

SOMETHING **NEW**

Issue 16

THE PARENTING MAG

FAMILIES

THE WILD SIDE

Create a haven
for wildlife in your
back garden with
Katherine

Strings & Things

What to expect
from a Bournemouth
Symphony Orchestra
experience

Plus...

Ask Rosie
Cheeky Faces
Real life parenting
Recipes & more!



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Hello!



Hello Issue No 16,

Sounds like my morning before it's even 9am!!!

Last issue, when I wrote the editor's letter it was cold and I was wrapped in a scarf and I referenced that. My husband picked up the magazine (it's always a surprise to him what Eleanor and I have been squirrelling away at!) He said 'Winter is your favourite time of the year?! Well, I've never heard anyone say 'I've had the best winter ever!' and he tutted at me in disapproval...

Well, it made me think... I started thinking back to that time as I'm sat in the glorious sunshine, thinking I do love summer; the long evenings, the holidays, the days out, the flip flops!

We live in the most wonderful part of the world to be near the water and all the activities on offer; the parks, the splash pools, the beaches, the walks...

I realised that I just love life whatever the season, whatever the weather. I just love all the experiences that each season brings.

Every time of year is my favourite!!!

So with that, I'm going to say if you're reading this, Eleanor and I hope you are having the BEST summer ever.

Enjoy the sun, but stay safe and make sure you are wearing your sunscreen!!

*Sebrina
(& Eleanor)
xxx*

eleanor@somethingnewmag.co.uk

sebrina@somethingnewmag.co.uk

CLASSES FOR YOUNGER STUDENTS

at Centre Stage

Centre Stage prides itself on a wonderful community of 'little students', aged 2½ - 6 years & we are dedicated to ensuring a great experience within a caring, relaxed & enjoyable environment.



BALLET

The school has an outstanding reputation for specialist training in ballet & offers the perfect introduction for boys & girls aged 2½ - 6. Classes are taught by highly experienced Royal Academy of Dance qualified teachers & children learn through enchanting stories & fun props, which capture imagination & introduce the first fundamentals of ballet.

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Pre-Primary in Dance (Reception) Tue 4 - 4.30pm

Primary Ballet (Y1) Wed 4 - 4.30pm

Grade One Ballet (Y2) Wed 4.30 - 5.15pm

All at St Luke's Church Hall, Birchwood Road,
Parkstone BH14 9NW

ACRO

Acro (Acrobatic Dance) is the fusion of dance technique with the athleticism of acrobatic elements including flexibility, strength, balancing, limbering & tumbling. All of our Acro teaching team are Certified Acrobatic Arts Teachers & Centre Stage is both a Certified UK Studio for Acrobatic Arts & an Official AcroPAD Centre. Learn proper placement & technique for the foundations of Acro Dance, including handstands, cartwheels, bridges, back walkovers, front chest-stands & assisted handstands.

Acro Group 1 (Ages 4 - 6) Thu 4 - 4.30pm

St Luke's Church Hall, Birchwood Road,
Parkstone BH14 9NW

PERFORMING ARTS

Performing Arts is a fantastic way to develop new friendships, learn self-expression, use imagination, practice creativity & promote musicality. With a focus on enjoyment & developing confidence, we use enchanting stories & themes to gently encourage engagement & support learning in Dance, Singing & Acting.

Sapphires Group (Reception & Y1) Sat 9am - 12pm

Bournemouth Collegiate Prep School,
St Osmunds Road, Parkstone BH14 9JY

Want to try before you decide? For younger students, the first session is free & then PAYG for a further two weeks to ensure your child is settled & happy before you fully commit.

Centre Stage is CDMT recognised & Ofsted registered, accepts childcare vouchers & offers a sibling discount. There is also FREE PARKING at all of the venues.

For more information:
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PRINCIPAL ZOË MATHER
BA (Hons) First Class RAD:CBTS (RTS),
AISTD:RTS (Adv), AAC1





A Special DELIVERY

Choosing where you have your baby is one of the most fundamental aspects of your birth experience.

Photos by: Wild Mama Photography
wildmamaphotography.co.uk

When it comes to choosing the location for delivering your baby, there are three types of setting you can choose from. However, the services available may vary slightly depending on your area.

To start with, read up on what is available to you and see what sounds like the kind of birth you want. No two births are ever the same, and you may even want a different birth for your second, third, or fourth baby!

Where you choose is going to be impacted by lots of different things; from practical considerations like proximity to your home, other children, and/or birth partner, to location-specific ones, like what pain relief it offers. Often, past experience influences your choice too - women who had a great experience with their first baby will feel more confident in a setting than someone who didn't.

So, to get you started, we round up the different places you can have your baby;



Home Birth

A home birth is where you give birth in your own home. For the most part, this is planned (unless you're like editor Eleanor and accidentally give birth in the kitchen!).

There is a dedicated home birthing team who are on call 24/7, ready to get to you when the time comes.

Home births allow you to stay in an environment that feels secure and comfortable without the hustle and bustle of a hospital ward. It also means you can have your children present, if that's something you'd like.

Lots of families opt to have a home birthing pool (these can be bought or hired), and they offer relaxation for you while you labour. Not to mention there's the convenience of having tea or toast when you want it!

It's important to note, however, that your pain relief is limited at home. Gas and air can be given, but Pethidine isn't routinely



offered, and an epidural is strictly for hospital births only. Also, if your midwife becomes concerned about your labour or the birth becomes more complicated, you may need to be taken to the hospital by ambulance.

A home birth can be easier and more comfortable for many women, but you must also have a robust plan for what happens when you go into labour. You'll need considerations for both night and daytime (getting your pool ready, having someone available to watch your children or pets, etc).

Hospital Birth

Maternity hospitals are the most common setting to have a baby. For some mothers, it's the safest place to be when in labour



Midwife Led Unit

A midwife-led unit is different from a hospital labour ward. In Dorset, the Haven Birthing Suite is a midwife-led centre. It's a less medicalised environment, where care has been taken to make it more homely and comfortable. Suitable for low-risk births, you can choose to relax in a birthing pool, on a birthing ball or in a bed.

Rooms are often equipped with aromatherapy, and you can play music, bring in things from home and generally make it your space.

Again, should complications arise, you'll be transferred into the care of the hospital (which is what happened in Eleanor's first labour!). You can't have an epidural in a midwife-led unit, but because of the proximity to the hospital, it might be possible to transfer over to the labour ward.

What's Right For You

due to medical conditions like diabetes or pre-eclampsia; for others, the knowledge that specialist help is to hand if needed makes it the right choice for them.

Hospitals offer different pain relief options, and you can have a great degree of control over the environment of the room you deliver in.

If you're having a planned Caesarean section or if your labour needs to be induced due to going beyond your due date, it will take place in a hospital.

We're not here to tell you which you should choose - there are so many things you will need to consider, But know that you have options and that your antenatal care providers are there to help you decide.

No setting is better or worse than any other, it's just what suits you and your family. It is worth remembering, though, a birth plan can't ever be set in stone. Your pregnancy can change, and your plan might need to adapt to suit - or something might happen by surprise, like delivering your own baby leaning over the kitchen counter!



CAPTURING YOUR SPECIAL MEMORIES

Karen Wiltshire
PHOTOGRAPHY

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Newborn and Family Photography.*

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AND LET'S CHAT!**

Learn more about our studio in Poole and view
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Baby Massage

Learn how to massage your baby in a welcoming & supportive class.

Run by Katherine and Linda, both certified instructors with the world leading **International Association of Infant Massage (IAIM)**



Just some of the benefits of massage for your baby:

- ♥ Relieves wind, colic, constipation & teething discomfort
- ♥ Stimulates circulation, digestion, nervous & lymphatic systems
- ♥ Enhances bond with you & your baby
- ♥ Develops body awareness & coordination
- ♥ Increases recognition of expressions to support social development

07802 545554

babymassagebykatherine@hotmail.com
www.littledreamersbabymassage.co.uk





What REALLY Happens at a Baby Massage Class

It's so easy for me to paint a picture of blissfully relaxed babies being massaged by their chilled-out parents, gentle music playing in the background, and everyone following the routines in perfect synchronicity...

Yes, sometimes my classes do look like that, it's certainly what I aim for, but in reality, babies are babies, and the IAIM classes I run are baby-led. So when we're following the babies, you can generally find some babies sleeping, some feeding, some wanting to see what's going on, some who are really into their massage, some who have had enough for today, some who are just not in the mood today and some having their nappy changed... And that's fine! And it's OK for them to cry! It just means that right now, they need something else. It doesn't mean your baby hates massage!

The ideal time to massage your baby is when your baby is ready. We tend to look for a quiet but alert state. That means they are not too sleepy, not too hungry, and not too alert and wanting to play. This could be any time of day, and as you know your baby best, you'll be able to work out when that time is. It might never be on a Wednesday afternoon between one and two-thirty or a Saturday morning between ten and eleven-thirty,



it might work that way one week and not the next, but you can still come along and learn. Our baby-led approach means that your baby is listened to and respected before they even have words, allowing you to invest in more than just a five-week course with benefits that will last a lifetime. The great thing about this course is that you will learn a skill to take away with you.



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the parenting COACH



I am a fully qualified parent coach with 20 years of experience as a teacher and 11 years of experience as a parent.

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Find me on Facebook and Instagram at theparentingcoachuk or email me at the address below.

Rosie



Mention Something New Magazine for a 25% discount on your first consultation with Rosie

theparentingcoachuk@gmail.com

ASK ROSIE

Each issue, The Parenting Coach, Rosie, tackles your parenting questions. There is no subject we won't cover and privacy is guaranteed. Send your questions to eleanor@somethingnewmag.co.uk




Q I am struggling to get my three-year-old ready for nursery every morning. I set out the clothes for her to wear the night before to try and save time, but every morning she refuses to wear what I have chosen, and always wants to wear something impractical like a party dress or something brand new. I end up letting her wear what she wants just to get out of the house. We are late nearly every day because of this and I arrive at work stressed, upset and feeling like I have given in to her.

The first thing to remember is that toddlers and young children crave power and control. They have only recently discovered their independence, and they need to stretch their wings and feel in control. There are two things I advise you to do. First, make one drawer or basket in her room just for nursery clothes. Put a range of clothes that you are happy for her to wear to nursery in that one place. Then, in the morning, tell her she can choose any of the clothes from the special 'nursery draw' to wear that day. She will feel like she is making decisions for herself which will reduce the need for her to try and wield her power!

The second piece of advice I would give in this situation applies to most parenting struggles: pick your battles carefully. If your daughter chooses a party dress to wear to nursery is it the end of the world? Maybe, if that dress has been bought for a



specific occasion but the chances are she will outgrow that dress before it is worn more than once! One day, I sent my daughter to nursery with one plait and one bunch in her hair because when I asked her, "Do you want plaits or bunches?", she said, 'I want one of each'. I didn't have time to argue with her so I did the requested style. Did she look funny? Yes! Did the nursery staff care? No! She went in all smiles and my life was much easier. She would also often dress herself in clashing prints and colours when she chose her clothes from the nursery drawer but did it really matter? No, but to me, a stress-free start to the day was more important.

 My son, who is five, absolutely hates brushing his teeth. After breakfast, I have to nearly drag him back upstairs to the bathroom and he cries and fights the whole time - sometimes I think his teeth are hardly brushed at all. I'm dreading the next visit to the dentist! Any suggestions?

This is really common; at some point, most young children seem to develop a dislike for brushing their teeth. This is a very frustrating time for parents, since brushing teeth is so crucial to children's health. There can be several reasons for this issue. One reason being that, for a young child, simply standing in one place for two minutes to brush their teeth might feel like an eternity. Other children may have sensory issues and the smell, taste, or texture of toothpaste might deter them from brushing properly. Young children's gums are still tender and can be more sensitive than adults so brushing can be an unpleasant sensation. Another reason is the usual issue of control; children around this age are constantly struggling for power and independence and refusing to brush their teeth is just another way of the child trying to exert their power over you.

Here are a few ideas to try:

- **Teamwork** - while brushing together, ask your child what they want to brush first. "Top row or bottom row? Left side or right side?" Essentially, you are letting them know that they are in charge of the cleaning process but also making sure their teeth are cleaned properly. Did you know that dentists recommend parents brush their child's teeth until they are 7 years old and even after that they should still be supervised to ensure correct cleaning.
- **Modelling** - young children really want to be like their special grown-ups, so take advantage of this and model good oral hygiene habits, like brushing and flossing twice daily. Say the steps of the process out loud, as well as admire your teeth in the mirror afterward, letting them know you are proud of the healthy smile you have achieved by looking after your teeth.
- Hold a **bathroom dance party** to their favourite song (one that lasts around 2 minutes is ideal to encourage brushing for the correct amount of time).
- Choose a **child-friendly toothbrush** with their favourite colour or character on it. Using flavoured toothpaste can also help as adult flavours can be very over-powering for children.
- Using a **mini-timer** can also be really helpful as your child can start it and keep an eye on it so they know how long to brush for.
- **Think outside of the box** - if your son makes a fuss about going back upstairs to brush his teeth in the morning, keep another toothbrush and toothpaste downstairs - brushing doesn't have to be only done in the bathroom.

The important thing to remember is the long-term goal you have for your child. Eventually, you want him to properly care for his teeth independently. As parents, it is our job to create healthy habits within our children and these habits come from taught routines. What might seem like hard work now when they are young, will pay off massively in the future. The routines you establish for your children now will become the habits of their future adult life.

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THE Book NOOK

Happy Just to be Me by Shelley Sanger

Tabby, Roo and I cuddled on the sofa, eager to dive into the latest addition to our book collection, "Happy Just to be Me" by Shelley Sanger.

From the title, I guessed that this book held a positive message that my children could benefit from. You see, sometimes, they become absorbed in trying to 'fit in' with everyone else. So, I welcomed this opportunity to discuss the importance of embracing our unique selves.

The heartwarming story revolves around little Poppie, the paper doll, who embarks on a journey of self-discovery. As Poppie meets a variety of other dolls, each with their own distinctive traits and attributes, she finds herself admiring certain aspects and promptly incorporating them into her own appearance.

Throughout her encounters with six new friends, Poppie's excitement leads her to add more accessories and garments. However, as she ventures into the garden, things take an unexpected turn.



It's in this charming tale that Poppie learns an important lesson - true happiness doesn't lie in being like others, but in loving and celebrating her individuality. The message of self-acceptance and confidence resonated with my children, as they saw a reflection of themselves in Poppie's journey.

The illustrations are an absolute delight, bursting with vibrant colours and captivating details that make reading the book even more enjoyable.

"Happy Just to be Me" is a lovely way to bring a sense of self-confidence and appreciation in little ones. It beautifully emphasises embracing your own uniqueness.

I highly recommend "Happy Just to be Me" to parents and caregivers looking for a heartwarming and empowering story.

The book is available to order online from Watertsones and Foyles, and can also be ordered from most bookshops by asking over the counter. You can also order via Amazon.

PLANNING *Ahead!*



Farmer Palmer's Farm Park are offering a Winter Smart Pass! This is a must-have for families seeking a memorable winter experience. Here's why families love the Winter Pass:

1. Affordable Family Fun: With the Winter Pass, families can enjoy unlimited access to Farmer Palmer's Farm Park throughout the winter season while saving money. It's a budget-friendly way to create lasting memories.

2. Boundless Excitement: The Winter Pass allows families to extend their fun by revisiting favourite attractions, trying new activities, and immersing themselves in the charm of the park. It covers three major holidays: Halloween Half Term, Christmas, and February Half Term.

3. Festive Family Delights: Experience the enchantment of winter at Farmer Palmer's Farm Park. The park is transformed into a magical wonderland with festive decorations, seasonal events, and holiday-themed activities that captivate the entire family (Farmer Christmas tickets sold separately).

4. Educational Adventures: The Winter Pass offers educational opportunities for children to learn about farm animals, their habitats, and daily farm life. From feeding lambs to milking demonstrations, kids can gain hands-on knowledge while having a blast.

5. Quality Family Bonding: The Winter Pass encourages families to spend quality time together, away from busy routines. It's a chance to strengthen relationships, create shared memories, and enjoy the simple joys of being together in a beautiful setting.



WINTER SMART PASSES ARE BACK FOR 2023!

This gives you access to the entire park and our animal activities. This pass covers you over x3 major school holidays, including Halloween Half Term, Christmas, and February Half Term!

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Google Review from E-J:

"The Winter Smart Pass at Farmer Palmer's Farm Park was the best investment for our family. We had endless fun while exploring the park's attractions. The winter theme and festive decorations created a magical ambience that delighted both kids and adults. It was the perfect place for us to bond as a family, and the educational experiences were an added bonus. Highly recommended for a memorable winter adventure!"

Winter Smart Passes at Farmer Palmer's Farm Park offer families an affordable way to enjoy unlimited winter fun. With festive delights, educational experiences, and opportunities for quality family bonding, the Winter Pass guarantees a winter season filled with joy.

...AND Breathe



A little bit about me ..

I'm Lucy, a mum of two small boys, living in Dorset. I started my business Breathe Write with Lucy earlier this year, after completing my Breathwork Facilitator Training. I'm so excited to now be sharing these powerful practices with others, because I know first-hand how life changing they can be.



Breathwork and journaling have been extremely valuable in supporting my own health and wellbeing. Being a mum definitely contributed to increased levels of anxiety and stress for me. We are constantly worrying about our children, the never ending to do list, and always wondering if we are doing a good enough job. So, I lean into these practices as often as I can, to relieve those stressful thoughts and feelings, and to bring myself back into a safe space of calm,

peace and acceptance. Knowing I can access breathwork and journaling at anytime has been deeply life changing for me.

I really want to empower other women to be able to do the same. To start putting themselves first. To use simple breath practices and their journal to create a space to feel relaxed, present, self love, clarity, gratitude and joy. These are just some of the powerful rewards that come with

implementing these tools regularly into your life. I believe all women deserve to feel better about themselves, to embrace self love and self care, and these practices are part of this journey.

What is Breathwork?

Breathwork is an empowering tool that helps us to connect with the breath to cleanse, soothe and harmonise our body and mind. Breathwork enables us to become consciously aware of our breath and connected with the sensations and feelings within our body. The beauty of Breathwork is that we can use the breath to change the way we think and feel. Breathwork gives us breathing techniques that helps to calm our nervous system, free our mind from blocks, it allows us to take care of ourselves more deeply on a physical and mental level. It can also improve sleep and support us to become more mindful in our everyday life.

What is Journaling?

Journaling creates a space for us to write down our thoughts and express ourselves freely and authentically, it supports us to feel more in tune with our thoughts and feelings. It helps us to make sense of the busy mind, unpacking, releasing, emptying and letting go.

Why Breathwork & Journaling?

Breathwork & journaling really compliment each and they share very similar benefits.

They work well together because a

journaling practice allows for the mind to feel clearer therefore allowing to you to go deeper and with more focus into the different breathing practices.



Where can I find a class?

I have a monthly class running on the first Thursday of every month at Healing Haven in Poole and a monthly class running on a Monday at Dash Cafe in Hamworthy.

To book, see Insta **@breathewritewithlucy** or Facebook **'Breathe Write with Lucy'**. Alternatively, contact me on **07704913741**.



Let's Eat!

by Eating with Amelia

Eating with Amelia (@eating.with.amelia_) is a brilliant Instagram page run by mum-of-two, Aisha. It's full of healthy and tasty meals and snack ideas - here are some you can try!



Hi, my name is Aisha and I am a mum of 2. My oldest is Archie, who is 8 years old and Amelia, who is 3. I first had the idea of starting my Instagram page when

Amelia started weaning. I loved getting her to try new foods in different ways and found myself enjoying making her a variety of meals and snacks. When Archie was younger, I didn't do much baby-led weaning. But when Amelia hit that age, I wanted to try something new and found myself constantly trying new recipes and ways to prepare her food in a fun, appealing way. A couple of months into weaning, I decided to start my Instagram page to help others with their weaning journeys and offer advice to others where I can. My page consists of lots of easy, fun meal and snack ideas for little ones, including baby-led weaning ideas. They are family friendly - my oldest loves some of the snacks I make Amelia!

Like a lot of mums, I am always on the go and need quick and easy snack ideas. Lots of the snacks on my page are freezer friendly, making them last longer. It is great for ideas for fussier eaters too, as lots of the recipes have fruit and vegetables in that children don't even realise are in them! I love making the food look fun, that's when children eat best. There are various seasonal ideas on the page, from 2-ingredient Easter cookies to reindeer quesadillas. So if you're looking for easy, fun ideas for your little ones then feel free to take a look!





CREAMY BROCCOLI AND CARROT ORZO

This is a super quick and easy lunch or dinner idea, which is also great for when you're first trying pasta with your little ones as orzo is the perfect size!

Serves - 6-8 | Make in 10 minutes

INGREDIENTS

- 1 cup orzo
- 300ml boiled water
- 100ml milk
- 1 low salt veg stock cube
- 2 tbsp soft cheese
- 5 broccoli florets
- 1 small carrot, grated

1. Add your broccoli to a blender and whiz a couple of times so it's all small pieces
2. Add your stock cube and milk to the 300ml boiled water and give a good mix
3. Put your orzo in a small saucepan, then add in the stock mix, broccoli and grated carrot and give a stir
4. Heat on a medium heat for about 8 mins, stirring occasionally, until the orzo has soaked the water and is cooked
5. Take off the heat and stir in your soft cheese and serve!



3 INGREDIENT FRUITY COOKIES

This is one of Amelia's fave snack recipes with some added berries. It's super easy and so versatile - it's the perfect snack for on the go.

INGREDIENTS

- 1 ripe banana
- 1 cup oats
- Handful of chopped berries

Serves - 6-8 | Make in 15 minutes

1. Pre-heat oven to 170 degrees
2. Mash banana in a medium bowl then add the oats and give a good mix until combined
3. Add in your chopped berries and mix again
4. Add tablespoon amounts of mixture to a lined baking tray and shape into cookies
5. Bake for 10 mins

SOMETHINGNEW

Loves

IntegoPro Sunscreen

In our house, whenever the sun is out, IntegoPro is out. Whether that's before the school run, a day in the garden, a day of water sports or a day in the local splash park. IntegoPro's moto is to 'stay in the sun, longer' and we agree!

This suncream is made in Dorset, which is awesome! Especially as we have so much water all around us; streams, rivers, harbours, beaches, splash parks, waterfalls, pools - the one thing we need is a good sunscreen.

IntegoPro say that 'The secret lies in its unique blend of organic and mineral filters, offering optimum protection against damaging UV rays. Hypoallergenic, dermatologically approved, and suitable for all skin types, IntegoPro passes the highest ISO standards with flying colours.'

As a parent, it's important that I use a sunscreen that won't stain clothes, is long lasting, provides good coverage and doesn't feel sticky. Above all, I need to ensure that my children are protected and sun safe. I want to have fun with my children, whatever we are doing and not be worrying about applying their suncream again and again - this takes me a while with five, as you can imagine!

My small but mighty tube of IntegoPro will go long way - a little amount covers my youngest entirely. Great for when we're out on the boat and I need to pack light!



If you're looking for a sunscreen that is so reliable that it's used by watersports and snowsports athletes (and let's be honest, that's a pretty good benchmark to have!) AND support a local business, try IntegoPro sunscreen.

It's available in SPF 30 and SPF 50 and costs from £17.95. IntegoPro is currently only available via their website, **intego.net**, where you can read all about what makes this a fave of Something New.

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AND BEAU ARE HANGING OUT!



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LITTLE ROO IS AS
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PARKER IS READY TO JOIN THE
CAST OF THE LITTLE MERMAID



ISLA IS READY TO BE YOUR
TOUR GUIDE AT BODIUM CASTLE



BERTIE LOVES A FLUFFY BUNNY!



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UP EVEN CLOUDY DAYS



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BIKES & Bakes

You probably know that feeling - the one where you will do anything for your family and your loved ones. Unconditional love that has no limits.

And Martyna demonstrates what that can look like. There is no end to the love she has for her beautiful niece, Julia. At 8 years old, Julia is loving learning new skills and enjoying the world around her. She adores watching her siblings ride their bikes, but unfortunately, Julia can't join them... yet.

Julia needs a specially adapted bike trailer so she can enjoy the feeling of freedom that cycling can give - her parents can also cycle the school run, which would make each day even more fun!

The Wike Special Needs Trailer is the aim. This adaptable trailer would mean Julia can join her family on bike rides, exploring and adventuring across Dorset. It would allow her some incredible experiences and memories - and her aunt Martyna has dedicated her time to raising money to buy it.

Martyna has been super busy, pulling the community together to raise money to ensure that Julia gets the bike trailer, as well as all she needs to fully enable her to do every day activities, cover medical costs, therapeutic classes and much more.



Martyna and her friend, Laura, recently ran a community bake sale and raised over £1000!

As well as her cake-making skills, Martyna also took part in the London Bike Ride, plans to jump out of a plane, host games nights, cook dinners, as well as lots of other creative - and delicious - plans.

You can help make Julia's biking dreams come true by supporting the events or by donating via gofundme.com/bike-trailer-for-julia. As we go to print, the fundraising is just £660 short of their goal.



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Get the kids busy this summer holiday and enhance your outdoor space to help wildlife



Katherine Miller is a children's gardening writer and mum of three

As we face the summer holidays it's time to find ways to keep everyone happy and busy, without the need for constant screen time. We can't go on day trips every day, that would be too expensive, exhausting and would never fit around work commitments. For families like mine with children of different ages, pleasing everyone with the same activity is often hard. This is when themed ideas can bring everyone together and the older ones might help the younger ones to create

something meaningful. Often, children just need a little bit of inspiration, they could have a room full of toys but still say they are bored. Pick a theme, it could be anything: a colour, a letter of the alphabet, an animal... As I have a passion for children's gardening and craft, our themes often relate to nature and wildlife. We recently had a themed "Hedgehog Day" drawing pictures, enjoying books and model making. I even found an organisation that maps

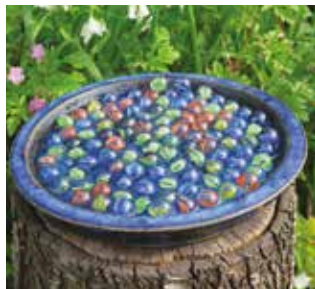
sightings of wild hedgehogs and we discovered that there is a secret network of hedgehog highways all over the country! This theme got us all outside making our garden more accessible to them. Making habitats for creatures is another favourite, using materials that we have collected on walks such as sticks and pine cones. So next time someone shouts "I'm bored" or "what are we doing today?" pick a theme, or prepare a few in advance, before the children go really wild.

LITTLE PROJECTS FOR WILDLIFE GARDENERS



MINI INSECT HOME

Insects look for small safe places to rest over winter. Collect sticks or stems with hollow centres and tie them together with string to make a hideaway.



INSECT DRINKING STATION

Marbles or pebbles in a shallow dish of water provides insects such as butterflies and bees a safe place to stop for a drink without falling into deep water.



LOG PILE HOUSE

Leaving wooden logs and sticks in an undisturbed area creates a great environment for creatures such as toads, stag beetles, hedgehogs and slow worms.

HELPING HEDGEHOGS



Hedgehogs can travel around one mile each night through gardens and parks, as they search for food and a mate. One of the most important and helpful things we can do is to allow them easy access to enclosed gardens. Creating small holes in our

fences and walls allows them to roam safely, making a network of hedgehog highways - just a 13x13cm square is sufficient. We've never had hedgehogs in our back garden before, but within two weeks of making our garden accessible we spotted a hedgehog visitor late one evening. Find out how to be a hedgehog champion and check out the 'big hedgehog map' to see how many sightings there have been in your area: www.hedgehogstreet.org

- Remember - water, kitten biscuits and tinned pet food can be left out to feed vulnerable hedgehogs - but never milk or bread.



WILDFLOWER PATCH

Sprinkling wild flower seeds will benefit many pollinating insects. You don't need a big area; a patio pot on a balcony works just as well.

CRAFTY CORNER

Collect some little twigs and make a home-made hedgehog with some playdough or modelling clay.

DISCOVERING *Classical*

by Sebrina

I like time for me. I have five children, a husband, a house to run... plus work! I like space to just be me - but it's hard to find the time!

I also like trying new experiences, I want to live, see, hear and breathe as many wonders of the world and do a variety of things that create memories, not just for the children, but for myself too.

Everyday I cook for my family of a million (well, what feels like a million!), so don't go out for meals in the week. It seems pointless as I'm already cooking, but I do like to go out in the evening.

So, my husband and I did something a bit different. One Wednesday, we had dinner as normal and put the kids to bed. I spruced up my makeup and changed my clothes - awww there I am, that's me!

We headed to Lighthouse Poole; I was really excited as it was my first time watching Bournemouth Symphony Orchestra. We went up the stairs on arrival and picked up our booklet, a glass of Prosecco and were ready to watch the performance.

As I sat down the gentlemen next to me smiled, looked at my Prosecco and said with a smile; 'Living the dream'. In my head, I thought 'Yes, if you had seen the chaos I left at home with my mum... yes, I really am living the dream sat here in peace with my husband next to me and a glass of bubbles!'.



The lighting was very relaxing and as the concert started, I could feel my heart sing. The sound was relaxing - therapeutic - and immediately I didn't think about anything other than the music; I had found my calm.

I sat watching these talented musicians and conductor. It was literally music to my ears, I felt a wave of pure relaxation. I wondered how all of these incredible people managed to create the most wonderful sounds with impeccable timing. It was fascinating to be part of.

I can honestly say that we both enjoyed the whole experience. It was something a bit different and I felt refreshed, recharged and inspired - and ready to face the music of busy life in the following days!

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We asked Bournemouth Symphony Orchestra's CEO, Dougie Scarfe, what to expect for a first time visit to see the orchestra...

What should you wear to a BSO performance - do you dress up or come more casually?

You can dress however you like to attend our concerts... we want you to feel comfortable, so that you can focus on the music! Most people opt for smart casual, but don't feel put off if you want to dress up or down - everyone is welcome.

There are three main types of BSO concerts: our 'main season' concerts, which take place each week during the year; 'BSO On Your Doorstep' concerts, which feature a slightly smaller ensemble and take place in all kinds of venues around the area; and our BSO Pops concerts, which range from outdoor concerts to celebrations of film music and bands like Queen and Abba. Many people find the latter to be a great starting point!

What time is best to arrive? And what if you're late?

At our main season concerts - which, for Dorset audiences, take place at Lighthouse, Poole on Wednesday nights - the doors tend to open half an hour before the concert begins and shut just ahead of the music starting. It's always nice to get a drink beforehand and relax if you can (there's a great bar at Lighthouse, Poole), but if you're in a rush just make sure you're there 10 minutes before to get seated.

Venue staff will admit latecomers during the next break in the programme, which is usually after a piece of music. 'BSO Pops' and 'BSO on Your Doorstep' concerts tend to feature many shorter pieces - our Wednesday



concerts usually contain two or three long works, and many of our main season concerts are available to view online as a livestream.

When do you applaud? Is it after every piece or are there times you don't clap?

This is something that can feel confusing if you're new to classical music, but don't worry! Audiences usually applaud after each complete work, which might feature several smaller pieces. It can be a little hard to know when the music has finished if you haven't attended a concert before - sometimes it's



good to just wait for a little while to see if other people start clapping. Sequences and expectations of conductors and expectations of special guests as they come on and off stage - do you clap for each? Usually people clap when conductors and special guests come on and off the stage. Again, if you're not sure just follow the people around you... our audiences are very

friendly and will make you feel welcome.

Is it silence throughout or will children tucking into snacks be acceptable?

Classical music can require focus and attention, both from audience and the musicians on stage. If you have a younger child (under 7) you can always give our friendly box office team a call to talk through the programme that week to see if it's something your child might like. They're always happy to help!

Each venue is slightly different in what is allowed in the concert hall, but if you feel a snack would help keep your child focussed we'd suggest considering something that won't be noisy and impact on anyone's enjoyment of the music.

Can you expect an austere atmosphere, or is it relaxed?

The repertoire might be dramatic, sad, or uplifting - but everyone's interpretation is different. There isn't a set mood to a concert night, but generally we'd say that the main season concerts are our more focussed evenings. Our BSO Pops nights can range from Smooth Classics to help you relax... to Symphonic Queen. Come along and experience it all!

How long is an average performance? And how long are intervals?

A symphony orchestra concert usually consists of two halves, each of around 45 minutes with a 20-minute interval. Some of our smaller-scale performances can be shorter than this.

Is popping to the toilet ok? What about noise from children?

If you think your child might need the toilet it might be best to book tickets at the end of an aisle or near the back of the hall so you are able to discreetly leave the concert hall



together - and the BSO On Your Doorstep and BSO Pops concerts are quite relaxed and similar to other genres of music.

Our main season concerts feature pieces that can be up to 45 minutes long, so we'd suggest you may feel more comfortable coming to these with children who are happy focusing for that long. If you'd like to get a sense of things before a first trip to the concert hall, we livestream many of our main season concerts. These are really accessible and feature leading UK classical music broadcasters who introduce the music. It's a great way to get up close to the music and musicians - and a really nice way to experience it and be able to chat together at home about what you're hearing.

WHAT TO EXPECT

Listening to music is a very personal experience. We've heard audience members describe the concert-going experience as

a meditative or mindful time in which to simply sit and listen amongst lots of other people and absorb whatever that experience brings. A symphony orchestra in full flight is definitely something to experience at least once in your lifetime - and we hope you'll want to come back time and time again!

Upcoming events

We've got lots of concerts coming up across the Dorset area which will be especially suited towards children and families.

For full details of what's coming up see bsolive.com. A range of concessions are available for under 18s at many BSO concerts, including 'Kids for a £1' at our main season concerts in Poole (children go for £1 when attending with an adult who buys a ticket).

Call our box office on 01202 669925 for further information.



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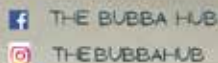
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The Places We Go

Every Friday, Something New's Sebrina takes her two youngest children out and about to explore the fun they can have in the various soft plays and play cafés around Dorset. Here are the places they go...

LOLLIPOPS CAFE

Lollipops Cafe is well known, popular soft play in Westbourne. Conveniently located opposite a public car park, access is super easy. Lollipops is open weekdays for soft play and classes, and weekends for private hire parties.

While your little ones burn off some energy, you can find yours in a warm cup of coffee or tea. You can even add a slice of delicious cake! Plus, if you're there over a mealtime, Lollipop's have a great menu that everyone can enjoy.

The facilities include; lovely baby changing, a secure gate, tables to sit and relax at - you can even pick up a copy of Something New there!

The soft play is split into two; one for toddlers and one for bigger kids, ideal for ensuring all have a fun time.

Check the Lollipop's website, lollipopscafe.com, for specific opening times.



PLAY STREET DORSET

We went along with some friends to Play Street Dorset, a pop-up role play world that travels around Dorset.

We had the best time! Numbers are capped so you get a nice, calm space for your children to explore and play - it also means you get a cuppa and a biscuit in peace with the opportunity for real conversation without shouting over excited shrieking!

The room is set up with 12 different areas that replicate real-world environments, like a florist, vets and a construction site. The toys and props in each are well thought out and make each 'world' feel realistic. Little ones can explore and have open-ended learning opportunities the whole time.

Find out more by following the Play Street Dorset Facebook page, facebook.com/playstreetdorset.



COFFEE & PLAY

Coffee & Play is a brand new soft play just off Ashley Road in Parkstone.

Enjoy your coffee while your little ones play on the natural soft play area, which is a beautifully designed play frame from UK-based TigerPlay, who develop innovative, inspiring soft play structures for 0-7 year olds.



The whole place oozes calm, thanks to the serene decor and soothing environment. If you like the fun and energy release of soft play, but prefer a more sedate vibe, this is where to go!

Coffee & Play is exclusive hire for celebrations like birthdays, you can use the space to create your event with exclusive use. See their Instagram for more info: instagram.com/coffeeandplayco

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