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ISSUE 11

SEPT / OCT 2019

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# Hello and welcome to the 11th issue of Boom Magazine!

In this issue we focus on starting, or returning to school. You will find information inside about helping your child manage transitions and make friends, as well as information on how to research schools and apply for your child's primary school place. Stumped for healthy packed lunches? We have an article on that too! You will also find a healthy autumn soup recipe. We hope you enjoy Adrian Farmer's history highlights of Belper schools and use the theatre and events listings and the timetable of classes and groups to plan a fun and family-focused autumn. For those of you who are expecting, you can read about tips on

exercising and staying active whilst pregnant. As always, please continue to support our sponsors, the local businesses and services who advertise in Boom, and make this magazine free and accessible for all!

Wishing you a happy and healthy autumn!

*Jo & Sascha*



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### SPECIAL THANKS TO

Cordelia Noble at Photograph My Baby and the new school starters for our lovely cover photo.

You can pick up a copy of Boom at many places around Belper

### INCLUDING

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Sascha Landskron and Jo Leigh

Editors of Boom Magazine and local mums

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Magazine design by:

**45° FORTY FIVE DEGREES Design & Print**

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# Autumn EVENTS

## DERBY MUSEUM & ART GALLERY

### Tots Make and Do

6 Sept - 25 Oct

Friday drop-in sessions during term-time (10-11.30am)

Crafts, games and stories, inspired by their collections, for 2-5 yr olds

### STEAM Tots

Sat 7 Sept & 5 Oct drop-in (1.30-3pm)

Play, make and learn in a sensory exploration of STEAM

(Science, Technology, Engineering, Art and Mathematics) for 2-5 yr olds

### Handing Histories

Tuesday drop-in sessions for families (10.30-11am)

### Retro Arcade Event

Fri 20 – Mon 23 Sept

Booking essential. Day and evening tickets from £10 adults, £7 children, free for under 2yrs

Travel back to a world of retro gaming with a weekend of arcade classics.

### Derwent Valley Mills World Heritage Site Derby Discovery Day

Sat 26 Oct drop-in session for families (11am-3pm)

Follow in the footsteps of Derby's textile trailblazers with a range of making activities.

**FREE (Give what you think)**

## PICKFORD HOUSE MUSEUM

### Crafty Tuesdays

Selected Tuesdays drop-in sessions (10am-2pm)

Tues 29 Oct - Halloween Puppets

Crafty holiday session inspired by Pickford House and it's temporary exhibitions. For children 5yrs+

### Pickford's Plot

(Selected Thursdays)

Thursday 31 October

Nature-focussed drop-in session for families in Pickford's garden (10am-2pm)

FREE - Give What You Think

## EREWASH MUSEUM

### Enchanted Garden

Sat 14 Sept (10:30am-3:30pm)

Celebrate everything fairy themed, meet the Fairy Queen in her magical grotto, see live performances in the museum gardens, make your own fairy keepsakes and more.

Admission FREE, some activities are chargeable.

### Fleet Arts - Lego Workshops

Sat 7 Sept 1-3pm - Booking advised

### Museum of the Moon

16 Sept – 6 Oct

Enjoy a fusion of lunar imagery, moonlight and surround sound at Derby Cathedral. FREE. All ages welcome.

### Harvest Weekend at Cromford Mills

Sat 21 & Sun 22 Sept (10am-4pm)

Celebrate the end of summer and the start of the autumn harvest. Scarecrows, crafts, Folk Friendly and more!

### Bluebells Dairy Space Explorers

Sat 21 & Sun 22 Sept

Channel your inner astronaut and journey through the wonders of the universe Pre-bookings only

### Elvaston Castle – Derbyshire Woodland Festival

Sat 21 & Sun 22 Sept

A celebration of traditional and contemporary woodland crafts, activities, delicious food and unique items to buy. There will be exciting performances from Vikings of Middle England and Arbor (the 18ft tall part-tree, part-man!) Cost: £10 per car, £5 per motorcycle all day, £15 weekend ticket. Payment is cash only.

### Duffield Arts Festival

Sat 21 & Sun 22 September 11:30am until 6pm on the 22nd

Ecclesbourne School

An event for all the family with a vast array of arts and entertainment. Tickets only.

### Woodlanders Forest School

Sun 29 Sept 10am-3pm

Shining Cliff Woods

Campfire cooking for age 6+ and also suitable for adults

## Boom does Boobs (Ladies only event) Sat 21st Sept

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### Derby Festé Events

**Fri 27 Sept & Sat 28 Sept**

Street circus, entertainments and parades

**One Moon**

**Friday 27 Sept 6:30pm**

Over 200 people from across Derby's communities will create a choreographed human wave connecting the spectacular Museum of the Moon to the river Derwent. The wave will be accompanied by music, movement and circus performances from a diverse range of people who live and create in Derby and beyond.

### Fleet Arts - Lego Workshops

**Sat 5 Oct 1-3pm** Booking advised

### Woodlanders Forest School

**Thurs 10 Oct, 10am-4:30pm**

Shining Cliff Woods

Woodland Wellness adult course

### Mr Pumpkin

**Pick your own Pumpkin**

**Sat 12 & Sun 13 Oct, Sat 19 & Sun 20 Oct** and from **Thurs 24 Oct** until Halloween (10am-4pm)

Witches Kitchen cafe, fairground rides, bale mountain, bouncy castle, face painting, etc. [www.mrpumpkin.co.uk](http://www.mrpumpkin.co.uk)  
Free entry.

### Heights of Abraham Spookyshire

**Sat 19 Oct – Sun 3 Nov**

October half term sees the return of the fire pits, twinkling lights, marshmallow toasting and things that go bump in the night. Monster craft activities for young children, and story telling.

### Ecclesbourne Valley Railway

**Wirksworth Model Railway Exhibition**

**Sat 19 & Sun 20 Oct**

Model Railway Exhibitions spread across multiple venues in Wirksworth town. The big trains will be playing their part too!

### Twistin Tots Halloween Themed Sessions

**Week commencing 21 Oct.**

Prizes for costumes throughout the week at classes and sweets for the kids. Normal class prices will apply.

### Kids at Cromford:

**Upcycling Masters**

**Wednesdays 23 & 30 Oct drop-in (10:30am-3:30pm)**

Get creative with recycling and make an upcycled masterpiece!

Suitable for 4yrs+, £2 per child.

### LOVE Belper High Street Pumpkin Trail

**Fri 25 & Sat 26 Oct (10am-4pm)**

Active trail with Halloween-themed competitions and prizes. Pumpkin festival in the memorial gardens.

Dress up in your best Halloween outfit!

### Gulliver's Theme Park Monster Mania

**Sat 26 Oct – Fri 1 Nov**

Monsters are taking over for a spooky season of Halloween fun. Look out for some seriously spooktacular surprises alongside all your favourite rides and attractions.

**Owl Encounters - Tues 29, Wed 30 or Thurs 31 Oct**

### Pumpkin Carving at Cromford Mills

**Sat 26 & Sun 27 Oct (11am-3pm)**

Create your own jack-o-lantern, £3.50 per pumpkin

### Wirksworth Wizarding Day

**Sat 26 Oct (10am-5pm)**

Expect a day of magic and wonder, snakes and owls, broomsticks and trains, with thousands of witches and wizards in their best robes.

### Matlock Farm Park Halloween Spooktacular!!

**Sat 26 Oct- Sun 3rd Nov**

Pumpkin Carving, Witches Workshop, Spooky Tour featuring the legendary 'Headless Horseman', Fancy Dress Competition plus all the usual animal fun.

### Fleet Arts - Children's Art Workshop

**Mon 28 Oct - 10am to 3pm**

Children aged 5-13 yrs

Booking Essential

### Strutt's North Mill

**Halloween Happenings**

**Mon 28 & Tues 29 Oct (10.30am-3pm)**

Crafts, games and spooky thrills.

£3.50 per child with accompanying adults free. [belpernorthmill.org.uk](http://belpernorthmill.org.uk)

### Erewash Museum- Halloween themed crafts and trails

**Mon 28 Oct - Fri 1 Nov (Mon-Fri)**

**Thurs 31 Oct Halloween Party (4-6pm)**

Limited tickets, purchase from the museum  
£3.50 per child including food!

### Crich Tramway Museum Starlight Event

**Mon 28 Oct - Sat 2 Nov (10am-7pm)**

See Crich Tramway Village illuminated and ride the trams in the dark! An exciting programme of activities each day for all the family.

### Learning Through Drama Workshop

**Fleet Arts Centre, Belper**

**Tues 29 Oct (9:30am-3:30pm)**

Fun and engaging speech and drama workshop to encourage communication skills, explore stories, promote teamwork and develop creativity. [learningthroughdrama.co.uk](http://learningthroughdrama.co.uk)

### Science & Discovery Weekend at Cromford Mills

**Sat 2 & Sun 3 Nov (10am-4pm)**

Hands-on science fun for the whole family with special guest visit from the Makory Bus.

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# STARTING SCHOOL

The facts you need to know!

## DATES AND APPLICATION PROCESS

If your child was born between 1 September 2015 and 31 August 2016 they will be eligible to start school in September 2020. You should apply for their school place by 15 January 2020. Decisions will be notified 16 April 2020, National Offer Day.

Applying online is the easiest method and can be done on the county council's website on: [www.derbyshire.gov.uk/admissions](http://www.derbyshire.gov.uk/admissions) - you'll receive an email about your child's school on the morning of National Offer Day. Alternatively, you can complete a paper form which you can get by emailing [admissions.transport@derbyshire.gov.uk](mailto:admissions.transport@derbyshire.gov.uk) or by calling 01629 537499.

Catholic primary schools give admission preference to Catholic children, however applications are very welcome from all parents and carers, regardless of faith or background, who would like their children to be educated in a Christian environment.

## DELAYING WHEN YOUR CHILD STARTS SCHOOL

You have the right to defer admission, or request your child attends part-time, until they reach compulsory school age (5 years old). If your child is summer born (with a birthday between 1 April and 31 August) and you defer their admission, when you apply for the following September, your child would normally start school in Year 1, however you can request they start in Reception; each case is considered individually and your request may not be accepted. Email [admissions.transport@derbyshire.gov.uk](mailto:admissions.transport@derbyshire.gov.uk) or call 01629 537479 for more information.

## VISITING POTENTIAL SCHOOLS

You can access school websites and Ofsted Reports online, but it's important to visit the schools you are considering to help you decide which school will best suit your child and their needs. Call the schools you wish to visit around mid-September and arrange a tour. These usually take place in October, sometimes individually, but often as a guided tour with other parents. You may take your child with you too.

FOR MORE INFORMATION on school admissions...  
Visit [derbyshire.gov.uk/admissions](http://derbyshire.gov.uk/admissions)

## CONTACT DETAILS

for SOME schools local to Belper:

### Ambergate Primary School

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### Kilburn Infant School

The Flat, Kilburn, DE56 0LA  
01332 880449

### Heage Primary School

School Lane, Heage, DE56 2AL  
01773 82188

### Herbert Strutt

#### Primary School

Thornhill Av, Belper, DE56 1SH  
01773 822771

### Holbrook C of E

#### Primary School

Moorside Lane, Holbrook, DE56 0TW  
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### Milford Primary School

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### Pottery Primary School

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### St Elizabeth's Catholic

#### Primary School

Matlock Rd, Belper, DE56 2JD  
01773 822278

### St John's C of E

#### Primary School

Laund Nook, Belper, DE56 1GY  
01773 822995

### Turnditch C of E

#### Primary School

Ashbourne Rd, Turnditch, DE56 2LH  
01773 550304





# SCHOOL TRANSITION

A small step for your child, a giant leap for their confidence



By Debbie Kinghorn, NLP Therapist

**For some of you, your child may be starting school for the first time, for others, your children may be transitioning from one year to the next, or even moving schools. Chances are, it's a nerve wracking time.**

Here at NLP4Kids I'm regularly asked for advice about school transitions. Here are my **TOP THREE TIPS** to help you help your child.

## **Remind your children that change is good.**

Whether we enjoy change or not, it happens and we need it. We need change in our lives in order to grow. Uncertainty (change), certainty (routine) and growth (alternating between change and routine) are part of being a human. Uncertainty or change therefore, gives us opportunity to reach our true potential. We're not born with a fear of change, it's something that develops over time, from social cues and from experience.

As an infant, we take change in our stride, because everything is new. We embrace change. We fall down when trying to walk, but we don't say "this is not for me, I'm going to sit for the rest of my life". No. We embrace the experience, and feel motivated to get up and have



another try. Help your child to recreate these feelings by exploring new experiences together. Help them understand that good and bad experiences give us feedback upon which to base our future actions. Help them develop the 'grit' they need to simply get on with life's ups and downs.

## **Remind them of their brilliance.**

One of my favourite ways to remind children of their capabilities is to keep a 'Confidence Corner' - a place where their accomplishments are displayed and celebrated. A Confidence Corner can be filled with photos of accomplishments (e.g. riding a bike for the first time), images of things that make them feel happy and confident, awards or certificates of achievement and pictures they've drawn of their favourite memories. Each of these reminders is a confidence anchor that reminds them of the brilliant feelings they felt, when they had the experience. Each time they revisit these memories the feelings will build up inside them, until all they need to do is picture the Confidence Corner in their mind to instantly have a feeling of happiness, confidence and pride.

## **Help your child create a personalised superhero.**

When you think of a superhero, what characteristics come to mind? Brave? Powerful? Confident? Based on these traits, who wouldn't want to be a superhero?! Help your child

channel these traits by becoming a superhero themselves. Start by asking questions such as: What would they wear? What special powers might they have? What would their superhero



pose look like? What does their superhero song sound like? Etc. Once they have their superhero in mind, get them to draw it (this picture can also be displayed in Confidence Corner). Get them to

practice their superhero pose and song. A study carried out by Amy Cuddy and associates at Harvard University, found that the link between our bodies and our minds is so powerful that simply standing in a power pose for two minutes can have a significant impact on our feelings of power and confidence.

So, over the next few weeks, months and years - help your child embrace change, celebrate their achievements and power-pose their way to a confident future!





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# MAKING & KEEPING FRIENDS



By Esther Flynn, MRCSLT, MHCP, MASLTIP, Highly Specialist Speech and Language Therapist

## As a Speech and Language Therapist and a parent, social skills and friendships are something I think about all the time.

Picking the right friends, making friends, sorting out arguments, understanding how others feel and act.....it's a mine field for adults sometimes, never mind for children!

It will come as no surprise that children with communication difficulties often find friendships so much harder to cope with. I have often been asked to come into schools to run sessions on social skills and friendships. These sessions are aimed at the children who find things especially hard. However, I am always excited to see how much the other children get out of it too.

We often assume that children will 'pick up' social skills just by being together and making mistakes, and to some extent that's true. However, social skills, friendship skills and social problem solving can also be taught and made clearer for children. The effect of this can have really positive benefits for emotional wellbeing and life-long relationships.

If social, emotional and friendship skills are worked on as a family, then everyone benefits. If I had a pound for every time an adult had approached me after a group or session and said, "I know adults who need to work on this stuff!", I would be a very rich woman!

## KEY AREAS I WORK ON with children are usually getting them to consider:

- **Self-esteem, self-awareness and confidence:** what are the good and special things about me and what do I offer as a friend?
- **Joining in:** how do I choose who to play with and how do I ask to join in when other children are playing?
- **The feelings and behaviour of others:** how do I tell how other people are feeling and understand why they act the way they do, from their facial expression and body language? how do I respond?
- **Solving problems:** how big is the problem? what is an OK way to react? how do I solve this problem? do I need help?

## It can seem like a huge task to develop good friendship skills, BUT MY TOP TIPS WOULD ALWAYS BE:

- **Don't make assumptions about what a child understands and knows about social situations:** talk about how people are feeling and how you know, during everyday circumstances such as when reading stories or watching TV. For example, "I think Mia was feeling lonely and confused when she was left out of the game. I can tell because of her face and body."
- **Practise things children say and do when joining in with games and making new friends.** Role play is usually very effective and children like to see adults looking silly too!
- **Encourage 'de-briefing' about good or bad things that have happened during the day at school or nursery.** This means talking through: what happened, how your child and others might have felt and why they acted the way they did.
- **Problemeter!** This is something we use all the time in my practice. It's basically a big thermometer drawn on a piece of paper with numbers 1-10 along the side. Talk about problems and decide how big they are, write them on post it notes and stick them on together. As time goes on, you can compare current and past problems and learn the vital skill of perspective.
- **We should also encourage our children to approach others who are struggling** and ask them to join in, so that everyone feels included.



# PREGNANCY & EXERCISE



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

Whilst pregnancy can be a joyous, exciting and wonderful experience, it can also be taxing on a mum's body and mind-set. Whether you're feeling nauseous in the first trimester, coming to terms with how your body is changing in the second, or huffing and puffing and making endless trips to the bathroom in the third and final trimester, keeping fit and getting to the gym may fall to the bottom of your priorities.

However, the nine months leading up to the delivery of your new bundle of joy is perhaps the time when your body most needs time, care and attention to prepare for what's ahead. Exercise can enrich pregnancy and help expectant mums cope with the aches and pains that develop with a growing bump.

## KEEPING ACTIVE DURING PREGNANCY:

- Enhances mood and offers a sense of wellbeing.
- Can increase energy levels.
- Improves strength (particular areas to focus on include the lower and upper back and the pelvic floor, all of which will be affected by a growing bump).
- Eases back and pelvic pain.
- Reduces the risks of pregnancy-related issues (such as gestational diabetes and pre-eclampsia).
- Improves sleep.
- Lowers the likelihood of delivery complications.
- Helps manage healthy weight gain and promotes recovery post-delivery.

Throughout pregnancy it's not about chasing new personal bests in the gym or taking up a new sport. The emphasis is on maintaining your fitness (or improving your fitness if you've not been active before) and making sure your body is strong, healthy and prepared to meet the demands of pregnancy, labour and beyond.

Exercise during pregnancy is important but there are a few things to consider during the countdown to delivery. With so much conflicting opinion out there it's easy to understand why expectant mums are confused or reluctant to exercise so remember this: every pregnancy is different and each mum-to-be will have different needs. It's never been more important to invest in yourself by listening to your body, doing your research and seeking advice.

You can continue to do most of what you were doing in the gym before getting pregnant. However, in the second and third trimesters – and once your bump starts to get in the way – there are a few points to consider:

- Avoid crunches and leg raises as these put a lot of pressure on the abdominal muscles.
- Modify exercises and avoid lying on your back after the first trimester and lying on your front once your bump starts to show.
- Take care not to get too hot – Hot Pod Yoga is unfortunately a no-no - and ensure you stay well hydrated.
- Listen to your body! If something doesn't feel right, then stop. If you experience spotting, dizziness, chest pain, calf pain or swelling or headaches, then stop exercising and contact your medical practitioner.

## SAFE EXERCISES DURING PREGNANCY:

- running • cycling • swimming
- antenatal Pilates classes
- strength training • yoga
- walking - perhaps the most underestimated exercise!

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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

<b>SAT</b>	<p><b>Messy Church</b> (2nd Sat of the month) St Swithun's Church 4-6pm (All ages) <b>BY DONATION</b></p>	<p><b>Woodlanders Family Forest School</b>  Shining Cliff Woods 10am-12pm (All ages) <b>BOOK</b> Once a month, check website for dates</p>	<p><b>Woodlanders Saturday Club</b>  Shining Cliff Woods 1-3pm (6+ years) <b>BOOK</b></p>
<b>MON</b>	<p><b>Mini Moos Toddler Group</b> Vanessa's School of Dance 10am-12pm (6m-4yrs) <b>PAYG</b></p> <p><b>Twistin Tikes</b>  <b>Musical fun &amp; play designed for 3-5s</b> Belper Community Hall 9:45-11:30am (All ages) <b>PAYG</b></p> <p><b>Come and Play</b> Early Years Centre 10-11:30am <b>BY DONATION</b></p>	<p><b>Rhyme Time</b> Belper Library 2-2:30pm (0-3yrs) <b>FREE</b></p> <p><b>Nursery Ballet</b> Vanessa's School of Dance 4:30-5pm (3-4yrs) <b>BOOK</b></p> <p><b>Relax Kids Derbyshire</b> Vanessa's School of Dance 5-6pm (4-8yrs) <b>BOOK</b></p>	<p><b>The Little Baby Sanctuary</b> (formerly Bellebambino Baby Massage) New Leaf Holistics, North Mill 1-2pm (6 weeks to crawling) <b>BOOKING ONLY</b></p> <p><b>The Wild Ones Forest School</b> Meeting at Alton manor football pitch on Nailers Way. 9:45-11:30am (Under 5) <b>BOOK</b></p>
<b>TUE</b>	<p><b>Caramelo Baby &amp; Toddler Spanish Lessons</b> Fleet Arts 9:45-10:45am (0-4yrs) <b>BOOK</b></p> <p><b>Stepping Stones - Creative child led playgroup</b> Early Years Centre 10-11:30am (All ages) <b>PAYG (By donation)</b></p>	<p><b>Tiny Talk</b>  Busy Bees Nursery, Alton Manor 10-11am Toddler Talk (Walking - 4yrs) 11:30-12:30 Baby Signing (0-18m) <b>BOOK</b></p> <p><b>Sunshine Tiddlers Stay &amp; Play Drop In</b> High Woods, Sandbed Lane 10am-1:00pm (0-4yrs) <b>PAYG</b></p> <p><b>B.E.A.R.S. Breastfeeding Support Group</b> Early Years Centre 1-2:30pm (Drop in - all ages) <b>FREE</b></p>	<p><b>Twistin Tinies - Development &amp; sensory music class for ages 0-18m</b>  Belper Community Hall 1:15-2:15pm <b>BOOK</b></p> <p><b>Twistin Tots -Musical fun and play for 0-5s</b> Belper Community Hall 9:45-11:45am (all ages) <b>PAYG</b></p>

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



## BELPER CHILD HEALTH CLINIC

Babington Hospital  
1-3pm on Wednesdays  
(by appointment only)

9am - 12 noon  
01773 820093

**DROP IN SESSION** with a Health Visitor at Derbyshire Toy Library Stay & Play in Kilburn on the 1st Thursday of the month

<p style="writing-mode: vertical-rl; transform: rotate(180deg);"><b>WED</b></p>	<p><b>Derbyshire Toy Library Stay &amp; Play</b> (incl Parents of Multiples Society - POMS) Belper Community Hall 9:30-11:30am PAYG</p> <p><b>Gymkids: Pre-school Gymnastics</b> Belper Leisure Centre 9:25-10:10am (9m-3yrs) PAYG 10:20-11:05am (3yrs+) BOOK</p> <p><b>Special Friends Playgroup</b> (for children with additional needs) 2nd Wednesday of the month, term-time, Early Years Centre 9:45-11:30am (0-5yrs) FREE</p> <p><b>Little Church</b> St Peter's 1:15-2:45pm PAYG (£1 per family)</p>	<p><b>Postnatal Reformer Fitness</b> (b) The Fit Pit 10:15-11am (babies welcome) BOOK</p> <p><b>Pregnancy &amp; Postnatal Pilates</b> (b) The Fit Pit 6:30-7:30pm BOOK</p> <p><b>DanceFitt Tots</b> Alton Manor Scout Hut 9:30-10:15 (Walking- 5yrs) PAYG</p> <p><b>Woodlanders Forest School: Babes in the Woods</b> Shinning Cliff Woods 9:30-11:30am (0-5yrs) PAYG</p> <p><b>Little Sage Kids Yoga</b> (b) Sage Yoga, Unity Mill 4:15-5pm (4-7yrs) BOOK</p>	<p><b>Daisy Baby Tinies &amp; Wrigglers</b> The Old Schoolhouse, Chapel Street 10-11am &amp; 11:30am-12:30pm (5-12months) 1- 2pm &amp; 2:30-3:30pm (6weeks - 5months) BOOK</p> <p><b>Sounds Right Phonics</b> Busy Bees nursery, Alton manor Preschool (2.5-4yrs) 9:45-10:30am Mini (1-2.5 yrs) 11-11:45am BOOK</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);"><b>THUR</b></p>	<p><b>Baby Ballet Derbyshire Central</b> Vanessa's School of Dance Tinies (18m-3yrs) 9:30am <b>BOOK</b> Movers (3-4yrs) 10:15am <b>BOOK</b> Tappers (3yrs+) 10:50am <b>BOOK</b></p> <p><b>Little Sage Baby Yoga</b> (b) Sage Yoga, Unity Mill 11:15am-12:30pm (8wks-crawling) BOOK</p> <p><b>Prams &amp; First Shoes Meet-Up</b> St Mark's Church 9:30-11:30am (0-3yrs) FREE</p>	<p><b>Young at Heart Intergenerational Play Group</b> Spencer Grove Nursing Home (Check FB page for session dates) 2nd &amp; 4th Thurs of the month 10:30am-12pm (0-5yrs) PAYG (BY DONATION)</p> <p><b>Postnatal Restoration &amp; Fitness</b> Strutts Community Centre 10:30am (Babies welcome) BOOK</p>	<p><b>Baby College</b> (b) Fleet Arts Centre Juniors (18m-3yrs) 10-10:45am Toddlers (9-18m) 11-11:45am Infants (0-9m) 12-12:45pm BOOK</p> <p><b>Pregnancy Yoga</b> Sage Yoga Studio 7:15-8:30pm (Mums to be 14+ weeks) BOOK</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);"><b>FRI</b></p>	<p><b>Baby Sensory for 0-13 months</b> The Lion Hotel 10am, 11:15am &amp; 12:45pm BOOK</p> <p><b>Natural World</b> Early Years Centre 10:30am-12pm BY DONATION</p>	<p><b>Mums &amp; Babies Post natal and Pregnancy Pilates</b> (b) The Fit Pit 10:30-11:45am BOOK</p> <p><b>Little Sage Kids Yoga</b> (b) Sage Yoga, Unity Mill 11am-12pm (18m-5yrs) BOOK</p>	<p><b>Sounds Right Phonics</b> (b) Vanessa's School of Dance Preschool (2.5-4yrs) 9:45-10:30am Mini (1-2.5 yrs) 10:45-11:30am BOOK</p>

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



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# MAKING HEALTHY PACKED LUNCHES

## A Positive Experience



By Rory Coleman, BA, MSc, RYT-200, Mom, Nutritionist and Fitness Professional

### I have two children, aged 5 and 6. They are wonderful, fun and used to tasting my healthy and crazy kitchen experiments.

Given my work as a nutritionist and fitness professional, I always feel pressure to make sure my kids are seen to be eating healthfully. We are a food-focused family but my kids prefer very different foods. My 5-year-old is a self-proclaimed vegetarian (who eats tuna sandwiches) and my 6-year-old turns her nose up at sandwiches ("soggy") but loves food that contains meat.

I work full-time and we live in an area where school packed lunches are a necessity, rather than a choice. Fortunately, my kids love "picnics" because I refuse to pay extraordinary prices for junk food, which is everywhere these days. I've spent hours agonising over my children's school lunches. How do I make them both healthy and appealing? How do I find the time to make them? What do I do with two kids who will not, under any circumstances, enjoy the same thing?

Well, I've stopped making it just about the food. I know what I want for my children's lunches: servings of beautiful fresh fruit and veg, easy to pack lunches that take no effort, and for them to love it. So... what's a packed lunch for them? An event! We shop together for their favorite thermos and food containers, which are all dishwasher safe. We designate one container for fruit, one for veg, one for a main and one for a 'snack'. I throw a handful of cucumber slices in one and apple slices in another. In

their main food container, one gets a tuna sandwich on whole meal bread, and for my sandwich despiser she gets tuna with a side of whole grain crackers.

Leftovers, boiled eggs and pasta are also frequent visitors. But no matter what I put in them (the day before food shopping can be sketchy!), the containers are appealing. They hold surprises and colours.

They are portion controlled. Sometimes their snack container has almonds or dried fruit, sometimes I clean out the freezer and use up the frozen granola

bars that I baked a month (?or six?) ago, and we all guess the flavor: Coconut vanilla? Strawberry almond?

It's not so much about the food, but the way it's presented. Every day my children feel special. I pack a brightly colored napkin and have shown them how to lay it out like a tablecloth. I keep a stack of scrap paper and a pen with my lunch containers



and write simple, quick messages like 'I love you' to add to their lunch boxes. I make sure that when they open their lunch boxes, they are met with bright colors, the containers they love,

a scribbled note from mum, and maybe they have a giggle if there's a mystery food. Packed lunches have become a positive experience for us. I can provide a simple, healthy lunch for my kids; and for them, mom did something special that revolved around them. These days, my mismatched napkins and random assortment of ingredients no longer feels like inadequacy or low effort, but just like the fun way we do things. Having packed lunches has gone from a hassle to a source of happiness for us, because it's no longer a battle for perfection, or a scramble to always pack the perfect meal. It's a time to sit, relax, touch base with home, and enjoy a healthy meal.



# SCARILY GOOD PEA SOUP



**The kids and I love autumn, when the temperature drops just a little and the nights are cool enough that you consider getting to know your oven again.**

As the children settle back into stricter routines and not so many free-wheeling cold meals, I try to find ways to make nutrition easy on me and fun for the kids. Our

October favorite: Scarily Good Pea Soup. In the USA, Halloween is huge, making it easy to sell this as a "Halloween Soup". But whether you're into the Halloween spirit or just ready for a scarily good meal, you can make this soup with just one pot, dried green split peas, and lots of vegetables. Green split peas are high in fibre and protein, a good source of B vitamins, and loaded with plant based protein. Dare your family to try this green soup and warn them before serving that the flavor is mildly sweet, but the color is downright spooky!

I love to make mine in the slow cooker. Ingredients go into the pot before leaving the house in the morning, and when we all get home dinner is hot and ready to go. It can also easily be made on the hob. This soup is both vegan and gluten free.

Serve the soup, at a child safe temperature, with toasted whole meal bread for dipping to make this a complete meal. This soup is meant to be a thick stew; try picking up a spoonful and dropping it back into the bowl for a satisfying 'gloop' noise!

## HAPPY HALLOWEEN!

*Rory*

### INGREDIENTS

2 Tbsp olive oil  
(if making on the hob)  
250g dried green split  
peas, well rinsed  
1.5L vegetable stock  
4 large carrots, diced  
1 medium white onion,  
diced

5 stalks celery, diced  
(save the leaves for  
garnish, if desired)  
3 cloves garlic, mined  
2 bay leaves  
Salt and pepper to taste  
Optional: 100g washed  
baby spinach

### SLOW COOKER METHOD

1. Layer ingredients in the slow cooker with celery on the bottom, then onion, carrots, peas, garlic and bay leaves on top.
2. Pour stock over and cook on low for 8 hours.
3. Stir and season with salt and pepper, adding more stock if needed to thin out the soup.
4. Remove bay leaves.
5. If using, blend in spinach with a stick blender or food processor (be careful of hot soup splashing!). Let it heat through for an additional 10 minutes. This will make the soup a brighter green, along with adding nutrients.

### HOB METHOD

1. In a large pot, sauté the carrots, onion, celery on medium high heat for 5 to 8 minutes until they begin to soften.
2. Add the garlic and cook for an additional 2 minutes.
3. Stir in the dried split peas and bay leaves and pour the stock into the pot. Bring everything to a boil.
4. Immediately reduce the heat to medium low and simmer for 35-40 minutes, stirring occasionally, until the peas are completely broken down. Top off with additional stock or water as needed.
5. Remove bay leaves.
6. If using, add spinach and use a stick blender or food processor to completely combine into the soup. This will make the soup a brighter green colour along with adding nutrients. Be careful, as the hot soup could splash! Continue to cook for another 5 minutes.

**Derbyshire restaurant**

# Soi Kitchens

wins **SECOND BEST RESTAURANT**

in the **UK & BEST RESTAURANT** in the  
**East Midlands region after Final Cook-off**  
**at Houses of Parliament**

**We are pleased to announce that Soi Kitchens based in Milford near Belper has won second best restaurant in the UK and best restaurant in the East Midlands region after reaching the final of the Tiffin Cup.**

The Tiffin Cup is in its 14th year and is a British competition set up by MPs and their colleagues to find the best South Asian restaurant in the United Kingdom. MPs from around the country nominate the best restaurants from their constituencies. Restaurants throughout the whole of the UK were nominated of which only thirteen were short listed by secret diners, based on decor, ambience, service and of course food. Soi Kitchens was shortlisted as one of the thirteen in the whole of the UK. The final thirteen restaurants were then invited to participate in the Grand Final cook-off event held in the House of Commons, judged by MPs and guest celebrities including TV Chef Ainsley Harriott. Soi Kitchens' Head Chef Sidharth Bakshi was part of the Final cook-off. Sidharth's dish was Fish Kolivada - pan fried sea bass served with curried mash potato, topped with a tomato and mango coulis and served with a side of dosa

rolls, an eclectic dish beautifully presented with an array of exciting flavours.

The award was presented by TV Chef Ainsley Harriott, celebrity author Chetna Makan and Speaker of the House of Commons Rt Hon John Bercow MP.

Pauline Latham OBE MP for Mid Derbyshire was extremely proud of the win and was looking forward to announcing it in Parliament as a huge success story for her constituency.

What makes Soi Kitchens' success in the competition so far even more impressive is that the restaurant has only been open since January but it has already been busy building a strong reputation. Soi Kitchens is run by the same team that run Slice of India (a Derby institution for over 8 years now). With Soi Kitchens the team have developed a broader range of cuisines not just limited to Indian Cuisine. The format is also a little different as we look to entice those who might not normally frequent buffet restaurants with a smaller and more cosy environment in pleasant surroundings. What remains constant however are the core values of great food, great service and great value which are still central to everything we do.



## CONTACT FOR MORE INFORMATION

01332 840400 • [soikitchens.co.uk](http://soikitchens.co.uk) • [bookings@soikitchens.co.uk](mailto:bookings@soikitchens.co.uk)  
Soi Kitchens, Derby Road, Miford nr Belper, DE56 0QW

# BOOM'S LOCAL HERO OF THE MONTH: FORGING FUTURES



By Anji Peacock, BSc (Hons) PGCE, Founder and Director of Forging Futures

**I'm sure it hasn't escaped your notice that Belper is pretty brilliant. It's not perfect but there's a real positive change that's been building around here. Unfortunately, there's also a power-house in our community that we're NOT currently listening to: our young people.**

You don't need telling that we're all living in trying times. We have cuts to public services, an uncertain economy, a depressed population and an ailing planet: just a few of the concerns our young people will need to tackle. As a parent, you'll also worry constantly about whether your kids will be happy and fulfilled.

As a teacher, youth worker and mother, I have seen time and again the added pressures on young people growing up in a digital generation. I've also learned that teenagers are capable, motivated and completely kick-ass. I firmly believe that if we give them the chance, they have got this. And we all need them to have got this.

They need an education that concentrates less on 'curriculum' and more on the other, more important, 'C's like: curiosity, creativity, collaboration, communication, critical thinking, compassion and conservation.

We need to create the opportunities for them to be heard, to take action and to lead.

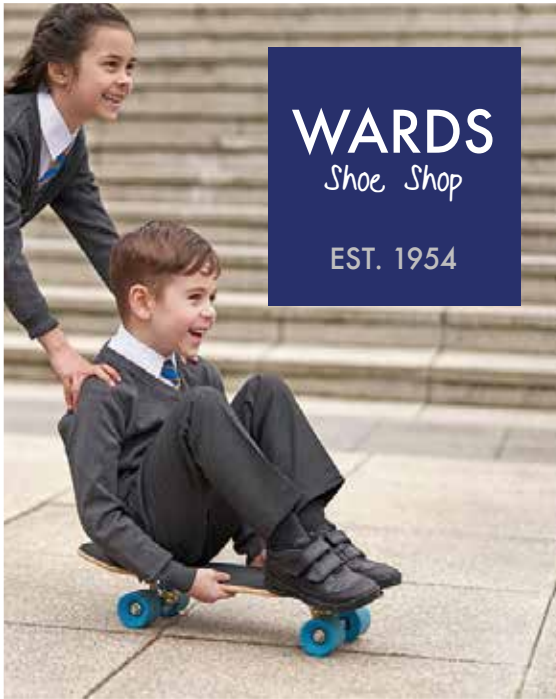
My plan is to set up a social enterprise called, 'Forging Futures'. The aim of which is to harness the power of our community so we can not only 'shop local' and 'eat local' but also 'educate local'.

Our young people need your expertise to create environments where they can think critically about the things that are important to them, like: entrepreneurship, sustainability, creativity and personal wellbeing. We need to create the space needed to spark passion and insight, and to help them to build the skills needed in the 21st Century. Our young people are hugely under-appreciated and under-resourced but our community has the knowledge and skills to help inspire the passion and leadership needed to create positive social change.

We all have something to offer. Whether it's your thoughts, experiences, ideas, practical skills, constructive criticism, questions or support. The more opportunities we give ourselves to listen, the better equipped we are to effectively build happier, healthier, inspired young people, who are better connected and more empowered to lead the future for all of us.



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# EARLY SCHOOLDAYS in Belper



By Adrian Farmer, Local Author and Vice-Chair of the Belper Historical Society

**If you think it's daunting for children starting a new school these days, imagine what it was like for young people in Belper a century, or two centuries, ago.**

The first proper school in the town was in the attic space of the North Mill (above the present day museum). Children worked long hours in the mill most of the time, receiving half-a-day's schooling each week. Even this was more than most children received in those days. The Strutt family were very forward-thinking in ensuring that all their workers, no matter how young, could read, write and have basic numeracy skills. This meant they could read signs and write and add up in ledgers (amongst other skills) so they stayed safer and were more useful employees. Everyone benefits when you have an educated workforce.

Two centuries ago, it was decided the attic space was not enough, and a school was opened at the bottom of Long Row, on the site of an old wood yard. Originally, this had only one teacher, who taught the older children, and then those older children taught the same lesson to the younger ones. You have to just hope they were listening properly in the first lesson!

By the time the photograph below was taken in 1912, Long Row School had been rebuilt (in 1895) and had rather more teachers. The school had been redesigned by renowned Derbyshire architect George Widdows

to enable children to enjoy fresh air as they went from classroom to classroom.

Four years earlier, a wish of George Herbert Strutt finally came true – an elementary school for Belper, providing the best possible education for local children. Named after him, the school was so popular that it had to be extended five years later, in 1913. The

photograph to the right shows boys in the well kitted out woodwork room that year. Today the building is the Strutts Community Centre on Derby Road, and the Herbert Strutt Primary School is in new buildings to the south-east of the town.



School life is very different for children these days – in October 1908 a couple of truanting boys at Long Row School were given three strokes of the cane on each hand and several across the back to make sure they didn't do it again! Perhaps a new school year isn't quite as daunting now as it was back then.

**You can find out more about the town's mills, the workers and the Strutt family at Strutt's North Mill, the museum by Belper Bridge and the Horseshoe Weir. Opening times can be found at [www.belpernorthmill.org.uk](http://www.belpernorthmill.org.uk)**



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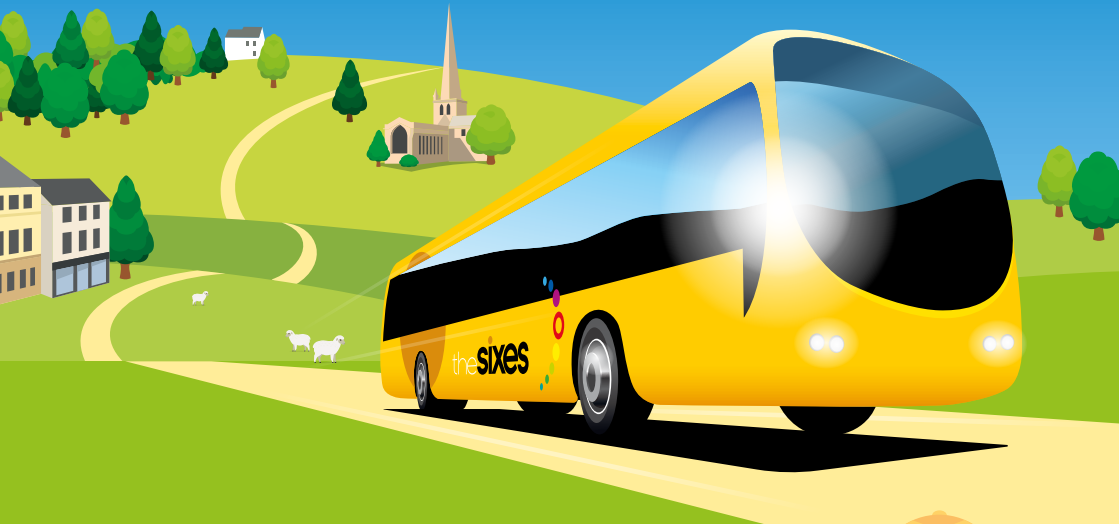
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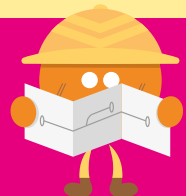
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