or stop at stays on track any time. whilst you get the They do not stay awake all night, they nap when the baby sleeps (they require a bed/sofa bed

#### What if I am breastfeeding? How will a night nanny support me?

If you are breastfeeding your night nanny will bring your baby to you for feeds; you don't have to leave your bed, meaning you can stay totally relaxed and after your baby has fed

you can immediately go back to sleep.

Your night nanny will take the baby back to the nursery and take care of soothing, changing, winding and getting them back to sleep.

Taken fron www.babyworksuk.co.uk

#### How does it work? The same night nanny will

or mattress).

## $\mathscr{Z}_{\!\scriptscriptstyle \mathcal{N}}$ Premier Nan

#### PREMIER NANNIES AND NIGHT NANNIES

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## Do you have a child with a learning disability?

## Mencap can help with financial planning to protect their future.

What's more precious than a parent's love for their child? It's a bond like no other: all you want is to keep them safe, secure and happy. Mencap know how powerful these protective instincts are, especially if you have a child with a learning disability - and worrying about how they'll cope financially when you're no longer around is common. Mencap's Wills and Trusts team can help you put everything in place to ensure your child's future is protected.

#### Why making the right arrangements now is vital

Did you know that a lump-sum inheritance - even as little as £16,000 - could affect your child's benefit entitlements? As you can imagine, this could turn their world upside down, impacting everything from vital care and education through to accommodation, transport use and access to social activities. Furthermore, an inheritance could leave your child vulnerable to financial abuse. But it doesn't need to be this way.

#### How can you protect their future?

The answer is simple: set up a Discretionary Trust. This gives your child financial security, protection from outside influences and ensures minimal change to their quality

Our helpline gives advice to over 3,000 people every year.

A lump-sum

inheritance

can affect your

child's benefit

entitlements.

ensures you've got
everything covered: a
Discretionary Trust
looks after savings,
property, investments
and other possessions
- a bit like a piggy bank.

of life. Taking this step

Don't worry if you've already set up a Will - they can guide you to ensure the arrangements you put in place best meet the interests of your child.

#### How we can help

Mencap's Wills and Trusts Service, delivered by an experienced, friendly team, can advise you on everything you need to know about this complicated subject - guiding you through the entire process. They will even help you find a recommended solicitor in your local area too.

Everything we do is about ensuring your child continues to live a fulfilling life when you're no longer around. We offer advice and information about how to create a letter of wishes that outlines exactly how you would like money in the Trust to be paid out. This may include specific requests for things that you know your child

would love, such as a trip to their favourite holiday destination, or a lifechanging adaption to their home.

Take the right steps now to ensure your child continues to live life as they choose.



## Find out more: Contact Gina Collins on 0207 696 6925, or email: willsandtrusts@mencap.org.uk

#### 'THE TRUST GIVES JAMES SECURITY'

Seventeen year old James is, according to his mum, Jane, "handsome, funny and clever." He was born 15 weeks early and has cerebral palsy, epilepsy, learning disabilities and autism.

Jane says, "I gave up being a solicitor to look after James. When he was young, we had no help or respite; I became suicidally depressed and it nearly ended my marriage. I had to take the council to court to get James into a specialist residential school.

I always strive to get James everything he needs. One day, however, I won't be here. The thought terrifies me, because he's totally dependent on others. At least my husband and I have made our Wills and set up a Discretionary Trust, so that James will have more financial security when we're gone."







# Tommy's launch 'Always Ask'

ommy's, King's College London and Babycentre have launched a new campaign, 'Always Ask', to empower pregnant women to overcome fears about speaking to professionals about health concerns.

A body of research from King's College London, has shown that women's knowledge about their own changing body is invaluable in contributing to safer pregnancies but that they often struggle to voice their instincts and concerns.

The campaign aims to reduce the number of women who end up with serious pregnancy complications or loss that could have been prevented. 'Always Ask' challenges ingrained social and cultural attitudes that currently dissuade women from seeking information on how to recognise potential problems and how to present to, get listened to and taken seriously by healthcare professionals.

Fear of wasting time or being a nuisance has been shown to be one compelling reason for failing to discuss a concern. A poll run on the Babycentre website showed that more than 60% of women worried about wasting time before raising a concern, and almost 30% of women didn't speak up because of their concerns.

#### Tips for speaking up in pregnancy:

- 1. Don't play it down take your concerns seriously and others will too.
- 2. Be specific say what has changed, even if you don't think it's related to your pregnancy.
- 3. Begin by saying, "I am concerned..."
- 4. Ask the healthcare professionals for their name.
- 5. Make a list of all your concerns.
- 6. Write down what you're told.
- 7. It's okay to say you are feeling vulnerable and frightened.

- 8. Before you leave that appointment consider whether you have asked all your questions and are satisfied with the answers.
- 9. If you can't make yourself heard, you don't agree or you feel uncomfortable, say "Let me think about that and get back to you".

  10. If you are not happy with the response ask for a second opinion.



#### Human milk - tailor-made for tiny humans

new initiative has been launched to spread the word about the science behind human milk and breastfeeding. The UK's first advert to highlight the unique components of breast milk, has been launched on social media at www.human-milk.com

The first public screening of the advert took place at the Science Museum in Bristol and had more than 2.2 million views in less than a week. It has also been translated into 15 languages following requests from groups in each country.

This grassroots project is the result of two years of planning and work by a team of volunteers, and is the brainchild of Claire Tchaikowski, a breastfeeding mother and recording artist. The advert explains how human milk contains a unique combination of

factors, including stem cells which could be used in a wide range of treatments.

Claire comments: "I started the project after realising that most of the things I believed about breastfeeding, both culturally and physiologically, were wrong. I was a new mum, and could see that a lot of us were needing more support and information than we had access to."

Bristol-based Claire was so astounded by some of the facts she found out that she embarked on an initiative to share this knowledge as widely as possible. She set about putting together a team with expertise in filmmaking, marketing and science.

Science advisor Dr Natalie Shenker, an expert in breast cancer risk, explains: "Research into the different functions of human milk is in relatively early stages, and the 'Human Milk, Tailor-Made for Tiny Humans' campaign aims to start raising the profile of the research that has been done already. Human milk contains hundreds of different active components, cells, microbes and probably plenty more that have not yet even been discovered. The links between breastfeeding and reducing the mother's risk of cancer offer huge potential for future study and forms the basis of my own research."

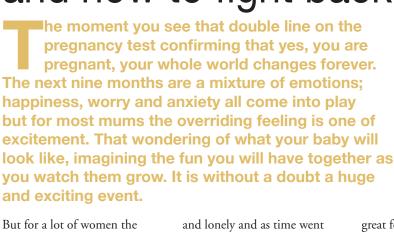
Claire concludes: "We would love women to be informed about how their bodies work, so that, together with their partners, they can have the knowledge that they need to make informed choices about their child's nutrition. The launch of the advert marks the start of a movement to share this knowledge more widely."

## **Mum Ioneliness** and how to fight back!

pregnancy test confirming that yes, you are pregnant, your whole world changes forever. The next nine months are a mixture of emotions: happiness, worry and anxiety all come into play but for most mums the overriding feeling is one of excitement. That wondering of what your baby will look like, imagining the fun you will have together as you watch them grow. It is without a doubt a huge and exciting event.

**From** 

the outside



reality of motherhood is quite different. Recent research commissioned by the mum meeting app MUSH showed that 60% of mums go a full day without any adult interaction and 50% of mums say they find it hard to meet other mums locally.

I remember a friend of the family telling me once that you can never really prepare for what is about to hit you and

I don't think there was ever a truer word said.

it looked like The transition every other mum is tough, really tough. was coping so Both of my much better than sons were terrible sleepers. Years went by without a good night's sleep and inevitably that started to take its toll on every aspect of my life.

I started to pull away from meet ups with other mums. From the outside it looked like every other mum was coping so much better than me. The pressure to enjoy motherhood was just too much and the truth was I wasn't enjoying it, I found it hard

on I withdrew more and the loneliness grew.

The days are long when you don't have any company to fill them with. I found myself dreading Monday mornings when my husband left for work. The thought of the long week ahead was a daunting one and every evening I hovered at the window waiting for him to return home so that I could

> have a conversation that didn't revolve around children's

television charachters or dippy eggs.

When I fell pregnant with my second son I knew that things had to be different. I wanted

to take some control back and most importantly I wanted to enjoy being a mum.

So second time around, things are quite different and I love it.

How social you become is, of course, up to you but I think the most important thing is that you take some time each week to be around other mums. It's

great for you and it's great for your children.

I tried and tested lots of different activities to mix with other mums and tackle loneliness but there were a few that stood out for me, the real game changers that I couldn't do without, so here they are:

#### **NCT**

I wasn't sure about joining an NCT antenatal class, especially as a second time mum, but it was, without a doubt, a fantastic experience. I met other mums, we all stayed in touch and met up weekly once our babies were born. I found having other mums who were going through the same challenges as me was really comforting.

#### **MUSH**

This free app connects mums to others mums in your neighbourhood. I have met a number of lifelong friends through this app and can't thank them enough for the feeling that I won't ever feel totally alone again. Everyone on the app registers because they are open to meeting new friends and that makes this app work well.

#### **Buggy Fit**

Some mornings after a bad

night with my son, the last thing I wanted to do was exercise but after a class I felt revitalised, energised and generally better. It was great to actually start doing something to lose my baby weight and I also met some lovely, likeminded mums along the way.

#### **Children's Centres**

What an amazing resource these places are for mums and their children. They are packed full of toys, they run baby groups and activities as well as offering support groups such as sleep clinics, postnatal depression groups and early parenting classes. What's not to love?

#### Libraries

Libraries right across the country are running groups for mums and their babies/toddlers. I loved the idea of encouraging my son to enjoy books and feel at home in the library and the groups were always really easy going, friendly and relaxed affairs. They are also completely free - always an added bonus!

MUSH is a free app that connects mums to other mums locally so that they can arrange play dates, support each other and put an end to social isolation. Visit www.letsmush.com for details.













### An introduction to osteopathy

steopathy is a primary health care system, complementary to other medical practices. It is suitable for almost anyone and can contribute to the treatment and management of a wide range of conditions. Osteopaths primarily work through the neuro-musculo-skeletal system, mostly on muscles and joints, using holistic and patient-centred approaches.

A core principle behind osteopathy is the idea that the body is an integrated and indivisible whole, and contains self-healing mechanisms that can be utilised as part of the treatment. No part of the body works, or can be considered, in isolation. Relevant psychological and social factors also form part of the process of patient diagnosis.

The key tools for osteopathic diagnosis include listening to the patient's history, examining muscles and joints and observing movements. X -rays, scans and other clinical investigations are also used if required. A wide range of gentle, non-invasive manual techniques such as deep tissue massage, joint articulation and manipulation are applied therapeutically.

Osteopaths must be registered with the General Osteopathic Council in order to practice. Patients may be referred by their doctor, or may opt to see an osteopath independently.

#### What can osteopaths help you with?

Osteopaths treat the person rather than specific conditions - for example, an injury to your knee might also affect the foot, hip and spine. Osteopathy can help relieve the symptoms of a range of conditions, including:

- Aches and pains
- Joint pains including hip and knee pain from osteoarthritis in association with other treatment for this condition
- Arthritic pain
- General, acute and chronic backache and back pain\*
- Neck pain\*
- Headache arising from the neck
- Shoulder and elbow pain
- Joint pains and lumbago
- Sciatica
- Muscle spasms
- Sports injuries and tensions

\* In cases of injury or accident it is advisable to seek advice from your GP in the first instance.

Taken from www.bso.ac.uk

#### Croydon & Woking

#### Cranial, Structural & Paediatric Osteopath

Adults can be treated whilst sitting (particularly in pregnancy) babies while awake, feeding or sleeping. Young children can play/read during treatment.

Westfield, Woking

Addiscombe, Croydon

01483 764582

or

020 8656 9573

www.abc-osteopath.co.uk

admin@abc-osteopath.co.uk

Suzanne Hoddinott BSc (hons) Ost Med, DO, DPO, ND

## Sunlight and vitamin D

The best source of vitamin D is summer sunlight on our skin; it only occurs naturally in a few foods, such as oily fish and eggs. However, it's important to keep your child's skin safe in the sun, so the NHS recommend all babies and young children aged six months to five years should take a daily supplement containing vitamin D, in the form of vitamin drops.

Find out more at www.nhs.uk





Pregnancy and the early months of motherhood can be some of the most exciting of your life, but they can also be full of changes in your body that you haven't experienced before.

Weleda's new look maternity range, developed with experienced midwives and pharmacists, supports you through pregnancy and the early stages of motherhood, providing gentle and 100% natural care during this wondrous time. Products include Stretch Mark Massage Oil, Perineum Massage Oil, Nursing Oil and Nursing Tea Bags.

The Weleda maternity range is available from natural health retailers nationwide or the online store at www.weleda.co.uk. RRP from £5.95 to £16.95.



We've teamed up with Weleda to offer 4 lucky readers the chance to each win the 4 products listed above from the Weleda maternity range, worth nearly £50. For your chance of winning this great prize simply tell us which health professionals helped to develop this range.

Normal ABC competition rules apply and can be found on page 3 or see www.abcmag.co.uk



Like us on Facebook, follow us on Twitter visit us at www.abcmag.co.uk



## Pregnant women and new mothers feel judged



oday's mothers feel scrutinized and regulated by family, friends and strangers, suggests research by Cardiff University.

In a small study, published in Families Relationships and Society, researchers interviewed mother-grandmother pairs and found that community surveillance of pregnant women and infant feeding had significantly increased between the generations, with many of the new mothers reporting feeling watched, evaluated and judged.

Some also reported experiences of being questioned by strangers about their choices during pregnancy and when feeding their babies. In the most extreme cases, strangers had regulated the behaviour of pregnant women by restricting their access to food that they believed might harm the foetus.

Dr Aimee Grant, lead researcher on the study, from Cardiff University's Centre for Trials

Research, said: "Our study found that today's mothers can be subjected to increased surveillance form of surveillance compared to the generation before. The mothers in our study described how this intrusive policing of lifestyle choices began in pregnancy and then continued to impact on

their everyday lives, particularly through infant feeding. This observation and interference by others can result in pregnant women and new mothers performing public motherhood in ways that are highly self-aware and self-conscious, which makes it difficult to follow advice from health professionals."

Participants reported a range of pressures to feed their babies in particular ways, including a general desire to breastfeed, as opposed to using infant formula, which came from societal knowledge and information from midwives resulting in a view that 'breast

is best'. They reported

The new

mothers felt the

most challenging

was that from

strangers, as they

felt less able to

control it.

being questioned by family and strangers on their methods of infant feeding during pregnancy and whether they were going to breastfeed.

They also discussed an awareness of their visibility when feeding infants in public, or in the presence of family members, that related to breasts as sexual objects to be covered at all times. Because of this, some of them attempted to perform a 'good mother' role when breastfeeding infants in public, where they were aware of having an audience, by simultaneously demonstrating they were breastfeeding whilst showing as little as possible of their body. By contrast, women who were formula feeding also tried to perform a 'good mother' role by hiding formula packaging when preparing bottles in public.

The new mothers felt the most challenging form of surveillance was that from strangers, as they felt less able to control it. One recounted a visit to a café where the waiter acted "like the kinda food police" refusing to serve the afternoon tea she had ordered because of her 'big belly', showing that she was pregnant. During her interview, this mother reported that she felt as though she, or at least her bump, was "everyone's property".

All the new mothers admitted that comments and behaviour from their family could influence their feelings towards infant feeding and felt that the comments were judgements of their capability to look after their children.

Based on the study's findings, Dr Grant is keen to highlight ways that the public can make it easier for pregnant women and new mums to get used to their roles. She adds: "Don't touch a woman's bump unless she has given you permission. Also, if you wouldn't ask someone what they had for lunch, it probably isn't appropriate for you to ask them questions about feeding their baby."

# Floored by the pelvic floor



study by pelvic floor experts INNOVO® has found that almost a quarter of men have 'no idea' what a pelvic floor is or does, one in twenty believe it's another name for your pelvis while some clueless men even think it's a new 'twerking-style' dance move.

...more than

a third try to avoid

all conversations

with a partner about

periods, women's

emotions, intimate

screening tests

and even sex.

Men are also stumped when it comes to the length of the average period and believe a 'Kegel' is a new gym fad or a body part rather than an exercise to strengthen your pelvic floor.

But the research found that a lack of knowledge has led to one in four women being on the receiving end of an insulting or funny comment from a man.

One female respondent even told how her partner thought women only got their periods during a full moon.

Jane Wake, women's health and fitness expert, said: "Intimate health issues can be a difficult subject for many to discuss and men may well feel it's something they don't need, or want to know. But this lack of knowledge could be causing them to make mistakes, or not offer a partner the support they need.

"It may be funny to think men have no idea what a pelvic floor is or does, but it's a subject which needs to be taken seriously - especially as men also have a pelvic floor, and can suffer the same problems as women.

"For men and women, it can be embarrassing to discuss your private health concerns with someone of the opposite sex, even if it is your own partner.

"But by being as open as possible with each other, it will gradually break down the taboo and mean people suffering from intimate health problems may feel less alone and more supported."

#### Men's ignorance leads to rows with partners.

The study by INNOVO®, found that almost four in ten men don't feel comfortable talking to women about intimate health issues.

And as a result, more than a third try to avoid all conversations with a partner about periods, women's emotions, intimate screening tests and even sex. Another 15% of men also admit they would refuse to attend a doctor's appointment with a partner if it was to do with an intimate health issue, even

if it was serious or

their other half wanted the support.

But 23%
of men feel
bad for
not having
a better
understanding
of health issues
their partner may be
g though, or could

going though, or could face in the future, and 58% admit they need to make more effort to boost their knowledge.

And more than one in ten said their clueless demeanour had led to rows with a partner, while one in twenty admitted it had caused a relationship break-up.

#### Almost half of women have suffered bladder leaks.

Researchers also revealed three in 10 women wish they could share more about their health concerns with their partner, but 19% don't talk to their other half due to embarrassment or feeling that he doesn't need to want to know everything.

Just 22% of women also said they talk to their partner about their pelvic health, despite more than a third saying they have a weakened pelvic floor.

And almost half of women have suffered bladder leaks.

Of those, more than one in four say their bladder weakness has affected their confidence, while 17% say their fitness levels have dropped because they can't run or exercise like they used to.

Others say it has affected their sex life, work life, relationship and social life. For 17% it has been so bad, they have sought medical advice.

Jane Wake added: "Bladder weakness is more common than hay fever and is often caused by a weak pelvic floor, which is a crucial muscle group and needs exercise to strengthen it just like any muscle."

For further information go to www.restorethefloor.com



- the magazine Surrey parents really read... it's got everything in it!

#### **HEALTHWATCH:**

#### Why is pee so important?

esearch around essential urine screening reveals that every year an estimated 65 million urine tests are delivered to the NHS, of which over 70% may be unreliable. That could be yours.

We know that every year 30 million women will suffer from Urinary Tract Infection (UTI) and at least 27 million antenatal urine tests are carried out; we also know that UTI is common amongst the elderly and can cause challenging behaviour in those with cognitive difficulties.

Urine is a window to our health; it can reveal excess protein or glucose both detrimental to pregnant women and their unborn children. It can pinpoint the cause of urinary tract infection, identify

biomarkers for a number of cancers and help clinicians prescribe accurate

treatment, helping
to reduce
unnecessary
broad
spectrum
antibiotic
use, a major
contributor
to the growing
problem of
antimicrobial resistance.

Inaccurate specimen collection is ultimately bad for our health and deeply unhygienic too. In the 18th century clinicians did not believe it necessary to
wash their hands before
or after touching a
patient; in today's

day and age we

messy urine

collection

should not

tolerate

that can

spread

infection

Next time
you have to give
a urine sample,
insist on Peezy it is FREE to you,
the patient.

across hands and containers. It is simply not fit for purpose.

Peezy Midstream was invented by an NHS GP to solve all these problems; it is clinically proven to be 98.5% accurate. It is also designed so that help can easily be given for the elderly or very young, leaving everyone dignified and dry.

Invented in Suffolk, developed in Sussex and now made in Kent, each Peezy Midstream kit costs the NHS less than £I and can deliver efficiency savings of over over £I.2bn nationally.

Next time you have to give a urine sample, insist on accuracy, hygiene and economy. Insist on Peezy.



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Pre-school Learning Alliance

020 7697 2500

CITIZENS ADVICE BUREAUX

Crodon

0208 684 2236

Camberley, Dorking, Epsom, Ewell and Leatherhead

0344 411 1444

Cranleigh, Farnham, Godalming

0344 848 7969

Guildford

01483 576 699

Kingston

0844 826 9701

Sutton 020 8405 3552

Walton, Weyb<mark>ridge</mark> and Hersham

01932 248 660

**RIGHTS & BENEFITS** 

Jobcentre Plus

0345 604 3719

Income Tax Helpline

0300 200 3200

Working/Child Tax Credit

0345 300 3900

Child Benefit Enquiries

0300 200 3100

Disability Benefits

Disability Benefits 0345 7123 456

OTHER USEFUL CONTACTS

Frank About Drugs

0300 123 6600

**Family Lives** 

0808 800 2222

Support and advice for anyone caring

for children

Civil Legal Services

0345 345 4345

Gas Emergency Service

0800 111 999

Southern Water Emergencies

0303 303 0368

**TRAVEL** 

Gatwick Airport

Heathrow Airport

0844 3351801

National Express

0871 781 8181

Stagecoach 0845 121 0190

National Rail Enquiries

0345 748 4950





## 6 simple things to save lives

ive people are killed every day by something we already know how to cure. If people change their driving behaviour the 470 deaths and serious injuries that happen on our roads every week can be prevented.

Road Safety Week, which is coordinated by Brake, the road safety charity, will focus on the six elements of the Brake Pledge:

**Slow:** Trying to make up time when running late could be the difference between a safe journey and one that ends in a fatality.

**Sober:** That one drink a driver has could affect their ability to make a split-second decision, a decision that might prevent them from killing either themselves or someone else.

**Secure:** Despite their huge impact on road safety, seat belts are still seen as an inconvenience by a minority of drivers, yet using a three-point belt reduces the chance of dying in a crash by 50%

**Silent:** That phone call a driver thinks simply cannot wait could cost them or another road user their life. Drivers who perform a complex secondary task at the wheel, like using a mobile, are three times more likely to crash than non-distracted drivers.

**Sharp:** Crashes caused by poor driver vision are estimated to cause 2,900 casualties and cost £33 million per year.

**Sustainable:** By minimising the amount we drive, or not driving at all, we are removing the potential for many crashes to happen in the first place and doing the best we can for the environment and our health.

Road Safety Week is in November every year and Brake is asking everyone to show their commitment to road safety by making and sharing Brake's Pledge online.

www.roadsafetyweek.org.uk

# This Summer at Brighton Marina

There's something for everyone throughout the summer months and beyond at Brighton Marina. Join us in Marina Square for some fantastic interactive live theatre storytelling, big screen blockbusters and Brighton's premier monthly market. Fun for all the family!



2nd July THE BRIGHTON MARKET

The first Sunday of every month. Brighton's premier market featuring products and produce from the Sussex region, plus music and family activities.



3rd - 16th July BRIGHTON MARINA BIG SCREEN

Come along to the village square to watch all the excitement of Wimbledon and relax in our pop up park.



4th July ROYAL OPERA HOUSE LIVE SCREENING

La Traviata on the Big Screen in Marina Square



9th July MOVIE DAY

3 fantastic films on the Big Screen in Marina Square



14th July ROYAL OPERA HOUSE LIVE SCREENING

Turandot on the Big Screen in Marina Square



6th August
THE BRIGHTON MARKET

The first Sunday of every month.

Brighton's premier market featuring products and produce from the Sussex region, plus music and family activities.



Every Wednesday in August MR DILLY'S WORLD OF WONDER

Join us for some fantastic interactive live theatre storytelling with recognisable loud and lively classics. Fun for all the family!



29th October WIZARDS AND WITCHES WORKSHOPS

Free children's workshop making potions and having scary fun to celebrate Halloween and all things spooky! For more info check out brightonmarina.co.uk





## SAVE SAVE E3 MILLONI AYEAR

Use your food waste caddy and cut disposal costs in half

