

GOODENOUGH COLLEGE

PARENTS' HANDBOOK

Updated February 2008

Goodenough College Parents' Club Handbook

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I. General Introduction

William Goodenough House has two and three bedroom flats for post-graduate students with children. There are on average 50 families and 75 children of various ages living here at any one time.

The mandate of the College is to provide a residential community for post-graduates studying in London. The overarching priority on College grounds is therefore deliberately academic. Typically young children do not come immediately to mind as a way of enhancing such an environment, but due to the wise direction of the College's Trustees, students with families have been recognized as a vital element of the unique atmosphere that makes Goodenough College such a remarkable success. Goodenough College is indeed a place like no other.

From Parents Club Presidents

Welcome to Goodenough College, your new home in London. We trust that you will find Goodenough to be a friendly and enjoyable place to live amongst families from around the globe. There is a wide range of activities here for both you and your children, and we would encourage you to take part in community life as much as possible.

This book is a collection of information and wisdom gained from the experiences of your predecessors living at the college. Hopefully you will find it of use as you settle into life in Mecklenburgh Square. Further information is also available from the Goodenough Members website (<http://members.goodenough.ac.uk>), especially the Parents Club section.

If you have any questions, please don't hesitate to speak with us - or any other parent in the college.

Best wishes,

Einav & Lior Herman

Parent's Club Presidents

Extension 5933

goodenoughparentsclub@hotmail.co.uk

II. WGH Facilities Available to Families

1. The Parents' Club Noticeboard

This is situated on the left hand side of the foyer just before the stairs. It is kept up to date with the Minutes of the Parents' Club meetings, a list of the Parent Committee members, activities, community events and information. All important messages concerning family activities will be posted here so check it frequently.

2. Goodenough Website

www.lgt.org.uk or www.members.goodenough.ac.uk/clubs/parent/

3. The Playroom

The Playroom is most suitable, but not exclusively, for under fives and is located in the basement of JCC. Children must be accompanied by an adult at all times. The Playroom has a range of children's toys. The room has running water. Door keys are available long-term from the Warden's Assistant for a returnable deposit of £10, or can be borrowed short-term from reception by an adult in exchange for a temporary deposit of £10. If you use this room it is your responsibility to ensure that it is left in a tidy state with any food removed in particular.

4. The Games Room

The newly renovated Games Room is situated next to the Playroom and is used as a quiet area during school hours for the under fives but is primarily designed for the use of older children outside the hours of 9am - 3pm and in School holidays. The games room and play room are opened by the same key. Older children may use the room unsupervised but it remains a parental responsibility to check the state of the room after use. The room may be booked for use for older children's activities through the Parents' Committee. The room has tea/coffee making facilities. Also, the room has a TV and video, the keys for which are obtained through reception in the same way as the door key. No ball games are to be played in this room.

5. Children's Computer

Two new computers have been installed in the games room. Anyone may use this computer, but children have first priority. Internet access is now available. A keyboard and mouse are with the computers. The other computing facilities are provided for adult members of the College.

6. The Mecklenburgh Square Garden

Keys to the garden are available long-term from the Warden's assistant for a deposit of £10. The private garden contains playground equipment and a sandpit, called the 'Friend Ship'. Shared toys (sand toys, tricycles, balls, etc) are stored in the shed in the northwest corner of the garden. ***It is absolutely crucial that parents make sure that the sandpit is covered and all the toys are put away in the shed before leaving the garden.***

Ball games are not allowed in the garden. Younger children e.g. pre-school children may use a ball in the garden, but only in the specified area near the "Friend Ship" and not in other areas of the garden.

Please keep the gates to the garden locked at all times and respect other users of the garden by picking up your trash, and by preventing your children from harming the plants. BBQs may be booked through reception – provide your own charcoal and other supplies, and be sure to carry out all your rubbish. Failure to observe the garden rules may lead to residents of Goodenough College losing the privilege of using the garden.

7. The Children's Library

There is a newly renovated children's library near the games and play room. There is a growing selection of books which are categorized by age, as well as audiotapes and videos to cater to all ages. During the winter months, there is story-telling on Sunday afternoons.

8. Parents' Club Equipment

Such items as car seats, strollers and useful baby equipment are available for short-term loan from the Parents Club. Currently these items are stored in the closet of music room 3 in the basement of JCC. You need to ask for the key for Music Room 3 at reception and that key will also open the cupboard where the equipment is stored. As well there are pushchairs available to borrow under the stairwell of JCC.

9. Receiving Mail at the College

If you are expecting mail to arrive in your maiden name, please inform the front desk so that your maiden name can be entered into the system. If you do not do this, there is a chance that you will not receive your mail as it will be returned to the sender. In addition if your children are expecting mail and they have a different sur name to the parent whose name the flat is under, or to both the parents then please also inform the front desk.

III. WGH Activities and Services for Families

1. The Goodenough College Parents' Club

This is a forum for participating in the plans and activities that make Goodenough College a great place for parents and children to live. You automatically become a member of the Parent's Club when your family accepts an offer of accommodation at the College (or when you graduate into parenthood at some point during your stay!). We meet on the last Wednesday of each month at 8.30 in the 'Games Room' for about an hour. The College expects at least one member of your household to be present at each meeting. If it is not possible to attend a certain meeting, please forward your apologies via a member of the Parent's Club committee. There is an email list that you can join to receive messages from the parents group. Go to <http://groups.google.com/group/GoodenoughCollegeParents> to join or email Tina Siegel at goodenoughparentsclub@hotmail.co.uk

Each year, the Club receives funds from the College to support its activities and encourage our participation in the larger community. Your involvement in the Club will determine how these funds are allocated and consequently the shape and dimension of the opportunities available to your family while you're at the College.

In addition to the Parents' Club meeting, you are also encouraged to attend the monthly meeting for the entire William Goodenough community. This usually takes place on the first Monday of the month and is the best place to catch up on matters affecting everyone. Business normally takes about 40 minutes and everyone then adjourns to the Bar for a free drink.

2. Family Support Team

For many years, the Parents' Club has organized volunteers from within the College to provide evening meals, laundry and shopping assistance for families with a new baby, family illness, etc. The sign-up list for volunteers for these services is on the parents' noticeboard and volunteers are contacted when the need arises .

3. Kids' Clubs

The feasibility of having these different groups is currently under discussion. The College used to have three kids clubs: a club for the under-fives, the 'intermediate kids (5 -10) and older children. These are coordinated by Parent's Club volunteers. The programmes vary depending on the interests of the children and their parents. Please obtain more information at the parents committee meeting.

4. Babysitting Club

This club enables families to trade babysitting services with other parents in the club, instead of employing paid babysitters. To join the club, contact the Babysitting Club Coordinator. There is a £10 deposit. You will receive tokens, which are used in exchange for babysitting. When you leave the College, return your remaining tokens for £1 each.

5. Dining- In Night

The Dining- In Night is free and is served in the Dining Hall of the London House from 6pm to 8pm. There is a new time oriented for the families' purpose, beginning from 5:30pm, even though everyone is allowed during the whole dinner period. Usually, there are children's activities and a children books' box at the back of the dining hall. The latest family to leave is invited to bring back the book box to the WGH reception. The dates of Dining-In Night are posted on the weekly calendar.

6. Paid Babysitting

A list of people from within the College willing to baby-sit is on the Parents' notice board.

7. Sunday Services

Goodenough Church takes place in the Chapel at London House at 11am on Sundays and parent volunteers provide a crèche. Catholic Mass takes place at 9:45am in the Chapel and families are very welcome to participate.

8. Cultural Week and Nights

Members of the College host cultural weeks, linked to a main cultural night as part of the dynamic exchange within the college environment. The cultural night is usually on a Saturday and these events are open to all College members, including children. Parents are also welcomed to become a member of the organising committee of these cultural weeks / nights, and, if the budget allows, to organise "cultural" children's parties in consultation / collaboration with the organisers of the main cultural night event.

Suggestions are welcome

Other groups often form in response to demand and interest. In past years, these have included a young writers' club, movie afternoons, a children's Bible club, ballet classes, music and movement classes and French classes. Activities will be posted on the noticeboard. Ideas for these originate, are approved, and sometime funded at the meetings. New ideas are always welcome. Put a notice up or enquire at the next Parents' Club Meeting.

IV. Facilities & Service Available Outside the College

1. Local Parks

www.cityoflondon.gov.uk/living_environment/open_spaces/index.htm

A. Coram's Fields

A local jewel and only steps away! (west of Mecklenburgh Square Garden, enter off Guilford Street). There are many indoor and outdoor activities for children of all ages including a large sandpit area, farm animals, a paddling pool in summer, a cafe, and a large area for team ball games. For under 3's, there is a morning drop-in (10:00- 12:00) and an afternoon drop-in (1-4pm) for under 5's. On different days, they focus on different activities such as soft play and messy. The rooms however are quite small, so the numbers allowed into the drop-in are sometimes limited – so get there early to guarantee an entry. In addition, drop-in (free) music sessions are held for children under the age of 5 years every Wednesday – there are 2 sessions, 10:30 and 11:30. For older children, various clubs and activities operate including Scouts, Cubs, Guides, Brownies, sports, games, and lessons. An after-school Care programme is run on site by the Camden Leisure Services. Enquire at the Office on site for further details. Open daily from 09:00-20:00 between Easter and October and from 09:00 until dusk between November and March. Admission is free but adults must be accompanied by a child to gain entry!

B. Regent's Park

Although further away (approximately a 30-minute walk North-west, or travel via Tube two stops West from King's Cross station to Great Portland Street station and walk two blocks further North), has children's adventure play areas and space for picnics. All have toilets attached and are free.

C. Princess Diana Memorial Playground

In the northwest corner of Kensington Gardens, featuring a large wooden pirate ship, (at the Queensway tube; six stops West on the Central line from Holborn station).

2. Drop-Ins and Organised Activities for Preschoolers

Drop-ins are informal playtimes. They are free, and you can show up anytime you want. Most of these drop-ins are funded by Sure Start. (offices have moved to 1 Rosebery Ave). Sure Start provides access to many regular and once-off activities such as courses on parenting, a baby café to support breastfeeding mothers and outings for parents / children. They also have a

parents' forum and are very welcoming when parents participate in the forum. It is a good idea to visit their offices and join Sure Start so that you receive a monthly newsletter listing all the activities planned for the month and the drop-ins in the area. Useful websites include

<http://www.surestart.gov.uk/> and <http://www.parentscentre.gov.uk/>

A. Thomas Coram Parents Centre (020 7520 031; contact Gail Murphy) There is a drop-in from 9:30 to 12:00 on weekday mornings during term time. Every day has a theme: Monday is baby play and a toy lending library, Tuesday is cooking, Wednesday is music class (for this activity you must sign up ahead of time), Thursday and Friday are soft play. The drop-in has an indoor and outdoor section, so it is great even when the weather is good. To get there walk directly east of the front door of W.G.H., through the big gate and curve around north-east to the courtyard of the Thomas Coram Centre. Walk along the alley north of the Coram centre to the door of the parent's centre. Sign-in in the book.

B. Bedford House Community Centre (020 7405 2370; 35 Emerald Street, off Lamb's Conduit Street; a 10 min. walk South). There is an excellent free under fives gym on Mondays (for under two's only), Tuesdays, and Thursdays. On Wednesdays and Fridays "messy play" operates on the top floor. Bedford House also runs a Saturday afternoon baby gym.

C. Calthorpe Project (020 7837 8019; 258 Gray's Inn Road; a 3 min. walk East) runs an under-eights drop-in (with an emphasis on the child-friendly garden) and children's holiday activities.

D. Coram's Fields A daily drop-in is held every morning and afternoon. For more information on this drop-in, refer to the local parks section - Coram's field - of this handbook.

3. Local libraries

Borrowing rights are free with proof of address (get a letter from the warden's assistant). Books checked out from one library may be returned to the other. Videos and DVDs are available for rental. Each library has a "Rhyme Time" story time for preschoolers. The two closest are:

A. The Holborn Library (32-38 Theobald's Road)

Open 10-7 Monday and Thursday, 10-6 Tuesday, Wednesday and Friday, 10-5 Saturday and closed on Sunday. There is Rhyme Time for under 3's on Monday from 11-12 and Baby Bounce on Wednesdays from 11-12.

B. The St. Pancras Library (100 Euston Road)

Open 10-7 on Monday and Thursday, 10-6 on Tuesday, Wednesday and Friday, 10-5 on Saturday and closed on Sunday. Rhyme Time story time is on Tuesdays from 10:30 - 11:00 am.

The table below contains a schedule of under-5 activities at a glance, as of Feb 2008

DAY	TIME	PLACE	ACTIVITY
Monday	9.30-12.00	TC PC	Drop-in + Creative play & toy library
	10.00-12.00	Colonnades	Peacocks Playgroup for under 3's and parents
	10.00-12.00	Bedford House	Under 2's gym/soft play
	10.30-13.30	Calthorpe	Drop-in + craft activity
	13.00-16.00	Colonnades	Drop in Under 5's
Tuesday	9.30-12.00	TC PC	Drop-in + Cooking
	10.00-12.00	Colonnades	Peacocks Playgroup for under 3's and parents
	10.00-12.00	Bedford House	Under 5's gym/soft play
	10.30-15.00	Calthorpe	Drop-in
	13.00-16.00	Colonnades	Drop in Under 5's
Wednesday	9.30-12.00	TC PC	Drop-in, + Music (need to register)
	10.00-12.00	Colonnade	Peacocks Playgroup for under 3's and parents
	10.00-12.00	Bedford H	Messy play
	10.30 & 11.30	Guide Hall	Music session for under 3's
	10.30-12.30	Calthorpe	Sewing and crèche
	11.00-12.00	Holborn Library	Baby Bounce/Rhyme Time for Under 2's
	13.00-16.00	Colonnades	Drop in Under 5's
Thursday	9.30-12.00	TC PC	Drop-in, Soft play
	10.00-12.00	Colonnades	Peacocks Playgroup for under 3's and parents
	10.00-12.00	Bedford House	Under 5's gym/soft play
	11.00-14.00	Calthorpe	Gardening/growing food for under 4's
	10.30-11.30	St P Library	Baby bounce/ Rhyme Time
	13.00-16.00	Colonnades	Drop in Under 5's
Friday	9.30-12.00	TC PC	Drop-in, Soft play
	10.00-12.00	Colonnades	Peacocks Playgroup for under 3's and parents
	10.00-12.00	Bedford House	Messy play
	13.00-16.00	Colonnades	Drop in Under 5's
Saturday	11.00-13.00	Colonnades	Under 5's drop in

TC PC Thomas Coram Parents Centre –(Behind Thomas Coram Nursery) 020 7520 0311
 Bedford House Bedford House - 35 Emerald Street (off Lambs Conduit) 020 7405 2370
 St P Library St Pancras Library - 100 Euston Rd 020 7974 5833
 Holborn Library Holborn Library - 32-38 Theobald's Rd 0207 974 6345
 Colonnades Coram fields -eastern building
 Guide Hall Coram Fields- southern building
 Calthorpe Calthorpe Project-258 Gray's Inn Rd 020 7837 8019

4. Public Pools/Recreation Centres/ Exercise

A. Cally Pool (020 7837 0852; 29 Caledonia Road)

This is the closest pool with a good-sized level-depth children's pool (2' 6" deep) with a small slide and a 25m adult pool. It's close enough to walk, or take Bus #17 north from Gray's Inn Road. The pool is just north of the Texaco station. The pool is open to the public, and costs £3.70 for an adult and £1.70 for a child (age 0-3 free). Lockers take 50p pieces, which are returned. Weekdays during term time the pool is not available until 3:30 pm. For schedule see <http://www.aquaterra.org/cally.htm>.

B. The Archway Pool (020 7263 0613; Macdonald Road) is farther away, but has more fun features for children. There is a large slide, plus a small slide for younger kids. There is a sloped entrance (like a beach), and they run the wave machine for 5 minutes every half hour. The pool is open to the public, and costs £3.20 for an adult and £1.60 for a child on the weekend (less during weekdays, age 0-3 free). Lockers take 50p pieces, which are returned. Weekdays during term time the pool is not available until 3:30 pm. To get there, take Bus #17 north from Gray's Inn Road to Archway Center. <http://www.aquaterra.org/Islington/swimming/Archway.shtm>

C. Other pools include Oasis Sports Center (better for older children), Highbury Pool in Highbury Crescent, Swiss Cottage Sports Centre in Winchester Road and the YMCA (members only) at 16-22 Great Russell Street.

D. For members of Sure Start there is a crèche at the **YMCA** on Great Russell Street from 10.00-12.00. Vouchers can be obtained at Sure Start. If you are a member of Cannons Gym there are family swim times every Sunday from 11am – 3pm (£3/child). Cannons gym offer off-peak membership (9am-16h00; weekdays and all day during the weekend) for College members at a reduced rate.

E. Exercise classes for mothers (020 7405 2370; 35 Emerald Street) Bedford House usually offers yoga with a crèche facility. These classes are run at different times during the week. Enquire at Bedford house for more details.

5. Theatre/Film

A. The Family Film Club at the Barbican (Silk Street, EC2) shows films for children of twelve and under every Saturday morning. Free membership. www.barbican.org.uk

B. The Unicorn Theatre for children at Pleasant Theatre, North Road, N7. The performances are aimed at under twelves. Box office no. 020 7609 1800. www.unicorntheatre.com

C. Tricycle Theatre 269 Kilburn High Rd, NW6, t: 020 7328 1000. Excellent children's shows, plus after-school and holiday workshops.

D. Dance schools include London Studio Centre Association School (42-50 York Way) and Hampstead School of Ballet (43 Calthorpe Road, NW3).

E. Vue in Islington has cheap movies for kids on the weekends. <http://www.myvue.com/kidsam/>

6. The Best Museums for Kids

The majority of museums in London have free activities, such as art & craft, for children. To name some of those museums: Victoria & Albert Museum, Tate Modern, Tate Britain, Design Museum, Museum of London, British Museum, and the others mentioned above. The schedule of activities is announced on their individual website or in the weekly Time Out Magazine.

A. Science Museum. (Exhibition Road; South Kensington tube station on the Piccadilly line). Admission free. www.sciencemuseum.org.uk

Open: 10am - 6pm, 7days a week, closed Dec 24 - 26.

B. Natural History Museum is right next to the Science Museum. Admission free. It has a great dinosaur gallery. www.nhm.ac.uk

Open: 10am - 5:30pm Mon - Sat, 11am - 5:30pm Sun, closed Dec 24 - 26.

C. The London Transportation Museum (Covent Garden) is newly renovated has lots of old underground trains, and a great play area for children. Tickets: Adults £8, under-16 free.

www.ltmuseum.org.uk

D. The Bethnal Green Museum of Childhood

(Cambridge Heath Road; Bethnal Green tube stop or no.55 bus) has many collections (dolls, trains, games) and some hands-on activities: dress up clothes, games, and events. Free.

Open: 10am - 5pm everyday, except Friday. www.vam.ac.uk/vastatic/mmc

E. London Zoo is on the north edge of Regent's Park (Camden Town tube stop; one North of King's Cross on the Northern Line). At £ 11 per adult it's quite pricey, but if you plan to go more

than twice, you might purchase a season pass will get you in free for a year. The London Zoo also has many parks and picnic areas, so if you purchase a season pass you would be able to make use of these facilities whenever you please at no extra cost. www.londonzoo.org

7. Healthcare

All family members are eligible for health services and need to register with a 'surgery'. Children under sixteen and pregnant women are eligible for free prescriptions. A maternity exemption certificate can be issued by your GP upon request.

A. Hunter Street Health Clinic

(020 7530 4300; 8 Hunter Street; 5 min. walk North-west) provides a large number of services, including well baby clinics, family planning, speech therapy, and free pregnancy tests. Check the schedule in advance. It is best to get there early to avoid a long wait, as the clinic is often busy.

B. Holborn Medical Centre

(0844 477 1770 64 Lambs Conduit Street; 5 min. walk south) Appointments are only necessary if a doctor is required. Nurses and health visitors deal with routine checks, immunization and general queries. Appointments are on a 'same day' basis – i.e. call around 08:50am or drop by on the day you want an appointment.

C. Brunswick Medical Centre (39 Brunswick Centre, 020 7837 3811)

D. Bloomsbury Surgery (1 Handel Street, 020 7837 8559)

E. Accident and Emergency Services

The nearest Casualty Unit is at University College Hospital. **Do NOT take sick children to the nearby Great Ormond Street Children's Hospital** — they have no emergency facilities.

There is a 24 hour NHS Phone helpline available for enquiries about urgent health queries— details from reception (dial 0).

F. Dentists

Dr. Denise Ngsiad at **Leach & Ede Dental Surgery**, St Philips Health Centre, Sheffield Street, The Strand, London, WC2A 2EX, Tel. 0207955 7444.

Conduit Dental Practice 020 7405 4030, 41 Lambs Conduit St, London, WC1N 3NG

8. Shopping

A. Supermarkets

The closest supermarket is Waitrose in the Brunswick Centre. Other options:

- Tesco Express opposite Russell Square tube station
- Tesco Express on Southampton Row
- Tesco Metro (larger) on Caledonian Road, Kings Cross (10-15 minute walk)
- Sainsbury's in Islington (just north of Chapel market, near the Angel tube stop) – open 24 hours weekdays and for shorter hours during weekends. It's a 20-25 minute walk or take the 214 bus from the Kings Cross end of Gray's Inn Road.
- Sainsbury's Local on High Holborn
- Sainsbury's on Tottenham Court Road

Many supermarkets also deliver web-based orders – see individual web-sites for details, such as Tesco, Sainsbury and Waitrose.

B. Toys

The largest toy store is *Hamley's*, on Regent's street; it is worth a visit but is usually crowded and is quite expensive. Other options are *Woolworth's* in Islington (just south of the Sainsbury's), *John Lewis* on Oxford, *Early Learning Centre* (in Debenham's and online) and *Argos* (order on line for pickup at store; Gray's Inn Road).

C. Mothers & Babies

Mothercare is the most popular store for baby items and maternity clothes. There is a store on Oxford Street. There are also numerous charity shops on Goodge Street where you can sometimes purchase good quality baby clothes at a reasonable price.

D. Free Stuff

If you are looking for free stuff check out Camden Freecycle where you can get other people's junk for free. camden_freecycle@yahoogroups.com

9. Family Restaurants

Suggestions include at the Brunswick Centre: Hare and Tortoise, Carluccio's, Giraffe, on Lamb's Conduit St: Ciao Bella, Belgo in Covent Garden and Freddie's, in the basement of London House.

10. Nurseries

Most nurseries are for children aged 2 to 5. **It would be advisable to place your child on the waiting list BEFORE arriving in London.**

A. The Thomas Coram Early Childhood Centre

(49 Mecklenburgh Square, directly west of WGH, 020 7520 0385) is a London Borough of Camden Nursery. Term and holiday dates follow those of local Primary Schools. The Centre takes 108 children aged between six months and five years. The “extended day” is 8 am to 5:30 pm, whilst the “care day” is 9:30 am to 3:30 pm. Part-week places are available. The core day is free for 3-5 years old, but there is a charge for the extended day and for younger children. There is usually a waiting list and therefore you should contact them if possible BEFORE you arrive to put your name on the list.

B. Coram Fields Community Nursery (in Coram’s Fields, 93 Guilford Street, 020 7833 0198)

Full-time and part-time places are available. The Nursery takes 24 children aged between three and five years and is open 9:30 am to 4 pm.

C. MACE Montessori (38-42 Millman Street, WC1N 3EW, www.macemontessori.com 0207 242 5842) is open from 8 am to 6 pm, 48 weeks a year. Full- time, part-time (min. 2 days) and half-day places are available. Rates for two year olds are comparable with other nearby nurseries but are higher for children aged three and over. A non-refundable registration fee is also payable (currently 40 pounds) prior to being given a start date or placed on the waiting list. Approximately 20 children attend, aged between two and five and a half years. Children at the nursery are introduced to the philosophy of the Montessori Method of Education which emphasizes child-led learning.

D. The Institute of Education Day Nursery (59 Gordon Square) is intended for parents affiliated with the Institute. The Nursery is open from 9am to 5:30 pm to two separate sessions during term time. There are spaces for twenty children aged between two and five years. The children must attend a minimum of three sessions per week. (020 7612 6091).

E. Collingham Gardens Nursery (Henrietta Mews, 020 7837 3423, <http://www.coll-gdns-care-educ.co.uk/>) is open 49 weeks per year and takes children ages two to five years. Full-time places only.

F. LSE Nursery (8a Wild Street, <http://www.lse.ac.uk/collections/nursery>, 0207 107 5966) is primarily intended for parents studying or working at the LSE. The nursery is open from 8:45 to 6:15. Although the website states that places are available for children aged 6 months and older; management is currently accepting babies as young as 3 months. Because the waiting list is long, interested parents (or parents-to-be) would be advised to place their child on the waiting list as early as possible.

There are also Nurseries at Great Ormond Street Hospital for Children and the University of London for affiliated parents.

G. Childminding

If you need regular child care that cannot be provided by the baby sitting club, by a baby sitter at the college or by a nursery, then get the list of registered childminders from the Children's Information Service, Crowndale Centre, 218 Eversholt Street, London, NW1 1BD, Telephone: 020-7974 1679, Fax: 020-7974 1688. Email: cis@camden.gov.uk, Website: www.camden.gov.uk/childcare

11. Primary and Secondary Schools

Children are required to start school (reception class) at the beginning of the term in which they turn five. They attend a primary school for six years and go on to a secondary school for a further five to seven years. Primary schools are usually divided into "infants" (Reception to Year 2) and "juniors" (Years 3-6). Secondary schools usually accept children who are eleven or just turned twelve. At the end of five years, pupils take the GCSE examinations. At the end of a further two years they take advanced GCSE examinations. Good grades provide internationally recognized qualifications for college or university entrance. This is a general overview of the schooling options in this area. It would be advisable to contact the Camden Local Education Authority (<http://www.camden.gov.uk/ccm/navigation/education/services-for-children--parents-and-schools/>) before arriving if possible. However often they will not be very helpful until you are in the country. Parents have had success contacting the school directly. Once you have arrived you can talk to some of the parents at WGH whose children are attending school. The London Education Authority (LEA) can also be contacted for full details of all local schools (see below for contact details).

There are three types of school in inner London:

1. County schools, which in this area are controlled by the London Borough of Camden and are secular.
2. Voluntary aided schools, which are maintained by Camden but are under the control of a board of governors and generally linked to the Church of England or Roman Catholic Church.
3. Independent schools, which are privately maintained and not supervised by Camden Council, although they may be registered with and open to inspection by the Department of Education. These schools are fee-paying.

Further information about county and voluntary aided schools may be obtained from: Camden Local Education Authority at the Crowndale Centre, 218-220 Eversholt Street, London NW1 1BD. The Camden Admissions team may be contacted by telephone on 020 7860 1525.

The Office of Standards in Education publishes regular reports detailing standards and achievements at every Local Education Authority school. Copies of these reports can be viewed at local libraries, obtained from each school individually, or accessed online at:

www.ofsted.gov.uk. The Good School Guide also publishes an on-line directory at:

http://www.gsgdirectory.co.uk/?source=gsg_ob

Enquiries concerning independent schools should be made to The Gabbittas, Truman and Thring Trust, 6 Sackville Street, London, W1 (020 7734 0161/439 2071/439 1771) or Independent Schools Information Service, 56 Buckingham Gate, SW1 (020 7630 8793).

Local Primary Schools

1. Argyle Primary School Tonbridge Street, WC1 (020 7837 4590)

Argyle is a county school and is a five -minute walk from WGH. This school welcomes parental involvement and has a nursery. The school's excellence in educating inner-city children has brought it 'Beacon School' status, and it has a wealth of resources.

2. Christopher Hatton Primary School Laystall Street, Holborn, EC1 (020 7278 4500)

This county school takes children to year 6. The school places an emphasis on art, parental involvement, and multi-culturalism.

3. St. Albans Primary School Baldwin's Gardens, EC1 (020 7242 8585)

This is a voluntary aided Church of England school, but due to its multicultural composition, other religious festivals and traditions are studied and enjoyed by the pupils. This school is a good fifteen minutes walk away. Also has a Nursery school.

4. St. George the Martyr Primary School John's Mews, WC1 (020 7405 5640)

This is a small voluntary aided Church of England school five minutes walk from WGH. The school is linked to the church of St. George the Martyr, Queen Square, and every morning there is a Christian assembly, which is led once a week by staff from the church. There is a nursery school on the premises.

5. Mathilda Marks-Kennedy School Hole Lane, NW7 (020 8959 6089)

The nearest Jewish primary school. Privately run. One hour travelling time by tube and a walk.

Other Primary Schools – Further Away

St. Joseph's Roman Catholic School: Macklin Street, WC2 (020 7242 7712)

Edith Neville Primary School: 174 Ossulton Road, NW1 (020 7387 7158)

St. Aloysius Roman Catholic School: Aldenham Street, NW1 (020 7387 9591)

St. Mary and St. Pancras Primary School : Polygon Road, NW1 (020 7387 6117)

All Souls Church of England School: Foley St, W1W (020 7641 4707)

Hugh Middleton Primary School : Mydleton St, EC1R (020 7278 6075)

Secondary Schools

Children are allocated for classes in the UK according to age. Once your child turns 11yrs old he/she can go to High School which starts in Yr 7. This is not a simple process. London is divided into 'Boroughs'. Goodenough College is in the Camden Borough. First thing to note is that if your child is starting Yr 7 you must apply to the area education service (as well as directly to the schools in some cases – look at the individual school websites). If your child is entering into any other year in High school then you only need to apply to the individual High Schools.

For us, living at Goodenough College, we need to apply to the CAMDEN LOCAL EDUCATION AUTHORITY (LEA) ADMISSIONS TEAM www.camden.gov.uk/startingschool; best phone number for admissions is 020 7974 1525 (from overseas call 0011 44 2079741525) or email admissions at admissions@camden.gov.uk. It is important to note that applications for starting Yr 7 in September of any given year close in October the year before. For specific dates, look at the area education authority website above. You can apply to schools in your own borough or in others. You can complete the application online. However, if the website is down then call them on 020 7974 1525 and request them to email you a PDF version which you can print out and complete. You can then fax it to them on 0207 974 4035. If faxing from overseas drop the 1st zero and ring 0011 44 207 974 4035. In this form you have to rank each school in the order in which you prefer them.

Having gone through the effort of getting your application in online the rules in England state that your application cannot be activated until you are a resident in London with proof of address. You can send a letter supporting your application from college stating that you plan to live at Goodenough which helps but they still won't activate it till you are actually living here. Despite this, it would be advisable to go through the process and have the forms and contacts completed in time as you are at least known to them. As a result it's easier when you do arrive.

Apparently, many high schools in London are 'rough and tough' and so it is important to get these options correct. Look at the Good Schools Guide online www.goodschoolsguide.co.uk. For Girls, based on discussions with other parents and educationalists the following schools stand out as having a good reputation in/close to our area:

1. St Marylebone – they have an entrance exam in December in order to ascertain academic ability. If you are not in the country for this then supply as many supporting documents to display your child's ability
2. Camden School for Girls
3. Gray Coats Hospital
4. Le Sante Union

City of London Girls School is a private school with a very good reputation. They too have entrance exams. You can apply for your daughter to sit this exam in your own respective country.

Other Secondary Schools

Ackland Burghley

Hampstead School

Haverstock School

JFS Comprehensive School

La Sainte Union Convent School

Maria Fidelis Convent School

North Westminster School

Parliament Hill School

Pimlico School

Quintin Kynaston School

St. Richard of Chichester School

Sir Williams Collins School

William Ellis School

Specialised Schools

In general, accessibility for children in wheelchairs is less of a problem in the case of primary than for secondary schools. However, for both primary and secondary schools it is best to contact the head teacher and discuss your specific needs.

The Franklin Delano Roosevelt School, Avenue Road, Swiss Cottage NW8 (020 7722 4490)

This is the nearest special school. This is an all-ages day school that caters to pupils with motor and other physical problems who have special needs. The school is well equipped and pupils are transported to and from school by a bus that calls at WGH.

The Richard Cloudesley School Baltic Street, EC1 (020 7251 1161)

This school takes children with more severe physical and mental disabilities.

11. Transport for London

The "**London A-Z**" *street map book* is essential. A copy for quick reference can be found at reception. If you are going to be using public transport regularly than it would be worthwhile investing in an Oyster Card. You can use them on buses and the tube and the fares are cheaper when you use an Oyster Card.

Get a copy of the "All London Bus Guide." This comprehensive map will get you anywhere.

Information about Single Ticket, Family Travelcard, Bus Pass and Family Railcard is available from every tube station or from their website: <http://tube.tfl.gov.uk>. Good deals are available for families on London Transport: children travel free of charge on weekends and children under 16 are always free on buses when accompanied by an adult.

Family rail cards (not London Transport, but over the ground trains) are essential for families who may only leave London once during their stay here. They only cost 20 pounds per year (from any rail station) and give huge discounts on rail fares throughout the country and at all times. They are good for up to 4 adults and 4 children travelling on one card (and not everyone has to be related). <http://www.nationalrail.co.uk/>. If booking a train trip, it's best to buy tickets as far in advance as possible. Fares increase the closer it gets to the departure date. This can easily be done online (see National Rail as above or www.thetrainline.com).

For cheap car hire try www.travelsupermarket.com ; <http://www.easycar.com> ; <http://www.1car1.com>

12. Ideas for Day Trips

HACKNEY CITY FARM: (1A Goldsmith's Row) Small farm, pigs, chickens, ducks and café that does a fairly good kid friendly lunch. Free admission.

CAMLEY NATURE PARK: (12 Camley St. (20 min walk). Little pocket of wilderness behind Kings Cross St. with a visitor centre and pond dipping. Free admission.

SOMERSET HOUSE: Huge courtyard to run around with a great fountain kids can play in, coffee shop. Courtauld gallery is free Mondays 10am-2pm. 25min walk

DISCOVER: Interactive science centre aimed at 2-8yr olds. Central line tube to Stratford stn (35mins).

KENTISH TOWN CITY FARM: Pony rides on weekends, farm animals. Closed Mon.

From Gray's Inn Rd, Take the Bus 46 towards Warwick Avenue (30 min)

CANAL CRUISE between Camden Lock and Little Venice. Run hourly weekends..

TELACRE TREETOPS: Indoor climbing frame and gym, suit 2-5 r olds; Gray's Inn Rd, bus 46 (30 mins).

ST ALBANS: Thameslink train to St Albans (20 minutes from Kings Cross) - nice old market town, oldest cathedral in England, plenty of Roman ruins.

LEEDS CASTLE: (in Kent, not Leeds!) - need a car, fantastic place.

WINDSOR CASTLE - train from Paddington or Waterloo.

HAMPTON COURT PALACE

KEW GARDENS

Weekend Trips

DARTMOUTH, SOUTH DEVON: Small port town, very pretty. Nice little walks, boat trips, shops and restaurants. One restaurant is particularly popular and apparently fantastic, no highchair but does say kids welcome – The New Angel. Need to book weeks in advance.

LONGLEAF SAFARI PARK, WILTSHIRE: Good value and great fun for the family. Check out Avebury Stone Circles on the way.

ANY NATIONAL TRUST PROPERTIES: Reciprocal rights for Australia and NZ National Trust members

LYME REGIS SOUTH COAST: Great beach town, fossil hunting

FRAMPTON-ON-SEVERN (WEST COTSWOLDS): B&B in excellent 18th century Frampton Court Manor and excellent hostess.

THE BURN: Great with a group of other College families. Possible to get there by train, but need more than a weekend.

YORK, DURHAM

HADRIAN'S WALL AREA IN NORTHUMBERLAND

LAKE DISTRICT

CHESTER: Typical walled city on Welsh coast. 2 hours by train from Euston Station. Hire a car here to explore Northern Wales.

PORTUGAL ALGARVE: Quinta Achades holiday rental. Very family friendly – nice flats. Great food, playground and swimming pool.

TRAVEL INNS: www.travelinn.co.uk All over Britain, always clean, good bathrooms and beds and connected to family friendly restaurants.

UK YOUTH HOSTELS: Many have family rooms and shared kitchens. Scottish ones highly recommended.

V. Other useful information

Child Benefit is payable if you have, or look after, a child under 16 years of age and are staying in Britain for more than six months and if your home country has a reciprocal arrangement with Britain For more details and an application form, ring the Child Benefit Centre (0541 555540).

CINDEX (Community Information Network Directory & Exchange) is a database system available from libraries within Camden Council. Booklets contain information about the services available for different age groups. Three of these are: Under Fives in Camden, Out of School in Camden, and Youth Groups in Camden.

Time Out regularly produces a Guide for Kids in London – Children's Time Out – it has some very useful information.

In addition to the information in this handbook the parents club has, over the years developed a guide on **where2go in London**.

CATEGORY	NAME OF ESTABLISHMENT	LOCATION	COMMENTS
Fresh Fruit and Vegetables	Borough Market	Under London Bridge	Great gourmet food. Open Friday and Saturday only.
	Spitalfields Market	Near Old Street	Organic food and clothes. Go on Sunday.
	Marylebone Farmers Market	Car park off High St	Sunday 10 - 2.
	Harde!s	Red Lion St	Need to go early in morning
	Farmers Market	Angel/Camden Passage	Sunday morning – UK farmers only
	Chapel Market	Islington	Daily (except Monday)
	Leather Lane	Off Clerkenwell Road	Daily but closes at 2.30pm
Organic Food	Planet Organic	Torrington	Near Tottenham Court Rd
	Alara	Marchmont St.	
	Abel and Cole	Online organic food	www.abel-cole.co.uk/
	Organic Deliveries	Online organic food	www.OrganicDelivery.co.uk
Meat	Wholesale Meat Market	Off Farrington St – 1.2km	Mon to Fri 3 to 8.30 am Generally bulk cuts
	McKenna Meats	Theobald Road	Good quality and reasonable prices
Deli	Terroni	Clerkenwell Rd	Opposite Leather Lane
	Gazzano	Farrington Rd	Opposite Exmouth Market
	I Cannisi	Old Compton St	In Soho
	Kennards	Lambs Conduit	
Best Coffee	Café Nero	Southampton Row	Strong coffee & high chairs
	Tuffis	Lambs Conduit	Polite staff
	Monmouth Coffee House	Monmouth St, Covent Garden and Borough Market	Absolutely Fabulous cappuccino –best beans and great crème.
	Goodfellows	Lambs Conduit	
	Tinderbox	Angel Islington	Good coffee
	Kennard's Fine Food	Lambs Conduit	Great coffee and gourmet foods
	Carluccios	Brunswick Centre	Great Italian coffee and pastries
Men's Hairdresser	Trumpers	Mayfair	125 yr old barbershop. Haircuts and shaves an experience
	Mr Clip	Goodge St Great Russell St	£6 for men
	Mr Toppers	Goodge Street / Great Russel Street	£10 for women
Women's Hair	Maria's Hair Fashion Frankie Cochrane	225 Grays Inn 0207837648 42 Lambs Conduit	£8 for women Expensive; student discount

Shoe Repairs	Leather Lane	Stall right side 1/3 ^d way down	
Flowers	Columbia Rd Market	Bus 253	Sunday morning
	London Flowers	Gray's Inn Rd 020 7837 2667	Great flowers and delivered anywhere in London
Clothing	Next	Oxford St and Angel	
	H & M	Oxford St and others	
	Charity shops, including Oxfam shop	Goodge Street & Islington High Street	
	Tchibo	Islington	Stock rotates every Wednesday; sale always on
	Lilly Whites	Regent street / Piccadilly circus	Great for sports / leisure wear
Best Cheap Eats	Hare and Tortoise	Brunswick Centre	Great Value and authentic flavours
Best Take Away	Blue Lagoon - Thai	Haymarket	Great value and excellent food
	Indian veg restaurant	Chapel Market	Great value for money
	Chutney Raj	Grays Inn Road	
Best Value Chinese	New Culture Revolution	Southampton Row	Ample portions, brilliant dumplings, no glutamate
Best Value Indian	Guineas	Soho street	Pure vegetarian restaurant
Best Value Thai	Vegetarian Buffet	Chapel market	.
	Blue Lagoon - Thai	Haymarket	Great value and excellent food
Best Value Japanese	Basra	Off Tottenham Ct Rd	Great food, non-smoking and group seating
	Japan Centre	Piccadilly – east end	Takeaway and small Japanese supermarket
Best Value Other	Terroni - Italian	Clerkenwell Rd (next to Italian church)	All Italian creamy food since 1868, at Italian prices
Best Pub Meal	The Union Hotel	Farringdon Rd - Down Guilford St near the Holiday Inn	Bistro style and good atmosphere.
Best Value Dinner for Two	The Little Bay	171 Farringdon Rd	Quirky French. Eat before 7pm for a discount. Dinner for 2 with bottle of wine <£30
Best Restaurant for Special Occasions	British Museum Restaurant		Great food and beautiful setting. Open lunch and dinner (sometimes have deals)

Best Restaurant for Special Occasions	Restaurant above the Nat Portrait Gallery	Trafalgar Square	Lunch or Dinner
Best Accommodation Deals - UK	Travel Inns	www.travelinn.co.uk	All over Britain, always clean, good bathrooms and beds and connected to family friendly restaurants
Best Accommodation Deals - Europe	The Burn		Great with a group of other College families
	Quinta Achades	Algarve Portugal	Very family friendly – nice flats. Great food, playground and swim pool
Best B&B Brit Isles	Frampton Court Manor	Frampton-on-Severn (West Cotswolds)	B&B in excellent 18 th century manor and excellent hostess
Best Car Rental	Enterprise	On Line	Cheap and reliable
	Admiral Car Rentals	On Line	Deals on any vehicle type – they Xlease from the larger companies – good for MPVs
	Hertz	Russell Square	Very close with good weekend deals