

FREE



BELPER AND
SURROUNDING AREAS

THE ESSENTIAL HANDBOOK FOR LOCAL FAMILIES

ISSUE 5

SUMMER 2018



Photo by Christina Michelle

Christina Michelle

P H O T O G R A P H Y



Professional Photographer based in Belper

www.christinamichelle.co.uk

Tel: 07921 846068



Cover photo of Isla & Olivia, competition winners from issue 4. By Christina Michelle



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**Sascha Landskron
and Jo Leigh**



Editors of Boom Magazine and local mums

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Spring has Sprung!

Welcome to Issue 5 of Boom Magazine.

Welcome to our fifth issue of Boom Magazine, which is dedicated to keeping you informed of events and activities for the family this spring and summer.

The talented Kerry Gill encourages us to stretch our legs in *Adventure to Thor's Cave* on page 4 and also informs us of the ethics and etiquette of picking wildflowers on page 20. The ever-inspiring Cate Bush encourages us to stretch our imaginations in *Science Fun Whatever the Weather* on page 36.

You can find a comprehensive list of family events and activities in *Summer Sizzlers* on page 6, and a list of the upcoming family theatre on page 44.

Natasha Levy, podiatrist, gives us informed and practical advice on choosing shoes for your little ones, in *Footwear and Footsteps*, and Amy Purser, social media expert and guru, imparts her experience and wisdom on page 34 in *Tips on Staying Balanced as a Business Owner and Mum*.

Boom Magazine's polymath Anna Ischerwood motivates

us with Inspiration for *Summer Days Out*, on page 16. You can find a sweet and simple walk for little legs, along Wyver lane on page 12.

In preparation for warmer days, the lovely and very organised Rebecca Handley describes some excellent *Summer Survival Tips* on page 10; and on pages 42 and 43, professional Australian writers, Mel Michie and Steph Wanless, describe how they survive the extreme summers in the land down under.

We love to support local businesses! You will find the coupons for local products and services are now in the centre of the magazine, and easy to tear out and use around town for discounts. And finally, the ever important *Timetable of Groups and Classes for Babies and Toddlers* is now freshly updated on pages 22 and 27.

Here's wishing you and your family a wonderful spring and summer!

To & Sascha

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ADVENTURE

by Kerry Gill, BSc

TO THOR'S CAVE

Thor's Cave is an impressive cavern on the edge of the Manifold Valley near the village of Wetton. The valley is an accessible part of the Peak District but still feels wild and rugged. It's a brilliant day trip and an exciting adventure for children of all ages. There are several routes to Thor's Cave, either from the valley or from Wetton at the top. I've included a longer, full-day route (Route 3), which would be suitable for intrepid school-aged children. There is a café at Wetton Mill that serves hot and cold drinks, cakes and sandwiches so you can refuel at the end of your walk.

If you visit in the spring, expect to see hundreds of early purple orchids. In the summer, you will find a wide variety

of wild-flowers growing in the species-rich limestone grassland carpeting the valley slopes. You will also find butterflies such as the small blue, meadow brown and small heath varieties.

The ancient woodland on the steep valley sides is also very special with twisted trees covered with moss and ferns and the woodland floor is carpeted with wood anemones and lesser celandine. The river that flows through the Manifold Valley often disappears underground into the porous limestone and only comes to the surface in wet weather. We enjoyed stacking rocks on what would have

been a beach at the stream edge and clambering over rocks in the river bed.

This part of the Manifold Valley is part of the Manifold Way, which is a nine-mile off-road cycle route. The path surface is very good and you can easily take a pushchair or cycle along here. Once you go off this path there are steep and stepped sections, which are only suitable for walking. You will need a bike lock so you can leave your bikes at the bottom if you'd like to climb up to Thor's Cave. It can get very busy on weekends and during the holidays. Take advantage of the quieter, spring weekdays when it's more peaceful.

DIRECTIONS - It's a 45-minute drive from Belper. Take the A515 through Ashbourne towards Buxton. Be aware, the roads are narrow and winding once you turn off the A515.

PARKING - There are several places (marked on the map) to park and start your walk: **Route 1** - Wetton Village Hall, Wetton, DE6 2AF.

Routes 2&3 - Wetton Mill Tea Rooms, Wetton Mill Road, DE6 2AG.

Please note:

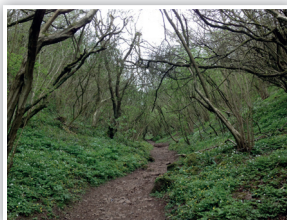
There are sheep grazing in many of the fields, so please keep your dog on a lead. Take care near the edges; there are very sheer drops. The limestone can be slippery, where it has been polished by visitors to the cave, especially when wet.



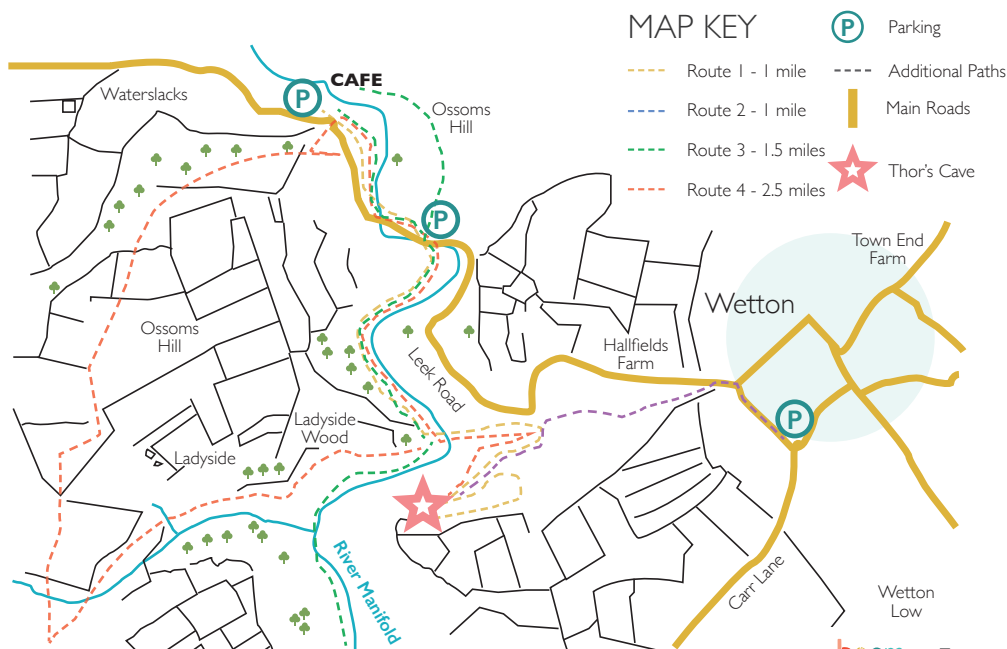
Kerry Gill is a local mum, professional wilderness manger, forest school practitioner and co-founder of Stepping Stones child-led play group.

ROUTE 1 – Park in the Village Hall car park in Wetton. Turn right onto Carr Lane and then take the first right. Turn left onto Leek Road and you will see the footpath to Thor's Cave on your left through the field. Follow this path into the woodland until you see a wooden way marker signed left to Thor's cave. This winding woodland path has several sections of steps but you will be rewarded with Thor's Cave sitting impressively in front of you. After exploring the cave, if you are feeling adventurous, you can follow the path that goes above the cave. There are impressive views of the valley from up here.

ROUTE 2 – Park at Wetton Mill Café. I walked this route with my 3 ½ year old and 1 year old in a carrier with ease. My eldest loved the cave and was very excited to walk up on to the top. Looking down to where we had walked, and the view of the valley, is pretty spectacular.



ROUTE 3 – This circular route is longer than the other two. There are good views of the valley. It takes you along the Manifold Valley and then up through Ladyside Wood. It is worth the detour to explore Thor's Cave, but this will add time and an extra hill to your route! (See Route 4)



SUMMER SIZZLERS

Events happening locally for all ages!

Belper Farmers' Markets

2nd Saturday of every month (8:30am-1pm) Belper Market Place.
Free parking at the Coppice car park.

Crich Tramway Village – Beside the Seaside

Sat 26 May – Sun 3 June (10am-5:30pm) Family-themed seaside resort with beach, funfair, "flea" circus, Punch and Judy shows and brass band.

Derbyshire Weekend

Sat 26 - Mon 28 May (10am-4pm) Cromford Mills. Celebration of all things Derbyshire including our dance, food and traditions.

Ecclesbourne Railway - Kids Go FREE Bank Holiday Weekend

Sat 26 - Mon 28 May Wirksworth. Children up to 15 years old travel FREE all weekend on the Duffield line.

Croots Farm Shop and Café – Summer Family BBQ Evenings

Wed 30 & Thurs 31 May (5-7:30pm)
Celebrating National BBQ week. Details at www.croots.co.uk

Belper Goes Green – Eco festival. Fri 1 - Sun 3 June

Belper Rugby Club. FREE admission with live entertainment, toys and activities for little ones, crafts and a health and wellbeing area. Information on recycling and low carbon energy and travel advice. CAMRA beer festival and food with plenty of veggie options). Visit www.transitionbelper.org for more information.

Larks in the Park

Every Sunday* from 3 June to 2 September (2-4pm) Belper River Gardens. FREE musical entertainment. Full programme on the Belper Town Council website www.belpertowncouncil.gov.uk.
*excludes Sun 8th July due to the Belper Food, Real Ale and Craft Festival.

EY UP MI DUCK Race

Sat 9 June (11am-3pm) Derby Riverlights. Watch brightly coloured plastic ducks take to the river in aid of Sight Support Derbyshire charity.

Croots Farm Shop and Café - Open Farm Sunday

Sun 10 June (11am-3pm)
FREE for all the family. Come see what happens at the farm. There will be a blacksmith display, sheep shearing, farm machinery displays, a farm walk, competitions, BBQ and much more.

Belper Steam and Vintage Event Sat 16 - Sun 17 June (9am-5pm) Street Lane, Denby.

(Children under 7 years go FREE) Parades of steam engines, tractors, vintage and classic cars and music, a children's entertainer, ferret racing plus many more exciting acts.
Details on www.belpersteam.co.uk

Derbyshire Wildlife Trust – Woodside Festival

Sat 16 June (12-9pm). Woodside Farm, Matlock. A day of live music, art, wild activities, food and drink; all in support of local wildlife. Check out www.derbyshirewildlifetrust.org.uk for a list of all their summer events.

Cook Stars Father's Day

Sun 17 June (11am-1pm) Cromford Mills. Make and decorate a trophy pizza and a cheesecake, followed by a Father's Day special lunch. Book via www.cromfordmills.org.uk.

Croots Farm Shop and Café - 10th Anniversary Special Event

Sat 23 June (10:30am-4pm) FREE admission. An afternoon with Val from The Great British Bake Off, gin tasting, hog roast, sausage making and tasting, mini high teas, bouncy castles, face painting, welly wang and Shire horse petting. More information at www.croots.co.uk.

Cooks Stars Bake-Off

Sun 24 June (10am-4pm) Do you have what it takes to win? Pre-book at www.cromfordmills.org.uk.

Bubble Rush

Sat 7 July (9:30am start) Under 3 years FREE. Markeaton Park Run, dance or skip and the 5K course through four high-powered coloured bubble stations.

Belper Food, Real Ale and Craft Festival

Sun 8 July (10am-4pm)
Belper Market Place and Memorial Gardens, King Street, Strutt Street

and Campbell Street. A chance to purchase some delicious food and drink from around the country.

Ambergate Carnival - Step Back in Time Sat 14 July

Ambergate Recreation Ground.

Procession starts at 1.15pm. The event starts officially at 2pm and goes until 5pm, with a grand raffle.

The Belper Games

Fri 20 - Sun 22 July Belper Rugby Club.

Friday is a family friendly movie night and a beer festival. Saturday is the games day where 32 teams battle for the crown in the 'We're A Knockout' competition. Music all day and into the evening with children's rides and attractions.

Sunday is a chill-out day with live music, food, a real ale bar and kid's attractions.

Quad – Summer Nights Outdoor Film Festival

Kedleston Hall, Derbyshire –

Fri 20 & Sat 21 July

Calke Abbey, Derbyshire –

Thu 2 - Sat 4 August

Hardwick Hall, Derbyshire –

Fri 17 & Sat 18 August

Wollaton Hall, Nottingham –

Thu 23 - Mon 27 August

More info at: www.derbyquad.co.uk

The Derby Beach

Sat 21 July - Sat 18 Aug (11am-7pm)

Market Place Derby City Centre.

The fun of the seaside in the heart of Derby with an array of children's attractions.

Déda Summer Activity Programme

Show stoppers **Tues 31 July - Sat 4**

August (9am-3pm) A week of singing,

dancing and acting where children (5+ years) learn how to write, direct and perform their own show.

High Flyers

Tues 7 - Sat 11 August (9am-3pm)

A week of dance, circus and visual art activities for children 5+. More information at www.deda.uk.com.

Crich Tramway Village

Plenty of summer events for all the family (children under 4 years go FREE).

Mon 30 July - Fri 3 August

Hello Summer: Light educational and learning activities every day (craft activities 12-3:30pm).

Mon 13 - Fri 17 August (10am-5:30pm) Discovery Week:

History and science based fun activities and crafts.

Mon 20 - Fri 24 August

Wonderful Woods Week: Eco and wildlife based activities and crafts.

Check www.tramway.co.uk for the full list of events.

Superhero Picnics in the Park

Tues 31 July

Markeaton Park (11am-3pm)

Wed 1 Aug

Chaddesden Park (11am-3pm)

Thurs 2 August

Darley Park (11am-3pm)

Dress up as a superhero, bring a picnic and enjoy the activities. Prizes for best dressed superhero.

Cromford Mills Scarecrow Festival

Sat 4 – Mon 6 August (10am-4pm)

Meet living scarecrows, make scarecrows and puppets, games, petting zoo, face painting, BBQ.

Croots Farm Shop and Café - Shire Horse Open Day

Sun 5 August (11am-4pm)

Shire horse displays, Shire classes, dray rides, pony rides, trade stands and a BBQ. More details at www.croots.co.uk.

Big Fun Run

Sat 18 Aug (11am start)

Markeaton Park. 5K untimed fun run suitable for the whole family.

Cromford Mills Pirates and Princesses Weekend

Sat 25 - Mon 27 August

(10am-4pm) Games, treasure trail, face painting, pirate crafts, BBQ.

Turnditch and Windley Show

Sat 1 September (starts 9:30am)

In the fields on Wirksworth Road (B5023), Windley, DE56 4AQ.

Horse and pony show, various classes and vintage tractors.

Check the website for more information:

www.turnditchandwindley.co.uk.

The Hannells Darley Park Concert and Firework Display

Sun 2 September (Gates open at 2pm, concert starts at 6pm)

One of the UK's largest classical concerts in the beautiful surroundings of Darley Park. Take a picnic and enjoy! Tickets at the door or on www.derbylive.co.uk.

Duffield Scarecrow Festival

Wed 12 - Sun 16 September

Visit the popular scarecrow trail.

Duffield Arts Festival

Thurs 20 - Sun 23 September

Ecclesbourne school and Town

Street Performances. Workshops and talks on music, drama, art and books.

Check the Duffield Arts Festival Facebook page for more information

Derby Festé

Thurs 27 - Sat 29 September

Derby City Centre. A weekend of music, dance, circus and parkour performances and food from around the world. Check www.derbyfeste.com for details and tickets.

CROOTS

AWARD WINNING FARM SHOP



Lambing Sunday April 29th
meet the new lambs and foals

Open Farm Sunday - Sun 10th June
Farm Walk, Machinery displays, Shire Horse cart rides, Blacksmith and Sheep Shearing Displays.

Shire Horse Open Day - Sun 5th August
Come and meet the Shire Horses, see Working demonstrations, horse and carriage rides, vintage tractors and lots more.

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Ambergate Carnival

[f /AmbergateCarnival](https://facebook.com/AmbergateCarnival)

AMBERGATE RECREATION GROUND

Sat. 14th July
Parade @ 1:15pm from

The Hurt Arms

Step Back In Time

CARNIVAL MUSIC
GAMES RIDES
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£1

ENTRY
Children
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Much More



After Party 5:30-9:30pm with Pie & Pea Supper
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*****New Shop Coming to Belper 15 May 2018*****

Cheeky Bambini for Babies & Children

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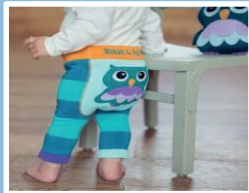
Gorgeous clothing and gifts for babies & children 0-5 yrs.

Opening Hours:

Tues-Sat: 9am-5pm

Sun-Mon: Closed

Drop by and say hello!



www.cheekybambini.com

Follow me on Facebook for updates: www.facebook.com/cheekybambinilt/

SUMMER TIPS

By Rebecca Handley, Local mum and parenting blogger



Ahhhhh the summer... a time of sticky ice cream faces, sticky sun cream applications and more often than not, a sticky, hot mess of a mummy! We'll be ok though... there are always sticky sweet cocktails to help us cope!

Here are a few tips to help your summer with the kids go smoothly – well at least until that wondrous chime of the cocktail hour...

1. Create a summer survival kit for your car or under the buggy.

I always keep a bag in the boot of the car brimming with towels and spare swimwear for the kids, because there are splash pads in the strangest places - we even found one at the zoo! Any parent with a water-loving child knows that when they see those amazingly freezing cold outdoor showers, there is no stopping them - so best to be prepared! I also keep a picnic blanket in the survival kit, sun cream, sunhats and light weight waterproofs for me and the kids, because you know, British weather! Plenty of wet wipes are a must for that summer stickiness! Finally, I always keep a small change purse because an unexpected ice cream van on a hot day + a parent with no money = EPIC toddler melt down!

2. Keeping little ones protected from the sun is really important in the summer.

I really like the UV blackout sunshades you can get for your pram or buggy. They offer blackout and UV protection but also airflow to help keep your little one cool. I find them much less stressful than trying to use a buggy parasol, which I've seen on lots of strollers, but how do they get them to stay upright!?.... superglue?!



3. Clip-on buggy fans are amazing!

Last summer we took a trip to the Mediterranean with our then four month old, and I was a bit worried about her being too hot so I bought a clip-on buggy fan. It was really cheap but powerful, and the blades are made of safe soft foam. I even turned it to face me on more than one occasion, because pushing the buggy up a hill in 30 degrees heat is quite frankly not fun!





4. I love our wipes holder that attaches to the buggy handle bars.

There's no need to rummage in the bottom of the changing bag. They are just there, ready and waiting - I'm not sure if I mentioned that summer is sticky!!!?

5. For some fab outdoor fun this summer, get some giant chalks.

Or even spray chalk! Let the kids go wild on the slabs in the garden... don't worry, the rain will wash it all away pretty quickly!

6. Remember the snacks.

Ooh the kids love their snacks! Get creative making homemade lollies, you can control the sugar by using no added sugar cordial, and let the kids help by adding fresh fruits. For younger toddlers and babies, freeze yogurt in little drop shapes. They love them but urghh trust me they are soooo sticky!

ODE TO WET WIPES

You've dealt with black poo, green, yellow and brown,
Soft poo and hard poo - you're always around.
When it's all up their backs and down to their feet,
When they dip their hands in, you work like a treat.
You've mopped pee from the mat every time there's a change.
You've mopped pee from the wall when the kid's got some range.



You dab runny snot noses and bogies in crust.
You sort out bloody noses and help with the dust.
You clean up messy chops and all round babies' faces.
You scrape up leftover food stuck in crazy places.
You've been a shower; when mum's out of time,
And you work like a dream when mopping spilled wine.

You've helped me to clean the house from top to bottom
You've so many roles there'll be one I've forgotten.
I just can't imagine a mum's life you're not in,
You're so easy to use then to toss in the bin.

And just so you know you live up to your hype,
I salute you and praise you, oh lovely wet wipe!

- By Rebecca Handley

For more helpful tips and entertaining parenting banter read Rebecca's blog: www.femymself.wordpress.com

 @f_e_myself  @femymself

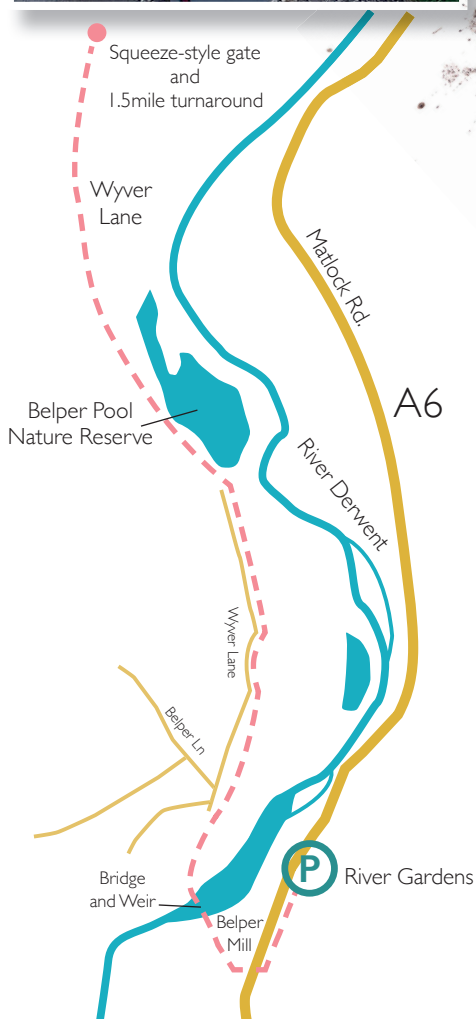
WYVER LANE

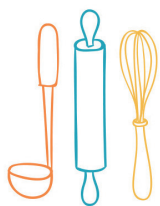
WALK FOR LITTLE LEGS

Wyver Lane is an excellent family walk that suits all ages. Children (and adults!) who love to watch trains will have a close-up view of the railway line at the start of the walk, while the adjacent fields have sheep and horses for your animal enthusiasts. You will also pass the Wyver Lane Pool Nature Reserve where in the summer you can see swallows, swifts, house martins and occasionally peregrine falcons.

Park at the River Gardens (parking charges apply). Cross the bridge with stunning views of the weir below on the Derwent River. Take the first right into Belper Lane, and then take the first road on your right called Wyver Lane. Follow the lane as far as it goes, passing beautiful tended gardens and the River Gardens Park on your right. At the end of the lane, the houses stop but the road continues to the left. The pushchair accessible walk ends at 1.5 miles from the carpark at a squeeze style gate. Take care not to trespass on the private woodlands to your right. After the squeeze style gate, you can follow other paths towards Shinning Cliff Woods, or turn back for a three mile round trip.

Please note: This walk is pushchair friendly but there are several footpaths off to the left, which you can take if everyone is on foot. Occasionally a car will pass, but they tend to drive very slowly. Wyver Lane is flat with paved or gravel surfaces but there can be very large puddles. Wellies and a pushchair with large wheels are recommended.





Cook stars

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Our Classes

Everything is provided to create delicious recipes each week from scratch.

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We can also offer adult classes, advanced classes for older children, special events workshops and sessions within schools – see our website for details.

Kids Parties

If you're looking for something different and memorable for a birthday treat this year then a Cook Stars party is the answer! We offer cooking birthday parties within your home or chosen venue which can be adapted depending on the number of guests and their age. As well as cooking, guests decorate their own chef's hat and join in our unique party games! We take care of all entertainment and catering so parents can sit back, relax and enjoy the occasion too.

Work for us

With planned expansion to areas of Amber Valley and Erewash we are looking for class leaders to join our team.

We are looking for people who are enthusiastic, passionate about cooking and love working with children. We are looking for friendly people who share our ambition to provide quality classes to our wonderful customers.

This is an amazing opportunity to work in a role that is great fun and extremely rewarding. We LOVE what we do!

Rebecca

07826 843830

www.cookstars.co.uk/our-classes/amber-valley

What's Cooking? Vegetable Biryani

Ingredients

65g basmati rice
25g frozen peas
25g sweet corn
½ chopped carrot
Small handful of raisins
½ vegetable stock cube
½ Tbsp korma curry paste
Handful of cashew nuts (optional)

Instructions

- 1) Add the rice, vegetables and raisins to a 400ml baking tin.
- 2) Pour ½ pint of water over the rice mixture and crumble in the stock cube.
- 3) Stir in the curry paste.
- 4) Put the lid on the baking tin and place on a baking tray and cook in a preheated oven (200°C / Gas 6) for 25 minutes.
- 5) Leave to stand for 5 minutes then fluff the rice with a fork and if you like, scatter with cashew nuts, before serving.

www.cookstars.co.uk

Recipes courtesy of Cook Stars and Rebecca Patrick, Cook Stars Amber Valley and Erewash

We amaze parents with what their children are capable of cooking and our recipes have been successful in encouraging even the fussiest of eaters to try different foods! The first class is FREE for all children. Booking is essential.

www.cookstars.co.uk/our-classes/amber-valley

Call us for more info on 07826 843830 or to book: www.cook-stars-amber-valley-and-erewash.class4kids.co.uk/



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**What's Cooking?
Bakewell Flapjack**

Ingredients

100g porridge oats
30g plain flour
50g ground almonds
Pinch of salt
85g butter
1tsp almond extract or essence
1Tbsp golden syrup
1Tbsp jam of your choice
Flaked almonds

Instructions

- 1) Put oats, flour, ground almonds and salt in a mixing bowl and stir until mixed.
- 2) Stir in butter.
- 3) Add almond extract and golden syrup and mix.
- 4) Spoon half the mix in a 400ml baking tin and press down with the back of a spoon.
- 5) Spread the jam on top.
- 6) Spoon over the rest of the oat mix on top and press it down flat.
- 7) Sprinkle with almonds.
- 8) Bake for around 20 minutes in a preheated oven (170°C / Gas 3).

www.cookstars.co.uk

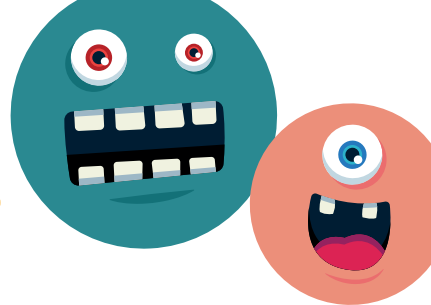
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www.cookstars.co.uk/our-classes/amber-valley

Call us for more info on 07826 843830 or to book: www.cook-stars-amber-valley-and-erewash.class4kids.co.uk/

Silly Faces



Annabelle

Congratulations to Annabelle's family!
Annabelle was picked out of a hat and won a photoshoot to be on the front cover of our sixth issue of Boom.

Thank you to everyone for sending in your photos.

If you would like your child to appear in October's 'Christmas Kids' feature, please send your photo to info@boommagazine.co.uk. A winner will be picked out of the hat to win a photoshoot with Boom's photographer, Christina Michelle and will also be featured on our next issue's front cover.



Amelia



Bobby



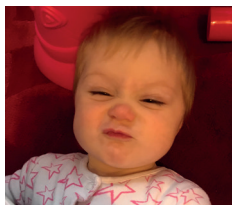
Ellie & Charlie



Emily



Finn



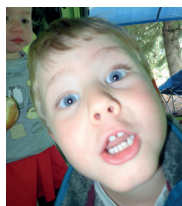
Freya



Harvey



Jacob



James



Lois



Nieve



Oliver



Penelope

Please mention Boom when responding to adverts!



Inspiration for Summer Days Out

With help from our Boom readers, we have compiled a list of all the wonderful places to visit near and far to keep little ones (and older ones!) entertained throughout the summer months. With the Peak District on our doorstep and lots of fabulous places to explore we are truly spoilt for choice. Use the key below to help plan a great day out.

Let's keep our fingers and toes crossed for some beautiful weather but even if the weather is a little bit disappointing, there are still plenty of places to visit. We hope you enjoy making some special memories this summer.

Key



Free



Cost Involved



National Trust



See past issues
for walk details

PLEASE NOTE PAY AND DISPLAY PARKING MAY BE IN EFFECT.

Down the road (Belper or within 5 miles) **please remember to pack some change for car parking charges.*

Allestree Park

Belper Parks and Nature Reserve

Belper River Gardens

Black Rocks, near Wirksworth

Chevin Walk ☆

Chucklebutties and other softplay venues

Crich National Tramway Museum

Cromford Canal ☆

Croots Farm, play area and summer events

Crossley Park and Splash Pad, Ripley

Duffield Car Boot Sale

(Thu and Bank Hols - May onwards)

Dukes Quarry, Whatstandwell ☆

Eyes Meadow, Duffield ☆

Heage Windmill (weekends and bank holidays April through to the end of October)

Holbrook Fairy Door ☆

Midland Railway Centre, Ripley

Paint a Pot - The Craft Studio, Belper

Shining Cliffs Wood, Ambergate ☆

The Painting Parlour - Little Eaton

Train or bus trips from Belper

Over the hills (6-10 miles away) **please remember to pack some change for car parking charges.*

Bounce Revolution Trampoline Park, Derby

Carsington Water

Chaddesden Park and Splash Pad

Clip 'n Climb, Derby

Darley Park

Derby Arboretum Park, DE23 8FZ

Derby Museums - various activities through holidays

Gulliver's Kingdom

Heights of Abraham and Cable Cars

Hollywood Bowl, Intu, Derby

Kedleston Hall

Lea Gardens and Tea shop

Lea Green Centre

Markeaton Park and Paddling pool

Masson Mill and Treetop Tumble

Matlock Bath Aquarium

MFA Bowl Ilkeston

Oxygen Freejumping Trampoline Park, Derby

Rollerworld, Derby

Shipleigh Park and Nutbrook Trail ☆

StarDisc and Stoney Wood, Wirksworth

The Climbing Unit, Chaddesden



In the distance (10 - 25 miles away)

**please remember to pack some change for car parking charges.*

Alton Towers and Waterpark

Bluebell Dairy Tea Room, Play Park and Animal Patch

Bolsover Castle

Calke Abbey

Chatsworth house, Gardens and Farm Park. Free to walk along the river

Conkers

Curbar and Froggatt Edge

Dovedale

Elvaston Castle

Hardwick Hall

Highfields Happy Hens Farm

John Nike Leisuresport - Swadlincote Ski and Snowboard Centre

Matlock Farm Park

Matlock Meadows/Ice Cream Farm

Matlock Park and Splash Pad

National Forest Adventure Farm

National Ice Centre, Nottingham

Scaddows Farm Fruit Picking, Ticknall

Staunton Harold Reservoir, Melbourne

Sudbury Hall and The National Trust Museum of Childhood

The White Post Farm

Thor's Cave

Tissington Trail and village walk

Water Meadows Swimming, Mansfield

Wheelgate Park

Wollaton Hall and Park



And far away... (25 miles +)

**please remember to pack some change for car parking charges.*

Belton House

Biddulph Grange Gardens

Buxton Pavillion Gardens

Clumber Park, Wirksworth

Fradley Junction

Go Ape, Buxton

Magna Science Museum and Splash Pad

National Space Centre, Leicester

Padley Gorge and Longshaw Estate ☆

Peak Wildlife Park

Pooles Cavern, Buxton

Sundown Adventureland

Tatenhill Airfield and Cafe

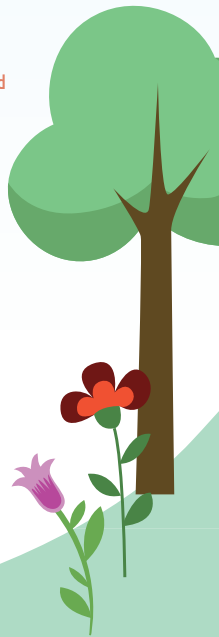
The Workhouse, Southwell

Trentham Monkey Forest

Tropical Butterfly House and Wildlife

and Falconry Centre

Twycross Zoo



TODDLER SESSIONS

BABY BOUNCE SESSIONS

FROM 6 MONTHS TO 4 YEARS OLD



Monday - Friday (term time):
 10am till 11am £5.95 per
 adult (2 children to 1 paying
 adult)

Under 4 general bounce
 admission £5.95.
 (must be supervised by an
 adult at all times)

Themed toddler events on
 the last Friday of every month
 only £6.95. (Limited spaces
 pre booking advised)



Present this page to our Bounce reception and we will give
 you a free weekly toddler return voucher to continue the fun!

Bounce Revolution | Siddals Road | Derby | DE1 2PY | 01332 417103

CREARTII

ART STUDIO!

AFTER SCHOOL ART CLUB

Your child's opportunity to get creative!



Every Thursday, 4.15-5.30pm @
 Creartii, 17 Green Lane, Belper
 DE56 1BY

7 years upwards

Weekly Fee: £7.50

Inclusive of art materials
 and refreshment

- Your child will use a
 wealth of materials and
 complete a multitude of
 fun projects in a safe and
 inspiring art studio
 environment

For more information and
 to book
[visit creartii.co.uk](http://visit.creartii.co.uk)
 or call Rachael on
 07881653117

See the website for a
 range of exciting adult
 workshops also

Full DBS and insurance
 Payments should be settled a week before
 the workshop
 Block payment of six workshops = 10%
 discount



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www.clipnclimbderby.co.uk



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Off Peak Any Age £8.50 pp
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 Leap Of Faith £2.50 p/j
 Parties £18 pp with food
 Full Café Open All Day
 Toddler Sessions & Soft Play(Monday-Sunday)

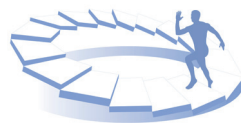
Opening Hours Are:
 Monday-Friday 9.30am – 8.30pm
 Saturday 9.15am – 7pm
 Sunday 9.15am – 6pm



Unit 12 Kingsway Park Close, Derby, DE22 3FP
 01332 943999 - info@clipnclimbderby.co.uk
<https://www.facebook.com/Clipnclimbderby/>



Belper Pilates Studio



STUDIO PILATES

MONDAY 9.20-10.20am: Mat Work Body Control Pilates

MONDAY 7-8pm: Pilates with Equipment

WEDNESDAY 6.55-8pm: Antenatal & Post Natal Pilates

WEDNESDAY 8-9pm: Mat Work Body Control Pilates

FRIDAY 9.30-10.30am: Mat Work Body Control Pilates

FRIDAY 10.30am-11.45am: Mums with Babies & Antenatal Pilates

Ruth Machej

Chartered
Physiotherapist

Tel: 07703 116284

Venue:

Belper Life-Fitness Physio,
Fit Pit Gym, East Mill, Belper,
(No membership needed)

We also offer courses of small groups:

Beginners Pilates: Tues 7.15pm, Weds 7.15pm & 8.15pm, Thursday 9.45am, Friday 12pm

Clinical Rehabilitation Pilates: Mon 1pm, Thursday 7pm, Friday 4pm

Pilates Reformer & Ladder Barrel individual or pairs sessions.



All classes run by Registered Physiotherapists & Health Professionals.

www.belperpilates.co.uk • www.belperlifefitnessphysio.co.uk

KID ZONE

Children's Holiday Club, Belper.

Open to all children from all schools
between the ages of 4 -13

Our Club is run by qualified, trained and dedicated caring staff with the experience to offer a safe and secure environment for all children.

We run our club in the beautiful grounds of St Elizabeth's School, which has a vast outdoor space. We have two large rooms filled with toys & craft and the use of a large hall for inclement weather.

We have various theme days including, bouncy castles, water fun, messy play,

den building, bike days etc but the children always have the freedom of choice in their play.

Our club will give you, as parents, the opportunity to work, shop, or to just take a little relaxation, safe in the knowledge that your children are in a fun and safe environment. We are very flexible as you can book as and when needed. Please feel free to come along for a visit to see the kind of things we do.



Prices start from
**£3.50 per hour to
£25 for a full day
7.30am to 6.00pm**

**Free registration
if you quote boom
when booking.**

Ofsted
Good
Provider

Please contact Marie on 07738353094
or email marie@kidzonebelper.co.uk website www.kidzonebelper.co.uk



IS IT OK TO PICK WILDFLOWERS?

by Kerry Gill, BSc

Some of my most vivid and happy childhood memories are being outdoors and picking wildflowers. I'm sure you can all remember playing "he loves me, he loves me not", making daisy chains and blowing dandelion clocks on warm summer days. This is where my love of the natural world and in particular my deep fascination in plants began.

There has been some debate recently about picking wildflowers. On Mother's Day a man videoed a police officer who had confiscated daffodils that his daughters had picked from a roadside near Mansfield. We were all taught the countryside code and know that we shouldn't damage, destroy or remove anything from the natural world but I'm sure at some point in your lives you've taken home a pebble from the beach or picked a flower from a hedgerow. Where do we draw the line, when does it become a problem?

The conservationist in me says we shouldn't be picking wildflowers. They are an important nectar source for our suffering bee population and our wildflower meadows have diminished by 97% since the Second World War, leaving us with an area roughly the size of Bristol. But if we don't engage and enthuse our children about nature then it becomes something inaccessible. The less we understand the natural world, the greater the threat our countryside will face.

But how will you know if something is rare, how will you know if it's ok to pick or not? Plantlife have published a code of conduct to guide you and I welcome their common sense approach:

- 1. Make sure you're not trespassing.**
- 2. Never pick flowers from nature reserves or any other protected sites** (such as Sites of Special Scientific Interest).
- 3. Only pick from large patches of abundant flowers**, leaving plenty of flowers for others to enjoy, to set seed, and to provide other wildlife with pollen, nectar, seed or shelter.
- 4. Follow the one-in-twenty rule**, picking one flower out of every twenty you find. You should never diminish the display.
- 5. Only pick a small handful of flowers for personal use**, you must never pick for commercial gain.
- 6. Don't trample** other flowers or vegetation.
- 7. Never uproot any plant** and be aware that some plants (listed on Schedule 8 of the Wildlife and Countryside Act) cannot be picked without a licence.
- 8. If in doubt, don't pick.** If you don't know the identity of a plant, leave it where it is. Take a photograph instead and try and identify it at home first.

How can you learn more?

Simply go for a walk and look what is around you. The Field Studies Council produce laminated sheets on everything from wildflowers to butterflies that provide you with the common British species.

Visit www.plantlife.org.uk to download their app, a spotter sheet or take part in the Great British Wildflower Hunt this summer.

Every June The Wildlife Trust launch their 30 days wild challenge where everyday they challenge you do something in nature. Visit www.mywildlife.org.uk/30dayswild/ For more information and to get your 30 days wild pack.



Kerry Gill, BSc, is a local mum, forest school practitioner and co-founder of Stepping Stones child-led play group.

DERBYSHIRE WILDLIFE TRUST EVENTS

Derbyshire Wildlife Trust are getting very excited about their up and coming summer events.

This year sees the first **Woodside Festival**, on **Saturday 16th June** - a day of live music, art, wild activities and good food and drink; all in support of local wildlife. Staged at Derbyshire Wildlife Trust's farm in the Erewash Valley, this festival is about being entertained whilst getting closer to nature. By attending Woodside festival people are taking direct action to support local wildlife. How cool is that? Jack Roper, Individual Giving Manager at Derbyshire Wildlife Trust, said, "Wildlife is able to bring all of us amazing levels of happiness; so can music, art, food and drink! So why wouldn't we bring people, and

all those drivers of happiness, together in support of our local wildlife. That is what Woodside Festival is all about and I can't wait to see you all there. After all, all our lives are better when they're a bit wild!" Also coming in June is 30 Days Wild. Derbyshire Wildlife Trust challenges you to go wild! Can you do something wild every day throughout June? That's 30 simple, fun and exciting Random Acts of Wildness – one for each day.

In addition, Derbyshire Wildlife Trust are excited about **30 Days Wild Bike to Wild**. Cycling activities will be held on **Saturday 30th June**, along Cromford Canal, Lea Wood and Crich Chase Meadows.

Also, on **Saturday 9th September** there will be **Run Wild** – a fun run in the



stunning Wye Valley, starting at Miller's Dale carpark.

Derbyshire Wildlife Trust is one of 47 local Trusts around the UK working to promote and protect local wildlife. Derbyshire Wildlife Trust manages 43 nature reserves, including moorland, wetlands, woodlands and wildflower meadows.

With so much happening throughout the summer, visit their website: derbyshirewildlifetrust.org.uk or ring them on: **01773 881188** for more information.



Photo credit: Ross Hoddinott/2020VISION

Stepping Stones Birthday Parties



Unique parties tailored to your child
Choose from a woodland or a creative party

Please contact Kerry for more information or to book
email: kerrygill@hotmail.co.uk or tel: **07854 239654**

Belper groups for babies and toddlers

If you are a new group and wish to be listed in later editions, get in touch – editorial@boommagazine.co.uk

DAY

 Look out for the groups and classes with this icon in the magazine

SATURDAY

Messy Church (2nd Sat of the month)
St Swithun's Church • 4-6pm • All
ages welcome • DONATIONS

Lingotot French
Fleet Arts
10:15 - 11:15am (0-5 yrs)
BOOK

**Stepping Stones Child-led
Play Group** 

(2nd Sat of the month)
Early Years Centre
10am - 12pm (All ages welcome)
PAYG

MONDAY

Mini Moos Toddler Group
Splitz Dance Centre (Subject to change)
10.00-12:00am
6m-4yrs PAYG

**Twistin Tots - musical fun
and play for 0-5s**
Belper Community Hall
9:45-11:30am PAYG

Come and Play
The Early Years Centre
10-11:30am DONATIONS

Bellebambino Baby Massage
(6wks-crawling)
Alton Manor Day Nursery
10-11am BOOK

Sensory Stories

Fleet Arts
9:30-11:30am
All ages PAYG

**Creation Station: Little
Explorers** 
Busy Bees Nursery - Gibfield Lane
10-10:50am (15mth-5yrs)
Booking Advised

Rhyme Time (for 0-3s)
Belper Library
2-2:30pm FREE

Cook Stars 
Belper Rugby Club
Minis (2-4yrs) 1:30 - 2:45pm
Juniors (2-12yrs) 3:45 - 5pm • BOOK
See website for more local classes

TUESDAY

**Twistin Tots - musical fun
and play for 0-5s**
Belper Community Hall
9:45-11:45am PAYG

**Baby and Toddler Spanish
Lessons** (0-4yrs)
Fleet Arts
9:45-10:45am BOOK


Tiny Talk
The Fit Pit, East Mill
10am-11am Toddler Talk
(Walking to 4yrs)
11:15-12:15 Baby Signing
(Newborn to 18 Months)
BOOK

Baby World and Me
Vanessa's School of Dance
10:10am & 11:10am
0-14 Months BOOK

**Chucklebuttles Toddler
Tuesdays**

Belper Mills
9:30-12:30pm PAYG

**Twistin Tinies - musical fun
for ages 0-18 months**
Belper Community Hall
1.30-2.40pm BOOK

Stepping Stones 
- Creative child led playgroup
Early Years Centre
10-11:30am
All ages welcome
PAYG (Donations)

**B.E.A.R.S Breastfeeding
Group** 
Belper Children's Centre
1-2:30pm FREE




Skyeland
SOFT PLAY &
BOUNCY CASTLES



**Belper
Life-Fitness Physio**

Physiotherapy, Sports Injury Clinic, Pilates Studio

10% off
Physiotherapy or
Massage for Pregnancy
& Post Natal.



(New attendees only) Redeemable by 01/9/2018

Ruth Machej, The Fit Pit Gym, East Mill, Belper
07703 116284 www.belperpilates.co.uk



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Cake
and a
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One Person

Valid until 30th June 2018. To redeem offer this voucher must be presented at time of purchase.

Croots Farm Shop, Wirksworth Road, Duffield, Derbyshire. DE56 4AQ
Tel: 01332 843032 www.croots.co.uk

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WHEN YOU
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SCONE
(TUESDAY TO FRIDAY).



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30% OFF
YOUR FIRST TREATMENT

CALL EMMA: 07866 453670
www.makeupartistmidlands.com



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PROCESSING FOR ONLY £250.00 PLEASE FEEL FREE TO
CONTACT US ON 01773 856355



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Cheeky Bambini
for Babies & Children

10% discount
Valid on any purchase in store
until: 31st July 2018

122 Bridge Street, Belper



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Physiotherapy, Sports Injury Clinic, Pilates Studio

10% off

Physiotherapy or
Massage for Pregnancy
& Post Natal.

(New attendees only) Redeemable by 01/9/2018

Ruth Machej, The Fit Pit Gym, East Mill, Belper
07703 116284 www.belperpilates.co.uk



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BOUNCY CASTLES

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Skyeland Soft Play, Ball Pools and Bouncy Castles
- everything you need for the best 0-5 year old
entertainment.

Terms and conditions apply, please see our website for
details.

www.skyeland.co.uk

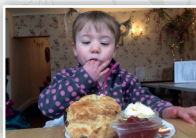
Email: softplay@skyeland.co.uk

Tel: **07534 55 1363**



FREE
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A FILTER COFFEE
WHEN YOU
PURCHASE A PIECE
OF CAKE OR A
SCONE
(TUESDAY TO FRIDAY).

On presentation of this coupon.



99-101 Bridge Street, Belper DE56 1BA



CROOTS

AWARD WINNING FARM SHOP & CAFE

Complimentary

Cake
and a
Regular
Drink
for
One Person



Valid until 30th June 2018. To redeem offer this voucher must be presented at time of purchase.

Croots Farm Shop, Wirksworth Road, Duffield, Derbyshire. DE56 4AQ

Tel: 01332 843032 www.croots.co.uk

FRESH DELI & EATERIE BASIL

The Holder of this coupon is
entitled to one **FREE** regular
filter coffee or tea with the
purchase of a slice of cake.



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30% OFF YOUR FIRST TREATMENT

CALL EMMA: 07866 453670

www.makeupartistmidlands.com



*Cheeky Bambini
for Babies & Children*

10% discount

Valid on any purchase in store
until: 31st July 2018

122 Bridge Street, Belper



FREE ADVICE WITH FULL MORTGAGE APPLICATION
PROCESSING FOR ONLY £250.00 PLEASE FEEL FREE TO
CONTACT US ON 01773 856355



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10% OFF full priced ADULTS footwear

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BLF BOTTOM LINE
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INTRODUCTORY OFFER
1st month **HALF PRICE**
when you sign up
to one of our memberships



10% OFF
CLAIM 10% OFF ANY ITEM IN STORE WITH THIS COUPON

Nordicana
RUSTIC SCANDINAVIAN INTERIORS AND GIFTS
13 Bridge Street Belper
www.nordicana.co.uk

 **'BUY ONE CLASS & GET ONE FREE FOR NEW CUSTOMERS'**

Booking Essential.
Voucher can only be used for Little Explorer or Baby Discover classes.
www.thecreationstation.co.uk

Receive **10% off** throughout the store when you present this coupon at the till.

Offer valid until September 2018 and not to be used in conjunction with any other offers.

BIX.
23 King St, Belper, DE56 1PW
01773 823277

déda

Hip Hop Minis (3 – 4 years) FREE TASTER

Classes run Saturdays 10.00 – 10.45am
Expiry: Saturday 7 July
Offer can only be used once.
Please Note: Children attend this class independently.

No cash alternative. Subject to availability.
Class must be booked in advance, call **01332 370911** and quote **'Boom Magazine'**



ATTEND ONE PARENT & CHILD SESSION AND GET ONE FREE

SEE OUR ADVERT ON PAGE 33

Derbyshire Toy Libraries
Learning through play



June: Bring a friend for half price
July: 1 extra toy hire for our members
August: Book a Summer holiday package & get 10% discount
September: Book a party package & get 10% discount

Which offer will you choose... all 4 we hope!

BLF **BOTTOM LINE**
FITNESS

INTRODUCTORY OFFER
1st month **HALF PRICE**
when you sign up
to one of our memberships

 **'BUY ONE CLASS & GET ONE FREE FOR NEW CUSTOMERS'**

Booking Essential.
Voucher can only be used for Little Explorer or Baby Discover classes.
www.thecreationstation.co.uk

WARDS
Shoe Shop
EST. 1954

treat yourself!

10% OFF full priced ADULTS footwear

King Street BELPER   @Wards_Shoe_Shops



10% OFF
CLAIM 10% OFF ANY ITEM IN STORE WITH THIS COUPON

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Which offer will you choose... all 4 we hope!



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SEE OUR ADVERT ON PAGE 33



WEDNESDAY

Derbyshire Toy Library ▶

Stay and Play
Belper Community Hall
9:30-11:30am PAYG

Gymkids:

Pre-school Gymnastics

Belper Leisure Centre
0-3yrs 9:25-10:10am PAYG
3yrs+ 10:20-11:05am BOOK

Special Friends Playgroup

(For children with additional needs)
2nd Wednesday of the month
Early Years Centre • 9:45-11:45am
(0-5yrs) FREE

Mums and Babies Fitness, ▶ Core and Pelvic Floor

The Fit Pit • 9:30am - 10:15am
(Post Natal 10-12 + Wks) BOOK

Antenatal and Postnatal Pilates ▶

The Fit Pit
6:55-8pm BOOK

The Creation Station ▶

Busy Bees Nursery, Gregory's Way
10-10:45am Baby Discover
(6m-2yrs)
BOOKING ADVISED

Little Church

St Peter's
1:15-2:45pm PAYG

Kids and Family Pilates ▶

The Fit Pit
4pm - 4:45pm
(4 - 12 Years) BOOK

THURSDAY

Baby Ballet ▶

Vanessa's School of Dance
Tinies (18mth-3yrs) 9.30am & 10:15am
Movers (3&4 yrs) 10:15am BOOK
Tappers (3yrs+) 10:50am BOOK

Little Sage Baby Yoga Course

No 28 The Marketplace
9.45-11am (crawling to walking)
11:15am-12.30pm
(8 weeks to crawling) BOOK

Prams and First Shoes

Baby Meet-Up
St Mark's Church, Openwoodgate
9:30-11:30am (0-3yrs) FREE

Science Moos: Pre-School Science Club

Strutts Community Centre
10:15 - 11:15am
BOOK

New Life Tots

New Life Church 10-12pm PAYG

Young at Heart ▶

Intergenerational play group

Spencer Grove Nursing Home
(2nd & 4th week of the month)
10:30 - 12pm (0-5 yrs)
PAYG Donation

Derbyshire Toy Library Stay and Play ▶

Brookside Bungalow
1-3pm PAYG

Jelly Roles:

Pre School Drama

(younger siblings welcome)
Rugby Club
1:30-2.15pm PAYG
18m-4yrs

FRIDAY

Baby Sensory for 0-13months

The Lion Hotel
10am, 11.15am & 12.45pm BOOK

Natural World

The Early Years Centre
10:30 - 12pm DONATIONS

Pregnancy Pilates /Mums and Babies Pilates ▶

The Fit Pit
10:30-11:45am PAYG

Little Sage Kids Yoga Course (18 months to 5 years)

No 28 The Marketplace
11-12am BOOK

Creation Station ▶

57a Chapel St
10am - 10.50am
15m-5yrs Booking Advised

We recommend you check the groups' websites and Facebook pages for updates.

Please mention Boom when responding to adverts!

DERBYSHIRE TOY LIBRARIES:



Are you using all the support and resources we have to offer?

#don'tbuyborrow

STAY AND PLAY

sessions are run by our experienced play workers, daily throughout the area, no membership required, just £3 per family/Childminder and £1 per additional child. Come play with a broad range of toys, enjoy craft with our Early Years student, socialise over snack time, let someone else remind you of the words to nursery rhymes at song time; all with that crucial tea/coffee in hand for parents/carers. With fantastic outdoor space, particularly at Brookside Bungalow, continue to enjoy STAY AND PLAY, as the weather heats up. (Please note Crich does not have outdoor space).

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Thursdays	FRITCHLEY	Primary School DE56 2FQ	9.30-11:30am
Thursdays	KILBURN	Village Hall DE56 0LU	9.30-11:15am
Thursdays	BELPER	Brookside Bungalow DE56 1RZ	1.00-3.00pm
Fridays	MATLOCK	Castle View Primary School DE4 3DS	9.15-11.15am



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FOOTWEAR AND FOOTSTEPS by Natasha Levy, MSc, BSc, MChS, FHEA

As a Podiatrist, at parties I used to get asked all the time about foot pain, how to find the best trainers for running, if bare foot running is a good idea, and if wedges are better than platforms. (If I've made you curious about your feet, come and chat with me!) Now that I'm a mum I still get asked about feet, but the most common question now is: "How do I buy the right shoes for my toddler?". Here is a guide to finding the right footwear for your child's feet, and why measuring is so important.

Children's bones are still growing.

At birth, babies' feet are made of little blobs of bone, which gradually develop into 26 separate bones.

Foot bones transition from being soft and squishy, a bit like the cartilage in your nose, to fully formed by 18 years of age. So, if a child's shoe does not fit properly, it is very easy to misshapen and squash their soft bones into a different shape.

Children's feet are a different shape to adult feet.

In simple terms, a child's foot is more like a triangle, narrow at the heel and broad at the toes. An adult's foot is more like a rectangle, so children's shoes should look different than ours. Mini versions of adult footwear are not always a great fit.

Toddlers will probably grow through two full shoe sizes per year.

By age four or five, foot growth probably slows down to one full size per year. If your toddler is shooting up in height, it's likely their feet are growing too, so it's worth checking if their shoes are getting too tight or too small.

Feet don't always grow at the same rate. It is perfectly normal for one foot to be a bit bigger than the other as we grow, don't worry. Things normally even out, given a bit of time.

What is a good shoe?

A good shoe protects the foot. Ideally it should have a flexible rubbery sole, a rounded front and a fastening to hold the shoe in place. Laces, Velcro or buckles are all absolutely fine; their job





is to hold the heel into the back of the shoe to stop the foot sliding forwards and crumpling the toes. The shoes should also have growing room at the toes; about a little finger's width of space from the toes to the front of the shoe.

What should their shoes be made of?

Natural materials such as leather and suede are great as they are soft and will gently stretch to the shape of the foot. Canvas is ok for summer shoes, but avoid stitching near the toes, whatever they are made of, as stitching does not stretch and could squash the foot if the shoe is too tight.

How do I buy the right shoes?

Always get your child's feet measured for length and width, before committing to buying any new shoes. Tight shoes can cramp up a foot and cause problems such as hard skin, corns or ingrowing nails. Shoes which are too wide and long can allow the foot to slide about inside the shoe, causing blisters, and a child may scrunch up their toes to hold the shoe in place.

Feel your child's foot through their shoe.

You should be trying to feel where their toes end, and looking if the shoe is too wide or baggy on the sides. Get your toddler to sit down (if you can stop them playing hide and seek and running around the shop!) and give the sole of the shoe a tug at the heel, if it slides off their foot, this is not a good fitting shoe. I would highly recommend getting shoes fitted by trained fitters whenever you can.

What if you know their shoe size and width, but your child is not with you in the shop?

Draw round your child's feet, do this on cardboard and cut it out, write the date on it and you have a bespoke shoe measuring device. So if you come across a shoe without a width fitting you will be able to see if it would be too big or too small. I would suggest redoing this each month.

I hope this has given you a bit of an insight. Happy shopping!

Natasha



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TIPS ON STAYING BALANCED AS A BUSINESS OWNER AND MUM

By Amy Purser, Belper-based business woman and mum



Mummypreneur, Entrepreneur, Work-at-home-mum, Bossbabe. These are some of the titles given to women who decide to turn their back on the 9-5. It's perceived as glamorous - just check out the #bossbabe on Instagram for pictures of women living a high-flying lifestyle and drinking champagne.

The reality is something quite different. In the early days of starting a new business it is extremely hard to find any kind of balance. I have put together a few tips to help stop the pendulum swinging quite so wildly from manic to completely burnt out.

Get help

Enlist your partner (if you have one), a cleaner, a nanny, a dog walker, grandparents, someone to do the ironing, window cleaning, car valeting ... It's time to pony up the cash for any task that you can delegate at home and for your business.

You can use a virtual assistant, a marketing management agency, a graphic design company, an accountant and a veritable smorgasbord of other trades to do jobs that are not best suited to you.

Why are these things important? Because to make cash, to build your business, you need to focus on IPA – Income Producing Activity. It may cost you around £25 a week to hire a cleaner but in the two hours they're cleaning you will be earning more than that. Plus: YEAH - CLEAN HOUSE!

Schedule FUN

Yes, I know, utterly spontaneous and un-fun-like to schedule, but completely necessary. A tired business

owner is a crap business owner. You must allow yourself to recharge your batteries. Put fun slots in your diary every week and make sure you keep to them.

Practice self-care

This is really an extension of the above principle to have fun. We hear it so often: eat well, sleep well and practice whatever "self-care" means for you. This might be a long soak in a bath with a book. It might be walking in the woods or burning up the dance floor with your girlfriends. It is important to keep your cup "full" at all times.

Join networking groups

Working on your own business (especially if you're doing it from home) can be painfully isolating. Entrepreneurs can face extreme loneliness because we are constantly pushing forward and changing, this scares a lot of people.

Networking groups can be a super-duper place to meet like-minded people who can mentor you, raise you up and simply just share tales of woes

and successes. Some of these groups can be online or face-to-face. From my experience, most tend to combine the two, so you can be plugged into them when you are at your desk, and then get the opportunity to meet the people too. Bonus!

About Amy

Amy Purser is a marketing consultant and trainer; she owns The Social Networker Marketing Agency. Clients for the company include food producers, healthcare service providers, fashion brands, recruitment companies and travel companies. Amy has over 10 years' experience working in the social media sphere and multi-channel marketing and is a lone-mum to her 6-year-old son. Part of the vision for the company is to employ parents looking to work around their childcare and other commitments.

You can connect with Amy on Facebook and LinkedIn:

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SCIENCE FUN WHATEVER THE WEATHER

By **Cate Bush, BSc, PGCE**, local mum of three, primary school teacher specialising in early years and co-founder of Stepping Stones child-led play group.



Spring is here!

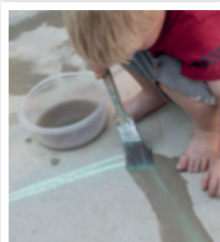
Flowers are blooming, birds are singing and some longer, warmer days on their way. Here is a range of creative science-based activities, as variable as our spring weather, using simple supplies that are easy to find. Some activities you can do outside; others work well indoors. Some activities have an element of both, because, well, some spring days are like that!

Science was my speciality as a teacher. I just love seeing the awe and wonder on a child's face as they experiment and make discoveries. Science is all around us: when mixing paints, playing with water, exploring ice and watching gravity at work when dropping sticks off of a bridge. This makes it easy to take a simple craft or activity and add a scientific spin. Things can get messy but, at this time of year, it's another reason to go outside!

We love the freedom of painting outside, especially on a large scale, on old rolls of wallpaper for example. You can print with whatever comes to hand - found materials such as feathers and pinecones or even your own body! Focus on the process and encourage experimentation. Even children who are not keen to make marks, can flourish into budding Picassos when using big paper outside, as they enjoy the freedom. Also these big movements are really good for developing the muscles needed for writing. Encourage your child to watch the colours mixing, and try adding different amounts of water to make the paint thicker or thinner. Or, draw on the paper first with a white wax crayon, then paint over the top and watch how the wax crayon repels the paint. Add a ramp and some little cars and you can talk about gravity and experiment with how far the paint tracks go by adjusting the angle of the ramp.



Not all art needs to be permanent. You can use chalk, and paint with water too. Add water to chalk and watch it transform from powder to liquid as the colours merge. The transient nature of this art makes children feel less restricted and more willing to explore. You can paint on anything that will go darker when wet, using whatever tools you have. Large paint brushes and rollers work well, but you can also use finer brushes for more detail. Once the water starts fading, you can discuss evaporation, and this activity now becomes a science experiment.



When it comes to exploring colours and textures, cornflour goop is absolutely mesmerising. Put a generous amount of cornflour onto a tray. Give the children a minute to explore the silky-soft fine powder with their hands. Then add water, mixing and mashing it together until it's a consistency that, when squeezed, becomes hard and crumbly, but when you release it, you have an oozing liquid. Add some

colour by sprinkling in liquid water colours or paint and discuss how the colours blend. On warmer days, add ice instead of water for an added scientific element.



If it's an inside day, your child can make their own playdough. Simply mix 2 cups of plain flour; 2 tablespoons of vegetable oil, $\frac{1}{2}$ cup of salt, and 2 tablespoons of cream of tartar. Then slowly add $1\frac{1}{2}$ cups warm water mixed with a little paint. Stir it first and then knead until smooth. You can also make stretchy dough by adding 1 cup of hair conditioner to 2 cups of cornflour. This makes the most incredible silky and soft playdough, which is perfect for children who enjoy exploring texture rather than making anything specific. Make your playdough a little more interesting by adding different scents and colours.

Another simple sensory science experiment is bicarbonate of soda mixed with white vinegar dyed in different shades. Watch as the chemicals react and fizz, and the colours mix. This can be done outside in a builder's tray, or in a smaller tray inside.

Teaching children basic science concepts can be simple, creative and fun. And no matter the weather, there should be an activity here for you to enjoy!

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reflect this, the two rooms are equipped very differently. The sensory room is a calm space, with low lighting and lots of sensory experiences. The construction room is an area for much louder play, such as construction and imaginative play. Children can choose their preferred environment, as we operate a free flow system which allows them to move freely between the two rooms and outside. Activities change on a daily basis to complement our theme of the week and in response to the children's current interests. For example, one of our children excitedly told us about a visit to a Science Museum, so the next day we organised our very own

science lab for the children to get involved in creating all sorts of experiments!

We think we have something really special and if you are thinking of joining us in September, we would love you to come along and see our facilities, meet our team and take a look at what we can offer your child. On Saturday 16th June we are holding a family open day for our current families and the local community and we would love to see you all there.

Do please get in touch if you would like to find out more.

Sharon Lea,

Holbrook Pre-School Manager



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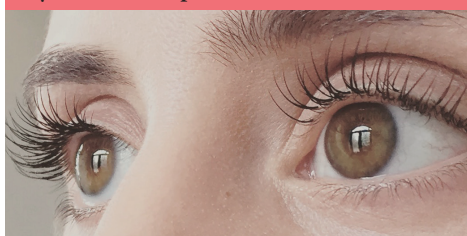
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HOW TO TAME HEAT-INDUCED TANTRUMS IN AUSTRALIA

By Steph Wanless, Australian writer and mum



Life in the land down under can be pretty hot come summer – think temperatures of 38 degrees celsius and above. Throw a tantrum-prone toddler or teething infant into the mix and you're going to need some serious tools at your disposal to stop them from becoming a furious ball of molten Aussie bub.

Water is your new best friend

We have some cracking beaches on this side of the world – I'll be the first to boast about our bright white sand and aqua blue water. In reality, it's not an ideal playground for babies and toddlers when those summer temps really start to soar. When the giant, crashing waves are the only source of relief, I can think of better, and safer, ways to use water to tame the tantrums.

Take it to the backyard

When it comes to water play, the toys available on Aussie shelves are endless. The majority of them are also crammed into my garage, including paddling pools, sprinkler slides, pirate ship water tables and super soakers versions one, two and three.

But there's also something to be said for keeping it simple. The common backyard sprinkler is a godsend to parents down under. Pop the babes in their cozzies, slap on the sunscreen and whack on the sprinkler – job done. The joy they get from

being given free reign to run around underneath a spinning circle of water is immense. I should know, my parents did the same with me.

For my one-year-old, a small inflatable paddling pool, a set of measuring cups and a humble plastic watering can is luxury. Take sun safety to the next level by putting the marquee you use for barbies over the pool and you'll be set for hours. Pull up a chair, pop your feet in and enjoy the cool relief for yourself... if the toddler who is running through the sprinkler like a lunatic will let you, of course.

But I always say if you can't beat them, join them; and I choose to do just that with a massive packet of water balloons. These things have gone next level over here and, thanks to a product called 'Bunch O Balloons' you can now fill over 100 water balloons in seconds. Genius.

Simply attach the bulk balloon-maker-thing (I have no idea what else to call it) to the backyard tap, place a plastic laundry basket underneath, and turn the tap on. Voilà! – Those bad boys will be filled within seconds and you'll have a whole basket full of ammunition for summer water wars.

So if you're planning a trip to Oz anytime soon, remember to keep it simple with water play fun and coat the babes in sunscreen. Oh, and just one final word from the wise – constantly remind your toddler to keep the water balloons well away from any nearby infants. Been there. Done that. Had the tantrum. Got the t-shirt.

Contact Steph on:

www.wordsbywanless.com.au
stephaniewanless@gmail.com



RAISING KIDS IN Oz

By Mel Michie, Australian writer and mum



Australia is a great place to raise a family. We have a 6-year-old boy and an 11-month-old girl and we love being outdoors. We live in Shellharbour, 1.5 hours south of Sydney on the coast, in the Illawarra. We are lucky as the climate is mild all year round, averaging 17 degrees in the winter and 27 degrees in the summer. Saying that, we have had a particularly long, hot summer this year; the temperature hit 40 degrees in March (which is autumn for us). A warmer climate can present challenges when it comes to your kids.

Where's my hat?

When getting the kids ready for their day, there's one item that can't be left out of a school or nursery bag, and that's a hat. Sun safety is drilled into kids from a young age and schools have a 'no hat, no play' policy. We put on sunscreen (SPF 50+) before we walk out the door and it's re-applied throughout the day.

Got a thirst

Keeping the kids hydrated is important and water bottles are an essential addition to the kids' bags. On particularly warm days we put ice cubes in water bottles.

Keeping it cool

Air conditioning is a relief on a hot day. Our home, son's school and daughter's nursery are all air conditioned. When waiting in the school car park I often leave the air conditioning running in the car to keep my little girl from melting.

Heading to the water

We go to the local pool or the beach to cool off on the weekends. We try and stay out of the sun in the middle of the day when it's hottest. The kids wear swimming rashies (rash vests) to protect them from the sun. Our baby girl wears a hat in the water too. As well as being protected from the sun, we want our kids to be confident in the water. Our son has been learning to swim for two years and our daughter will start lessons when she's a little older.

'Mum, there's a spider!'

Living in a warm climate means creepy crawlies are about. This can be a challenge when it comes to curious kids. Even though we have flyscreens on our doors and windows, some bugs still make their way indoors. We live in the suburbs and get spiders, flies, cockroaches, beetles, snails, slugs and ants. There's a can of mozzie repellent in our cupboard – it's a must when spending time

outside on a warm summer's evening. A rolled-up newspaper or flip flop usually takes care of a cockroach. And we have a rather shy blue-tongue lizard living behind our garden shed. Fortunately, they like to eat snails and slugs.

When it comes to spiders, our son knows what to look out for and we have a rule – 'if you see a spider, come and tell us'. Most are harmless, but you do need to be careful, especially with a baby crawling around. My husband is good at relocating the big spiders outside but unfortunately sometimes they do return. If we leave shoes outside, we check them before putting them on to make sure no uninvited guests have moved in.

So, when it comes to raising kids in Australia you just need to be sensible in the sun and mindful of the bugs.

Contact Mel on:

melmichie@hotmail.com



Upcoming Family Theatre



Déda • 01332 37091 • www.deda.uk.com



LAURA WALL: HAPPY BIRTHDAY GOOSE

Friday 8 June, 11am

Goose is a loveable, likeable bird. He is highly curious, slightly clumsy and very silly, but with a VERY big heart. Families will be met by the Goose character and then enjoy an interactive book reading with the author Laura Wall. The event includes party games, Goose cupcakes and a party bag with a signed book for every child.

Tickets £7

Ages 6 & under



MISCHIEF AND MYSTERY IN MOOMINVALLEY

Sat 9 June, 11am, 1pm & 3pm

Discover the world of the Moomins where anything is possible. Join us on an unforgettable journey to Moominvalley where everyone is welcome, nature thrives and adventures are plentiful. Based on the much-loved novels by Tove Jansson Expect snow, surprises and plenty of Moomin mischief! Audience members have a snowball fight, toast marshmallows around a fire, and go sea-swimming.

Tickets £10



BEACH PARTY

Friday 13 July, 7-10pm

It's time for some fun in the sun, so grab your shorts and sunglasses and join Hubbub for their annual Beach Party club night. Everyone is welcome, especially those with moderate learning difficulties and their friends and families and dressing up in beach gear is encouraged.

Tickets £10

Derby Live • 01332 255800 • boxoffice@derby.gov.uk • www.derbylive.co.uk

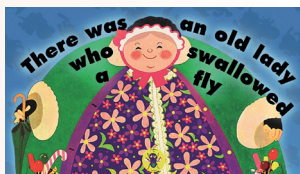


Celebrating the Harry Potter Books with Fleurble Laffalot (Part of Derby Book Festival)

Saturday 2 June

Join Fleurble Laffalot for a family friendly journey through JK Rowling's much loved Harry Potter books. Discover fun facts about the books, take part in the Sorting Ceremony, Care of Magical Creatures, spells, potions ... and much more. For anyone who has ever wanted to explore the magical world of Harry Potter books.

Tickets £4.50



There Was an Old Lady Who Swallowed a Fly

(Part of Derby Book Festival)

Guildhall Theatre

Sunday 3 June, 2pm

One of the world's best loved nursery rhymes is brought to life in this magical show with a feast of sing-along songs, colourful animal characters and heart-warming family fun.

Suitable for ages 2-7.

Tickets £12 Concessions £10 and family tickets available.



Babbling Vagabonds' A Wild Walk: The Golden Thief

Markeaton Park Craft Village

Thursday 9 – Saturday 11 August

Discover the rascal who has been stealing the King's apples. Pit your wits against riddlers, puzzle makers and a tricky wolf, to see if you can discover The Golden Thief of Markeaton Park. This is a show for all the family, BUT... this is an outdoor theatrical walk and will take about an hour to complete. Please come prepared with outdoorsy things.

Tickets £5 in advance (£8 on the day), under 3s FREE.



Nick Sharratt's Big Draw-Along

Tuesday 29 May

A practical afternoon for young book and illustration enthusiasts in the company of the much-loved children's writer and illustrator. Audience members are invited to bring pencils, paper and something to lean on!

Age guidance: 6+.

Tickets: £12 (£10 concessions)

Family Ticket: £36

Ugly Duckling

Thursday 31 May

Presented by Northern Ballet, a wonderful re-telling of the famous Hans Christian Anderson fairy-tale, a perfect opportunity for little ones to enjoy live ballet, music and theatre for the first time.

Age guidance: 3+.

Tickets: £10 (£8 concessions)

The Selfish Giant

Saturday 9 June

A fantastic family theatre production for all ages packed full of original music, puppetry, magic and adventure.

Age guidance: 3+

Tickets: £10 (£7 concessions)

Kubla Khan

Saturday 16 – Sunday 17 June

An intimate and interactive multi-sensory performance based around Coleridge's acclaimed poem, suitable for young people with profound and multiple learning disabilities (PMLD), those on the autism spectrum and young people who are deafblind (with or without any cognitive impairment).

Sat, 10.30am Deafblind, 1.30pm Autism,

Sun, 10.30am Autism, 1.30pm PMLD

Tickets: Young person and carer joint ticket £14, Observer Ticket: £5.

Holiday

Wednesday 25 July – Sunday 5

August

A perfect summer treat for ages 3-5 and their grown-ups which, through the magical power of imagination, explores the whole concept of 'being on holiday' with a free ice cream with every ticket.

Age guidance: 3+

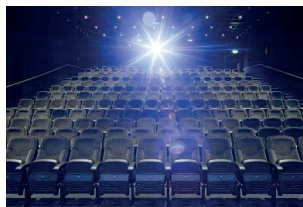
Tickets: £10 (£7 concessions)

Family Ticket: £30



Cinema

For parents and babies



Showcase Derby Cinema de Lux

Intu Derby, DE1 2PL

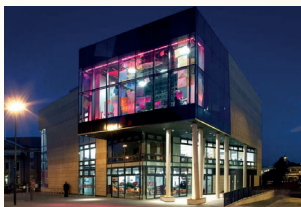
Parents can enjoy the latest films in a convenient and baby friendly environment.

All tickets are £5 and can be purchased from the box office or online.

For more details see website:

www.showcasecinemas.co.uk

For little ones



QUAD,

Market Place, Derby, DE1 3AS

Cine Kids are family focused film screenings every weekend and during the school holidays.

All tickets are £3.50 for Cine Kids Club members (which includes the whole family and their guests).

Non-members welcome too.



ODEON Derby,

Meteor Centre, Mansfield Road, Derby, DE21 4SY

ODEON Kids screenings Saturdays, Sundays and every day in school holidays. Tickets cost just £2.50 each.

For little people and grown-ups alike.

Book online - No Fees Box office 0333 006 7777

déda has a FAMILY FRIENDLY café bar on site with a fun-filled toy box, books and delicious children's menu! We do party packages too!

Goose

Yum!

Derby Book Festival
'Happy Birthday Goose'
Friday 8 June 11.30am

Over 50 classes a week for all ages and abilities

Play Dance Move!

Egg Box Theatre
'The Moon and Me'
Saturday 16 June 11am, 1pm & 3pm
An interactive show about friendship & sharing for 2 - 5 year olds!

Lost and Found
'Mischief and Mystery in Moominvalley'
Saturday 9 June
11am, 1pm & 3pm

FREE Monthly Storytime sessions with Usborne Books

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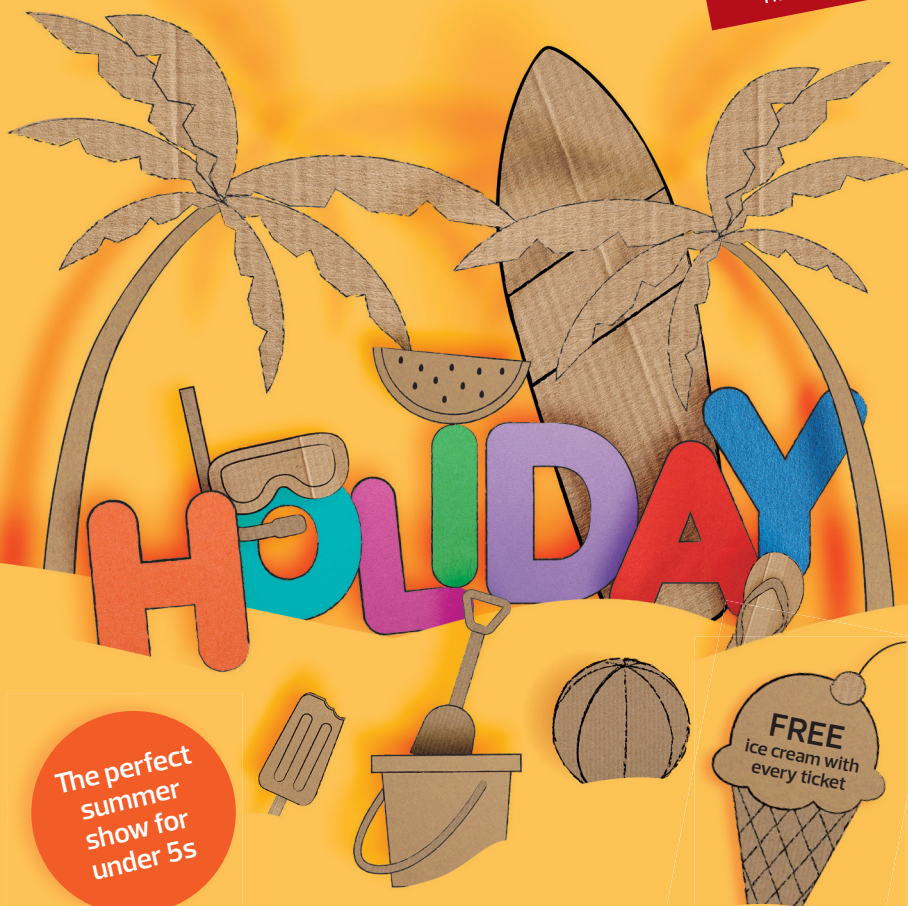
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