

Junior

Issue 01
Winter 2017/18

The Centre Court Star


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SCREEN
TIME





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 **Winter Wonderland**
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20 DECEMBER – 6 JANUARY

A Wizard Presents, Orange Tree Theatre and Little Angel Theatre production

Kika's birthday

BY JOHN AND DANYAH MILLER

**An enchanting family show for Christmas
for ages 3+**



Illustration by Fiona Macpherson

orangetreetheatre.co.uk

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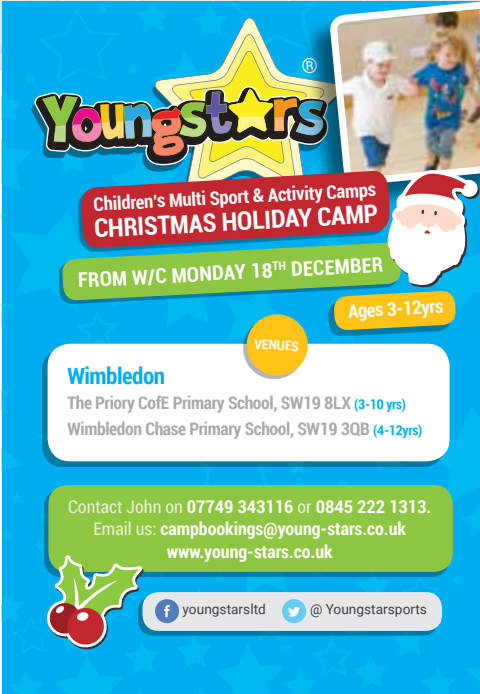
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Youngstars®

Children's Multi Sport & Activity Camps
CHRISTMAS HOLIDAY CAMP

FROM W/C MONDAY 18TH DECEMBER

Ages 3-12yrs

VENUES

Wimbledon
The Priory CofE Primary School, SW19 8LX (3-10 yrs)
Wimbledon Chase Primary School, SW19 3QB (4-12yrs)

Contact John on 07749 343116 or 0845 222 1313.
Email us: campbookings@young-stars.co.uk
www.young-stars.co.uk

f youngstarsltd @ Youngstarsports



The Colour House Children's Theatre

SNOW WHITE AND THE SEVEN DWARFS

Every Saturday and Sunday at 2pm and 4pm
from 18th November - 21st January 2018
www.colourhousetheatre.co.uk

Welcome to Time & Leisure Junior



Welcome to the first edition of Time & Leisure Junior. It has been over 15 years since I moved to Wimbledon and became an avid reader of Time & Leisure. So I am very excited to now get the opportunity to be a part of the Time & Leisure community and even more excited to be launching Time & Leisure Junior.

I grew up in Richmond, attended school in Ham and lived in Teddington before settling in Wimbledon. So I always felt like I had a good handle on our part of South West London. It is now nearly five years since I became a full-time mum and I got to rediscover our part of town all over again – but this time as a parent.

I now work part-time and like many of you perform the delicate balancing act of school pick ups, after-school clubs, holiday camps, parties, presents, playdates, sleepovers and babysitters. It is a rollercoaster ride that can feel exciting, exhausting and intriguing in equal measures. I am hoping that we can join together for the ride.

Just like our parent magazine, Time & Leisure Junior is a part of the community. We are here to reflect what local families are interested in. So please do contact us if you have a story to tell, a project you want to complete or an experience you want to share.

Throughout this edition we have tried to capture local family stories and we are delighted that so many of you came forward to help. Turn to page 21 to read local mum Laura's experience of car clubs, page 22 to read Sophie and her family's involvement in parkrun and page 24 to read how Bill and his sons Pete and Leo share a passion for cooking. We are also really keen to hear from budding journalists – so if your little one wants to review a show or tell us about their hobby, we would love to hear from you.

Have a great Winter and we will be back in the Spring.

Get in touch

sophie.belcher@timeandleisurejunior.co.uk

Tel: 020 8715 0285

Find us on Facebook or Twitter at



www.facebook.com/timeandleisurejunior/



[@tlj_wimbledon](https://twitter.com/tlj_wimbledon) or [@tlj_kingston](https://twitter.com/tlj_kingston)



100% family



Time & Leisure magazine has been a family affair since it began 20 years ago and we've

been busy growing our family of publications ever since, so we are delighted to introduce the newest member of our family, Time & Leisure Junior.

As a mum of two juggling work/life balance, I find it essential to have lots great local things to do at my fingertips, to keep me sane and the kids happy.

Which is why I love Junior magazine, it is 100% designed for families in Wimbledon and Kingston with primary school age children, brimming with useful editorials and What's on listings.

We wish you and your family an enormous amount of festive fun and adventures this Christmas.

Lucy Kane
Time & Leisure Magazine

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Centre Court Star Buys

1



2



3



4



5



6



7



8



1. Debenhams - Thomas & Friends Jigsaw Pack £18.00
2. WHSmith - Peppa Pig Official Annual 2018 £7.99
3. Monsoon - Safire Dress £65.00
4. Accessorize - Marilyn Cross Body Bag £25.00
5. Stormfront - Bose® - Wireless Headphones £165.95
6. Gap Kids - Bear Fleece Sleep Robe £17.95
7. Smiggle - Unicorn Earmuffs £14.00
8. H&M - Printed Hooded Top £17.99



Christmas lights

Turn it on Surbiton

Victoria Road, 23 Nov

Local choirs and entertainers will perform with various craft and food stalls. Guest appearances from Erin Boag and Father Christmas.

www.facebook.com/christmasinsurbiton

New Malden Christmas Lights

24 Nov

Father Christmas will turn on the Christmas lights in New Malden High St at 5:30pm and will be in St Georges Square to hand out presents to all the children.

Morden Street Party

1 Dec

Morden will be hosting its own street party along Crown Lane from 4pm. There will be something for everyone with live music, competitions, games, hot drinks, giveaways and the famous Christmas tree light switch-on at 5:20pm.

Raynes Park

Christmas Festival

1 Dec

The live nativity will perform with real animals and children can pay a visit to Santa's Grotto to receive a gift from Father Christmas himself. There will be entertainment from local schoolchildren. Festivities kick off at 3:30pm.

www.myraynespark.co.uk



Wimbledon's Winter Wonderland

3 Dec

Christmas market stalls, street entertainment, festive performances and children's rides from 12-6pm in central Wimbledon. The day culminates at 5:30pm with fireworks above Centre Court.

www.lovewimbledon.org

WIMBLEDON SYMPHONY ORCHESTRA presents A CHRISTMAS CAROL



wimso.org.uk

Saturday 9 December, 2.00pm and 4.00pm
Holy Trinity Church, The Broadway, SW19 1SB

Join us for a Christmas adventure like no other. A perfect way for children to see and hear a live orchestra perhaps for the first time, and for families to enjoy WSO performing a musical tale with a programme of well-known music and carols.

Tickets: Eventbrite.co.uk (search for Wimbledon Symphony Orchestra)
& there will be limited availability on the door.

At the theatre

Whether you choose a family fable, winter warmer or traditional panto – there are plenty of options for great theatre this year.

Snow White and the Seven Dwarfs

Colour House Theatre

18 Nov – 21 Jan (weekends only)

Tickets £12. Booking essential.

www.colourhousetheatre.co.uk

Snow Queen

Polka Theatre

17 Nov – 4 Feb

Let your imagination soar as a dusty attic is transformed into the Snow Queen's icy palace on this epic journey of self-discovery.

Tickets £18.

polkatheatre.com/event/the-snow-queen/



The Gruffalo's Child

Lyric Theatre

22 Nov – 7 Jan

One wild and windy night the Gruffalo's Child ignores her father's warning and tiptoes out into the snow. After all, the Big Bad Mouse doesn't really exist... does he?

Tickets from £15.

www.lyrictheatre.co.uk

A Christmas Carol

Vera Fletcher Hall

2 Dec, 2.30 pm

A fast, funny, highly physical and contemporary adaptation of this Dickens classic. With puppets by acclaimed puppet-maker Nick Ash.

Suitable for ages 6+. Tickets: £8.

www.verafletcherhall.co.uk

Alice in Winterland

Rose Theatre

7 Dec – 7 Jan

Tickets from £10 (pit cushions)

www.rosetheatrekingston.org

Aladdin

Richmond Theatre

9 Dec – 14 Jan

Follow Aladdin, his hapless brother, and of course his mother Widow Twankey, on a spectacular adventure.

Tickets from £12

www.atgtickets.com/shows/aladdin/richmond-theatre/

Kika's Birthday

Orange Tree Theatre, Richmond

20 Dec – 6 Jan

A delightful interactive story, with puppetry for children aged 3+.

Tickets from £13.

www.orangetreetheatre.co.uk



Where to see Santa



Santa's Grotto

Centre Court Shopping Centre
18 Nov – 24 Dec

Tickets: £4.

www.centrecourtshopping.co.uk

Santa's Grotto

Squires Garden Centre
Weekends only. Saturdays 10:30am-4pm;
Sundays 10:30am-3:30pm

There are a number of Squires Garden Centres running Grottos. Please check with your local branch for times and charges as they do vary.

www.squiresgardencentres.co.uk

Santa's Sitting Room

The Leatherhead Institute

A cross between a grotto and theatre, this is a unique experience. Tickets: £10.

thelittleboxoffice.com/santasittingroom

Visit Father Christmas

Morden Hall Park
25-26 Nov and 2-3, 9-10 Dec, 10am-5pm

Meet Santa and receive a special gift.
£10 per child.

[www.nationaltrust.org.uk/
morden-hall-park/whats-on](http://www.nationaltrust.org.uk/morden-hall-park/whats-on)

Santa is at the Zoo

Battersea Park Children's Zoo
2-3, 9-10 and 15-24 Dec

Normal admission £7.50 plus £6.

[www.batterseaparkzoo.co.uk/
your-visit/events/santa-is-coming](http://www.batterseaparkzoo.co.uk/your-visit/events/santa-is-coming)

Father Christmas has moved in

Ham House
16-23 Dec, 10am-5pm

Tickets £5 per child, includes present.
Normal admission applies.

[www.nationaltrust.org.uk/
ham-house-and-garden](http://www.nationaltrust.org.uk/ham-house-and-garden)

Meet Father Christmas

London Wetland Centre
20 Dec, 6-8pm

£8 plus admission. Includes gift bag.

Christmas Disco and visit from Father Christmas

Eddie Catz, Wimbledon
21 Dec

Children £14.50, Adults £1. Tickets include cookies and milk and a gift from Santa.

www.eddiecatz.com

LIVE

ADVENT
ADVENTURES

This Christmas, Wimbledon will host a live events advent calendar from 1-24 December. Time & Leisure is very excited to be media partner.

All kids love opening doors on advent calendars to reveal a surprise but this one is unique in that behind each of those doors will be a different live experience. Everything from music and dance, plus plenty of immersive events involving audience interaction, festive foodie craft, comedy, a magician in an exciting hidden location and Christmas poetry in an unexplored place, plus many other diverse performances.

Where will these be taking place?

All across Wimbledon, primarily in the town centre



with some up in the Village. Locations could range from an underground car park, an empty shop, a cinema, a library, a school and, although a 'hint' will be available, details of the days event will be kept secret until the door opens and the audience steps into the space which is transformed for a single evening. Family events will start at 4pm while events for an older audience (over 18s) start at 7pm.

Who are the organisers?

The team behind it are Bobblehat, working closely with many of our favourite

local

businesses.

Wimbledon-born and bred, Bobblehat are dedicated to putting on theatre performances in non-theatre spaces, showcasing the hidden nuggets of Wimbledon.

How much will it cost?

All events are free.

But remember, it's on a first-come, first-served basis and you can find out everything you need to know each day about the events at

www.wearebobblehat.co.uk

time & leisure MEDIA PARTNER

WSO welcomes families in Wimbledon

On 9th December Wimbledon Symphony Orchestra are once again putting on their popular family concert in Wimbledon Town Centre at Holy Trinity Church, following their first sell out Christmas concert in 2015. WSO have been performing in and around SW19 since the orchestra was founded in 1961. This new concert format sees them reaching out to the next generation of musicians with a highly engaging and fun performance of well-known classical music excerpts together with favourite Christmas tunes.

Encouraging Children

Children are encouraged to sing along, get up and dance, and even do some colouring. Here's what two young audience members remember from the concert in 2015. "I loved it. We got to take part in the performance by dancing and ringing bells in time to the music." – Catriona Walker, aged 9. "I liked listening to the music and seeing the instruments. I can remember going up and singing Jingle Bells with the other children" – Harry Wear, aged 6.

The concert, which will be narrated by BBC Radio 4's Zeb Soanes, will feature mezzo-

soprano Rachel Maby, with a semi-dramatised production based loosely around the story of "A Christmas Carol". It will be lead and arranged by talented young composer and conductor, Leo Geyer who shared his thoughts with us on his vision for the event. "I am interested in how we can re-imagine music of the past to make it more relevant, engaging and accessible for audiences today. One aspect of this is creating concerts for children and families, with programmes which fuse great



orchestral music with drama. Performing well-known music in bite-sized lengths and linking this with compelling drama, provides our young audiences with both an educational and enjoyable performance. For the orchestra, it's a hugely fun and rewarding experience breaking down the barriers of classical performance and playing on the joy of the audience."

Louise Cleverdon, Cellist and Press and Marketing Officer with WSO, explained to us a



“ I liked listening to the music and seeing the instruments. I can remember going up and singing Jingle Bells with the other children **”**
Harry Wear, aged 6

little more about the orchestra's commitment to family concerts in an around Wimbledon.

"WSO performs on average four concerts a year as well as special events such as our play-along days where we feature the music of one composer. Our popular children's concerts are the latest addition to our series of events, and their popularity has highlighted a need for these types of events to happen in the borough. For children and young people to know there is a local symphony orchestra on their doorstep is incredibly important. Our children's concerts are very informal and are a great way for a young person to experience a live symphony orchestra possibly for the first time and in a local environment."

“ I loved it. We got to take part in the performance by dancing and ringing bells in time to the music. **”**
Catriona Walker, aged 9

Performances at 2pm and 4pm at Holy Trinity Church, Saturday 9 December. Full details at www.wimso.org.uk. Advance ticket sales on Eventbrite.co.uk (search Wimbledon Symphony Orchestra) and there will be limited availability on the door.

Free Entry!
All Welcome

Holy Trinity Church

*saturday
2nd
December
11am - 4pm*

Christmas Fair

*Christmas
Shopping*

*Visit
Santa's
Grotto*

*Raffle
with great
prizes*

*Hot food,
cakes &
mulled wine*

*Face painting
& children's
craft activities*

*Stalls
including
fun fair
games
&
toys*

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December

Christmas crafts for kids

Morden Hall Park

Weekends 25 Nov – 10 Dec, 10am-5pm

Make crafts that not only look great but smell great too and fill your home with the spirit of Christmas.

£4.50 for two crafts.

www.nationaltrust.org.uk/morden-hall-park

Terry the Tree

Centre Court Shopping Centre

Until 24 Dec

Visit Terry the Tree and singalong with this family favourite. It is a lovely free stop off in the centre of Wimbledon.

www.centrecourtshopping.co.uk

Meet the illustrator of The Gruffalo!

All Saints Church

2 Dec, 10am, 11:40am and 1:20pm

Tickets £8, suitable from 3 years.

Axel and friends will be reading *The Ugly Five* (a new picture book by Julia Donaldson and Axel Scheffler) and *The Highway Rat*. Axel will also be drawing his most famous characters, the Gruffalo, Stickman, Snail and the Whale...and teaching the children how to draw them too!

Shows last approximately 30 minutes and will be followed by book signing. All proceeds from the event will enable the Environment Trust to continue to conserve wildlife and heritage for the benefit of the environment and communities across south west London.

Event info and tickets <https://environmenttrust.co.uk/civicism/event/info?reset=1&id=180>

Muffins with a healthy twist

The Willow Health Restaurant

2 Dec, 10am or 2.30pm

Cooking workshop for ages 7+.

Tickets: £25.

www.multipleminds.co.uk/services/

The Three Little Christmas Pigs

Arthur Cotterill Theatre, Kingston

5-8 Dec, 10:30am and 1:30pm

The Three Little Christmas pigs tells the traditional tale of Piggy Straw, Piggy Sticks and Piggy Bricks, but at Christmas time it's not just Big Bad Wolves who come down the chimney!

Tickets £11.50.

www.rosetheatrekingston.org

Creative Christmas Crafts

Kingston Museum

Daily, throughout December.

Drop in for this self-led activity.

FREE.

www.kingston.gov.uk/museum

Christmas Ghost Tours

Ham House

7-8 and 14-15 Dec, 6:30-8pm

Discover ghostly goings on after hours this December on a Christmas Ghost Tour. Start your visit with mulled wine and mince pies in our Orangery café, then head into the house for your tour.

All tickets £30.

Santa Fun Run

Bushy Park

10 Dec, 10:30am

Raise money for Princess Alice Hospice on this family-friendly 5k run

Entry £15, under 5s free.

www.pah.org.uk/santafunrun/

Santa Dash

Nonsuch Park, Cheam

10 Dec, 11am

Raising money for St Raphael's Hospice

www.santadash17.eventbrite.co.uk



Festive Family Special

Kingston Museum
15 Dec, 3-4pm

Festive Family Special: Get ready for Christmas and create your own wrapping paper! Explore the jewel-like colours and patterns in our exhibition.

Drop in, £1.50/child

Centre Court Ice Rink

Centre Court Shopping
Centre, Wimbledon
16-23 Dec

Take the kids skating in Centre Court's free ice rink this Winter.

www.centrecourtshopping.co.uk



Free Library Workshops

Every school holidays, Merton team up with local partners to deliver workshops at the library. Workshops are free but you will need to book. Pop into your local library to secure your place.

The Polka Theatre workshops are based upon shows being staged at the theatre.

Snow Queen

Colliers Wood Library
21 Dec, 10:30am
Morden Library
21 Dec, 2pm

Frosty Fables

Mitcham Library
22 Dec, 11am

My Brother, My Sister and Me

Pollards Hill Library
21 Dec, 11am

Explore Learning also run workshops through the holidays.

Space Mission

Pollards Hill
21 Dec, 10:30am
Ages 8-10

Morden Library

28 Dec, 10am
Ages 8-10

Money Madness

Raynes Park Library
21 Dec, 10am
Ages 8-10

Division Y4+

Mitcham Library
21 Dec 12:30pm
For ages 9+



Groovy Grammar

West Barnes Library
21 Dec, 12:30pm
Ages 7-8
Wimbledon Library
28 Dec, 2:30pm
Ages 7-8

Phonics

Mitcham Library
28 Dec, 12:30pm
Ages 5-6

Environment Trust
inspiring love of local places

Children's Christmas show with Axel Scheffler, illustrator of *The Gruffalo!*

Saturday, 2nd December 10am, 11:30am, 12:30pm
All Saints Church,
Market Place, Kingston

Only £8

30 minute story-telling and drawing with the illustrator of *The Gruffalo*, *The Highway Rat* and new book, *The Ugly Five*

book online at
environmenttrust.co.uk/whats-on

sponsored by



Love Local. Love Media.

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www.timeandleisure.co.uk/jobs



Making music

Music is a wonderful, engaging activity that is fun and rewarding for pupils. There is much evidence to show the range of positive effects that making music can have on a child.

Making music can help to;

- Build greater social and team skills
- Improve reasoning capacity and problem solving skills
- Improve maths and language performance
- Improve memory, concentration, creativity, self esteem and self discipline

A musical journey

When starting on their musical journey most pupils benefit from the structure of a group lesson where they can learn alongside their peers and get the benefit from playing with others from an early age. This could start as early as a few months old through a baby music group, where singing and games form the foundations of early musical language. Kingston Music Service offers group lessons in recorder or ukulele to year 1 pupils as this makes for an

excellent introduction to learning an instrument.

We have many requests from parents asking at what age can their child learn to play a musical instrument and although this does depend on the development of the child, we would



Year 1 or 2	Year 3	Year 4	Year 6/7
Violin Viola Cello Recorder Piano Electronic keyboard Ukulele	Acoustic guitar Electric guitar Voice	Flute Clarinet Saxophone Cornet Trumpet Trombone Euphonium Drums	Double bass Oboe Bassoon French horn Tuba

normally recommend starting to learn from the age of 6. Learning an instrument is complex, requiring strong motor and processing skills, and these skills take time to develop.

The table above gives a good guide as to which instrument is suitable at different ages.

Parental support

You will need to ensure your child has an instrument they can practice on when starting lessons. You can either buy or hire an instrument. Hiring will mean that when your child

grows their instrument can be returned and swapped for a larger one saving you the expense of buying a new one each time.

Pupils make much more progress on their instrument if they are supported by their parent. Encourage them to practice at home or perform informal concerts for family and friends.

Learning an instrument should be fun and enjoyable and if you as a parent can help achieve this then they are much more likely to want to continue.



This article was written by Sarah Lee, head of the Kingston Music Service. KMS is the lead partner for the Music Education Hub in Kingston, delivering music lessons to over 3,500 pupils every week. KMS offers a variety of courses and classes designed to engage young people in positive musical experiences.

The Players Academy

Performing Arts for 4-18 year olds

Sing, Act & Dance
Saturday mornings
in SW20

Independent performing arts school who nurtures every individual in an all-inclusive, exceptionally friendly environment. Training for fun, confidence and future West End performers.



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www.theplayersacademy.co.uk info@theplayersacademy.co.uk

Managing children's screen time

Children are increasingly exposed to technology and the internet. Tablets, smart phones and televisions are a part of daily life but what is a sensible limit on screen time for children?

Time & Leisure Junior spoke to Wimbledon-based psychologist Aude Mouton to get some advice on how to monitor your children's screen time.

Start by taking stock

What kind of screen time are your children getting? With whom and for how long?

Active or passive?

Start to separate screens into passive and active. Passive do not require any action from the child – this could be a TV or a movie.

Active screens are things like video games which require hands-on activity.

Passive screens should be your first target. They offer very little positive benefits and can exert a hypnotic effect on the brain. As an adult, one can watch a TV programme and still think and cultivate the mind. Children do not have this ability. They could watch anything, the hypnotic effect is pleasant but is a source of proven risks for the physical, cognitive and affective development.

Who is your child with?

As busy parents, we have probably all resorted to putting a child in front of a movie or game to get a few minutes of precious quiet time. Unfortunately, this useful tool hides real dangers –



weight gain, addiction, view of violent or inappropriate content. A child should not have free access to a screen and there should be a discussion afterwards to make it a positive experience.

Try to maximise times when everyone can exchange ideas about games and programmes. Watch and play with them so that you can see what they are watching. Make it a social experience.

Give it a purpose

Screens should not be used without an aim. Try to pick educational or enriching programmes. Prepare before and discuss it afterwards. Entertainment as an end can also be worthwhile if it does not replace something else and does not become the only activity.

Timed out

Avoid mornings before school. This time is important to prepare mentally for the day. During breakfast, start talking with your child: What is he going to do today? In class, with his friends, after school. This time of awaking is essential and allows the brain to open up itself to

today's opportunities. A kid who has already spent one hour in front of a screen before school will be a step behind other kids regarding energy level and focusing.

Family time

Do not allow screens on school days. On week-ends, you can allow screens during the day, for a quiet time or a family moment.

Screens should be turned off and stored after 5pm. From this time on, the body is preparing to go to bed and sleep. Providing a screen after 5pm can lead to difficulties falling asleep and sleeping disorders. If this time is really too early, try to move it after dinner, and then before it, rescheduling this moment gradually to an earlier time.



Aude Mouton trained in one of the best schools in France to be a psychologist. Today she is the head of a company specialising in assessment and therapy for children with learning difficulties. She writes regularly for French magazines about mental health. Aude also has two young children and lives in Wimbledon. Aude can be contacted at audemouton@cogitoz.com

Could you change a child's life?

A foster mum who has cared for 15 children is encouraging other people to consider becoming foster carers.

Elaine Atkinson, who has been a foster carer for four years, now specialises in looking after young people between the ages of 12 and 18.

She said: "I enjoy seeing them blossom. Dealing with teenagers is not hard – you show them respect and you show them love. Every child needs a different approach but you can help to prepare them for the world."

Fostering is a way of providing a family life for a child who is unable to live with their parents.

Merton Council has an urgent need to recruit more foster carers for children of all ages, but particularly for teenagers and sibling groups.

Anybody can do it

People of any age, ethnicity, marital status or sexuality can become foster carers, but they do need to have a spare bedroom and some experience of young people. Merton Council's fostering team can offer advice and guidance for anyone interested

in becoming a foster carer, including the assessment process, training and financial allowances. All foster carers receive comprehensive support from the local authority.

Mrs Atkinson said: "I would say give it a try to someone who is wondering whether to become a foster carer because it is very rewarding.

What you put in is what you get out. It is important to be open-minded and patient so you can encourage and motivate young people."

To find out more about fostering a child call: 0800 073 0874 or 020 8545 4070 or email fostering@merton.gov.uk



MERTON COUNCIL

Could you change a child's life and be there for a teenager who can't live at home?

Foster for Merton and we can offer you:

- ✓ Comprehensive, on-going professional training
- ✓ 24/7 support and mentors
- ✓ An allowance of up to £507 per week, per child

Call us today on 0800 073 0874 / 0208 545 4070 or visit merton.gov.uk/fostering for more details

Foster

Come along to one of our Information Events at Morden Baptist Church on **22 Nov at 6.30pm, 6 Dec at 10.30am, 10 Jan at 10.30am, 24 Jan at 6.30pm, 14 Feb at 10.30am or 28 Feb at 6.30pm.**



The art of telling a story

Storytelling is one of the most magical gifts we can pass on to our children. Research shows that storytelling benefits language development, vocabulary and listening skills which are all vital in children's academic performance. However, stories can also teach empathy, a gateway to understanding the wider world, other cultures or even our own family history.

Reading your children stories from books is a great way to start. But don't be frightened of making up your own stories. You can make storytelling a very personal journey for you and your child. What about researching your own family history or that of your house. Imagine who lived there before and create a story about them.

Once you have the foundation, it is easy to build the story. We asked local writer and illustrator of children's books, Christyan Fox, about how to create our own stories that engage children.

The core principles

It might depend on whether you're writing or illustrating for children yourself, or whether you're just trying to encourage a child to pick up a book and enjoy the experience for themselves – but whatever your motivation, there are still a few core principles that apply.

One of the most important lessons I pass on to students is that the reader will engage



with the story on a personal level if they can identify themes that apply to them. I want the reader to say "This is a story about me!"

I don't mean that young Jake or Jemima should be featuring in their own adventure about their specific, personal journey to school; rather that there are universal themes that would resonate with the majority of readers: loneliness, bullying, healthy eating, fussy eating, common phobias such as

fear of the dark or spiders, separation from a parent, moving house, starting a new school... there are many with which a child will immediately make a personal engagement, encouraging them to read further.

Looking at the variety of children's books available in shops you might think that authors prefer to tell their own, fantasy-based tale?

The central theme

But look a little closer and you find that the central theme of *The Gruffalo* has nothing to do with how a mouse behaves in the wild, it's actually a story about overcoming bullies.

Stripped of its magical elements, *Harry Potter* is a story about a boy starting a new school, how he interacts with his peers and copes with his new environment. *I Want My Hat Back* is a simple story about sharing.

The universal themes

These universal themes are the building blocks to your story. How you dress it up or colour it is entirely up to you.



Christyan runs writing courses in Teddington or one-to-one workshop sessions from his home studio in Thames Ditton.



Zippering round a blue city

We all know the benefits of reducing our reliance on traditional petrol or diesel cars. Whether our motivation is the health benefits from reduced pollution or the longer-term environmental impact, most of us would probably like easy ways to reduce our carbon footprint.

Changing or reducing our reliance on the family car can seem like a big step. But with the growth of car clubs and charging points in the local area, electric vehicles are now a realistic possibility for families. Local mum Laura Cox found alternatives to her own car.

Most of my family's journeys are done on foot or public transport. We're not sickeningly worthy, just determined to tire out two energetic boys.

Nonetheless, sometimes we depend on our car. We knew we'd have it when we signed the kids up for those activities designed to enrich their lives.

But then the car broke. We faced three car-free months (cue dramatic sound effect).

Local car clubs

Luckily, there are car clubs locally, so we've still made the class no bus goes to and avoided meltdowns when the

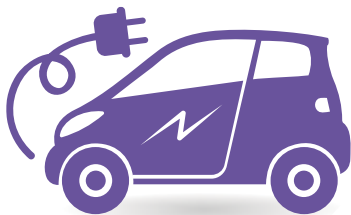
older one's clubs finish too late for the younger one.

A car club is a form of short-term vehicle hire where the cars – or vans – are parked in convenient locations around town. Some, like Zipcar,

let you book in advance for a particular time slot and specific spot.

Others, like Zipcar Flex and electric car club Blue City,

only allow you to book quarter or half an hour in advance and don't guarantee particular locations. It can be nerve wracking wondering if there'll be a car close enough for the kids to walk to. But what you lose in certainty, you gain in flexibility and value.



These services allow one-way journeys:

- Use the app to locate an available car and book it
- Find it and unlock it with your phone or membership card
- Drive to your destination within the area covered
- Park the car almost anywhere (with Zipcar Flex) or at a charger (Blue City)

You avoid paying for a car when it's parked and stand a good chance of it still being there after the swimming lesson or Cubs drop off, when you repeat the process.

Sure, it's less convenient than having your own car. Hurrying the kids along with their booster seats while counting down the minutes left on a reservation isn't ideal.

Finding different cars

But they loved finding different cars and the journeys we did were cheaper than Uber.

Car clubs won't work for everyone but they're easy to join and can help you maintain your routine without your own car.



Laura is a full time writer and lives in Wimbledon with her family. She is currently working on her first novel and is mum to two boys.

Good for:

- Short local trips
- Temporary solutions to transport problems
- Injecting fun into regular journeys – they clamoured for me to use my phone to sound car horns from along the road (a feature designed to help you find cars)
- Trying out an electric car. Don't tell me the nerd in you hasn't wondered what they're like...

Not so good for:

- Families with kids too big for baby car seats but not big enough for a booster
- Day trips, unless you're willing to spend quite a lot

January/February

New Year's Parade

1 Jan

London's New Year's Day Parade 2018 starts at 12 noon on Piccadilly. The parade will then work its way through London.

www.lnydp.com

My Brother, My Sister and Me

Polka Theatre

Performances Weds-Sun until 11 Feb

With a new baby in the family, a little sister has to move in with her big brother. Running time 40 mins. Recommended for ages 2-5.

Tickets £12.50 plus transaction charge.

www.polkatheatre.com

Fostering Information Evening

Morden Baptist Church

10 Jan at 10:30am, 24 Jan 6:30pm,

14 Feb 10:30am, 28 Feb 6:30pm

If you're interested in fostering come along to meet the team and other foster carers in Merton. Hear what fostering is, the assessment process, impact on family life, support, training, payments and much more.

Merton.gov.uk/fostering

020 8545 4070 or 0800 073 0874

Big Wetland Birdwatch

Morden Hall Park

20-21 Jan, 11am-3pm

Look for a range of wild birds with our Nature Group volunteers.

Free

How To Be A Kid

Orange Tree Theatre

25 Jan until 3 Apr

Molly is only 12, but she doesn't feel much like a kid. Now Molly's Mum is feeling better, maybe she can learn to be a kid again. Join Molly, Joe and her Nan for a larger than life story of family, friends and fitting in.

Warning: Contains dancing, chocolate cake and an epic car chase.

Recommended for ages 7+.

Tickets from £13.

www.orangetreetheatre.co.uk

Noggin the Nog

Rose Theatre Kingston

25-28 Jan

Silly Vikings, puppets and live music.

Tickets from £15.

www.rosetheatrekingston.org



If your child was born between 1 September 2013 and 31 August 2014, don't forget to apply for your child's place at primary school. You can apply online but don't forget that some schools have additional criteria for entry.

Primary School Applications

You should check with the school to see if they have any additional forms which need to be completed.

Even if you are applying for schools in more than one borough, you will only need to complete the admission process once. You need to complete the application even if your child already attends the nursery at your preferred school. Having a nursery place is no guarantee of getting a place in reception.

If your child attends an infant school and was born between 1 September 2010 and 31 August 2011, you will also need to complete your application for junior school.

Nursery places

If you are applying for a nursery place at a community school, you have a little longer to get your application in. Online applications close on 28 February 2018.

Red Riding Hood and The Wolf

Vera Fletcher Hall

27 Jan, 2:30pm

What if the big bad wolf was big or bad?

Robyn wants to tell you what really happened through a world of home-made make-believe.

Ages 7+.

Tickets £8.

verafletcherhall.co.uk

Klassical Kids

Westbury House

1 Feb, 10:30am

Free concert for the under 5s with an informal style to allow younger children to move around. Running time 45 mins.

Free. For more information, please ring Westbury House School on **020 8942 5885**.

Pinocchio

Colour House Theatre

Weekends only from 3 Feb.

Performances at 2pm and 4pm every Saturday and Sunday.

Craftsman Geppetto makes an incredible little wooden puppet, Pinocchio, however one magical night his creation transforms into a real boy!

Tickets: £12.

www.colourhousetheatre.co.uk

Your child is eligible for a school nursery place in the term after they turn three. Some schools will have an intake in January and April but you will need to check each school for more information. There are also separate processes for church-affiliated and academy school nurseries. This does not affect any private childcare arrangements you already have in place. Good luck, we wish you all well with your school applications.

Check your local borough's website for more detailed information and contact the admissions team if you have any questions.

www.merton.gov.uk/learning/schools/admissions.htm

www.kingston.gov.uk

www.richmond.gov.uk/primary_school_admissions

Come on you K's!

This offer is for free entry for all under 18s to Kingstonian F.C.'s home matches in the Bostik League Premier Division and cup competitions for the 2017-18 season.



Kingstonian play their home matches at Leatherhead F.C., Fetcham Grove, Guildford Road, Leatherhead, Surrey KT22 9AS.

Please cut out and keep this season ticket and present it at the turnstile at any Kingstonian F.C. home match.

Please tell your friends, and if you would like more season tickets then please phone the club on **020 8330 6869** or email kidsforfree@kingstonian.com.

Details of our home matches are available on the kingstonian.com website.

All children under 11 must be accompanied by at least one adult.



Kingstonian Football Club

U18s Season Ticket 2017-18

Free entry for all league and cup matches

Check www.kingstonian.com for fixtures

Children under 11 must be accompanied by one adult. The right to refuse admission is reserved.

SPONSORED BY



FISHFINANCIAL
fishfin.co.uk

Family run

Parkrun is a free, weekly, 5km timed run. They take place every Saturday morning in parks across the UK and the world. There are also 2k junior parkruns for 4-14 year olds that are held on Sunday mornings. This global phenomenon started in Bushy Park and shortly after reached Wimbledon.

As Wimbledon parkrun celebrated its 10-year anniversary in 2017, T&L Junior went to chat to one of its earliest and most active members. Local mum Sophie McKay volunteers at 3 events a year and runs at most of the others. The whole family attends both parkrun at Wimbledon Common on Saturday and junior parkrun at Wimbledon Park on Sunday.



What is parkrun?

parkrun is a 5k run which takes place every Saturday. It is free and everyone is welcome.

Can you remember your first parkrun?

It must have been about 9 years ago. My husband had seen a flyer about parkrun and he persuaded me to go. At that time I wasn't really a keen runner. But from the very first parkrun, I loved the friendliness and community feel.

Do you have to be a good runner?

There are no winners at parkrun. It is very much about racing against yourself. We have people who run 5k in 16 minutes but we also have people who take over an hour.

What is the best thing about parkrun?

It is such a fun, social event. Lots of people stay for coffee and cake afterwards.

How has it changed?

There must have been about 80-90 people attending from those early runs. Now there are probably 400-500 adults at Wimbledon on any Saturday.

Who organises it?

Everyone at the event is a volunteer – from run director to the person who hands out the tokens at the end. They need around 20 people a week. Basically if everyone who runs regularly can volunteer three times a year then the event is sustainable.

Is parkrun family-friendly?

Ben, now four, has been coming since he was a baby. Now he is old enough to volunteer. He loves it so much that we often do pretend parkrun at home. He stands on a step to make the welcome speech, pretends to scan a barcode and then I have to race around the kitchen twice.

As soon Eddie is six months old, I can run with him in the jogging buggy. We have so many good friends at parkrun that there are lots of people who will look after the boys. If not, then my husband and I take turns to run.

What is junior parkrun?

Junior parkrun takes place at Wimbledon Park at 9:30am on Sunday mornings. It is run as two circuits and the course is completely open so that parents can see the runners at all times. Some parents run with the kids and some choose to watch.

What if kids don't want to run?

Come along and watch. There are lots of families on both Saturdays and Sundays. Children can also volunteer. One week we even had a 9 year old as run director. It is a great way for them to get involved and take part in a genuine community event.

In the UK there are currently 473 5k parkruns and 182 junior parkruns taking place every week. Senior parkruns take place every Saturday at 9am and you can join in at locally at Bushy, Wimbledon, Kingston, Nonsuch, Tooting and many others. For full details visit www.parkrun.org.uk

Bird food

Every year thousands of people help the RSPB to complete the Big Garden Birdwatch. You might also find that your child's school is taking part in the Big School Birdwatch in the first half of the Spring term.



One way to encourage the birds to your garden or balcony is by making your own bird feeder. You will need pine or fir cones, suet or lard, plus a mix of bird seed, raisins, nuts and grated cheese.



1. Make your bird mix. Allow the lard to warm up to room temperature, but don't melt it. Then cut it up into small pieces and put it in the mixing bowl.

2. Add the other ingredients to the bowl. Mix them together with your fingertips until the fat holds the squiddy mess together.

3. Now group your cones together and loop the string around the top of them. Then pack the sticky bird mix around the cones with your hands, creating a ball shape.



4. Put your cones in the fridge to set for an hour or so. After that, they'll be ready to hang up and are bound to bring the birds flocking.

And don't forget to register by 13 December. For full details on Big Garden Birdwatch visit www.rspb.org.uk
Bird feeder pictures and instructions courtesy of the RSPB.

Hedgehog holes

Hedgehogs are one of the UK's most treasured mammals. These charismatic creatures are covered in spines and have the ability to roll up in a ball when they feel threatened, however this is not able to protect them from humans and destruction of their habitat. So they are unfortunately now in a steep decline.

However you can help by turning your garden into a haven for hedgehogs. The most important things you do is make a 13cm hole under your garden fence to create a hedgehog highway to allow hedgehogs to move through your garden to meet other hedgehogs. Also let an area of your garden grow 'wild' which will provide a home for your hedgehog in the winter when they hibernate. Try not to use slug pellet as these can kill hedgehogs and leave out a bowl of water on warm evenings, though never use milk as this makes hedgehog ill!

By taking these small steps you can really help save our hedgehog friends.

Watch the video on how to make your garden a better place for wildlife here: <https://www.youtube.com/watch?v=BjwYVET85KQ>



This helpful hint has been submitted by Elliot Newton, Nature Conservation Manager at Environment Trust. Environment Trust is a not for profit organisation looking after the natural and built environment in South West London.

www.environmenttrust.co.uk



Dad's snickerdoodle dandies

Everybody loves making cookies. I grew up in America and have fond memories helping my mother make snickerdoodles. Now I've developed my own recipe and can look forward to making them with my own grandchildren.

The snickerdoodle is thought to have been brought to America by the Pennsylvania Dutch. The name is said to be derived from the German pastry *shnecken*, but it's probably made-up, devised simply to be silly and fun to say... In American folklore snickerdoodles are historically known as an Amish specialty, but whatever their heritage they are now one of America's favourite cookies and enjoyed throughout the land.

Homely and aromatic

What makes the snickerdoodle interesting is that it is rolled in cinnamon-flavoured sugar before baking. In the UK we associate cinnamon with winter, but Americans like cinnamon at any time of the year. The homely and aromatic spice appeals to adolescent and adult tastes alike and is sprinkled on buttered toast, coated on crunchy cereals and as the main flavouring in cinnamon buns and the quintessentially American apple pie.

Recipe

The recipe makes about 24 cookies. It's divided in half to make two different flavours of snickerdoodles at a time (approx 12 each). Choose from blueberry, banana and apricot, walnut and raisin or apple.

Most cookie recipes use a higher proportion of sugar and butter which makes them either crisp and thin or soft and chewy. For a less sugary treat, I've used a lower ratio of sugar, which creates light and cakey texture – the added fruit and nuts provide extra natural sweetness.

Ingredients

To make one batch of cookie dough (approx 24 cookies):

- 160g unsalted butter (at a cool room temperature)
- 160g white caster sugar
- 240g plain white flour
- 1 medium egg (fridge temperature)
- 2 pinches of salt
- 1 tsp baking powder
- ½ tsp vanilla

When the cookie dough is mixed, divide in half and add one of the following to each half:

Blueberry snickerdoodles:

150g fresh blueberries, washed and dried



From left to right: blueberry, banana and apricot, walnut and raisin, bottom right: apple.



These snickerdoodle dandies were created by Bill Williamson. Bill was a self-confessed weekend cook until he had to take over more of the cooking responsibilities in the family. Now his sons, Pete and Leo, present their Dad's recipes www.whatdadcooked.com, to showcase family cooking. The blog was created after Bill began writing recipes – and tips – to help teach all his sons to cook. Berrylands-based Pete and Leo juggle [@whatdadcooked](https://twitter.com/whatdadcooked) alongside their day jobs but are passionate about sharing their Dad's cooking.

Banana and apricot snickerdoodles:

50g dried apricots, chopped
60g dried banana chips
(placed in a mug and just covered with boiling water and allowed to soak for 15 minutes and then drained)

Walnut and raisin snickerdoodles:

50g chopped walnuts
and 60g raisins

Apple snickerdoodles:

1 eating apple (peeled and chopped into pieces no bigger than a pea)

For the cinnamon sugar (all cookies):

30g caster sugar and
2 tsp ground cinnamon

TIPS: The snickerdoodles are also good plain, or with added chocolate chips. Sprinkle any leftover cinnamon sugar on hot buttered toast...

Method

1. Preheat the oven to 180C, Gas 4.
2. Ensure the butter is at a cool room temperature. Mix the butter with the sugar in a large bowl and beat with an electric mixer until light and fluffy.
3. Add the salt, vanilla and egg to the butter and continue mixing until combined and smooth and fluffy, about 3 to 4 minutes.
4. Weigh the flour and put into a bowl, add the baking powder and mix well with a whisk. Add to the butter mix and blend on a low speed with the electric mixer, or a wooden spoon until it just comes together. Let the dough rest in the fridge whilst measuring the added ingredients.
5. Divide the mixture in half and add one choice of ingredients to each half.
6. Mix the cinnamon sugar and put in a wide flat bowl. Using a soup spoon, scoop out dough and work in the palms of hands to make a small golf ball size ball. Roll this in the cinnamon sugar and place on a baking sheet. Press down in a firm stroke to slightly flatten the ball to a disc about 2cm thick. The cookies do not spread very much, but allow plenty of space between each. Ideally, cook one tray of cookies at a time.
7. Bake toward the top of the oven for between 12-15 minutes until browned at the edges. Remove from the oven and leave on the baking tray to cool for a few minutes. Then transfer to a rack and cool completely. Store in an airtight container.

**Cooking with Kids**

We love the fact that Pete and Leo learned all about food from their Dad. Cooking is a life skill that really can only be learned on the job, so it is a great idea to get kids involved as early as possible.

With this snickerdoodle recipe, you aren't just making a nice treat to eat. But you can also use it as a great way to pass on some culinary flair. Even if, like me, you're not the best cook in the world – this is still a great way to spend time with the kids.

Only you know your own child's ability but there are lots of opportunities to try different skills in this recipe. Even pre-schoolers can have a go at mixing the cinnamon sugar or rolling out the dough. For the slightly older ones, let them crack the eggs or have a go with the electric mixer.

If you are comfortable with it, let the kids have a go at chopping apples or walnuts to go in the cookies. Perhaps they can try the maths skills with weighing and measuring out ingredients. Prepare yourself for the mess and turn a blind eye to them licking the bowl when they are done!

**LOVE
Cooking.**

Hanging out at half term

It is hard to think about anything else when Christmas is looming. But once the schools go back, the February half term rolls around frighteningly quickly. And it is worth booking up to have a few things in the diary.

If you're still feeling the pinch from Christmas, don't worry there are lots of free things to do. Here is our selection for a family-friendly, and budget-conscious, half-term.

London Children's Book Swap 10 Feb

This annual event is a great way to get children reading something new or different.

It is free and all you need to do is take down a book that you have already read and pick up something new.

It takes place throughout the day at a number of venues including Polka Theatre and Kingston Museum.



Sunday Story Sessions: Supersaurs

Polka Theatre
11 Feb, 11am

Ages: 3-7.

This one isn't free but tickets are a very reasonable £7.50 with proceeds going to the Polka outreach programme.

www.polkatheatre.com

Backpacks

V&A Museum
Daily, Free

Borrow a backpack and discover some hands-on activities at the museum.

Age range guidance ensure that you get the right activities for your group.



Full Steam Ahead

National Portrait Gallery
Daily, Free

A week of holiday activities inspired by art and science.

www.npg.org.uk

Free Library Workshops

If you live in Merton, the libraries run some fantastic FREE workshops every school holiday. This February they have partnered with the Polka Theatre to run workshops.

The workshops are free but you will need to book. Contact the library concerned for individual bookings.

Grandad's Island

Colliers Wood Library

12 Feb, 11am

Pollard's Hill Library

13 Feb, 2pm

I Believe in Unicorns

Morden Library

14 Feb, 2pm

Mitcham Library

15 Feb, 11am

www.merton.gov.uk/libraries



Be a Gruffalo Spotter

Alice Holt Forest

Head out for a Winter Walk at the Alice Holt Forest. Make sure you download the app before you go so that you can spot the creatures on your trail and take your pictures to see some surprise guests in the forest.

You can buy an activity pack, but you don't need to. The trail itself is free. There is also a great playground and outdoor seating to make your day trip complete.

www.forestry.gov.uk/gruffalo



Changing the Guard

Wellington Barracks

Daily, 10am onwards

Changing the guard actually happens at 11am at Buckingham Palace. But if you want to avoid the crowds with little ones, you can see the guards from about 10-15am at Wellington Barracks. The new guards are inspected and there will be music before they leave at 10:57am for the actual changing of the guard.

For more information on a child-friendly changing the guard, see <https://changing-guard.com/visit-with-children.html>

Chinese New Year

16-18 Feb

The Chinese New Year festivities in central London are free to attend and take place in Trafalgar Square, Chinatown and across the West End. In 2018, these London celebrations are taking place on 18 February, which is the Sunday following the date of the Chinese New Year (16 February).

2018 is the year of the Dog and people born in this year are considered loyal and courageous. Wear something red (considered lucky by the Chinese) and dress up as a Dog to really get in the Spirit.

The family stage is at Leicester Square and there will also be a Lion Dance on 16 February in Chinatown. Check for more details.

lcccauk.com

Imagine Children's Festival

The Festival runs for 12 days in total – with lots of events to fill up the Spring half term. There is an event for everyone with music, talks, theatre and dance. This includes some great free events but we do recommend registering now to get your free tickets.

Fun DMC

13 Feb

Get partying with child-friendly hip-hop, funk and disco anthems. Fancy dress encouraged.

Strictly Kids

17 Feb, 1pm

Inspired by Strictly, this is the children's chance to learn to Cha Cha, Jive and Tango.

West End Kids

18 Feb, various times

See this elite troupe show off their skills.

Disco Loco

18 Feb, 1pm

Boogie with the best at this kid-friendly disco.

www.southbankcentre.co.uk



How do polar bears stay warm?

February 27 is International Polar Bear Day. There are many things that make polar bears fascinating – their colour, their size and their decreasing population. So we thought this was a great excuse to think about polar bears in a bit more detail and use this as an excuse for a home activity for kids.

Obviously we can layer up with coats and scarves when the weather is cold outside – but what do polar bears do to survive in the cold?

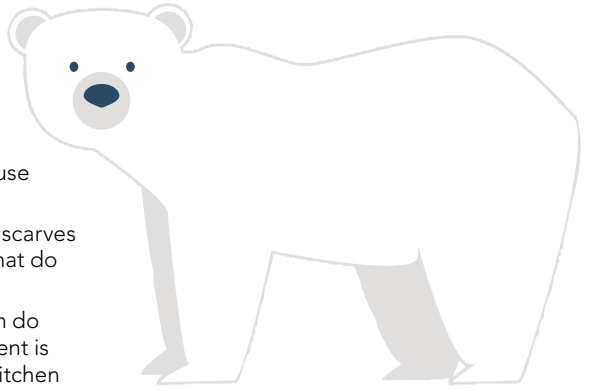
Here is a simple experiment which you can do with the kids at home. No special equipment is required – I sourced everything from my kitchen or the local supermarket.

The basic learning is a better understanding of how animals stay warm. This is a very simple way to mimic the effect of blubber in animals like polar bears. However, you can make this as simple or as complex as you like – depending upon your children.

What you need: a bowl, ice, lard (butter or some other fat will do) and a plastic glove like the type you get in a home hair colouring kit.



1. Use some ice, and water if you need, to create your frozen environment in a bowl
2. Carefully feel the temperature of the ice/water to establish how cold it is
3. Cover the hand with whatever fat you are using. Top tip – If you want to save yourself a big job cleaning the fat off little hands, you might want to use the plastic glove next to the skin and put the fat on the glove.
4. You can then either cover the hand with the plastic glove or simply insert the covered hand into the water/ice. I chose to cover the whole hand with cling film but you could also use a clear freezer bag if that is handy. It just saves the fat and water getting too messy.



Q: What do polar bears eat for breakfast?

A: Ice Crispies



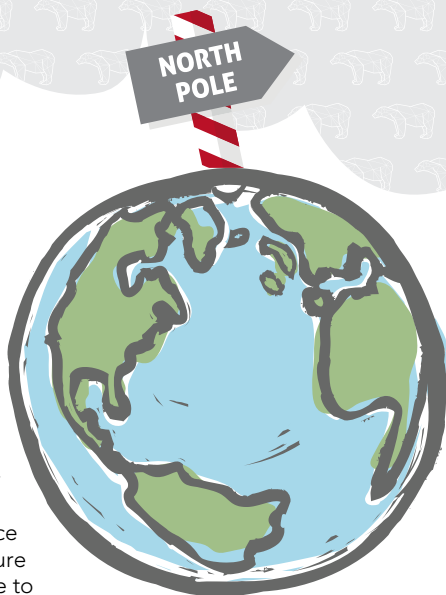
Penguins only live in the Antarctic

Polar bears only live in the Arctic

Q: What do polar bears like to eat in the cold?
A: brrrrr-gers



My daughter immediately recognised the difference in temperature and was able to understand that the fat had made the difference. We talked about blubber and how that keeps animals warm. To be honest, we laughed about blubber being a funny word for quite a bit.



Q: When is a polar bear not a polar bear?
A: When it's in a grizzly mood.

Do your research

If you get time before, do a quick search on the internet for some videos. You don't just need to stick to this, talk around the subject. We have put some references below but there are lots of options. Most importantly, have fun.

What other animals live in the North Pole?

Where do penguins live?

In addition to blubber, what else do animals use to stay warm?

What do polar bears eat?

The possibilities are endless...



References: A more complex version of the same experiment if you have older children

<https://www.scientificamerican.com/article/how-do-arctic-animals-stay-warm/>

Watch a video about some arctic animals <https://www.bbc.co.uk/education/clips/zcrr82>

A great poster to download with some fun facts about Polar regions

<https://www.natgeokids.com/uk/primary-resource/north-south-poles-primary-resource/#>

All references were correct at the time of going to print.

COMPETITIONS

Snow Queen at the Polka Theatre

The lovely folks at Polka Theatre have given us a family ticket to see the Snow Queen this Winter. Let your imagination soar as a dusty attic is transformed into the Snow Queen's icy palace, and follow Kai and Gerda's journey of self-discovery, as they try to save Kai from the icy spell of the Snow Queen's cold kiss. A family ticket is up to five people.

To enter: Email sophie.belcher@timeandleisurejunior.co.uk with the subject line **Snow Queen**.



Colour House Theatre

There are two family tickets up for grabs for The Colour House Theatre based at Merton Abbey Mills. This delightful little theatre runs children's shows every Saturday and Sunday. Tickets are for up to four people and children must be accompanied at all times. You can choose any show – subject to availability.

To enter: Please email sophie.belcher@timeandleisurejunior.co.uk with the subject line **Colour House Theatre**.



Ice skating

Take the whole family to skate at some of London's most historic locations. We have one family ticket to skate at Hampton Court Palace and one family ticket to skate at the Tower of London. The Tower of London ice rink is open daily from 17 November until 2 January. Hampton Court Palace ice rink is open from 24 November until 7 January. Both rinks are closed on Christmas Day.

To enter: Please email sophie.belcher@timeandleisurejunior.co.uk with the subject line **Ice skating**.

If you are drawn as a winner you will be sent a promotional code to book your sessions online. You will be automatically entered for both venues. However, if you are allocated to a venue which you can not use, no replacement will be offered and your tickets will be awarded to the next person drawn at random. A family ticket comprises four tickets.

Please check the websites hamptoncourtpalaceicerink.co.uk or toweroflondonicerink.co.uk for the terms and conditions which apply at the venue.



THE BORING BIT

Terms and Conditions: Entries must be received before **14 December**. Entries must include a name, telephone number and postcode. No responsibility will be taken for entries that are received after this date. Winners will be notified by email within seven days. Winners will be chosen at random and the judges' decision is final. Competition prizes are as stated and no cash alternative is available. For full terms and conditions see the Time & Leisure website www.timeandleisure.co.uk/legal.html#comp

POLKA
Where theatre begins...

Fri 17 Nov – Sun 4 Feb

The Snow Queen

By Hans Christian Andersen
Adapted by Mike Kenny

Directed by Roman Stefanski Designed by Nettie Scriven

Ages
5-11

020 8543 4888 www.polkatheatre.com
Polka Theatre, Wimbledon, London SW19 1SB



Polka is a registered charity no. 256979

CHRISTOPHER BIGGINS COUNT ARTHUR STRONG ISSY VAN RANDWYCK RIKKI JAY



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SAT 9 DEC 2017 - SUN 14 JAN 2018



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Theatre

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