

FREE

Issue 10 Winter 2013/2014

London Mums



**Tamzin
Outhwaite**



Ben Cohen



Tom Pellereau



**Star
mum**

EXCLUSIVE!
Teri Hatcher

**If there were fans that deserved
a movie it would be the loyal
Desperate Housewives fans!**

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

hippychick®

www.hippychick.com 01278 434440



Great ideas
for family life

Visit www.hippychick.com and receive 20% off using code LONMUM2013

BE INSPIRED

Editor's letter



Dear London Mums

What a brilliant Summer it's been! Who would have ever thought London would see that much sun. Now that the kids are back at school and the winter weather is slowly but surely approaching, we have the perfect issue for you to snuggle up with.

Our cover interview is with the gorgeous Teri Hatcher, star of *Desperate Housewives* and recently released Disney film 'Planes'. She talks to us about what it was like to live her dreams and be part of a Disney animation movie, how she enjoys spending time with her teenage daughter and the all important question... Could *Desperate Housewives* be making a big screen comeback in the future? London actress Tamsin Outhwaite also features in this issue, with a heartfelt and exciting interview about her children, trips to the theatre in London and what she would do if made Mayor for the day. This edition also contains a couple of interviews with celebrity Dads too: ex-rugby and recent Strictly star Ben Cohen who explains what life is like now that he's got twin girls running around the house; and London Dadpreneur Tom Pellereau, winner of *The Apprentice* 2011 and successful inventor. Tom tells us what it's really like to work with the infamous Sir Alan Sugar.

Along with all of these Celebrity interviews, we're also bringing you some of the regular favourites including our Pretty Things gift page, the fourth instalment of 'The Adventures of Jonnie Rocket' and the Super Mum interviews – children's author Holly Webb and The Million Pound Mum Hazel Cushion. We've also included a Christmas Gift Guide to help you decide on those all important prezzies for the kids.

Check out the London Mums website www.londonmumsmagazine.com for more daily articles, interviews, activities, events' listings and ideas for family fun.

Enjoy the Royal Baby arrival and the Coronation anniversary parties!

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

Monica

Monica Costa *Editor in Chief, Founder of London Mums and mum of six-year-old Diego.* monica@londonmums.org.uk
Twitter @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: Emily Beale
info@londonmumsmagazine.com

Illustrators: Irene Gomez Granados (chief), John Chapman

Contributors: Emily Beale, John Chapman – Creator of 'The Adventures of Jonnie Rocket'

Cover photography: Teri Hatcher by © Carrielson1 Dreamstime.com

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

© Copyright London Mums Limited 2013

Advertisers & Sponsors

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

NEXT ISSUE: Spring 2014 will be out at the end of February 2014 – Deadline for advertising: end of January 2014

DESIGN: Urban52 Ltd, mark@urban52.com

PHOTOGRAPHY: Michael Shilling, Memory Gate
info@memorygate.co.uk

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

THE LONDON MUMS WINTER SPECIAL

WINTER HOLIDAYS – Tips for your perfect family skiing holiday p10

LIFESTYLE – At home with Aneliese, London Mums' Lifestyle Agony Aunt p14

CHRISTMAS GIFT GUIDE – p24-27

LONDON MUMS' CORNER

COVER INTERVIEW – **TERI HATCHER**! If there were fans that deserved a movie it would be the loyal Desperate Housewives fans! – By Monica Costa p6-8

CELEBRITY INTERVIEWS

TOM PELLEREAU – Five minutes with London Dad Tom Pellereau, winner of the Apprentice 2012 and Inventor p16-17

TAMZIN OUTHWAITE – 'For me, London is the greatest city in the world!' – By Emily Beale p22-23

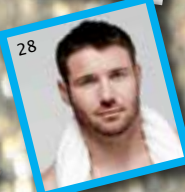
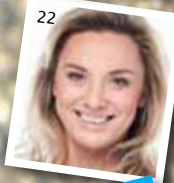
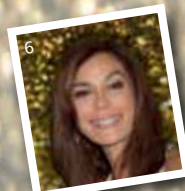
BEN COHEN – 'I always greet my daughters with a smile!' – By Monica Costa p28-29

SUPER LONDON MUMS – Hazel Cushion and Holly Webb p20-21

PRETTY THINGS – p30

LONDON KIDS' CORNER

COMIC – The Adventures of Jonnie Rocket – The Sea of Sargoss (part 4) – By John Chapman p12-13



ENTERTAINING CHRISTMAS

FILMS FOR THE WHOLE FAMILY



MORE FROM SANTA'S SACK



IN STORES
THIS NOVEMBER

Signature
ENTERTAINMENT



TERI HATCHER

'IF THERE WERE FANS THAT DESERVED A MOVIE IT WOULD BE THE LOYAL DESPERATE HOUSEWIVES FANS!'

Editor Monica Costa was invited to the Mandarin Hotel to meet the Desperate Housewives' star while she was in London promoting new Disney animation 'Planes' in which she voices the caring character of Dottie.

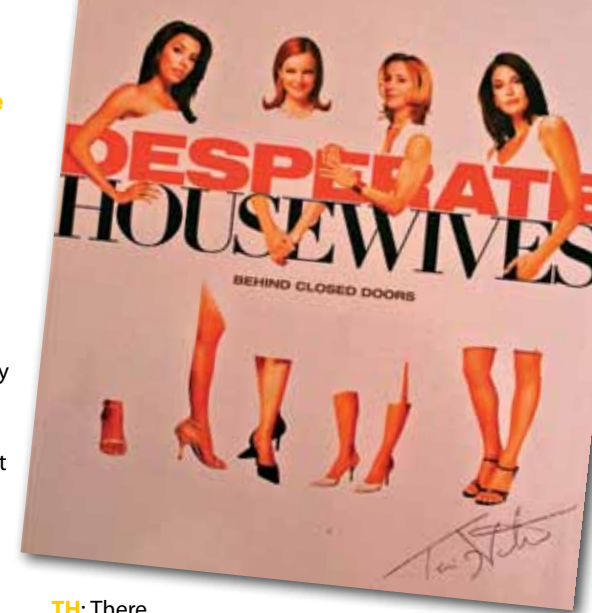
Q. What did you enjoy the most about this acting role?

TH: Well, for a start I loved being part of a Disney animated movie. Planes has a really relatable human story which tells the audience to go outside of what you think your limitations might be, face your fears and achieve your dreams – a message which I really believe in. Overall I wanted to be a part of this film because it's a really fun, family friendly movie with great visuals, a significant meaning and a really exciting concept.

Q. Dottie seems quite mothering and caring towards Dusty. Susan Delfino (Desperate Housewives) was also a maternal character. Do you actively look for these types of roles or do you come across them accidentally?

TH: I think it's actually more a case of them looking for me as I wasn't necessarily looking for them, but I'm so glad they did because being part of a Disney movie, whatever the role is so special for me. I think Dotty is much more capable and confident than Susan was, but I can see the similarities between the two in terms of good intentions and caring about others.

Q. What were your challenges of giving a voice to your character?



TH: There weren't really any difficult elements to voicing the character; it was just so much fun, to the extent that it was almost hard to believe it's a job! In terms of her personality I had to think what kind of traits would a forklift have? I decided Dolly would be quite sensible and grounded. Obviously if I was asked to voice the role of a kite or bird it would have a very different kind of persona from a forklift.

Q. Away from your hectic schedule, what do you like to do as a special treat with your daughter?

TH: She actually had a small part in the film, so it was great for me to be able to bring her to work with me and for her to be able to see how movies like this are made within the world of animation. I thought she behaved super professionally and had great work ethic. I was really proud of her and thought it was a fantastic experience for both of us. My daughter and I have a very special relationship, and even though she is a teenager and wanting to do stuff more on her own nowadays, we still really enjoy each other's company. We take spinning classes together, go hiking through the mountains and cook together so we still manage to share a lot of time.





Q. What do you make sure you see when you're in London?

TH: Gosh well there is so much to see, especially with the gorgeous weather I've been lucky enough to experience whilst I've been here. The lovely weather has definitely makes me want to explore the city more but sadly I don't have time to see everything I want to. However, since I've been here I have managed to fit in a delicious Indian meal, a lovely jog around the park as well as a walk through the capital with one of my friends. It's such a beautiful city and I would love to spend more time here.

Q. Is this the end of Desperate Housewives or could there be a film on the cards?

TH: Sadly I do think it's the end. I haven't heard any mutterings of coming together for a film, nor do I think there would be a script at this moment. I think if anything were to come about that there would be enough of us that would be open to doing a movie but unfortunately I don't think it's something that is going to happen. However, if there were fans that deserved a movie it would be the Desperate Housewives fans – they have been so amazing and loyal throughout everything.



Softplay • Playframe
Padded Toddler Area • Video Games
Kiddie Rides • Disco • Café
Baby & Toddler Classes

Birthday Parties
Laser Tag

Make a Bear Parties

Holiday Workshops
Check our website for a full listing of our drop off workshops running every school holiday!



WIMBLEDON
 42 Station Rd
 Merton
 SW19 2LP

PUTNEY
 68-70 Putney High St
 London
 SW15 1SF

Tel. 0845 2011268

www.eddiecatz.com



Tips for your perfect family skiing holiday



Ski Famille, a specialist in family skiing holidays, has provided some tips gleaned from over 20 years of experience to help plan your perfect family skiing holiday. Ski Famille is dedicated to helping you have a holiday where the children have a ball and you can fully recharge your batteries.

Catered chalet holidays with inclusive childcare ensure children are entertained, amused and experience the mountains, whilst also giving Mum and Dad the chance to hit the slopes with no day to day chores to tackle on their return.

- Minimise travel time – this can dramatically reduce stress levels for parents with young children. Think carefully about where you're going and the best way of getting there.
- Take your friends! Company is really important for children on holiday. If you're not going somewhere with an element of childcare consider travelling with friends – it can take the pressure off everyone... assuming you pick the right friends!
- Arrange ski school well in advance. Most good ski schools get booked pretty quickly for the main school holiday periods.

- Don't be shy. Question your travel company about anything that concerns you before your holiday. They should be more than happy to answer any questions and you'll head off on holiday with a clear idea of exactly what awaits you.
- Let children dictate the pace to a certain extent. If they're happy, you'll be relaxed. If you try and have the same holiday you had pre-kids it simply won't work.
- Getting the right ski clothing for children can be difficult. We recommend lots of thinner, warm layers and lighter, waterproof jacket & trousers. Not only are these easier to dry out, it's also easier to carry a spare layer in your back-pack. Good quality, waterproof gloves are essential – it's worth spending that bit extra as there's nothing worse than cold, wet hands!
- Don't forget! Sun cream, lip sunscreen, hats, and a few favourite books and toys.

To talk to the experts who can help you identify the right skiing holiday for your needs, call Ski Famille on 0845 64 437 64 or visit www.skifamille.co.uk

Memories Simple.

Handpicked chalets with childcare, self-catering apartments and hotels in family friendly resorts across the Alps.

We make skiing with children fun, stress free and memorable. Flexible childcare ensures the whole family gets the most from your time in the mountains.

www.skifamille.co.uk
0845 64 437 64

Twitter: @skifamille
Facebook facebook.com/familyskiing





TO BE CONTINUED....

AT HOME WITH ANELIESE

London Mums' Lifestyle Agony Aunt



London mum Aneliese, who's already juggling three kids and a successful design career, has just landed another gig as our resident lifestyle agony aunt. Every month, she'll answer your questions about design, renovations and about being a mum that oozes style. Here's a sneak peek into Aneliese's world...

I started out in fashion, first making clothes for myself and then for friends at school. Friday night discos became mini fashion shows – you couldn't take a step in any direction without coming up against an Aneliese original that I'd sold in the toilet block a few hours earlier.

After school I dabbled in fashion styling for shoots and ad campaigns and after a while I realised that I preferred this to styling people. There's something immensely satisfying about designing an environment from scratch that speaks volumes and ticks every box of a complex brief.

When I set about looking for my first home, I knew that I wanted an absolute wreck so that I could renovate it and create a space that was uniquely me. And, after a while it became like Friday night discos again with friends asking me to style their own homes for them, which led me to Landmark Lofts.

My personal home style has always been eclectic, but

it evolved and became even more so with the growth of the kids. When they were little, for example, my home was all about large and playful spaces that had high visibility. When they got a bit older, however, I put the walls back up and created spaces that afforded them privacy and me some peace and quiet!

One of the things I get asked on a regular basis is how parents juggle renovations with kids and work. The advice I always give is that it's all in the preparation. People employ professionals to do the building and design and we can get on with that so long as they've done the necessary preparation like decluttering.

What I love most about my job is the opportunity to meet so many great people who inspire me to experiment with design. Every project represents a learning experience, which is perfect because design is constantly changing and professionals need to be adaptable and able to keep up.

Read the full article online at www.londonmumsmagazine.com

Aneliese Deane is a design consultant for Landmark Lofts. For more information or to book a design consultation, visit www.landmark-lofts.com or call 020 3150 0505.



Mill Hill School Enterprises

PAY AS YOU GYM, SWIM OR PLAY! at the Mill Hill School Sports Centre NW7

BRAND NEW GYM OPEN NOW

Sports centre includes:
Newly fitted weights rooms,
Swimming pool,
tennis courts,
badminton courts and more!



Take Advantage of our new Monthly Passes!

£20 per month for unlimited access to the gyms during opening hours and 10% off court bookings. £30 per month to include unlimited swimming during opening hours

*NO JOINING FEE
*NO CONTRACT



Planning a Wedding?



Hire a hall here:
020 8959 8131
We pride ourselves on our high quality catering service

www.mhsenterprises.org.uk

 Mill Hill School Enterprises NW7

 @millhillevents

mhse@millhill.org.uk

0208 906 2322



FIVE MINUTES WITH TOM PELLEREAU

Winner of the Apprentice 2012 and Inventor

Q. If you want to become an inventor what is the best career path to take? (Question asked by 7 year old Diego)

TP: Ah very good question, I recently did a keynote lecture at my old university Bath along those kind of lines. I don't know for definite, but I can tell you how it happened for me. Personally I always liked taking things apart when I was young, whether it was Lego, Meccano or mechanical objects I loved taking them apart and putting them back together or trying to fix what was broken. I think that's really just how it starts.

Q. What made you think of Inventing the Nipper Clipper?

TP: Crucially really if you want to come up with ideas, it's all about finding problems, so for me that was being contacted by someone who said 'clipping babies nails is impossible', I then asked a few people if they were experiencing the same problem, when they all agreed I decided to buy every single product on the market, take them all apart and start my own prototype using materials such as cardboard, cello tape, scissors and a glue gun. This is how I always begin my products before moving onto metal and other heavier duty products.

Q. For the benefits of others Mumpreneurs, how do you go about developing a product from just the idea?

TP: I am involved in something called 'Rattles to Riches' which is a baby show/competition that seeks to uncover new products for the nursery sector by supporting up and coming entrepreneurs. So if you have an idea and you have managed to reach the prototyping stage, you can fill out a Rattles to Riches form and that will really help to possibly get your product on the map.

Q. What is the most difficult stage for you as an inventor?

TP: The most difficult is definitely getting the meetings with the buyer and then getting it into the store. At the end of the day it's all about profit, so you have to find a way of making it that's going to be profitable for you and your buyers otherwise they won't be interested.

Q. You won the Apprentice in 2012, how is your relationship with Lord Alan Sugar?

TP: Well he's pretty much how you see him on the show, he's very direct, he doesn't really have the time to mess around but he's perfect for me in terms of business. He lets me go off with my ideas and then come back however long later and show him what I have come up with.

Q. What is your distribution strategy e.g. supermarkets, small companies or big chains?

TP: I'm very fortunate because of Lord Sugar and my profile after doing the Apprentice that I can be involved with and get meetings with Sainsbury's, however I also love working with the smaller companies too such as 'Truly Madly Baby'.

Q. Who should Mumpreneurs contact when they want to start thinking of distributing their products?

TP: Well they can send a direct email to me and we can start a minimum order of 12 pieces so it's very affordable for beginners. The baby world is very friendly so I think a lot of people are willing to help each other out which is good news for entrepreneurs.



JOIN **FREE** LONDON MUMS SHOPPING NOW!

Social Shopping for Mums by Mums

Are you looking for amazing toys?
A new crib? Quirky decorations? Are you
in love with butterflies, clouds or flowers?
Whatever you're looking for, London Mums
Shopping is updated daily so you'll never
miss a beat.

See what's trending across 10 different
children's and maternity categories.



Discover products from **100s of parenting
shops** and follow your favourites.

London Mums Shopping helps mums
navigate the world of trendy kids' products.
It's an amazing new way of shopping
where you'll be able to discover, collect and
buy from a catalogue of amazing products
and stores curated by a community of
savvy mums.



Acer recommends Windows 8.

acer
explore beyond limits™

Designed for touch.



HAZEL CUSHION

With unforgettable characters and warm-hearted family relationships, this is the perfect book for any child – and their naughty little sister!

Q: What gave you the idea for your business Access Press?

HC: When my triplets Julia, Richard and Felicity were three I moved from Dubai to West Wales. My husband was still working in Dubai, so I felt quite isolated. Then I joined a writers' group. The group's leader encouraged me to do a MA in Creative Writing at a nearby college, and as I'd already turned forty this seemed an incredible opportunity. I was accepted and started the one-year course. It was the most fun I've ever had with my clothes on! I learnt so much and it was incredibly liberating to let my creative side flow again. As part of the course we learnt how to publish a book and I was hooked. I realised being a writer was far too lonely an occupation for me, and so the big bright world of publishing beckoned.

Q: Have you always been passionate about literacy?

HC: Absolutely. As a child I struggled to learn to read. At school in Godalming I was put in the remedial class, which was based in the cloakroom. It was not a good experience being squashed between the coats and the smelly gym shoes. I couldn't understand why I couldn't read, but phonics just didn't make sense to me. By the time I was nine they started to make sense and I later realised that I was suffering from dyslexia, which may seem strange as I now run a publishing company. As a publisher I have been lucky to be part of the Quick Reads literacy initiative. Each year we publish four titles in the series aimed at helping adults and young people who are struggling to read.

Q: You have been nominated for various awards, and have also done lots of charity-based work. Which event has been particularly rewarding for you as a business woman?

HC: Being shortlisted in the Bookseller Awards 2010 was a personal achievement. We didn't win but to be recognised in the same category as the major publishing houses (Harper Collins, Random

House and Penguin) made me realise I was doing something right.

Q: How do you find time to juggle work with your children?

HC: I always find time for my children, no matter how busy I am. The childhood years are important and you can never get them back. When my children were younger I would prioritise my work to spend time with them in the day and work at night when they are asleep. It also helps to bring your family into the business. I used to get my children to help with stuffing envelopes and sticking stamps on to send out mail shots to make them feel more involved.

Q: Have any of your children expressed an interest in writing and following on in your footsteps?

HC: Not really. But they are all doing their A Levels and preparing to go to University. My daughter Julia recently wrote an essay and was long listed in Amnesty International's Young Human Rights Reporter of the Year Competition.

Q: What's the best piece of advice you could give a mother who is considering setting up her own business?

HC: Do write a business plan. It might seem daunting at first but the more work you put in at the start the more time it will save you as your business grows.



HOLLY WEBB

Q: Where do you draw inspiration for your books from?

HC: Lots of places. I'm lucky that I get to visit lots of school and talk to children at events, and they tell me wonderful stories. The Missing Kitten, one of my recent books, was based on a little boy telling me about his mum's cat who used to follow her to school.

Q: Have you always dreamed of being an author?

HC: Not at all. I wanted to be a librarian, so I could read all the time. I became an editor at a children's publisher, and developed the idea for my first book as part of my job, planning to work with an author on the project. But I discovered that I really didn't want to give the idea and the characters I'd come up with to someone else.

Q: Are there any other children's book authors that you particularly admire?

HC: I have read the Narnia books an uncountable number of times. But there are amazing authors working at the moment, and I'm lucky that I'm able to share them with my own children too. My nine-year old son and I both really enjoyed My Sister Lives on the Mantelpiece by Annabel Pitcher. My two younger boys are big fans of Dirty Bertie by Alan Macdonald and David Roberts. The sad thing is that they're now a bit old (at 7) for picture books – so I have to admit that actually I'm buying them for myself!

Q: A lot of your books are based around animals. Do animals have a big impact on your life and did you keep pets as a child?

HC: I was very lucky as a child, we had a cat and two dogs, and I had a pet mouse from the age of about 7 – he was very sickly, and lived in an ice cream tub on top of the Aga for a lot of the time. Then I had gerbils – nine of them, at one point, which was an accident. At the moment I have two cats, but the children are very keen to have guinea pigs and gerbils.

Q: Do you have a favourite character out of all the books you've written?

HC: This is such a hard question. I am very fickle



and I tend to love the characters I'm writing about, or have just finished working on. I love Maisie, the Victorian girl detective I'm writing about at the moment.

Q: Do you think characters such as Lily and Rose both of which you have based series on are figures that other girls can relate to (magical powers aside)?

HC: Yes. Both of them are very determined, and resourceful. Rose is an orphan, and she's horrified by her magical powers as she's worried they will lose her her job, which she is intensely proud of. She's been dependent on others her whole life, and now she's independent at last, she can't bear the thought of losing that. Lily is also very self-reliant, as she's been ignored for most of her life in favour of her sister, but she still maintains a deep affection for Georgie, and the catalyst for their story is Lily's discovery that Georgie is in danger, and her determination to protect her sister, even though Georgie is older than she is.

Q: Lots of your books are based on magic and the supernatural, if you could have one supernatural power what would that be?

HC: As a child I had incredibly vivid dreams that I could stand at the top of a particular staircase in our house and jump to the bottom. I would love to be able to do that for real.

Holly Webb Christmas title 'The Reindeer Girl' is published by Stripes, priced £7.99.





**‘FOR ME,
LONDON IS THE
GREATEST CITY
IN THE WORLD.’**

Tamzin Outhwaite

London Mums reporter Emily Beale chatted to Tamzin Outhwaite at Vauxhall Inner City Farm while mums and kids celebrate the winning story of the annual Munch Time storytelling competition.

Q. What is your personal favourite childhood story?

A. Oh wow, there are so many to choose from.. The thing which probably came a bit later was my first chapter book, which I remember to be a big deal. That was *The Secret Garden*, and I absolutely loved it, that is a very special book for me. Another one that stuck with me was the poem ‘Matilda who told such dreadful lies’, my Mum taught me that to stop me from lying and I’ve remembered it ever since.

Q. Some women are nervous about having children after 40, how would you reassure other women over 40 to be brave and essentially ‘go for it’? Do you have any advice for women that are considering that decision?

A. I think if you’re fit and healthy I don’t understand why it’s an issue, I think it’s a lot more common now for people to wait till their late 30’s/ 40’s to have children, so it’s not too irregular. I have the odd thought of ‘yes, I’m going to be an older mum’, but I definitely don’t feel that way. I really think that at the end of the day, it all comes down to how you feel.

Q. If you were given the chance to join the cast of another soap which one would you choose?

A. I don’t actually watch any of the other soaps, so I can’t really answer that. Perhaps the only one I’ve seen a few episodes of was *Neighbours* back when Kylie Minogue and Jason Donovan were in it. You have to

give up an awful lot of time to be dedicated to watching soaps, and I just don’t have that time.

Q. If you were Mayor of London for the day what would you do to improve life in the Capital?

A. Ooh this is a great question because I’m a big fan of London, for me it’s the greatest city in the world. If I was Mayor, I’d probably get another city farm going somewhere, because I love the idea of what they are doing here (Vauxhall city farm). There’s loads of kids who live in the city who just do not have access to and don’t have a chance to go out to the countryside/ farms. I’d also like to try and hook people into theatre because I think once you experience theatre for the first time, you love it and it’s something that always stays with you. So if I was Mayor another thing I would do would be to give everyone in the city a free ticket to a show of their choice, so that then everyone has a chance to experience the magic of theatre at least once in their life.

Q. What is your favourite landmark in London?

A. I would say as a child, seeing Big Ben for the first time encompassed everything I imagined London represented. Nowadays though I love the River, I love looking down the Thames from tower bridge or London Bridge, and I love being able to see from Blackfriars all the way up the centre of the River. Also looking down Shaftsbury avenue and seeing all the lights from the theatres.. that really tells me a story about London and the excitement and life it possesses.



CHRISTMAS GIFT GUIDE



Acer A1 tablet with Micro SD card slot
RRP £149.99
www.pcworld.co.uk



Luxury Baby Gift Set in White
RRP £50
www.my1styears.com



Bratzillaz Back to Magic
RRP £16.99
www.bratzillaz.com



LEGO Friends Dolphin Cruiser
RRP £59.99

Available in all good UK toy retailers in store and online now www.legofriends.co.uk



Talking Message Seeds
RRP: £3.00
www.greengiftmonster.com



Limited Edition Merino Inspire Wrap
RRP £110 – 20% off with code londonmums13
www.mummafly.com



Revell X-ray Anatomy Models
RRP from £14.99

Natural History Museum and www.amazon.co.uk



Slumbertoes Baby Winter Booties
RRP £14.99 incl. FREE UK delivery
www.slumbersac.co.uk



Vtriker Elite
RRP: £69.99
www.vtriker.com



FURBY BOOM
RRP: £59.99
www.argos.co.uk

CHRISTMAS GIFT GUIDE



Mediband Kids Travel Wristbands
RRP: £5.4
www.mediband.co.uk
and all good pharmacies



KLOO's Catch the Bug
RRP: £7.99
www.kloogame.com



myBunjee Kidz
RRP: £7.95
Stockists: www.mybunjee.com



KLOO's Race to Paris
RRP: £29.99
www.kloogame.com



Multibandz
RRP: £6.50
www.multibandz.co.uk and all good toy stores



Bristle Blocks Basic Builder Bucket (2yrs+)
RRP £12.99
www.john-crane.co.uk



Woofer (2yrs+)
RRP £39.99
B Toys distributed by John Crane Ltd
www.john-crane.co.uk

Tidlington House (3yrs+)
RRP £125
Tidlo Toys from John Crane Ltd
www.john-crane.co.uk

AVAILABLE IN A WIDE
CHOICE OF DESIGNS



Follow us... [Facebook](#) [Twitter](#)

slumbersac
Baby Sleeping Bags

The safe & comfortable way for
all babies & toddlers to sleep

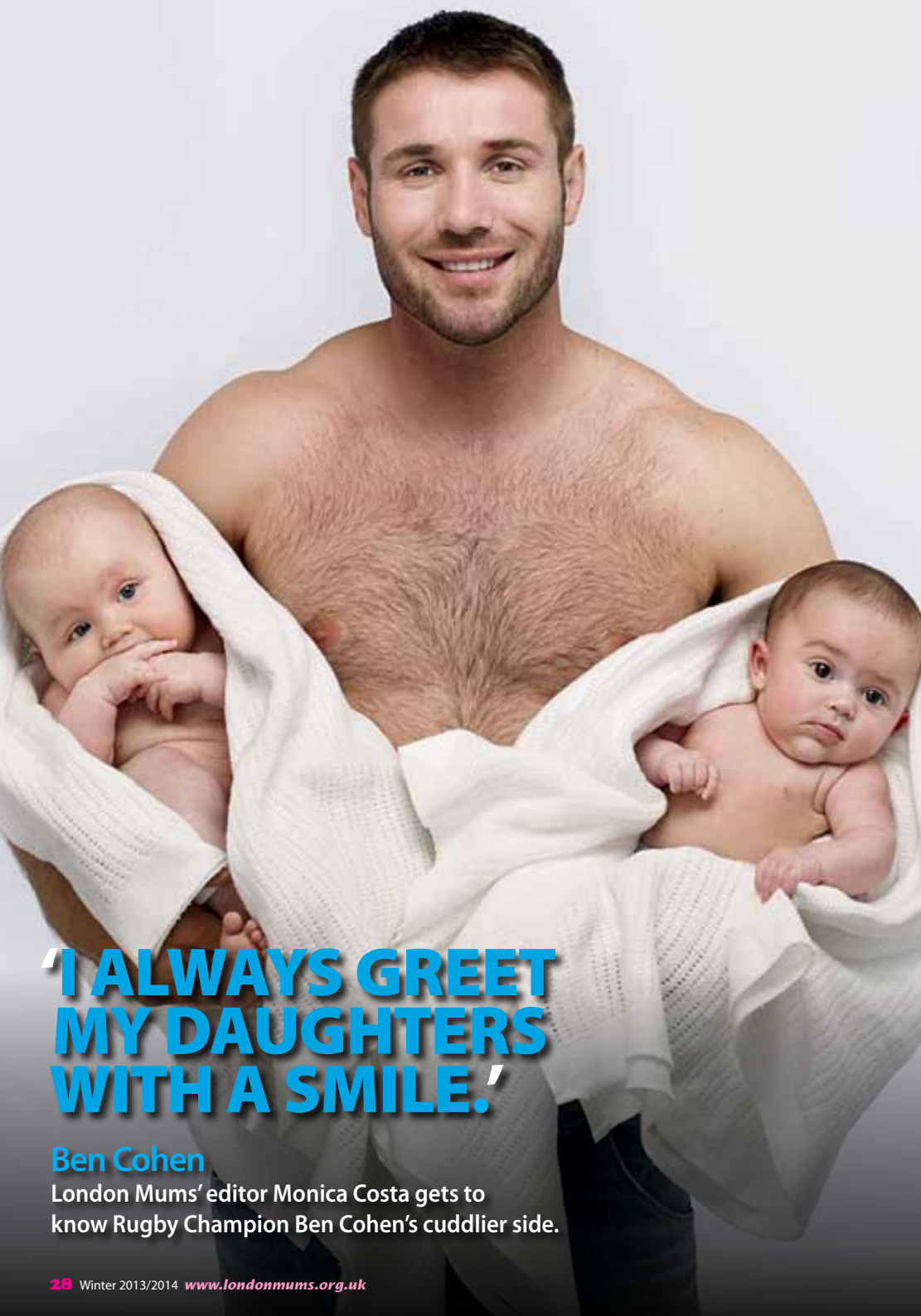
10% DISCOUNT on all full price products
+FREE room thermometer when ordering online
PROMO CODE: LMX10

WWW.SLUMBERSAC.CO.UK

FREE
UK delivery
and returns

SEE SITE FOR DETAILS





'I ALWAYS GREET MY DAUGHTERS WITH A SMILE.'

Ben Cohen

London Mums' editor Monica Costa gets to know Rugby Champion Ben Cohen's cuddlier side.

Q: Ben, what have you learnt while working on the campaign to launch the 'Cuddle Mastery Guide' for new parents?

BC: As a dad you don't know always know how to embrace your baby. A survey revealed that 60% of new dads feel nervous holding their baby for the first time and it made them feel slightly left out. Obviously with twins, being left out is not an issue I've come across! Having two new babies, you have to be very hands on! The idea of the master cuddling guide is great for dads who might be slightly apprehensive of how to hold their newborns.

Q: Is there any specific way of cuddling/ holding your baby that they will directly benefit from?

BC: One of the most important things your child can benefit from is a smile. I always greet my daughters with a smile. Every morning we have a cuddle in bed as a family, and it's what we've done with the girls since day one. It's crucial to spend quality time with your children and show your kids how much you love them, being a parent is never a straight line, children will push your boundaries every day.

Q: What has been the biggest challenge in raising twin daughters?

BC: Every day is a learning curve, and everything we do and go through as parents is new to us because it's uncharted territory. I like learning together as a family and that's something I've really embraced along with the various other elements that go with being a new Dad. I wouldn't say raising the girls has been challenging yet, however I'm sure that will all change when they reach the age when they want to bring boys home!

Q: Do you and your wife plan to have more children? If so would you like a son to pass on your rugby knowledge to?

BC: I'd never say never, but at the moment I don't know if we're going to have anymore. Right now at this moment in time the girls are obviously our first priority.

Q: Would you be happy if your daughters took up and interest in rugby?

BC: I was never pushed into doing anything as a child so I don't want my girls to feel any pressure to achieve in something that they don't enjoy. I'll be very happy to take them to various places in order to try different things, and if they like it they like it, but if they don't then that's fine too.

Q: If you hadn't become a rugby player what other sport would you have considered going into?

BC: I was actually useless at sport as a child. It was a complete accident how I got into rugby. I went to watch a friend play one Saturday, when the team was short of numbers I got roped into playing and that's where it all started. If I weren't a rugby player, then I would have wanted to be a fireman.

Q: What is your parenting style?

BC: Core value is one of the most important attributes you can teach your child, as it really is a life skill. I was always taught that manners cost nothing, and bringing your children up the right way in terms of how they treat people is very important. I'm very strict when it comes to core value, but probably a total push over in all the other departments.

Q: After Retiring from rugby in 2001 you created the Ben Cohen Stand Up Foundation which combats homophobia and bullying. What triggered the focus on this anti bullying campaign?

BC: In 2000 my father was murdered for protecting someone, it had a massive affect on my family and myself. We were all made to suffer at the hands of these people. In 2007 I also found that I had become a 'gay icon' via a Facebook page, although to this day I am still slightly unsure as to what a 'gay icon' really is. I took over the web page and found stories where a lot of these men had been suffering at the hands of other people due to their sexuality. As a world renowned rugby player I wanted to use my status to break down the lines between gay and straight and shine a light on the issues that these men were facing on a day to day basis. The foundation funds, enhances and helps other global organisations through the sales of merchandise such as Nike and Coca cola.

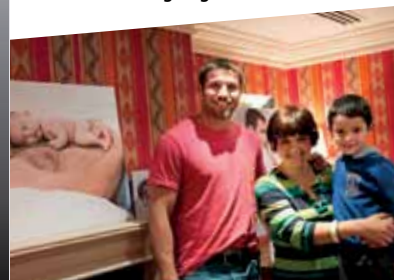
Q: What did the Queen tell you when she awarded you with the MBE?

BC: We won the Rugby World Cup in 2003 and it was such an honour to be awarded the MBE. The Queen told us well done, and what a great achievement it had been for the country.

Q: If you were Mayor of London for the day what would you do to improve life in the capital?

BC: I quite like London the way it is. I especially love its history! I'm probably never there long enough to really see its faults. My only criticism is that you should be able to pay the congestion charge more than one day late.

Rugby star and dad of two Ben Cohen has teamed up with Persil Non-Bio and Comfort Pure and the British Skin Foundation to launch the 'Cuddle Mastery Guide' for new parents. Visit facebook.com/comfortzoneuk to find out more.



Pretty things



Giggle Gift Set (luxury personalised towelling robe and soft toy)
RRP £28
www.catwalkbaby.com



First Frost Snowflake Locket
RRP is £19.00

Stockist: www.bonbiforest.com



Gold Frankincense & Myrrh Candle
Size: 9cl Candle RRP £7.25
20cl Candle RRP £15.00

Stockist: www.honeybellsoap.co.uk



Double triangle gold and glitter earrings
RRP: £20.00

Stockist: www.wolf-and-moon.com



Body Oils
RRP: £25.00

Stockist: www.jardinsdeden.co.uk



LittleVoices
Drama & Singing Lessons of Distinction



- ✓ Performing Arts training of the highest standard - ages 4-18
- ✓ Small class sizes of only six pupils
- ✓ Working towards accredited Musical Theatre Examinations and termly showcases
- ✓ 100% Pass Rate; over 90% at MERIT & DISTINCTION
- ✓ Unique framework of lessons

FUN, FREE Trial Lesson*
For more information & to book visit
www.littlevoices.org.uk/putney
or call: 07943 840381

* Subject to Application and Terms and Conditions

kidsunlimited nurseries naturally inspiring childcare

Offering high quality childcare in select locations across London, Essex and Kent.

- A range of carefully considered activities to encourage your child to explore, learn and develop in a friendly environment.
- Fully inclusive fees covering all nappies, milk and freshly cooked meals.
- Excellent nutritionally-balanced menus using fresh ingredients prepared by our own chefs.
- Diverse and dedicated staff teams providing opportunities for understanding our world and differing cultures.

SAVE 50%
on your registration fee*



Kidsunlimited Limited trading as kidsunlimited

0845 365 2174

*quote LONDONMUMS

www.kidsunlimited.co.uk



“

It was seamless, painless and the finished work was excellent. Nothing was too much trouble.

Kate & Ian Bell, SW13 Barnes

we are a **loft conversion company**
with an **environmental focus**
run by **really nice people**

”

www.landmark-lofts.com

For expert advice or a consultation with one of our designers call:
0203 150 0505

We are the only chartered building company specialising in loft conversions in London & the surrounding areas. We provide a comprehensive service and full project management. Our in-house team of chartered architects, structural engineers and designers will help you create the perfect home without the stresses of moving.

landmarklofts
raising the benchmark



RICS

the mark of
property
professionalism
worldwide



**Chartered
Building
Company**

13 Ensign House, Admirals Way, Canary Wharf, E14 9XQ
93-99 Upper Richmond Road, Putney, SW15 2TG