

FREE

Issue 15 Summer/Autumn 2015

London Mums



**Children's
books
Special**



Liz Pichon



Louise Redknapp



Raffey Cassidy

**Star
mum**

EXCLUSIVE!

**Cbeebies Star and
children's books'
author Cerrie Burnell
opens up on being a
single mum in London
with a passion for
children's books and
mermaids**

FREE GIFT BAG WHEN YOU REGISTER ONLINE
www.londonmums.org.uk



*"Thanks to First Aid for Life
I knew what to do
when it really mattered"*



Gain the confidence to help
www.firstaidforlife.org.uk
e-mail: emma@firstaidforlife.org.uk
Tel: 020 8675 4036
Fully Regulated and Approved

BE INSPIRED

Editor's letter



www.memorygate.co.uk

Dear London Mums

Summer is set to get hotter thanks to scorching events in the West End and Hyde Park. Keep your eyes on our website (www.londonmumsmagazine.com) for the latest London events, films and books' releases.

Being part of our London Mums network is particularly convenient this year as we have struck deals with West End theatres & London attractions to offer you super discounted tickets through the dedicated site <http://londonmumsmagazine.entstix.com>.

Our recently created kids' club received an overwhelming response thanks to our child reporters' genuine and honest reviews. This issue is dedicated to children and to inspirational children's books' authors.

Our Star Mum is Cheebies' presenter and writer Carrie Burnell who tells us about her life as a single parent in London with a passion for children's books, mermaids and a dedication to help children understand disability.

Child reporter Diego finds out why young readers across the world love Tom Gates' series in an interview with author Liz Pichon. She tells us her personal journey from being dyslexic and her struggle with spellings to becoming one of the world's most beloved writers of our time.

For more insights into new young readers' titles, check our Children & Teens Top Picks, including news of Holly Webb's free app to digitally explore her wonderful stories.

The fun doesn't stop there – our film critic Freda Cooper's interview with rising movie child Star Raffey Cassidy shows what a promising actress she is in Mr Selfridge, and Disney's Tomorrowland alongside George Clooney.

UK's most trusted parenting expert Dr Miriam Stoppard tackles mums' problems in our popular Agony Aunt section and Dr Adam Fox tells us how to fight allergies this Summer.

Last but not least, you will love our five-minute chat with glam pop star and footballer's wife Louise Redknapp who tells us her secrets to family happiness and eternal beauty.

Along with all of these interviews, we've also included our Top Picks in Kids' & Women's Fashion, Baby essentials, Summer Fun Gifts and Toys.

Spread the word – London Mums is totally and utterly FREE! Register online NOW and get your FREE GIFT BAG www.londonmums.org.uk

Monica

Editor in chief, Founder of London Mums & mum of eight-year-old Diego
Let me know what you think of this issue at monica@londonmums.org.uk
or via Twitter at [@londonmums](https://twitter.com/londonmums)

**LONDON
MAYOR**



*'Forums such as London
Mums and Work Your Way
are invaluable for forging
new relationships, sparking
ideas and providing advice in
an easy, accessible way.'*
Mayor of London, Boris Johnson

Editorial

London Mums magazine is produced by London Mums Limited

Editor and publisher: Monica Costa
monica@londonmums.org.uk

Editorial Assistants: Carolina Kon
info@londonmumsmagazine.com

Illustrators: Irene Gomez Granados (chief),
Cover background illustration by Bibi Baker.

Contributors: Amelie Castelli-Fernando, Chiara Kon,
Diego Scintu, Dr Adam Fox, Dr Miriam Stoppard (Agony
Aunt), Freda Cooper (Film Critic).

Photography credits: p16 Raffey Cassidy's images by
Alberto E. Rodriguez/Getty Images for Disney, and
JAMES GILLHAM / STING MEDIA StingMedia.co.uk

POST: London Mums Limited, 74 Dowdeswell Close,
London SW15 5RL **CALL: 07900088123**

© Copyright London Mums Limited 2015

Advertisers & Sponsors

To discuss your advertising needs fill in the
contact form online or email
info@londonmumsmagazine.com

NEXT ISSUE: The Winter 2015/2016 issue will be out
at the end of June 2015 – Deadline for advertising:
mid September 2015.

DESIGN: Urban52 Ltd, mark@urban52.com

PRINTED by Evonprint Ltd. Contact:
mrowland@evonprint.co.uk

Views expressed in articles are strictly those of the authors.
Every effort is made to ensure that all the information given
is correct but London Mums Limited accepts no liability for
any inaccuracies, errors or omissions that may occur or their
consequences. This publication is copyright and may not be
reproduced, stored or transmitted in any form without written
permission from the publisher. Unsolicited materials cannot
be returned.

FREE gift bag when you register online
www.londonmums.org.uk

CONTENTS

Children's books Special

COVER INTERVIEW – STAR MUM: EXCLUSIVE! Cbeebies Star and children's books' author Carrie Burnell opens up on being a single mum in London with a passion for children's books and mermaids – By Monica Costa p6-8

LIZ PICHON – 'I still struggle with spellings but I never let dyslexia stop me from doing what I love!' – By Monica Costa and Diego Scintu p10-12

BOOK CLUB – Editors' Picks: Books for Children & Teens p14-15

BOOKS & APPS – HOLLY WEBB: Puppies and Kittens – The FREE app p17

MUMS' CORNER

Louise Redknapp – Five minute chat with a glam mum p20-21

Family Holiday experience under the Tuscan Sun p22

AGONY AUNT – ASK DR MIRIAM STOPPARD – Qualified doctor and UK's most trusted parenting expert Dr Miriam Stoppard tackles your problems p24-25

ASK THE DOCTOR - Allergic Rhinitis – By Dr Adam Fox p26

Baby Essentials – Top Products for Babies & Toddlers – What Baby (and Mum!) Needs in the First Year p28

Top Picks: Kids' Fashion p30

The HOT list – Brighten up the Summer & Autumn with trendy fashion clothes and accessories p31

KIDS' CLUB

MOVIE CHILD STAR – 'Rising Star Raffey Cassidy' – By Film Critic Freda Cooper p16

Top Picks for Summer Fun – The coolest toys & gift boxes full of Summer fun p29



Softplay
Café
Disco
Sports Pitch



Birthday Parties Laser Tag Parties
Summer Holiday Camps
Toddler Classes



Centres in Putney, Wimbledon & Newbury
Tel. 0203 4755268 www.eddiecatz.com

CHILDREN'S BOOKS SPECIAL EXCLUSIVE!

CERRIE BURNELL

CBEBBIES STAR AND CHILDREN'S BOOKS' AUTHOR CERRIE BURNELL OPENS UP ON BEING A SINGLE MUM IN LONDON WITH A PASSION FOR CHILDREN'S BOOKS AND MERMAIDS

Cerrie Burnell is a well-loved CBeebies presenter who was named in the Observer's top ten children's presenters and also featured in The Guardian's 2011 list of 100 most inspirational women. Beautiful 36-year-old Kent resident Burnell can sing, dance, and has a wide, open childlike face, which radiates a rare goodness. And now she is also a fruitful children's books author. Cerrie is a single mum to six-year old Amelie who, at the beginning of her career at BBC, was the victim of nasty comments from parents who complained because they felt uncomfortable with her disability – Cerrie was born without a right lower arm. Since then she has become one of the most successful Cbeebies presenters of all times. Editor Monica Costa recently caught up with her at the launch of her new picture book Mermaid.

Q: You are a single mum with a disability but you are so natural and beautiful that you inspire both children and parents. What has been the sweetest message you have received over the years from your Cbeebies fans?

Cerrie: When I first joined there was a big press campaign. I was completely fine about it but there were a lot of schools who really got in on it to bring a discussion about disability and discrimination with the kids. I got really sweet letters, 50 in total in one envelope from one school. Some were so funny. Things like 'I know you've got one hand but I think you can still drive a bus' or things like 'You are really beautiful, a bit like a mermaid'. Some really random and very funny. I love mermaids. I truly loved all these letters. Children start writing things they were obviously been told to, such as 'Hi Cerrie, we read about the things in the newspapers, it's not very nice...' but then they go on a tangent and say '...and I don't think it's very nice when dogs bark'. Kids are so entertaining.

Q: In your books, you write about being unique. You have created special characters in the picture books. Tell us more about them.

Cerrie: With Mia in Snowflakes, I don't think she is particularly unique in herself but she is put in quite unique situations, where she has to leave her family and live with her grandmother. There are a lot of children who have that experience in their lives who have to leave their families and go into care or go into other living arrangements but they don't often feature in picture books. That is what makes Mia unique. Snowflakes was inspired by the work I have done with the charity Coram who deals with adopted children.

Mermaid is very different, is a much happier brighter book.

Luka lives beside the deep silvery sea. He longs to splash in the surf and dive beneath the waves, but he can't swim. One day, Luka sees a girl gliding through the waves. He has never seen anyone swim so well. When her father helps her out of the sea and into her wheelchair, Luka barely notices it; all he sees is her smile and the power of the sea in her eyes. Sylvia teaches Luka how to swim, and that night, Luka dreams that Sylvia is a mermaid. From then on, Luka knows that he and Sylvia will have lots of adventures together.

Silvia has got all this energy and is a fantastic swimmer. And Luca really wants to learn to swim. I wanted a strong willed disabled protagonist to lead him. Mermaid is a story about friendship, which is the most important thing when you are little.

Q: How much has your disability affected your career?

Cerrie: It's hard for me to say because it is the thing which I was known for at the beginning of my career, not my disability but my attitude towards it. But now we have moved on from that and I have a small profile like my other co-presenters at Cbeebies.

I have always been very driven. But I would have been in whatever career I would have gone into. And that comes from constantly been doubted. People doubt you out of their own insecurities, not in a meant way. They doubt you because they don't know how they would cope in that situation.

As any working mum does, I get on with it.

Q: It is tricky for parents to explain diversity and disability to children and that's why they are often uncomfortable with this subject. How would you recommend explaining diversity to a toddler or primary school child?

Cerrie: It's a personal thing between a parent and a child. With any of these things, honesty is always the easiest thing because then you have all the answers there and not being fearful about these things.

My role is not to teach these things. It's something I would never do. I am weaving that into my books. And then those discussions can happen individually.

Q: What are your biggest challenges as a mum in show business? How do you balance your work life and your family life?

Cerrie: It's a lot of juggling. Sometimes I get the balance right, sometimes I get it wrong. And that's how it goes on really. When I get it wrong, I make adjustments and pull it back. I make sure I have time to do the things that are important. I try to do the school run.

Q: What does your daughter Amelie say about your job? Does she watch you on telly?

Cerrie: She is growing out of Cbeebies now. She doesn't watch it. It's a double edge sword to her because it's the thing that takes me away from her. Also it means that she doesn't get to have private time with me when we get to the park or swimming because we are constantly approached by people. Sometimes she likes it and other times she doesn't. It's different from what her friends experience.

Q: If you were Queen of Britain what would you do first?

Cerrie: I would change our Prime Minister. I would reinstate all the things that have been cut. I would make sure that other disabled people have the right support in place to be able to work, that single parent families have enough to eat, and no-one is forced to go to queue at food banks. I would make trips to the seaside completely free for everyone and I would have one day every year where the whole country goes to the seaside to a sea festival, a mermaid festival.

Q: What is your parenting style?

Cerrie: My daughter would probably say that I am strict, but I am a mum who tries to get things right. But it really depends on what we do.

Q: What is the London attraction that you love the most and why? Where do you like to take Amelie in London?

Cerrie: She loves swimming. We go swimming a lot. I love London outdoor lidos. I love Putney lido. But I also love the Southbank and that's where we go a lot, there's so much to do there: a bookshop, the river, lots of restaurants. You feel you are in the middle of lots of different things when you are there. We love London parks too.

Q: What is your guilty pleasure?

Cerrie: I love Bikram yoga. I used to do a lot of yoga when Amelie was at nursery. I also love reading. Because I travel a lot, I get to read a lot.

I love anything that has a bit of a fairytale in it.

I am currently reading an adult fairytale called The Gracekeepers by Kirsty Logan, which is very good.

But the most stunning book I have ever read is Kill a Mockingbird.

And I also read a lot of children's books.

Q: Where do you like to go on holiday with Amelie?

Cerrie: If I had endless money, we would love to always go to the Caribbean.

During this Summertime I have time off for a proper holiday to enjoy being a mum. Amelie and I are going to America, including Disneyland. We cannot wait!

Q: Who is the person who has inspired you the most throughout your life and why?

Cerrie: My female friends are the people who keep me going as they have endless love for me. Obviously my mum and dad are a massive support to me.

I am inspired by people who are brave and honest in their work and people who push the boundaries.

In terms of inspirational writers Lena Dunham is great. The way she writes her scripts is very eye opening.

I am also fascinated by a female memoir by Helen Macdonald called 'H is For hawk' which I am currently reading. Bereavement does strange things to people but when Helen's father Alisdair died suddenly in 2007 her reaction was more unconventional than most. Very inspirational story!

Q: Who is a showbiz personality you have worked with who have made you laugh the most?

Cerrie: I love all the presenters I work with. During Panto week we have lots of fun together. In terms of celebrities I admire I have to say Quentin Blake, who gave me a quote for my book Mermaid. That was very nice.

Q: What are you up to next?

Cerrie: This October Scholastic will publish my first chapter book aimed at 6-8 year olds, Harper and the Scarlet Umbrella which is the story of a partially sighted boy who befriends a wolf. I also have another picture book planned for release in February 2016 called Ballet Dreams. And in March the second Harper book. Let's just say that I keep myself busy.

Mermaid by Cerrie Burnell, published by Scholastic, is out now.



Hatching Dragons

Helping your baby fly through life

Think that your baby should get more out of a nursery? They can. With us.

Full day care that fosters fluency in both English and Chinese.

Taking registration for places now. Doors opening soon.



INTRODUCING...
THE UK'S FIRST BILINGUAL
MANDARIN-ENGLISH
DAY NURSERY

妈 爸 家 龙



Please get in touch...

E: barbican@hatching-dragons.com

P: 020 3287 7020

W: www.hatching-dragons.com



@DragonNurseries



fb.com/hatchingdragonsnursery



pinterest.com/hatchingd



instagram.com/hatchingdragons

Hatching Dragons Ltd | Registered Company No. 08847709 | 3rd floor print house, 18-22 Ashwin Street, London E8 3DL

A portrait of Liz Pichon, a woman with long dark hair and bangs, smiling. She is wearing a white t-shirt with a black and white graphic print of a character and stars. The background is a colorful, abstract pattern with large stars and geometric shapes in yellow, red, and black.

CHILDREN'S BOOKS SPECIAL

Liz Pichon: 'I still struggle with spellings but I never let dyslexia stop me from doing what I love!

An look what happened!'

Editor Monica Costa and child reporter and TOM GATES super fan Diego Scintu caught up with popular children's books' author Liz Pichon to get an insight into Tom Gates' world.

When we met Liz at a book presentation, we were pleasantly surprised and amused by her bubbly personality. She is a very creative born and bred Londoner, who, despite being dyslexic, has managed to channel her artistic talent into something she is extremely good at: illustrations. Liz is a super mum of three and lives in Brighton. Her name might not be familiar but her books are: Liz is the author of the best selling TOM GATES series for 9+ readers, which has sold 1,000,000 books in the UK alone and been translated into 36 languages. The Tom Gates books have won loads of awards, including The Roald Dahl Funny Prize 2011, The Waterstones Children's Book Prize 2012, The Red House Book Award 2012 and The Blue Peter Book Award 2013. Children cannot get enough of them!

Q: Where do you get the inspiration for Tom Gates stories?

Liz: I get it from lots of different places and from everywhere. I think about my own childhood and all the things I used to get up to. I have three children who are grown up now but I remember what they were like and the kind of things they got up to with their friends. And I think about when I was at school. I also get inspiration from my parents, family life and friends. I read other books and listen to the radio. I look at magazines to pick up ideas. I listen to other people's conversations. I honestly think that most people have funny stories about their own lives. All I do is remembering them and write them down. If you are looking for ideas, it is good to keep your ears and eyes open at all times.

The Brilliant World of Tom Gates started out as a picture book idea and gradually ended up becoming the first book I wrote for older children. I imagined that Tom was writing in his own exercise book at school and Mr Fullerman would write comments in it. The style of drawing is supposed to be Tom's drawing in his own books.

I remember lots of teachers from my school and I often include funny things that really happened to me in the Tom Gates books. I loved drawing when I was younger and I would copy characters from books and from comics too (especially the Walt Disney ones).

Q: How has your life changed after the huge success of the Tom Gates series?

Liz: It got a lot busier! The biggest change is that I feel I have a career now. Before I worked as an illustrator and wrote the occasional picture book but I was doing lots of different things, working for magazines, doing illustrations for greeting cards or calendars.

One of the first jobs I had was designing record covers for bands at JIVE RECORDS in Willesden. I also designed a range of T-shirts that I sold at market stalls and craft fairs too. Lots of my designs have been used on greeting cards, calendars and all kinds of other products.

When I worked as an illustrator I was asked to illustrate other people's stories, which made me think - MAYBE I could WRITE and illustrate my own stories? So I had a go and (drum roll...) look what happened!

Now I feel like I have a proper career. It has taken a few years after publishing the first books to get used to it, but now I think I can do it.

Q: If you were Queen of Britain what would you do first?

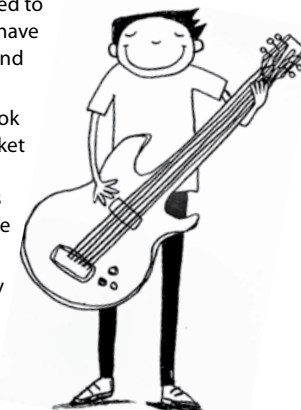
Liz: We should make sure that no more libraries get closed so that we can all have books to read. The thing is that the Queen is not allowed to say things like that. But maybe we could have a massive library reading day and a day off. Any excuse for another party. She is very good at throwing a party.

Q: What is the London attraction that you love the most and why? Where do you like to take your kids in London?

Liz: As a Londoner I used to take some parts of the city for granted. But since moving out of London, I appreciate it more. When you come from Brighton, and you look at the bridges, the view on the Thames, the Southbank it's fantastic. I probably spend more time along the Thames now than when I used to live in London. But I was lucky when I lived with my parents close to Parliament Hill (Hampstead Heath). I loved to go to lake ponds and open water swimming. I would love to take my girls there to do it. It's like a little oasis during the summer holidays when I was a student, where you can relax, do some drawings, take some sandwiches. My dad used to take me to the lido at Parliament Hill at 7 in the morning because it used to be free at that time. After an early morning swim, we used to go to the local bakery and have a hot bread roll, go home and have breakfast.

At weekends we used to look at markets a lot. I am a market goer. I loved Camden Lock and the Islington market as well as the Alexandra Palace antique fair.

Next time I want to take my girls to see the Alexander McQueen exhibition.



Q: You mentioned that you have suffered from dyslexia. How have you managed to turn this to your advantage?

Liz: Dyslexic people learn very differently. I think very visually, for example. You find ways of coping and for me a lot is to do with confidence. I never thought I was ever good at writing. I had a good imagination but I found the writing such a struggle because of the spellings and the grammar. I just assumed I wasn't very good at that. But I could do illustrations and drawings. And through my work illustrating other people's stories I started to get more confident and started thinking that maybe I could write and illustrate my own stories. That's one of the reasons that it has taken me quite a long time to come around to thinking that I could actually be a writer. I found a way of telling these stories and children have responded to them because they can pick the book up and can be in that story within the first page, because they look at it and take it in visually.

Tom Gates' books are very popular especially with reluctant readers and dyslexic children. Even after writing the first book I wasn't very confident and I wasn't sure yet I could be a proper writer. It is a different way to telling stories.

I still struggle with spellings ... especially when I am on twitter I get frustrated... You would have to find ways around the problem. That's what I always say. Don't let dyslexia stop you from doing things. Just find a way to do what you want to do.

Q: What should parents do to encourage children to write more?

Liz: It's all about storytelling. Look at films for example: it all starts from a storyboard which is like a comic. The more you do it the better you get at it.

Every time I write a book I learn something new. One of the way to do it is to read other people's books. But won't read a book unless you are interested in it.

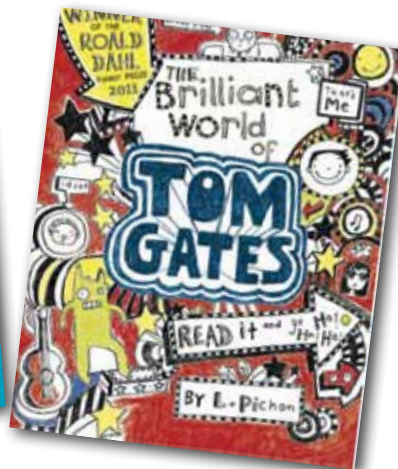
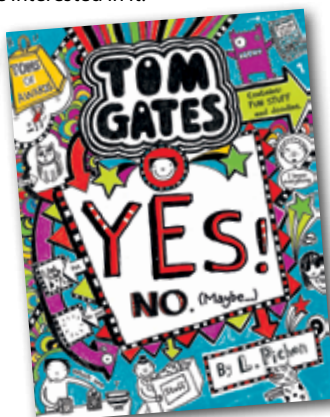
Don't worry about what children are reading. It could be a facts' book or the Guinness Book of Records. It could be anything. That might lead to something else.

When I talk to children in schools, I tell them that everybody has funny stories. It's just a matter of finding a way to telling their stories.

Q: What are you up to next? Tom Gates' fans (including Diego) cannot get enough of that ...

Liz: People don't realise how time consuming it is to write and produce the Tom Gates' books due to all the drawings. And I treat every page of the Tom Gates' book a bit like when I used to do picture books. So I try to use the whole page and everything to tell the stories. Along with the designer and the editor at Scholastic, we all spend a lot of time to make sure that everything reads really well, that your eye can take in all the information all over the page quite quickly but that takes quite a long time. The books look very simple and busy but it is a time consuming process. It takes five to six months to put together a single book. I now feel that I have to work harder on the stories as well to make sure people don't feel that they have read the same thing again. I try to put extra creative details in every book so that the readers are excited about them. The next Tom Gates book comes out in October. And we are going to do a lot more Tom Gates' music by Tom's band Dog Zombies so that people can learn some of the lyrics mentioned in the books. My husband works as a music producer and I have written some of the lyrics. The songs are simple and specifically designed so the children can learn to play them. We'll produce songs from fictional bands Dude 3 and Plastic Cup which are mentioned in the books.

So far there are eight books in the series, the last one 'Yes! No (Maybe...)' was published this May. But there could be ten books, or maybe more, as I have loads of other ideas.



KIDS GO FREE

FAMILY RIVER RED ROVER
HOP ON & OFF ALL DAY
SIGHTSEEING

From only
Family
River
Red Rover
inc 2 adults + 3 kids
*online price

Buy a Family River Red Rover and three kids (up to sixteen) travel free. All day, any day. Hop on and off any City Cruises pier from Westminster to Greenwich.

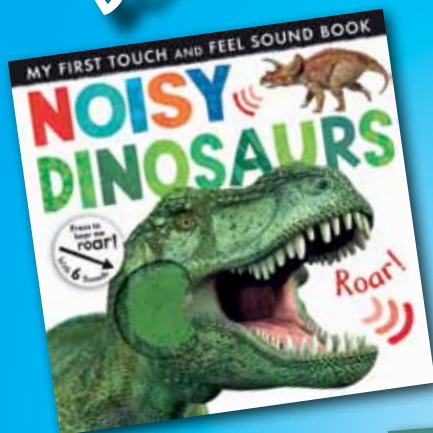


Tickets can be bought on the day at Westminster, London Eye, Tower and Greenwich piers

Buy tickets online at
citycruises.com
or call 020 77 400 400

EDITORS' PICKS:

BOOKS FOR CHILDREN & TEENS



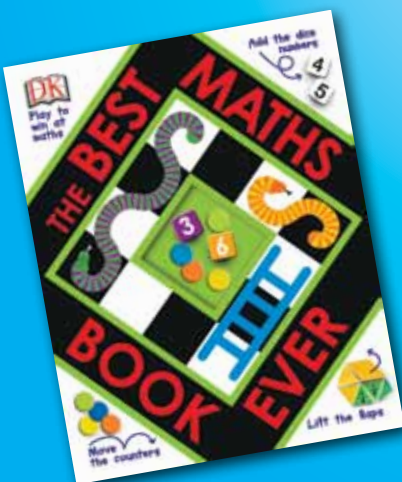
Noisy Dinosaurs by Jonathan Litton
RRP £8.99
www.littletiger.co.uk



More by Tracey Corderoy
RRP £6.99 (paperback)
www.littletiger.co.uk

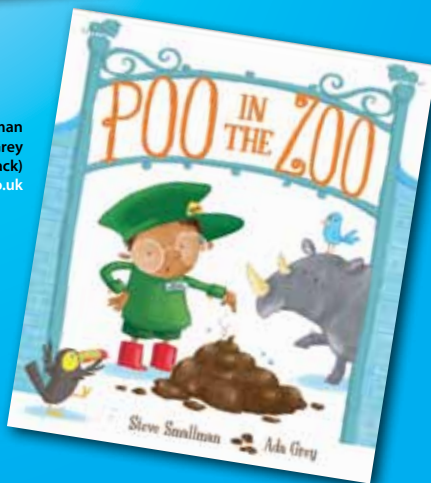


Super Cute Crispy Treats by Ashley Fox
RRP £12.99.
Published by Race Point Publishing
www.racepointpub.com

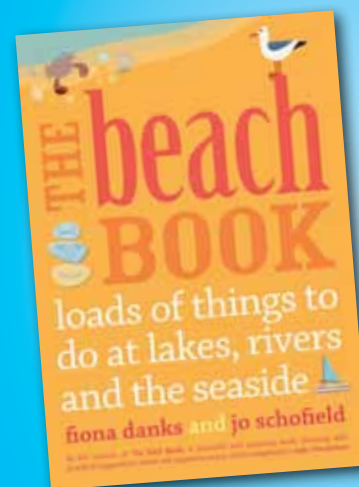


Poo in the Zoo by Steve Smallman
and illustrated by Ada Grey
RRP £6.99 (Paperback)
www.littletiger.co.uk

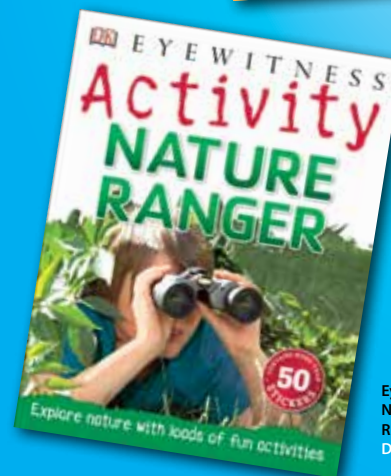
Best Maths Book Ever
RRP £9.99
Dk.com



Eye Witness Activity: Night Sky Detective
RRP £6.99
Dk.com



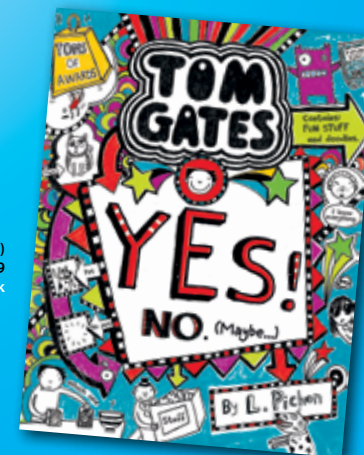
The Beach Book: Loads of things to do
at lakes, rivers and the seaside by Fiona
Danks & Jo Schofield
RRP £9.99
Published by Frances Lincoln
www.franceslincoln.com



Eye Witness Activity:
Nature Ranger
RRP £6.99
Dk.com



Finding Audrey
A laugh-out-loud romantic and brilliant new
young adult novel by the Bestselling Author
of the Shopaholic series Sophie Kinsella
RRP £12.99
Recommended for 12 and up
www.randomhousekids.com



Tom Gates Yes! No (Maybe...)
RRP £10.99
www.scholastic.co.uk

RIISING STAR RAFFEY CASSIDY

By Film Critic Freda Cooper



1, 3, 4, 5, Photo by JAMES GILLHAM / STING MEDIA StingMedia.co.uk 2, Photo by Alberto E. Rodriguez/Getty Images for Disney

At an age when most teenagers are deciding what subjects to take at GCSE, Raffey Cassidy has other things on her mind. Not that she's ignoring her education, but the demands of her acting career have been uppermost in her mind just lately.

Most recently seen in Disney's *Tomorrowland: A World Beyond*, she was in London for the film's European premiere and strutted her stuff on the red carpet like she was born for it – she'd had some practice at Disneyland the week before and was off to Valencia next. But she still managed to find time for a chat London Mums' film critic, Freda Cooper.

If her name's not ringing any bells, chances are you'll recognise the face from TV favourite, *Mr Selfridge*, where she played Beatrice. This was an experience she really enjoyed. *"I liked dressing up in the period costumes,"* she remembers. *"In fact, I like dressing up for different eras and I got to do that in the part of Tomorrowland set in the 60s. But working on TV is completely different to working on a Disney movie. On a movie set, you become closer to the people you work with because you're on it for so long. I liked both experiences, but I do like doing films."*

She was able to share that enjoyment with her family as well because they were all on the set for the shoot. So Raffey, who felt that the cast became *"like one big family"* as well, discovered she had an extended family as well.

Making *Tomorrowland* was a big learning experience for her, and not just in terms of her acting. Her character, Athena, is an android and a highly intelligent one at that. *"I got to learn so much,"* she recalls. *"I had to learn some foreign languages like Japanese and Athena's also aware of the environment, so that made me more aware."* She also had to learn to drive for one particular scene – and one of the passengers in the car was Clooney himself.

Having packed so much into the past few years, what does the future hold on the acting front? Raffey doesn't have any definite plans. *"For now, I'm really happy with what I'm doing and really grateful. I don't know whether I'll do this for the rest of my life: maybe when I'm older I'll decide that I don't want to."*

But hopefully she won't. *Tomorrowland* shows that she has great poise in front of the camera and is a hugely promising actress. **Remember the name. Raffey Cassidy.**

PUPPIES AND KITTENS THE FREE APP



Welcome to the world of Holly Webb! If your little one loves animals, they'll adore this immersive and fun-filled Puppies and

Kittens app. It's jam-packed with activities – from fantastic games and puzzles to creative colouring and sticker fun. There's even a new short story by best-selling author Holly Webb!

This free app includes a host of exciting features:

- Choose your very own puppy or kitten avatar and then personalise your pet with toys and accessories bought with points earned within the app
- A range of great games – have fun playing and win points for your puppy or kitten. From "Cat Chat!" to "Run, Alife, Run!", there's something for everyone
- Heaps of colour and sticker activities – get creative and save your pictures to your camera roll. You can make a "Lost Poster" to help find a missing kitten, and even create your very own interactive story
- Loads of activity sheets – ideas for fun stuff to do at home, including baking "Paw-fect Cupcakes" and making "Puppy Puppets"
- A bookshelf for collecting your favourite Holly Webb Animal Stories

- A brand-new and exclusive short story by Holly Webb: *"The Curious Kitten"*

Available on both Apple iPad and Android tablets, with no adverts or in-app purchases, this app is perfectly designed for children aged from five years and requires no adult supervision. All the content is also available offline, so you can play anywhere!

If you love the app, make sure to look up Holly Webb's Animal Stories books at: www.hollywebbanimalstories.com

About Holly Webb:

Holly Webb is one of the UK's best-loved children's authors. She's written over 100 books, including 30 Animal Stories, the Maisie Hinchins series and magical winter tales such as *The Winter Wolf*, for Stripes. In 2014, she wrote *Little Puppy Lost*, her first picture book, for Little Tiger Press.



DIETS ALONE DON'T WORK LIGHTERLIFE DOES

Rachel Baker, 32, had battled her weight for years but it was her early months of Motherhood and suffering Post Natal Depression that made her re-evaluate her life, and eventually her weight. In seven months she lost almost 8 stone thanks to LighterLife. Here's Rachel's story:

Before I got pregnant with my son James I weighed around 16 stone. During my pregnancy I gained another two but I wasn't worried as I thought I'd lose all the extra weight breastfeeding, and keeping busy with the baby.

I took six months maternity leave from my job as a Civil Servant and had hoped to enjoy it. Instead, I couldn't face going out, let alone make myself look presentable. Food became my friend and comfort and the weight piled on.

I thought other women must be lying when they talked about the joys of early motherhood because I wasn't experiencing that at all. I was sad, low and couldn't understand why I wasn't happy, as my partner Sarah and I had planned and longed to have James.

Unknowingly I was suffering with Post Natal Depression. It was Sarah who recognised there was something wrong and urged me to see a doctor. As soon as I did I was given medication and started to recover, but my weight problem still remained.

My trigger moment for joining LighterLife came in December 2013 when I realised I was completely breathless bending down to tie my laces. I also felt a layer of fat pressing painfully on my chest. I went to see my GP who confirmed my BMI was off the scale.



I weighed 18st 11lbs when I joined LighterLife. I knew it was the right programme for me because of the quick results and supportive group work involved.

My first LighterLife group was really inspiring and I really enjoyed it. The weekly counselling sessions made me less anxious and feel more at peace.

In group, we didn't talk about dieting and calories. It was more like a series of hugely empowering life lessons.

I identified that tiredness was a big factor in my overeating. I used food as a pick-me-up and reward, particularly in the evening when I'd put James to bed.

Thanks to LighterLife I love being a normal size and healthy. I've been maintaining my weight for over nine months and can assure anyone contemplating LighterLife – it really does work.

Diets alone don't work – LighterLife does. Start your LighterLife journey today by visiting LighterLife.com To enquire or book a free, no obligation consultation call **0800 2988 988**



Exclusive **LondonMums** Summer Beauty Box for both Mum + Baby

WORTH OVER £120 THIS FANTASTIC BOX OF SUMMER GOODIES IS PERFECT AS A HOLIDAY TREAT FOR JUST £24.99 + P&P*



For mum

WILD ABOUT BEAUTY LIPSTICK (Abbey) 3.5g RRP £15.00

The summer essential for your lips. Stunning hot pink shade with added nourishing benefits and SPF protection.

WILD ABOUT BEAUTY EYESHADOW PENCIL IN MARJORIE 3.37g RRP £14.50

Ideal for the busy mum, instant eye definition with Vitamin E enriched double-ended shadow and liner pencils

BELLAPIERRE BRONZER IN STARSHINE 4g RRP £20.00

A mineral face & body bronzer which adds a healthy, sun-kissed glow to any complexion and gives your skin a 'natural tan'

BELLAPIERRE MINI KABUKI RRP £19.99

This super-soft kabuki brush is perfect for achieving all-over coverage with a natural look.

PECKSNIFFS CASHMERE SHOWER CREAM 200ml RRP £20.00

Indulge with this gentle and luxurious foaming shower cream.



For baby

ANGELIQUE 100% ORGANIC COTTON COMFORT BLANKET RRP £18.00
Bunnie or Kitten

This beautiful 100% organic cotton comfort blanket will stay as a loving friend with your child forever.

We are so sorry but we cannot tell which will be in your box but they're both lovely!

late addition

GREEN PEOPLE ORGANIC CHILDREN LAVENDER SUN LOTION 150ml

Pure, organic suncare that's safe for your child.



Now for only £24.99 plus p+p*

Buy now at www.allboxedup.co/summermums

*P+P is 4.99 per box, courier delivery. Limit 3 per person.
Please allow 28 days for delivery, terms and conditions apply
(full details at www.allboxedup.co)

To see the review of all products visit
<http://londonmumsmagazine.com/>
@Londonmums

FIVE MINUTE CHAT WITH LOUISE REDKNAPP



Former Eternal singer Louise Redknapp is a glamorous mum of two sporty boys, Charley and Beau. She also happens to be married into a 'football family'. Her husband is retired footballer Jamie Redknapp, son of football manager Harry Redknapp. Their 16-year marriage is solid as a rock and they come across as a very happy couple. Editor Monica Costa has caught up with Louise to see what the secrets to her happiness and beauty are.

Q: In your 20+ year career you have reinvented yourself quite a lot. Of all your jobs (singing, modelling, TV, entrepreneur and yes indeed mum) what do you prefer and why? You are not allowed to say mum (giggling)

LR: Of course I'd say being a mum but that is part of my life 24/7. Singing is my great and first love, but now I really love my businesses and I am very hands-on on a daily basis with these.

Q: What is your parenting style?

LR: I'm a very hands-on mum, as Jamie is as a father. We both spend quality time with the children. However, like most mums, the boys have me wrapped around their little fingers.

Q: Are your boys more musical or more interested in sport? Are they more interested in dad and granddad's activities or in your career?

LR: Being boys, they are naturally interested in sport, rugby, cricket, golf and obviously football. They see Jamie and myself as just their parents so our careers don't really come into their minds at the moment. Typically they are more interested in their friends.

Q: How do you cope in a 'football family'?

LR: I am not a football fan myself but, as I am always surrounded by sport of all sorts, I feel that patience is really what keeps me on track with it all.

Q: Six weeks of school holidays are long with two boys to be entertained, I suppose (I only have one). Where will you take them on holiday this Summer?

LR: We have a house in Mallorca and we go there almost every holiday. The boys love it there. It's like home away from home for them now as they are always with family and friends. They enjoy our undivided attention and they get to practise every sport imaginable.

Q: Where do you like to take your boys in London?

LR: I love going to the museums with them, particularly the Natural History Museum. The boys also like going to restaurants with both Jamie and myself.

Q: You have such a youthful glow! What's your biggest beauty secret?

LR: My Wild About Beauty Sheer Glow gives my skin an instant glow and I am addicted to it as part of my daily make-up routine.

I also have monthly facials with Dr Francis Prinna Jones to keep it in tip-top condition.

Q: How do you keep fit?

LR: We have two puppies so dog walking on a daily basis keeps me fit. I also do pilates and kick-boxing, but running around after my two boys keeps me fit too.

Q: What is your guilty pleasure?

LR: Having a night out with either Jamie or my girlfriends. I love a good margarita or tequila.

Q: You have modelled a lot and have tried a lot of different looks. Who is your favourite fashion designer of all times?

LR: Stella McCartney is my all-time favourite designer. Her clothes are perfect for any occasion and their shapes fit me so well.

Q: Who is a showbiz personality you have worked with who made you laugh the most?

LR: We're great friends with Jimmy Carr and John Bishop who always put a big smile on my face.

Q: What are you up to next?

LR: I am focus on growing my companies Wild About Beauty (cosmetics) and A Style Album (Fashion and lifestyle Blog), so this takes up all my time.

FAMILY HOLIDAY EXPERIENCE UNDER THE TUSCAN SUN



The area called La Valtiberina, on the eastern edge of Tuscany, is an attractive hilly landscape with woods of chestnut trees, olive groves and fields of sunflowers. It offers an image of a Tuscany still barely touched by mass tourism, yet full of medieval and renaissance art treasures. In this area were born two of the greatest Italian renaissance artists: Piero della Francesca and Michelangelo. Villa Radicata, surrounded by private, terraced grounds, with a marvellous panorama of the lake Montedoglio and of the hills around it, has absolute privacy and peace and quiet. This attractive stone farmhouse has been renovated to perfection, with ample external areas furnished for relaxing and dining outside. There is a courtyard, a pergola with BBQ area and wood-burning oven for bread and pizza, a terrace and, on the highest level, a nice furnished and fenced swimming-pool (12x5 m). This is an ideal place for a holiday in natural surroundings, for walking, bike-rides, or trips to the art towns, in an atmosphere of total relaxation.

La Radicata is close to Assisi, Cortone, Florence, Siena, Arezzo and the designer shopping outlets.

It is the perfect family holiday home with plenty of toys, mountain bikes, beautiful pool and garden and the possibility of spa treatments, yoga, and cooking lessons.

Yoga, cooking and family fitness breaks also available throughout the year.



**SPECIAL OFFER FOR LONDON MUMS – 10% DISCOUNT
AND COMPLIMENTARY FIRST NIGHT DINNER**

www.holiday-villa-in-tuscany.com

Phone 07785 571292

GET ACTIVE WANDSWORTH FESTIVAL

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



www.wandsworth.gov.uk/active

FREE
activities
for all the
family



#GAWF2015

Quote **LONDON MUMS** to
a member of staff to claim
your **FREE GOODY BAG**



Ask Dr Miriam Stoppard



Qualified doctor and UK's most trusted parenting expert Dr Miriam Stoppard tackles your problems

What are the best toys and games I can play with my 4 year old son in preparation to reception which he will start this September? Mary, Putney

As your baby grows up through toddlerhood preschool to school age the time you spend together becomes more precious and rewarding for both of you especially if you espouse the roles of playmate (one with insight, experience, enthusiasm and passion) and teacher with an eye to teachable moments – any situation where there are interesting tidbits to pass on.

Remember your toddler and child craves your approbation so every game you play, every activity you do together, every time you are a spectator of her skills, aptitudes and talents, are opportunities for encouragement, constructive comment, praise, and thereby close bonding.

Time spent within the golden hour is a time for widening horizons and opening up new worlds for your child as games and activities become more and more complex.

So building a kit together (fine manual dexterity skills) can become

- A history lesson if what you're building is the Tower of London – just using what you know (the princes in the tower perhaps)
- An unconscious lesson in pre-writing if you draw and colour together with improving accuracy

- An invisible lesson in pre-reading if you point at and name features in picture books
- A lesson about plants, botany and the environment if you're gathering flowers and pressing them
- A lesson about the origins of the universe if you visit a space museum at any age
- A lesson in music if you choose the tracks together to put on your iPod especially if you get a keyboard and play around together, with rhythms and instrumental sounds. You can show from an early age that music is everywhere, even dragging a stick across railings
- A lesson in math if you just count everything out loud all the time

My son is 10 and behaves like a teenager. Is there anything I can do to be more a child of his real age? He is not exposed to TV or other teenage sites/ information, I believe he picks up this teenage attitude from his peers at school. Teresa, Wapping

Your son's behaviour is not his fault. His brain is getting to the stage when it will start deconstructing and reconstructing due to the surge of hormones that happens when children are growing towards adolescence.

The bad news is the reconstruction won't be complete until his 20s. There are dramatic changes going on in his frontal lobes. That's the area of the brain behind the forehead which acts as a kind of command centre.

To get some idea think of your son's brain as a building site, all the bits are jumbled up while he's rebuilding his mind.

So this is why adolescents are very sensitive to hostility, authority and grown-ups in general and they'll respond to nagging and criticism with anger.

Your son doesn't hear your remarks as neutral, he may hear them as aggressive so he blows his top.

Find some way to talk to your son and listen, listen, listen. Don't judge and give unconditional support.

Be sympathetic, ask why your son is unhappy and ask if you can help.

I find it a bit boring (sorry I am whispering this) playing with my baby daughter. Is there any way I can make this precious time a bit more fun for myself too? Jane, Blackheath

Bathtime is a good time to play games so try these suggestions.

- Water is fun in or out of the bath but especially in the bath so enter into the spirit of playing games for the whole of bathtime, then your child will really look forward to it.
- Any bubble game is fun and easy to do with bubble bath. Use a rigid straw to blow bubbles under the water and blow bubbles into the air above the water.
- Balloon games are great. Balloons are soft, safe and can be filled, emptied and endlessly refilled.
- All floating toys come with a story you can make up, so keep a net by the bath with lots of different floating toys.



- Children love to show that they can make something happen, like making rain with the shower head, or pouring water into a boat till it sinks. Show them how with lots of laughter.
- An activity centre on the side of the bath promotes manual dexterity so help little fingers to twist, turn, pull and push. Your child learns cause and effect from these games – *"if I do this, that happens."*
- Water soluble painting on the sides of the bath is an extra art lesson.
- Then there are **BATH BOOKS**. I'm very keen on them. It's never too early for a baby to be introduced to reading. So turn the pages of floating books, point out pictures, name contents and make all the appropriate sounds. *"In the pond, there's a BIG GREEN FROG. It goes RIBBIT! RIBBIT!"*

Dr Miriam Stoppard has developed a range of 21 developmental toys for baby's first year and beyond with Galt Toys to encourage learning through play.



DO YOU HAVE A PARTICULAR DILEMMA YOU WANT ADVICE ON BY OUR LONDON MUMS' EXPERTS OR SIMPLY A QUESTION?

Send us a letter via our website www.londonmumsmagazine.com





Ask THE DOCTOR

Allergic Rhinitis
By Dr Adam Fox

Almost a quarter of British adults suffer from hayfever. We don't really understand why there has been such a massive increase in the amount of hayfever but at least we have a better understanding about its causes and how to effectively treat it.

Hayfever, or to use its medical name, seasonal allergic rhinitis, is caused by an allergy to pollen. The most common cause is grass pollen which in the UK is released between April and July. Some people have an allergy to tree pollen which will cause symptoms in February to April time. Allergy to house dust mite, tiny creatures found in bedding and soft furnishings, will cause the same symptoms all year round, as will cat or dog allergy if you have them in the house.

An allergy is an overreaction of the body's defence system to something that is harmless. When the substance causing an allergy is breathed up the nose, it causes a reaction by the immune system that leads to swelling of the nasal lining and the release of a chemical called histamine. This causes the itching, congestion, runniness and sneezing symptoms.

Allergic rhinitis is often a mild inconvenience but in some cases it can be severe and have a huge impact on quality of life. Severe symptoms affect sleep and daytime activities.

There are a huge number of remedies suggested for allergic rhinitis ranging from the highly scientific to the completely crazy. Avoiding the allergen is a good place to start which means getting an allergy test from your doctor is a good idea. Special bedding covers to protect from dust mites or finding a new home for the family pet may make a big difference but avoiding pollen is very tricky. Wraparound sun glasses and pollen filters for the car can help as can a hair wash in the evening, otherwise pollen from the day will collect on your pillow and then find its way up your nose. Using petroleum jelly as a pollen trap around your nose may

also be helpful but there is not really any good science to support the use of local honey or low allergen pets!

Some over the counter medicines have been shown to work well in all forms of allergic rhinitis. Long acting, non-sedating antihistamine and steroid nasal sprays are both safe and effective. If your symptoms remain problematic despite these it is worth consulting a doctor to see if desensitisation may be an option for you. This is a very effective treatment using a series of injections or drops under the tongue of the substance you are allergic to. This can trick your immune system into becoming less allergic and improve symptoms significantly.

Dr Adam Fox
Consultant Paediatric Allergist at a leading London teaching hospital

THE AUTHOR
Adam Fox is one of the UK's few specialist Paediatric Allergists and is a consultant at Guy's & St Thomas' Hospitals and also has a private practise www.adamfox.co.uk

AllerGuard is a revolutionary range of anti allergy bedding in the UK which has been statistically proven to drastically reduce symptoms of asthma, eczema and rhinitis caused by allergy to the house dust mite. Website: www.allerguard.co.uk – Email: info@allerguard.co.uk – Tel: 020 8886 2821. Quote 'LondonMums' for 10% off your First Order.



The safe comfortable way for all babies and toddlers to sleep.

slumbersac

Order online & receive
10% DISCOUNT
on all full price products.
Promotional Code:
LONDONMUMS10



NEW!
SLEEPING BAGS
WITH FEET

FREE
UK delivery
and returns

WWW.SLUMBERSAC.CO.UK

FOLLOW US  

SEE SITE FOR DETAILS

Exposure to dust mites is a major cause of asthma and allergy



AllerGuard prevents dust mites from reaching their primary source of food and drastically reduces the level of dust mites in the bed

www.allerguard.co.uk
+44 (0) 20 8886 2821
info@allerguard.co.uk

AllerGuard UK
Allergen Proof Bedding

Baby Essentials

Top Products for Babies, What Baby (and Mum!) Needs in the First Year



Hippyck Towels
Available colours: Red Stripe or Blue Stripe
RRP £19.95
www.hippyck.com



Little Butterfly London
Dreamy Organics for heavenly babies
A strikingly beautiful keep-sake gift box with a lovely cotton ribbon featuring a lovely grass print inside and glossy butterflies on the outside. Contains three products for both mother and baby delicately bedded on branded tissue paper.
RRP £75.00
www.littlebutterflyorganic.com



The breastfeeding friendly Comotomo Baby Bottle
The super 3-inch wide mound and naturally shaped teat allows babies to latch on seamlessly and prevents 'nipple confusion' when transitioning between breast and bottle feeding.
RRP £14.99
Available from Amazon UK



Hush Little Baby Hamper
RRP £80
www.burplebaby.co.uk



0800 HANDYMAN, London's first mobile handyman service offers is on hand to help with the all those little jobs that for all sorts of reasons never seem to get done.
www.0800handyman.co.uk

Top picks for summer fun

The coolest toys, gadgets & gift boxes full of Summer fun



Make-a-Bar Chocolate Factory Creative Kit
Design and make personalised chocolate bars in minutes.
RRP £3.99
www.makeabar.co.uk



Minions Molkky®
Suitable for ages 5 and up.
Available from amazon.co.uk and all good toy retailers
RRP £24.99
For details visit www.tactic.net
© 2015 Universal Studios. All rights reserved



NeckNapperz
Converts from cute friend to comfy neck pillow in seconds
RRP £19.99
Available from Mid July 2015
www.snuggables.co.uk



My Doodles watches
These cool animal shaped watches are suitable for children over 4 years.
RRP £15
www.facebook.com/MyDoodlesGB



Splash action camera by Kitvision
Great waterproof camera for high resolution images and full HD 1080p videos.
RRP £69.99
www.kitvision.co.uk

Top Picks: Kids' Fashion



Sleeping bags with feet
RRP starting at £18.99
www.slumbersac.co.uk



Nutmeg Clothing Range at Morrisons
SS wave print shirt £3/£3.5
Purple chino short £5/£6
Age: 1-6 years
www.your.morrisons.com/Nutmeg-Landing/



Slumbertoys Baby Leather
Shoes incl. Free Gift Pack
RRP £12.99
www.slumbersac.co.uk



Kids bath poncho Mint Owl
RRP £14.99
www.slumbersac.co.uk



Splash About Holiday Shop
'Kayla La Ruffle SwimSuit'
RRP - £19.99
www.splashabout.com



Summer Muslin Sleeping Bags
RRP starting at £15.99
www.slumbersac.co.uk

The HOT list



Onfire Womens Quilted Boots Black
Add some style this Autumn with these gorgeous high leg boots in black. They are quilted and versatile both elegant and comfortable - a must have for the colder months.
RRP £129.99
www.mandmdirect.com



Casual luxurious Blue Kaftan
Handcrafted with love, exclusive to Dalila's Kaftans
Ideal to lounge in this kaftan fabric is so beautiful any ladies might want to host home parties with it. It would certainly be more than fine to receive any guests.
RRP: £33 Now only £20
www.dalilaskaftans.co.uk
(look under casual kaftans/loungewear)



Fluid Womens PU Faux Fur Trim Jacket Pink
The Pale Pink faux leather biker jacket by Fluid is great for Autumn weather and has a detachable faux fur hood. Its pinky colour is quite unique and stunning. It can be worn with jeans and dresses.
RRP was £69.99 NOW £24.99
www.mandmdirect.com



NICOLE Dress by Onjenu in KITE PURPLE
RRP £82.00
Nicole has a soft gathering on one side of the waist, creating a structured and shapely fit! It is also slightly A-line creating a more casual style of dress. It has short sleeves and a V-neckline.
www.onjenu.com



BabyBjörn Changing Bag SoFo
Carry as a tote, messenger bag & backpack, its design is attractive and stylish for both mums and dads.
RRP £64.99
www.babybjorn.co.uk

DIETS *ALONE* DON'T WORK

*Sent to the dietician at 13,
I battled my weight for years,
gaining even more after pregnancy*



*LighterLife
does*



*I lost
7st 13lb
in 7 months
.....
maintaining
for 9 months*

Rachel

Find out more today:

UK 0800 2988 988

Visit lighterlife.com


LighterLife[®]
Change your thinking