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Look for our kid friendly symbol



for great ideas that your little ones will also enjoy!

American Independence Day: 4th of July

The American Museum in Britain



An activity packed afternoon with the Crown Forces Drill Display, a performance by Bayou Seco of Cajun and cowboy songs, games, food and an all 'round good-time – don't miss it!

Claverton Manor, Bath BA2 7BD

www.americanmuseum.org

The American Society in London

Become a member and you can join their Independence Day Reception and at least three other American Society events: Autumn cocktail party, a Thanksgiving Dinner, and a Spring cocktail reception.

www.americansocietyuk.com



Restaurant

Eagle Bar and Diner

Londoners can celebrate US Independence retro style in cool surroundings, complete with a menu of sumptuous dishes from the States. The Independence Day menu is available from 2nd – 4th July.

3-5 Rathbone Place, Fitzrovia, London, W1T 1HJ

Tel 020 7637 1418

www.eaglebardiner.com

Bastille Day: 14th of July

Bal Populaire: 10th July

Hosted by the French ambassador. Dinner, cocktail and "bal"

Lycée Charles de Gaulle, 17 Queensberry Place SW7

www.fafgb.org

Bastille Day Garden Party: 11th July



Don't miss the French free summer festival at Battersea Park! This is one of the largest Bastille Day celebrations outside of France. The free festival sees all sorts of French-themed goings on from a petanque tournament and open-air picnic with gourmet food for sale to big-name DJs and live music from across the Channel. Dress code: Canotiers (boater straw hats) and marinières (stripey jumpers).

Battersea Park SW11 4NJ, from 10.00am to 6.00pm

www.bastilledaylondon.com

Festivals and Special Events

Hampton Court Palace Flower Show: 6th July to 11th July

The Royal Horticultural Society- organised Hampton Court Palace Flower Show includes displays from over 150 specialist nurseries. Some are beautiful, complex works of living art, filled with rare blooms and water features. However, many are on a smaller scale, and should give you ideas for improving your own garden.

Hampton Court Palace, East Molesey, KT8 9AU

www.rhs.org.uk

Lambeth Country Show: 17th to 18th July



The countryside comes to South London for a weekend, cows and all, as the leafy expanse of Brockwell Park welcomes herds of hairy visitors, accompanied by brilliant live music. This annual show is a weird and very entertaining mixture: city kids get to soak up a taste of rural England - falconry shows, jousting, sheep dog displays, a fruit and veg competition, steam engines and the like.

Brockwell Park, Norwood Road, SE24 0PA

www.lambeth.gov.uk

LolliBop Festival: 17th to 18th July



A festival especially for the under-10s, LolliBop - "the big bash for little people" - comes to Clissold Park this summer. There'll be live music on bandstand and circus fun, workshops on hula hooping, body popping and creating a carnival costume, a treasure hunt, a sandcastle competition and much more! You can also meet Dr Doo and his sheep, chickens, pigs, rabbits, goats, and donkeys.

Clissold Park, Greenway Close, N4 2EY

www.lolibopfestival.com

Royal International Air Tattoo: 17th to 18th July



With over 300 aircraft participating each, this event has been acknowledged as not only the world's largest military airshow but also one of the UK's premier outdoor events for the whole family! RAF Fairford, Gloucestershire

www.airtattoo.com



London Mela: 8th August



A celebration of Asian music and culture which always draws a big crowd of 55,000 visitors with its line-up of British Asian music, Bollywood figures and traditional and classical performances. One of the biggest celebrations of Asian music and culture outside the Indian subcontinent.

Gunnesbury Park, W3

www.londonmela.org

Airbourne: Eastbourne International Airshow: 12th to 15th August



Airbourne is the biggest seafront airshow in the world! Enjoy 4 days of action with Red Arrows, plus F16, Eurofighter, The Blades, historic aircraft and more...

Eastbourne Information Centre, Cornfield Road, Eastbourne, BN21 4QA

www.eastbourneairshow.com

Notting Hill Carnival: 29th to 30th August

Held each August Bank Holiday since 1966, the Notting Hill Carnival is the largest festival celebration of its kind in Europe. Twenty miles of vibrant colourful costumes surround over 40 static sound systems, hundreds of Caribbean food stalls, over 40,000 volunteers and over 1 million Notting Hill carnival revellers. Notting Hill

www.thenottinghillcarnival.com



Zoo Lates – every Friday in August



This August, every Friday the London Zoo will extend its opening hours until 10pm, and allow visitors to live the zoo experience by night. While admiring the immense variety of species to which the zoo is home, visitors will be able to enjoy a BBQ, a champagne and seafood bar, and a refreshing Pimm's or Mojito. There is also the chance to show off your moves at the Silent Disco. A night out which caters to families, friends and work colleagues.

London Zoo, Regent's Park

www.zsl.org

Buckingham Palace Summer Opening: 1st August to 28th September



For two months in the summer, visitors have the chance to look around Buckingham Palace and admire the interiors of this principle royal residence. The Summer Opening tour includes a look at some exquisite royal gifts including Faberge Eggs, and a walk through the Royal Mews, which is still a functioning stable facility. Visitors are permitted access to the nineteen State Rooms which are still used by the Royal Family to receive and entertain guests on state and ceremonial occasions.

Buckingham Palace, Buckingham Palace Road, SW1A 1AA

www.royal.gov.uk

Houses of Parliament Summer Opening: 31st July to 29th September



Take the opportunity of the summer recess to tour the home of Britain's parliament. Discover the Commons and Lords debating chambers and the Queen's Robing Room amongst many other beautiful sites of the old residence of the English Royal Family. Lively and informative tours by certified guides last around 75 minutes and run every 15 minutes, and are available in several different languages.

Houses of Parliament, Westminster Palace, Whitehall

www.parliament.uk/visiting/visiting-and-tours/summeropening

Performing Arts

Kew Gardens Summer Swing: 6th to 10th July

From Night Fever to Dancing Queen - you'll be groovin' in the Gardens at this year's all-singing, all-dancing Summer Swing. Look no further for one of London's best nights out - an electric atmosphere, a picnic with friends, and a chance to strut your stuff. With live big-screen relay and sizzling firework finale. It's totally outdoors and there are no seats, so make sure to bring blankets and be prepared for the weather.

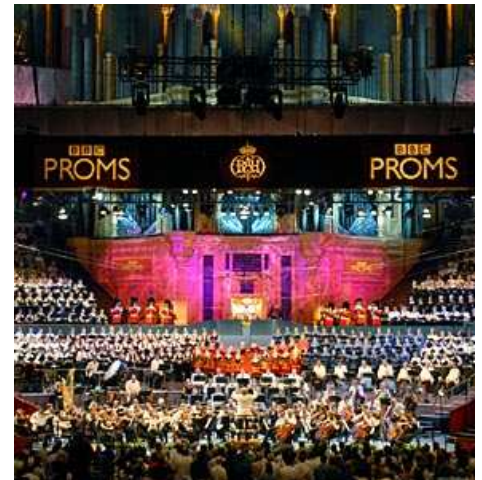
www.kew.org/swing

BBC Proms: 11th July – 11th September

It is not too late to go to the summer prom concerts! You can *prom on the day* - don't book, just turn up

Up to 1,400 standing places are available for each concert at the Royal Albert Hall. Additionally, over 500 Arena and Gallery tickets are always on sale at the door from an hour beforehand, early queuing is advisable. You may also go to Proms in the Park, the spectacular end on Saturday 11th September, when people come together at venues across the UK to be part of the magic of the Last Night.

www.bbc.co.uk/proms



Womad Charlton Park: 23rd to 25th July



Welcome to the World of Music, Art and Dance – WOMAD. Enjoy WOMAD's familiar feast of entertainment and celebration: brilliant live music; weekend camping and a full programme of participatory workshops for adults and children. Malmesbury, Wiltshire, SN16 9DG

www.womad.org

Cambridge Folk Festival: 29th July to 1st August



The Festival is renowned for its eclectic mix of music and a wide definition of what might be considered folk. The best traditional folk artists from the UK and Ireland rub shoulders with more contemporary acts.

Cherry Hinton Hall, Cambridge

www.cambridgefolkfestival.co.uk



Kids Week in The West End: 13th to 27th August



During Kids Week children aged 5-16 can go free to any participating show when accompanied by a full paying adult. Parents can also purchase up to two extra children's tickets at half price. You will have the chance to peek backstage, discover the secrets of the shows, meet the stars, learn to dance or stage-fight and slap on some stage make-up – plus many more brilliant activities in London's West End. Book tickets early to avoid disappointment. Bookings start in mid-July.

www.kidsweek.co.uk

Edinburgh International Festival: 13th August to 5th September



Each summer people visit Edinburgh from every corner of the globe and enjoy three exhilarating weeks of the very best in international opera, music, drama and dance. This year performers from the Americas and the Pacific rub shoulders with artists from Spain, Holland, Germany, Russia and the UK, creating a delicious melting pot of entertainment.

Edinburgh, Scotland

www.eif.co.uk

Glyndebourne at Somerset House: 20th to 22nd August

The renowned opera festival will be shown live on the big screen at Somerset House, transforming the beautiful setting of the 18th century Courtyard into an open-air opera house for three days. This is a rare chance to experience the thrill of opera direct from one of the world's greatest opera houses with an evening screening of a full-length opera: *Billy Budd*, *The Rake's Progress* featuring and a special matinee screening for all the family of *Hansel and Gretel*. Please note, there is no seating in the courtyard. Visitors are welcome to bring rugs, blankets and cushions to sit on, but chairs will not be allowed.

Somerset House, The Strand, Covent Garden, WC2R 1LA

www.somersethouse.org.uk

Creamfields Festival: 28th to 29th August 2010

Pack your wellies and a tent and head over to Creamfields for the UK's best dance/electro music festival this summer featuring DJs and live acts. It is held annually on the UK's August Bank Holiday weekend in Cheshire. First-class line-up featuring David Guetta, Deadmau5, Armin Van Buuren, Annie Mac, Tiesto and many more! Tickets for either day or for the camping weekend still available.

Daresbury, Cheshire, England

www.creamfields.com

Arts and Exhibitions

Sargent and the Sea: 10th June to 26th September

Best known for his society portraits, American artist John Singer Sargent was also passionate about the sea. This exhibition at the Royal Academy of Arts presents more than 80 paintings, drawings and watercolours dating from these early years, from 1874 to 1880.

Royal Academy of Arts, Burlington House, Mayfair, W1J 0BD

www.royalacademy.org.uk

Royal Academy Summer Exhibition: 14th June to 22nd August

This is the world's largest open contemporary art exhibition and features paintings, sculptures, drawings, prints, photography and architectural models from both established and unknown living artists. The theme this year is "Raw", to 'cut to the chase' and take a look behind the exterior of the pristine. The majority of works are for sale.

Royal Academy of Arts, Burlington House, Piccadilly, W1J 0BD

www.royalacademy.org.uk

Ernesto Neto: 19th June to 5th September



Part of Southbank Centre's summertime Festival Brazil. Ernesto Neto, one of Brazil's leading contemporary artists, transforms the upper galleries and outdoor sculpture terraces with a new site-specific commission and a number of new sculptural works. One of the sculptures is actually a pool, so don't forget your swimming costume and towel!

The Hayward Gallery, Belvedere Road, South Bank, SE1 8XZ

www.southbankcentre.co.uk



BP Portrait Award 2010: 24th June until 19th September



The prestigious National Portrait Gallery competition is open to everyone over the age of 18 and the 58 artists exhibited this year - whittled down from a record breaking 2,177 entries - are proof that portraiture is still an exciting, vital and relevant medium today.

National Portrait Gallery, St Martin's Place, Westminster, WC2H 0HE

www.nationalportrait.org.uk

Serpentine Gallery Pavilion: 10th July to 17th October

Every year, a new Serpentine Pavilion designed by a famous architect is built during the Summer. In its 40th anniversary year, the Serpentine Gallery is delighted to announce that the 10th Serpentine Gallery Pavilion is being designed by world-renowned French architect Jean Nouvel. Many events are held at the pavilion, so check the website for more information.

Serpentine Gallery, Kensington Gardens, London W2 3XA

www.serpentinegallery.org

Sports Events

Sky Ride: 13th June to 10th October



Sky Rides takes place across the country, so wherever you are there's a chance to take part in this incredible experience. For one day, the Sky Ride cities will close their streets to traffic and let cyclists ride in a safe and controlled environment. You'll have the chance to enjoy the sights and sounds of your city free of traffic; see landmarks from a different perspective as you ride the route as many times as you like.

Find out from the Sky Ride website your nearest location.

The Mayor of London's Skyride will happen on 5th September. During last year's event, 65,000 cyclists enjoyed a day of bike-based entertainment and explored the capital on two wheels. Great for families too!

www.goskyride.com

Mazda London Triathlon: 7th to 8th August



The London Triathlon is the world's largest event of its kind. Over 13,000 confirmed entrants are set to participate in a punishing programme of running, swimming and cycling, while 55,000 are expected to line the streets and visit the Triathlon Expo. There is a strong focus on raising money for charity, with £1 million usually donated each year and media celebrities.

ExCel London Exhibition Centre, Royal Victoria Dock, E16 1XL

www.thelondontriathlon.co.uk

Red Bull X- Fighters: 14th August



International Freestyle Motocross. In 2010, Red Bull X-Fighters returns to British soil for the second time in its proud history, with the biggest and best FMX tour on the planet once again set to light up London's Battersea Power Station.

www.redbullxfighters.com



International Cricket: throughout July/August

Why not enjoy some of Britain's best-loved sport this summer? Lord's Cricket Ground is centrally located in St. John's Wood and the lively atmosphere and action will make it a great day out for keen fans and others alike. Matches are on throughout July and August, just check the website for dates and details:

www.ecb.co.uk/tickets/england-home-international-tickets

Lido Pools

Take the plunge in one of London's fabulous outdoor pools and lidos. Here are some ideas. Check [FOCUS website](#) for even more cool ideas.



Hampstead Heath

Open-air swimming on the Heath is long-established and takes place at the Men's Pond, the Ladies' Pond, the Mixed Pond and the Lido. The only lifeguarded open-water swimming facilities open to the public every day of the year. The Lido is a 60 x 27 metres uncovered swimming pool at Parliament Hill.

www.cityoflondon.gov.uk/Hampstead

Hyde Park

The Serpentine Lido and its paddling pool are great for both adults and children and also offer picnic tables, sun lounges, a playground and a sandpit. Open until September.

www.royalparks.gov.uk

Tooting Bec Lido

Perhaps one of London's best-known open-air pools. The lido is open to the public until the end of September, with club swimming all year round. There is a grass area for sunbathers plus a paddling area with squirting model animals for children.

Tooting Bec Rd, London SW16 1RU

www.wandsworth.gov.uk

These events were listed on past issues of FOCUS Insights, but you may still get tickets for them.

Shakespeare's Globe Theatre 2010 Season: 23rd April – 5th October www.shakespeares-globe.org

Glyndebourne Festival Opera: 20th May - 29th August www.glyndebourne.com

Open Air Theatre in Regent's Park: 24th May - 11th September www.openairtheatre.org

Opera Holland Park: 1st June - 13th August <http://ohp.rbkc.gov.uk/>

The Open Golf Championship at St Andrews: 14th – 18th July www.opengolf.com

Royal International Air Tattoo: 17th - 18th July www.airtattoo.com

Cartier International Polo: 25th July www.guardspoloclub.com

Festival Brazil: 19th June - 5th September www.southbankcentre.co.uk/brazil

English Heritage Picnic Concerts: 26th June – 21st August www.picnicconcerts.com

Italian Renaissance Drawings - Fra Angelico to Leonardo: until 25th July www.britishmuseum.org

Free Range Art & Design Show: 4th June – 26th July www.free-range.org.uk

Grace Kelly: Style Icon: until 26th September www.vam.ac.uk

Toy Boats: until 31st October www.nmm.ac.uk