

FREE



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SURROUNDING AREAS

THE ESSENTIAL HANDBOOK FOR LOCAL FAMILIES

ISSUE 7

JAN / FEB 2019



# Hello and welcome to the 7th issue of Boom Magazine.

From now on we will be publishing every two months!

This January we are focusing on wellbeing. Inside you will find an article on *Fitness*, and one on *Yin Yoga*.

After a busy Christmas season, we hope you find time to relax, make a cuppa, put your feet up and read about how to: *Destress Family Mealtimes, Bounce Back from Bad Parenting Days*, and make yummy *Veggie Nibbles* for the kids.



You can also read about a first-hand experience of raising children in freezing temperatures in *Into the Cold with Kids*.

Please use and enjoy the *Timetable of Groups and Classes* as well as our *Inspiration for Winter Days Out*, where we've focused on free and lower cost activities.

Finally, please check out the Upcoming Family Theatre listings and use the Coupons for all our amazing local businesses! Happy New Year!

*Jo & Sascha*

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### Sascha Landskron and Jo Leigh

Editors of Boom Magazine and local mums

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# BOUNCE BACK FROM BAD PARENTING DAYS



By Jacquie Hawkins, mum of two and health writer

## All families have awful days, or even weeks, often without any obvious reason. We hope these mantras help make the next one a better one.

Being a parent is a rollercoaster ride. It's a lot of fun, but it's also scary and relentless, with lows that can come out of nowhere.

What a 'bad' day looks like is different for everyone, but you probably know what it means for you. You're in a bad mood and the kids won't stop whining. You lost your &\*!^ because you just couldn't stand how long it takes to get out the door.

Maybe you screamed at your child, when you always swore you wouldn't. Then you went to bed feeling rotten, and woke up cranky the next day, because you had to do it all over again.

We'd love a magic wand to make bad days go away, but the truth is, all families have fights and disagreements. The best we can do is cherry-pick a few mantras from experts. We hope they help you put rough patches behind you, so you can enjoy the ride again.

## Change will only start with me

When days start going downhill, you can't expect your three-year-old to fix it. 'The first thing we always say is, let's deal with the parent's stress,' says Staffordshire child behaviour coach Ruth Edensor ([www.childbehaviourdirect.com](http://www.childbehaviourdirect.com)). She explains that stress makes parents more shouty and authoritarian, which children react to by behaving badly. Try getting everyone out for a walk, taking the kids to the park, putting some music on or learning some calm breathing exercises – anything (except tequila shots!) to help you approach problems calmly again.

## I can communicate better

The average toddler hears the word 'no' around 400 times a day – that's enough to make anyone a bit peevisish! While 'no' has its place, sometimes there's a better way to say things. For example, rather than tell children not to jump on the settee, we can explain to them how we'd like them to sit, says Ruth. And if they want to go to the park, but we know the supermarket is calling, we can say, 'yes, that's a lovely idea – let's see if we can do the shopping quickly

so there's time on the way home'.

## Right now, everything's OK

Who here has watched their toddler throw a tantrum and thought, 'they're going to be a terrible person when they grow up?' 'It's as mad as worrying about your seven-month-old still crawling when they are 50, and yet it happens!' writes Oli Doyle in his book *Mindful Parenting* (Orion, £12.99). His argument – and that of hundreds of thousands of mindfulness advocates – is that worry only overwhelms us when we give too much importance to the past or the future. So sit and think, is anything wrong right at this very moment? Or am I worrying about something that hasn't happened yet?

## Tomorrow, I'll do a bit less

Who wouldn't get stressed when there's ballet lessons in five minutes' time, then a playdate, followed by a trip to the supermarket, swimming lessons, home-cooked dinner and reading practice before bed? Doing too much is a huge cause of family tension, says Rich Seal from family support charity Home-Start Derby. It takes courage to do less, but your children might

thank you. 'Play doesn't have to be anything expensive or over challenging – just the chance to explore new things,' says Rich.

### **I will put down my phone and listen**

Parents whose phone is constantly interrupting their play or conversations with their children are more likely to face difficult behaviours, according to research by the University of Michigan and Illinois State University published in *Pediatrics Research* this year. We've all been there ourselves. Sometimes (but not always) the fastest way to stop the

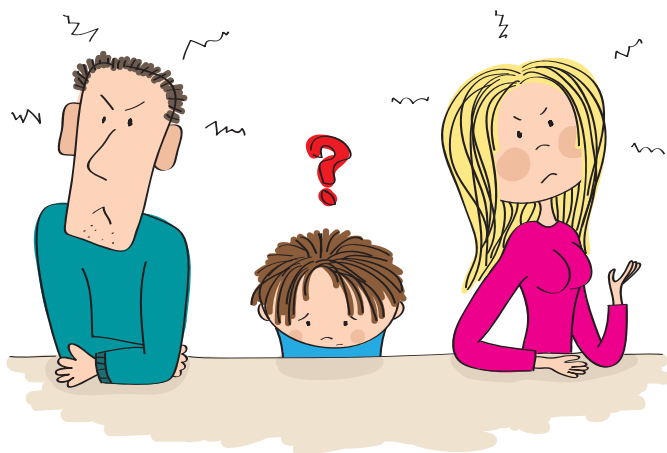
stress is to put down our phones, turn around and listen.

### **I am not alone in this**

It's completely normal for a parent, on occasion, to have low patches, says Rich. 'It is such a dramatic transition point in people's lives, and the shock and workload that having children has is commonly felt daily.' Charities like Home-Start are there to support you without any judgement. So do reach out – resentment can often be resolved before it becomes ingrained.

### **We can do better tomorrow**

When you go to bed, tell yourself you've had a bad day, not that you're a bad parent, says Ruth. In the morning, you can try things differently. 'You can say, "Hey that wasn't very nice yesterday, was it? Let's do it better today;"' says Ruth, and explain what everyone needs to do. 'Unhappy families manage bad days badly, which drives disconnection and resentments,' says Ruth. 'Happy families manage them well, which drives connection and understanding.'



### **USEFUL NUMBERS**

**Home-Start Derby**  
**01332 742 619**

**PANDAS**  
**pre-and postnatal**  
**depression support**  
**0843 289 8401**

#### **NOTE:**

This article is not intended to replace professional advice. We recommend talking about any concerns to your GP, health visitor or another trained professional.

# HOW TO DE-STRESS YOUR FAMILY MEALTIMES



By Sascha Landskron, BSc., MSc. local mum and paediatric dietitian

**Most of us worry about our kids' eating at some point and many parents feel stressed at family mealtimes. Sometimes it's difficult to tell the difference between normal eating behaviours and those that are problematic and require professional help.**

## **What's normal:**

**It's normal for babies to pull faces when trying foods.** It's because they're having a new sensory experience, not because they don't like the food!

**It's normal for babies to have a gag reflex when learning how to eat.**

Gagging is a natural reflex that protects them from choking. Choking is when they are unable to breathe, talk or cry and require first aid. A paediatric first aid course is essential and will teach you what to do if your little one chokes. .

**Fussy eating is a normal stage of toddler development.** After their first birthday, kids tend to refuse new foods. This is called the Neophobic Phase and helps protect children when they become more mobile and have access to more danger. Help your child work through neophobia by allowing them to explore and play with their food, and let them see you eat and enjoy the same meals.

**It's normal for babies and toddlers to make a mess when they are eating.** Pull up those cream carpets in the dining room, or cover them with a mat or towel!

**It's normal for children to prefer sweet and brightly coloured foods.** In nature, they tend to be the more nutritious fruits.

**It's normal for toddlers to refuse green or bitter flavoured foods (such as vegetables).** In nature, a bitter flavoured food is more likely to be poisonous.

**It's normal for young children to spit out new foods.** The fact they tasted a new food should be praised. Always focus on the positive and ignore the bits of the behaviour that you don't like. They may decide to take another bite.

**It's normal for children's appetite to vary with activity.** Active kids tend to eat more than more sedentary children.

**Your child will eat less if they are tired, stressed, unwell or teething.**

Don't expect them to eat huge and varied meals at these times. Ensure they are well hydrated and offer easy to eat, healthy foods such as: yogurt, porridge, tepid soups and fruit purees for a few days, until they're feeling better.

## **When to ask for help:**

- If your baby or child is losing weight or has dropped two centile spaces in their Red Book weight chart.
- If family meals routinely take longer than 30 minutes to eat **and** your child is not enjoying themselves.
- If you find yourself always begging, bribing, scolding or yelling at your child to get them to eat.
- If your child has: reflux, allergies, autism, developmental delay or was born premature they are more likely to be fussy eaters and may require specialist input. Speak to your Health Visitor, GP, Paediatrician or Paediatric Dietitian for more help.



### Simple advice for a complex problem,

- Some fussy eating develops because as we offer a preferred food when our child refuses a meal, just to get them to eat something. This reinforces the fussiness because it's a reward for refusing a meal. Instead, always offer a preferred healthy food next to the meal, so you can rest assured that they will eat something nutritious.
- Offer three small meals and two or three snacks for toddlers each day. They have tiny tummies and may need to refuel more often than adults.
- Some children will tolerate vegetables hidden in other foods (e.g. blended into spaghetti bolognese) and some will not. Take a look at

James' Veggie Nibbles recipe on page 9 for a yummy way to make vegetables fun!

- Children eat because the food is important or tasty to them. They do not eat because the food is good for them. You can help your child develop an interest in food by cooking together, or register for a children's cooking class such as Cook Stars.
- I recommend that you talk about food, read books about food, watch food TV programmes and discuss the colour, texture and function of different foods, whenever you can. These activities help your small child develop an interest in new foods.

**The vast majority of fussy eaters are a healthy weight for their height and age, which can make it feel like a hidden disability when you are really worried about them. In the next issue of Boom I'll discuss my tried and tested, research-based process for encouraging small children to try new foods.**

**Bon Appétit!**

*Sascha*



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# VEGGIE-FILLED FINGER FOODS THE WHOLE FAMILY CAN ENJOY...

By James Leigh, local dad



It seems like yesterday that I was cooking up baby-led weaning recipes for my son. Five years on, and I find myself back to batch cooking some of his first favourite finger foods for my seven-month old daughter. We had all forgotten just how tasty these Veggie Nibbles are. Plus, they are so simple to make, and full of the good stuff! We often find ourselves picking from the batch in the fridge, warming them up and gobbling them down as a healthy bite. Best of all they are a lovely size and consistency for little hands and mouths.

You can adapt the recipe to include other veggies, such as courgette, onion, cauliflower or mushroom. A tsp of herbs or garlic, a swizzle of pepper or a sprinkle of parmesan cheese can be added in with the mixture for an extra bit of flavour.



## JAMES' VEGGIE NIBBLES

Batch cook, freeze and enjoy!

(This recipe makes about 30 Nibbles)

### INGREDIENTS

- 1 large carrot, peeled and grated
- 1 large broccoli head, grated
- 1 large sweet potato
- 4 slices of bread, grated
- 250g cheddar cheese
- 2 eggs

### METHOD

1. Pre-heat oven to 180°C/gas mark 5.
2. Bake the sweet potato in oven for 30 minutes.
3. Peel and mash the cooked sweet potato into a large bowl.
4. Add the grated carrot, broccoli and bread.
5. Break the eggs into the mixture.
6. Bind the whole mixture together with spoon.
7. Press a small amount of the mixture into each hole of mini muffin trays, or roll into balls and place apart on a greased baking tray.
8. Bake for 25 mins at 180°C/gas mark 5.

# Inspiration for Winter Days Out

Here's a list of FREE or lower cost (under £5) activities to keep little ones entertained in the winter months!

## Winter walks:

These are Boom's favourite walks with stunning scenery...

- Bow Wood
- Oxbayes Wood
- Cromford Canal
- The Nutbrook Trail
- Chatsworth
- Belper Parks Nature Reserve
- Duffield Millennium Meadow
- Shining Cliffs Woods in Ambergate
- Holbrook Fairy Door
- Dukes Quarry in Whatstandwell
- High Peak Junction
- The Chevin
- Padley Gorge
- Thor's Cave
- Wyver Lane
- Monsal Trail

*(all of these details and locations can be found within previous issues of Boom Magazine- go to [www.boommagazine.co.uk](http://www.boommagazine.co.uk))*

## FREE

Derby Museum  
Hassop Station bike trail and café  
Library story times  
Matlock Meadows Farm (Thurs-Sun)  
Monsal bike trail  
National Stone Centre and High Peak Trail, Wirksworth  
High Peak Junction bike trail and climbing on the railway carriages  
Yorkshire Sculpture Park (just pay parking)

## FREE EVENTS

Stargazing at Alvaston Park Saturday 2 February, 5-9pm  
Peak Rail Matlock, Kids go free, 19 & 20 February

\* Cost listed is for entry for one adult. Prices correct as of December 2018



## Parks and Play Areas:

- Croots Play Area with its tractor and playground and outside tables to sit and enjoy their coffee and cake
- Allestree Park for its lake to toddle or scoot around and woods to explore
- Bargate Road Rec for its climbing wall, zip line and space to run
- Belper Memorial Garden for its space to run and pretty gardens



### Under £5\*

- Bluebells Farm (Free for under 2 years)
- East Midlands Aeropark (Free for under 5 years)
- Re[Space] café in Milford interactive floor Mat
- Highfields Happy Hens (Free for under 2 years)
- Matlock Bath Aquarium (Free for under 5 years)
- Nature Tots: Whistlestop Centre, Matlock Bath & Wildlife Discovery Room, Carsington Water
- Swimming - at your local leisure centres (Free for young children, age limits vary)
- Jumping Clay FREE Story Time, optional themed craft session, Markeaton Craft Village

### Soft Play Centres:

Here are some of the most local and our readers' favourites...

- Chucklebutties *Belper*
- Dinky Dinos *Heanor*
- Lanky Bills *Langley Mill*
- The Playmill *Bonsall*
- Tree Top Tumble at Masson Mill *Matlock Bath*
- Treetops Activity Centre *Riddings*
- Scotland Nurseries Garden Centre *Tansley*
- Peak Adventure *Rowsley*

- Belper River Gardens for its ducks, bandstand and large playground
- Carsington Water Reservoir for its toddler playground, sailboats, ducks and museum
- Darley Park for its open space, sensory garden, play area and café
- Holbrook Rec for its modern play equipment
- Beaurepaire Gardens for its water features

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# 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](mailto: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)  
BY DONATION

### **Woodlanders Family Forest School**

Shining Cliff Woods  
10am-12pm (All ages) • BOOK  
Once a month, check website for dates.

### **Woodlanders Saturday Club**

Shining Cliff Woods  
1-3pm • (6+ yrs) • BOOK  
Once a month, check website for dates.

MONDAY

### **Mini Moos Toddler Group**

Vanessa's School of Dance  
10am-12pm  
(6m-4yrs) • PAYG

### **Twistin Tikes**

Musical fun and play designed for 3-5s  
Belper Community Hall  
9:45-11:30am  
(All ages welcome) PAYG

### **Come and Play**

Early Years Centre  
10-11:30am • BY DONATION

### **Bellebambino Baby Massage**

Alton Manor Day Nursery  
1:45-2:45pm  
(0-12m) • BOOK

### **Creation Station: Little Explorers**

Busy Bees Nursery - Gibfield Lane  
10-10:50am  
(15m-5yrs) • BOOKING ADVISED

### **Rhyme Time**

Belper Library  
2-2:30pm  
(0-3yrs) • FREE

### **Woodlanders Forest School: Babes in the Woods**

Shinning Cliff Woods  
9:45-11:30am • PAYG

### **Jelly Roles Drama Club**

Arthur's  
4:30-5:15pm  
(2-7yrs) • BOOKING PREFERRED

### **Relax Kids Derbyshire**

Vanessa's School of Dance  
5-6pm  
(4-9yrs) • BOOK

TUESDAY

### **Twistin Tots -**

Musical fun and play for 0-5s  
Belper Community Hall  
9:45-11:45am  
(All ages welcome) PAYG

### **Baby and Toddler Spanish Lessons**

Fleet Arts  
9:45-10:45am  
(0-4yrs) BOOK

### **Stepping Stones - Creative child led playgroup**

Early Years Centre  
10-11:30am  
(All ages welcome) • PAYG (By Donation)

### **Tiny Talk**

The Fit Pit  
10-11am Toddler Talk (Walking - 4yrs)  
11:15-12:15 Baby Signing (0-18m) • BOOK

### **Chucklebutties Toddler Tuesday**

Belper Mills  
9:30am-12:30pm (term-time only) • PAYG

### **Twistin Tinies**

Musical fun and play for ages 0-18months  
Belper Community Hall  
1:30-2:40pm • PAYG

### **B.E.A.R.S. Breastfeeding Group**

Early Years Centre  
1-2:30pm  
FREE

### **Sunshine Tiddlers**

Stay and Play Drop In  
High Woods, Sandbed Lane  
11am-2:30pm  
(0-4yrs)  
PAYG

### **Sunshine Forest School and Nature Club**

High Woods, Sandbed Lane  
4-6pm  
(7-11yrs)  
PAYG

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What's Cooking?  
Mini Pizza Quiches

**Ingredients**  
1 tortilla wrap  
3 eggs  
4tsp sweetcorn  
30g cheddar cheese  
2 cherry tomatoes

### Instructions

- 1) Using a circular cutter, cut 4 circles from the tortilla wrap.
- 2) Push each of these circles into a muffin tin to form a case.
- 3) In a bowl, whisk the egg.
- 4) Grate the cheese and mix with the eggs.
- 5) Divide the sweetcorn and put equally in each case.
- 6) Pour the mixture evenly into each case.
- 7) Cut the tomatoes in half and put on top of each pizza quiche.
- 8) Cook in a pre-heated oven at 160°C fan/ 180°C/ Gas 4 for 15 minutes.

[www.cookstars.co.uk](http://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.

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

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Booking essential, call Jacqui 07977 578359 to reserve a place.



**THE FILLING STATION**

**FREE HOT DRINK**  
with any Sandwich, Panini or Toastie  
Expiry: 1st March 2019



## What's Cooking? Coconut Cookies

### Ingredients

- 60g sugar
- 55g butter
- ¼ tsp baking powder
- ¼ tsp salt
- ¼ tsp vanilla extract
- 60g plain flour
- 20g desiccated coconut

### Instructions

- 1) In a bowl, cream together the sugar and butter.
- 2) Next add the baking powder, salt and vanilla extract.
- 3) Finally add the flour and mix together into a dough.
- 4) Measure out the desiccated coconut and put onto a plate.
- 5) Divide the mixture into five pieces and roll each piece into a ball. Flatten slightly and roll into the coconut until it is covered all over.
- 6) Place apart on a baking tray.
- 7) Put in the oven at 180°C/ Gas 4 for around 8-10 minutes.
- 8) Cool on a cooling rack for 5 minutes.

[www.cookstars.co.uk](http://www.cookstars.co.uk)

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

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## WEDNESDAY

**Derbyshire Toy Library Stay and Play** ▶  
(incl Parents of Multiples Society - POMS)  
Belper Community Hall  
9:30-11:30am • PAYG

**Gymkids: Pre-school Gymnastics**  
Belper Leisure Centre  
9:25-10:10am (9mo-3yrs) PAYG  
10:20-11:05am (3yrs+) BOOK

**Special Friends Playgroup**  
(for children with additional needs)  
2nd Wednesday of the month, term-time,  
Early Years Centre  
9:45-11:30am  
(0-5yrs) • FREE

**Fitness, Core & Pelvic Floor  
Postnatal Pilates** ▶  
The Fit Pit  
10:15-11am  
(babies welcome)  
BOOK

**Pregnancy and Postnatal Pilates** ▶  
The Fit Pit  
6:30-7:30pm • BOOK

**Creation Station: Baby Discovery** ▶  
Busy Bees Nursery - Gregory's Way  
1:15-2pm  
(3m-2yrs) • BOOKING ADVISED

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

**Little Sage Kids Yoga** ▶  
Sage Yoga, Unity Mill  
4:15-5pm  
(4-7yrs)  
BOOK

## THURSDAY

**Baby Ballet Derbyshire Central**  
Vanessa's School of Dance  
Tinies (18m-3yrs) 9:30am BOOK  
Movers (3-4yrs) 10:15am BOOK  
Tappers (3yrs+) 10:50am BOOK

**Little Sage Baby Yoga** ▶  
Sage Yoga, Unity Mill  
9:45-11am (crawling-walking)  
11:15am-12:30pm (8wks-crawling)  
BOOK

**Prams and First Shoes Meet-Up**  
St Mark's Church  
9:30-11:30am  
(0-3yrs) • FREE

**New Life Tots**  
New Life Church  
10am-12pm • PAYG

**Young at Heart Intergenerational  
Play Group** ▶  
Spencer Grove Nursing Home  
Check FB page for updates  
10:30am-12pm • (0-5yrs)  
PAYG (BY DONATION)

**Baby Colledge** ▶  
Fleet Arts Centre  
Toddlers (9m-2yrs) 9:30am  
Infants (0-9m) 10:30am  
BOOK

**Little Sage Pregnancy Yoga** ▶  
Sage Yoga, Unity Mill  
7:15-8:30pm  
(14+ wks) • BOOK

**Little Sage Kids Yoga** ▶  
Sage Yoga, Unity Mill  
4:30-5:15pm  
(8-11yrs) • BOOK

## FRIDAY

**Baby Sensory for 0-13 months**  
The Lion Hotel  
10am, 11:15am and 12:45pm  
BOOK

**Natural World**  
Early Years Centre  
10:30am-12pm  
BY DONATION

**Mums and Babies Postnatal &  
Pregnancy Pilates** ▶  
The Fit Pit  
10:30-11:45am • BOOK

**Little Sage Kids Yoga** ▶  
Sage Yoga, Unity Mill  
11am-12pm  
(18m-5yrs) • BOOK

**Creation Station: Little Explorers** ▶  
Busy Bees Nursery - Gibfield Lane  
10-10:50am  
(15m-5yrs) • BOOKING ADVISED

**Belper Buggie Babes** have regular meet-ups, see their fb page for details of the next outing.

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

# THE YIN YOGA REVOLUTION

By Laurie Lowe - Yin Yoga Teacher

**Yoga is becoming ever more popular and there are many types on offer. Local Yin yoga teacher Laurie Lowe explains how this form of yoga is particularly beneficial for stress relief and mental well-being.**

The Yin Yang symbol dates back to ancient China and represents the belief that everything in the universe consists of two forces that are opposing but complementary. Yin is associated with darkness, cold and the female aspect, and yang is considered to be light, hot and masculine.

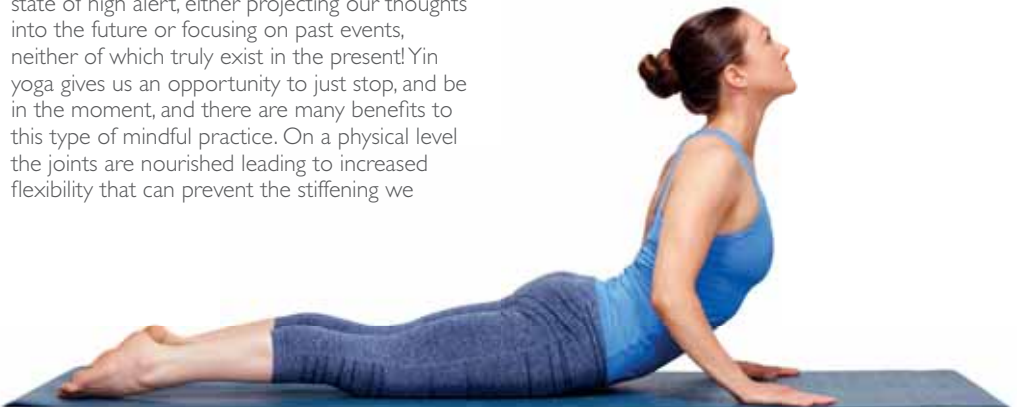
Yin yoga is the exact opposite of most yang styles of exercise in the modern western world, which mainly focus on power, stretching and strengthening the body. Yin yoga is a slow, soft and steady practice where we work with gravity to release and “let go” into a particular yoga stances or poses, with the minimum amount of muscle engagement. Poses are designed to encourage the flow of chi (or energy) in the body. The healing power of yoga is based on the theory that we have channels of chi flowing through all our tissues and bones, promoting health and vitality.

We can practice Yin yoga at any time, even if our energies are low, and it can help us to relax at a much deeper level, relieving stress and easing anxiety. Most of us rush through life in a constant state of high alert, either projecting our thoughts into the future or focusing on past events, neither of which truly exist in the present! Yin yoga gives us an opportunity to just stop, and be in the moment, and there are many benefits to this type of mindful practice. On a physical level the joints are nourished leading to increased flexibility that can prevent the stiffening we

often experience as we age. Psychologically, we can learn to observe our emotions as they arise and we may in turn experience an increased sense of empathy towards others and most importantly compassion for ourselves. Yin yoga has seen a huge growth in popularity over the last couple of years and I strongly believe this is a reflection of the times we live in. Humanity is suffering as a collective as we experience unprecedented levels of depression, anxiety and stress. By introducing ourselves to the concept of drawing inwards through various methods of breath awareness, we can then observe physical sensations, our thoughts and emotions, and we can learn to truly begin to reside in the present moment. This can lead to a profound shift in consciousness, where we can begin to release from judgement of ourselves and others and we can be more open to giving and receiving love unconditionally, which in turn will positively affect everyone around us and beyond.

Long may the Yin yoga revolution continue!

**Om Shanti**  
**Laurie Lowe, Yin Yoga Teacher**  
**@ Sage Yoga Studio Belper**





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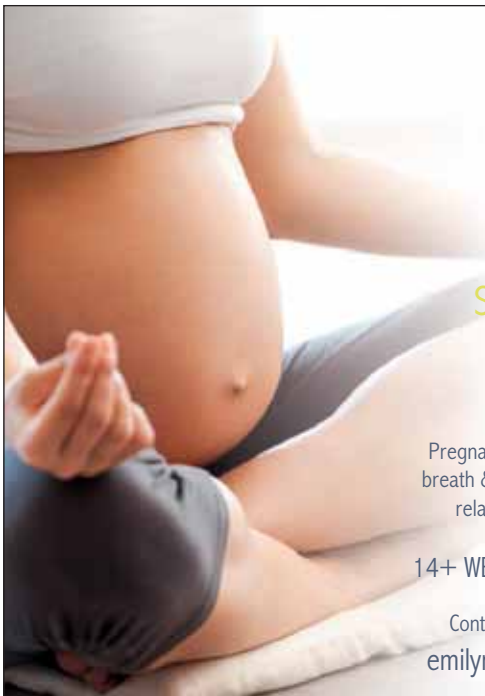
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# FITNESS: MAKE THIS YOUR YEAR TO THRIVE!



By: Stacey Harris, Personal Trainer, Health & Wellness Coach, CIMSPA Practitioner

**What if I said this year you could stick to your health and fitness resolutions, improve your physical and mental health and feel confident in your own body? Sounds great, right? Well you can and it's not as hard as you might imagine.**

For many, getting fit is something we know we 'should' or 'ought' to do. Even if we don't want to do it, we know it's good for us.

My mission is to transform your mindset. To help you see the value of good health and efficient movement and to find enjoyment in it. Being fit and healthy is more than just the way you look. It's the way you feel; it's strength, mobility, posture and self-love.

There are so many benefits to exercise but I'll keep it brief so we can focus on using your New Years' motivation to make this year your year to thrive!

## **How does exercise impact our physical health?**

It's no secret that regular exercise can improve your physical health. It can strengthen your heart and lungs, reduces the risk of coronary heart disease and

type-2 diabetes, improves bone health and can even improve memory and concentration.

## **And what about our mental and emotional wellbeing?**

I'm sure you've heard of 'happy hormones' – scientifically known as endorphins? These are released during exercise and leave us with that post-workout high. Whilst these in particular may be short-lived, regular exercise has been shown to improve mood and outlook in the long-term.

Exercise has also been linked to reduced stress and anxiety. The body's 'fight or flight' system is constantly raging to meet the demands of our day-to-day pressures and responsibilities but stepping out and going for a brisk walk can help us gain clarity and perspective.

## **And the social benefits?**

Increasing your activity level provides new and exciting social opportunities. The chance to meet like-minded people who can share their own fitness journey offering inspiration, tips and hacks to help you on your way.

But most important of all...

Exercise has an incredible impact on your self-

confidence and self-esteem. Shift the focus away from your weight and dress size. Instead, focus on performance goals and living your best life. The rest will fall into place.

Now we know the benefits, let's look at the steps you can put in place to kick-start your journey and make this year your year to thrive:

### **1. Determine your 'why'**

Your 'why' is the real reason you want to make a change. It is personal to you and will become your motivator. Once you've got your 'why', write it down. Only once you've done this can you become unstoppable.

### **2. Get specific; start small and be progressive**

Think about what exactly you want to achieve and how you can measure your progress. Be realistic and write down a long-term goal, then set smaller, progressive goals that are more readily achievable to help you get there.

### **3. Make a plan**

We all lead busy lives so be truthful about the time you can set aside to fit in the gym or a class. Aim for a realistic target and put it into your calendar to hold yourself accountable. This not only makes it easier to plan your

life around your goal, it also creates a routine that soon becomes habit.

#### 4. Be patient and kind to yourself

Results take time, they don't happen overnight. Be prepared for some bumps and detours on your journey and don't be disheartened when they happen. Stay consistent where you can and aim for 'a little better' instead of perfection.

#### 5. Track your progress

Whether you download an app, or jot down distances walked or weights lifted in a paper diary, or take photos to see the ways in which your body is getting stronger and fitter, tracking the progress you've made is key to staying motivated.

#### 6. Enjoy it

If you don't enjoy what you're doing, then you're less likely to keep it up. Try your hand at gym classes; go dancing, swimming, cycling or running, try yoga or Pilates. Look for local sporting events and convince your friends or family to get involved with you.

If you're still unsure how to get started, then perhaps getting a personal trainer is an option for you. Offering guidance, advice and that extra motivation if and when you need it most, it may be the best thing you do to kick-start your New Year!

*Stacey*

#### CONTACT ME:

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Please remember to always consult with your GP or midwife before starting a new exercise programme.



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# INTO THE COLD WITH KIDS A CANADIAN WINTER EXPERIENCE



By Eric Lorenz Landskron, Canadian Dad

## Raising kids in an extremely cold climate in the city of Calgary is an ADVENTURE.

Weather drives much of what we do (or don't do). All our mornings start with a weather check. First I check the bedside thermometer, which shows both the inside and outside temperatures. Then a quick glance at my mobile phone to see how the day's temperature will be changing. We like to get outside with the whole family as much as possible. When it's cold we need extra layers, extra time, and some indoor escapes planned. If it's nice and sunny, well the world is your oyster... I mean as long as you like oysters on ice!



When it's very cold (-15°C to -30°C), we aim for an outing that is house or warehouse centric. This is a great time

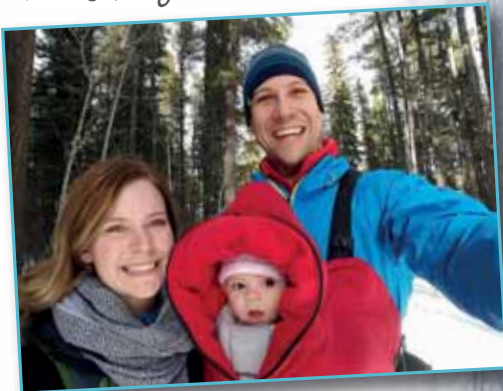
to drop in on a friend and catch up, drink coffee and let your kids play tug-o-war with toys. I relate it to what someone who lived by the ocean once said to me, 'If you want to do nothing, but at the end of the day say you did something, you go to the beach.' A playdate is like a day at the beach, you can go and do essentially nothing but socialise and still feel satisfied about accomplishing an outing that day. If it's super cold out but the kids need a run, and you are not trying to buy anything, going to a shopping centre, big warehouse-style store, or a supermarket can be a great way to burn off a little energy. If you know you are using these establishments not for their intended use (i.e. shopping) you can relax and have a little fun chasing your kids as they light up checking out all the isles. This afternoon we are headed to our favorite large Swedish houseware retailer, for a run through the marketplace, maybe a bounce at the bed section and cross-legged sit in the rug section.

When the mercury rises to average winter temperatures (-5°C to -15°C), we make plans for outdoor exploring. Layers are essential. Starting with a nicely lubed bottom, in case a diaper change is not convenient. No baby wants

their derrière exposed to frosty winds! Next, every inch of your child is covered with a fleece layer so no skin shows if clothes shift. Mittens, up to their elbows, are pulled on underneath jackets with hoods, which are great for keeping woolly hats on all day. Then we start our car a few minutes early to warm it slightly, so no one has to sit in an icy car seat. Snowy roads require lots of extra time. Of course extra time requires extra planning, extra clothes, extra food, extra toys, extra everything in case you are delayed and need to keep the troops happy. City parklands are our go-to exploration center. With a river running through Calgary's downtown there are various walkways, paths and plenty of nature to see. When hiking in the mountains, reaching the summit is your goal; a small shift is required when you have kids; so a loop around the park, a couple of rips down the slide, and then off to a shop for a warm-up and a snack is our new summit. Accomplishment is found in what didn't happen, as opposed to what did happen. Any sub-zero outing without a diaper leaking into the snowsuit, or an unexpected wind-chilled day or any frozen fingers is a great win.

Here in Calgary we benefit from Chinooks, which are warm winds that blow in from the western Rocky Mountains. This windy regular irregularity means that what you plan to do with your little ones can change at short notice. When the winter Chinook winds blow and the weather swings by 20°C in a day, and all of a sudden it is 10°C above zero, we head for the mountains and try and soak up as much sunshine and outdoor magic as possible. These days are irregularities so we need to strike when we can. All the planning for cold temperatures needs to be adjusted for this quick turn of the weather. At the end of the day, we just hope our kids are as flexible as we are, and they enjoy their winter adventures.

*Eric Lorenz*





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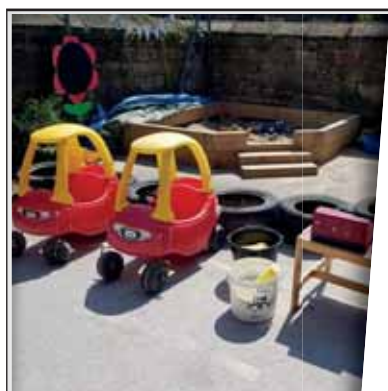
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**Milford Pre-School**

We are open during term time & our session times are...  
9:00 - 12:00 or 1:00 - 3:00  
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(Except on a Friday we are open 9:00 - 12:00)

We accept free government funding for 2, 3 and 4 year olds  
Please contact Amy or Niki on 01332 842913 for more details or to arrange a visit or you can also find us on Facebook.

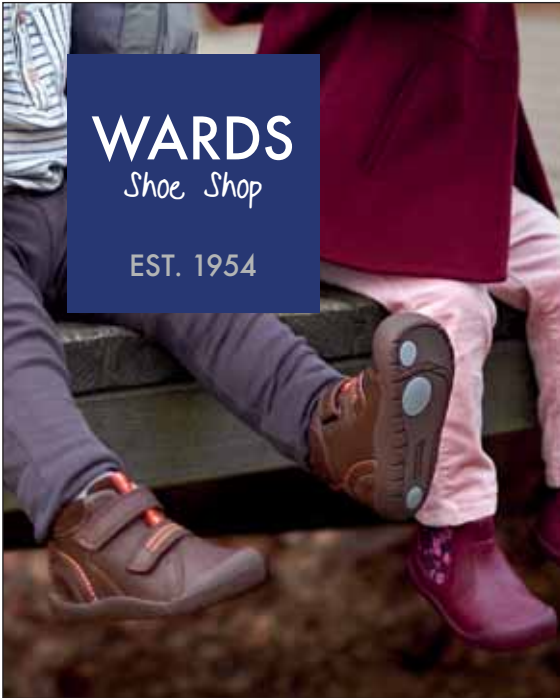
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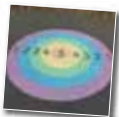
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Sessions run Mon-Fri/9am-12pm and 12:20pm-3:20pm  
Location: C/O Belper School, The bungalow, John O'Gaunts Way, Belper, DE56 ODA Funding available for 2, 3, 4 year olds  
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01332 593939 • 15 Theatre Walk, Derby DE1 2NF • [www.derbytheatre.co.uk](http://www.derbytheatre.co.uk)

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**Guildhall Theatre • Tuesday 22 - Sunday 27 January**

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**Tickets £5.50 - £11.50**

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Audiences are in for a treat as Oddsocks bring their trademark humour, fast-paced action and live music to the legend that is Robin Hood! Join Robin, Little John, Maid Marion and Friar Tuck as they take on some of their hardest challenges to date. A show for all the family.

**Tickets £14 - £18**

### COMEDY CLUB FOR KIDS

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