

FREE



BELPER AND  
SURROUNDING AREAS

THE ESSENTIAL HANDBOOK FOR LOCAL FAMILIES

ISSUE 4

WINTER 2018



Photo by Christina Michelle



Cover photo of Mya and Issy, competition winners from issue 3. By Christina Michelle

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**Sascha Landskron and Jo Leigh**



Editors of Boom Magazine and local mums

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# Happy New Year!

Welcome to Issue 4 of Boom Magazine.

This issue we are focusing on saving you money. It's that time of year, when indulgences are few and Christmas bills are plenty. But fear not! We have an array of low cost and free ideas to keep you and your family busy and healthy.

Why not take the kids on an outdoor adventure? Thanks to Kerry Gill, we have engaging descriptions of walks in the Shining Cliff Woods on page 8, and on page 14 Jo Leigh describes her favourite family walk at Padley Gorge. Cate Bush inspires us to use found items instead of toys in the first of her series on child-led play, entitled Ditch the toys!, on page 4. Kay Fletcher, from Creation Station, gives us step by step instructions (page 36) on how to use recycled materials to make your kids their very own portable art easel and clever pen sorter. There is also information on fire safety in your home from the Derbyshire Fire Services and, in Cheap (and Cheerful)

Eats, Sascha Landskron suggests ideas on how to save money on your food bill.

At a loss for what to do with the kids this winter? Check out Jo Leigh's Inspiration for Winter Days Out and the updated Swimming Timetable and Timetable of Local Groups and Classes. If you are new to swimming with your baby, Katherine Farson gives you the low-down on what you need to get started on page 30.

Finally, we know that in times of plenty many families wish to share with those who are struggling. On page 26 we describe five local charities who support families in need.

We hope that you enjoy the winter season and find plenty of fun and adventures to share with your family.

*Jo & Sascha*



Photo by Christina Michelle

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Written by Cate Bush BSc PGCE, local mum of three, primary teacher specialising in early years and co-founder of Stepping Stones child-led play group.

## DITCH THE TOYS, AND PLAY WITH FOUND OBJECTS!

So you did your research and bought your child the latest toys recommended for their developmental stage, but they lie untouched, as your little one unpacks your cupboards and digs in the plant soil! You can spend a fortune on toys, but young children are often more fascinated with the packaging. So the next time your neatly stacked tupperware gets strewn across the floor, take a step back and watch. Maybe our children are trying to tell us that we could make much better use of the objects that we already have around us. In this series of articles, I will share ideas that I have gathered and used over 15 years as a primary teacher, with my own three boys and from popular activities at the Stepping Stones play group.

### THE MANY BENEFITS

Most children have a tendency to play with ordinary household objects and your little one's learning and development will

benefit as much, if not more, from playing with these as they will from toys.

Repurposed and natural materials, with their rich variety of textures, colours, shapes and sizes, encourage children to use their senses and explore at their own pace. 'Open-ended' materials, such as a stick or colander, will stimulate imagination and develop creativity because they provide endless possibilities for play. Following your child's lead and allowing them to make their own decisions and choices can boost their self esteem and confidence.

As well as the benefits for children, playing with found objects saves parents money, time and effort, as well as being eco-friendly because it encourages us to reuse, renew and recycle.

### RAID YOUR KITCHEN

This is a good place to start when looking for resources. Little

ones will inevitably make drums from pots and pans and love to play "pretend kitchen", cooking whatever their imagination can create - be it a three course meal or witch's potion. Empty food boxes can help them develop their own shop or restaurant. Model how to role-play, but take care not to take over their play.

Kitchen roll tubes can be used as a pirate's telescope, an explorer's binoculars, a king's scepter or a magician's wand. You could also hide things inside or make tunnels. Your child will enjoy posting things through, which helps them develop fine motor skills and can be used to introduce counting. Collect a few tubes and children can practise sorting items, such as milk bottle tops, by colour.

Coloured plastic cups are great for stacking, scooping, sorting, hiding things, or building magnificent towers. When playing with cups

children have a great opportunity to practise their fine motor and colour recognition skills and to develop an understanding of space and shape.

A colander is another item with multiple uses for play. With a child's imagination it can be a hat, a bath toy or a drum. It can even become a fine motor skills activity when your child pokes straws, spaghetti or pipe cleaners through the colander holes. They can then thread on pasta or beads depending on their level of hand eye coordination.



Plastic bottles are another great resource. Children can use them as a receptacle when playing with sand, water or other sensory play. Alternatively, you can make a musical instrument by filling a bottle halfway with small, noisy items and taping the lid on firmly. You can make sensory bottles by filling them with rice, glitter and water; interesting ingredients such as herbs, or even water and colored oil – Ensure you remember to glue the lid on securely! These have been a great hit at our group and can be fascinating for babies and small children.

## USE YOUR UTENSILS

Adding spoons, whisks, mashers, measuring cups, funnels, colanders and sieves to sensory play or to bath time brings extra interest, keeping a child entertained for hours and helping develop language and hand eye coordination. Using cooking tongs and chopsticks to pick up small items such as acorns or conkers is great for developing the fine motor skills, which in turn helps with pencil control when they get older. Such experiences also help to create a foundation for a later understanding of scientific concepts such as gravity and motion.



So, the next time you're looking for some easy and imaginative playtime activities, just raid your cupboards, garden, shed or recycling bin for some new "toys", supplies and activities, rather than going shopping. With their limitless imaginations and boundless energy, there are few things that a child can't turn into something fun, whilst also helping to develop their senses, motor skills, concentration, creativity and more.



# Inspiration for Winter Days Out

With your help Boom have compiled a list of your favourite places near and far that will keep little ones entertained throughout the winter months. With the peak district on our doorstep and lots of fabulous places to explore, we are spoilt for choice. Enjoy the winter and let's hope for some fun snow to build a snowman!



## FREE

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

## Under £5\*

- Bluebells Farm *(Free for under 2 years)*
- East Midlands Aeropark *(Free for under 5 years)*
- Highfields Happy Hens *(Free for under 2 years)*
- Matlock Bath Aquarium *(Free for under 5 years)*
- Nature Tots: Whistlstop Centre, Matlock Bath & Wildlife Discovery Room, Carsington Water
- Peak Rail, Matlock *(Free for under 3 years)*
- Steeple Grange Light Railway, Wirksworth *(Free for under 4 years)*
- Swimming – See our timetable on page 32 & 33  
*(Free for young children, age limits vary)*

## Under £10\*

- Clip n Climb, Derby
- Pooles Cavern, Buxton
- Bounce Revolution Trampoline Park, Derby
- Matlock Farm Park *(Free for under 2 years)*
- Paint-a-Pot at The Craft Studio, Belper
- The Painting Parlour, Little Eaton
- Trentham Monkey Forest *(Free for under 3 years)*
- Conkers, Ashby-De-La-Zouch *(Free for under 2 years)*
- White Post Farm, Nottinghamshire
- Rollerworld, Derby
- Ecclesbourne Valley Railway, Wirksworth
- The Midland Railway, Butterley, Ripley



## Parks and Play Areas:

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

\* Cost listed is for entry for one adult. Prices correct as of October 2017

## Winter walks:

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

- Shining Cliffs Woods in Ambergate
- Holbrook Fairy Door
- Dukes Quarry in Whatstandwell
- Bow Wood
- Oxhays Wood
- Cromford Canal
- The Nutbrook Trail
- Chatsworth
- Belper Parks Nature Reserve
- Duffield Millennium Meadow
- High Peak Junction
- The Chevin
- Padley Gorge

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



**Theatre:** – see page 16 & 17 for upcoming performances

Déda

Derby Theatre at Derby Playhouse

Derby Live at the Guildhall and Derby Arena

## Belper & Derbyshire Rocks:

Join in the latest craze to decorate rocks and hide them around and about, in parks and along popular routes. Children will be thrilled to discover them, then they 'keep or re-hide'. Take a photo of what you find and upload it to your local 'Rocks' fb group.

**TIP:** Acrylic paints work best against the elements, you can also try using nail varnish, rock pens and sharpies coated in varnish.

## Soft Play Centres:

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

- Chucklebutties
- Dinky Dinos Soft Play
- Lanky Bills
- The Playmill
- Tree Top Tumble at Masson Mill
- Treetops Activity Centre
- Planet Happy
- Scotland Nurseries Garden Centre

Belper

Heanor

Langley Mill

Bonsall

Matlock Bath

Riddings

Ripley

Tansley

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



# EXPLORING

by Kerry Gill - local mum & nature enthusiast

## SHINING CLIFF WOODS

Shining Cliff Woods is the perfect place to get off the beaten path and explore with children. In the winter, wellies are a must and you'll find plenty of mud for stomping and squishing. The woods have a good network of paths and six different places to park so you can explore a different area each time.

The woods are a Site of Special Scientific Interest, important for several species of plants and insects. They also have a diverse history documented as far back as 1284.

Part of the woods is owned by the Grith Pioneers, who purchased it in the 1930s to open a camp for unemployed men. It was a self-sufficient community: families lived in the woods, building everything they needed and producing most of their own food. The Second World War took many of these men away but refugee children were then housed here. After the war, children were still taught in

the woods but the original community didn't reform.

In the northern part of the woods you will find Betty Kenny's Tree. This ancient yew tree is thought to be 2000 years old, but is now dead as it was set on fire in the 1930s. The story goes that in the 1700s, charcoal burners Kate and Luke Kenyon raised eight children in a turf roof house using the tree as part of its structure. It is said that Kate rocked her children to sleep in a hollowed out branch, and this is the origin of the nursery rhyme Rock-a-Bye-Baby.

Near to the Birches is the derelict wire works. It was opened in 1867 to produce telegraph wire and suspension cables. Apparently, the telegraph wires that were run under the English Channel during World War II were produced here.









Each of these four routes will take you past many things that make Shining Cliff Woods unique. Our family



love walking in these woods and we never fail to find something new. I urge you to get out this winter and see what adventures you can find in Shining Cliff Woods!



MAP KEY

-  Parking
-  Walk 1 - 1 mile
-  Walk 2 - 1 mile
-  Walk 3 - 1.5 miles
-  Walk 4 - 2.5 miles
-  Additional Paths
-  Main Roads
-  Betty Kenny's Tree

- 1) There are several circular walks from here. If you go up the hill to the left of the parking area, you can walk along the top of the Shining Cliff. This is my favourite part of the woods; it's muddy and undulating but feels like a real adventure. Either park near the gate next to the cottage or drive through and follow the road until you get to the parking area. Take care as the track is uneven.
- 2) This is a circular walk through a pine plantation with a stream for paddling. If you'd like a longer walk it's easy to extend. Park either side of the gateway on Higg Lane.
- 3) This is a lovely walk over fields to the woods. When you get into the woods, turn left to find Betty Kenny's Tree. It's boggy but a great welly walk. Park against the wall in the pull-in on Higg Lane.
- 4) This is one of my favourite entrances into the woods, and an easy walk to the pond. You're guaranteed a paddle as this path is always wet from several springs. Park on either side of the track opposite the farm.
- 5) The Birches had most of its pines removed two years ago to regenerate broadleaf woodland. It's good for a short walk but there are better places to explore.



**Getting there:** follow the A6 north from Belper. In Ambergate turn left onto Holly Lane, just after the petrol station. Paths are muddy and unsuitable for pushchairs.

# AND CHEERFUL CHEAP EATS

Written by Sascha Landskron, BSc., MSc. Local Mum and Paediatric Dietitian



After the over-indulgences and high cost of the holiday season, January is a time that many families look to cut back on their food bill. This article is intended to offer some support and ideas to make your shopping bill more manageable:



**Plan your meals and shop with a list.** You will be less likely to fall prey to the offers and add-ons promoted by many supermarkets to make us spend more.

**Schedule your shop.** If you shop with the children in tow or when you are hungry, you are more likely to make snap decisions and buy things that you would not buy otherwise. Shop at the end of the day, just before the supermarket closes, and you will be able to pick up last minute reduced fare.

**Buy fruit and vegetables in season.** They taste better; cost less and are more nutritious. Apples in September are on average significantly less expensive than they are in June. Don't be afraid to buy frozen fruit and vegetables. They are

likely to have been picked ripe and then flash frozen, rather than picked green and ripened artificially on a ship or in a warehouse. Even tinned fruit and vegetables can be nutritious, just choose fruit tinned in juice rather than syrup and then pour off the sugary juice from the fruit or brine from the vegetables.



**Give online shopping a try.** When you search for an item, you can list them by relevance or price to find the least expensive option. Click and collect may also be free in your area.

**Avoid food waste.** Cup your two hands together as if you were catching water from a fountain. This is the size of your stomach, and ideally the volume that should go on your plate at mealtimes. The

same two-hand rule is true for babies and children. It's easy to serve too much for little ones and then end up throwing out the excess. Many baby and toddler serving dishes are too large. Try to find bowls and plates that hold the volume of their two hands.

**Freeze your loaves of sliced bread.** They keep fresh longer and you can pop them right from the freezer into the toaster. You can also make sandwiches with frozen bread in the morning and they will defrost by lunchtime.

**Refresh your wilted veggies.** Slice off the ends of carrots, celery, cucumber and other vegetables and soak them in a container of water in the fridge overnight. If they are just wilted (but not mouldy) they have lost their water content. They will suck up water and stay fresh in the same way as cut flowers do.

**Modify your recipes and go veggie (or part-veggie).** The cost per gram of protein for

meat is significantly higher than the equivalent cost of vegetarian alternatives. If your family are not keen on lentils, beans, pulses, tofu etc, try going part-veggie. For example if you are making spaghetti bolognaise, you can use less mince and add in dried red lentils when you add the tomatoes. Unless you have especially hypersensitive and aversive fussy eaters, they are unlikely to notice and you will have saved money, reduced your carbon footprint and increased the fibre and nutrient content of your dinner. Still love your meat? You can save by reducing the amount of meat by a third or a half and doubling the vegetables in most casserole and soup recipes.

**Pre-prepared food and ready meals will almost always cost you more in the long run,** compared to cooking from fresh. But who has the time to cook?! And let's be honest chopping vegetables can be soul-destroyingly boring, or even harrowing as a toddler clings and cries at your feet. Give yourself a break and use quick meals when it's too busy or stressful at home. But if the kids are settled (or out of the house) and you are chopping for one meal, why not chop up the rest of the onions, carrots, peppers etc. and freeze them in containers or freezer bags for another meal? Then when you are short on time, take them out of the freezer, knock them on the counter to break up the pieces and dump them

into the soup pot, casserole dish or slow cooker. The same goes for grated cheese. It's much more expensive than blocks of cheese. Grate it yourself (when you have a minute of time) and freeze little ready-to-go bags or containers. If you are cooking a meal that can be frozen, make a double or triple batch and freeze it for a home-made ready meal next week. The extra that you pay for double ingredients will be recouped the following week when you buy one less meal.

**For babies:** If you have a little bit of a left-over dinner but not enough for another adult helping, blend or mash it and freeze in ice cube trays for quick, cheap and nutritious alternatives to jars and pouches of baby food.

### Nutritious food ideas that cost less:

- Tinned mackerel in tomato sauce – a nutrient powerhouse, if you can stand the smell!
- Cottage cheese and Greek yogurt – packed with low-cost high quality protein.
- Chicken thighs – more iron than chicken breasts and much cheaper.
- Natural peanut butter – easy to make into sandwiches and more protein than cheese spread or jam.
- Red lentils – instead of, or mixed in with, minced beef.
- Breakfast cereals – processed yes, but often fortified with iron, calcium and vitamins.
- Wholegrain and lower sugar options are available.

Find recipes and food ideas to save money and reduce waste on: [www.respectfood.com](http://www.respectfood.com)



# NEVER ENDING CHILLI RECIPE

## EQUIPMENT:

- Chopping board
- Sharp knife
- Soup ladle
- The hugest soup pot and longest wooden spoon you can find
- Several glass freezer-to-oven casserole dishes with plastic lids
- Several small freezer-safe containers with lids
- Responsible adult to watch the kids while you cook

## INGREDIENTS:

- |  |  |
|--|--|
| 2 Tbsp. olive oil                          | 2 x 400ml tinned kidney beans, black beans, cannellini beans and/or chick peas, drained and rinsed |
| 4 red onions, diced                        | 800ml low salt vegetable or beef stock   |
| 4 peppers, a mixture of colours, diced     | 2 tsp paprika  |
| 4 large carrots, minced                    | ½-2 tsp chilli powder  |
| 4 large celery stalks, minced              | 2 tsp ground coriander   |
| 4 garlic cloves, minced or crushed         | 2 tsp ground cumin   |
| 500g minced beef (optional)                | 1 tsp cinnamon   |
| 250g dried red lentils, rinsed and drained | 12 flour tortillas   |
| 4 x 400ml tinned tomatoes                  | grated cheese  |
| hot sauce to taste                         |  |



## METHOD:

1. Heat the oil over medium heat in the pot, add the onions, celery and carrots and gently fry for a few minutes
  2. Add the minced beef (optional) and fry until brown
  3. Add the paprika, chilli powder, coriander, cumin & cinnamon (note: you don't need to use all of these spices if you don't have them in your cupboard)
  4. Stir in the lentils, tomatoes, beans/chickpeas and stock and bring to a boil. Turn the heat down and put lid on a simmer for about 45 minutes.
  5. You will have a massive pot of chilli. Serve some for dinner tonight. Let the pot cool slightly while you are eating.
  6. After dinner spoon up 1-2 ladles of chilli into each tortilla and roll up. Line up the tortillas seam side down in a glass casserole dish. When the dish is full (with about 4-6 rolled up enchiladas) sprinkle with grated cheese. Put on the plastic lid and put in the freezer.
  7. Portion the rest of the chilli into family meal sized pots and let cool for a few minutes longer on the counter. You will probably have quite a few family dinners from this one pot of chilli.
  8. When it's time to use the enchiladas, defrost in the fridge and then bake in the oven at 180°C until the insides are bubbling and hot and the cheese is melted and slightly browned.
  9. When it's time to use the pots of chilli, defrost in the fridge and heat on the stove or in the microwave until bubbly and hot throughout.
- Chilli and enchiladas are best served with guacamole or sliced avocados and salsa or hot sauce and sliced jalapenos. This way you can make the chilli relatively mild for little tender tummies, and those who like spice can add it at the table.

# HELP! WE NEED MORE SPACE!

That's one of the most common reasons for moving home. But what if you don't want all the upheaval of moving, or have been looking and can't find what you want near to the kids' schools?

That's when your thoughts might turn to building an extension onto your current house, or perhaps going up into the loft. You could create a luxury Master bedroom and en suite in your old unused roof space and leave the store down below. With a simple playroom extension off the back of your house, you'll gain space to keep all those toys together in one place.

Well, financing such an idea is not as difficult as you may think. Nigel Jones, a local mortgage broker based here in Belper, has a few tips for people looking to raise money to build an extension:

"The first route is to see if you can

extend your current mortgage. You may even get a better rate, than you are on now, with a new lender. If that's not possible, or you are tied in to a deal with penalties for changing early, then it might be worth considering a Second Charge loan. This is a separate loan secured against your house."

Nigel adds, "Everyone's circumstances are different which is why we like to sit down and talk through your options together before making any specific recommendations."

If you have any queries about raising finance for an extension or other mortgage matters, give Nigel a ring on 01773 856355, or email [nigel@missingelement.co.uk](mailto:nigel@missingelement.co.uk) or find him sampling the delights of Belper's many excellent watering holes.

A coupon is available within this magazine to reduce the following

fees: For mortgages we can be paid by commission, or a fee of usually £165.00 payable on mortgage application and a fee of £395.00 on production of a mortgage offer or a combination of both for analysing your circumstance, research, advice and application administration.



**Nigel Jones** of Missing Element Mortgage Services has been solving the financial headaches of those looking for mortgages in Belper for over 25 years. Expert in finding the most suitable mortgage for you, the business is known for friendly, honest advice. [www.missingelement.co.uk](http://www.missingelement.co.uk)

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# A WALK FOR LITTLE LEGS by Jo Leigh

## AT PADLEY GORGE

**P**adley Gorge, part of the National Trust's Longshaw Estate in Derbyshire's Hope Valley, is perfect for little legs. You can take small children here for a ramble, splash or a muddy-puddle-welly-stomp, at any time of the year!

The National Trust provides a map with various walking routes in the area. Start your walk from the Longshaw Estate Car Park, next to the café. Postcode for satnav: S11 7TZ. Free parking is available for National Trust members.

My favourite route with my four-year-old is the 1.7mile track, which starts at the lovely outdoor tearoom and includes brooks, waterfalls, big boulders, 'bear' caves, tree root dens, pond-life discoveries and tree-trunk balancing. There is often an ice-cream van parked up at the half-way point.

This route is a perfect ramble for little legs. Allow about two hours as there is plenty to explore along the way. Start your walk at the tea rooms where they have toilet facilities, maps and information.

1. From the front of the tea rooms, below the picnic tables, take the path to the left with fields on your right (they are fenced to keep cattle at bay). Follow the path whilst little ones have fun weaving in and out of the twisted tree-roots (some rescuing may be required!).
2. Eventually you reach a giant pond where you can spot ducks and other creatures from the edge of the water. The pond leads you round to the left into a woodland with giant tree logs for balancing.
3. When you reach the road, you may be able to get an ice-cream treat from the van and rest those little explorer legs!
4. Carefully cross the road and go down the stone steps and bear right along the brook to the little bridge. Make sure to stop for a game of Pooh Sticks.
5. Turn right along the stony path stopping to observe the brown gushes of water; jump in puddles, jump off rocks and play hide and seek in the bracken edging the gorge.



6. Have fun playing Billy Goats Gruff as you trip-trap on the wooden bridge. Follow the path around to the left and up, where you can explore the rocks and many water cascades.

7. As you turn right into the woodland area you will find yourself on one of two paths. Take the lower path. If you find yourself on the upper path near the road just bear right when it seems obvious in order

to get you back down on the stone path that leads out of the woodland.

8. Enjoy climbing the giant boulders and exploring the mini 'bear' caves underneath. Follow the path until you reach the road.

9. Cross over and take the right path to the Longshaw tea rooms. Here you can picnic outside or purchase light bites and refreshments.

\*The walk is designed for little legs who want to walk, run, splash and climb. If you are looking for a buggy-accessible walk there are plenty you can follow on the map available in the tea rooms.



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MAP: ©National Trust Images



# Upcoming Family Theatre



**Déda** • 01 332 37091 • [www.deda.uk.com](http://www.deda.uk.com)



## EGG AND SPOON

**Friday 23 February | 1am, 1pm and 3pm**

Egg and Spoon is an interactive romp through the seasons. Percy and April get you settled on our comfortable cushions and introduce you to Birdy, still hiding in his glowing egg. We have to wait till Spring if we want to see him so it's time to begin our hands-on journey through the year. We'll run through the rain and the falling leaves and sleep under the snow till the sun wakes us up for the butterfly party. Egg and Spoon is a perfect gentle introduction to the magic of theatre.

**Tickets £7 | Age Guidance: Under 5s**



## NIGHT AT THE THEATRE

**Friday 23 March 1pm & Saturday 24 March 11am**

When three friends become trapped in an abandoned theatre, little do they know that they will soon become the stars of their own show. Combining a mixture of dance theatre, audio-description and imaginative storytelling, Night at the Theatre is an accessible performance for everyone, so come along, join in and dance!

Ages 4+

**Tickets £7 | Ages 4+**

**Derby Live** • 01332 255800 [boxoffice@derby.gov.uk](mailto:boxoffice@derby.gov.uk) [www.derbylive.co.uk](http://www.derbylive.co.uk)



## Rapunzel

**Guildhall Theatre**

**Tue 23 – Sun 28 Jan**

Petra the Pink Pixie and Griswald the Green Goblin narrate the magical story of Rapunzel. This pantomime is a little bit different and full of exciting characters to entrance the audience.

£5.50 - £11 (concessions available)



## Wizard of Oz

**Guildhall Theatre**

**Tue 30 Jan – Sat 3 Feb**

Join the Scarecrow, Lion and Tin Man as they travel through the weird and wonderful land of Oz, encountering Wet Witches, Flying Monkeys, Poisonous Poppies and a multitude of Munchkins along the way! What could possibly go wrong?

£13.50 - £17.50 (concessions and family tickets available, suitable for children 5+, BSL and audio description performances available)



## You've Got Dragons

**Guildhall Theatre**

**Wed 28 Mar**

Based on the book by Kathryn Cave  
Dragons come when you least expect it. Lots of people get them; bad dreams, swirly tummy, feeling prickly. So, what can a young child with a bad case of the dragons do?

£7.50 (BSL, audio and captioned performances available, suitable for children 3+)





### **Mirror Mirror**

**Saturday 10th Feb, 12pm & 3pm**

Join Snow White as guests at her wedding. Red Earth's new version of this timeless tale combines beautiful puppets, captivating storytelling and mesmerising sign language. For ages 5+

Tickets: From £10 (£7 concessions)

### **Milkshake Live: The Magic Story Book**

**Monday 19th Feb, 12pm & 3.30pm**

This brand new live show is sure to amaze and delight! The Milkshake! cast will be singing songs and sharing stories that audience members, young and old, will know and love.

Tickets: £16 (£14 concessions, Family Ticket £56)

### **The Boy Who Climbed Into The Moon**

**Thursday 22nd - Friday 23 February – Thu, 2.30pm and Fri, 11am & 2.30pm**

Paul thinks that the moon is a hole in the sky and he's going to climb into it. Anything's possible in this warm and very funny story, featuring original live music and puppetry.

Tickets: £12 (£10 concessions, Family Ticket £36)

### **The Dead Sea**

**Saturday 24th February, 4pm**

Louise embarks on a mission as a great ocean explorer; but on the way tragedy strikes and her life and childhood dreams hang in the balance. Will she make it back to the surface? Will she conquer her fear of the sea?

For ages 7+ and all those excited about saving our planet.

Tickets: £10 (£7 concessions)

### **Little Mermaid**

**Thursday 29th - Saturday 31st March - Thu & Sat, 2pm & 7pm and Good Friday, 12pm & 5pm**

Spectacular circus and spellbinding songs combine in this extraordinary new adaptation from the award-winning Metta Theatre. With awe-inspiring acrobatics and hauntingly beautiful original songs this is a show for everyone. Suitable for ages 8+ (Younger children will be admitted).

Tickets: £14 (£12 concessions, Family Ticket £44)

Running time: 70 mins (no interval)

### **Red Riding Hood and the Wolf**

**Sunday 8th April, 11.30am & 2pm**

A gentle wolf with a broken heart... The Wolf isn't big or bad, in fact he's rather shy. He won't gobble up your Grandma, he's an all-round nice guy. Enjoy a new spin on this classic story – about two misfits who just want to fit in.

For ages 7+

Tickets: £10 (£7 concessions)

## **Cinema for little ones**



### **Showcase Derby Cinema de Lux**

Intu Derby, DE1 2PL

Little Screen brings preschoolers' favourite characters to the big screen exclusively at Showcase Cinemas. The film start time is 10am, there will be no screenings during school holidays. All tickets £5 per parent and baby. Babies in arms will be admitted free of charge.

For more details see website:

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



### **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

Deda has a FAMILY FRIENDLY café bar on site with a fun-filled toy box, books and delicious children's menu  
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Lyngo Theatre  
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Wednesday 9am-3pm & 6pm-9pm  
(appointment only)  
Thursday 10am-8pm  
Friday 9am-3pm & 6pm-9pm  
(appointment only)  
Saturday 9am-5pm  
Sunday  
(appointment only)

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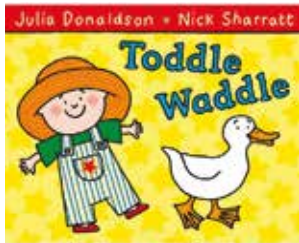
# Children's Book Reviews

Chris, The Book Shop, Belper



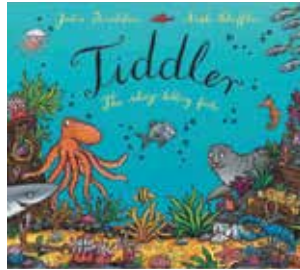
In this, my first Boom review of children's books, I'd like to look at two fabulous authors and their essential first books for babies and young children.

You can find these books at The Book Shop, 80 King Street, Belper.



**Toddle Waddle**  
by Julia Donaldson

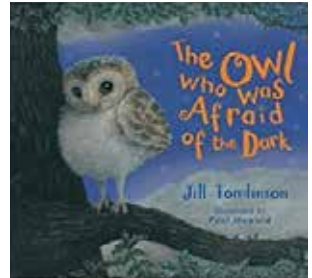
For the very youngest children, Toddle Waddle is my favourite. Catchy-sounding phrases, such as 'flip-flop', 'chitter-chatter' and 'plink plonk' make sounds that even the youngest babies will love to hear. The countryside and seaside scene illustrations are wonderfully simple.



**Tiddler**  
by Julia Donaldson

Also from Julia Donaldson, Tiddler is a perfect read for 3-5 year olds. The story of a young fish who is regularly late for school (Tiddler's late!), then one day gets caught in a fishing net and nearly doesn't make it at all, provides an introduction to adventure and suspense. "I love Tiddler's story", said Little Johnny Dory. And he told it to his granny, who told it to a plaice... Who told it to a starfish, who told it to a seal, Who told it to a lobster, who told it to an eel...

This book rattles along, and is one I always enjoy reading to my grandchildren, who love it.



**The Owl Who Was Afraid of the Dark**  
by Jill Tomlinson.

In this still gloomiest of seasons, my third recommendation is The Owl Who Was Afraid of the Dark by Jill Tomlinson.

"Dark is KIND. Dark is FUN. ... dark is WONDERFUL", said the man. "I'll show you." He showed Plop lots of stars and how they made patterns in the sky.

A lovely winter bedtime story.

All of these books are in stock or available to order from our cozy independent shop on the high street in Belper. We stock new and second-hand books and cover local history, heritage, cookery, travel, children's and general interest titles. We also stock maps, cards and postcards.

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# BELPER PILATES STUDIO... Why Choose Us?

Pilates classes can be 'two a penny' but be assured you are safe in our hands at Belper Pilates Studio. We are HCPC registered Physiotherapists and health professionals delivering a high standard of Modified Pilates, from total beginners through to advanced levels, including mat-based and equipment classes. Modified Pilates is safe for everyone and we receive a high level of GP, Consultant, and Physiotherapy referrals from NHS, private practice, and health insurance providers. People who attend our classes come from a broad spectrum of abilities, and range from elite and club-level athletes, post joint replacement or spinal surgery, disc problems, postural pain and recurrent injury.

Some people attend simply to maintain fitness and strength in the important stability muscles of the body.

We provide specialist sessions including: Pregnancy and Postnatal Restoration Pilates, Clinical Rehabilitation Pilates, Pilates Reformer Strength and Toning Machine, for small groups, total beginners and improvers. We also teach sessions for individuals or pairs to help people grasp the basics of pilates, build confidence and ensure the best technique. We also can recommend specific exercises to do at home.

**Ruth Machej, HCPC, MCSP, APPI  
Local Mum, Physiotherapist  
and Founder of Belper Pilates  
Studio**



## Belper Pilates Studio



### STUDIO PILATES

**MONDAY 9.20-10.20am:** Mat Work Body Control Pilates

**MONDAY 7-8pm:** Pilates with Equipment

**WEDNESDAY 6.55-8pm:** Antenatal & Post Natal Pilates

**WEDNESDAY 8-9pm:** Mat Work Body Control Pilates

**FRIDAY 9.30-10.30am:** Mat Work Body Control Pilates

**FRIDAY 10.30am-11.45am:** Mums with Babies & Antenatal Pilates

**Ruth Machej**  
Chartered  
Physiotherapist

**Tel: 07703 116284**

Venue:  
Belper Life-Fitness Physio,  
Fit Pit Gym, East Mill, Belper,  
(No membership needed)

#### **We also offer courses of small groups:**

**Beginners Pilates:** Tues 7.15pm, Weds 7.15pm & 8.15pm, Thursday 9.45am, Friday 12pm

**Clinical Rehabilitation Pilates:** Mon 1pm, Thursday 7pm, Friday 4pm

**Pilates Reformer & Ladder Barrel individual or pairs sessions.**



All classes run by Registered Physiotherapists & Health Professionals.

[www.belperpilates.co.uk](http://www.belperpilates.co.uk) • [www.belperlifefitnessphysio.co.uk](http://www.belperlifefitnessphysio.co.uk)

# Belper groups for babies and toddlers

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

DAY

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

MONDAY

## Mini Moos Toddler Group

Splitz Dance Centre  
9:30-11:30am  
6m-4yrs PAYG

## Twistin Tots - musical fun and play for 0-5s

Belper Community Hall  
9:45-11:30am PAYG

## Come and Play

The Early Years Centre  
10-11:30am DONATIONS

## One Fit Mama (1) & Restore Pelvic Floor Course (2)

Vanessa School of Dance  
(1) 9:45-10:30am  
6wks-5yrs BOOK  
(2) 10:45-11:30am  
6wks-5yrs BOOK

## Bellebambino Baby Massage (6wks-crawling)

Alton Manor Day Nursery  
10-11am PAYG

## Sensory Stories

Fleet Arts  
9:30-11:30am  
All ages PAYG

## Lingotot North Derby - French & German

Strutt Centre  
French 10-10:45am  
German 10:45-11:30am  
6m-4yrs BOOK

## Story and Singing Time for 0-5s

Belper Library  
2-2:45pm FREE

TUESDAY

## Twistin Tots - musical fun and play for 0-5s

Belper Community Hall  
9:45-11:45am PAYG

## Baby & Toddler Spanish Lessons (0-4yrs)

Fleet Arts  
10-11am BOOK

## Tiny Talk

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

## Baby World and Me

Vanessa's School of Dance  
10:10am & 11:10am  
0-14 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

## Creation Station

Alton Manor Community Centre  
10-10:50am  
18m-5yrs BOOKING ADVISED

## Stepping Stones - Creative child led playgroup

Early Years Centre  
10-11:30am  
All ages welcome  
PAYG (Donations)

## Cook Stars

Alton Manor Community Centre  
1:45-3pm (2-4yrs)  
3:45-5pm (2-12yrs)  
BOOK

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

Belper Children's Centre  
1-2:30pm FREE

## WEDNESDAY

### Derbyshire Toy Library ▮ Stay & Play

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

#### Gym kids:

### 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  
9:45-11:45am  
0-5yrs FREE

### The Creation Station ▮

Alton Manor Treetops Day Nursery  
10-10:45am Baby Discover  
(6m-2yrs)  
BOOKING ADVISED

### Daisy Baby

Vanessa's School of Dance  
'Wrigglers' (baby yoga, rhythm,  
rhyme and sensory play)  
10-11am BOOK  
'Tinies' (baby massage, yoga-based  
movement and relaxation for mum)  
11:30am-12:30pm BOOK

### Little Church

St Peters  
1:15-2:45pm PAYG

### Jelly Roles:

**Pre School Drama**  
(younger siblings welcome)  
Rugby Club  
1:30-2:15pm PAYG  
18m-4yrs

### Antenatal & Postnatal

**Pilates ▮**  
The Fit Pit  
6:55-8pm BOOK

## THURSDAY

### Baby Ballet ▮

Vanessa's School of Dance  
Tinies (18mth-3yrs) 9.30am & 10:15am  
Movers (3&4 yrs) 10:15am BOOK  
Tappers (3yrs+) 10:50am BOOK

### Little Sage Baby Yoga Course

No 28 The Marketplace  
9.45-11am (crawling to walking)  
11am-12.15pm (8 weeks to walking)  
BOOK

### Prams & 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

### Derbyshire Toy Library Stay & Play ▮

Brookside Bungalow  
1-3pm PAYG

## 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

### Mums with Babies & Antenatal Pilates ▮

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

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

No 28 The Marketplace  
10-11am BOOK

### Jelly Wobbles: Dancing Stories

Fleet Arts  
1:30pm-2:15 PAYG

## SATURDAY

### Creartii (1st Sat of the month) ▮

17 Green Lane • 10am-12pm  
All ages welcome • PAYG

### Messy Church (2nd Sat of the month)

St Swithun's Church • 4-6pm  
All ages welcome • DONATIONS

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



# DON'T BUY BORROW

Come stay, play and take away

Derbyshire Toy Libraries

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	FRITCHLEY	Primary School DE56 2FQ	9.30-11:30am
Thursdays	KILBURN	Village Hall DE56 0LU	9.30-11:15am
Thursdays	BELPER	Brookside Bungalow DE56 1RZ	1.00-3.00pm
Fridays	MATLOCK	Castle View Primary School DE4 3DS	9.15-11.15am



[www.derbyshiretoylibraries.org](http://www.derbyshiretoylibraries.org)

Patron: James Lewis  
Charity Number: 1081255

B.E.A.R.S offer face-to-face, online and telephone breastfeeding support across Amber Valley. We are mums who have been trained to support other mums for as long as they want to breastfeed.

For details of our breastfeeding groups and other information, please see our Facebook page: B.E.A.R.S Breastfeeding Support across Amber Valley  
**07776 495 900**



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## Babyballet Derbyshire Central

**B**abyballet is a fun, award-winning pre-school dance concept for girls and boys. Babyballet dance classes allow babies, toddlers and young children to enjoy the physical and social benefits of ballet, song and dance in a safe, caring, positive and informal environment.

With a focus on learning through play, the unique babyballet syllabus offers four key stages of ballet and tap classes where every child can build their confidence and social skills, learning manners, discipline, and respect while developing their basic ballet technique, coordination, musicality, balance, posture and rhythm.

Babyballet's fully qualified, friendly and engaging teachers are joined in class by the babyballet bears, Twinkle and Teddy who help to encourage all the little stars to interact and share as they learn to dance without any pressure.

Give your child the chance to dance at babyballet Derbyshire where there's always a warm and friendly welcome.

*Lucie Featherstone*  
Principal

Babyballet  
Derbyshire Central



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**07967 142 509**  
derbyshirecentral@babyballet.co.uk

babyballet Derbyshire Central  
 @bbDerbysCentral

Visit the website to see the timetable

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



# LOCAL CHARITIES

## Supporting Belper & Beyond

There are many charities ready to both give and receive in our local area, and we've selected five that are doing great work here and abroad. They've each submitted a summary of what they do, along with appeals for donations and information on accessing their help.

### HOPE for Belper

Hope for Belper is a registered charity (charity number 146148) currently running **The Basic Idea Food Bank**, which was inspired by the credit crunch and the knowledge that there are many people right here in Belper experiencing financial difficulties. To be eligible to use the food bank, you need to be a resident of Belper or Kilburn and be accessing social services in the area.

#### How does the the project work and how can you help?

Buy an extra food or household item when you go shopping and drop it in any of the collection bins around town. Items are sorted and packed into boxes weekly. Three days' worth of food and household items are delivered to individuals, couples and families in acute financial need.

You can find collection bins at:

COOP Whitemoor, COOP Strutt Street, St Peter's Church, St Swithun's Church, Christ Church, The Central Methodist Church, The Baptist Church, St Mark's Church, Our Lady's Catholic Church and Congregational Church.

Please see the website: <https://hopeforbelper.com> for more information on how to donate or volunteer or how to access the food bank.



Aquabox is national registered charity (charity number 1098409) and community project, set up and managed by the Rotary Club of Wirksworth, to provide safe drinking water, through the use of filtration units, and humanitarian aid to crisis zones around the world. Since its formation in 1992, Aquabox has distributed more than 110,000 boxes to countries

suffering from natural and man-made disasters, helping hundreds of thousands of people in more than 50 countries. As well as a water-filtration unit, each Aquabox contains a variety of humanitarian aid items, including cooking utensils, hygiene equipment, tools, shelter materials, baby and children's clothing and educational items.

We are always in need of baby clothing, including baby gowns, knitted jumpers and hats, knitted

teddies, small soft toys, blankets (1m<sup>2</sup>), sheets and towels.

We are very grateful for all your vital support and we know from the feedback we get that all those items are valued and appreciated so much. If you have anything to donate please contact us to arrange a visit to the depot at: Derwent House, 141-145 Dale Rd, Matlock DE4 3LU. Phone: **01629 825178** Website: [www.aquabox.org](http://www.aquabox.org)



Special Friends

Special Friends is a Belper based charity that offers a play and support group for children with additional needs and their families. For more information on

joining the group or how you can support the group, contact Lucy on: [info@special-friends.co.uk](mailto:info@special-friends.co.uk) or visit: [www.facebook.com/specialfriendsbelper/](http://www.facebook.com/specialfriendsbelper/)



### Children's Clothes Bank

TOGS began around six years ago when we discovered there is a need for good second-hand clothing for many families in need in the Derby area.

Families are referred to TOGS from social services, health visitors, the Red Cross, children's

centres, schools, nurseries and Derby City Mission, and include refugees and asylum seekers.

TOGS is now the first port of call for many agencies who work with families in need.

TOGS accepts and redistributes: children's clothes, school uniforms, shoes, cots, Moses baskets, bedding, toys, books, prams, pushchairs, and all baby equipment. In 2016, 260 families were helped by TOGS, representing around 1,000 children.

TOGS is proud to say that the Bishop of Derby is a Patron.

If you have items to donate, TOGS is open Tuesdays 1-3pm and Fridays 10am-12.30pm, although in an emergency we will open at other times. **Donations can be taken to:** 119 Osmaston Road, Derby DE1 2GD during the above opening times, or please call Anthea Peters on **07989 117 929** to arrange delivery.



### The Belper Early Years Fun

(BEYF) team would like to wish everyone a very happy New Year and say a big thank you to

everyone who has attended groups and supported us throughout 2017.

We look forward to welcoming both existing and new families to the Early Years Centre in 2018 and hope that you will continue to support our fundraising efforts. Please like our Facebook page

to keep up-to-date with all our news. If you are interested in becoming a committee member please contact Angie Hodgson on: **belperearlyyearsfun@gmail.com** for more information.

Belper Early Years Fun Centre Alder Road, Belper, DE56 1LP Telephone: **0773 630 9975**

### What's Cooking? Butternut Squash Bread

#### Ingredients

- 200g Butternut squash
- 100g Self-raising flour
- 100g Wholemeal self-raising flour
- 1tbsp Baking powder
- 25g Butter
- 8 Basil Leaves
- 1tbsp Milk

#### Instructions

- Place halved butternut squash on a baking tray flat side down with a little oil & bake for 40 minutes at 200°C (fan) / Gas 6. Leave to cool completely.
- Add the 2 flours and baking powder into a bowl and stir.
- Add the butter into the mixture and rub in.
- Tear the basil leaves into small pieces and add these to the flour mixture.
- Scoop out 200g of the flesh from the butternut squash and add to the bowl.
- With a fork, mash all the ingredients together to bring it into a dough. Add some milk if too dry.
- Shape the mixture into a rectangle loaf shape.
- Bake in the oven 200°C (fan) / Gas 6 for 10-15 minutes.
- Best eaten warm.

www.cookstars.co.uk



If you liked using these recipes you will love your local Cook Stars class... Classes are suitable for 2-12 year olds. We provide everything to create delicious recipes from scratch, alternating between sweet and savoury dishes each week. Whilst the dishes cook, children are given a snack and then can do a craft activity to take home, along with their creation and a recipe card. ... **Continued overleaf**



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Duffield Road, Little Eaton, DE21 5DR

Working with us on a one-to-one basis would usually cost £450, but we are making this available to you for just £197 (limited to ONLY 8 people one at a time, come first serve basis).

### What's Cooking?

### Coconut & Lime Cakes

#### Ingredients

- 65g Sugar
- 40g Butter
- 15g Self-raising flour
- 25g Plain Flour
- 30g Natural yoghurt
- 15g Desiccated coconut
- 1 Egg and Zest of 1/2 lime

#### Frosting:

- 35g Butter
- 150g Icing sugar
- 2 Dessert spoons coconut milk
- 1/2 tsp Lime

#### Instructions

Cream the butter and sugar together in a bowl.

Add the egg to the bowl and mix together.

Put the flour, coconut, lime zest and natural yoghurt in the bowl and mix together.

Line a muffin tin with 4 cases and divide the mixture equally between them.

Bake in the oven 180°C (fan) / Gas 4 for 20-25 minutes.

To make the frosting, mix together the butter, icing sugar, coconut milk and lime juice.

Use a knife to spread the frosting over the cooled cupcakes and top with a little zest.

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

Recipes courtesy of Cook Stars Becky Ross 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](http://www.cookstars.co.uk/our-classes/amber-valley)

Call us for more info on 07722 95048 or to book: [www.cook-stars-amber-valley-and-erewash.class4kids.co.uk](http://www.cook-stars-amber-valley-and-erewash.class4kids.co.uk)

# Winter Fire Safety



By Steven Radcliffe – Group Manager, Derbyshire Fire & Rescue Service

The celebrations of Christmas and New Year will soon become a distant memory as we enter 2018. Yes, longer days and warmer climates may still be a long way off, but there's something about the New Year that fills people with hope and prosperity. However, that hope and prosperity can soon turn to disaster and despair if a fire occurs in the home.

We all want to keep ourselves and our families safe from fire and the best way to help prevent fires from occurring is by taking on board a few simple home fire safety tips. Whilst more in-depth information can be found on the Derbyshire Fire & Rescue Service's (DFRS) website ([www.derbyshire-fire.gov.uk](http://www.derbyshire-fire.gov.uk)) for now, I am able to give you a quick overview of winter fire safety to help keep you and your family safe as we enter the New Year.

Many of us will have a New Year's resolution, whether that be quitting smoking, setting a fitness goal or something completely off the wall such as taking up a weird and wonderful hobby! (For instance, this year I'm going

to learn French... Mais oui!) The Fire Service encourages people to make one of their New Year's resolutions to test their smoke alarms weekly. DFRS posts weekly reminders every Tuesday via social media and you can get involved via #TestItTuesday! Only working smoke alarms give you and your family the vital early warning needed to escape a fire, which can potentially save lives.

If the worst does happen and a fire breaks out in your home, you should Get Out, Stay Out and Call 999. Between 1<sup>st</sup> October 2016 and 30<sup>th</sup> September 2017, 12 people were injured whilst trying to tackle a fire themselves. It's concerning that so many people consider what they can tackle safely. I'd much prefer people to think about how they can prevent these fires from occurring in the first place.

You can reduce the risk of fire breaking out in your home by following a few simple safety precautions such as: **not leaving cooking unattended, putting out candles when you leave the room or go to sleep and taking extra care when using electrical items.** However, if the worst

does happen, **make sure you have a safe, pre-planned escape route, which enables you to Get Out, Stay Out and Call 999.**

I would urge everyone to take a moment to familiarise themselves with our keeping safe information that can be found on the DFRS website and help prevent any fire related mishaps in 2018. If you have any questions or general enquiries, please contact your local Area Office on 01332 777850.

Finally, if my words of wisdom have got you thinking about fire safety and maybe how you could help the community of Belper; **Belper Fire Station is currently recruiting On-Call Firefighters!** Could you make a difference in your community? Could you 'Be Extraordinary'? Visit the DFRS website for more information and how to apply.

**www.derbyshire-fire.gov.uk**  
**Twitter: @DerbyshireFRS**  
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Derbyshire  
Fire & Rescue Service



# Swimming with your baby



By Katherine Farson,  
local mum and  
swimming enthusiast.



“When I was pregnant I decided that I wanted to take my baby to swimming lessons. I love being in water and I wanted to share my joy of swimming with my baby.” Katherine Farson

We took our first trip when my daughter was around 10 weeks old. She had her first swimming lesson at 12 weeks of age and I've seen her confidence and swimming skills grow since then. We have been lucky enough to continue to enjoy weekly swimming lessons but we also love frequent visits to the pool as a family.

I am delighted that my daughter is learning early swimming skills, but I am even happier to see how much she enjoys the experience. She wasn't a natural from the beginning, and it has taken her time to want to go under water, but we are gentle and supportive, allowing her to go at her pace.

Swimming gives us lots of lovely cuddle time, as well

as encouraging confidence, coordination, balance and muscle strength. What's not to love?

Nevertheless, it can feel daunting taking your child swimming for the first time. Questions such as: “What does she need to wear?”; “Will she be warm enough?”; “Which pool is best?” and “What do I need to bring?”, often arise.

As my daughter got older, I also began to wonder about other things such as, “How do I get dressed when I have a baby who wants to crawl around?!” To help support you to have a healthy and fun experience, I would like to share with you what I've learned.

**What to wear** - At a minimum your baby needs to wear a disposable swim nappy. This is different from a normal nappy, which would become too heavy in the water. It seems that typically people put swim shorts or a swimming costume over a swim nappy.

Even better is the Happy Nappy system (which many swim schools require). This is a neoprene legged swim short or costume with a disposable, or washable, swim nappy underneath. The Happy Nappy system has withstood the explosions that we have had in the pool!

If your child is particularly young, or if you are going to a cooler pool, there are warmer wraps and tops that can be worn over a swim nappy.

A good place to start looking is: [www.splashabout.com](http://www.splashabout.com)

**Choosing your pool** - There are plenty of pools in this area to choose from and our favourite pools have changed as our daughter grows. An ideal pool temperature for young babies is 31 or 32 degrees, which is the temperature of Wirksworth and Ilkeston Sensory pool. (See pages 32 -33 for local swimming pool timetables.)

It is also worth considering the depth of the pool. Alfreton is great for toddlers because it's shallow, but can be tough on parents' knees if kneeling for long periods. If both mum and dad are going, it is worth going to one of the 'changing villages', like the ones at Ilkeston and Ripley pools,

instead of using separate male and female changing rooms. These 'villages' are usually equipped with changing tables, and some even have toddler seats, as well as larger family changing rooms. Personally, I started to prefer cubicles with walls that reach the floor when our little one started to explore. I nearly lost her once when she tried to roll under a cubicle! Another time she even managed to snatch a wet swimming costume from a neighbouring cubicle!

**Extras to bring with you** – We always bring our own changing mat even though pools often have changing tables in family cubicles, because sometimes the cubicles with changing tables are already occupied. We have a spare changing mat that stays in our swim bag,

along with a towel for baby and one for me, wipes, fresh nappies and warm clothes to bundle up in after our swim. When your child starts to eat, it is definitely worth taking a snack and drink. They are often famished after a swim, but it is also a great way to get them to sit still to allow you to get dressed.

If you're at one of the pools with an onsite café or seating area, it's worth a moment to sit and catch your breath while you consider your swimming accomplishments.

So come on. Just do it! Swimming is a great way to spend an active morning with your little one, and enjoy loads of cuddle time.



# local swimming timetable



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

POOL	MON	TUE	WED	THUR	FRI	SAT	SUN
<b>BELPER LEISURE CENTRE</b> DE56 0DA 01773 852285	7:15-9am 6:10pm-8pm	7:15-9am 12:30-3:30pm (Parent and Toddler 1:30-3pm) 6:10-7:30pm	7:15-9am 12:15-1:15pm	7:15-9am 1-3:50pm (Parent and Toddler 2-3pm) 6:10-8:30pm	7:15-9am 2:45-3:45pm 6:10-8pm	7:15am-2:30pm (Family Wacky Water 1:30-2:30pm)	10am-5pm
<b>ALFRETON LEISURE CENTRE</b> (TEACHING POOL) DE55 7BD 01773 523325	12-1:30pm 6-7pm	12-1pm	10:15am-12pm 12-1:30 (Parent and Baby/Child Session) 3:15-4pm,	9am - 1:30pm	12pm - 1:30pm 6-7pm	12-4pm	8am - 2:30pm
<b>ARC LEISURE MATLOCK</b> (TEACHING POOL) DE4 3AZ 01629 581322	8-9:30am (9:30-11:15am Parent and Toddler) 12:30-1:30pm 6-8pm	8-11am 1-1:30pm	8-9:30am	8-9:30am (9:30-11am Parent and Toddler) 12:30-1:30pm 6-8pm	8-9:30am	12-3-45pm	8-10am 10am-2pm Family Splash 2-4:30pm
<b>ASHBOURNE LEISURE CENTRE</b> DE6 1DR 01333 343712	7-9:30am 9:30-10:30am Baby and Toddler Splash 12:30-1:30pm 3-4pm 8-9pm	7-10:30am 10:30-11:30am Baby & Toddler Splash 12:30-1:30pm 6-7pm 8-9pm	7-9:30am 10:30-11am 12:15-1:30pm 3-4pm 6-7pm	7-9:30am 9:30-10:30am Baby & Toddler Splash 12:30-1:30pm 3-4pm 5:30-6:15pm 7-8:30pm	7-9am 9:45-10:45am 12-1:30pm 5:30-7pm	8:30am-2pm 2:15-3:30pm Splash out Inflatable Session	8:30am-4pm (10am-12:30pm Family Swim)
<b>HEANOR LEISURE CENTRE</b> (TEACHING POOL) DE75 7HA 01773 537940	9:30am-12pm	11am-1:30pm 3-4pm 6-7pm	12-3pm	12-1pm 3-4pm 6-7pm	10am-1:30pm 3-4pm	12-45-3pm	10am-3:30pm



# local swimming timetable



www.boommagazine.co.uk

POOL	MON	TUE	WED	THUR	FRI	SAT	SUN
<b>RIPLEY LEISURE CENTRE</b> (TEACHING POOL) DES 3HR 01773 514727	12-1:30pm 3-4pm (Parent and Baby/ Child)	12-1:30pm (Parent and Baby/Child) 3-4pm	11am-12pm (Parent and Baby/Child) 12-1pm 3-4pm	11:30am-12:30pm (Parent and Baby/ Child)	12-1:30pm (Parent and Baby/ Child) 3-4:30pm	11am-3:45pm	9am-1:30pm
<b>VICTORIA PARK LEISURE CENTRE</b> ILKESTON (SMALL POOL) DET 8AT 01159 446400	10-11am Splash Tots 12-2pm Family Swim	12-2pm 4-7pm	11am-12pm Splash Tots 12-1:30pm Family Swim 4-7pm	11:45am-1:15pm Family Swim	9:30-11am Splash Tots 12-1:30pm Family Swim	10am-1:30pm 1:30-3pm Family Fun Session	9am-3pm
<b>VICTORIA PARK LEISURE CENTRE</b> ILKESTON (SENSORY POOL) DET 8AT 01159 446400	NONE	9:30am - 1pm	11am-1pm	9am-12pm	4-6pm	NONE	1-2pm
<b>WIRKSWIRTH SWIMMING POOL</b> DE4 4JG 01629 825704	12-1pm	12-1pm	(11am-12pm Parent and Tot Session) 12-1pm	12-1pm	12-1pm	12-1pm	CLOSED
<b>ALLESTREE WOODLANDS POOL</b> DE27 2LW 01333 555 904	Lane Swimming	Lane Swimming	Lane Swimming	Lane Swimming	Lane Swimming	8:30 - 9:30am or 9:30 - 10:30am Family Splash Session	CLOSED

**Please note:** Timetables above are for public swims, unless otherwise noted. The timetable is likely to change on school and bank holidays. Many leisure centres have more than one pool, however the smaller or warmer teaching pools have been listed above. Contact the individual pools or leisure centres for additional information on other pools and holidays swimming sessions. © Boom B&B LLP 2018



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# BAKE

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## Getting creative at home



Running Creation Station classes, it goes without saying that I love making and creating things, both at home and at work. My boys enjoy joining in too, which can get quite expensive when they raid my Aladdin's cave (ok, my utility room stuffed to the roof with craft goodies!). So, to keep the costs down we love to use recycled things that we find outdoors and around the house.

At this time of year our recycling bins are bursting with cardboard boxes, left over from Christmas, which are a free and super versatile material. Kids can play in them, on them and remodel them. So don't just throw them away, have a go at making your own ART EASEL and CLEVER PEN SORTER. You'll have loads of fun and be ecologically conscious too!

### What you will need for your ART EASEL:

Large cardboard box, sticky tape, scissors, wrapping paper, cards, decorative stickers and pegs. Plus, any other bits and pieces you can find post-Christmas to personalise it.

#### STEP ONE:

Choose a cube-shaped box, so all the sides are

the same length. Cut off the top and bottom squares from the box and cut the box apart so that it lies flat on the floor. Keep two of the flaps to use later.

#### STEP TWO:

Next, grab some sticky tape and tape your box into a triangle by lifting the two opposite ends. Leave two small holes so you can attach pegs later.

#### STEP THREE:

Wedge two of the flaps inside the easel to make it sturdy. (You could also use a couple of baked bean tins, left over boxes of mince pies, sprouts etc. to weigh it down.)

#### STEP FOUR:

Now my boys will insist on each having their own sides of the easel so let's personalise



each side with some more Christmas leftovers. We used foil Christmas wrapping paper, cut out images from Christmas cards and advent calendars, and used lots of stickers. Christmas crackers can also be a great source of pretties and adornments.

#### STEP FIVE:

That's it! Now let's get creative! Attach your paper using the pegs (which can also be decorated using left over Christmas wrap, tinsel) and off you go!

Your art easel can be folded up, when your little ones are finished, and put away flat.

#### CLEVER PEN SORTER:

One of my biggest niggles is pens and pen lids all over the floor. You can use another smaller cardboard box to create a pen sorter.

#### What you need for your CLEVER PEN SORTER:

Small shoebox, sharp pencil, paper to cover the box and pens.

#### STEP ONE:

Take your box and cut off the bottom so it's not too tall - your pens will need to stick out of the top high enough for little hands to grab.

#### STEP TWO:

Cover the box in paper or just let the children loose with the pens, to draw all over the box.

#### STEP THREE

Using a pencil, poke holes in the box ready to post in the pens.

#### STEP FOUR:

Colour a paint splodge around each hole in a different colour until you have used up all the colours in your set.

#### STEP FIVE:

Have fun matching the pens to their right colours. Play games practicing colour names. Write numbers on the colour splodges and learn numbers and colours together e.g. "What colour is number 2?"

Put your two creations together and hey presto, you have your own portable art station..... Fantastic! I hope you have lots of fun both making and using these art projects! Happy Creating!

**Kay Fletcher, local mum, runs the popular Creation Station classes in Belper.**

[www.thecreationstation.co.uk/kay-fletcher](http://www.thecreationstation.co.uk/kay-fletcher)



# Winter Warmers



Well done to Isla who was picked out of the hat to win a photo shoot with Christina Michelle Photography – Belper’s Multi Award-Winning Child and Family Photographer.

Look out for Isla on the front cover of our Spring/Summer edition



Abigail



Archie



Evan



Ivy



James



Jesse & Jude



Oliver



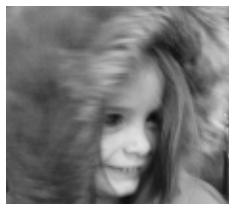
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