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ISSUE 6

AUTUMN 2018



Photo by Christina Michelle



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Jo & Sascha

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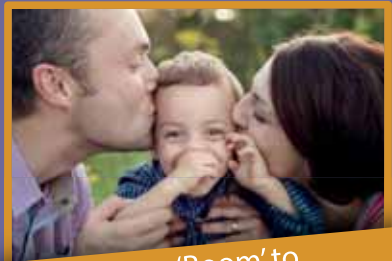
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Cover photo of Millie, By Christina Michelle



FOR THE LOVE OF WRITING!

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**Sascha Landskron
and Jo Leigh**



Editors of Boom Magazine and local mums

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Hello and welcome to issue 6 of Boom Magazine!

Here you will find a **huge list of events** to last you through the autumn, as well as children's theatre listings, information on **starting school in 2019** and tips on **planning kids' birthday parties**.

For parents and carers with younger children, you can find a thought-provoking piece by Jacqui Hawkins on the **baby brain** (is it real, or is it just in our heads?!) and Anna Isherwood relays all you need to know, when **choosing childcare** for your baby or toddler.

For parents and carers with toddlers, you can read our **exposé on sticks** (why do kids love them so much?) by the talented and creative Cate Bush.

Bess Purser eloquently offers invaluable advice on **keeping well with aromatherapy**.

For those working to keep healthy you can find the low-down on sugar and a **low-sugar kid-approved chocolate bun recipe**.

To launch our new Eco-Friendly Policy, the lovely Laura Lo Bue outlines her top **tips for being an eco-family**, at Christmas and through the year. Finally, as Christmas is just around the corner, this issue is packed with **ideas for festive gifts, crafts and activities for the whole family**.

We are proud to support our thriving Belper community and encourage you to use your Boom coupons and **shop local this Christmas!**

inside

Super Sticks	6-7
Sweet child of mine "what to do about our kids' sugar intake?"	8
Chocolate Buns With a healthy twist	9
Inspiration for Kids Party Planning	10-12
Cook Stars Recipes	15-16
A Walk on the Monsal Trail	19
Autumn & Winter Events Calendar	20-21
Is Pregnancy Good for your Brain?	24-25
Belper groups for babies and toddlers	26 & 31
Coupons 4 page pull out	27-30
Treating Colds & Flu The Natural Way	37
Tips for an Eco Friendly Family	38-39
Shop Local, Shop Stress Free This Christmas	41
I'm Dreaming of a Green Christmas	45
Choosing your Childcare	48-49
Starting School	53
Upcoming Family Theatre	54-55



Jo & Sascha



SUPER STICKS

BY CATE BUSH BSc, PGCE, local mum of three, primary school teacher specialising in early years and co-founder of Stepping Stones child-led playgroup.



Do your children love playing with sticks?

My eldest has always been fascinated with sticks and continues to amass a collection of sticks by our front door of different shapes and sizes, all of which in his eyes are "good sticks". We now have a one-in, one-out policy and if I dispose of any, he always seems to notice.

What's so good about a stick?

The stick is perhaps one of the oldest toys and the starting point for endless activities for generations of children all over the world. Children can poke and drag sticks, make interesting patterns in mud, sand, or leaves, build with sticks, bat balls, or make music with them. When children pretend with sticks, they cultivate their creativity. With a bit of imagination, the humble stick can be an endless source of make-believe fun. A stick can be a fishing rod, a sword to fight off trolls in the woods, a magic wand to cast spells or a broomstick to transport

you to another world. Playing with sticks ignites children's imagination and also has physical benefits. Branches and large sticks build muscles as children drag, manipulate or carry them outdoors. Teamwork happens when a stick is too large for just one child to move and children develop their communication and social skills as they engage their peers to help them.

Sticks may be the oldest toy, and they're possibly one of the best too. So many play activities can start with a stick. Here are a few ideas...

Stick Play

Sticks give children the freedom to invent and discover, and make great building materials. They can make a bridge to hold up a toy, or a den for a teddy. See how high you can build a stick tower by layering sticks on top of one another.

Add some toy people or animals and you have a whole new miniature world for adventures.

Adventure sticks

When it comes to a simple activity that keeps children busy, active and having fun, scavenger hunts are always popular and can be easily be adapted for different ages.

In its simplest form you can hide a toy or some well wrapped pieces of a snack a few metres away then use sticks to mark the way to the treasure. Or lay a 'secret' trail to lead a group of older children through a woodland or along a path. Before you start, go over some ground rules like making sure the children stay together.



Make stick animals, people, faces and sculptures

While much can be done with sticks on their own, you can do even more by adding a few simple materials. Use some clay and natural objects to



make creatures or simply create your own sculpture. Clay easily adheres to the side of a tree and we love making clay faces in the wood for people to find. Just place a dollop of soft clay or mud onto the side of a tree and use sticks, moss and leaves to create a face. You could also try your hand at some land art by arranging sticks and any other natural materials in a pattern on the ground.

Wind streamer

Once your child has found a "good stick" it's easy to make a wind streamer. Find old scraps of material (silky textures work well) or ribbons. Wrap the material around the stick and tie a knot. You don't have to wait for a breezy afternoon, as once your little one starts to move, the material will stream out behind them as they run, skip, hop and jump.

Make some noise

Our three boys love drumming with sticks: on the side of old trees, metal fences or anything that makes a good noise. You can also make some noise by creating a rattle. Find a Y-shaped stick and paint or wrap it with coloured wool. Wrap some thin wire on the top, and thread on some beads, bells, bottle tops, or anything that makes some noise.

Safety with sticks

As always caution needs to be taken with stick play to keep everyone safe and look after the world around us. Sticks are part of the natural world, providing food and shelter for birds and animals, so always collect them with care.

General safety guidelines:

- Take great care when running with sticks
- Don't point sticks at faces
- Never wield a stick at people or animals
- Watch out for splinters
- When throwing sticks, make sure everyone is well out of the way
- Wash hands once you have finished your adventures/activities

AUTUMN IS ON ITS WAY! It's a great time to get outside, take in the changing colours, find some "good" sticks and get creative!



SWEET CHILD OF MINE

What to do about our kids' sugar intake?



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

What is sugar and why does it matter?

Sugar is the most simple form of carbohydrate and the name given to sweet foods, or food molecules that break down into glucose. Your body and brain need some glucose to function, and sugars are found naturally in foods such as honey and fruit, and they are released when starchy foods are digested. High sugar intakes however have been linked to inflammation, weight gain and tooth decay.

Sugar is added to many processed foods as a preservative, bulking agent or flavour enhancer. Added or 'free sugars', such as honey and unsweetened fruit juice are the type of sugar that we need to limit. You can find them by reading the ingredient list on packaged and prepared foods (see the box below for details).

Watch out for added sugar in packaged foods, also called:

- honey, molasses, agave nectar, syrup, maple syrup, rice syrup, corn syrup and high fructose corn syrup
- fruit juice, evaporated or concentrated cane/fruit juice
- any word ending in "ose" such as: sucrose, glucose, fructose, dextrose, galactose or maltose

So what do I do?

You can check for added or free sugar by looking at the ingredient list on packed foods. If any of the above words are listed in the first few ingredients it is a high sugar food. You can figure out how much naturally occurring and added sugars are in a food by looking at the

nutritional information on the food label. It will tell you how many grams (g) of sugar are in a food. Remember 4g of sugar equals about 1 tsp – so the example below, which has 34g of sugar, contains 8 ½ tsp of sugar!

Energy	Fat	Saturated	Sugars	Salt
1046kJ 250kcal	3.0g	1.8g	34g	0.1g
	LOW	LOW	HIGH	MID
13%	4%	7%	38%	1%

There is no guideline limit for children under the age of 4, but it's recommended they avoid sweet drinks (like fruit juice) and foods with added sugar.

Many of us could reduce our added sugar intake and feel better but sweet treats are around us everywhere! We've developed a delicious, lower sugar chocolate cake recipe. The black beans add a little hidden fibre and nutrition. Shhhhh!!!

Sascha



CHOCOLATE BUNS

with a (Healthy) Twist

By Sascha Landskron, BSc., MSc. Local Mum and Paediatric Dietitian

For the past year I've been trying to come up with a lower sugar bun recipe for my kids...ideally with added hidden nutrition. The kids and I have tried various low sugar recipes, with varying success. We've tried substituting sugar for mashed bananas and tried to blend in all sorts of vegetables: carrot, courgettes, and even peas and broccoli too! Admittedly some of the cakes were revolting... Especially the one with pureed pea icing...yuck!

Finally, we have a winner. This healthier bun recipe actually works. I love them because they're lower in sugar and have added fibre, protein and healthy fats (from the black beans and avocado) and the kids love them because they are chocolate flavoured and baked in pretty cupcake papers. It's a win win!

Ingredients:

230g	sugar (about 50% less than most cupcake recipes)
3	eggs
190ml	rapeseed oil
2tsp	vanilla extract
1	400g tin black beans
1	ripe avocado
230g	plain flour
½ tsp	salt
1 tsp	cinnamon powder
1 tsp	baking powder
1 tsp	bicarbonate of soda
70g	cocoa powder

Method:

- Preheat the oven to 180°C.
- Drain and rinse the black beans well.
- Puree the black beans until completely smooth.
- Add the flesh of the avocado and puree until smooth.
- Blend in the sugar, oil, eggs and vanilla.
- Mix the dry ingredients in a separate bowl: flour; salt, cinnamon, baking powder, sodium bicarbonate and cocoa powder.
- Slowly fold the dry ingredients into the bean/avocado mixture until blended through.
- Spoon into small cupcake paper-lined bun trays. You should get about 20 small buns.
- Bake for 15 minutes, until a knife inserted comes out clean. Be careful not to over-bake.
- Cool and enjoy with your kids!



Please note these buns are not low calorie or low fat, but the fats are healthier than those found in processed cakes. Most importantly the sugar content of each one is 12g (about 3tsp). You can even try to reduce the sugar further if you like! Each bun also gives your child 4g of protein and 1.5g fibre, which is not bad for a treat!

Enjoy! Sascha

Inspiration for KIDS PARTY PLANNING

By Jo Leigh, Co-Editor of Boom and Perennial Party Girl

Love them or hate them, kids' parties are here to stay. Here are some tips to help make your little one's special day, a little easier.

Outdoor Parties

If your family loves the outdoors, there are some great party options! **Stepping Stones Woodland Parties** in Belper; is run by two local mums with a creative flair and forest school training. Also check out **The Wildlife Trust** at Carsington Water or Matlock Bath & **Lea Green** (near Matlock) offering a range of outdoor activities. **Twistin' Tots** Music and Movement offer party packages for both in and outdoors.

Tips for Small Parties

There are some lovely options around if you want to keep your party small, for close friends and family.

- Both **Cook Stars** and **Rachael's Secret Tea Room** offer baking parties.
- **Creation Station, Stepping Stones, Painting Parlour** and **Jumping Clay** provide creative parties.
- **Go Sensory** offer Baby Sensory Parties, plus Slime Making, Science Workshops and Sparkly Parties for older children.
- **Gary's Reptiles** is a favourite among animal lovers.
- **Unique Slumber Parties** offer gorgeous personalised kit, including little indoor tents, perfect for a sleepover!
- **Bounce Revolution** trampoline park, offer party packages for your little jumping beans.
- For a small group of friends how about a trip out with either **Birdswood Narrow Boat** at the Cromford Canal or **Ecclesbourne Valley Railway**.

Tips for Big Parties

- If you invite the whole class, plus cousins and family friends, you may be catering for 30+ children, which requires lots of space. Hiring a venue could be a cheaper option (**see the adjacent list of local venues**).
- There are plenty of entertainers and soft play/bouncy castle rentals to make the day memorable such as **Skyeland Soft Play**. Some entertainers like **Mr Balloony** offer entertainment that fits in with your theme.
- **Scalextric On Tour** can provide one of the largest digital Scalextrics layouts in the UK.
- If you'd rather have the ease of no set-up or clean up then **Chucklebutties Soft Play** in Belper offer party packages for different budgets. **Déda** in Derby offer dance parties and at **BabyBallet Derbyshire Central** you can choose from Disco, Ballerina, Super Hero and Fairy parties.

Tips for Parties on a Budget

- **Halls** can be hired from as little as £10 per hour. You can then arrange your own party games or a free disco, with a playlist from your phone.
- An even cheaper option is an outdoor gathering at a park or festival. One of my son's favourite birthday parties was at **Crossley Park Splash Pad**. The host laid out picnic blankets with a lovely spread and the kids ran about enjoying the park and water features.
- Garden parties and a treasure hunt is an easy and fun activity.
- If you are hosting a smaller party, you could have it inside your home and put out crafts.
- Parachute games always go down a treat and a parachute can be picked up for as little as £15.
- **Derbyshire Toy Library** offer toy hire including: small toys, ride-on toys and larger equipment like their undersea airflow tunnels. They also have bubble machines for hire.

VENUE & CONTACT INFO	PRICES	MAX CAPACITY	KITCHEN FACILITY	CATERING AVAILABLE
Belper Leisure Centre Tel: 01773 825285	from £23 p/h	80	Bar	✓
Belper Meadows Community Sports club Email: belpermeadowssportsclub16@gmail.com	From £15 p/h	60	✓ <small>£5 Charge</small>	✓
Lion Hotel Tel: 01773 824033	Arkwright Suite from £90 Strutts from £40	120 30	✗	✓
Belper Rugby Club Tel: 07773416773 (1st may-31st Aug)	£30	100	✓	✗
Vanessa's School of Dance Tel: 01773 823309 • <i>(Dance parties available too)</i>	£10 p/h	30/40	✓	✗
Fleet Arts Tel: 01773 820484	from £40 for 3 hours	80	✓	✗
No.28 on the Market Place, Belper Email: twentyeightbelper@btinternet.com	from £20 p/h	60	✓	✗
Ritmo Studio Tel: 07899 041549	£22 p/h	45	✗	✗
The Fit Pit Tel: 01773 821676	£40 per party	45	✓	✓
St Peters & St Swithuns Church Halls, Belper St Marks Church Hall, Openwoodgate Tel: 01773 828772	From £12 p/h <i>Mon-Fri before 6pm</i>	50	✓	✗
Nealies, Milford Tel: 01332 841423 • Email: nealies4functions@tiscali.co.uk	£75 3-4 hr slot	40	Bar	from £4.95 pp
Kilburn Village Hall Tel: 07709 818683	from £12 p/h	120	✓	✗
Heage Village Hall Tel: 01773 850259	from £7 p/h	60	✓	✗
Poet and Castle, Codnor Tel: 01773 744150 • <i>(no cost for room hire if having catering,</i>	£15 p/h	70	✗	✓
Waingroves Community Centre Tel: 01773 742842	£50 for 4hrs	50 - 70	✓	✗

7 TIPS FROM A PARTY EXPERT

I met with my friend and party expert Shelley Jenner-Dyer from Skyeland Soft Play. Here are her top tips for organising a party:

1. Start by setting a budget. You'll be surprised how much the special touches add up.
2. Decide on a party theme. Skyeland offers ready-made packages, or you can create your very own. Shelley says their giant ball pool is a great hit with all ages!
3. Consider your venue. *(Check that your venue allows bouncy castles.)* Two hours seems to be about the best length of time for a party for young children,

but you may need to hire the venue for longer to set up and clear away.

4. Party bags delight children of all ages. Skyeland can provide these to save you time, but a helium balloon or sweetie cone can be just as exciting.
5. If you are catering the party yourself, do as much food prep as you can beforehand. Party food boxes are a great idea. You can pre-pack them for each child and pop in the fresh sandwiches just before you hand them out. You can even get themed ones!
6. When counting up invitees, consider the possibility that



siblings may need to come along too. So extra food and party bags etc. may be needed.

7. Remember a party is a time to celebrate and catch up with family and friends, so relax, enjoy the moment and have fun!

Skyeland Soft Play & Bouncy Castles specialise in parties for the under 5s, across Derbyshire and Nottinghamshire. They also provide a party planning service. www.skyeland.co.uk



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BAKING PARTIES with Rachael's Secret Tea Room

It's difficult sometimes to think of new ideas for children's parties...so why not hold a baking party? Perfect as they bake and then get to eat what they have made, what's not to love!

It doesn't have to be a big party, numbers can range from a minimum of 4 up to a maximum of 10 children (aged 5 and over) in a venue chosen and booked by you – please make sure that there are kitchen facilities available. If suitable, it can be held in your own home or even here at my secret tea room.

This fun activity lasts approximately an hour and a half where they get to make mini pizzas with their own unique and individual toppings along with sweet treats such as chocolate piñata, muffins and home-made shortbreads.

All baking ingredients, equipment and aprons will be provided. If you would like more food for your party, then no worries, as I can also provide this.

Don't take my word for it, here is what Mums had to say:

"It was fantastic! Rachael was so organised and lovely with the children"

"The whole process was a lovely experience from start to finish...everyone had a marvellous time"



Contact Rachael for more information, costs and availability.

Email: yummy@rachaelssecrettearoom.co.uk

Mobile: 07931 611485

or use the contact form on my website:

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NOT YOUR AVERAGE SLEEP OVER...



I'm Becky mum to 3 crazy boys and lover of all things girly. My background is as a support worker, working with people with learning disabilities and Autism. I have found that although incredibly rewarding it is not such a good career with a young family, and so after many hours of research and deliberation Unique Slumber Parties was born!

As a children's party supplier, we are definitely unique, we provide the fun and magic children love and the stress free set up/take down adults crave.

We provide the 24 hour hire of all the equipment and accessories in the pictures plus the set up and take down all for the same price that you could end up paying for a 2 hour party in a venue, with the added bonus of being a party your children would never forget. I feel this represents excellent value for money considering.

I currently have 4 themes, 3 very girly themes and one that is good for both boys and girls. Parties are suitable for anyone aged 4+ and the beds are standard single blow up

mattresses so mum and dad can join in too. You can book a minimum of 2 beds up to 6 beds in each theme and if more are required we can mix and match themes, so perfect for siblings, cousins, birthday parties, and even as a kids corner at your wedding.

I truly love what I do and I'm so glad that I found it when I did. For more information please find us on Facebook and Instagram.

Becky



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

4 THEMES AVAILABLE

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website
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to order.



What's Cooking?
Apple Roses

Ingredients

125g puff pastry
1tbsp apricot jam
1tsp lemon juice
1 red apple
Pinch of cinnamon

Icing sugar to dust over
before serving

Instructions

- 1) Cut a red apple into thin slices and put into a bowl. Cover with water and add the lemon juice. Heat in a microwave for 2-3 minutes to soften.
- 2) Mix the apricot jam with a tablespoon of water in a small bowl
- 3) Cut the pre-rolled puff pastry into 3 equal strips and roll each strip slightly on a floured surface.
- 4) Spread the jam mixture onto one of the strips and then lay out some of the apple slices onto the top half of the strip.
- 5) Sprinkle with a little bit of cinnamon, then fold up the bottom half of the pastry strip. Next roll up the pastry so it forms a 'rose'. Repeat for the other 2 pastry strips. Take each pastry roll and place it into a muffin tin.
- 6) Bake in the oven at 180C/gas mark 4 for 25 minutes.

www.cookstars.co.uk

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

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

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

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



Cook Stars

making cooking child's play!



Our Classes

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

Our classes are friendly, fun and great value!

Craft activities whilst dishes cook and a recipe card to take home. We amaze parents with what their children are capable of!

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

Kids Parties

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

Work for us

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

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

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

Rebecca

07826 843830

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

What's Cooking? Sausage Bake

Ingredients

- 30g cooked pasta
- 2 tbsp tinned cannellini beans
- 4 cherry tomatoes
- 1/4 tsp dried oregano
- Spring fresh rosemary
- 1/2 garlic clove
- 2 cooked sausages
- 1tbsp olive oil
- 1tbsp balsamic vinegar

Instructions

- 1) In a bowl, add the cooked pasta along with the cannellini beans.
- 2) Halve the cherry tomatoes and place in the bowl along with the dried herbs and rosemary. Finely chop the garlic and add to the bowl.
- 3) Next add the cooked sausages and pour the balsamic vinegar and oil over the top.
- 5) Add salt and pepper and mix everything together well.
- 6) Place the tin (uncovered) into a pre-heated oven at 190C/160C Fan/gas mark 5 for around 20 minutes

www.cookstars.co.uk

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

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

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

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



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A WALK FOR LITTLE LEGS, BUGGIES AND BIKES ON THE MONSAL TRAIL

By Jo Leigh

In the Peak District's limestone dales lies the Monsal Trail, a haven for cycling, buggy walks, horse riding and suitable for wheelchairs.

The trail, a former Midland Railway Line, runs for 8.5 miles between Chee Dale and Bakewell. Adding to its charm and sense of adventure are four lit railway tunnels about 400 metres long. The trail is traffic-free and surrounded by stunning views and countryside with lots of benches and picnic spots.

For a fun family day out, we suggest you head to Hassop Station in Bakewell (DE45 1NW Tel: 01629 815668) where you can start your journey and enjoy all the facilities such as: car parking, an outdoor play area with covered seating area, a lovely family-friendly café in the newly converted station building, a gift shop and cycle hire.

Run, cycle, gallop and push at your own pace and distance before turning back to enjoy the café for breakfast, lunch or afternoon tea. Open 7 days a week 9-5pm (later openings Wednesday - Saturday).

Jo Leigh, Co-editor is always on the lookout for family walks in the countryside. If you have a favourite family walk, email us at info@boommagazine.co.uk!



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AUTUMN & WINTER EVENTS CALENDAR

Derby Festé

Thurs 27 - Sat 29 Sept
Derby City Centre

Wirksworth Wizarding Day

Sat 20 Oct (10am)
Celebrating the world of Harry
potter
Various venues around the town

Mr Pumpkin

Sat 21 - Sun 22 Oct
(10am-4pm)
Thurs 25 - Wed 31 Oct
(10am-4pm)
Lime Farm, Morley
Pumpkin picking, bouncy castle, face
painting and much more...
Free parking and free entry, with a
small charge for other activities

Love Belper Pumpkin Trail

Thurs 25 - Sat 27 Oct
A fun Halloween trail around
Belper's independent shops, see if
you can spot the letters in pumpkins
to create a word, plus special events
happening on Saturday

The Denby Pottery School of Witches & Wizards

Mon 29 Oct - Fri 2 Nov
(11am & 2pm daily)
Denby Pottery Village
Dress up, learn spells and wand skills.
See Professor of Pottery making his
magical pots and have a go at making
your own clay objects to take home
and keep.
£7.50 per child, under 3s FREE
(when accompanied by a paying
child),
£3.50 per adult

Crich Tramway Museum - Starlight Spectacular

Mon 29 Oct at 10am
- Sat 3 Nov at 7pm
Crich Tramway Village is illuminated
and the trams run into the early
evening. Family fun and craft activities.

Birdswood Historic Narrow Boat - Halloween Special

Tues 30 Oct (2-4pm)
Cromford Wharf
Come and make something spooky,
play a game and have a glow stick
pass the parcel. Includes food and
drink. Prize for the best fancy dress!
£8 each (under 1s free)
Book online at: www.birdswood.org
Or call: 07552 055 455 (9am - 6pm)

Matlock Farm Park - Halloween Party

31 Oct (4:30-6:30pm)
Includes games, spooky farm tour
and disco
Book on 01246 590 200

Designasaur Workshops

Mon 29 Oct - Sat 3 Nov
Markeaton Park - Craft Village
Community Room
A make, play and take puppet
making, story creating workshop
with Babbling Vagabonds. You will
make puppets to take away and
stories to share in this 1-hour fun
workshop.

Taste of Christmas at Croots Farm Shop & Cafe

Thurs 1 Nov (5:30-8pm)
Preview Croots new Christmas
range, sample lots of goodies from
local suppliers, enjoy mulled wine
and mince pies and seasonal music
and get 10% of your shopping.
FREE admission

The Market Place Fair Belper

Thurs 1 - Sat 3 Nov
Opens at 6pm on the Thursday

Belper's Biggest Bonfire and Fireworks

Sat 3 Nov Christchurch Meadows
(near Belper Town FC)
Gates open and bonfire lit 6pm
Adults £5, Children £3. Pre-
schoolers free.
All details provisional.

Chatsworth Christmas Market

16 Nov - 4 Dec

Cathedral Quarter Ice Rink

Fri 30 Nov - Sun 6 Jan
Market Place, Derby.

Belper Christmas Lights Switch On

Fri 30 Nov (5.45-8pm)
Memorial Gardens, King Street
The Christmas lights will be switched
on at Milford at 5pm.

Denby Pottery Festive Market

Fri 30 Nov - Sun 2 Dec
Denby Pottery Village
Over 30 stallholders selling seasonal
gifts, food and drink.

Christmas Stars Hidden around Belper

During December there will be lots
of pretty stars appearing all over
the town of Belper. They are free
and come with love from all the
churches.

Croots Farm Shop & Cafe- Holly Jolly Breakfast or Tea with Santa

Various days and times from
1 - 23 Dec
Meet the elves, decorate a
gingerbread, walk out into the
Swinging Forest of Enchantment to
visit Santa in his shed and receive a
quality gift
£15 per child
Book: www.croots.co.uk

Belper Christmas Food Festival

Sun 9 Dec (10am-3pm)
King Street

Carols by Candle Light

Wed 12t Dec (from 6pm)
Hollybush Inn, Makeney
Brass band, mince pies, mulled wine,
traditional organist and festive cheer.



JOURNEYS WITH SANTA

Ecclesbourne Valley Railway

Trains run from Wirksworth to Duffield ('North Pole') and back for approx. 9 miles or 2 hours. On arrival at Wirksworth Station there will be refreshments, mince pies and music. Santa will be in his grotto on board the train along with other activities. Trains depart on Dec 8, 9, 15, 16, 19, 20, 21, 22, 23 and 24 at 10:30, 13:00 and 15:30 (no 15:30 on 19, 20 and 24). Tickets are priced at £15 for aged 15+ / £13 for ages 1-14 and £5 for under 1s. Booking at www.v-r.com/santa or Tel: 01629 823076

Peak Rail Santa Steam Train

Starts at Rowsley South Station and goes to Matlock and back. Trains depart on Dec 1, 2, 8, 9, 15, 16, 19, 22, 23, 24, between 10am-4.30pm. Prebook on: 01629 580381

Steeple Grange Light Railway

Steeple House (Wirksworth/Cromford) to the quarry where Santa's Grotto will be. Trains running 15 & 16 Dec (11am-4 pm). No need to book just turn up and trains run roughly every half hour. Tel: 07522661588

Midland Railway – Round trip from Butterley Station in Ripley. Runs each weekend from the last weekend in Nov. Pre-book on: 01773 570140

Birdswood Narrow Boat Ride with Santa

Treat the kids to a Christmas trip on the historic narrow boat Birdswood. One hour cruise departing at 12 noon and 2pm from Cromford Wharf. Seasonal refreshments for everyone and presents from Santa for the kids. Running on Dec 1, 2, 8, 9, 15, 16, 20, 22, 23. From £7 each. Book online at: www.birdswood.org Or call: 07552 055 455 (9am – 6pm)

Family Festivities at Markeaton Park

Sat 1 - Sun 2 Dec: Craft Fair Weekend
Sat 8 - Sun 9 Dec: Family Workshop Weekend, including balloon modelling to Nordic walking. Reindeer trail in the Craft Village and post your letter to Santa.

Derby Christmas Lights Switch-On

Sat 17 Nov from 3.30pm (lights switched on at 6pm)
Derby Market Place

Jingle Jog

Sun 2 Dec (11am-2pm)
Markeaton Park

Join up with other 'Santas' to run 5km in aid of support your local hospital charity. Sign up at derbyhospitalscharity.org.uk

Christmas Arts and Craft Fair

Fri 30 Nov – Sun 9 Dec
Wed 19 Dec – Sun 23 Dec (10:30am-4:30pm)
Derby Marketplace

Denby Pottery

Santa Experience: 1 – 24 Dec
Have a special meeting with Santa and receive a gift
£12 per person (Pre-book)

Breakfast or Afternoon Tea with Santa

Sat 15 & Sun 16 and Sat 22 & Sun 23 Dec (9.30-11am or 3-4.30pm)
£14.95 per person (Pre-book)

Masson Mill

Santa's Breakfast 8:30-10:30am
£8.50 per child (includes breakfast and a visit to the grotto)

Santa's Grotto 11am-3pm
£5 per child
Running weekends in Dec

Children's Christmas Party

Sat 22 Dec (3-5pm)
£6 per child (Pre-book)

Bluebells Dairy

Santa's Woodland Experience
1 – 24 Dec 10-4:30pm (Pre-book)

Santa's Starlit Grotto

21 & 22 Dec 5-8pm (Pre-book)

Breakfast with Santa

Weekends 1 - 23 Dec & Christmas Eve 9:30am

Matlock Farm Park

Christmas events

3 – 24 Dec
Christmas dinner menu everyday, Santa's Grotto and Santa's Breakfast at the weekends, plus look out for the Live Nativity. Santa's Breakfast is booking only: 01246 590 200

Twistin Tots, Twistin Tikes & Twistin Tinies Christmas Parties

Running from Mon 17 Dec – Fri 20 Dec
£8 over 1's, £5 under 1's (includes present).
Booking is essential (after Oct half term).

Derbyshire Toy Library

Christmas Parties
Week Commencing 10 Dec

Open Air Carol Service, Belper

24 Dec (8pm)
Market Place

Church Services:

Christingle – St Marks, Sun 9 Dec, 10am

Carol Service – St Swithun's, Thurs 20 Dec, 7:30pm

All Age Nativity – St Peter's Church, Sun 23 Dec, 10:45am

Carols by Candlelight – St Peter's & St Marks, Sun 23 Dec, 6:30pm

Crib Service – St Marks, Mon 24 Dec, 4pm

Christingle – St Peter's Church, Belper, Mon 24 Dec, 6pm

Family Communion – St Peter's Church, Tues 25 Dec, 10am

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Santa in his grotto?*

Treat the kids to a Christmas trip on our historic narrow boat Birdwood.

One hour cruise departing at 12 noon and 2pm from Cromford Wharf.

Includes seasonal refreshments for everyone and presents from Santa for the kids.

Running in December 2018 on the: 1st, 2nd, 8th, 9th, 15th, 16th, 20th, 22nd & 23rd

Book online at: www.birdwood.org

Or call: **07552 055 455** (9am – 6pm)

Look out for our Halloween special and other events coming up throughout the year. Birdwood is also available for private hire.



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Festive fun on the Ecclesbourne Valley Railway this Christmas.

Departs Wirksworth on

8th, 9th, 15th, 16th, 19th, 20th, 21st, 22nd, 23rd & 24th December 2018

Book online now at www.e-v-r.com/santa
or call 01629 823076 Tuesday to Friday

IS PREGNANCY GOOD FOR YOUR BRAIN?



By Jacqui Hawkins, mum of two and health writer

IT'S NOT 'MUMMY BRAIN' – IT'S MUMMY 'SUPERBRAIN', SOME EXPERTS NOW ARGUE.

The other day, I did the silliest thing...

Around 5pm, I walked to nursery to pick up my children as usual. When I got home, my car was gone from the driveway. I was stunned. Shaking from head to toe, I told the kids someone had taken our car without asking, and I called the police. 'And you say both sets of keys are still in the house?' the police officer asked. 'Wow, that's worrying.'

I got my crime number, then went to stare at our empty drive again. And a hazy memory came sneaking back. I'd driven somewhere earlier in the day, but weirdly, I remembered walking home. Oh no... could it be? My car hadn't been stolen, just forgotten.



When I told a friend later what I'd done, she replied: 'Oh dear, baby brain!'

I wondered, could she be right? The more I read about 'mnesia', the more I doubted it. For one, I'm not pregnant: my baby is now two. Second, despite decades of research, science is stubbornly inconsistent as to whether pregnant women and new mums are more forgetful.

Two-thirds of women report having some kind of memory problems that they attribute to being pregnant, according to *The Psychologist* magazine. But for every scientific study that claims 'baby brain' is real, another will show it's not.

So, let's take a quick look at what we know about how pregnancy shapes our brains – you might be pleasantly surprised.

Pregnancy changes a woman's brain

In one way, baby brain is very real: pregnancy causes noticeable and long-lasting changes to parts of our brains.

In a study published by *Nature Neuroscience* in 2016, Dutch scientist Elseline Hoekzema and her team used MRI to compare the brains of 25 first-time mums with those of first-time fathers, and people without children. They found changes that lasted up to two years after the birth. The cause had to be pregnancy itself rather than the demands of parenting, they argued, as the same thing didn't happen to fathers.

Forgetfulness isn't a given

What isn't clear is whether these, and other brain changes that have been observed, explain why you sometimes find your keys in the fridge... or why I had to call the police again to tell them my car wasn't stolen, but was collecting parking fines outside our local café.



There have been loads of studies into whether motherhood turns your brain into a sieve, and no clear outcome. However, in 2018, researchers at Deakin University in Australia looked through the evidence so far and concluded pregnant women might be more forgetful, but only when it came to remembering minor things. So maybe it was a matter of ‘biological priming’, argued associate professor Linda Byrne. ‘Pregnant women have got more important concerns than minor memory lapses,’ she argued. ‘As pregnant women were required to focus, they behaved at normal levels of cognitive function.’

and planning than peers who have never given birth,’ writes psychology professor Laura Glynn in *Scientific American Mind*.

So do we get stupider... or smarter?

You have to wonder, why would motherhood, with all its new experiences, make us anything other than smarter?

Either way, next time you find a cold cup of tea in the fridge, take comfort. You might not actually be any sillier than you were before – and if you really, truly believe you are, it could just be because your brain is turning into a lean, mean mothering machine.

Going back to that Dutch research we looked at earlier, it seems clear our brains do adapt during pregnancy in order to care for a child. Their research found that areas of the cerebral cortex that are involved in empathy altered the most noticeably. Mothers who had the most dramatic changes bonded better with their babies later on.

But as for cognitive ability... well, the jury is still out.

Laura Glynn argues new mums are more forgetful and it's an unintended side-effect of all the other, more positive brain changes. ‘Helpful adaptations are rarely achieved without an associated cost—and pregnancy brain may reflect just such a cost,’ she writes. Others say it's a load of rot that mums forget stuff – we just believe it because, well, people tell us to.



Mummy rats get smarter

There's another problem with the idea of ‘baby brain’ and it's this: much of what we know about how our brains change during pregnancy comes from studies in rats... and on the whole, pregnant rats are smart rats.

‘Mother rats score higher in tests of attention, foraging



Belper groups for babies and toddlers

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

DAY

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


SATURDAY

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

Woodlanders Forest School 
Shining Cliff Woods, 10am - 1pm
(6+ yrs can come unaccompanied)
BOOK


MONDAY

Mini Moos Toddler Group
Vanessa's School of Dance
10am-12pm, 6mth - 4yrs PAYG

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

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

Bellebambino Baby Massage (0-12mth)
Alton Manor Day Nursery
1:45 - 2:45pm BOOK

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

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

Woodlanders Forest School: Babes in the Woods 
Shining Cliff Woods,
10-11.30am, PAYG

BOOM Book Café
RE[SPACE] Café, Milford
(Any age welcome)
1:30-2:30pm FREE

Jelly Roles Drama Club
Woods or Arthur's
4.30-5.15pm (up to 7yrs)
BOOKING PREFERRED

Relax Kids Derbyshire
Vanessa's School of Dance
5-6pm (Age 4-8 yrs) BOOK

TUESDAY

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

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

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

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

Chucklebutties Toddler Tuesdays 
Belper Mills
9:30-12:30pm PAYG

Twistin Tinies - musical fun for ages 0-18 months 
Belper Community Hall
1:30-2:40pm BOOK

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

Sunshine Forest School & Nature Group
High Woods, Sandbed Ln 4-6pm
(7 -11yrs) BOOK

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FREE HOT/ COLD DRINK for all customers paying full price at **Twistin Tikes' music class** (Mondays 9.45, Belper Community Hall).

Can also be used once by new customers on first (free taster) session.



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

New starters only. One coupon per family
Valid for Belper Baby /Toddler class only
Expires: December 2019



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07740056830 | www.babycollege.co.uk

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10% discount

Valid in store only
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Not valid on sale items or in
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WHEN YOU
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(TUESDAY TO FRIDAY).
On presentation of this coupon.



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valid until 31st December

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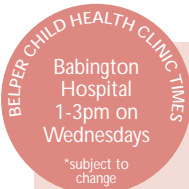


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WEDNESDAY

Derbyshire Toy Library **▮** Stay and Play (incl Par- ents Of Multiples Society - POMS)

Belper Community Hall
9:30-11:30am PAYG

Gymkids: Pre-school Gymnastics

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

Special Friends Playgroup

(For children with additional needs)
2nd Wednesday of the month
Early Years Centre • 9:45-11:30am
(0-5yrs) FREE

Mums and Babies Fitness, **▮** Core and Pelvic Floor

The Fit Pit • 10:15am - 11am
(Post Natal 10-12 + Wks) BOOK

Antenatal and Postnatal Pilates **▮**

The Fit Pit
6:50-7:50pm BOOK

The Creation Station: Baby Discover **▮**

Busy Bees Nursery, Gregory's Way
10-10:45am
(3m-2yrs)
BOOKING ADVISED

Little Church

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

THURSDAY

Baby Ballet **▮**

Vanessa's School of Dance
Tinies (18mth-3yrs) 9:30am
Movers (3&4 yrs) 10:15am BOOK
Tappers (3yrs+) 10:50am BOOK

Little Sage Baby Yoga Course **▮**

Sage Yoga, Unity Mill
9:45-11am (crawling to walking)
11:15am-12:30pm
(8 weeks to crawling) BOOK

Prams and First Shoes Baby Meet-Up

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

New Life Tots

New Life Church
10-12pm PAYG

Young at Heart **▮**

Intergenerational play group

Spencer Grove Nursing Home
(1st & 3rd week of the month,
please check FB page for updates)
10:30 - 12pm (0-5 yrs)
PAYG Donation

Baby Collage **▮**

Fleet Arts Centre
Toddlers (9mth-2yrs) 9:30am
Infants (0-9mth) 10:30am
BOOK

Pregnancy Yoga **▮**

Sage Yoga, Unity Mill
7:15-8:30pm
(14+ Wks)
BOOK

FRIDAY

Baby Sensory for 0-13months

The Lion Hotel
10am, 11:15am & 12:45pm BOOK

Natural World

The Early Years Centre
10:30 - 12pm DONATIONS

Pregnancy Pilates /Mums and Babies Pilates **▮**

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

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

Sage Yoga, Unity Mill
11-12am BOOK

Creation Station: Little Explorers **▮**

57a Chapel St
10-10:50am
(15m-5yrs) BOOKING ADVISED

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

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



DON'T BUY BORROW

Come stay, play and take away
Encouraging children to laugh and learn through play

FIND A TOY LIBRARY

The following Baby, Toddler and Pre-school Stay & Play sessions are held weekly subject to holidays:

Mondays	CRICH	Glebe Field Centre DE4 5EU	9.30-11:30am
Tuesdays	WIRKSWORTH	Infant School DE4 4GZ	9.30-11:30am
Wednesdays	BELPER	Community Hall DE56 1AB	9.30-11:30am
Thursdays	KILBURN	Village Hall DE56 0LU	9.30-11:30am
Thursdays	Young at Heart Intergenerational Stay & Play Sessions at Spencer Grove and Springwood House Residential Homes: <small>See Facebook and Website for details</small>		10.30 - 12pm
Fridays	MATLOCK	Castle View Primary School DE4 3DS	9.15-11:15am

BELPER BROOKSITE - Operating as a holiday session venue on Thursdays 1-3pm.
Next Session 1st November collaborative session with Science Moos
- Check DTL Facebook & Website for details



www.derbyshiretoylibraries.org

Patron: James Lewis
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7 years upwards

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Block payment of six workshops = 10% discount

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Fleet Arts - Thursday Morning

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

BABY SIGNING TODDLER TALKING!

TUESDAYS at THE FIT PIT, BELPER

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07812 420396 | beccid@tinytalk.co.uk

PREGNANCY – POST NATAL – MUMS & BABIES PILATES

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



PREGNANCY
WEDS 6.50-7.50pm
FRIDAY 10:30am

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POST NATAL & MUMS & BABIES
WEDS 6.50-7.50pm
FRIDAY 10:30am



FITNESS, CORE & PELVIC FLOOR POST NATAL
(Babies welcome)
WEDS 10:30am

Physiotherapy-Led Small Group Classes – Evidence-Based
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www.twistintots.co.uk

f www.facebook.com/twistintots

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Go! Sensory sessions for children with additional needs.

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LITTLE EXPLORERS 15MONTHS - 5YEARS 10.00AM - 10.50AM

WEDNESDAY - TREETOPS NURSERY, GREGORYS WAY, BELPER
BABY DISCOVERY 6MONTHS - 2YEARS 10.00AM - 10.45AM

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

FRIDAY - 57A THE STUDIO, CHAPEL STREET, BELPER
LITTLE EXPLORERS 15MONTHS - 5YEARS 10.00AM - 10.50AM
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www.babyballet.co.uk



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T: 07545 479 693

E: Laurie@littlesageyoga.co.uk

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www.littlesageyoga.co.uk

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(drop in)

TUESDAY

6PM - 7.15PM *(drop in)*

7.30PM - 9PM
(pre-booked course)

WEDNESDAY

12PM - 1PM *(drop in)*

7PM - 8.30PM
(pre-booked course)

FRIDAY

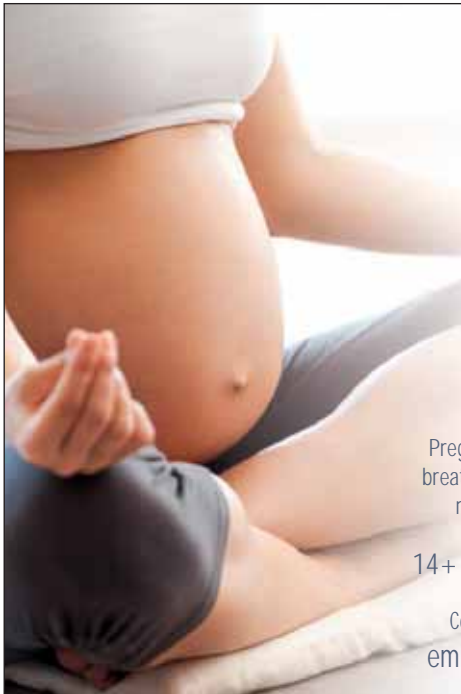
9.30AM - 10.45AM

(drop in)

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

T: 07545 479693 | E: Laurie@littlesageyoga.co.uk

FB: Sage Yoga Belper | www.sage-yoga.co.uk



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Sage Yoga, Unity Mill, Belper

£50 for 6 week course

1st course starts 27th September

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breath & baby; blending yoga postures, breathing techniques &
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between the ages of 4 -13

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

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

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

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

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



Prices start from
£3.50 per hour to
£25 for a full day
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when booking.



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TREATING COLDS & FLU - THE NATURAL WAY



by Bess Purser of
Peace Wellbeing

Preventing and treating colds and the flu with essential oils and massage.

Using essential oils is an effective, fragrant and easy way to prevent the spread of colds and flu and treat them if you do get ill. You don't need special or expensive equipment to use oils and they are widely available in supermarkets, health food shops and online.




Sprinkling **lemon** essential oil on a tissue and stuffing it into the air vents in your car can help prevent the spread of germs on the school run. Not only is lemon anti-infectious, it's also uplifting and has antidepressant properties, perfect for Monday mornings, as the days get shorter and it gets harder to get out of bed.

Add a couple of drops each of **lemon**, **tea tree** and **eucalyptus** essential oils to a small dish with water and place it on a radiator for an instant and cheap oil diffuser! Let the oils fragrance your home and disinfect the air, which is much more beneficial and healthier (for you and the planet) than artificial home fragrances. Tea tree oil has antiseptic, antibacterial and immune stimulating properties, eucalyptus is a decongestant, expectorant and also an antimicrobial agent.

You can make your own version of a popular chest rub, without the petro-chemicals. Mix together eight drops of **cornmint** essential oil, which contains more menthol than peppermint (although peppermint is still beneficial if you've got some left to use) with eight drops of **eucalyptus** oil and eight drops of **rosemary** oil with 25ml of sunflower oil. Massage into your chest or feet to clear your head and help you breathe more easily.

You could also use two drops each of commint, eucalyptus and rosemary in a bowl of hot water for inhalation. Cover your head with a towel to capture the steam and the essential oils as they evaporate whilst you breathe in. Your sinuses will unblock in no time!



Using massage can also help to drain sinuses. Starting at the base of your neck, just above your collar bone, gently stroke downwards, working up towards your jaw inch by inch. Once you have cleared the way from your jaw down, you can use your fingers to slide from the corner of your nose, to the edge of your mouth and down to your jaw, repeating a few times. Next, starting on the inside corner of your eyes, circle with the pads of your fingers down to the corners of your nose. You'll probably feel (and hear!) the congestion starting to move at this point. Finally, circle the pads of your fingers from the inside of your eyebrows all the way along them to your cheekbones. It can be tender along this area, keep massaging until the tenderness has gone.

You can check out my video demonstration of this sinus clearing massage on my blog, www.peacewellbeing.co.uk/blog I hope you enjoy using essential oils and massage as an effective, natural way to treat the sniffles this winter*.

Bess

*Please bear in mind, you should always consult your health care professional for any medical concerns.

TOP TIPS FOR AN ECO-FRIENDLY FAMILY

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



Being eco-friendly doesn't need to cost the earth, in fact it's quite the opposite. There are many ways you can make small changes to your daily routine that can have a positive impact on your family whilst helping to protect the environment..... and your pocket! The key is to always keep the three R's in mind: Reduce, Re-use, Recycle – preferably in that order. Here are my top tips to help you live in a more sustainable and conscientious way whilst still having fun!

Clean living

Have you ever noticed labels such as 'Warning!', 'Toxic', 'Flammable' on your cleaning products? Chemicals such as ammonia and chlorine are commonly found in household cleaning products, both of which have an adverse effect on our eco-system. The 'greener' option for washing and cleaning is to opt for one of the eco-friendly brands available on the market such as 'Eco Leaf', a UK brand you can buy locally at Traid Links in Wirksworth, where they will refill bottles at a reduced price - saving you money and reducing your 'plastic footprint'.

You can also opt for recycled tissues, toilet paper and kitchen rolls, which helps save our forests.



Grow-your-own. Eat-your-own.

It's never too early to teach tots about nurturing and caring for living things, which is why growing your own veggies can be an educational and fun activity! Even with limited garden space you can grow plants such as herbs and tomatoes in containers or hanging baskets. Or why not start by growing cress on your windowsill?

If you need to top up your produce then head down to the fruit and vegetable shop 'Gummers' on King Street where they have a vast selection of both locally sourced and fair trade fresh goods from lemons to avocados, garlic to kale!

Finally, whenever you are making meals like chillies or pasta sauces, remember to make a larger amount and freeze portions for future use. This can help you avoid using take-away and convenience foods when you're too tired to cook from scratch!



Avoid Buying New

We've all seen our children quickly tire of a new toy, or grow out of a piece of clothing within weeks, so why not save money and visit your local charity shops, or search eBay and Facebook.

Don't be shy about asking friends with older children for clothes and toys, as many parents are happy to make space in their home.

Toy Libraries are held across Derbyshire and offer you the chance to try out toys for as little as 25p per week.

Check the timetable on page 31 for details!



Free Water!

You've probably already got a reusable water bottle or sippy cup for your children so how about investing in one for yourself?

Local shops like **Nordicana** sell beautiful reusable bottles. A number of locations in Belper are taking part in a great initiative called '**Refill Belper**' where you can top up your water bottle for free!

Check out Refill Belper's Facebook page to find out more.




Reduce the Nappy Mountain

Did you know that the average child will get through 4,000 – 6,000 nappies? Pretty astonishing hey! What's more frightening is the fact that these nappies end up in landfill sites – mountains of plastic that take hundreds of years to degrade.

So why not opt for re-usable or biodegradable nappies, at least some of the time?

Several brands of biodegradable nappies are available and the price can be comparable. Boots stock a brand of biodegradable nappies and wipes called Naty and regularly have offers.






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SHOP LOCAL, SHOP STRESS-FREE,



This Christmas!

Whether you are shopping for your children, your friends or your extended family this Christmas, there's no need to venture far. Our town has everything you could wish for, without having to face the overcrowded shopping centres with expensive parking. Shop local! - and what could be a stressful chore, can once again be a fun and festive activity!

BABIES & TODDLERS

Let's start with babies and toddlers - for unique, beautiful pieces of clothing and wooden toys visit **Cheeky Bambini** on Bridge Street. Then further down the road is **Nordicana** stocking a range of Moomin memorabilia, Scandi blankets and an array of beautiful Christmas decorations. Remember to use your **BOOM 10% off coupons** in these shops!

Stepping Stones playgroup make creative packages of coloured rice and pasta and craft kits to entertain your little ones.

OLDER CHILDREN

For the older children in your family - **Primsisters** on the High Street is packed with attractive gifts including candles, jewellery, and fairy lights. Or how



about some award-winning eco-friendly toiletries by Faith in Nature, sold in **Oxfam** on King Street?

A creative bespoke painted pot from **The Painting Parlour** will be a memory to last.

MUMS & GRANDMOTHERS

For the mums and grandmothers in your family - a voucher for pampering with Emma, **Midlands Makeup Artist** or a manicure with **Sapphire Nails** will be a welcome treat. Or a voucher for afternoon tea at **Gillivon's Tea Rooms** on Bridge Street or **Rachael's Secret Tea Room** is sure to impress! Afternoon tea is presented on three-tiered stands and the tea is served in beautiful china cups. **The Willow Crafts and Gift shop** on Campbell Street stock fantastic, unique cards and gifts from local craftspeople.

Festive hampers from **Fresh Basil**, on Strutt Street, and

Croots Farm Shop, which is a short drive to Wirksworth Road, will delight those special people on your list.

DADS & GRANDFATHERS

Finally, for those dads and grandfathers who enjoy their brews, take a trip to **The Beer Trap**, Belper Market Place, where you'll find an extensive range of craft beers. They offer both gift selection boxes and vouchers, if deciding which beers to choose proves too difficult! **Wards Shoes** on Belper's high street, stock a good selection high quality men's shoes and slippers.

Or maybe dad needs a new wallet, pop in to **The Laser Guys at 45 Degrees** on Campbell Street to see a good selection of high quality tough stallion leather wallets!

Happy Shopping!



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SEE PAGE 2 FOR
FULL DETAILS



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Cheeky Bambini



Rebekah Wright, mum of two, scientist turned shop owner opened Cheeky Bambini in May 2018.

Hi, I'm Rebekah, mum to two grown up boys and owner at Cheeky Bambini. I opened my little shop in May and have had a very warm welcome!

Belper has a wonderful community spirit with lots of fantastic groups for babies and children and it's great to be part of it.

Every day I meet lovely people, celebrating a new arrival, looking for a birthday gift or special treat, and I love it when the children come in too – I've had lots of fun getting to know you and colouring with the children.

Belper is a beautiful, historic town and the independent retailers are all working together to keep the high street alive and bring you the best shopping experience we can!

My aim is to bring you gorgeous, quality, ethically sourced clothing, gifts and toys for your little ones (0-5 years). I'm always looking out for new brands and products and I love to hear your feedback. I also stock baby cards, children's birthday cards, gift wrap and bags. For winter I will be stocking wellies, colour changing raincoats, Christmas leggings and socks, snuggly organic cotton PJ's and fluffy dressing gowns.

I look forward to welcoming you.

Rebekah xxx

Cheeky Bambini

Clothing, gifts & toys for babies & children 0-5yrs



122 Bridge Street, Belper, DE56 1AZ
Open: Tues-Sat, 9:00-17:00

www.cheekybambini.com Tel: 01773 826475



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I'm dreaming of a GREEN CHRISTMAS!

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

Instead of buying new decorations this Christmas, have fun with your kids creating your own using natural or recycled items. If you can get hold of some corks this year then why not try making a **Wine cork reindeer!**

What you'll need:

- Wine corks
- Small twigs
- Bits of left over ribbon, bells, string
- Mini red pompoms
- Cork screw

You'll need two corks per reindeer.

How to make:

1. Take one cork and use your corkscrew to pierce four holes on one side
2. Stick four little twigs in each hole for the legs.
3. Then turn the cork over and pierce one hole on the top for the neck. Insert another twig in this hole.
4. Take your second cork and pierce a hole on one side (this is where you insert the other end of the twig neck).
5. Pierce two more holes on the other side directly on top of the first single hole. Pop a twig in each hole for the antlers.
6. Decorate your little reindeer by tying some ribbon or string and a bell around its neck and then stick on the reindeer's nose for the finishing touch.

'Treecycling'

On a final note, many of you will enjoy the beauty and festive smell of a real Christmas tree in your homes. Once taken down they are often squeezed into a bin or left at the bottom of the garden.

This year - contact Treetops Hospice, who run a 'Treecycling' scheme. For a suggested donation of £10, they will collect your Christmas tree and dispose of it responsibly. The money will go towards the valuable work Treetops do in the community.

Check out: www.treetopshospice.org.uk for more details.



WARDS SHOE SHOP

KING'S STREET, BELPER

THE LOVELY LYNN



Wards is a local family run business, with shops in Belper, Bakewell, Chesterfield & Worksop. They specialise in great quality footwear for Children & Adults, the Belper branch stocks shoes from over 20 different footwear brands including **Rieker, Skechers, Clarks, Gabor & Tamaris.** The shop on King Street in Belper has been part of the Wards family group since 1988, when they took over from the previous business. They have a friendly, helpful team led by the Lovely Lynn - who has been working at the shop for over **40 years!** I wonder how many children's shoes Lynn has fitted in her career? She is now happily fitting shoes for the children of her very first customers!



Lynn is supported by Carole, Claire, Kate, Laura, Sarah, Penny, Hilary & Linda. Carole has been part of the family for 25 years and Hilary has almost **20 years loyal service!** Their fitting knowledge is **unrivalled** so if you want **honest friendly service,** we highly recommend giving them a try.

For Children they offer a **full measure & fit service,** plus **free fit checks** so that you'll always know that your little one is wearing the correct size. They **promise** never to sell you something if your child's feet haven't grown, unless you can't resist the gorgeous shoes! As experienced shoe fitters, they know that the size your child measures is only ever a guide, they are expertly trained to fit all types of children's shoes from many different brands so be careful if you only use the shop to get your children measured - it is difficult for



them to advise if they aren't actually fitting the shoes. Their children's collection now includes footwear from **Start-Rite, Clarks, Geox, Lelli Kelly and Skechers** - they have everything from baby shoes to school shoes, sportswear and winter boots. Shoes are sold in a choice of whole & half sizes and width fittings from the UK brands **Start-Rite and Clarks.** **Geox & Lelli Kelly** are sold in European sizes so together with the UK sizes there are lots of fitting options for children's feet. They offer an ordering service too which is really handy, they will happily order items from their other shops which will usually arrive **within a week.**



The **NEW** Women's autumn/winter collection is now in stock, with so many gorgeous boots and shoes to choose from. They have one of the biggest fashion collections from **Rieker** in Derbyshire - if you haven't tried them we recommend you do! They are colourful, quirky and so comfortable.

Wards also sell ladies handbags and accessories. They have a lovely collection of scarves to match the colours of the new footwear range and beautiful leather handbags from Italy. Look out for the **10% off coupon** in the middle of the magazine.

rieckerTEX





WARDS

Shoe Shop

EST. 1954

Family run
**CHILDREN'S
FOOTWEAR**

Clarks **START**¹⁷⁹²**RITE**

GEOX

SKECHERS

Lelli Kelly

King Street BELPER | DE56 1PL | 01773 822643

CHOOSING YOUR CHILDCARE



By Anna Isherwood, local mum of two and early education writer.

At some point many of us parents and carers will face the dilemma of what type of childcare we would like for our little people.

My eldest daughter attended a day nursery, full-time. We had just moved to Belper and our friends and family (all of our support network) were nearly four hours away. Both my husband and I travelled a lot with our jobs so we needed childcare which was provided all day and open throughout the year. With our second daughter our circumstances had changed. I had given up

work but knew I wanted her to have some time to interact with other children and get used to other adults, so we opted for a preschool environment, starting the term after her 2nd birthday.

There are many childcare options out there and we are very lucky to have so many fabulous childcare settings right on our doorstep. This article is intended to help you make your choice, but remember you can also have a mix of environments for your child, if you should wish.

The National Childbirth Trust (NCT) suggests a number of questions that parents and carers should consider when deciding on a childcare setting.

These questions include where you would like your child to be cared for and how this will fit around your work schedule and work location and also what will happen on holidays. There are overt and hidden costs to consider as well as funding and financial support. For more information visit: www.nct.org.uk/parenting/childcare-options.

There are several ways that you can reduce the cost of childcare. Please see: www.childcarechoices.gov.uk for more information.

Two Year Olds

If your child is two or nearly two you might qualify for free childcare worth up to 570 hours per year of early education funding. The funding would start the term after your child turns two. Please note that this is subject to meeting certain criteria, for example if you receive certain benefits. You can apply online, by text or by phone.

Visit: www.derbyshire.gov.uk for more information.

Three & Four Year Olds

All three and four year olds are now entitled up to 15 hours a week of free early years education. Some families can receive up to 30 hours of funded childcare a week.

Apply for funding via: www.gov.uk/help-with-childcare-costs/free-childcare-and-education-for-2-to-4-year-olds.

Tax-Free Childcare

You can get up to £500 every three months for each of your children to help with the costs of childcare. The government will pay £1 for every £4 you pay to your childcare provider via an online account. To see if you and your childcare settings are eligible, please check the website: www.gov.uk/help-with-childcare-costs/tax-free-childcare.

Child Tax Credit

This is for parents or carers with children 16 or younger, or children under 20 who are in education or training. Please see www.gov.uk/child-tax-credit for more information.

Working Tax Credit

You may be able to claim an extra amount to help cover the costs of approved childcare. Please see: www.gov.uk/working-tax-credit.



Universal Credit

If you are eligible for Universal Credit you may be able to claim back up to 85% of your childcare costs. Check out: www.gov.uk/help-with-childcare-costs/universal-credit.

COMPARING CHILDCARE SETTINGS

TYPE OF CHILDCARE	AGES TAKEN	OPENING TIMES	OFSTED REGISTERED	OTHER CONSIDERATIONS
Child-minder	Birth to 16 years	Varies	Yes	Limit to the number of children taken, depending on age
Day Nursery	Birth to 5 years	Usually 7:30am-6pm Open all year	Yes	If a member of staff is off sick, other staff will cover
Private Nursery <i>E.g. forest school or independent school</i>	2 - 5 years	Full day or sessional, Either term time or all year	Yes or ISI (Independent School Inspectorate)	
Preschool/Playgroup	2 years, until school age	Usually 9am-3pm. Term time only	Yes	You may need to supply a packed lunch
Nanny	Varies	Flexible with the family's work pattern	Voluntary	Care is given in your own home

There is much to be said for how you feel, and how your child responds, when you visit a potential childcare setting. If you would like to also check their OFSTED report, this can be viewed on: <https://reports.beta.ofsted.gov.uk/>

Good luck with your choice!

Anna

Baby & Toddler Group
Tuesdays 1:30 - 3pm
£2.50 per family

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Contact us:

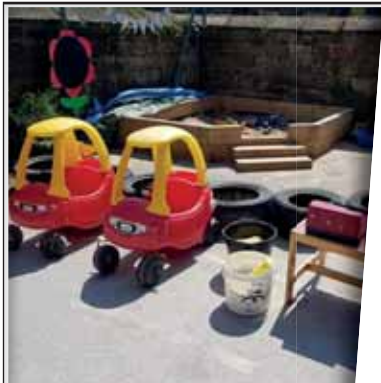
Email: info@HolbrookPreSchool.org.uk

Tel: 07800 891324



@HolbrookPre

www.HolbrookPreSchool.org.uk



**Milford
Pre-School**

We are open during term time & our session times are...

9:00 - 12:00 or 1:00 - 3:00

or an all day option 9:00 - 3:00

(Except on a Friday we are open 9:00 - 12:00)

We accept free government funding for 2, 3 and 4 year olds

Please contact Amy or Niki on 01332 842913 for more details or to arrange a visit or you can also find us on Facebook.

We are a dedicated setting with fantastic facilities, located in the grounds of Milford Primary School. With a private outdoor garden for exploring and learning.

We offer a range of toys, games and activities for learning and play in a free flow environment across three rooms.



Milford Pre-School & Milford Primary School

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TEL: 07979 423783

turnditchplaygroup@hotmail.co.uk
www.turnditchanddistrictplaygroup.co.uk



Turnditch and District Pre-School
Crompton Inglefield Village Hall
Ashbourne Road, Turnditch, DE56 2LL

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Please contact school or phone 01332 880449 for more details or to arrange a visit



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Starting School

The facts you need to know.

If your child was born between 1st September 2014 and 31 August 2015 you should apply for their school place by 15 January 2019.

Decisions will be notified on 16th April 2019, Primary National Offer Day. They will be eligible to start school in September 2019.

You will fill in one application form

www.derbyshire.gov.uk/admissions – either online or by phone – stating up to three preferences in priority order for any primary or infant school. There has been a recent change to the method of measuring home to school distance for admissions purposes. A straight line distance from home to school replaces the shortest available route.


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

Delaying when your child starts primary school

You have the right to defer admission but not beyond the point at which the child reaches compulsory school age (5 years old). You can also request that your child attends part-time until they reach compulsory school age. If your child is summer born (i.e. born between the beginning of April and end of August) and you do not take up a reception place in the academic year and choose to make an application for the following September, the application will normally be considered for admission into year 1. Exceptionally, if your child is summer born and you do not feel they are ready for school you can request that they enter reception class in the September after their fifth birthday. If you wish to make a formal request you should contact the Admissions and Transport Team for a copy of the Council's policy on the admission of children outside of their normal age group by emailing admissions.transport@derbyshire.gov.uk or call 01629 537479. Each case is considered individually and there is no guarantee your request will be accepted.

Visiting potential schools

You can access school websites and Ofsted Reports online, but it is recommended that you visit the schools you are considering to get a feel for the environment, class sizes and ethos to help you best decide which suits your child and their needs. Call up the schools you wish to visit around mid-September and arrange a tour. These usually take place October time, sometimes as a guided tour with other parents or individually. It is recommended you take your child with you.



Here is a list of **SOME** of the most local to Belper, please look online for others.

Turnditch C of E Primary

Ashbourne Rd, Belper, Derbyshire,
DE56 2LH • 01773 550304

St Elizabeths Catholic Primary School

Matlock Rd, Belper, Derbyshire,
DE56 2JD • 01773 822278

Milford Primary School

Chevin Rd, Belper, Derbyshire,
DE56 0QH • 01332 841316

Long Row Primary School

Long Row, Belper, Derbyshire,
DE56 1DR • 01773 823319

Holbrook C Of E Primary School

Moorside Lane, Belper, Derbyshire,
DE56 0TW • 01332 880277

Heage Primary School

School Lane, Belper, Derbyshire,
DE56 2AL • 01773 852188

Herbert Strutt Primary School

Thornhill Av, Belper, Derbyshire,
DE56 1SH • 01773 822771

St Johns C Of E Primary School

Laund Nook, Belper, Derbyshire,
DE56 1GY • 01773 822995

Ambergate Primary School

Toadmoor Lane, Belper, Derbyshire,
DE56 2GN • 01773 852204

Kilburn Infant School

The Flat, Belper, Derbyshire,
DE56 0LA • 01332 880449

Pottery Primary School

Kilbourne Road, Belper, Derbyshire
DE56 1HA • 01773 823383

Majority of Information provided by Derbyshire School Admissions Team and www.derbyshire.gov.uk/admissions website.

Upcoming Family Theatre



Déda • 01332 37091 • www.deda.uk.com



CHIT CHAT CHALK PROJECT

Friday 2 November, 11am & 3pm

Follow the story of Kiko, who embarks on a quest to discover the mixture of emotions and colours that make her truly unique! Encounter emotions such as anger, jealousy, happiness and many more as the characters experience them all along the way. This interactive show can get a little bit chalky, so please bring suitable clothing and an eagerness to participate and play!

Tickets £8, Ages 3-8 years



PLINK AND BOO

Thursday 1 November, 11am, 1pm & 3pm

Using acrobatics, live music and mountains of toys, join in the interactive circus theatre adventure to explore what happens when people don't fit into boxes.

Tickets £8, Ages 2-5+ years



LONG SHOT Saturday 17 November, 11am

A catapultastic evening of clowning, contraptions, comedy and courage, as one man's belief in the near impossible is put to the test. Part circus performance, part behind the scenes 'making of', Long Shot will have you on the edge of your seat.

Tickets £8

SNOW

Wednesday 19 - Friday 21 December, 11am & 6.30pm
Saturday 22 December, 11am & 3pm



Mischievous and magical, SNOW retells the story of Snow White using dance and circus, narration and film, all within a Victorian Travelling Circus. The whole family can enjoy this interactive performance, which will be sign language interpreted and captioned.

The 11am show on Friday 21 December will be a relaxed performance.

Tickets £9

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



Cinderella

Guildhall Theatre
Thursday 29 November -
Sunday 2 December

11am, 2:15pm, 4pm & 7:15pm

The most famous pantomime of them all! A classic 'rags to riches' story.

Tickets from £10

The Dinosaur Who Came for Christmas

Guildhall Theatre, Friday 7 - Sunday 30 December

Expect a Christmas cracker of a tale, crammed with goodies, baddies, and a whole lot of fun, as the team weave the story of a Christmas with an unexpected guest! With original songs, music, puppets, and brilliant shadow work.

BSL Interpreted performances: 9, 12, 20 & 29 December at various times.

Relaxed performance Sunday 16 December at 2:30pm

Tickets from £8.75



Jack and the Beanstalk

Derby Arena

Saturday 8 December - Saturday 5 January

The villagers of Dappy Darley on the Derwent are under threat from a ginormous giant! Poor young Jack sells his beloved cow Pat for just a handful of beans and he begins a huge adventure.

Tickets £11.50



Knock Knock

Friday 26 October, 7pm

Hot Coals Theatre return with a fairytale of love and longing. Expect to laugh and cry in this poignant and moving piece using physical theatre, clown and mask to capture the hearts of grownups and thinking families. Knock Knock has been created to be completely inclusive to both Deaf & hearing audiences.

Suitable for all ages.

Tickets from: £10

The Missing Light

Sunday 28 October, 2:30pm & 4pm

An enchanting show about hopes, dreams, togetherness and true friendship. See how the company use puppetry, film, music and live animation to create a story that is both moving and technically stunning.

Ages 7+ years

Tickets from: £10

The Snail and The Whale

Thursday 1- Saturday 3 November
11am & 2pm

Join a tiny snail on her trip round the world in Tall Stories' magical, musical production inspired by the fantastic bestselling picture book by Julia Donaldson and Axel Scheffler:

Age guidance: 4+ years

Tickets from: £12

Hansel and Gretel

Friday 30 November - Saturday 5
January 10:15am, 2pm & 7:15pm

Follow our trail of breadcrumbs into the woods this Christmas for a deliciously festive treat.

Relaxed performances: 18 December & 3 January at 2pm

Ages 7+ years

Tickets from: £12.50

Goldilocks

Tuesday 4 December – Saturday 5
January 10:30am & 1:30pm

Hiccup Theatre serve up a brand new version of this classic tale with bear-sized helpings of original live music, amazing puppetry and brilliant story telling.

Ages 3+ years

Tickets from: £8



Cinema

For parents and babies



Showcase Derby Cinema de Lux

Intu Derby, DE1 2PL

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

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

For more details see website:
www.showcasecinemas.co.uk

For little ones



QUAD,

Market Place, Derby, DE1 3AS

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

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

Non-members welcome too.



ODEON Derby,

Meteor Centre, Mansfield Road, Derby, DE21 4SY

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

For little people and grown-ups alike.

Book online - No Fees Box office 0333 006 7777

Hiccup Theatre in association with Derby Theatre

GOLDILOCKS & the THREE BEARS

DERBY
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hiccup



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