



Places to Go and Things to Do and See on a School Closure Day

LOCAL MUSEUMS

Valentine's Mansion, Valentine's Park, Emerson Road IG1 4XA

Open: 10-5pm Tuesday and 11-5pm Sundays. Free.

Built in 1696, this beautiful mansion has been restored. There are lots of free family activities at Valentine's mansion, throughout the summer holidays, including exhibitions, tours, arts and crafts and exhibitions.

Redbridge Museum, Central Library, Clements Road, Ilford IG1 1EA

This museum covers the history of Ilford and surrounding areas. It is open 10am- 5pm Tuesday to Friday, and 10-am-4pm on Saturdays. Ring 020 8708 2317 for details.

Epping Forest District Museum, Sun Street, Waltham Abbey EN9 1EL Telephone 01992 716 882.

Open: 2-4pm Monday, 10-4pm Tuesday and Friday, 10-5pm Saturday- free. There are permanent displays of archaeological and historical objects from the area, and a small shop. Visit the Abbey if you are in Waltham Abbey - its history goes back to the Vikings!

The William Morris Gallery, Lloyd Park, Forest Road, Walthamstow, London E17 4PP

The museum is dedicated to the life and work of William Morris (one of Britain's most famous designers) and the Arts and Crafts Movement. It is housed in William Morris's former home which has just undergone a £1.5 million pound makeover! It is open Wednesday to Sunday 10am to 5pm, and is free. Telephone 020 8496 4390 for more information.

LONDON MUSEUMS

London has a fabulous range of museums and art galleries, most of which are free. Why not visit one of the following?

Victoria and Albert Museum, Cromwell Road, South Kensington, London SW7 2RL

This is a treasure trove with world class collections of jewellery, pottery, furniture, fashion and textiles. Open 10am- 5.45pm every day. Good shops and cafes. Free entry. There is a charge for entry to the special exhibitions. Telephone 020 7942 2000 for more information.

Bethnal Green Museum of Childhood, Cambridge Heath Road, Bethnal Green, London E2 9PA

This is the national museum of childhood, open from 10am- 5.45pm every day. It has permanent displays of toys and games, children's clothes and furniture, and has a café and well-stocked shop. Entry is free. Telephone 020 8983 5200 for further information.

Ragged School Museum, 46-50 Copperfield Road E3 4RR

This museum gives a fascinating glimpse into what schools were like in the Nineteenth Century. It's open from 10am-5pm on Wednesdays and Thursdays, and 2-5pm on the 1st Sunday of the month. It's free, but if you want to experience a Victorian lesson there's a charge of £2 and this takes place on the first Sunday of every month. The nearest tube is Mile End. Telephone 020 8980 6405 for details.

Tate Modern, Bankside, London SE1 9TG.

This is a spectacular gallery of modern art. Admission is free except for special exhibitions. It's open from 10am-6pm, Sunday to Thursday, and 10am to 10pm Friday to Saturday. There are cafes, bookshops and interactive displays, as well as educational activities. Ring 020 7887 8888 for details or visit www.tate.org.uk/visit/tate-modern.

Natural History Museum, South Kensington, London SW7 5BD

This museum is open from 10am-5.50pm Monday to Sunday and it is free, though it does have some paying exhibitions too. There are lots of hands-on activities for children and young people at this fascinating museum which explores many aspects of the natural world. Go and see this summer's exhibition – Britain: One Million Years of the Human Story and relive the dramatic story of prehistoric Britain. There is a charge for this exhibition. Visit www.nhm.ac.uk or telephone 020 7942 5000 for more information.

The Wellcome Collection, 183 Euston Road NW1 2BE

This museum is ideal for students who are interested in the history of medicine and surgery. It's open from 10am to 6pm Tuesday, Wednesday, Friday and Saturday, from 10am to 10pm on Thursday and 11 to 6pm on Sunday. It has a full programme of talks and events, most of which are free but some do require visitors to have a ticket to attend. The Wellcome Collection describes itself as 'the free destination for the incurably curious'! Visit www.wellcomecollection.org or telephone 020 7611 2222 for more information.

Why not visit the **South Bank Centre** and sample some of the free exhibitions, activities and events? The **National Theatre** has free exhibitions in its foyers, plus free music all year round. The **Royal Festival Hall** also has a good programme of free events as well as its regular concerts. Visit www.southbankcentre.co.uk for more information.

MARKETS

There are lots of markets in and around the London area. Why not visit one of the following?

Brick Lane Market

Shoreditch E1 6PU

Brick Lane is a lively bustling market, open on Sunday mornings. Stalls sell clothes, bric-a-brac and furniture.

Borough Market

This market provides a great inspiration for cooking. All the food is locally sourced to minimise food miles. A Japanese restaurant there has won a "green" award for sustainable food sources, eco-friendly furniture and its staff welfare.

THE GREAT OUTDOORS

Redbridge has numerous parks and outdoor areas (including 80 small parks). All of the parks are open from 8.00a.m until dusk. Some of the larger parks in Redbridge are right on your doorstep and include Oaks Park, Valentine's Park, Seven Kings Park, Wanstead Park and South Park. They all offer a range of facilities including cricket pitches, tennis courts and outdoor gyms. There's also Epping Forest which stretches for miles.

Claybury Woods and Park

Ravenbourne Gradens IG5 0XG (Nearest tube: Fairlop)

It has meadows, woods, wildlife ponds and wetland areas. There is a nature trail a cycling path.

Goodmayes Park

Green Lane

You can play tennis for free. It has a Park and an obstacle hub where you can try out free-running. There is a landscaped sensory garden where you can enjoy beautiful views.

Hainault Country Park

This park has a lovely lake, places to picnic and walking trails through fields and woods. There's also a small farm.

South Park

South Park is one of six parks in Redbridge to achieve green flags status again for 2013/14. This Edwardian park has preserved most of its original features from over one hundred years such as a large lake and an abundance of large mature trees.

Fairlop Waters

Forest Road, Barkingside, Essex IG6 3HN

Fairlop Waters is the largest country park and leisure facility located in Redbridge. Outdoor facilities include a 9 and 18 hole golf course, floodlit driving range, windsurfing and sailing lake and angling.

The Thames Clipper

You can pay for the ride with your oyster card. It gives fabulous views of London from the river. We have taken it from the Tate Modern down to the O2/Greenwich. You get to see a huge variety of architecture and London from a different perspective.

SPORT AND FITNESS

Fulwell Leisure Centre

Barkingside High Street, next to Fullwell Cross library.

Facilities include a 25m swimming pool with teaching pool and diving boards and 2 dance studios. There are a range of varied activities throughout the summer. Look at the website for further details.

Outdoor Gyms

Why exercise inside when you can work out in the fresh air and take in the sights of some of our beautiful parks across the borough? You can find an outdoors gym at Claybury Woods and Park, Goodmayes Park, Valentines Park, South Park and Barkingside Recreational Ground.

Films and Documentaries to watch on a School Closure Day

Human Planet, BBC

This epic eight-part blockbuster is a breathtaking celebration of the amazing, complex, profound and sometimes challenging relationship between humankind and nature. Humans are the ultimate animals – the most successful species on the planet. From the frozen Arctic to steamy rainforests, from tiny islands in vast oceans to parched deserts, people have found remarkable ways to adapt and survive in the harshest environments imaginable.

Frozen Planet, BBC

Most of us will never travel to these great wildernesses and this documentary about our polar regions will surprise and astound. The Antarctic landmass and Arctic Ocean see the most extreme changes of climate on our planet. From the Great Melt in spring to the 24-hour summer, the beginning of the Big Freeze and long dark winter, this epic series follows the dramatic landscapes and the emotional life stories of the animals that live there.

Planet Earth, BBC

Planet Earth presents the epic story of life on Earth. Five years in production, over 2000 days in the field, using 40 cameramen filming across 200 locations, this is the ultimate portrait of our planet. From the highest mountains to the deepest rivers, this series takes you on an unforgettable journey through the challenging seasons and the daily struggle for survival in Earth's most extreme habitats. Planet Earth takes you to places you have never seen before, to experience sights and sounds you may never experience again.

Tribe

Former Royal Marine officer and expedition leader, Bruce Parry, sheds the trappings of a western existence and lives alongside tribes, such as the forest people of central Gabon, adopting their methods and practices. Taking adventure into a whole new realm, Parry hunts, cooks and eats with the tribes. He also examines the way in which western influence is encroaching on these remote areas and asks whether this is a good thing.

Goodnight Mr Tom

Goodnight Mister Tom is a 1998 film adaptation by ITV of the original book of the same name by Michelle Magorian. Tom Oakley is a reclusive old man living in an English countryside village in September 1939. World War II has just started, and he is forced by the local billeting officer to house an evacuee from London. Tom doesn't want to, complaining that he doesn't know about children of the boy's age. The evacuee is nine-year-old William Beech, a shy boy who behaves strangely. The film charts their lives during the war.

Bear Grylls

A series of DVDs following the adventures of Bear Grylls. DVD1 sees Bear tackle the harshness of the Mountains Alps and Andes, as well as the searing heat of the African Savannah and the Australian Deserts. DVD 2 sees Bear in Panama, Patagonia, the Sahara, Sumatra, Siberia & Southern Africa whilst his most adventurous series yet sees him tackle alligators in the swamps of Louisiana, snakes in the Jungles of Belize and brown bears in Transylvania.

Hugo

'Hugo' is a 2011 American 3D adventure drama film, about a boy who lives alone in a Paris railway station. His survival depends on secrecy and staying anonymous. A cryptic drawing, a treasured notebook, a stolen key, a mechanical man, and a hidden message are the basis of this spectacular mystery film and a hidden message from Hugo's dead father form the backbone of this intricate, tender, and spellbinding mystery.

Spirited Away

The film begins as ten-year-old Chihiro and her parents discover a tunnel in the countryside that leads them into an old, abandoned theme park. While her parents help themselves to the contents of a food stand, Chihiro goes exploring. But as night falls, she returns to find that mum and dad have been turned into pigs, leaving her trapped in the spirit realm. Sent to work in a bathhouse for the gods, Chihiro has to find a way to break the spell. Spirited Away is an animated film with a fascinating plot.

The Wizard of Oz

This famous musical was made in 1939. Lonely and sad Kansas farm girl Dorothy dreams of a better life so she plans to run away with her dog, Toto. During a fierce tornado, she is struck on the head and transported to a land 'beyond the rainbow' where she meets magical characters including the Tin Man, the Scarecrow and the Lion. Dorothy travels down a Yellow Brick Road to the Land of Oz to defeat the Wicked Witch of the West.

The Wiz

This is a modern, musical version of 'The Wizard of Oz'. It follows the adventures of Dorothy, a schoolteacher who finds herself magically transported to the Land of Oz, which resembles a fantasy version of New York City. Befriended by a Scarecrow, a Tin Man, and a Cowardly Lion, she travels through the land to seek an audience with the mysterious "Wiz", who they say has the power to take her home.

Bugsy Malone

Bugsy Malone is a 1976 British musical film, very loosely based on events in Chicago from the early 1920s to 1931 in the Prohibition era, specifically the exploits of gangsters like Al Capone. It stars child actors who sing and dance their way through the film.

Holes

At the beginning of the film, Stanley Yelnats, a 13-year-old boy who is supposedly affected by a family curse, is wrongly accused of stealing the shoes of the baseball player Clyde Livingston from a charity auction. As punishment for this crime, he is sent to Camp Green Lake, a juvenile detention and correctional facility where convicts of similar age are forced to dig holes in the desert in the boiling hot sun. This film is based on the novel by Louis Sachar.

Newsround, CBBC

This news programme for young people is on the CBBC every weekday at 4.20pm. There is also a Newsround website where you can follow news stories and events.

BBC News

Keep up to date with the latest news stories and events from around the world this summer by watching one of the BBC news programmes each day or use the BBC News website for live news stories.

BBC Bitesize

Keep your minds active during the summer break and remember to do a bit of revision so you don't forget what you have learnt! Visit BBC Bitesize (www.bbc.co.uk/bitesize), the name given to the BBC's free online support resource for school-age students in the UK. It is designed to aid students in both school work and, for older students, exams.

For further ideas, look at Time Out Weekly online as it always lists free events and exhibitions that are taking place.