

**FREE**

Issue 12 Summer/Autumn 2014

# London Mums



**Francesca  
Simon**



**Jamie Theakston**



**Konnie Huq**



**Star  
mum**

**EXCLUSIVE!  
DR ELLIE CANNON**

**TALKS FAMILY, WORK AND...  
A CLOSE ENCOUNTER WITH  
JEREMY CLARKSON**

**FREE GIFT BAG WHEN YOU REGISTER ONLINE**  
[www.londonmums.org.uk](http://www.londonmums.org.uk)

## The Building Game NEEDS YOU!

We want you to join us in our unique property and interiors network in London. Working in your local community The Building Game gives mums the ability of organizing the building and property community, bringing fresh ideas and energy.

With flexible hours and the freedom to work from home, you have the potential of obtaining huge earnings whilst with the ability to further a new career with us.



The Building Game is a property network that has residential opportunities in each and every one of London's 33 boroughs.

The Building Game family is an exclusive property club run by local mums from within their local boroughs, bringing together a vast variety of construction skills to help others in the community who are looking to either renovate, decorate, extend, let or sell. No previous experience is required as we are committed to providing you with all the training and knowledge you need to feel comfortable making the big decisions, and to grow your own network, bringing in as many other mums as you want, or need.



The Building Game has just agreed a partnership with the 37 Degrees Health clubs. How does this benefit you, I hear you ask? The Club has 3 venues in and around London including Kensington, Weybridge and Tower Bridge. These venues will be used as a place for The Building Game to meet, have events, coffee mornings, remain fit and healthy while utilising the other wonderful parts of the clubs, and most of all, give you a chance to build your network.

To register your interest please contact: [darrenb69@the-building-game.com](mailto:darrenb69@the-building-game.com) 0208-941-2187

# BE INSPIRED

## Editor's letter



www.memorygate.co.uk

Dear London Mums

By now you have probably organised your Summer holidays with the kids.

This issue focuses on Family Health. TV Dr Ellie Cannon is the star mum in our cover interview and also features as Agony Aunt trying to solve mums' dilemmas in our popular pages. The results from our Woman's Health recent survey published here exclusively unveil London Mums' health concerns. You can also download the Guide to Woman's Health from our website.

In every new issue we try to present an established charismatic children's author so here we have an exclusive interview with Horrid Henry's creator Francesca Simon who has just launched her latest book Horrid Henry's Crazy Ketchup.

You will love our fun chats with CBeebies Minibeasts' adventures presenter Jess French and TV and radio presenter Jamie Theakston.

To keep kids entertained during the holidays, we present here the exclusive tale 'The Real History of the Watch' by Italian children's author Max Spera. School children will be able to read it by themselves. Let us know your thought about our fun page.

Summer fashion is also on the cards and we asked celebrity TV stylist and designer Mark Heyes to give us some tips on what to wear over the Summer.

Don't miss our super London Mums' interviews with TV presenters Katy Hill and Konnie Huq as well as our Summer Fun Gifts and Pretty Things Guides.

Check out the London Mums website [www.londonmumsmagazine.com](http://www.londonmumsmagazine.com) for more articles, interviews and ideas for family fun.

**Spread the word – London Mums is totally and utterly FREE!**  
**Register online NOW and get your FREE GIFT BAG**  
[www.londonmums.org.uk](http://www.londonmums.org.uk)

Enjoy your time off with the family, keep safe and.... Good Reading!

*Monica*

Editor in chief, Founder of London Mums & mum of seven-year-old Diego. [monica@londonmums.org.uk](mailto:monica@londonmums.org.uk) Twitter @Londonmums

Be sure to email me to tell me your family dilemmas for our experts!

## 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](mailto:monica@londonmums.org.uk)

**Editorial Assistants:** Carolina Kon  
[info@londonmumsmagazine.com](mailto:info@londonmumsmagazine.com)

**Illustrators:** Irene Gomez Granados (chief), Nicola Lisci (guest)

**Contributors:** Dr Ellie Cannon, Mark Heyes, Max Spera, Diego Scintu

**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](mailto:info@londonmumsmagazine.com).

**NEXT ISSUE:** Winter 2014/2015 will be out mid October 2014 - Deadline for advertising: mid September 2014

**DESIGN:** Urban52 Ltd, [mark@urban52.com](mailto:mark@urban52.com)

**PHOTOGRAPHY:** Michael Shilling, Memory Gate  
[info@memorygate.co.uk](mailto:info@memorygate.co.uk)

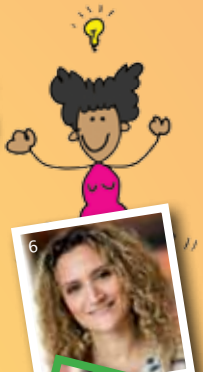
**PRINTED** by Evonprint Ltd. Contact: [mrowland@evonprint.co.uk](mailto:mrowland@evonprint.co.uk)

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](http://www.londonmums.org.uk)



# CONTENTS



**COVER INTERVIEW** – STAR MUM: TV Doctor Ellie Cannon talks about her family, work, her likes and dislikes and ... a close encounter with Jeremy Clarkson - By Monica Costa ..... p6-8

## CELEBRITY INTERVIEWS

**JAMIE THEAKSTON** - London Dad Jamie Theakston has more than just a pretty face for radio ..... p12-13

**FRANCESCA SIMON** - Exclusive chat with Horrid Henry's 'mum' Francesca Simon on her inspiration behind the naughtiest boy in literature ..... p22-23

**SUPER LONDON MUMS** – TV presenters Katy Hill and Konnie Huq ..... p18-21

## PARENTS' CORNER

**FASHION** - Fashion tips for Summer 2014 - By Celebrity TV stylist and designer Mark Heyes ..... p10-11

**WOMAN'S HEALTH SURVEY** ..... p24-25

**AGONY AUNT** – Our Agony Aunt Dr Ellie Cannon responds to your questions ..... p26-27

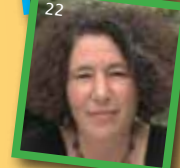
**SUMMER FUN GIFTS** ..... p30

**PRETTY THINGS** ..... p31

## LONDON KIDS' CORNER

**FUN PAGE** – 'The Real History of the Watch' - An exclusive story by Max Spera ..... p14-15

**NEW CBEEBIES SERIES** - Five minutes chat with Minibeast Adventure new CBeebies star Jess French ..... p28-29



**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. 0203 475 5268 [www.eddiecatz.com](http://www.eddiecatz.com)







**STAR MUM**  
**TV DOCTOR**  
**ELLIE CANNON**

**TALKS ABOUT HER FAMILY, WORK, HER LIKES & DISLIKES  
AND... A CLOSE ENCOUNTER WITH JEREMY CLARKSON**

**Editor Monica Costa caught up with Dr Ellie Cannon to talk about her parenting style, her favourite things in life, her media career alongside her NHS work and ... a juicy TV gossip.**

**Q: What is your parenting style?**

**EC:** I think I'm quite strict with some things like screen time and manners, but very easy going about others like eating and bedtimes. I've learnt a lot from my children; the best thing to do is to listen and not preach.

**Q: What do your kids say when they see their mum on TV?**

**EC:** They call me Dr Ellie on the telly. But usually they admit to finding what I say quite boring!

**Q: How do you balance your work life and your family life?**

**EC:** I don't try and be perfect at everything. I'd like to exercise everyday but you have to prioritise what you can do and be realistic. Yes I make great birthday cakes, but I don't bother driving myself mad over going-home presents.

**Q: Do you prefer working on TV or with your NHS patients and why?**

**EC:** The NHS without a doubt. This is what I trained for and what I love: real people with their real lives and I value being a part of that.

**Q: If you were Mayor of London for the day what would you change for families to live healthier lives in a Capital?**

**EC:** Marking out walking-to-school routes for each school with safe crossings and good walkways.

**Q: What is the best piece of advice you have ever received and by whom?**

**EC:** Listen to the story: patients have symptoms but they also have a story which tells you more than anything else. My first boss taught me that.

**Q: What's your guilty pleasure?**

**EC:** Peanut butter.

**Q: What's your favourite sport and why?**

**EC:** I love watching Arsenal – we're a family of Gooners.

**Q: What team will you support during the Football World Cup this Summer?**

**EC:** England of course!

**Q: What's your favourite part of London and why?**

**EC:** So many. Primrose Hill: lying on the hill watching the skyline with my children.

**Q: What is your favourite meal?**

**EC:** You can't ask me that, I'm a foodie – so many answers! Japanese usually.

**Q: Your top five London attractions are...**

**EC:** A curry in Brick Lane; climbing the Monument; walking down Victoria embankment; picnic in St James' Park and the National Portrait Gallery.

**Q: If you could travel across different eras in a time machine, where would you like to go next?**

**EC:** I was only a baby in the 70s but I'd like to go back and see the fashion and all that fantastic music.

**Q: What is the last book you have read?**

**EC:** Maajid Nawaz's Radical. Hugely worth a read if you want to understand the rise of Islamism in this country.





**Q:** Your favourite children's author is...

**EC:** Erich Kastner. He wrote Lottie and Lisa: the book my daughter Lottie is named after.

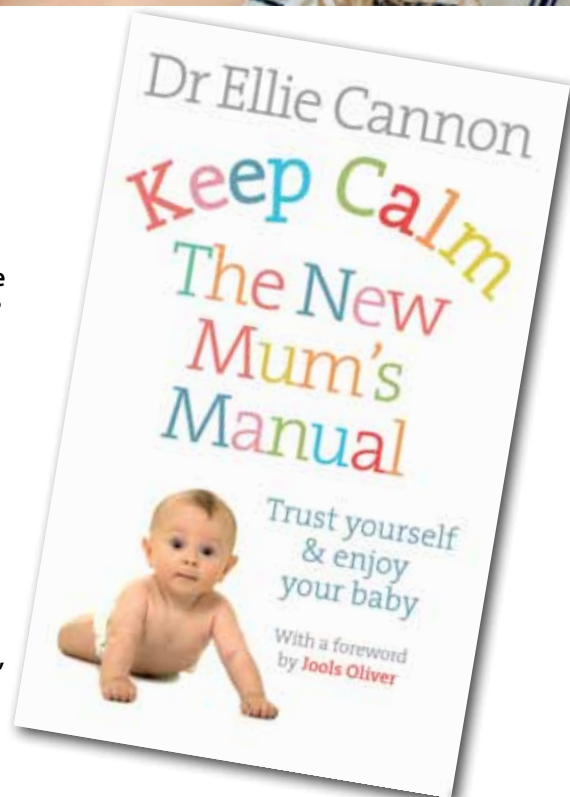
**Q:** Your top three movies of all times are....

**EC:** Kramer vs Kramer. Tootsie. Bridesmaids.

**Q:** On TV you meet lots of celebrities. Please tell us a funny anecdote.... Maybe a gossip?

**EC:** I have a lot of famous patients too but I can't give them away. I once met Jeremy Clarkson; the person who introduced us said he wanted to meet me because he heard I was a doctor. Without even a hello, he pointed to some spot on his cheek, and said "Can you tell me what is the matter with my face?". I told him, "I better not answer that".

Dr Ellie Cannon (GP and author)'s new book *Keep Calm; The New Mum's Manual* (Vermilion) is available now to order on Amazon





# Fashion tips for Summer

By Celebrity TV stylist and designer Mark Heyes

# 2014



## Colour

Don't be afraid of embracing some colour for this Summer Season 2014. There are amazing hues to choose from, and remember you can use it to your advantage too!

If you're curvy up top think about wearing a pop of colour at the bottom, try a pair of bright jeans paired with a flattering black boyfriend blazer. If you're pear shaped, work some colour up top and don't be afraid to clash! Tangerine and cobalt look amazing together. Remember to keep your bottoms dark with a pair of slimming black 7/8s.



Marisota cobalt & jacket Colour



Marisota colour cobalt

All images by Marisota.



Marisota Sheer

## Sheer

Ladies don't fear sheer! The best way to work the trend is with a tailored tee! Thankfully this one from my Ava by Mark Heyes range at Marisota rocks two trends in one, cobalt and sheer! The strategic placing of the sheer band means nothing untoward is showing, it's the perfect amount of peekaboo!



Marisota lace scatter dress

## Swimwear

It's the time of year that everyone gets worried about baring all on the beach, but fret not there's some clever styling tips and technology to help you along the way. To minimise bottoms try drawing attention up top, by maximising that cleavage! A striped or polka dot bikini top with classic navy bottom always works a treat! Alternatively if you're conscious of your tummy, a tankini is a must. And if you're completely conscious of everything, try a skirtini. They're brilliant!



Marisota swimwear



Marisota skirtini





# LONDON DAD JAMIE THEAKSTON HAS MORE THAN JUST A PRETTY FACE FOR RADIO

**Editor Monica Costa interviewed English TV and radio presenter Jamie Theakston at a Disney Storytelling Academy event in Central London. As campaign ambassador, he crowned Anne Baker from Lewes in East Sussex Disney Winnie the Pooh Laureate and winner of the competition Disney launched last Autumn to search for storytellers across the country, inspired by their local areas, myths and folklore, and keen to share their stories with the nation.**

**Q: What's your favourite story and book of all time?**

**JT:** My dad used to read me Winnie the Pooh stories at bedtime. We had a House of Pooh corner, a book I had by the side of my bed which I really loved. I started reading these stories to my kids and they love them as much as I do. It is extraordinary how timeless those stories are and just how important storytelling is across generations.

**Q: What do you read to your children at bedtime?**

**JT:** They are big Winnie the Pooh fans like me. What is quite cute is that my eldest is 5 and reads the stories to his younger brother. And then my youngest one Kit remembers the stories and retells them to me. It is fascinating how kids can reconstruct stories even before they can read and write.

**Q: What is the biggest challenge for you as a dad as you wake up quite early in the morning. How do you balance your work life and your family life?**

**JT:** The key thing is to get a life-work balance. I leave early in the morning and I try to see them as much as I can. Now I am filming for a few months during weekends and it's hard on the family.

**Q: Career-wise do you prefer working on the radio or TV?**

**JT:** Doing the breakfast show has become my life now but I kind of miss live TV.

**Q: Over the years you have interviewed divas such as Mariah Carey. Who was the most difficult celebrity interview you can remember in your career and why? And your favourite one?**

**JT:** It's a difficult question because most of the time celebrities and stars tend to be very aware of how they come across on TV so it's amazing how you often meet people and as soon as the camera is rolling they act as they are your best friends. There are often technical reasons why it's difficult. Once I did the Oscars, live from outside the ceremony and lots of things went wrong but Sharon Osborne and I had to improvise a lot. I suggested to Sharon that we could talk about the films as the stars were not available for interviews at the time. But it was then that she revealed that she had not seen any of movies. That was one of the most challenging times in my TV career. But we managed to get through somehow.

**Q: Any exclusive anecdote on Emma Bunton you would like to share with us?**

**JT:** Emma has been fantastic to work with and despite not having any radio experience in a short period of time she has become a fantastic broadcaster. It's a joy to come to work every day and see her.

**Q: If you were Mayor of London for the day what would you do in London to encourage more people to read?**

**JT:** From a storytelling point of view I would encourage parents to give the children less screen time and encourage them to read a bit more.

**Q: And finally, you are a keen fencer (like me!!). Do you still do competitions? What do you love the most about this amazing sport? What do you think could be done to encourage more people to practice this fun sport?**

**JT:** Wow yeah! It's been a while since I have done any fencing. It's a great sport. It would be great to get more people fencing. It's difficult to find clubs where to train in the UK. I used to train at St Paul's Fencing Club inside the school in Barnes where the Olympic team used to train. I might go back and get my gear out again sometime. En Garde!



Image by Matt Crossick/PA Wire



Image by Matt Crossick/PA Wire



# THE REAL HISTORY OF THE WATCH

An exclusive story by Max Spera  
illustrated by Nicola Lisci

In any city, right near you, if you look carefully, you can find the Old Storyteller Lady.

She goes every day to places where she can find children, and, awaits that one of them asks her to tell a tale.

It is a wonderful day, a little boy with a sad face, walks towards a bench, and when he is about to sit down, he sees The Old Storyteller Lady reading a book...

"Hello Old Storyteller Lady!"

...and the Old Storyteller Lady looks at him...

"Hello Pino! What's wrong? I see you are a bit down!"

"While I was running I looked at my watch and saw that it was broken!"

...the Old storyteller Lady hints a smile and says, "Have you heard it screaming?"

"What?", says Pino utterly surprised by such a question.

"Have you heard it screaming?"



"Surely not! Its just a watch! It can't scream!"

"Are you sure?" The Old Storyteller Lady asks again.

"I am certain!"

At this point The Old Storyteller Lady closes the book she was reading, bends closer to Pino and asks him,

"Do you want me to tell you the real story of the watches?"

"Yes, I want to hear it. Your tales are beautiful!"

Thus The Old Storyteller Lady began telling her tale...

"There was once a time, a very, very long time ago when there were no watches and each day was defined by sunrise and sunset, but many people were unaware of the passage of time. It was very confusing because there was always somebody who arrived too early or too late. And when the day was darkened by storm it was complicated.



of all this confusion a wizard started building an instrument that could measure the passing of the time. After lots of work, the wizard presented his Horologium to the people.

It was beautiful, tall and blond, with blue eyes, exactly like a real prince. When they saw it people were so amazed that they immediately wanted to be shown how it worked.

The wizard switched it on and right there it stood hitting the time with a mighty voice, "It is eight o'clock in the morning". The crowd were overawed and cheered and all the citizens thanked the wizard.

With the Horologium going around the village keeping time nobody was late any longer for their meetings. But after a while they became fed up because it did not let people sleep. It went around the village night and day screaming aloud the exact time and gradually the inhabitants grew to hate the Horologium.

So, the wizard modified his invention in a way that it would declare the time only to those who wished to know.

But even this adjustment failed to satisfy the people, as those who were too far from it could not hear what the right time was. Once again the wizard made changes and placed the clock in the middle of the village square.

This time the clock was unhappy because it had been designed to speak and became very bored when nobody asked for the time. So now and then it began shouting the time even when it was not asked.

So the wizard brought the clock back to his house to make more changes. The clock became very sad and said, "I cannot walk around the village anymore, and now you want to take even my voice away?"

The wizard responded that it was not within his power to make this decision but if the clock was prepared to make this final sacrifice, he would remain at its side, to keep it in great order and to be its companion. With the help of magic he would enable it to speak once again, even if only the wizard could hear it.

The clock agreed and thus the wizard made the necessary changes. He made it bigger. At the centre of the face he placed two pointers; one



longer pointing to the hour and one shorter, pointing to the minutes. He positioned it on the highest roof in the village so that it could be seen by everybody, from everywhere in the village. From that moment onward all that the clock was able to say was 'Tic' and 'Tac' to mark the seconds.

The inhabitants were happy about the change and even though from time to time the Horologium broke, the wizard was always ready to repair it.

time more clocks were built, they became smaller and called watches – because they watched the time – and the wizard revealed his secret only to those who would take care of them. The secret is that watches are designed to talk, they cannot be silent, so, sometime they scream so hard that the internal mechanism blows off and we have to take them to the watchmakers. These little wizards are the only ones able to hear their voice.

At this point, Pino was not upset anymore. He stood up from the bench and said,



"Thanks Old Storyteller Lady, now I will take my watch to its wizard, so that the wizard can talk to it and repair it!"

**The Author: Massimiliano (Max) Spera's goal is to create a social-business system where creativity can be also used as a tool for the community. His slogan is "Ideas made out of Dreams". Info: [info@maxspera.com](mailto:info@maxspera.com) / [www.maxspera.com](http://www.maxspera.com)**



# FLEXIBLE BUSINESS OPPORTUNITY FOR MUMS!



## FLEXIBLE BUSINESS OPPORTUNITY FOR MUMS!

Hello! My name is Pippa, I am a London mum with a growing business!  
I am looking for lovely people to join my team.

Are you friendly, motivated, a natural networker?

Are you willing to learn and interested in helping people?

Would you like to:

- ★ Work hours that suit you, flexibly from home and around the kids
- ★ Earn an income to pay for treats for the kids/yourself (a couple of hours a week) or a much more serious income (if you have more hours to spare)?
- ★ benefit from Investors in People accredited training
- ★ be part of a wider supportive team throughout the UK

Please give Pippa a call on 07872 315 476

AVAILABLE IN A WIDE CHOICE OF DESIGNS

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: LONDONMUMS10  
[WWW.SLUMBERSAC.CO.UK](http://WWW.SLUMBERSAC.CO.UK)

**FREE** UK delivery and returns

SEE SITE FOR DETAILS

Follow us...

## Memory Gate

BUSINESS SOLUTIONS

UK based custom web design and hosting from **£499**

Product, Headshot & Event Photography

Special discounts for London Mums readers

CALL **0203 6620836**  
or email us at [info@memorygate.co.uk](mailto:info@memorygate.co.uk)

See more at the London Mums Website <http://londonmumsmagazine.com/memory-gate-photography>

Design & photography clients:

CHILDREN'S ENTERTAINMENT CENTRE

# Olé Kids

facebook: [olekidslondon](https://www.facebook.com/olekidslondon)  
twitter: [ole\\_kids](https://twitter.com/ole_kids)

## Spanish classes for children

Children learn language through immersion and play, whether it is their first language or their second language.

☆ Group classes across London

☆ Private classes at home

☆ Spanish in Nurseries

☆ After School Clubs

☆ Birthday parties with a latin flavour

☆ Adult Spanish classes

Telephone : 020 7386 0376  
Mobile: 07734900221  
Email: [info@olekids.com](mailto:info@olekids.com)  
Website: [www.olekids.com](http://www.olekids.com)



# SUPER LONDON MUMS



## KATY HILL

**TV and Radio Presenter, Blogger and mum of 2** Katy Hill talked exclusively to London Mums about her favourite books, her TV career, family and her love for Italy.

**Q:** What's your favourite book of all time?

**KH:** My favourite children's book is The Hungry Caterpillar by Eric Carle. I LOVED it as a child and I still have my childhood copy. I love that, when I read it to the kids they put their fingers in the holes exactly like I used to! That's what I love about books. They're so timeless. My favourite adult book is Birdsong by Sebastian Faulks. We can learn so much from the bravery of past generations and it's so important we never forget.

**Q:** What are your kids' stories at bedtime?

**KH:** My daughter Kaya is 7 and loved the Captain Underpants series! She's currently into Roald Dahl – we've just finished Charlie & The Chocolate Factory and she was excited/shocked in equal measure

when I showed her an old episode of Blue Peter when I dressed as Mrs Twit and acted out a scene! My son Akira loves all Julia Donaldson books and they're both obsessed with superheroes right now.

**Q:** If your children would like to follow your step and go into Television what would you advise them?

**KH:** I'm not sure they'll want to! They see the realities of early morning pick-ups! If they did decide to go that route I'd support them all the way, provided they were in it for the right reasons. There's a worrying trend of wannabes these days that want to be "famous" and see that as a career. For me, presenting was what I desperately wanted to do. The "fame" side was an inconvenient part of that, not a career path!



**Q:** While filming, you have been involved in lots of interesting activities. What was your favourite / most memorable part of your career so far?

**KH:** I've had so many highlights it would be really hard to pinpoint one. Flying displays with the Red Arrows, Bobsleigh and Skeleton runs, living in a yurt in Mongolia, presenting from The Thames to see in the new Millennium – all the stuff of dreams to be honest!

**Q:** How do you balance your work life and your family life?

**KH:** When my daughter Kaya was born 7 years ago I'd been working flat out for years and I didn't want anybody but me raising my child. So I took a massive career break. And I haven't regretted the decision for a second. Both being in the same industry and self employed my husband and I cover each other when work happens and I've loved becoming a fruitful mummy blogger (you can read my blogs at [katyhill.com](http://katyhill.com)) and adding a whole new element to my life. My son Akira starts school in September so this is my year for getting back into things.

**Q:** If you were Mayor of London for the day what would you change in the Capital

to make it more child and family friendly?

**KH:** Most things! The UK is pretty shocking on the Family Friendly front!

**Q:** On a personal note, you seem attracted to Italy where your husband proposed and you got married. What do you love the most about Italy and the Italians?

**KH:** We LOVE Italy. We got engaged in Venice and married in Tuscany at a magical place called Villa Fontelunga with 18 immediate family and friends. We love the landscape and laid-back attitude over there. We haven't actually been to Italy with the kids yet but we promise ourselves we'll go back one day and show them where we got married, which would totally make me lose it.







## KONNIE HUQ

**Q: First of all congratulations on your new baby. Every new addition brings a lot of extra work and tiredness to every mum. How do you juggle work and family?**

**KQ:** Not having an office job as such, my husband and I can both coordinate so that someone is around to watch the kids. At the moment while they are young I'm only doing jobs that are easy to manage around them so no overnights or long term projects especially as Huxley is only 8 weeks and is exclusively breastfeeding. Charlie is very busy with work at the minute and as we don't have any help and Covey's not at nursery yet, I'm just doing bits and pieces that aren't too full on.

**Q: Have you enjoyed presenting Blue Peter or X-tra Factor the most and why?**

**KQ:** Both were great jobs, fun, hectic and all consuming! But Blue Peter was like no other job and top trumps them all. A team of loads of young like-minded people travelling all over the world making all manner of short films to go into the live studio shows. The experiences and opportunities you have on that show are like no other. One minute you're scuba diving in Hawaii, the next minute you're interviewing the Prime Minister. The scope of places you went, people you met and experiences you had was like no other programme in the world. That's probably why I didn't leave for ten years.

**Q: You are a true London Mum, born and bred in London. What is your favourite London area and why?**

**KQ:** There are so many great areas, it's hard to have a favourite in London, it's a city like no other. I remember being really underwhelmed when I first went to New York because I felt it didn't even come close. Central London has always been so cosmopolitan and amazing for arts and culture, aesthetic beauty and even for shopping! You'd think NYC would at least win on that front but I remember I couldn't believe that there were no department stores that even came close to Selfridges or Harrods. I really like the Southbank, even more so because I remember when it looked like an ugly, grey, multi-storey car park. I used to think it looked scary when I was young, but a bit of lighting and a few eateries has worked wonders! It has such a nice vibe of an evening now. London is continually evolving and updating like this, I'm looking forward to the Earls Court and Victoria developments. At the other end of the spectrum, Kew is fab. Kew Gardens is beautiful, with loads to do and see. From the stunning peacocks, greenery and plant houses to the tree top walks and events, picnics and exhibitions, sometimes when there you can forget you're in London at all.

**Q: You have done some serious acting during your career. What kind of movies, programmes or TV series would you like to be in if you could choose to have a part in?**

**KQ:** It would be great to be in something like Breaking Bad available on Netflix. That was pretty much the most addictive show ever. Some nights, I'd be like 'let's watch an episode of Breaking Bad instead of a film so I can get an early night' cut to four hours and four episodes later... 'Shall we watch one more?!'

**Q: This year we celebrate Shakespeare's 450th Birthday. For two years running you have presented the Royal Shakespeare Company's Live from Stratford-upon-Avon. What is your favourite Shakespeare's piece and why?**

**KQ:** Probably Midsummer Night's Dream, comedic, cheeky, a bit of romance and the interwoven plots, cunning and guile so well executed when it comes to Shakespeare.

**Q: Who is your top writer of all times?**

**KQ:** Charlie Brooker

**Q: You are a big Olympic supporter. What is your preferred Olympic sport and why?**

**KQ:** Last Olympics I found the straight running races really compelling. I guess having people like Mo Farah and Usain Bolt to watch really helps but there is something so raw and basic elements about running. It's not as much about having special equipment or training as other disciplines. It's something most of us can do but only few can do so fast.

**Q: What is your guilty pleasure?**

**KQ:** A tub of ice cream with a good film! When it comes to ice cream I have no self restraint. At the moment I'm really into Ben and Jerry's All or Nut-ting, had a whole tub the other night while watching Fargo on Netflix. Seriously unhealthy.

**Q: If you were Mayor of London for the day, what would you do to improve mums' life in the Capital?**

**KQ:** Drop in nurseries for mums. It would be great to have the facility to leave your child somewhere impromptu for a few hours. Especially for freelancers.

**Q: And your favourite actor/actress of all times?**

**KQ:** I don't have one but one of my faves at the moment is Bryan Cranston. He is so brilliant as Walter White in Breaking Bad. Playing a high school teacher and wholesome father of two who turns from bad to worse to downright twisted, scary and a bit mental in a convincing manner is no mean feat, but he makes the role look easy.



## Exclusive chat with Horrid Henry's 'MUM' Francesca Simon on her inspiration behind the naughtiest boy in literature

Seven-year old Horrid Henry Super Fan Diego Scintu interviewed Francesca Simon, one of the UK's best-selling children's writers, during the launch of her 23rd book 'Horrid Henry's Krazy Ketchup'. Francesca has published over 50 different books and sold over 18 million copies in 24 countries.

**Q: If you were the British Queen for the day what would be the first thing you would do?**

**FS:** I would make sure there was a library in every single school.

**Q: Why do you think the favourite Horrid Henry's book among kids is the Abominable Snowman?**

**FS:** Is that the favourite? Because I believe the other big favourite is Horrid Henry's Football Fiend. A lot of children also like Horrid Henry's Nits. I love the Abominable Snowman but I honestly like all my Horrid Henry's books so I would not be able to say.

**Q: Why did you want to become a children's author?**

**FS:** Children's authors have the most fun writing. We get to write silly and fun stories. We have the best readers. So it's the only kind of writing I'd like to do.

**Q: If you were Mayor of London for the day what would you do to improve Londoners' life?**

**FS:** I would ban all cars so that children could play out in every single street.

**Q: What is your parenting style? Are you like Horrid Henry's mum?**

**FS:** I hope not! Nobody has ever asked me that question before. Horrid Henry's mum is me at my absolute worse. I think I'm a fun mother and silly, but I am also strict. I am certainly nicer and funnier than Horrid Henry's mum.

**Q: Where did you get the inspiration for your Horrid Henry's stories? Do you have such a naughty son?**

**FS:** I wanted to write about a child who was good and bad, and who did not fit into his family. I think families are very funny. I also have a niece and nephew who fight all the time. My son is a very good boy.

**Q: Were you a naughty child?**

**FS:** I was very good at school but very naughty at home.

**Q: What is the naughtiest trick you have ever performed to someone?**

**FS:** I don't usually play tricks on people but I played a really good trick on my son once. I moved his clock ahead by three hours so he woke up at 7am one morning and his clock said 10 so he screamed (giggle). He thought he'd missed school!

**Q: Does every Horrid Henry's character remind you of somebody in particular?**

**FS:** It's a really good question, Diego. In a way yes, but all the Horrid Henry's characters are aspects of one person. All of us feel like Weepy William at times or anxious Andrew or bossy like Moody Margaret or have a fight with a friend like Sarah. My son was



always the very youngest in his class so he would sometimes be like Weepy William and forget things, his PE clothes or a packed lunch for a school trip.

**Q: What is your newest book about? What's new about this title?**

**FS:** My newest book is called Horrid Henry's Krazy Ketchup and is about how Horrid Henry's parents want to stop him eat Ketch-up and then they bring back the bogey baby sitter with a friend so Henry has two bogey baby sitters to beat. Then I have Horrid Henry's Chicken. He has to bring the class' chicken home during the holidays but he is terrified of chickens and does not want people to know how scared he is. This book is very funny. There's even a new character called Megaphone Meg. It might be my funniest book to date.

**Q: Is there a reason why Horrid Henry is so lazy and bored? Why is Henry so mean sometimes?**

**FS:** It's because Henry always wants to do everything his own way. He's bored and angry if he doesn't get his way all the time. That's the only reason. He's only himself to blame if he's bored. He just does not want people to tell him what to do. He thinks the whole world should run around him.

Henry is mean to his brother Peter because he does not like having a brother, does not like sharing and would prefer to be an only child. All Perfect Peter wants is for people to like him for being so good. But it does not work for him. People do not like him.

**Horrid Henry's Krazy Ketchup by Francesca Simon and published by Orion Children's Books is out on 5th June 2014, RRP £4.99.**



This summer London Mums have joined forces with BMI Healthcare and its 13 hospitals in Greater London to launch our women's health campaign, Health in the City. BMI Healthcare is the UK's largest provider of private healthcare and their hospitals in Greater London are home to some of the UK's leading women's health specialists. Working with both NHS and private patients, BMI Healthcare offer the latest facilities and services that support women at every stage of their life. We as women living in London all lead busy lives and it can often be difficult to know what advice to follow and how best we can juggle everything at once.

As part of the campaign we ran a survey to really understand the pressures, we as women face. The results were fascinating....

Looking at the perception on body image in the media 55% of women felt that their own body image was influenced by images in the media. Over half (51%) of the women surveyed as part of the campaign revealed that they thought they were overweight. But, when asked if losing weight would benefit their health 61% of the women surveyed said they believed it would.

When asked if living in London had a good effect on their happiness 63% of women surveyed thought it did while an equal number (63%) thought that living in London had a bad effect on their health. In the work environment 56% of the women we surveyed said that their health had suffered because of the pressures they had come under at work and 52% of women said they had to put their own health second because of their job.

At home 54% of the women we surveyed said it was their responsibility to encourage their partner to visit their GP if they have a health

issue so we often carry the burden of our partner's health and wellbeing too.

When asked if they trusted their GP with their health issues 55% of women admitted they didn't while 9% (maybe change to 1 in 10, does that sound better than 9%?) said they didn't ever visit their GP. Encouragingly though, 68% of the women surveyed said they did feel comfortable discussing embarrassing issues with their GP.

*"We as women are under a lot of pressure," Miss Raneen Thakar women's health expert at BMI Shirley Oaks Hospital, in Croydon, commented. "*

I know from my own personal experiences and from my medical practice that it can be easy to push health issues to one side, but when we do notice something abnormal, unusual, or things don't feel right it's always important to see your GP or an expert who can help advise, diagnose and ultimately treat you faster. As part of the Health in the City London Mums will be working with BMI Healthcare to look at the health topics that you are most interested in. We also asked you what you would like featured, and in the coming weeks on londonmumsmagazine.com and will be working with BMI Healthcare to produce content on those topics, speciality and disease areas. The topics we will be featuring are:



PREVENTATIVE HEALTH	<i>"FROM SPECIALIST WOMEN'S HEALTH SCREENS TO LIFESTYLE CHOICES AND HEALTH ASSESSMENTS, WE WILL GUIDE YOU THROUGH WHAT YOU NEED TO KNOW,"</i> <b>MISS SALLY WATKINSON, CONSULTANT OBSTETRICIAN AND GYNAECOLOGIST AT BMI THE BLACKHEATH HOSPITAL IN SOUTH LONDON</b>
GYNAECOLOGICAL HEALTH	<i>"GYNAECOLOGY IS THE AREA OF MEDICINE THAT DEALS WITH DISEASES OF THE FEMALE REPRODUCTIVE ORGANS. WE WILL LOOK AT THE COMMON DISORDERS AND THE SYMPTOMS YOU NEED TO BE AWARE OF"</i> <b>MR PANOS SARHANIS, CONSULTANT GYNAECOLOGIST AT BMI THE CLEMENTINE CHURCHILL HOSPITAL IN HARROW</b>
ISSUES SURROUNDING MENOPAUSE	<i>"MENOPAUSE. IT'S SOMETHING WE ALL GO THROUGH AND IS A NATURAL PART OF LIFE. WE'LL AIM TO SORT THE FACT FROM THE FICTION TO UNDERSTAND THE CHANGES YOUR BODY WILL GO THROUGH AND WHEN."</i> <b>JOAN PITKIN, CONSULTANT GYNAECOLOGIST AT BMI THE CLEMENTINE CHURCHILL HOSPITAL IN HARROW</b>
BREAST HEALTH	<i>"BREAST HEALTH IS SOMETHING THAT WE ARE ALL AWARE OF IN THE MEDIA BUT HOW MUCH OF WHAT WE KNOW IS FACT AND HOW MUCH IS FICTION? WE WILL LOOK TO DISPEL COMMON MYTHS AND MAKE SURE YOU ARE BREAST AWARE,"</i> <b>MR EKAMBARAM BABU, BREAST CANCER SPECIALIST AT BMI BISHOPS WOOD HOSPITAL IN HILLINGDON</b>
FERTILITY AND INFERTILITY	<i>"IF YOU ARE TRYING FOR A CHILD OR PUTTING OFF HAVING A FAMILY WE WILL HELP YOU UNDERSTAND WHAT YOU NEED TO KNOW AND WHEN YOU SHOULD SEE A SPECIALIST IN THE FIELD."</i> <b>MISS LEILA HANNA, CONSULTANT GYNAECOLOGIST AND OBSTETRICIAN AT BMI CHELSFIELD PARK HOSPITAL AND BMI THE SLOANE HOSPITAL IN BROMLEY</b>
PERIODS & MENSTRUAL HEALTH	<i>"HOW DO YOU KNOW WHAT IS NORMAL AND HOW DO YOU KNOW WHEN TO GET HELP? WE'LL LOOK AT WHAT'S NORMAL AND WHAT'S NOT."</i> <b>PROFESSOR ELLIS DOWNES, CONSULTANT OBSTETRICIAN &amp; GYNAECOLOGIST AT BMI THE KING'S OAK HOSPITAL IN ENFIELD</b>

**For more information on women's health issues or to download a special Health in the City Guide to Women's please visit:**  
**[www.bmihealthcare.co.uk/LondonMums](http://www.bmihealthcare.co.uk/LondonMums)**



# Readers' letters



## Our Agony Aunt Dr Ellie Cannon responds to your questions

We are honoured to have Dr Ellie Cannon as our Agony Aunt to answer all your parenting dilemmas. She is vivacious and approachable, a doctor and a mother, and is best placed to answer your health concerns as parents. From delivering a baby on the floor of her surgery to comforting dying patients in the middle of the night, Ellie has seen and done a lot. She's vocal about her opinions across a wide range of topics including diet, alcoholism, mental health, dementia and the changing climate of the NHS. Included in her media work, she's one of the resident medical experts for Channel 4's Health Freaks which airs weekly, during evening prime-time viewing and is frequently on Sky News, BBC Breakfast, Daybreak, This Morning and BBC Radio 4. In addition to all this, Dr Ellie has just been confirmed for a regular weekly slot on Sky Sunrise every Tuesday morning at 8.45am.



### Coughing and sleeping

*My 9 year old son has a lot of mucus and has been coughing and making funny noises with his nose for a few years now. The doctor says that it is a bad habit not cleaning his nose but I believe he has a lot of stuffed mucus. Is there any natural way to help him with this problem? (Beatrice, Kent)*

Gosh, this must be annoying for your son to always feel congested. I would look at the conditions when he is sleeping as a lot of congestion can build up then. Make sure where he sleeps is not too dry: either humidify the room with a humidifier or simply a wet towel on the radiator. This stops congestion building in the first

place. Try and ensure he sleeps on a pillow so mucous can drain away properly overnight, and rub some Vicks into his chest to help with this. For the daytime, try one of the saline nose sprays you can use which are safe for children and would irrigate and 'wash out' his nose allowing it to clear. The other thing to consider is an antihistamine from the pharmacist or the GP – perhaps he is congested due to allergies to his environment e.g. dust or hayfever, or even a dairy allergy: this can cause the symptoms you describe. If none of these things work it would be worth considering a second opinion from another GP as your son may need a referral to an ENT specialist.



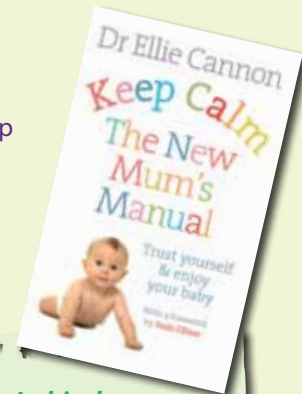
### Feeling broody at 44

*I have three young children under 10 and I am 44 already but I feel broody and would love to conceive again. I have been lucky as my kids are healthy but I am scared of Down Syndrome due to my age. Could you shed some light on the real possibilities of this? (Maria, Islington)*

I have plenty of patients who conceive at your age but you just need to be realistic about your chances, both of conceiving and as you say of Downs Syndrome. In the past two decades the conception rate for women in their 40s has more than doubled, with about 29,000 a year conceiving now. But fertility falls dramatically in your 40s, making getting pregnant much less likely – we know that for every 100 women trying to get pregnant naturally at 40, only five per cent will. Conceiving at 46 is high-risk for the baby and you – at your age your chances of having a child with Down's syndrome would be 1 in 30, compared to 1 in 1250 when you were 25. There are also other complications both for yourself such as pre-eclampsia and a higher chance of the baby being premature. You're also more likely to have twins!

But if this is something you want to do, you just have to be aware of the risks. You can opt into all the routine screening tests and also talk to the midwife about an amniocentesis or a CVS – both of these give an accurate diagnosis of Downs early on in the pregnancy.

Dr Ellie Cannon (GP and author)'s new book *Keep Calm; The New Mum's Manual* (Vermilion) is available now to order on Amazon!



### Pressure to have more babies!

*Before having my daughter I wanted to have 3 kids but after having given birth and experiencing the first three years of my baby / toddler who has been a nightmare with sleep, weaning and everything I am really concerned about having more children. My husband is so keen but I am not any longer. Do you have any reassuring advice that would help me face this all over again? (Laura, Essex)*

My whole ethos is to trust your instinct and do what you think best. The very fact you are asking this question tells me you are probably not ready, but it is something you and your husband must decide. Every family is different and you have to follow your gut instinct. Why do you need to make the decision now? Your daughter will soon be starting school: perhaps see how she settles into that, and you have some space to think more clearly about another child. All babies are different and it is possible if you have another child it will be a dream to feed, settle and wean. Sometimes second children are easier because mums know what to do and feel more confident. You never know. But equally you may have another challenging time. I am concerned you use the expression "face this all over again" as it doesn't sound like motherhood has brought you joy, which it does for most despite the difficult times. I would advise you to see your GP in case you have a little bit of post-natal depression or anxiety, and perhaps you would benefit from counselling or therapy. This might be just what you need to consider a second pregnancy.



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

Send us a letter to [info@londonmumsmagazine.com](mailto:info@londonmumsmagazine.com) and we will try and respond to all questions.



A large photograph of Jess French, a young woman with short brown hair, wearing a purple tank top and khaki pants, sitting on a log in a lush green forest. She is smiling and looking towards the camera. A backpack is visible behind her.

# FIVE MINUTES CHAT WITH MINIBEAST ADVENTURE NEW CBEBBIES STAR JESS FRENCH

Editor Monica Costa has caught up with emerging CBeebies star Jess French, who is an engaging, quirky, enthusiastic and knowledgeable young zoologist who landed an amazing job at the BBC.

She is presenting new series Minibeast Adventures aimed designed for pre-schoolers that explores the amazing creatures that live right on our doorstep! Wild about wildlife, Jess has been an expert in critters from a young age having grown up in a family where her father breeds insects. A passionate zoologist, naturalist and entomologist, her in-depth understanding of the importance of the smallest creatures underpins her genuine passion for sharing this knowledge with the next generation; the future guardians of our planet. Her other credits include Springwatch (BBC), Micro Monsters 3D (Sky), Live 'n' Deadly (CBBC) and Deadly Mission Madagascar (CBBC).

**Q:** How did you manage to get this job on TV?

**Jess:** I have a Degree in Biology and now I am studying Veterinary medicine. I wanted to film animals and that's why I was interested in this programme. I am not scared of animals in fact I have a reputation as Jess 'the bug girl'. When the idea for this show came up my name was suggest because of my reputation. But I never thought I never end up on CBeebies.

I came in quite late in the development process. The idea for the show came first and I think the point was to get kids outdoors and interested in bugs and this is a big passion of mine – my greatest ambition in life is to get kids outdoor more and make the connection with animals. The BBC bosses wanted someone genuine and being the bug girl it was important but I can't take any credit for the ideas of the show. This is perfect for me and I feel very lucky to be part of it.

**Q:** What is so fascinating about bugs at all?

**Jess:** They look amazing when you look closely – in particular the adaptation they have and the conditions they survive in. The caterpillar episode, for example, explores how a squidgy caterpillar can turn into a butterfly - tigers and lions cannot do things like this!

Children don't need to go all the way to Africa to have an interesting animal encounter. UK gardens, parks and window boxes are populated by animals every bit as thrilling and complex as lions or tigers.

Every programme visits my CBeebies treehouse where I introduce the young viewers to the minibeast of the day. From there I set out to get my fingers dirty on an adventure with children in their local environment, discovering a multitude of fascinating critters! On safari in their natural habitat I hunt out 20 different minibeasts across the series including insects, arachnids, annelids and mollusks with my young companions. Each episode visits a new environment from a child's garden, a wood and even a high-rise balcony proving minibeasts are accessible to any child and can be found on every doorstep, you just have to look.

**Q:** Why do you think kids love monsters' characters so much i.e. the great appeal for Moshi Monsters, Monsters Inc, Monsters High dolls etc?

**Jess:** A lot of the inspiration for monsters' characters come from the bugs' world. Kids love them because they have great imagination. When I was a kid I had lots of imagination. Bugs are very different from what we see everyday and inspiring, weird and wonderful creatures. Lots of monsters look like insects – they are stranger than fiction sometimes. Kids have great imagination – they love to escape in an imaginary world and love exploring things that are weirder from what we see in their every day life.

And like the viewers themselves, they may be small but they are very important, beautiful and fascinating...Did you know that butterflies smell with their feet?

**Q:** Did you have a treehouse when you were younger?

**Jess:** I never had my own treehouse. I did not have a big garden so I tried to make little dens in my garden but I was good at climbing trees and I got stuck on a lot of trees. The treehouse on the show is on the ground of Amberley Castle in Sussex.

**Q:** Why did you choose insects instead of dogs for an animal show? Aren't they ugly?

**Jess:** Personally I think insects are beautiful for example butterflies their colours are incredible. Also I think it is quite easy for people to love dogs they already have a connection with them. But they are scared of insects as they have no connection with them. Bugs are so important in the ecosystem, in the circle of life. I want people to think that they are important and amazing. To make kids to help them realise why we need to protect them, this might make an impact on the next generation of adults.

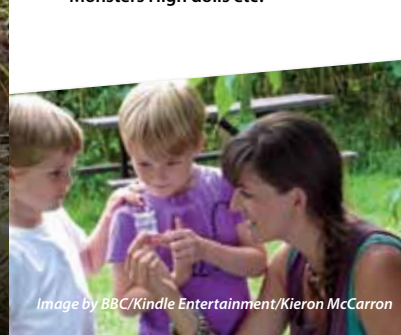
**Q:** If you were Mayor of London for the day what would you do to get children to explore the wonderful world of mini beasts?

**Jess:** I would arrange for school classes to be held outside for the day. I would stop traffic and make people go by bike and I would encourage children to find bugs and create a 'bug hotel' in their school gardens. It is really easy to make as we show in one of the episodes. Kids need a pile of leaves and logs – a little untidy corner. There are lots of mini beasts in London so if you give them the opportunity they would love to live in your own bug hotel.

I want to encourage kids to be outdoor and connect with nature. It is important for kids' emotional and physical development. "Nature Deficit Disorder" and the disconnection between modern children and their environment is a problem that I hope to tackle through my work.

Enthusing children about their environment and the animals it contains has been an issue close to my heart for many years.

There's no such thing as a bad day for going outside, only bad clothes!





# Summer Fun Gifts

# Pretty things



Molkky  
RRP £39.99  
[www.amazon.co.uk](http://www.amazon.co.uk)



Shuffle Card Games  
RRP £6.99  
Available from ASDA,  
Tesco and WH Smith.  
For details visit  
[www.cartamundi.co.uk](http://www.cartamundi.co.uk)  
©2014 Hasbro. All rights reserved.



Tractor Ted's Activity Book 2  
RRP £4.99  
[www.tractorted.co.uk](http://www.tractorted.co.uk)



Camden Town Bag by Jack Wolfskin  
RRP £50.00  
[www.jack-wolfskin.co.uk](http://www.jack-wolfskin.co.uk)

Summer Action Gliders and Rockets  
RRP from £4.99  
Available from all good toy stores.  
For details visit [www.revell.de/en](http://www.revell.de/en)



Loom Twister from  
H. Grossman Ltd  
2000pc loom band set  
RRP around £10  
Stockists: Toymaster, Smyths,  
Amazon & many independents



2-in-1 Scoot & Ride Highwaybaby  
RRP £59.99  
[www.duplay.co.uk](http://www.duplay.co.uk)



Hippychick Hipseat in  
new Liberty Art Fabric  
RRP £49.95  
[www.hippychick.com](http://www.hippychick.com)

The Splash About  
Happy Nappy Costume  
RRP £16.99  
[www.splashabout.com](http://www.splashabout.com)



By Carla Little Birdie  
Cuddle Me Pillow  
RRP £32.99  
[www.bycarla.co.uk](http://www.bycarla.co.uk)





# KIDS GO FREE

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.

FAMILY RIVER RED ROVER  
HOP ON & OFF ALL DAY  
SIGHTSEEING

**From only**  
Family River Red Rover  
**£32.40\***  
inc 2 adults + 3 kids  
\*online price



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