

FREE



BELPER AND
SURROUNDING AREAS

THE ESSENTIAL HANDBOOK FOR LOCAL FAMILIES

ISSUE 8

MAR / APR 2019



PHOTO BY GINGER PHOTOGRAPHY

Hello and welcome to the 8th issue of Boom Magazine.

Spring is springing and there is so much to do this season as the weather warms up and the flowers start to bloom. Our resident Eco-Mama Laura Lo Bue has some easy ideas for growing your own food.

Please check out our Events and Theatre pages for ideas to keep your little ones busy. The Timetable of Groups and Classes has plenty of new entries. Belper is booming!

If you have a fussy eater, or one who dislikes veg, have a look at our article on fussy eating and recipe for orange

juice soup. If your little one is getting ready for school this September, you can read about Neil Hunt's simple and accessible ways to help prepare your child for this big transition. If you have not yet visited Dale Abbey, take your copy of Boom and have a go at our walk for little legs! If you have, or are expecting twins, Jacqui Mitchel's real life story of her experience will fill your eyes with tears and your tummy with giggles.

We wish you all a happy Easter; a joyful spring and a lovely Mother's Day.



Jo & Sascha

WOULD YOU LIKE TO WRITE FOR OR ADVERTISE IN BOOM MAGAZINE?

GET IN TOUCH AT INFO@BOOMMAGAZINE.CO.UK
TO HEAR ABOUT OUR GREAT PRICES AND INCENTIVES.

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

Nurseries and pre-schools, classes and groups, cafes, gyms and shops around Belper; Ripley, Ambergate, Holbrook, Kilburn, Codnor, Turnditch, Duffield, Milford & Crich. *Check our website for a full list.*



Sascha Landskron and Jo Leigh

Editors of Boom Magazine and local mums

info@boommagazine.co.uk • www.boommagazine.co.uk



Magazine design by: **45°** FOOTY FIVE DESIGN
Design & Print

Boom Magazine is published six times a year by Boom Belper LLP © 2019. All rights reserved. Reproduction in part or whole without permission is strictly prohibited. Health related articles are intended for information only. You should consult with your health care provider before changing your child's diet or health care plan. Goods and services advertised in Boom Magazine are not necessarily endorsed by Boom Belper LLP or its editors. Every effort is made to ensure accuracy, however dates, locations and prices may change.

inside

From fussy to foodie in 7 steps

4-5

Orange juice soup

6

Grow-your-own

7

Family events March - April

8-9

My life with twins

12-13

Coupons

17-20

Timetable of groups and classes

16 & 21

Dale Abbey

- A family adventure

24-25

Ready for school?

28-29

Upcoming family theatre

34-35



Cover photo of competition winner Annabelle, by

Ginger
Photography

122 Bridge Street,
Belper, DE56 1AZ

Cheeky Bambini.com

Quality, ethical, clothing & toys
for children 0-5yrs



NEW
Spring/Summer
collections in
store NOW

Open: Tues-Sat 9:00 - 17:00
Late night shopping the last Thursday
of each month open until 7pm

Tel: 01773 826475
www.cheekybambini.com



Ginger
Photography

"
**REAL
MOMENTS,
CREATIVELY
CAPTURED**
"



**DERBYSHIRE
BASED WEDDING
AND LIFESTYLE
PHOTOGRAPHY**

CONTACT EMMA ON

07792 183101
ginger-photography.co.uk
gingerphotography2016@gmail.com

PARTY MEMORY MAKERS

including the amazing

MR BALLOONY

Unique Children's Parties & Workshops
for Schools, Churches and Scouts
Ride-on Unicorns/Ponies and Circus Parties
Specialises in Additional Needs

For booking and enquiries call

07889 855 551

www.partymemorymakers.co.uk

SEE OUR



FOR VIDEOS

10% OFF
with this
advent



UNIQUE Slumber Parties



If you're looking for
something a bit
different from your
average birthday
party, why not have a
unique slumber party?

4 THEMES AVAILABLE

Telephone
07932 798978

Facebook/Instagram
@uniquesslumberparties

website
www.uniquesslumberparties.com

Email
uniquesslumberparties@gmail.com

FROM FUSSY TO FOODIE IN 7 STEPS

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



Many children are not born foodies. It takes time and practice to overcome fussy eating and there is very little practical advice out there. We hope these simple 7 steps help you help your child learn to love new food.

If you have a fussy eater, you've probably heard 'you need to taste a new food 10 times before you like it' and eating together as a family and repeatedly exposing your child to new food is key. The problem is, many children turn their nose up at new food before it's even on their plate. What few people know, is there are some key steps to gently nudge your child towards tasting a new food.

If you were to travel to a new country, or eat at a new restaurant, and you wanted to find out about a new food before you tried it, you would maybe talk to other people who have eaten there, google or read up on the food or ask about the ingredients. As adults we collect information in lots of ways. Children don't have the same research abilities. They only have their senses, so new food experiences need to be processed solely from a sensory perspective. Fortunately eating is a wholly sensory experience. Here's how to make it work for you, at the family dinner table.

Look and talk

This is by far the most important step, for extremely fussy eaters. They need to be able to see new (and potentially threatening foods) without the pressure to eat them. Reading about food in

books or magazines, looking at food in the supermarket (if you are brave enough to take your little ones shopping) and even watching TV and films that showcase food is the best place to start. When you are cooking, lift your kids up and talk about what's going in the pot. Ask them what colour the foods are and what shape, etc. They will start to develop a positive association with the food because it's combined with quality time with you.

Please note. Do not progress to the next step until your child is happily enjoying the current step.

Touch and squish

You may have heard that small children should be allowed to play with their food. It's true because if your child is repulsed and won't eat something on their plate, touching the food helps them learn about the food, without the pressure to eat. Give them positive encouragement with each step and ask them to engage with the process. Say, 'Oh! Well done! You touched it!' and 'Is it cold or warm?'. Once they can touch a food, get them to press down on it. 'Excellent work!' 'Is it squishy and soft or hard and crunchy?'



Useful Websites

Sniff

This next step is an important bridge between holding the food at a distance and allowing it close to you. Ask if your child wants to have a smell. Show that you like how it smells. Ask them if it smells like anything they know. Most importantly give them loads of praise!

Kiss

A kiss is associated with lots of positive feelings. It will make your child giggle when they see you kiss that floret of broccoli; and when they give it a go, shower them with more praise!

Lick

This step allows your child to safely do a mini-taste, without the pressure to eat it. Ask them, 'Would you like to touch this courgette to the tip of your tongue?' 'Look! Watch me show you how!'

Taste (and spit)

Once your child has licked the food they may naturally take a little bite. Or you can suggest it. Don't be surprised or upset if they spit it out because they still have made massive progress! Say something like, 'Well done! You tasted it!' and ignore the spitting bit, or gently show them how to spit it discreetly into a napkin.

Repeat and Reward

You will likely have to do these six steps several times. Maybe up to 10 or 15 times before your child will want to eat the food. But you will be slowly making progress in the right direction. If you are arty, you can make a poster or little book and cut and paste the foods your child has tasted. Add a star or a sticker as a reward each time they try these steps. Your child will feel encouraged by the quality time and attention for these small and manageable steps. With time, the new food will become part of their normal repertoire.

We hope you have fun along the way!

infantandtoddlerforum.co.uk

Plenty to read on fussy eating and a useful guide on toddler-sized food portions.

childfeedingguide.co.uk

Evidence-based and practical tips, tools and advice on feeding.

NOTE

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



ORANGE JUICE SOUP

DON'T LET THE NAME FOOL YOU!

This soup is designed for kids and made mostly of healthy butternut squash, which is packed with vitamin A and is also a good source of several B vitamins, vitamins C and E, fibre, magnesium and potassium.

There is a tiny amount of orange juice in this recipe, which is added for flavour. It only amounts to 2tsp of added sugar for the whole pot but for some reason, it flavours the soup and kids think they are eating orange juice!



INGREDIENTS

5 Tbsp	olive oil	1	large butternut squash	100ml	orange juice
1	large onion, chopped	1/4 tsp	ground ginger	4 Tbsp	Greek yogurt
1	clove of garlic, minced	500ml	vegetable stock		

METHOD

1. Pierce the butternut squash in several places and microwave for 10 minutes until slightly soft. (This step is optional but will make it easier to cut through the hard skin.)
2. Let the squash cool down.
3. Add the oil, onion and garlic to a large soup pot and sauté over medium heat until the onions are soft.
4. Cut the cooled butternut squash in half and scoop out and discard the seeds. Cut or scoop out the squash from the the skin, into the soup pot.
5. Add the ginger and cook over medium heat for another 5 minutes.
6. Add the vegetable stock and orange juice and bring to a boil. Then cover and turn the heat down. Simmer for 20 minutes.
7. Blend until completely smooth, using a food processor or stick blender.
8. Add the Greek yogurt and reheat gently for a few minutes and blend smooth again.
9. Serve in small bowls and cool slightly to a child-safe temperature. Now watch your kids enjoy this warm and colorful soup-treat!

GROW-YOUR-OWN

By Laura Lo Bue, Eco enthusiast and lover of all things natural



There is nothing more rewarding than seeing something you've planted grow and come to fruition, not to mention an even greater joy when you get to eat what you've grown – free food, as fresh and tasty as you can get.

You don't have to be an expert gardener or even particularly 'green-fingered' to grow your own produce and it is such a lovely activity to do with your kids – teaching them about how to nurture and take care of another living thing. The trick is to stick with plants that are easy to look after and that don't take up too much space. Here are some suggestions for plants to grow with your little'uns:

HERBS – basil, parsley and coriander can all be grown inside, all year round, in a pot.

- Take a pot with about a 9cm circumference (around the top).
- Fill the base with some stones to help with water drainage and fill the rest of the pot with seed compost.
- Sprinkle your herb seeds on top and gently water.
- Water again every few days. The seeds and soil should not look like they are swimming in water; the soil should just look and feel moist.
- Place in a sunny, warm location and cover the top of the pot with cling film, or a clear shower cap, to keep moisture in and help promote growth until you see the first shoots, which should appear within two to four weeks.
- Watch your herbs grow and you'll soon be enjoying parsley with your fish or coriander in your curries!

TOMATOES – 'Tumbling Toms' are recommended if you are limited for space in your garden as they can be grown in a hanging basket. You can buy established small tomato plants from your local garden centre in late spring/early summer.

- Take a hanging basket.
- Fill it three quarters with compost.
- Using the pot that your tomato plant came in, make an indentation in the middle of your hanging basket, then tip the plant out carefully and place it in the hole you've made.
- Top up the basket with more soil.
- Water it generously, so that you can see water dripping from the bottom.
- Place the basket in a sunny location.
- You can add a tomato food to the soil once it's in flower (look out for little white flowers, from where your tomatoes will eventually sprout.)
- You should expect to see and enjoy your juicy, sweet cherry tomatoes from late July or early August - yum!

Good luck and have fun - it would be lovely to see pictures of your home-grown herbs and veggies so please post them on our Boom Facebook page or email to editorial@boommagazine.co.uk.

Happy planting!

Laura

You can find out more about Laura at www.laurastherapies.com



FAMILY EVENTS

MARCH – APRIL

Sharing Not Wasting

Every Friday (2-3pm)
Belper Early Years Centre

Food that would otherwise go to waste is available to anyone who can use it. Everyone is welcome. By donation. See Facebook for details.

Leonardo Drawing Trail

Mon 1 Feb – Mon 6 May
(10am-5pm) Derby Museum

Create your own Leonardo da Vinci drawing by following the clues around the museum. For 5-15 year-olds.

Jumping Clay Drop-In Story Time for Preschoolers

Tues and Thurs at 10:45am,
Weds at 2pm, Fri at 1:15pm.

Unit D, Markeaton Craft Village - Free story sessions followed by an optional themed craft session.

Week commencing:

04 Mar | Dinosaur Sleepover

11 Mar | Mr. Men

18 Mar | Toddle Waddle

25 Mar | A Squash and a Squeeze

01 April | Charlie and Lola

08 April | The Snail and the Whale

15 April | The Gruffalo
(Tues & Thurs only)

22 April | The Gruffalo's Child
(Tues & Thurs only)

29 April | Zog

See ad on page 15 for info.

Baby and Toddler Spanish FREE Taster Class

Tues 5 & 19 March
and 2 & 30 April (9:45-10:45am)

Fleet Arts Have fun introducing your little ones to a second language. FREE class for new participants.

International Women's Day

Sat 9 March (12-4pm)
Derby Arboretum

FREE festivities, live performances, speakers, women's causes, stalls, arts & crafts, food and family fun.

Midland Railway at Butterley Spring Teddy Bears' Weekend

Sat 9 – Sun 10 March

Special teddy bear displays and FREE entry for all children who bring along a teddy bear.

St Patrick's Day at The Spot

Sat 16 March (12:15pm)

St Patrick's Day parade from St Mary's Church to The Spot, with FREE Irish dancing and music.

Crich Tramway Museum

Opens for the Season
Sat 16 March

Lego Workshop for All Ages

Sat 16th March (1-3pm)

Sat 20 April (1-3pm)
Fleet Arts

FREE Horse Drawn Canal Boat Trips at Cromford Canal

Sat 23 & Sun 24 March

Arraslea Shires provide the horse powered boat trip. FREE family craft activities on the wharf side and a historical photo display.

Heights of Abraham Mother's Day Weekend

Sat 30 & Sun 31 March
(from 10am)

A warm welcome for Mums and a little treat when they visit. FREE craft activities for children.

Gulliver's Kingdom Mother's Day Weekend

Sat 30 – Sun 31 March

Mums go FREE this weekend!

Croot's Farm Shop Café Children's Afternoon Tea

Sat 30 March

Includes creative activities for Mum.

The Painting Parlour Mother's Day Special

Sun 31 March

Open day and Easter egg hunt. See Facebook for details. Booking essential.

Mother's Day and Croot's Farm Shop

Sun 31 March

Includes FREE cupcake or glass of prosecco for every Mum.

Mother's Day Cromford Canal Boat Trip

Sun 31 March (2pm)

Mothers travel FREE. Booking by phone essential: 07552 055 455

Leonardo da Vinci Tour and Afternoon Tea for Mother's Day

Sun 31 March (1pm)
Derby Museum

An exclusive guided tour of the da Vinci exhibition followed by an Italian afternoon tea. Booking essential.

Heights of Abraham National Tourism Week

Mon 1 – Fri 5 April

Talks and walks during the week. See the website for special offers and discounted Cable Car tickets.

Wirksworth Big Book Day Sun 7 April (10am-4pm)

FREE indoor book fair and bookstalls outside the independent shops

Twistin Tots Easter Special

Week commencing
8 April (Ripley - 5 April)

Easter focused theme and an Easter egg and/or bonnet competition. Winners get a Twistin Tots or Tikes pass and a T-shirt.

Easter Egg Hunt Trail at Markeaton Park

Fri 12 - Sun 28 April

Pick up your trail worksheet from the Mundy Play Centre Kiosk

Matlock Farm park

Easter Activities

Sat 13-Sun 28 April

Easter egg hunt (13-22 April)

Circus Funday with the giant stilt man, balloon making & circus skills on Easter Monday.

The Princess Royal Class

Locomotive Trust – Crafts & Family Fun

West Shed Museum, Midland Railway-Butterley

Sat 13 – Sun 28 April

Create a 'junk model' train using recycled materials. Enjoy Easter crafts, train sets and the miniature sit-on engine.

Oxygen Freejumping

Sat 13 – Sun 28 April

(10-11am)

Little O's (under 5's) sessions every day throughout Easter holidays. Book online.

Crich Tramway Museum

Family Spring Craft Activities

Mon 15 – Thurs 18 &

Tues 23 – Fri 26 April

Indoor Bounce House

Extravaganza

Wed 17 – Thurs 18 April

Lees Brook Community School, Chaddesden

Inflatable Indoor Extravaganza. Burn off some Easter holiday energy.

Cromford Mills

17 April

Springtime activities for families

Ecclesbourne Valley Railway

Easter Weekend Event

Fri 19 – Mon 22 April

(10am-4pm) Party Workshops

Family Circus at Wirksworth Station.

Featuring steam trains!

The Big Belper Bunny Hop

Fri 19 & Sat 20 April

Belper Town Centre

Follow the map, hop around town and search for famous rabbits hiding in participating venues. Enter your trail map for a chance to win a prize!

Easter at Croot's Farm Shop

Fri 19, Sat 20, Mon 22 April

Mad Hatter themed children's afternoon tea, Easter Bunny, crafts.

Heights of Abraham

Celebrates Easter

Fri 19 – Mon 22 April

Easter Celebrations with FREE craft activities for younger children and a special treasure hunt for all the family.

Cromford Mills Easter

Weekend Activities

Sat 20 & Sun 21 April

(10am – 4pm) Includes a guest visit from Woodie's Wings.

St George's Day Celebrations

Sat 20 April

Derby City Centre

FREE celebration with Morris dancing, craft fair, parade and lots of English eccentricity.

Easter Holidays

at Cromford Canal

Sun 21 & Mon 22 April

(11am & 2pm)

Arraslea Shire horses pull the narrowboat Birdwood through the beautiful spring countryside. Booking essential at www.birdwood.org.

Gulliver's Theme Park

Easter Eggstravaganza

Easter activities, games, entertainment, an Easter Bonnet Parade and the Big Bunny Bounce. See website for dates.

St George's Day at Cromford Canal

Tues 23 April (1pm)

Canal boat cruise with lunch, drinks and a fun raffle. Booking essential by telephone at 07552 055 455.

Under 3's FREE.

Easter Egg Hunt at Cromford Canal

Wed 24 April (11am-12pm start at The Canal Shop)

Easter egg hunt between Cromford Wharf and High Peak Junction. Suitable for pushchairs.

Cromford Mills

Nature Crafts for Families

Wed 24 April

Lambing Sunday at Croot's Farm Shop

Sun 28 April

Come and meet the new lambs and Shire foals. BBQ and FREE entry.

Heights of Abraham

May Day

4 – 6 May Day Bank Holiday

Weekend

Enjoy fire pits, ambient music, craft activities and a special treasure hunt.

Cromford Mills Celebrate the May Day weekend

Sat 4 – Mon 6 May

(10am – 4pm)

Maypole dancers, Folk Friendly, games, crafts and the 'Cromford Sands'.

Bluebells Dairy

Jurassic Farm

Sat 4 & Sun 5 May

Meet a T-rex and velociraptor; baby dino petting sessions and dino fossil dig zone.

Belper Arts Trail

Sun 5 & Mon 6 May

Matlock Farm Park Bank

Holiday Special

Monday 6 May

Trixie the Dinosaur

Family Fell Run in aid of

Ambergate Carnival &

Belper 10:20 Triathlon Club

Fri 10 May

6km Up and Down Fell Run (6.30pm start) and 1km Round and Round Fun Run for under 16s (6pm start). Visit www.ambergatecarnival.org.uk to enter.

CROMFORD CANAL BOAT TRIPS 2019



REGULAR POWERED TRIPS

Sailing on Wed, Thur & Weekends
Thursdays | April - September

ADULTS £9 • SENIORS £8 • CHILDREN £5 • FAMILY £24
Two hour return trip with the option to disembark at Leawood
for a short walk

HORSE DRAWN DAYS

Shire crosses Chelsea & Ted provided by Arraslea Shires

SINGLES

ADULTS £9 • SENIORS £8 • CHILDREN £5 • FAMILY £25

RETURN

ADULTS £14 • SENIORS £12 • CHILDREN £8 • FAMILY £38

SAILING ON Apr 21st & 22nd • May 5th & 6th

Jun 1st & 2nd • Jul 6th & 7th • Aug 3rd, 4th, 25th & 26th
Oct 5th & 6th • Nov 2nd & 3rd

PRIVATE HIRE

PRIVATE HIRE of narrowboat Birdswood can be tailored to
meet most needs. Please phone or email for details

BOOKING INFO

07552 055 455 • bookings@birdswood.org
birdswood.org • Cromford Wharf, Derbyshire, DE4 3RQ
Onboard refreshments & toilet - Well behaved dogs allowed



Tel: 01246 590200
Jaggers Lane,
Matlock, DE4 5LH

Parents & Toddlers COFFEE MORNINGS

Monday - Friday* (Term Time only)
10:00am - 11:30am

Grandparents & Carers
are welcome too!

£6 Entry

also includes up to toddlers entrance fee

FREE

Fancy coffee or hot drink

Free coffee only available until
11:30am, but visitors are welcome to
stay in the park all day

*Offer does not include and is not valid on Easter Weekends or Bank Holidays.
Term Time only. This offer is not to run in conjunction with any other offer.
Terms & conditions apply, please see our website for further information.

EASTER

at Matlock Farm Park

Fun activities everyday over
the holidays including

EASTER EGG HUNT

with the Easter Bunny
13-22 April



CIRCUS FUNDAY

22 April

LAMB BOTTLE FEEDING

small animal
handling,
ferret racing,
wallaby encounter,
meerkat feeding
and more...



Check out our facebook page or
www.matlockfarmpark.co.uk
for further details
Jaggers Lane, Matlock, DE4 5LH

Tel: 01246 590200



Wirksworth Station, Coldwell Street, Wirksworth, Derbyshire, DE4 4FB - 01629 823076



Easter Weekend
Friday 19th, Saturday 20th, Sunday 21st & Monday 22nd April



Featuring
steam trains!

Party Workshops Family Circus
at **Wirksworth Station 10:00 until 16:00 (not Friday)**
Steam & heritage diesel trains in the Ecclesbourne Valley
Timetable at www.e-v-r.com

MY LIFE WITH TWINS

By Jacqui Mitchell, full-time mum, part-time fostering social worker



“Two healthy heart beats and two healthy babies.”

I will never forget that moment and those words, as my hands rushed to my face to block out the reality for a moment. We had just been joking about it, laughing about the poster in the waiting room showing how twins develop - but here we were, our second pregnancy, all smug, but no no no, this was an unexpected curve ball!

My husband absorbed the news with a positive charge that illuminated the reasons why I had chosen him to do this kid thing with me - he was so happy! I was happy, but mainly overwhelmed. Being a practical gal, my first thoughts were: “We need a new car!” and “Wow this is going to be hard work.” and “Do we get a twin bonus?... Seriously, how will we afford this?!”

We walked back to the car with a reel of scan photos, like a baby photo shoot, twin one, twin two, both together... Is this really happening? Next we

had to convince all our family and friends that we weren't joking and we would soon be a family of five. That helped to sober things up.

I didn't sleep for two nights after the scan. I didn't know how we would cope. I'm a control freak and I hadn't ordered this. I spent a long time thinking of friends who had longed for babies, and some who had almost had babies - and here we were with two in the oven - nothing seemed fair about this. People said “It's a blessing!” and “You are so lucky!”. I just felt the guilt of having more of something that some never get to have, and so I agreed with them. I agreed for a long time, but actually how I felt wasn't that way at all. I used up a lot of energy building up my resilience to show people that we would cope. It's no problem, what could be so hard, right?!

Wrong. This has been the toughest year of our lives. Not the worst, don't misunderstand that, we love our children, they make us smile and laugh every day, but the re-adjustments, the things you never thought about when you had one, are what constantly drains and makes parenting twins (with a



two-year-old in tow) a major challenge.

In the early days it was hard to get much done, between feeding two babies who took an hour to take a few ounces, and then wanted to start that process all over again 30 minutes later; and when we finally left the house, answering the constant questions: “Are they twins?”, “Is it a boy and a girl?”, “Oh that's lucky!” and: “Are they identical?”. The questions came at us every few minutes but I didn't mind one bit, the pregnancy had been hard and I was so proud of what my body had delivered!

The drain on my buzz came from those people who thought I couldn't hear, or didn't care if I did when they said: “Ohhhh rather you than me!”, “What a nightmare!”, “Imagine that... oh God no!”. Every one of those comments upset me. Most people asked





how I coped, but didn't really want an answer: It was a statement, not a question, so I delivered the smile and paused for them to look at my brood before they continued on with their day. My days were (and still are) exhausting. I'd give you a 'day in the life' scenario, but just thinking about writing it down gives me cold sweats. So let's just say - my days are full, and so were the nights

The main challenge with twins is logistics. How can we only have two hands, when we are capable of producing more than two children in a lifetime? Trying to figure out how to bottle



feed two at once? Literally milk everywhere, some in everyone's mouth, even the cat looked hopeful some days - I bottle fed (otherwise that might sound a little, odd?!). The feeding went on and on and on, and the sleep deprivation was immense. One morning I tried to put my son's dummy back into his ear - things weren't working too well in my head!

Eventually I started to develop what I modestly refer to as Super Human Skills: I could burp one baby, whilst feeding the other baby AND change

the TV, from Paw Patrol to The Wiggles, for my daughter.

My daughter is amazing. She loves her brother and sister and she has always simply accepted that they need me - a lot! But it makes me hold her closer and sniff her hair more often.

Other Super Human Skills involved: catching one baby's reflux sickness, whilst holding a nappy over my boy's winky and hoping these bodily fluids didn't land on me.... but they almost always did. I've given up trying to look pulled together - I'm in it for the kids! My time will come again!

The challenges were endless - the double buggy caused more snarl ups in narrow doorways than the M6 has ever seen. There were shops we got into but then found ourselves stuck with no way out! There were epic fails, and moments I wanted to cry (and did, quite a lot) but then there were The Lovely People. The people who came and sat with me, and didn't ask the routine twin questions, but asked if I had had a drink that day, and brought me a cup of tea. The people who spoke to me about being a twin themselves and how amazing it was for them. Those people's kindness, empathy and stories got me

through some moments that otherwise would have been too hard. I mean, no one likes to have an entire cafe watch them try and feed two babies, whilst one slowly descends down your leg into a heap on the floor - oh that's another Super Human Skill I developed - picking up babies (and now toddlers) with only one hand!

Every milestone and developmental leap brought about new challenges that seemed impossible, but day by day those impossibilities became normal to us, and in amongst the weaning and the in-twin-fighting I see two wonderful little people growing, with smiles on their faces.

I saw a lady in the supermarket when my twins were still very small; she had her twin toddlers sitting side by side in the trolley seats, and as she whizzed by, she shouted; "It gets easier!". She was right, it is getting easier: I'm even starting to feel lucky.





If you have a love for the outdoors then **Woodlanders Forest School** is for you!

Our sessions ignite a **passion** for the **natural world** whilst having lots of fun outdoors.

We offer regular sessions for families & babies, Saturday & holiday clubs, as well as courses & bespoke birthday parties.

20% OFF
First Saturday Club or Family Forest School Session

Select the "20% off first session" ticket option when booking.

VISIT
woodlandersforestschool.co.uk
for more information & to book.



VetCare@Home

HOME VISITING VET SERVICE

- We see your pet at home -
 - Less stressful for pets -
 - Convenient -
 - Great Value! -
- have a look at our prices

£5 OFF ANY VISIT WITH THIS ADVERT

vetcarehome.co.uk • 01773 302 220



Baby Yoga • Kids Yoga • Family Yoga

BABY & KIDS YOGA COURSES

AND

MUM AND BABY PAMPER MORNINGS

@ Sage Yoga Studio,
Derwent Street, Belper

Get in touch with Laurie for more information or to reserve your place

T: 07545 479 693

E: Laurie@littlesageyoga.co.uk

FB: Little Sage yoga Belper

www.littlesageyoga.co.uk

Check FB for Pamper morning dates

BABY SIGNING TODDLER TALKING!



TRIAL CLASS AVAILABLE



TUESDAYS at
THE FIT PIT, BELPER

Contact Becci Davies

07812 420396 | beccid@tinytalk.co.uk



Curious about how reflexology can help support you & your family?

Specialist Reflexologist
for ADULTS, BABIES, CHILDREN & SEN
supporting you & your little ones well-being

TUTORIAL CLASS

@ Fleet Arts, Belper | 23rd March 2019

FIND OUT MORE mrsticklytoes.co.uk | [fb](https://www.facebook.com/mrsticklytoes) | [@mrsticklytoes](https://www.instagram.com/mrsticklytoes)



★ **KIDS** ★
PARTIES

Mess & Stress Free Kids Parties

All Kids Make & Take their own creation on the day! Invite us to your home or visit our party venue in Markeaton Craft Village.

Recommended Age 3-14



Story Time

Markeaton Craft Village, DE22 3BG

Drop in session for pre schoolers

Weds Weekly at 2:00pm

Tues & Thurs Weekly at 10:45am

Fri weekly at 1:15pm

Afternoon sessions during term time only

Bringing Books to Life - Free story time.

Followed by optional story-themed craft session with JumpingCLAY (£3).

Check our website for new dates and times coming soon.

www.jumpingclay.co.uk

Tel. 01332 460079 or 07805 306625

 JumpingClayDerby






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

SAT	<p>Messy Church <small>(2nd Sat of the month)</small> St Swithun's Church 4-6pm (All ages welcome) BY DONATION</p>	<p>Woodlanders Family Forest School  Shining Cliff Woods 10am-12pm (All ages) BOOK Once a month, check website for dates</p>	<p>Home Birthing Group Derbyshire The Old Schoolhouse, Chapel Street 10am-11:30am (once a month) BY DONATION</p>
	<p>Woodlanders Saturday Club  Shining Cliff Woods 1-3pm (6+ years) BOOK</p>		

SUN	<p>Daisy Birthing - The Old Schoolhouse, Chapel Street 6-7pm (14+ weeks) BOOK</p>
------------	--

MON	<p>Mini Moos Toddler Group Vanessa's School of Dance 10am-12pm (6m-4yrs) PAYG</p>	<p>Creation Station: Little Explorers  Busy Bees Nursery - Gibfield Lane 10-10:50am (15m-5yrs) BOOKING ADVISED</p>	<p>Relax Kids Derbyshire Vanessa's School of Dance 5-6pm (4-9yrs) BOOK</p>
	<p>Twistin Tikes -Musical fun and play designed for 3-5s  Belper Community Hall 9:45-11:30am (All ages welcome) PAYG</p>	<p>Rhyme Time Belper Library 2-2:30pm (0-3yrs) FREE</p>	<p>Nursery Ballet Vanessa's School of Dance 4-4:30pm (3-4yrs) PAYG</p>
	<p>Come and Play Early Years Centre 10-11:30am BY DONATION</p>	<p>Woodlanders Forest School: Babes in the Woods  Shinning Cliff Woods 9:45-11:30am (0-5yrs) PAYG</p>	
	<p>Bellebambino Baby Massage Alton Manor Day Nursery 1:45-2:45pm (0-12m) BOOK</p>	<p>Jelly Roles Drama Club Arthur's 4:30-5:15pm (2-7yrs) BOOKING PREFERRED</p>	

TUE	<p>Twistin Tots -Musical fun and play for 0-5s  Belper Community Hall 9:45-11:45am (All ages welcome) PAYG</p>	<p>Tiny Talk  The Fit Pit 10-11am Toddler Talk (Walking - 4yrs) 11:15-12:15 Baby Signing (0-18m) BOOK</p>	<p>B.E.A.R.S. Breastfeeding Group Early Years Centre 1-2:30pm FREE</p>
	<p>Baby and Toddler Spanish Lessons Fleet Arts 9:45-10:45am (0-4yrs) BOOK</p>	<p>Chucklebuddies Toddler Tuesday Belper Mills 9:30am-12:30pm (term-time only) PAYG</p>	<p>Sunshine Tiddlers Stay and Play Drop In High Woods, Sandbed Lane 11am-2:30pm (0-4yrs) PAYG</p>
	<p>Stepping Stones - Creative child led playgroup Early Years Centre 10-11:30am (All ages welcome) PAYG (By Donation)</p>	<p>Twistin Tinies -Musical fun and play for ages 0-18m  Belper Community Hall 1:30-2:40pm BOOK</p>	<p>Sunshine Forest School and Nature Club High Woods, Sandbed Lane 4-6pm (7-11yrs) PAYG</p>

Pull out. Cash in. **BOOM!**



FREE TASTER CLASS WITH HOT DRINK & CAKE

Tuesdays - 1.30pm
Belper Community Hall.

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



tinytalk

Baby Signing
Toddler Talking

**Belper Trial class FREE with
this voucher (worth £6)**

New starters only. One coupon per family
Valid for Belper Baby /Toddler class only

Expires: May 2019



THE FILLING STATION

FREE HOT DRINK

with any Sandwich, Panini or Toastie

Expiry: 1st May 2019



**'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

(Coupon not to be used in conjunction with Creative Moos)



PUMP IT UP

MICRO PUB

OFFER ON GIN & TONIC
BUY ONE GET ONE
HALF PRICE



OFFER ENDS 30TH APRIL 2019



20% DISCOUNT

off Family Annual Membership.

£8 instead of £10



**Baby
College**

Use the code **BOOM1**
to get an amazing
10% off a block
booking of Baby
College! Expires 01/05/19



Rebecca@babycollege.co.uk
07740056830 | www.babycollege.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.



valid until 1st May 2019



Please mention Boom when responding to adverts!

Pull out. Cash in. **BOOM!**



Belper Trial class FREE with this voucher (worth £6)

New starters only. One coupon per family
Valid for Belper Baby /Toddler class only

Expires: May 2019



FREE TASTER CLASS WITH HOT DRINK & CAKE

**Tuesdays - 1.30pm
Belper Community Hall.**

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



'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
(Coupon not to be used in conjunction with Creative Moos)



THE FILLING STATION

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



20% DISCOUNT
off Family Annual Membership.
£8 instead of £10



PUMP IT UP
MICRO PUB

OFFER ON GIN & TONIC
BUY ONE GET ONE
HALF PRICE



OFFER ENDS 30TH APRIL 2019



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.



valid until 1st May 2019



Use the code BOOM1
to get an amazing
10% off a block booking of Baby College! Expires 01/05/19



Rebecca@babycollege.co.uk
07740056830 | www.babycollege.co.uk



Pull out. Cash in. **BOOM!**



THE BEER TRAP LTD

15% OFF

WITH COUPON ON PURCHASE

BT
EST 2013



Reserve your advertising space for May 2019!

Email: info@boommagazine.co.uk



Spend £20 to receive a **£5 Gift Voucher**

Valid until May 1st 2019

Tel: 01773 828883

8 High Street, Belper DE56 1GF



The Willow

10% off

myfavouritethings.card

AND

Jewellery Range

Elizabeth May Jewels

Expires May 1st



MATLOCK FARM PARK

Tel: 01246 590200
www.matlockfarmpark.co.uk

f i t

FREE bag

of animal food per family

with paid entry into Matlock Farm Park, upon presentation of this coupon

Expiry date 31st May 2019



Cheeky Bambini.com

10% DISCOUNT

Valid in store only until 1st May 2019.

Not valid on sale items or in conjunction with any other offer.

122 Bridge Street, Belper



Sue's Sustainable

De Bradelei Mill
Belper DE56 1AR

20% off

SWIM NAPPIES

(WHILST STOCKS LAST)



FREE Birthday Cake

with Clay topper to keep

Valid for parties booked at Markeaton Park venue, booked either Sat or Sun mornings only with this coupon. Expires Dec 2019.

Call 01332 460079 for more info.



Please mention Boom when responding to adverts!

Pull out. Cash in. **BOOM!**

**Boom Advertising
2019 offer:**

Sign up for 6 issues and get
your first ad half price.

Email:

info@boommagazine.co.uk



THE BEER TRAP LTD

15% OFF

WITH COUPON ON
PURCHASE



The Willow

10% off

myfavouritehings.card
AND
Jewellery Range
Elizabeth May Jewels

Expires May 1st



Spend £20 to receive a
£5 Gift Voucher

Valid until May 1st 2019

Tel: 01773 828883
8 High Street, Belper DE56 1GF



Cheeky Bambini.com

10% DISCOUNT

Valid in store only until
1st May 2019.

Not valid on sale items or in conjuncton
with any other offer.

122 Bridge Street, Belper



Tel: 01246 590200
www.matlockfarmpark.co.uk



FREE bag
of animal food per family

with paid entry into Matlock Farm Park,
upon presentation of this coupon

Expiry date 31st May 2019



FREE Birthday Cake
with Clay topper to keep

Valid for parties booked at Markeaton Park venue, booked either
Sat or Sun mornings only with this coupon. Expires Dec 2019.

Call 01332 460079 for more info.



20% off
SWIM NAPPIES
(WHILST STOCKS LAST)

Sue's
Sustainables

De Bradelei Mill
Belper DE56 1AR



BELPER CHILD HEALTH CLINIC

Babington Hospital 1-3pm on Wednesdays
By appointment only
Tel: 01773 820093 9am - 12 noon

WED	<p>Derbyshire Toy Library Stay and Play (incl Parents of Multiples Society - POMS) Belper Community Hall 9:30-11:30am PAYG</p>	<p>Post natal Reformer Fitness Pilates Post natal Pilates The Fit Pit 10:15-11am (babies welcome) BOOK</p>	<p>Little Sage Kids Yoga Sage Yoga, Unity Mill 4:15-5pm (4-7yrs) BOOK</p>
	<p>Gymkids: Pre-school Gymnastics Belper Leisure Centre 9:25-10:10am (9m-3yrs) PAYG 10:20-11:05am (3yrs+) BOOK</p>	<p>Pregnancy and Post natal Pilates The Fit Pit 6:30-7:30pm BOOK</p>	<p>Daisy Baby Tinies and Wrigglers The Old Schoolhouse, Chapel Street 10-11am and 11:30am-12:30pm (5-12mo) 1.15pm – 2.15pm (6wks - 5 mo) BOOK</p>
	<p>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</p>	<p>Creation Station: Baby Discovery Busy Bees Nursery Gregory's Way 1:15-2pm (3m-2yrs) BOOKING ADVISED</p>	<p>Sweaty Mama Belper Meadows Sports Club 10-11am (6 wks to 5 yrs preschool) BOOK</p>
THUR	<p>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</p>	<p>New Life Tots New Life Church 10am-12pm PAYG</p>	<p>Little Sage Kids Yoga Sage Yoga, Unity Mill 4:30-5:15pm (8-11yrs) BOOK</p>
	<p>Little Sage Baby Yoga Sage Yoga, Unity Mill 9:45-11am (crawling-walking) 11:15am-12:30pm (8wks-crawling) BOOK</p>	<p>Young at Heart Intergenerational Play Group Spencer Grove Nursing Home (Check FB page for session dates) 2nd & 4th Thurs of the month 10:30am-12pm (0-5yrs) PAYG (BY DONATION)</p>	<p>Special Friends Drop In Re[space] Café, Milford 9-11:30am 1st Thurs of the month) For families of children with additional needs (all ages welcome) BY DONATION</p>
	<p>Prams and First Shoes Meet-Up St Mark's Church 9:30-11:30am (0-3yrs) FREE</p>	<p>Baby College Fleet Arts Centre Toddlers (9m-2yrs) 9:30am Infants (0-9m) 10:30am BOOK</p>	
FRI	<p>Baby Sensory for 0-13 months The Lion Hotel 10am, 11:15am and 12:45pm BOOK</p>	<p>Mums and Babies Post natal and Pregnancy Pilates The Fit Pit 10:30-11:45am BOOK</p>	<p>Creation Station: Little Explorers Busy Bees Nursery - Gibfield Lane 10-10:50am (15m-5yrs) BOOKING ADVISED</p>
	<p>Natural World Early Years Centre 10:30am-12pm BY DONATION</p>	<p>Little Sage Kids Yoga Sage Yoga, Unity Mill 11am-12pm (18m-5yrs) BOOK</p>	

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.



PILATES

To support an Active Healthy Pregnancy & Safe, Effective Post Natal Recovery.

PREGNANCY – POST NATAL – MUMS & BABIES



PREGNANCY

WEDS 6:30-7:30pm • FRI 10:30-11:45am

POST NATAL & MUMS & BABIES

WEDS 6:30-7:30pm • FRI 10:30-11:45am



POST NATAL REFORMER FITNESS

(Babies welcome) • WEDS 10:15-11am

DROP-IN MAT WORK PILATES

Mon 9.20am • Weds 7.30 pm • Fri 9.30am



PHYSIOTHERAPY & MASSAGE

For pregnancy, post natal and all other sports and musculoskeletal injuries

PHYSIOTHERAPIST-LED CLINICAL REHAB PILATES

for long term or recurrent injuries/post surgery/post natal



SEE WEBSITE FOR OUR 20 CLASSES PER WEEK

WWW.BELPERLIFEFITNESSPHYSIO.CO.UK


10% OFF

PREGNANCY MASSAGE

JUST MENTION BOOM MAGAZINE

Physiotherapy-Led Small Group Classes – Evidence-Based

EAST MILL BELPER – FREE PARKING – BUGGY ACCESS

Miracles2Mums Pilates  **TEL: 07703 116284**



the Creation Station

FUN ARTS & CRAFTS CLASSES
IN BELPER AND DUFFIELD (CALL LIZ 0799839983)

FOR 6 MONTHS - 11 YEARS OLD

MONDAY - TREETOPS NURSERY, GIBFIELD LANE, BELPER
LITTLE EXPLORERS 15MONTHS - 5YEARS 10.00AM - 10.50AM

WEDNESDAY - TREETOPS NURSERY, GREGORYS WAY, BELPER
BABY DISCOVERY 6MONTHS - 2YEARS 1.15PM - 2.00PM

THURSDAY - ST ANNES CHURCH, AMBERGATE
CREATIVE MOOS 15MONTHS - 5YEARS 9.45AM - 11.15AM

FRIDAY - TREETOPS NURSERY, GIBFIELD LANE, BELPER
LITTLE EXPLORERS 15MONTHS - 5YEARS 10.00AM - 10.50AM
COME AND GET MESSY!!

established 2014



Twistin Tinies
Music, Movement and Fun

From birth - 18 mths
booking essential

Twistin Tinies innovative baby music classes, using props, puppets and light shows to promote learning.



- 20 minutes of baby-bonding.
- 20 minutes of musical activity.
- Coffee time & making friends.

OBBA's Activities Association
Member Since 2014
AWARDED GOLD ACCREDITATION

BELPER, Tuesdays
1.30 - 2.40pm
Community Hall, DE56 1BA

CALL FOR FREE TASTER SESSION

Call Jacqui on: 07977 578359
Info@twistintots.co.uk
www.twistintots.co.uk
www.facebook.com/twistintots

NEW CLASSES
New Locations
Coming Soon
Check website for info.



TODDLER FIT
Inspiring sports for toddlers

NEW
SESSIONS STARTING
Sunday 10th March &
Monday 11th March in Denby

For more information & to book go to www.toddlerfit.co.uk or contact us on facebook

Derbyshire Toy Libraries
Learning through play



Toy Hire from 50p per week

Stay, Play & Take Away

Affordable Party Packages

'Young at Heart' Inter-generational Play Sessions

For more information, visit:
www.derbyshiretoylibraries.org

Facebook icon, Twitter icon, Charity Number: 1081255



Baby College

Fun & Inspiring sessions providing an insight into Baby Development and Top Parenting Tips.

Fleet Arts - Thursday Morning



Rebecca@babycollege.co.uk
07740056830 | www.babycollege.co.uk



DALE ABBEY

A FAMILY ADVENTURE

Dale Abbey is a hidden gem for families. The hermit's cave and romp through the field to the huge abbey ruins are sure to delight children of all ages. This is a short (1.5 mile) walk and is perfect for little legs, with plenty to see along the way. There is a larger circular loop (about 3 miles) for longer legs.

Start from: The Carpenter's Arms pub, postcode: DE7 4PP. Park on the village roads only.

Walk down the street called "The Village", which

is opposite the Carpenter's Arms. Pass the village green on your right as the road bends round to the left. Follow it to the All Saints Church. Then turn right and walk up the road with the church on your left and fields on your right.

Turn left into the Hermit's Wood and follow the path for a short while until you see a sign and steps on the right, up to the Hermit's Cave.

At the top of the steps you will find the large cave with

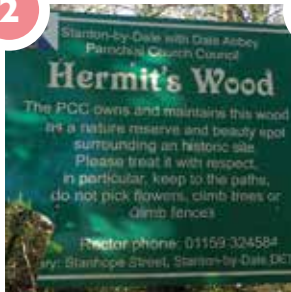
several rounded doors and windows where you can play hide and seek or peek-a-boo!

Climb back down the stairs and turn right continuing along the path until you pass through a gate leaving the woods and on to pasture land. Walk in a diagonal and pass the cottages on your right. Carry on, on a diagonal left and cross over a stile and walk through the fields to the Abbey ruins. Return to your car along The Village street.

1



2



3



4



5



6



MAP
KEY



Hermit's Cave



Parking

--- Route - 1.5 miles



Main Roads

Do you have a favourite family walk?

Email us about it at editorial@boommagazine.co.uk.

THE BEER TRAP LTD

**GIFT
VOUCHERS
NOW AVAILABLE**

NEW



CRAFT BEER BOTTLE
market offering the
BEST BREWS from
independent
breweries
**AROUND THE
WORLD!**

Just off the market
place in Belper
**18 Market Place
Belper DE56 1FZ**

CALL 07989 802 728
or 07377 608 675



**FRESH
DELI & EATERIE
BASIL**

Award winning Delicatessen & Eaterie

Good quality food and a great reputation
in the heart of Belper

23 Strutt Street, Belper Derbyshire, DE56 1UN
Tel 01773 828882

*The
Willow*

JEWELLERY, CARDS & GIFTS



CAMPBELL STREET, BELPER DE56 1AP



Bespoke, Celebration
Cakes & Cupcakes
Birthdays • Christenings
Baby Showers • Weddings

CONTACT US ON: 07930 336109
taylor_madebakes@yahoo.com
f @taylormadebakesbelper



5* food hygiene rating
Fully insured



Sue's
Sustainables

De Bradelei Mill
Belper DE56 1AR



[www.facebook.com/
suessustainables](http://www.facebook.com/suessustainables)

Low Impact Living
Wholefoods - Household Products
Refills - Personal Care - Gifts

Opening Hours:
Wed - Fri 11 - 2
Saturday 11 - 4



LIBBY HALL PHOTOGRAPHY

*** NEWBORN SPECIALIST *
AND FAMILY PHOTOGRAPHERS**

**SPECIAL OFFER
FREE FRAMED PRINT
WITH THIS ADVERT**

TEL 07961222432

**FACEBOOK . LIBBY HALL PHOTOGRAPHY
WWW.LIBBYHALLPHOTOGRAPHY.CO.UK**



THE LION HOTEL

A WARM WELCOME FOR FAMILIES

Hotel, Restaurant & Bar
Gastro Pub & Pizzeria
Superb children's menu
Function rooms



THE LION HOTEL BELPER

24 Bridge Street
Belper, DE56 1AX
enquiries@lionhotelbelper.com
lionhotelbelper.com
01773 824 033



RYAN C ABSALOM
PAINTER & DECORATOR

High class finish
Paperhanging specialist
Clean and tidy
24 years' experience
Fully insured

CONTACT US
01332 881 545 | 07803 415 707
ryanabsalom@hotmail.co.uk

THE FILLING STATION

"SIMPLE FOOD - DONE WELL"

A friendly family run business serving good fresh ingredients & catering for vegetarians, vegans & gluten free


Chapel Street, Belper

Find us on 



PUMP IT UP MICRO PUB

13 CASK & KEG BEERS
plus full range of other beverages

 PumpItUp - see opening times



39 Bridge Street, Belper, DE56 1AY

READY FOR SCHOOL?

By Neil Hunt, Headteacher in Derbyshire

Do you have young children who are going to start school soon or in the near future? Have you ever wondered if they are ready for this big step in their life? Are you ready?

If your child is four years old this year, and you've applied for a primary school place, you will receive your school offer on 16 April 2019. If not, contact the county council admissions department, not the school. If you are currently looking to apply for a place further in the future, here are a few quick tips to help you think about which school you'd like your child to attend.

• Visit schools

Notice if the current children are happy and having fun. Are the staff friendly and welcoming? Do they answer questions? Do you meet the headteacher?

• Check out the school's website for information

• Ask what the induction procedures are for new children.

How will they help to support your child's move to school?

• Can you see your child being happy there?

There are lots of things you can do to help your child get ready for school, settle in and be happy, make friends and have fun learning!

Many parents might think that being ready for school is helping with learning the alphabet, numbers, reading and writing. Leave the teaching of these things to school. Children need other vital skills before they can begin to learn about letters and numbers.

• Independence

Encourage your child to dress and undress

themselves, take themselves to the toilet and use a knife and fork. These skills will help with their well-being and ability to take the school routine in their stride. Top tip – Velcro fastenings for shoes are a big advantage in helping your child manage shoes!

• Communication

Encourage your child to talk clearly and in sentences. Can they listen and follow simple instructions? E.g. 'Take your coat off and hang it on your hook please.' 'Can you pass me the red and blue cars please?' Try to encourage your child to tell you what they want or need. Discourage pointing or gestures. Ask them to explain what they want. This will be good when they start school as they will be able to tell adults what they mean or want. Talk about and name feelings. Can your child say when they feel happy or sad?





- **Playing and sharing with others**

It will be an advantage if your child has had lots of opportunities to play and socialise with others, so they have experience of playing and sharing, talking and being with friends. This will help them build positive relationships when at school.

- **Sharing books**

The more you and your child share books together, the better! Reading good quality picture books will help your child with language and communication. The repetitive language in books will help with longer term reading skills. Talk about the pictures so your child is immersed in the book. This will give your child a flying start! Visit your library for a list of great preschool titles.

- **School vocabulary**

Talk about the things your child will not have experienced or heard about before, e.g. teacher, playground, bookbag, water bottle, register, uniform, PE. This will familiarise them with the language the school staff will be using.

During the summer holidays, try to give your children some memorable experiences they can talk about when in school.

Some ideas....

- Build a den in the garden or house
- Bake and decorate cakes or biscuits together
- Get some cardboard boxes and make and decorate a spaceship, house or car
- Visit a farm
- Help to look after a pet
- Make your own fruity ice lollies

- Do some planting and digging
- Go for walks in woods, by rivers, across fields
- Go for a ride on a train or bus

You will be surprised how many children arrive at school not having done things such as these! Your child will have an advantage if they have had these types of experiences.

It's helpful to connect with other parents and talk about how they are preparing their child for school. Perhaps even meet up to make some of these memorable experiences together!

SCALEXTRIC ON TOUR

HIRE FOR ALL OCCASIONS

Weddings • Children's Parties
Stag Parties • Corporate Events

One of the largest 4 lane digital layouts in the UK with all the latest software.

Prices start
at £285



Nick Black
07891 491862
scalextricontour@hotmail.com

A home and gift wonderland specialising in all things unique and unusual, quirky and beautiful.

Find us at:
8 High Street, Belper, DE56 1GF
and let the fairytale begin!

Tel: 01773 828883

**Ambergate
DECORATORS**



Telephone:

01773 853066

07855412071

www.ambergatedecorators.co.uk



45°

FORTY FIVE DEGREES
Design & Print



**LASERCUT
PERSONALISED
REWARD JARS**

And many other laser cut delights...
Right in the centre of Belper

MacGuy & *the laser guys*

01773 880 365

1A Campbell Street, Belper, Derbyshire, DE56 1AP

Dru Yoga classes and workshops at
Strutts Community Centre, Belper.

Suitable for mixed ability.
Beginners welcome.

Kathrine Parker Stead DipDYT
Dru Yoga Teacher

Contact Kath to book a class

www.kathsdruyoga.com

T: 07586 298809

E: kathsdruyoga@gmail.com





Brooksite

Under 5's Pre-school Playgroup



At Brooksite we provide secure, supportive and a caring environment for all our children. We have strong partnerships with our local schools and work closely together so we can encourage our children to reach their full potential. We have 2 large outdoor areas and our very own wildlife garden where the children engage in lots of exciting stimulating activities.

In 2017 our Ofsted findings were: **"Children learn to be independent and are able to make decisions and choices"** and **"Parents are very appreciative of the warm and caring greetings these children receive every day"**

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
 Contact us on: 07989 128155 or facebook @brooksitepreschool.
 Get in contact today to come and have a look around and see what we have to offer!

AERO FUSION POPUP

Sat 01 June

go to the website for the menu and to book your place

www.theghanaianpot.com

£22.50 for 3 courses
 booking is essential

by the **Ghanaian Pot**

Nº28 Belper Market place 7-10:30 PM bring your own drinks

BLF
 BOTTOM LINE FITNESS

OFFERS

1st month **HALF PRICE**
 Semi Private Training

a month
 8 sessions **£60**
 12 sessions **£90**

INTRODUCTION to PT*
£99 for 1st month
FREE CONSULTATION

Please quote **"BOOM"** when booking

GET IN TOUCH
 and see how we can transform you...
 01332 833848 • bottomlinefitness.co.uk
 info@bottomlinefitness.co.uk
 Duffield Road, Little Eaton, DE21 5DR

*Based on one hour per week

SAPPHIRE



NAILS

12 BRIDGE STREET, BELPER, DE56 1AX • TEL: 01773 823 232

NAILS & PEDICURE SPA



WE'RE SPECIALISED IN:

- ◆ ACRYLIC
- ◆ SNS POWDER
- ◆ MANICURE
- ◆ PEDICURE
- ◆ GEL POLISH
- ◆ NAIL DESIGNS
(OMBRE, MARBLE, 3D DESIGN, DIAMONDS, CHROME ETC)

ABOUT 2000 COLOURS TO CHOOSE FROM

OPENING TIMES

MON - SAT • 9AM - 6PM

APPOINTMENTS & WALK-INS
ARE WELCOME

WE'RE ON FACEBOOK
AS **SAPPHIRE NAILS**,
OUR CUSTOMERS CAN
CONTACT US TO BOOK AN
APPOINTMENT & COMPLAINTS
IF THERE'S ANYTHING
WRONG. WE VALUE YOUR
FEEDBACK & OPINIONS.



STUDENTS GET 10% OFF



WARDS
Shoe Shop
EST. 1954

Family run CHILDREN'S FOOTWEAR

START ⁷⁹²RITE 

Clarks 

Lelli Kelly 

BELPER

KING STREET | 01773 822643



For all your cleaning needs

- Reliable** Household / residential cleaning
- Thorough** One-off cleaning
- Highly Recommended** Landlord and tenant property cleaning
- Discreet** Commercial office cleaning
- Friendly** Hoarding and organising help
- Holiday Homes
- Social care cleaning
- Ironing service

www.instagram.com/sparklenshineuk www.facebook.com/sparklenshineuk

07546 495 707
www.sparklenshineuk.com
catherine@sparklenshineuk.com

Catherine Ford
SPARKLE N SHINE



Friendly, Local, Reliable Service
Fully Insured
www.thehandymanlee.co.uk

General DIY
Home Maintenance
Flat pack assembly
Painting interior and exterior
Child home safety
Garden work from lawn mowing to patios
and much, much more.....

Call for a FREE quote on 07562 648 506
Based in Belper



JOHNSONS
A PROPERTY MAINTENANCE
JOINERY

- All Internal & External Joinery Undertaken
- Kitchen Fitting
- Doors, Windows, Conservatories
- Flooring
- Bedroom Fitments
- Bathroom Refurbishments

07738526510 • 01773 834302

UPCOMING FAMILY THEATRE



DÉDA • 01332 370911 • www.deda.uk.com



TARZANNA

presented by
Gramophones

Saturday 2 March
(11am & 3pm)

Anna's whole world is turned upside down when she is magically transported to the rainforest. Wild creatures appear and dance before her as she swings through the jungle of her dreams. When her new home is put in danger, can she become the wild Tarzanna she needs to be, in order to save her new found friends?

Tickets £8
For 3-8 years.



INTERFACE19

presented by Déda

Friday 8 March
(7.30pm)

Interface19 will showcase the best youth dance talent from schools and community groups across Derby and Derbyshire. An evening of inspirational performances, as young people aged 11 – 19 demonstrate their energy, creativity and skill on a professional stage. Presented in partnership with Derbyshire School Sports' Association and Dance 4.



GIBBON

presented by Chris
Patfield and José
Triguero

Saturday 30 March
(7.30pm)

This wildly original circus production fuses juggling, choreography, and theatre to explore connections between human behaviours. A comic, devastatingly slick, and wonderfully thought-provoking piece.

Tickets £12
(£10 concessions).
For ages 8+



OVER THE MOON

presented by Hurlly
Burlly Company

Saturday 27 April
(11am, 1pm & 3pm)

An interactive musical adventure for babies. Join us for musical tickling, stretching, chomping and stamping as we journey together through the day: waking, eating, playing and sleeping. Enjoy an eclectic array of music by Debussy, Ravel, Humperdink and Monteverdi alongside folk songs, nursery rhymes and music composed by the company.

Tickets £8



**RABBIT GIRL
& THE SEARCH
FOR WONDER**

Saturday 23 March

(1pm & 3:30pm)

Playful, poignant and with a little sprinkling of magic, Rabbit Girl & The Search For Wonder is a new show inspired by stories from lots of families.

Tickets: £12
(£10 concessions)
For ages 4-8 years



**PEPPER &
HONEY**

Saturday 30 March

(3:30pm)

Baking on full power whilst exploring stories of migration and the meaning of home. Join us in making and breaking pepper biscuits and family traditions.

Tickets: £12
(£10 concessions)
For ages 10+.



**THE JUNGLE
BOOK**

**Friday 5 April –
Saturday 20 April**

Inspired by Rudyard Kipling's magical stories, The Jungle Book promises to be the perfect adventure for all the family this Easter.

Tickets from £10
For ages 6+

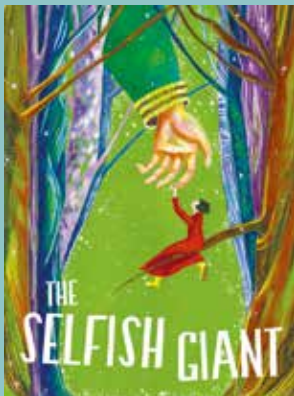


INTOTHECLOUDS
Thursday 25 April

(9:45am, 10:45am,
11:45am, 1:15pm:
2:15pm & 3:15pm)

IntothecLOUDS is a playful, sensory and highly visual experience for very young children and babies developed in partnership with the NHS's Small Steps Big Chances.

Tickets: £10
(for baby and adult companion),
£5 for additional adult companion.
For ages 6-18 months.



THE SELFISH GIANT

Tuesday 16 April (2pm)

Grinter the giant shuts herself away in her cold house, surrounded by huge snowy gardens, enclosed by high, frost-covered walls. Outside the children discover a chink in the giant's wall, changing the course of their lives forever.

Hosted at
Déda Theatre £12
(Concessions available).



We'll all be swinging and
singing in the jungle this Easter!

THE JUNGLE BOOK

Perfect for
families

FRIDAY 5 – SATURDAY
20 APRIL 2019

Box Office: 01332 593939

Book Online: derbytheatre.co.uk/the-jungle-book

Text Number: 07717 364 964

DERBY
THEATRE
PRODUCTION

All performances



Audio
Described



Captioned



BSL
Interpreted

Derby Theatre is part of
UNIVERSITY OF
DERBY



Supported by
ARTS COUNCIL
ENGLAND

THE CLOTHWORKERS'
FOUNDATION