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THE ESSENTIAL HANDBOOK FOR LOCAL FAMILIES

ISSUE 9

MAY / JUNE 2019



PHOTO BY LIBBY HALL PHOTOGRAPHY

# Boom! Here it is, everything you need to know as a local family!

This issue is dedicated to breasts! Yes, breasts! In this issue you will find just about everything you wanted to know about boobs and how childbearing affects them, thanks to Jacqui Hawkins's article. You can also read about the personal experience of breastfeeding written by local mum, Bess Purser. Stacey Harris at Bottom Line Fitness motivates us to train our chests!

As always you will find a comprehensive list of family events and the timetable of groups and classes for babies and toddlers. You can also read about things to do in Ashbourne and a nearby walk. The poo-y pasta recipe is designed to get your kids interested in eating lentils. Finally, in celebration of Father's Day on the 16th June, our chief designer, Dean Bradshaw has written a moving piece on the meaning of being a Dad.

We hope you enjoy the coupons and use this magazine to connect with local businesses. Thank you to all our wonderful sponsors and to you, our lovely readers!

Please keep your ideas for articles rolling in, by emailing us at [editorial@boommagazine.co.uk](mailto:editorial@boommagazine.co.uk).

Jo & Sascha



## 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.

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### Sascha Landskron and Jo Leigh

Editors of Boom Magazine and local mums

[info@boommagazine.co.uk](mailto:info@boommagazine.co.uk) • [www.boommagazine.co.uk](http://www.boommagazine.co.uk)



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# WHAT'S HAPPENING TO MY BOOBS?



By Jacqui Hawkins, health writer and mum of two

## Pregnancy, breastfeeding and weaning are a time of ups & downs... including for your breasts.

For me, getting pregnant was exciting for two reasons. One, I was growing a baby. Two, I was growing boobs. The changes thrilled me – and, as for most women, worried me. Would my size affect breastfeeding? Would my nipples ever be pink again? Would they end up bigger or smaller? Let's have a look at the changes, and some answers.



### EARLY PREGNANCY

From the first few weeks of pregnancy, hormonal changes tell your breasts: 'Get ready guys, small human on the way!' Blood supply increases, milk-producing cells get ready, the ducts that store milk and take it to the nipple get bigger, and your nipples may darken.

#### If you're... Small & Perky

'Why hello, where did you come from?' you might think. 'Can we stay friends forever?' Most women go up a cup size or so during pregnancy, regardless of their starting size. If you've always wanted bigger boobs, the breast tenderness caused by all these changes can feel like a small price to pay.

#### If you're... Middling

You're looking pretty amazing right now, but you're a bit alarmed by the changes to the areola surrounding your nipple. Don't panic – they're normal and happen to us all. Pink ones can go brown, and brown ones get darker, either temporarily or permanently. Spotty bumps called Montgomery's tubercles become more noticeable.

Now's a good time to have a close look at your nipple, says Rebecca Till, a volunteer support worker for Amber Valley B.E.A.R.S breastfeeding advice. If yours are flat or inverted, baby may struggle with feeding, so ask a midwife or breastfeeding advisor about helpful techniques.

#### If you're... Bountiful

Changes in breast size during pregnancy are individual – some don't grow at all. 'Not everyone is going to have superboobs,' says Rebecca. It's still a good idea for you, as for all women, to check your bra size, as they need support right now. Shops like M&S and Bravissimo can help, or visit booborbust.com, adds Rebecca.



### LATE PREGNANCY

In the second half of your pregnancy, breasts start making colostrum – the antibody-rich liquid that nourishes baby in the first few days. If you notice changes such as lumps or orange-peel skin, you should see a GP. Although breast

cancer during pregnancy is rare, it does affect 1 in 3,000 pregnancies, according to Cancer Research UK.

### **If you're... Small & Perky**

You're probably starting to think about whether to breastfeed. 'Lots of women do worry, how can I make enough milk, there's barely anything there!' says Rebecca. You can relax, though. Breast size is mostly determined by fatty tissue, she says, and has no impact on milk production.

### **If you're... Middling**

Fears about sagging or stretch marks shouldn't affect anyone's choice to breastfeed, either. A study of 132 women by US plastic surgeon Dr Brian Rinker found breastfeeding was not a risk factor for sagging, whereas being overweight, having multiple pregnancies or smoking were. "We would encourage women to make sure they have a well-fitting, supportive bra which is not underwired, both during pregnancy and while breastfeeding," says NCT breastfeeding counsellor Fran Bailey.

### **If you're... Bountiful**

Your breasts will get temporarily bigger again about three days after birth, as milk production begins. This happens for all women, even if you don't breastfeed, and eases fairly quickly.

## **NURSING**

The number one influence on how much milk you produce is your baby. That's because a baby's suck triggers a release of the hormone prolactin, which encourages the alveoli (your milk factories!) to take proteins and sugars from your blood, and make the white stuff. Sucking also causes a spike in oxytocin, which causes the breast to contract, pushing milk towards the nipple. Size and shape have little effect on this marvellous milk-making machine, unless you've had surgery. However, different women often find different feeding positions helpful.

### **If you're... Small & Perky**

You'll still produce around a litre of milk a day at your peak – but you might have less storage, and may need to feed more frequently, says Rebecca. Fast let-down (when milk comes out too forcefully for baby) can happen to anyone, particularly if you're engorged, so ask a health visitor or midwife to show you the 'laid-back' feeding position. Smaller women can also struggle to find nursing bras – M&S bralets get good reviews.

### **If you're... Middling**

Even if your breasts are the same size and shape as those lovely knitted ones passed around at antenatal classes, you can still experience the full range of breastfeeding challenges, from sore nipples

to blocked ducts.

Your midwife, health visitor, GP and support groups like B.E.A.R.S are all there to help. 'You can feel like a walking vending machine,' says Rebecca. 'Support is so important.'

### **If you're... Bountiful**

Women with larger breasts sometimes find it difficult to feed discreetly, says Rebecca. Holding your baby underarm like a rugby ball – which is often recommended to women with larger breasts – is also tricky while out and about. Many mums recommend a nice scarf if you feel 'on show', or buying specific breastfeeding tops and dresses.



## WEANING

There comes a point after every pregnancy when boobs go back to normal, and your body deals with this in a pretty amazing way: just when you thought all the gobbling and your chest was over, your milk-producing cells get 'eaten' by surrounding cells in a process known as remodelling.

### If you're... Small & Perky

No one can say what anyone's 'remodelled' breasts will look like. Some stay larger than before, others flatter and less perky. It's

normal to feel a bit of loss if you don't get the end result you'd hoped for. As my husband charmingly put it: 'It's a bit like driving a sports car, then going back to your old Ford Focus.' Bless him.

### If you're... Middling

Women of all sizes can benefit from getting to know their new breasts, as breast cancer after birth can happen, and may be more aggressive. It's normal for breasts to feel sore and lumpy during weaning, but if you notice worrying changes, see a GP. You can find advice on how

to check breasts at [www.breastcancer.org](http://www.breastcancer.org).

### If you're... Bountiful

Dr Rinker's sagging study did link larger cup size to drooping later in life. Breastfeeding isn't a factor, though, nor are changes a given. In fact, if we've learnt anything by now, it's that there's no such thing as a 'perfect pair' of breasts. Big or small, when it comes to nurturing a new life, they're all pretty marvellous!



*This article is for general information only. We always recommend you speak to your midwife, breastfeeding advisor, health visitor or GP if you have concerns about breastfeeding or notice changes to your breasts.*



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<b>BANK HOLIDAY MON 6TH MAY</b> Come and meet TRICKSY THE DINOSAUR, the UK's first female animatronic T-Rex at an incredible 6ft tall and over 10ft long! 11.30-2.30	<b>BANK HOLIDAY MON 27TH MAY</b> The Big Bubbleman and his spectacular bubbles DON'T MISS THIS!   11.00-4.00
<b>SUN 12TH MAY</b> Come and meet Glewy the Alien and his puppet friends. There'll be party games, songs, jokes & stories. Shows at 11am, 12pm, 1pm & 2pm	<b>FATHER'S DAY, SUN 16TH JUNE</b> Kids' Assault Course (Army Style) Prizes for the best times and parents can have a go too! (£2.50 a go)



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**Music, Food & Beer Festival**  
**Fri 3 May - Mon 6 May**

Soi Kitchens  
Includes a Family Fun Day

**Belper Arts Festival**  
**Sat 4 May - Sat 1 June**

A month of music, art, theatre and comedy all around Belper.

**Belper Arts Trail**  
**Sun 5 & Mon 6 May**

Over 60 venues around Belper displaying arts and crafts. Live music, food, drink and children's entertainment at the Memorial Gardens.

**Heights of Abraham - Enchanted Woodland Weekend**  
**Sat 4- Mon 6 May**

**May Day at Cromford Mills**  
**Sat 4 - Mon 6 May (10am- 4pm)**

Celebrate the May Day weekend with dancing, games and crafts.

**Tricksy the Dinosaur at Matlock Farm Park**

**Mon 6 May (11.30am-2.30pm)**

Come meet Tricksy the Dinosaur; the UK's first female animatronic T-Rex! FREE with Farm Park admission charge.

**Cromford Canal Horse Drawn Boat Trips**

**Sun 5 & Mon 6 May (11am or 2pm)**

Arraslea Shires pull the narrowboat Birdswood past the nesting water birds and stop at the Leewood Pumphouse. **Booking essential:** [www.birdswood.org](http://www.birdswood.org)

**The Maypole Parade**

**Sat 11 May**  
Soi Kitchens  
Family Fun Day

**Erewash Museum Motorcycle Day**

**Sat 11 May (12-4pm)**  
FREE admission.

**Glewy the Alien at Matlock Farm Park**

**Sun 12 May (11am, 12pm, 1pm & 2pm)**

Come meet Glewy the Alien and his puppet friends. Play party games, sing songs, tell jokes and stories and win prizes! FREE with Farm Park admission charge.

**Belper Woollen Woods**

**Sat 18 - Mon 27 May**  
Annual yarn bomb of the Belper Parks.

**Sat 18 May (10am-4pm)**

A family orientated day starting at No 28, Market Place.

**Woodlanders Forest School Woodland Wellness**

**(adult workshop)**  
**Sat 18 May (10am-4:30pm)**

BOOK:  
[www.woodlandersforestschool.co.uk](http://www.woodlandersforestschool.co.uk)

**Brick History: A World of LEGO® Awaits**

**Fri 24 May - Sun 8 September**

Derby Museum & Art Gallery  
Brick History takes famous moments from history and imagines them in LEGO® bricks.

**Family Fun Day**

**Sat 25 May - Mon 27 May**  
Soi Kitchens

**Peter Pan**

**Sat 25 May (2:30-3:30pm)**

The Fleet Arts  
Chorus Theatre present a new family friendly adaptation featuring songs, music and puppetry. Tickets £4 on the door.

**Farmer Geoff's Cow Safari at Bluebells Farm**

**Sat 25 May - Mon 2 June**  
Bluebells Farmers take you across green fields to meet the cows on their countryside taxi service "Moober"!

**Telling Tales Trail**

**Sat 25 May (2:30-3:30pm)**  
Derby Museum & Art Gallery  
Drop in session, suitable for children 5-15 years old with their grown-ups.

**Gulliver's Kingdom -**

**Tabbalabba**  
**Sat 25 May - Sun 2 June**  
Tabbalabba is the ultimate family festival

**Beside the Seaside - Family Event at**

**Crich Tramway Museum**  
**Sat 25 May - Sun 2 June**  
Bringing the seaside to Derbyshire, with a funfair and rides.

**Ecclesbourne Valley Railway - Kids go FREE Week**

**Sat 25 May - Mon 2 June**  
Enjoy a fun-filled Bank Holiday Weekend, with children up to 15 years travelling for FREE on the Duffield line.

**Princess Royal Class Locomotive Trust**

**Sat 25 May - Sun 2 June**  
West Shed Museum, Midland Railway-Butterley. Create a 'junk model' train using recycled materials and enjoy springtime crafts, train sets and a miniature sit-on engine.





# FAMILY EVENTS MAY - JULY 2019

## **Eco-Explorers at Cromford Mills**

**Sat 25 May - Sun 2 June**

Half-term themed fun, getting you closer to nature as you explore the environment.

## **Big Bubbles Spectacular at Matlock Farm Park**

**Mon 27 May (11am-4pm)**

The Big Bubbleman, with his bubble mill, wands and special potions makes the most AMAZING bubbles! FREE with Farm Park admission charge.

## **Family Handling Histories**

**Tues 28 May, 10.30am-11am**

Derby Museum & Art Gallery  
Object-handling morning where you can get up close to some objects from the collection. Drop in session, suitable for families.

## **Erewash Museum Bugs Week**

**Tues 28 - Fri 31 May**

Bug themed crafts and activities  
Tues-Thurs (11am-3pm).  
Bug and animal handling on Fri

## **Indoor Bounce House Extravaganza**

**Tues 28 & Wed 29 May**

Woodlands Community School  
Inflatable Indoor fun.

## **Kids at Cromford: Pond Dipping**

**Wed 29 May**

Cromford Mills  
Come and explore the world below the water with some pond dipping fun.

## **Belper Goes Green**

**Fri 31 May - Sun 2 June**

**6-11pm Friday, 11am-5pm Sat and Sun**

Transition Belper's Community, Eco and Arts Festival – a celebration of local living, which aims to share ways of reducing our impact on the planet, whilst connecting the local community in a relaxed way. Stalls and activities for all the family, plus a CAMRA beer and cider festival and live music.

## **Heights of Abraham - The Savage Garden Weekend**

**Sat 1 - Sun 2 June**

Take a walk on the wild side and learn about the plants and animals found at the Heights. FREE craft activities for children. Collect a sunflower to take home and grow.

## **Belper Steam & Vintage Event**

**Sat 8 & Sun 9 June**

Family orientated steam and vintage rally for all the family with vintage and steam vehicles, exhibits, stalls, and arena attractions.

## **Croot's Open Farm Sunday**

**Sun 9 June**

Croot's Farm, Duffield  
Farm walk, machine displays, Shire horse cart rides, blacksmith and sheep shearing displays.

## **Woodlanders Forest School**

**Natures Sounds**

**(adult workshop)**

**Fri 14 June (10am-3:30pm)**

BOOK:

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

## **Wildside Festival**

**Sat 15 June (11-10pm)**

Woodside Farm, Shipley  
Den building, pond dipping, bug hunting, theatre, storytelling, live music, wild yoga and drumming, all on a nature reserve in the summer sun – in aid of local wildlife.

## **Ecclesbourne Valley Railway Steam in the Valley Weekend**

**Sat 15 & Sun 16 June**

One for the steam enthusiast! Both visiting steam locomotives will feature along with resident Andrew Barclay tanks on the Ravenstor line, with a special timetable.

## **Gulliver's Kingdom Father's Day Weekend**

**Sat 15 & Sun 16 June**

Dads Go Free!

## **Kids' Army Style Assault Course at Matlock Farm Park Sun 16 June**

Great fun, fitness and triumph! Prizes for the best times and parents can have a go too!

## **Vintage Weekend at Crich Tramway Museum**

**Sat 22 - Sun 23 June**

Music and activities from the 1950s and 1960s.

## **Horse-Drawn Tram Day at Crich Tramway Museum**

**Sun 30 June**

**(11am-1pm & 2-4pm)**

## **Annual Classic Bus & Coach Rally**

**Sun 30 June**

Ecclesbourne Valley Railway  
Come and see the fantastic display of buses at Wirksworth and enjoy rides on the classic buses and trains through the valley.

## **Belper Summer Food, Drink and Craft Festival**

**Sun 7 July (10am-4pm)**

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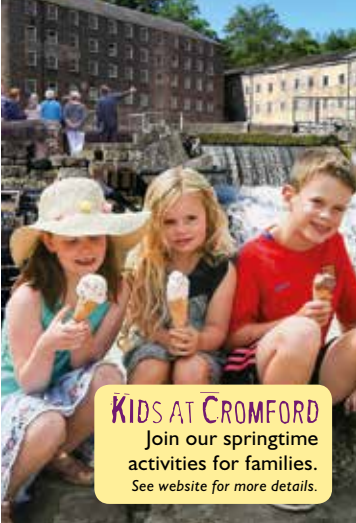
**Open Farm Sunday - Sun 9th June**  
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## CROMFORD MILLS



**KIDS AT CROMFORD**  
Join our springtime activities for families.  
See website for more details.

### Arkwright Experience, Tours, Shops & Cafés KIDS GO FREE (See website for more details)

**Saturday 4th to Monday 6th May, 10am-4pm.**  
**MAY DAY WEEKEND** Celebrate the weekend with dancing, games, and crafts. Plus Cromford Sands opens.

**Sunday 19th May, 11am-4pm.**  
**ARKWRIGHT ARTISAN MARKET** Our monthly market with gifts, handmade crafts, food, live music and more.

**Saturday 25th May to Sunday 2nd June, 11am-4pm.**  
**ECO-EXPLORERS** Half-term themed fun - getting closer to nature as we explore the environment around us.

**Sunday 26th and Monday 27th May, 11am-4pm.**  
**DERBYSHIRE WEEKEND** Celebrating traditions with local craftspeople and producers. Plus Woodie's Wings!

**Wednesday 29th May, 10.30am-12.30pm, 1.30-3.30pm.**  
**POND DIPPING** Explore the world below the water.

See our website for further details  
[www.cromfordmills.org.uk](http://www.cromfordmills.org.uk)



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# A GRAND DAY OUT IN ASHBOURNE



By Sophie Kate Conlon, B.A. – local mum, writer and blogger

**If you ask most people about Ashbourne, they're usually quick to mention all the antique shops, and yes, there are quite a few – but there's more to Ashbourne than that! Here's some highlights for you to try:**

## LET'S GO OUTSIDE

The Recreation Ground and Memorial Gardens are within throwing distance of Shaw Croft Car Park. There's a lovely play area with zones for older and younger children; and a great splash park for warm summer days. You can follow the pushchair friendly path around the duck pond and feed the ducks from the decked area. There's also a ford that water lovers can splash through wearing wellies (it can be slippery though). The Memorial Gardens are beautifully landscaped with stretches of grass shaded by trees; perfect for a summer picnic or for kicking through autumn leaves.

There's lots of lovely walks in and around Ashbourne; with Carsington Water and Dovedale within 10 minutes' drive and some beautiful villages to explore such as Ilam and Osmaston.

Tissington Trail is Ashbourne's most famous walk. It can be reached from the town centre by heading through the railway tunnel near the Leisure Centre. At the other end, Mapleton, there's a little café and cycle hire, and parking if you'd rather skip the tunnel. The trail can get busy during holidays, but it's a really lovely route. Plus, it's slightly downhill all the way back!

## GET CREATIVE

Ashbourne is home to some really super crafty cafés and establishments.

Sticky Fingers is a paint-a-pot café on Church Street. Inside there are shelves crammed with things to paint, from plates and teapots to fairies and dragons! It's quite a small venue but the staff are really friendly and accommodating. The food is delicious and excellent value for money.

The Clay Rooms opened recently on Derby Road, and has been incredibly popular ever since. They run regular pottery workshops for children and adults.

Betty's Sewing Box is one of my favourite places. Located in the old library on Cokayne Avenue, it has a shop full of sewing products, fabrics and ready-made children's clothes. Its workshop space holds regular classes for adults and children, seasonal workshops and a kids holiday programme. In the kitsch tearoom you can eat delicious food on retro china, while the kids entertain themselves in the children's corner with a huge range of games, toys and a big chalkboard on the wall. And the cakes. Oh the CAKES!

The next time you are in Ashbourne stop by and explore!

Read more from Sophie Conlon on: <https://mamaoftheearth.com/>



# A FAMILY WALK ON THE OSMASTON ESTATE & SHIRLEY PARK

By Joanna Leigh

Do you have a favourite family walk?  
Email us about it at  
[editorial@boommagazine.co.uk](mailto:editorial@boommagazine.co.uk)



**For a beautiful and relaxing walk go and explore Osmaston Estate and Shirley Woods.**

About 25 minutes from Belper; Osmaston Village is a stunning, tranquil, English village with tree-lined lanes, thatched cottages, duck pond and pretty gardens.

There's a lovely pub in the village 'The Shoulder of Mutton' that serves food and has an attractive, enclosed beer garden. If you intend to return from your walk to eat there, the landlord says you can park in their car park, otherwise you can park by the Village Hall and start your walk from there.

There are two routes, see the map for details. The longer circular route (4.5 miles) goes towards Shirley village and returns alongside Shirley Brook, past the lake, and back into Osmaston. This path is steep and can get muddy in parts and is not appropriate for buggies. The Short Route is an out-and-back walk and roughly two miles in total. It is better for little legs, buggies and carriers.

**DIRECTIONS:**  
**Simply put Osmaston, Ashbourne into your GPS.**

**Short Route:**

- Park up by the Village Hall. Follow the road past the Shoulder of Mutton to the village green and the duck pond. Ahead you will see two tracks, take the left track marked 'Bridleway Shirley' which descends among fields and into woodlands. The track is suitable for buggies, but is steep in parts so a carrier may be preferable.



- Continue straight, then follow the path down to the Osmaston Sawmill and its waterwheel, which you will see on the right. The Sawmill was built in 1850 and restored in 2011, it is a stunning feature of this walk.
- Have an explore, then turn back and re-trace the path to Osmaston village.

**Long Route**

- If you fancy more of a ramble and the kids can walk further you can continue to do a 4.5 mile round route. After the Sawmill carry along the bridleway and climb up through the woodlands of Shirley Park. The track eventually becomes a tarmac lane, continuing towards Shirley village. Before the village itself, turn right up onto the path marked Centenary Way (or alternatively continue into the village of Shirley where you will find a pretty church and a very old inn 'The Saracen's Head'. Turn back again and find Centenary Way footpath).
- Follow through fields and centre of woods. After lakes look for the gate sharp right for track to Osmaston village. Be aware that this route has stiles and a boggy area and is not appropriate for buggies. More detail can be found on line!

# HOW TO TRAIN YOUR CHEST

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



Many of the female clients I work with express a deep-set reluctance to train their chest (pectoral muscles) instead looking to focus on glutes, core and inevitably, cardio. There is a common fear that working pecs will reduce the size of a woman's breasts, or create a more masculine shape up top.

However, this is a great misconception. I hope that the ladies who read this article will feel a little more confident about what they can and should be doing in the gym, and also have you all ready to put your partners to the test with a push up challenge!

## So why should ladies train their pectoral muscles?

### I TO PREVENT INJURY

Failing to train an entire part of your body, literally the front and centre in this case, can create a muscular imbalance that if ignored could lead to discomfort and potentially a more serious, long-term injury. A complete body training programme means you'll move better and more efficiently and reduce the risks of injury.

### 2 TO CREATE A "BALANCED" BODY

Similar to the point above, by paying equal attention to all of your major muscle groups – chest, back, shoulders, legs – aesthetically, you are going to be more symmetrical. Have you ever been told 'Chest up, shoulders back and stand proud'? A chest that is equally as strong as your back means that this open, tall and confident posture will come more naturally.

### 3 TO IMPROVE BREATHING EFFICIENCY

By standing up tall with shoulders back and chest proud, your ribcage is better able to expand fully, giving you greater lung capacity.

### 4 YOUR BREASTS WILL APPEAR "PERKIER"

Whilst working your pec muscles won't mean your breasts magically start defying gravity, strengthening and 'toning' the muscles underneath breast tissue can help lift the breasts so they sit higher. In addition to this, the chest muscles go right up to your collar bone and so developing them can help create a rounded, fuller-looking breast overall.

### 5 BANG FOR YOUR BUCK!

The chest muscles are large and so working them has a high calorie burn. Not only that, traditional chest exercises, such as the bench press, also work your shoulders and triceps so you actually get a great all-over upper body workout.

### 6 TO HELP WITH YOUR EVERYDAY MOVEMENT

The primary functions of your pectoral muscles are to flex (raise), adduct (bring back), and medially rotate (turn inward) your upper arm. Also, any "push" action will require effort from your pec muscles. This translates to daily activities such as pushing pushchairs, lifting and shifting your young children and opening doors, even simply getting up from the floor! With that in mind, from a functional standpoint, it makes sense to be strong in this area.

### So where do I start?

Change up your routine and ensure it includes pushing actions – the sled push is a great piece of kit! It gets your heart rate up and your whole body involved and most good gyms will have one. If not, I'd recommend mastering the art of a push up.

Bodyweight exercises such as push ups are excellent. If you can't yet manage one, then you can do a push up with your upper body elevated, against a wall or a kitchen worktop for example. Once you can comfortably do three sets of 10 push ups, lower the elevation and keep going until you're working from the floor.

### CONTACT

07581 506758

stacey@bottomlinefitness.co.uk

Training out of Bottom Line Fitness, Derby

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



# blf

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Wirehaired Vizsla, Hettie. I live in a small village near Uttoxeter and have been amazed at the strength and buzz of the Belper community. I am an active member of my home community and I look forward to contributing to your beautiful town.

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# Belper groups for babies and toddlers

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

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

<b>SAT</b>	<p><b>Home Birthing Group Derbyshire</b> The Old Schoolhouse, Chapel Street 10am-11:30am (once a month) BY DONATION</p>	<p><b>Woodlanders Family Forest School</b>  Shining Cliff Woods 10am-12pm (All ages) BOOK Once a month, check website for dates</p>	<b>SUN</b>	<p><b>Daisy Birthing</b> The Old Schoolhouse, Chapel Street 6-7pm (14+ weeks) BOOK</p>
	<p><b>Messy Church</b> (2nd Sat of the month) St Swithun's Church 4-6pm (All ages welcome) BY DONATION</p>	<p><b>Woodlanders Saturday Club</b>  Shining Cliff Woods 1-3pm (6+ years) BOOK</p>		
<b>MON</b>	<p><b>Mini Moos Toddler Group</b> Vanessa's School of Dance 10am-12pm (6m-4yrs) PAYG</p>	<p><b>Creation Station: Little Explorers</b>  Busy Bees Nursery - Gibfield Lane 10-10:50am (15m-5yrs) BOOKING ADVISED</p>	<p><b>Relax Kids Derbyshire</b> Vanessa's School of Dance 5-6pm (4-9yrs) BOOK</p>	
	<p><b>Twistin Tikes -Musical fun &amp; play designed for 3-5s</b>  Belper Community Hall 9:45-11:30am (All ages welcome) PAYG</p>	<p><b>Woodlanders Forest School:</b> Babes in the Woods  Shining Cliff Woods 9:45-11:30am (0-5yrs) PAYG</p>	<p><b>Nursery Ballet</b> Vanessa's School of Dance 4-4:30pm (3-4yrs) PAYG</p>	
	<p><b>Bellebambino Baby Massage</b> Alton Manor Day Nursery 1:45-2:45pm (0-12m) BOOK</p>	<p><b>Jelly Roles Drama Club</b> Arthur's 4:30-5:15pm (2-7yrs) BOOKING PREFERRED</p>	<p><b>Come &amp; Play</b> Early Years Centre 10-11:30am BY DONATION</p>	<p><b>Rhyme Time</b> Belper Library 2-2:30pm (0-3yrs) FREE</p>
<b>TUE</b>	<p><b>Twistin Tots -Musical fun &amp; play for 0-5s</b>  Belper Community Hall 9:45-11:45am (All ages welcome) PAYG</p>	<p><b>Tiny Talk</b>  The Fit Pit 10-11am Toddler Talk (Walking - 4yrs) 11:15-12:15 Baby Signing (0-18m) BOOK</p>	<p><b>Twistin Tinies - Development &amp; sensory music class for ages 0-18m</b>  Belper Community Hall 1:30-2:40pm BOOK</p>	
	<p><b>Baby &amp; Toddler Spanish Lessons</b> Fleet Arts 9:45-10:45am (0-4yrs) BOOK</p>	<p><b>Chucklebuttles Toddler Tuesday</b> Belper Mills 9:30am-12:30pm (term-time only) PAYG</p>	<p><b>Sunshine Tiddlers Stay &amp; Play Drop In</b> High Woods, Sandbed Lane 11am-2:30pm (0-4yrs) PAYG</p>	
	<p><b>Stepping Stones - Creative child led playgroup</b> Early Years Centre 10-11:30am (All ages welcome) PAYG (By Donation)</p>	<p><b>B.E.A.R.S. Breastfeeding Support Group</b> Early Years Centre 1-2:30pm (Drop in - all ages welcome) FREE</p>	<p><b>Sunshine Forest School &amp; Nature Club</b> High Woods, Sandbed Lane 4-6pm (7-11yrs) PAYG</p>	



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## POO-Y PASTA By Sascha Landskron

**Many young children go through a stage where they are a bit obsessed with poo.** If your children are in this phase and love to talk and joke about it, this recipe may appeal to them. Of course it's not really made with poo. It's made with Puy Lentils, which our family joyfully mispronounce as Poo-y Lentils!

Lentils of any sort are a great source of protein and fibre..... and Puy Lentils just happen to look exactly like Fairy Poo. It's a happy coincidence that all parents should thoroughly exploit.



### BASIC INGREDIENTS

- |                              |                                    |
|------------------------------|------------------------------------|
| 2 Tbsp olive oil             | 200ml water                        |
| 1 large onion, chopped       | 250g dried pasta (any shape)       |
| 1 large carrot, minced       | 150g grated cheese or vegan cheese |
| 1 large celery stalk, minced |                                    |
| 500g jar of bolognaise sauce |                                    |

- ### OPTIONAL INGREDIENTS
- 1 beef stock cube
  - Several dashes of Worcestershire sauce
- 

- ### MAGICAL INGREDIENT
- 250g package pre-cooked Puy Lentils (or Fairy Poo)

TURN OVER FOR METHOD



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To book call **07772 518482** or email **tarabuckley27@googlemail.com**

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## POO-Y PASTA Cont'd...

### METHOD

- 1 Heat the olive oil in a large pan and sauté the onion, carrots and celery for a few minutes over medium heat.
- 2 Add the bolognaise sauce and water (and the beef stock and Worchester sauce, if you choose) and simmer for 10 minutes, until the carrots are soft.
- 3 Using a stick blender, or food processor, blend smooth.
- 4 Open the package of ready-cooked Puy Lentils. Show them to your children and call it Fairy Poo. Ask if they would like to touch the Poo and smell it and even taste it (because eating Fairy Poo will make them magical).
- 5 Dump the Puy Lentils into the pot and stir through gently and heat to boiling.
- 6 Cook the pasta according to package instructions and drain.
- 7 Mix the pasta into the sauce, and tip into a greased, oven-proof casserole dish.
- 8 Sprinkle with cheese or vegan cheese.
- 9 Bake in a preheated oven at 180°C for 15-20 minutes, until the cheese is melted and golden brown.
- 10 Over dinner, discuss your children's new-found magical powers, obtained from eating this enchanted dinner.



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<p style="writing-mode: vertical-rl; transform: rotate(180deg);"><b>WED</b></p>	<p><b>Derbyshire Toy Library</b> ▶ <b>Stay &amp; Play</b> (incl Parents of Multiples Society - POMS) Belper Community Hall 9:30-11:30am PAYG</p> <p><b>Gymkids: Pre-school Gymnastics</b> Belper Leisure Centre 9:25-10:10am (9m-3yrs) PAYG 10:20-11:05am (3yrs+) BOOK</p> <p><b>Special Friends Playgroup</b> (for children with additional needs) 2nd Wednesday of the month, term-time, Early Years Centre 9:45-11:30am (0-5yrs) FREE</p>	<p><b>Post natal Reformer Fitness</b> Post natal Pilates ▶ The Fit Pit 10:15-11am (babies welcome) BOOK</p> <p><b>Pregnancy &amp; Post natal Pilates</b> ▶ The Fit Pit 6:30-7:30pm BOOK</p> <p><b>Creation Station: Baby Discovery</b> Unit 1, Community Centre, Derwent Street 10-11am (3m-2yrs) BOOKING ADVISED</p> <p><b>Little Church</b> St Peter's 1:15-2:45pm PAYG (£1 per family)</p>	<p><b>Little Sage Kids Yoga</b> ▶ Sage Yoga, Unity Mill 4:15-5pm (4-7yrs) BOOK</p> <p><b>Daisy Baby Tummies &amp; Wrigglers</b> The Old Schoolhouse, Chapel Street 10-11am and 11:30am-12:30pm (5-12mo) 1.15pm - 2.15pm (6wks - 5 mo) BOOK</p> <p><b>Sweaty Mama</b> Belper Meadows Sports Club 10-11am (6 wks to 5 yrs preschool) BOOK</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);"><b>THUR</b></p>	<p><b>Baby Ballet Derbyshire Central</b> Vanessa's School of Dance Tinies (18m-3yrs) 9:30am BOOK Movers (3-4yrs) 10:15am BOOK Tappers (3yrs+) 10:50am BOOK</p> <p><b>Little Sage Baby Yoga</b> ▶ Sage Yoga, Unity Mill 9:45-11am (crawling-walking) 11:15am-12:30pm (8wks-crawling) BOOK</p> <p><b>Prams &amp; First Shoes Meet-Up</b> St Mark's Church 9:30-11:30am (0-3yrs) FREE</p>	<p><b>New Life Tots</b> New Life Church 10am-12pm PAYG</p> <p><b>Young at Heart</b> ▶ <b>Intergenerational Play Group</b> Spencer Grove Nursing Home (Check FB page for session dates) 2nd &amp; 4th Thurs of the month 10:30am-12pm (0-5yrs) PAYG (BY DONATION)</p> <p><b>Baby College</b> ▶ Fleet Arts Centre Toddlers (9m-2yrs) 9:30am Infants (0-9m) 10:30am BOOK</p>	<p><b>Little Sage Kids Yoga</b> ▶ Sage Yoga, Unity Mill 4:30-5:15pm (8-11yrs) BOOK</p> <p><b>Special Friends Drop In</b> 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 style="writing-mode: vertical-rl; transform: rotate(180deg);"><b>FRI</b></p>	<p><b>Baby Sensory for 0-13 months</b> The Lion Hotel 10am, 11:15am and 12:45pm BOOK</p> <p><b>Natural World</b> Early Years Centre 10:30am-12pm BY DONATION</p>	<p><b>Mums &amp; Babies Post natal and Pregnancy Pilates</b> ▶ The Fit Pit 10:30-11:45am BOOK</p> <p><b>Little Sage Kids Yoga</b> ▶ Sage Yoga, Unity Mill 11am-12pm (18m-5yrs) BOOK</p>	<p><b>Creation Station: Little Explorers</b> ▶ Bussy Bees Nursery - Gibfield Lane 10-10:50am (15m-5yrs) BOOKING ADVISED</p>

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

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

**FRIDAY** - TREETOPS NURSERY, GIBFIELD LANE, BELPER  
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# SUPPORTING COMMUNITIES AND LEARNING THROUGH PLAY

## BELPER EARLY YEARS FUN (BEYF)

is a voluntary group which runs the Early Years Centre on Alder Road. In Feb 2017, following the closure of the DCC Children's Centre, we took possession of the keys and now operate the building on behalf of the community. The cost of running and maintaining the building is solely met through donations, room hire, fundraising & grants.

**BELPER EARLY YEARS FUN,**  
The Early Years Centre,  
Alder Road, Belper, DE56 1LP,  
belperearlyyearsfun@gmail.com

## LOOKING FOR SOMETHING TO DO WITH YOUR LITTLE ONES? PAY US A VISIT...

We currently run 2 Stay & Play Groups and are host to a number of other external groups and initiatives (see the BOOM timetable!). All of the activities and groups are either free or require only a small donation. Our popular sensory room is also available during the groups at no extra charge. Everyone is welcome to attend; so come along, meet some new friends and get to know others within the community.

## CAN YOU HELP...?

We are currently looking for volunteers to help with the following; supporting our group leads at our Stay & Play Groups, helping us to prepare for and attend fundraising events such as Belper Goes Green, working on grant applications & requests to local companies for donations, and carrying out maintenance and general DIY!

**Volunteer your time and skills by dropping us an email on [belperearlyyearsfun@gmail.com](mailto:belperearlyyearsfun@gmail.com)** We would love to have you on the team!



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The logo for Soi Kitchens, featuring the brand name in a stylized font with a fork and knife icon, all enclosed within a circular border.

**Soi  
Kitchens**

**You may have recently noticed the opening of Soi Kitchens in the**

**Village of Milford at the riverside site of the old Mill House pub.**

The restaurant brings a range of cuisines all under one roof in an all you can eat buffet and has already gained lots of glowing reviews.

What makes Soi Kitchens stand out from many buffet restaurants is their desire to make the buffet dining experience a more personal experience. Instead of vast cavernous canteens traditionally associated with buffet restaurants this restaurant offers a friendly and personal touch in pleasant surroundings, serving lots of freshly cooked dishes in the picturesque village of Milford. While quantity is obviously plentiful, Soi Kitchens put quality first. Head Chef Hemant and his team ensure each dish served on the buffet is a delicious meal in its own right... you just don't need to limit yourself to just the one!

The menu is inspired by the delicious dishes you will find served in local restaurants and street vendors all over the world and especially in South East Asia. But now you don't need to travel halfway around the world to try them! For desert there is also self serve Mr. Whippy ice cream and a chocolate fountain that is always a huge hit with the kids.

Soi Kitchens also has a large beer garden which benefits from the beautiful Derbyshire countryside and picturesque views of the River Derwent, a wonderful children's play area and an outside BBQ and bar. There is lots planned for the beer garden area including family fun days, beer festivals, craft fairs, food festivals and regular live music. Entry will be free to most events so check out [soikitchens.co.uk](http://soikitchens.co.uk) regularly for up to date details.



**01332 840 400 • [soikitchens.co.uk](http://soikitchens.co.uk)  
Derby Road, Milford DE56 0QW**





# All you can eat buffet

**Come and enjoy a delicious buffet at Soi Kitchens. We look to make the buffet dining experience more personal than most. Instead of vast cavernous canteen we offer a friendly personal touch in pleasant surroundings, serving lots of fresh home cooked dishes in the picturesque village of Milford.**

**Our menu is inspired by the delicious dishes you will find served by local restaurants and street vendors all over the world and especially in South East Asia. But now you don't need to travel halfway around the world to try them!**

**01332 840 400**

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## **Beer Garden and Play Area**

**We've got lots planned for our beautiful beer garden. We have a great BBQ and Beer Shack that will be open throughout summer and lots of child friendly events like:**

3rd-6th May: Music, Food and Beer Festival with Family Fun Day

11th May: The Maypole Parade and Family Fun Day

18th May: Live Music (Belper Arts Festival)

25th-27th May: Family Fun Day

29th-30th June - Craft Fair with music and activities

17th-18th August: Craft Fair with music and activities

23rd-26th August: Music, Food and Beer Festival with Family Fun Day

**...more events to follow. For details go to [soikitchens.co.uk](http://soikitchens.co.uk)**

# MY BREASTFEEDING EXPERIENCE

By Bess Purser, La Leche League Leader



## 'IF IN DOUBT, GET 'EM OUT!'

Those were the words, passed on from another mum, that echoed through my mind as I left my first La Leche League meeting when I was eight months pregnant. They stayed with me during the first few months of being a new mum, when I had absolutely no idea what I was doing, or why my baby was making such a noise and what the flip I was supposed to do about it.

They saw me through the long nights when he woke up frequently, wanting to be held, wanting to eat, drink, and sleep; without having to actually wake up and get out of bed, just sliding him out of and into his co-sleeper crib. They saw me through the temper tantrums of his toddler years, when the power of the breast won over the almighty evil that is a screaming, writhing, molten mess of pure anger because I'd given him the blue cup and not the yellow one.

We didn't have an easy start to our breastfeeding journey, my son was diagnosed with tongue tie before we left the labour ward. By his fifth day on planet earth, every feed was toe-curlingly painful for me, his weight gain wasn't quite satisfactory enough, I'd been expressing for 24 hours to top him up and I never wanted to see another breast pump ever again. Thankfully I had excellent support from my midwife, lactation consultant and tongue tie practitioner.

Then we got into the swing of this breastfeeding malarkey and I remember thinking, when my baby was around three months old, that not only had I grown him in my belly, but also I'd grown him outside my belly too. He was putting on weight, speeding through his baby grows, his hair was getting longer and even (when he had a cold) the oodles of snot that dripped from his tiny little nose - all these things were a product of my breast milk. I made that. I made him.

I continued to go to the La Leche League meetings as it became a place to get support, information and more importantly, learn from the other mums. Just to sit there and observe how they fed and interacted with their children, to absorb their stories of how they overcame difficulties so that when issues cropped up, I already knew what to do and who to call. There were mums feeding older children and tandem feeding; things I'd never seen before and didn't know were possible.

Becoming a mother is the steepest learning curve I've ever had the pleasure/desire/frustration/exhaustion to experience. 'If in doubt, get 'em out' was my introduction to mothering through breastfeeding and I am so grateful to the mums I've met along the way who have trodden the path before me and nurtured me on my own path. Now I'm a La Leche League Leader, I continue passing on the tips, tricks, information and compassion I've picked up over the years, supporting women wherever they are on their breastfeeding journey.

La Leche League Derbyshire meets on the third Tuesday of the month in Derby.



For more information and to get support, please see our facebook page @lllderbyshire or visit [www.laleche.org.uk](http://www.laleche.org.uk)

# WHAT DOES BEING A DAD MEAN TO ME?



By Dean Bradshaw, local Dad & Owner of 45 Degrees Design & Print

## My first Father's Day is coming up soon, but what does being a Dad mean to me?

My little girl, Hannah Isabella, arrived on 28th February at 11:58pm, weighing 7lb 11oz... but let's rewind a bit.

Around the 2nd July, my wife, Caroline, said to me on our usual evening walk...

**"I'm not sure how to tell you, pet, but the test was positive."**

'What test?' I thought, and then I realised... **the test was positive!** Immediately my mind was swirling with a countless number of thoughts and anxieties.

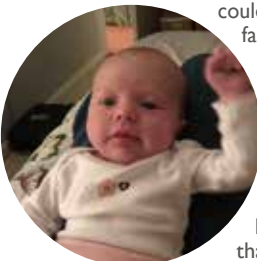


MY EXACT REACTION

We talked over what this meant for us as couple, and how it would work for us to become a family. Our ideas were still so vague at that point, we had a long way to go and the concept of parenthood seemed so unreal.

Then followed several months of sickness. Caroline had Hyperemesis (or severe nausea, just like Kate Middleton). During this time, I didn't really think about having a baby or becoming a parent; I was just busy looking after Caroline. She was my main priority; I was preoccupied with making sure that she was ok.

We had the scans, attended the NHS classes and went through the motions of pregnancy, but it just didn't seem real. It was almost like watching someone else going through it; I just couldn't get my head around the fact that I was going to be a Dad.



Then, in early January, we started our NCT classes. For me, meeting and talking to other Dads-to-be really helped. We all had stupid questions – and that was fine. This helped

me to get my head around what was happening, and that I was going to be a Dad and have a baby of my own.

I still didn't know how I would actually feel as a Dad, though. I was worried that I wouldn't be good enough. I'd never even held a new-born baby before, let alone had to look after one.



Now, sitting here on the 8th April, so much has changed and I have a whole new perspective. It's been a rollercoaster and a steep learning curve, but I wouldn't change any of it. Our little Hannah Isabella is now 40 days old (well, 39 days and 2 minutes!) and life has completely changed. It's changed because Hannah has changed it, and it's certainly different and better. We simply couldn't imagine our life without her, and I was bowled over by the feelings my baby provoked in me. The instant feeling of protection and intense love for her was so powerful right from the beginning. I haven't felt like this before and I love it.

So what does being a Dad mean to me? I guess I'd say it means feeling complete – not that I felt I had anything missing before. I did sometimes wonder what I was working so hard for, and what the meaning of life is, and I did sometimes search for some purpose in my life.

**And now I know; Hannah is my purpose; my little family is my purpose.**

I now have a different future to look forward to. I may have less **me time**, but you know what, I don't care, I have **family time**.



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Sessions run Mon-Fri/9am-12pm and 12:20pm-3:20pm  
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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.

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### DERBY BOOK FESTIVAL: Create Your Own Happy

**Friday 31 May** (1.30-2.30pm)

Based on their book *Create Your Own Happy*, join authors Penny Alexander and Becky Goddard-Hill for a fun, interactive session offering your children some creative ideas and effective tools to help them increase their happiness and enhance their self-esteem! They will learn how to shape their lives and the lives of others around them, giving them confidence for the everyday challenges of life and school.

Tickets: £4

Age guidance:  
Recommended for ages 7-13  
and their parents

### DERBY BOOK FESTIVAL TAKEOVER: The Little Book of Sewing

**Sunday 2 June** (2pm)

"Reading Karen's book is like getting a pep talk from a friend. Yes, you can sew!" Tilly and the Buttons  
Bring your questions along for Karen Ball, and join in this informal chat between Karen, a host and YOU about the inspiration behind *The Little Book of Sewing* – your pocket-sized guide to creating your own zen with nothing more than a needle and thread. From body confidence to mental health, kindness to passion, this debut non-fiction book explores the way sewing can make you feel great about yourself.

There will be plenty of time for questions and answers and maybe a few sewing recommendations!

Tickets: £6

### DERBY BOOK FESTIVAL TAKEOVER: Sewing Workshop with Karen Ball

**Sunday 2 June** (4pm)

Turn your passion into fashion – a collage workshop!

Join *Did You Make That?* blogger Karen Ball and author of *The Little Book of Sewing*. During the workshop, you'll learn to make friends with a tape measure, conquer fabric fear and make a spontaneous collage to inspire your sewing.

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Tickets: £5

Suitable for adults and children over 8 years



# DERBY THEATRE

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

01332 593939



## PUSS IN BOOTS

**Tuesday 28 May**

(12pm, 2pm & 4pm)

Puss in Boots is no ordinary cat. Clever and charming, he takes life in his stride and befriends everyone he meets. The only thing is, he always seems to bring his master, Jack, bad luck.

Join Puss and Jack on their adventure as they meet a flurry of lovable characters, and even come face to face with royalty!

Bringing this much-loved children's story to life, Puss in Boots is the perfect opportunity for your little ones to enjoy live ballet, music and theatre.

Tickets: from £10 (concessions £8)



## BRAINIAC LIVE

**Thursday 30 May**

(2pm & 3:30pm)

Based on the original TV Show and celebrating its 10th Anniversary live on tour, Brainiac Live! is back. More mischievous than ever before Brainiac Live! will take you on a breathless ride through the wild world of the weird and wonderful. Expect exploding dustbins, combusting microwaves and loads of live daredevil stunts!

Watch from the safety of your seat as the Brainiacs delve fearlessly into the mysteries of science and do all of those things on stage that you're too scared to do at home!

Tickets: from £16.50  
(concessions £14.50)

## HORRIBLE HISTORIES DREADFUL DEAF

**Fri 21 June** (2pm & 7pm)

**Sat 22 June** (4pm)

**Sun 23 June** (11am & 2pm)

It's time to prepare yourselves for Horrible Histories live on stage as it delves into the dreadful, dangerous and deluded stories of the deaf! From groovy Greeks to gorgeous Georgians, ruthless Romans to vile Victorians, discover the extraordinary people and amazing stories you simply won't believe!

Deaf or hearing, this bilingual production – in spoken English and British Sign Language – is a truly frightful treat for all the family!

Tickets: from £12  
(concessions £10)



## SAM AVERY: The Learner Parent

**Friday 10 May** (8pm)

**Landau Forte College Theatre**

Stand-up comedian, viral blogger and bestselling author Sam Avery (aka the Learner Parent) shares all the lows, highs and hilarious in-betweens of his experiences of first-time parenthood.

Tickets: £18.25



## A MIDSUMMER NIGHT'S DREAM

**Tuesday 11 – Saturday 15 June**  
(7:30pm)

**& Wednesday 12 June** (1:30pm)

**Markeaton Park Craft Village**

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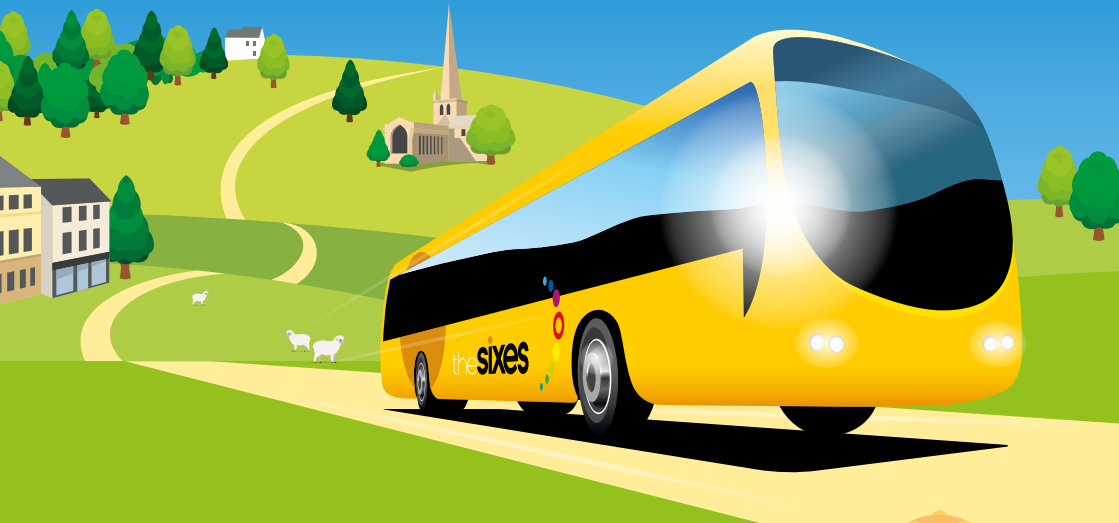
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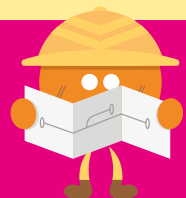
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