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SURROUNDING AREAS

THE ESSENTIAL HANDBOOK FOR LOCAL FAMILIES

ISSUE 10

JUL / AUG 2019



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Contact Becci Davies  
07812 420396 | [beccid@tinytalk.co.uk](mailto:beccid@tinytalk.co.uk)



# Hello and welcome to the 10th issue of Boom Magazine!

We are delighted to be partnered with the Pride in Belper Festival and we hope to see you all out celebrating, connecting and also making bubbles with us on August 3rd. We dedicate this issue of Boom Magazine to Pride, and Being Proud, in all its forms. We are very lucky to live in such a supportive, diverse, creative and energetic community here in Belper and in celebration of this we have articles for you to read on our history and heritage and the many grass-roots organisations and local heroes that make our area great! Sarah Barley-McMullen writes passionately about the history and future of Pride on page 15, and Tina Hampton's personal story of being a gay parent on page 21, emphasises the beauty of family life, in all its shapes and forms. We've named Salcare in Heanor; our "Local Hero of the Month" for the amazing work they do for those most in need in our communities.

Use our Summer Survival Guide, Upcoming Family Theatre listings and, Summer Water Fun pages, to keep your calendar full and your kids happy this season! You can also pick up some tips on Bubble Making and a sneaky way to get your kids to eat spinach in our Recipe for Green Eggs. As always we encourage you to shop local and support the many products services and local businesses who sponsor your Boom magazine!

Happy Summer to all!

*Jo & Sascha*



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### Sascha Landskron and Jo Leigh

Editors of Boom Magazine and local mums

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

Nurseries, pre-schools and reception classes, baby and toddler groups, cafes, gyms and shops around Belper, Ripley, Ambergate, Holbrook, Kilburn, Codnor, Turnditch, Duffield, Milford & Crich.

### Cover photo:

L-R Zenbe, Rory, Sophie, Amber, Elsie, Isla, Monty, Warren, Joe & Louis

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PHOTOGRAPHY

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# Summer SURVIVAL GUIDE

**We've done the research, so you don't have to!**

Check out these local classes, groups, activities and attractions this summer.

**Classes & Groups running through summer...**

PLEASE NOTE: At the time of printing, not all dates and details could be confirmed so we do suggest you check facebook pages and websites beforehand and we will endeavour to keep you updated on the Boom facebook page.

## CLASSES & GROUPS

### **Belper Pilates**

#### **The Fit Pit**

All Pilates classes continue over the summer including:  
Post Natal Reformer Fitness  
Wednesdays 10.15am & 2pm  
Antenatal and Post Natal Pilates,  
Wednesdays 6.20-7.20pm  
Mums & Babies/Antenatal Pilates  
Fridays 10.30am

### **Creation Station**

Some sessions will run later on in the summer holidays.  
See website & Fb page for more details.

### **Postnatal Restoration and Fitness**

#### **The Old School House, Belper**

Tuesdays 9, 16, 23 July & 6, 8, 13 Aug  
9:30 & 10.30am  
From 6 weeks postnatal. Babies  
welcome up to early crawling.

### **Toddler Fit - Enjoyaballs**

Pre-school ball skills

#### **Denby Institute**

Sessions will run throughout the first week in August  
9.30-10.15am & 10.30-11.15am  
Details on Fb. Book via the website:  
[www.toddlerfit.co.uk](http://www.toddlerfit.co.uk).

### **Derbyshire Toy Library**

Running the first three weeks of the summer holidays  
Mondays at **Crich Glebe Field Centre** and Wednesdays at **Belper Community Hall** (9.30-11.30am)  
Stay and Play PAYG. Includes FREE snack & cuppa

### **Young at Heart Intergenerational Stay & Play**

Will be running on some Fridays at **Spencer Grove Care Home in Belper**. Check website and Fb for dates: [www.derbyshiretoylibraries.org](http://www.derbyshiretoylibraries.org)

### **Baby College Derby Fleet Arts Centre**

22 & 29 Aug  
See website for more details

### **Woodlanders Forest School**

Woodlanders 1st birthday party  
**Shining Cliff Woods, Ambergate**  
8 Aug, all ages welcome to drop in (10:30am-2pm)  
FREE event to say thank you to everyone for their support, just donations for food cooked on the fire.

### **Twistin Tines**

#### **Belper Community Hall**

23 & 30 July, 6, 13, 20 & 27 Aug (1.30-2.30pm)  
Engaging baby music and development class using light shows, puppets, instruments, bubbles and parachutes. (0-18mo only)  
To BOOK contact Jacqui Davis on: 07977 578 359, TwistinTots Fb page or email [jacqui@twistintots.co.uk](mailto:jacqui@twistintots.co.uk)

### **Belper Early Years Centre**

Come & Play, Mondays, except bank holidays (10-11:30am)

B.E.A.R.S. Breastfeeding Support Group, Tuesdays (1-2:30pm)

Natural World, Fridays (10:30am-12pm)

Sharing Not Wasting, Fridays (2-3pm)

### **Little Sage Yoga**

#### **Sage Yoga, Unity Mill**

Classes running through summer; see Fb page for dates and details.

### **Tiny Toes Tea Club- Summer Tour Meet-ups**

#### **The Family Tree, Whatstandwell**

Fri 19 July (10am-2:30pm)

#### **Hassop Station Café**

Mon 5 Aug, (10:30am-3pm)

### **Sound Right Phonics - Starting School Workshops**

#### **Vanessa's School of Dance**

Fri 26 July, Fri 2 Aug, Thurs 8 Aug, Fri 9 Aug (2-3pm)  
£28 for 4 sessions • BOOK  
[www.soundrightphonicsclasses.co.uk](http://www.soundrightphonicsclasses.co.uk)

### **Ambergate Toddler Group**

#### **St Anne's Church Ambergate**

Mondays (9.45 - 11.45am)

0-4years welcome

## Gym Kids

### Alfreton Leisure Centre

Tuesdays 23 & 30 July & 6 Aug  
9:30am Drop in session, siblings welcome  
10:30am Coach lead class (BOOK)  
11:30am Class for those with autism, all ages welcome (BOOK)

Fridays 26 July & 2 & 9 Aug  
9:45am Drop in session, siblings welcome  
10:45am, 11:45am, (12:45 on 26 July)  
Coach lead class (BOOK)  
11:45am (1:45pm on 26 July) Class for those with autism, all ages welcome (BOOK)

## Caramelo Baby and Toddler Spanish Lessons

### Fleet Arts

Tuesdays 6, 13, 20 & 27 Aug  
(0-4 yrs)

## Relax Kids

3-hour woodland themed workshops with storytelling, mindful crafts, refreshments and Relax Kids activities. Ages 4-10yrs. Details on Relax Kids FB page.

## Sunshine Forest School Holiday Club for ages 7-16

### High Woods off Sandbed Lane, Belper

23 & 24 July, Aug 6 & 7 (10am-3pm)  
Child-led time in the forest, learning new skills, building dens, playing games, being creative, having fun, learning about our woodlands, making snacks on the fire. BOOK by Fb message or email [sunshineforestschool@hotmail.com](mailto:sunshineforestschool@hotmail.com)  
[www.sunshineforestschool.com](http://www.sunshineforestschool.com)

## Jelly Roles

Sessions running at various times through the holidays at Allestree Woods  
See Fb page for details

## Sweaty Mama - Workout with your Child

Belper Strutts Centre, Room 103  
Wednesdays 10am (6wks-5yrs)

## DanceFitt Tots

Classes running through the summer holidays, + extra Saturdays in Little Eaton.  
(Older siblings welcome)  
See the DanceFittDerby Fb page for details.

## Derbyshire Central Ballet

Special event party classes running over the summer at **Vanessa's School of Dance**.  
See website and Fb page for details.

# SUMMER EVENTS

## Larks in Park

Live music at Belper Memorial Gardens  
Every Sunday until 25 Aug (2-4pm)  
FREE event for all

## Lego Workshop at the Fleet Arts Belper

6 July & 7 Sept (1-3pm)  
Ages: 4+ (£4 adult, £2 under 16's)

## Belper Food Festival

Sun 7 July (10am-4pm)  
Belper's High Street  
(9:30am 'Slow Shopping' for wheelchair users and those with an aversion to crowds)

## Derby Museum & Art Gallery Brick History

Running until 8 Sept - Brick History takes famous moments from history and imagines them in LEGO® bricks.

## Ambergate Carnival

Sat 13 July  
Procession at 1:15pm from Ambergate Recreation Ground to the Hurt Arms.  
Enjoy a parade with floats, dancing diggers, stalls, inflatables, children's entertainer, rides, music, food & drink.

## Clip n' Climb Superhero Toddler Sessions

Mon 15 – Fri 19 July (9:45am, 10:45am & 11:45am)  
30 min climb, soft play, crafts and packed lunch (£9)

## Appleton's Fun Fair at Whitworth Park, Matlock

Thurs 18 – Sun 21 July  
A great day out for all the family with £1 per ride

## Heights of Abraham

Punch & Judy in Little Switzerland  
20 July – 1 Sept (11:30am, 1:30pm, 3:30pm daily)

## Roald Dahl Themed Drama Workshop

Tues 23 & Wed 24 July (9:30am-3:30pm)  
Fleet Arts Centre  
Games and activities to promote teamwork and encourage speaking, creativity and listening skills. £25 per day with 10% sibling/friend discount.  
Call Hettie on 07981214160 or email [Helen@learningthroughdrama.co.uk](mailto:Helen@learningthroughdrama.co.uk)

## Elvaston Castle Teddy Bears Picnic

Thur 25 July (11am-3pm)  
Bring a picnic and a teddy and meet in front of the castle steps on the lawn

## Babbling Vagabonds - Outdoor Adventure Theatre

'Here be Dragons!'  
Heage Windmill  
Tues 30 July, Thurs 1 & Fri 2 Aug (11am-12pm or 2-3pm)  
BOOK at: [www.babblingvagabonds.co.uk](http://www.babblingvagabonds.co.uk)

## Gulliver's Theme Park

Tues 6 Aug  
Toy Lab TV tour



### **PRIDE Festival Belper**

Sat 3 August

Gather in the Market Square from 11.30am • Walk from the Market place to Belper memorial gardens 12pm  
Family activities (12-5pm) visit [www.prideinbelper.co.uk](http://www.prideinbelper.co.uk) for the full list of family activities.

### **Boom Bubble Area!**

Boom Magazine will be inviting families to join in with creating a sky full of bubbles.

### **Croots Farm and Cafe**

Derbyshire Shire Horse Show Day  
Sun 4 Aug (11am-3pm)  
Shire horse classes, stalls, working demonstrations, vintage tractors, pet corner, BBQ

### **Dedá Dance & Circus Summer School**

Monday 5 – 9 Aug (9am-3pm)  
Experience an exciting and action-packed week of dance and circus.  
Age groups: Reception-Year 2, Years 3-6 and Years 7-11

### **Mount Cook Outdoor Cinema & Camping**

Sat 10 Aug, (7-11pm)  
Mount Cook Adventure Centre, Wirksworth. Showing 'Moonrise Kingdom' (rated 12a)  
Food and refreshments served. Film and camp £16 per person, film only for £10 per person.  
Bring a camping chair or blanket and warm clothing.  
For tickets see: [www.thenorthernlightcinema.co.uk](http://www.thenorthernlightcinema.co.uk)

### **Ecclesbourne Valley Railway**

Summer Diesel Gala  
Sat 10 & Sun 11 Aug

### **Salcare Family Open Day,** Heanor

Fri 23 Aug (10am-3pm)  
Call 01773 764562 or visit [www.salcare.org.uk](http://www.salcare.org.uk) for details

### **Soi Kitchens, Milford**

17-18 Aug, Craft Fair with Music and Activities  
23-26 Aug, Music, Food and Beer Festival with Family Fun Day  
Weather permitting, check website for details.

### **Family Fun Day at Whitworth Park, Matlock**

Fri 23 – Sun 25 Aug (12-11pm)  
The Whitworth Centre, Matlock  
Inflatable Theme Park and outdoor cinema

### **Cromford Mills Events:**

#### **Cromford Sands**

Open throughout the summer  
FREE Entry

#### **Heroes from History**

Sat 27 & Sun 28 July (10am-4pm)

#### **Kids at Cromford: Create and Play**

Wed 31 July

#### **Model Railway Exhibition**

Mon 5 Aug to Mon 26 Aug (10am-4pm)

#### **Kids at Cromford: Mini Makers**

Wed 7 Aug

#### **Full STEAM Ahead**

Sat 10 & Sun 11 Aug

#### **Kids at Cromford: Grow and Sow**

Wed 14 Aug

#### **Outdoors Weekend**

Sat 24 & Mon 26 Aug

#### **Kids at Cromford: Get Crafty**

Wed 28 Aug

See [www.cromfordmills.org.uk/events](http://www.cromfordmills.org.uk/events) for more details on all events.

### **Children's Writing and Illustrating Workshops**

in Stan the Campervan Classroom  
Cromford Mills  
£10 per workshop  
Book a desk at: [www.stanthestoryvan.co.uk](http://www.stanthestoryvan.co.uk)  
or email: [karinagoodman@icloud.com](mailto:karinagoodman@icloud.com)

### **Twistin Tots Charity Picnics**

One hour of music & movement.  
(11am start) Bring your own picnic and rug.  
FREE event, but donations welcome in aid of Rainbows Charity and Belper Community Hall.  
29 July in the Memorial Gardens in Belper  
2 Aug at Crossley Park  
7 Aug at Whitworth Park in Darley Dale

### **Jumping Clay**

#### **Markeaton Craft Village**

Drop-ins 11:30am-12:30pm (Mon to Thurs) and 3-4:30pm (Mon to Fri)  
to make your own creations

#### **Model of the Day Sessions**

1-2:30pm (Mon-Sat).  
See [www.jumpingclay.co.uk](http://www.jumpingclay.co.uk) to 'Book Now' onto Derby sessions.

#### **Drop-in Storytime Sessions at**

10:45am Tues & Thurs with weekly themes, on the weeks commencing:  
8 July – Zog and the Flying Doctors  
15 July – The Hungry Caterpillar  
22 July – Guess How Much I Love You  
29 July – The Tiger Who Came to Tea  
5 Aug – Rainbow Fish  
12 Aug – Jolly Postman  
19 Aug – What the Ladybird Heard  
26 Aug – What the Ladybird Heard Next  
2 Sept – What the Ladybird Heard on Holiday



## Derby Live Summer Events

### (The Hannells Darley Park Concert)

Sun 1 Sept (Gates open at 2PM)  
Tickets: £7.50 on the day, or buy in advance to save.

### Superhero Picnics in the Park

Markeaton Park, Tues 30 July  
Chaddesden Park, Wed 31 July  
Darley Park, Thurs 1 August

### Matlock Farm Park

#### The Big Bubbleman

Fri 2 Aug

#### Punch and Judy

Sat 10 & Sun 11 Aug  
Performances throughout the day.

### 2019 Peak District Highland Games

Sun 25 Aug (10am-5:30pm)

### Tricksy the Dinosaur

Mon 26 Aug  
Plus all the usual fun activities at the farm park, including the return of SHEEP RACING! Check Fb page or [www.matlockfarmpark.co.uk](http://www.matlockfarmpark.co.uk)

### Crich Tramway Museum

Various themed weeks throughout summer:

#### Horse Tram Day

Mon 15 July, Wed 14 Aug &  
Sun 8 Sept

#### Crime at Crich

Sun 21 July

#### Build in Bricks

Thurs 25 – Wed 31 July

#### Hello Summer Activities

Mon 29 July – Fri 2 Aug

#### Make-do-and-Mend

Fri 9 Aug

#### Discovery Week: Science and History

Mon 12 – Fri 16 Aug

#### Woodland Week

Mon 19 – Fri 23 Aug

#### Back to School Craft Activities

Tue 27 – Fri 30 Aug

### Strutt's North Mill – Belper

#### Millie the Mill Mouse Trail

Wed-Sun every week.  
Explore the museum by following the trail to find Millie's missing mice babies.

#### Creature Crafts

Tuesdays 30 July & 6 August (10am-12pm & 2-4pm)  
Tuesday 20th August (2-4pm)  
Get creative and make your own animal-themed door hangers, puppet theatre and much more!

#### Strutt's Stash! Summer Holiday Treasure Trail

Wed-Sun during school summer holidays (11am-4pm, last trail at 3pm)  
Pick up your River Gardens Trail card from Strutt's North Mill and discover the secret code to unlock Strutt's Stash and collect your treasure!

#### Outdoor Discovery Backpack Activity

Wed - Sun from March until October.  
Use magnifying glasses and take part in nature, science and problem solving activities to discover things you never knew about the Mill and River Gardens! Pick up your Backpack for £5 from Strutt's North Mill Reception area. Return your backpack by 3.30pm to collect your prize.

Please see [www.belpernorthmill.org](http://www.belpernorthmill.org) for further details on all activities

### Derbyshire Wildlife Trust

#### Family Forest School (4+ yrs)

Sat 20 July (10:30am-12pm)  
Millfield's at Carsington Water

#### Little Wildlings

Various locations in July & Aug

#### Wild Wednesday

Carsington Water-Visitor Centre  
Most Wednesdays from 24 – 28 Aug

### Erewash Museum, High St Ilkeston

Various themed weeks throughout summer

#### Beach Party

20 July (11am-3pm)  
Erewash Beach grand opening, sand art and disco  
The Erewash Beach is then open daily 10am-3pm, 22 July – 31 Aug

#### Emergency Services Week

22 – 26 July

#### Wildlife Week

29 July – 2 Aug (11am-3pm)  
Fri 2 Aug includes Woodie's Wings (10am-3pm)

#### Toys and Games Week

5 – 9 Aug (11am-3pm)  
Tues 6 includes a Teddy Bear's Picnic

#### Pirate Week

12 – 16 Aug (11am-3pm)  
Fri 16 includes a Gold Digging Activity

#### Summer Holidays Week

19 – 23 Aug (11am-3pm)  
Fri 23 includes Sandy Craft Day

#### Sports Week

27 – 30 Aug (11am-3pm)

### Bluebells Dairy

#### The Toy Farm

Sat 6 & Sun 7 July  
Meet and greet the 'Cowboy Sheriff' and 'Space Ranger', have a space ranger alien blastout and try out cowboy activities on the ranch.

#### A Bug's World

Sat 20 July – Sun 1 Sept  
Ant Adventure Maize Maize, Bug Safari trailer rides, bug handling sessions and water wars!



 JumpingClayDerby

### Mess & Stress Free Kids Parties

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

Recommended Age 3-14

### Toddler Party Option

Build a Cuddly Friend at Dot-teas Emporium, our new location in Belper, or at our studio at Markeaton Park or in your home.



★ KIDS PARTIES ★

### Story Time

Markeaton Craft Village, DE22 3BG  
Drop in session for pre schoolers

Weds Weekly at 2:00pm

Tues & Thurs Weekly at 10:45am

Fri weekly at 1:15pm

Afternoon sessions during term time only  
(Morning sessions all year round)

Bringing Books to Life  
Free story time.

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



### Hand prints

Beautiful keepsakes in our strong JumpingClay - not fragile at all.

Prices start at £10 (unframed).

We can come to your home or playgroup or visit us in Markeaton Craft Village (appointment needed).

### Summer Workshops Including CAMP

Drop-ins 11:30 - 12:30 (Mon to Thurs) and 3-4:30 (all week days) subject to space.

Perfect for little ones price start at £3

Pre-bookable sessions 1-2:30 - 90 mins for Model of the day £10.50

All Day CAMP available 8am to 5:30

- Markeaton / Littlelover - Craft and Fun. £25 whole day.



[www.jumpingclay.co.uk](http://www.jumpingclay.co.uk)  
Tel. 01332 460079 or 07805 306625





## SUMMER SPECIAL EVENTS

FRI 2<sup>ND</sup> AUG

**THE BIG BUBBLEMAN**  
& his spectacular bubbles  
DON'T MISS THIS! | 11.00-4.00



SAT 10<sup>TH</sup> & SUN 11<sup>TH</sup> AUG

**PUNCH & JUDY**

Come and watch this traditional, fun show with lots of audience participation. Performances throughout the day

MON 26<sup>TH</sup> AUG

**TRICKSY THE DINOSAUR**

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



PLUS all the usual fun activities at the farm park, including the return of SHEEP RACING! Check our Facebook page or [www.matlockfarmpark.co.uk](http://www.matlockfarmpark.co.uk) for further details.

Sunday 25<sup>th</sup> August 2019  
10am-5.30pm

## PEAK DISTRICT HIGHLAND GAMES

Don't miss this fantastic full day event hosted by Matlock Farm Park.



Tossing of the Caber  
Dinnie Stone Challenge • Scottish Piper Band  
Tractor Pull • Log Press  
Stone Throw • Children's Entertainment  
Spectator Tug of War • Stalls & Bar

Check out our facebook page or  
[www.matlockfarmpark.co.uk](http://www.matlockfarmpark.co.uk) for further details  
Jaggers Lane, Matlock, DE4 5LH Tel: 01246 590200

## CROOTS FARM SHOP & CAFÉ



Award Winning Butchery, Deli,  
Cafe, Gifts, homemade cakes  
and much more

Shire Horse Show  
Sunday 4th Aug  
Here at the Farm

Bring this advert  
and quote **BOOM**  
for one FREE regular drink  
in our cafe

Croots Farm Shop, Wirksworth Road, Duffield. DE56 4AQ  
Tel: 01332 843032 [www.croots.co.uk](http://www.croots.co.uk)



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

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

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

**20% OFF**  
First Saturday Club or  
Family Forest School Session

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



VISIT  
[woodlandersforestschool.co.uk](http://woodlandersforestschool.co.uk)  
for more information & to book.



# Short Breaks, Giant Adventures!

Discover amazing family Short Breaks at Gulliver's Theme Parks. Stay and Play in fantastic themed accommodation and enjoy all that our resorts have to offer!



Save up to **50%** when you Stay & Play!\*

BRAND NEW!

Promenade Place at the Explorers Retreat



 Theme Park Entry Included

 Themed Rooms

 Award Winning

 Free On-Site Parking

 Children's Activities

 Much More!

[WWW.GULLIVERSFUN.CO.UK/SHORT-BREAKS](http://WWW.GULLIVERSFUN.CO.UK/SHORT-BREAKS)

**Explorers Retreat, Matlock Bath, DE4 3PG**

Adventurers Village, MK15 0DT | The Gulliver's Hotel, WA5 9YZ

\*Save up to 50% compared to standard day rates.

Adventure Theatre for all the family at Heage Windmill this summer!

Join Babbling Vagabonds as they bring their latest outdoor show to Heage. Discover the secretive 'Creature Carers' in their camp of wonders and help conjure up a crafty story to help heal the magical monsters and bewildered beasties in their care.



Heage Windmill, DE56 2BH  
daily at 11am and 2pm  
on Tues July 30th,  
Thurs 1st & Fri 2nd August.

Tickets cost £8 and are limited  
**BOOK NOW!** Visit...

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

This event lasts about an hour. It is for all the family but is outdoors so dress suitably and be prepared whatever the weather. Bring low backed seat if required.

For other Derbyshire venues see our website.

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


Sir Richard Arkwright's  
**CROMFORD MILLS**  
DERBYSHIRE



**Heroes from History | Sat. 27 and Sun. 28 July**

Historical heroes, costumes, activities and entertainment.

**Full STEAM Ahead | Sat. 10 and Sun. 11 August**

Experience  **The Big Bang** as all things transport converge at Cromford Mills.



**Outdoors Weekend | Sat. 24, Sun. 25 and Mon. 26 August**

Come and have a go! Outdoor activities and demonstrations for all ages.

**Harvest Weekend | Sat. 21 and Sun. 22 September**

Start the autumn harvest with scarecrows, crafts, dancing and more!



[www.cromfordmills.org.uk](http://www.cromfordmills.org.uk)





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

Fleet Arts - Thursday Morning

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



New programmes will be starting in September on Fridays and Sundays

Go to [www.toddlerfit.co.uk](http://www.toddlerfit.co.uk) and follow us on to find out more



Sessions will run throughout the first week in August at Denby

**the Creation Station**

FUN ARTS & CRAFTS CLASSES  
IN BELPER AND DUFFIELD (CALL 112 07998349983)

FOR 6 MONTHS - 5 YEARS OLD

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

WEDNESDAY - THE STUDIO 57A, CHAPEL STREET, BELPER  
BABY DISCOVERY 6MONTHS - 2YEARS 10.00AM - 10.45AM

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

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# PRIDE IN MY FAMILY

By: Tina Hampton, local mum and drama teacher



There are many things I love about being gay, my wife (obviously), the fact that I feel a part of a very special LGBTQ+ family and the fact that we were able to get married three times (yes three times!!!). The first time, we were

civil partnered. Imagine my joy when I bounced up to the registry office in a pretty dress announcing we were there to get married only to be told, in no uncertain terms that we were not, we were there to be 'civil partnered'

thank you very much! The second time, we both wore beautiful wedding dresses and had an awesome handfasting ceremony and finally, two years later we upgraded to full marriage status and wore tuxedo's.... because we'd done every other outfit.

I feel incredibly lucky to be gay in this time and in this country, but I'm still acutely aware that there are places I can't or won't go on holiday; I've always wanted to go to Russia but I'm not sure we'd be very welcome at the moment. Even in European countries I have to be careful about how affectionate I am with my wife and I've not even yet considered how I will take my wife and kids abroad, not knowing how other countries will react to our family.

**Families are a bit like chips.** We come in all shapes and sizes these days and, just like chips, there is a diverse range. My family is one of the newer shapes. My wife and I adopted our two children over three years ago. You'd be hard pushed to find a gay couple who have kids by accident. 'It's something to do with biology', as our

doctor told us when we went to him to say we were struggling to conceive (we really did do this but it was a bit more of a joke). With the help of our doctors I did try a couple of rounds of donor insemination (it really is as sexy as it sounds!) but the hormones made me into a crazy lady. My wife, Sadie, couldn't conceive because she broke her back when she was younger.

We knew we wanted a family and whilst babies are nice, family is forever, so we adopted. It's a long and tricky process but where else do you get parent training, where else do you get so much support in becoming a parent that you don't feel totally on your own?! Don't get me wrong, when you bring two kids home, shut the door and go, 'Right, so we're a family now!' you still stare at each other in disbelief and think, 'Crickey, what do we do now?!'

One of the dilemmas we faced was what parent names do we use? We didn't both want to be 'Mummy' so eventually we went for 'Mummy and Mopsy', which takes some explaining; it evolved from the idea of Pops, to Mops, to Mopsy! I love that if we need help, we can ring Coram, the adoption agency we used. I love that my wife and I now have two beautiful, funny (so funny!!), and kind (mostly) and gorgeously infuriating kids and do you know what? Three years on, we are a family. We love, we support, we argue, we do everything a family does, and that is all I could have ever asked for!



# boom BUBBLES

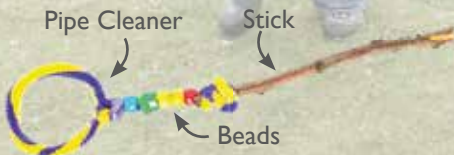
We are excited to be taking part in the Belper Pride Festival on the 3rd of August with our **BOOM BUBBLE** area.

Join us for **GIGANTIC** bubble popping and help to fill the Belper Memorial Gardens with thousands of colourful bubbles!



HERE ARE SOME SIMPLE IDEAS FOR CREATING BUBBLES AT HOME...

## BUBBLE WAND



Get creative and make different shapes with your pipe cleaners.

## BUBBLE SNAKE



Recycled plastic bottle with the wide end cut off and a sock attached. Simply dip the sock end into a tray of bubble mixture or washing up liquid and... BLOW!!!

# PRIDE IN BELPER

By: Sarah Barley-McMullen, chair of Pride in Belper



**This summer Belper will host its first ever Pride in Belper festival on August 3rd.** Pride in Belper seeks to celebrate people of all ages, abilities, cultures and identities, all of whom make up this wonderful community.

It has grown from a family friendly picnic in the Memorial Gardens to a big, bold family-focused celebration throughout town.

Pride events are held all over the world and are a celebration of diversity and inclusivity within communities. Pride is important for families because it celebrates everything that a family represents – love, difference, safety and history. Pride stands against the discrimination and invisibility that some families and some people face; it says boldly and loudly, “we see you - you are not invisible - you matter”. People of all ages, role models and allies are important because everyone needs to know that however they identify, someone is on their side.

**We are lucky to live in a country where there are laws that respect and protect each person’s freedoms.** The reality of what makes a family has changed over the years, and is no longer defined as the archetypal husband, wife and 2.4 children. In 2019 we know that the definition of a family does not depend on gender; it depends on who you love and how you love each other. From 2020 the National Curriculum will include relationship education in primary schools, which will be broadened to relationship and sex education in secondary schools. Relationship education will include respect for people who identify as lesbian, gay and bi-sexual, as well as all gender identities. It will also cover relationship recognition and protections that the Equality Act

(2010) affords people and families who identify as LGBT+.

**People of all ages need to know that difference is okay and normal, however they also need to see this in their communities.** Pride in Belper is not about identifying difference in order to consciously be inclusive, it is about respecting the fact that we are all human and therefore we all have the same right to be respected, feel safe and be celebrated. **Pride in Belper is a huge celebration of people, however we identify.**

This year marks the 50th anniversary of the Stonewall riots and the 30th anniversary of the organisation and human rights charity. Stonewall began in 1989 to challenge the discrimination of LGBT+ families through Section 28. Section 28, prevented schools from talking about difference in family make-up and identity, leaving children who did not identify as heterosexual with a profound belief that there was something wrong with them. The fear this created amongst teachers and schools and the damage this did to thousands of children and young people is immeasurable. Echoes of this have been seen in Birmingham schools this year, with the protests against the No Outsiders (learning about difference in our communities) programme. However, the stand against this discrimination has been profound and very public. **This year the Government voted to include inclusive relationship education in the National Curriculum from 2020.** Today we stand on the shoulders of those people who have gone before us when we challenge discrimination and celebrate our Pride in Belper.

*Sarah Barley-McMullen is Chair of the Pride in Belper planning team. Sarah has lived in Belper for over 12 years. She is married to Helen and works as a Senior Lecturer and Academic Lead for Inclusion at the University of Derby. Sarah has just been awarded Stonewall Role Model of the Year, 2019.*

# LOCAL HEROES!

## PUTTING BELPER ON THE MAP



### Belper Early Years Fun

Belper Early Years Fun (BEYF) is a voluntary group which runs the Early Years Centre on Alder Road, following the closure of the DCC Children's Centre in February 2017. BEYF took possession of the keys and now operate the building on behalf of the community. The cost of running and maintaining the building is met completely through donations, room hire, fundraising and grants. BEYF run Stay & Play Groups on Monday and Friday mornings and host other local groups and classes. All activities and groups are either free or require only a small donation. Their popular sensory room is available during the groups at no extra charge.

Everyone is welcome to attend. For more information, or to volunteer your time and skills, email:

[belperearlyyearsfun@gmail.com](mailto:belperearlyyearsfun@gmail.com)



### B.E.A.R.S

B.E.A.R.S (Breastfeeding Experience, Assistance and Reassuring Support) is a local non-profit organisation which runs breastfeeding support groups and events to provide information and support to breastfeeding mums and pregnant women. They have a phone helpline and a Facebook page where mums can access support via messenger. B.E.A.R.S is run by volunteers, who are all local mums who have breastfed themselves, and are further trained on breastfeeding and how to support breastfeeding families. You can attend FREE drop-in sessions in Belper, Alfreton, Ripley and Heanor, where you can build friendships and access mum-to-mum support with a trained B.E.A.R present at each group.

Helpline: **07776 495900**

Facebook: **B.E.A.R.S Breastfeeding Support Across Amber Valle**



### Sharing Not Wasting

Sharing Not Wasting is a Belper based initiative set up to share excess foods, which would otherwise go to waste. Anyone from the community is welcome and there is a pay-what-you-can system of contributions to cover costs. The sharing happens every Friday, 2-3pm at the Belper Early Years Centre.

See Facebook for details:

[www.facebook.com/groups/sharingnotwasting/](https://www.facebook.com/groups/sharingnotwasting/)

Share what you've made on facebook!



### Special Friends

Special Friends is a small local charity, supporting children with additional needs and their families living in Belper and neighbouring areas. The group aims to consider every aspect of being a special needs family. They provide activities that are suitable for the wide-ranging needs of the children, and support their siblings, parents and carers. Special Friends offers a warm, welcoming community of families supporting each other. If you know someone who could benefit, or would like to know more, please get in touch.

Email: [info@special-friends.co.uk](mailto:info@special-friends.co.uk)

[www.facebook.com/specialfriendsbelper/](https://www.facebook.com/specialfriendsbelper/)





## Accessible Belper

One in five people has a disabling condition. Accessible Belper aims to ensure that accessibility for all is an automatic practice throughout the town. They continually research the needs of our community and examples of their work include training and partnering with Alzheimer's UK and Belper School, highlighting the lack of toilets and raising funds to provide a Mobiloo at events. They organised a Dementia 'Song and Dance day', increased Accessible taxis, and organised Slow Shopping at the Food Festivals. They also provide accessibility advice to the shops and businesses in Belper. Siobhan Fennell, the Chair of Accessible Belper, has been named on the Queen's Birthday Honour list and will receive a British Empire Medal for services to transport accessibility, inclusion and disability awareness.

Find out more at [www.accessiblebelper.org](http://www.accessiblebelper.org)



## Blue Box Belper

Blue Box Belper is based on the Parks Estate in Belper. They run and support several community activities, such as a monthly Cuppa-Cake-Chat social gatherings, weekly Chair-obics sessions, a craft club, and youth activities. They're also working hard on plans to build a new Community Centre, to replace the original Blue Box building (the youth club) on the park, which was demolished in May 2015. So far, they've raised nearly £50,000 towards the cost of construction, and are confident that with a couple of large grants and continued support from the local community, they will raise enough funds.

If you're interested in getting involved please go to:  
[www.blueboxbelper.co.uk](http://www.blueboxbelper.co.uk)

3



food &  
community  
hub



HOPE for Belper

### Hope for Belper

Hope for Belper was set up in 2008 by the churches in the Belper. Their great work includes a number of important initiatives including:

**Street Angels** are an independent group of volunteers who spend time on the streets and estates of Belper on Friday nights offering support and help and a listening ear for anyone suffering with distress or physical harm. If you would like to volunteer as a Street Angel, or would like to learn more about their work, check out [www.hopeforbelper.com](http://www.hopeforbelper.com)

**The Food & Community Hub** is open 12-2pm on Tuesdays and Fridays at the Baptist Chapel on Bridge Street in Belper. Access to the crisis food parcels (Food Bank) requires a referral, but everyone is welcome to drop in, to access the internet for online accounts and job searches. There is free tea, coffee and snacks and a place to sit and chat.

**Christians Against Poverty** is a national debt counselling charity, which offers hope and a solution for people in debt. Hope for Belper partners with CAP to offer debt counselling in our community. Call 0800 328 0006 to book a FREE appointment or visit [www.capdebthelp.org](http://www.capdebthelp.org) for more information.

4



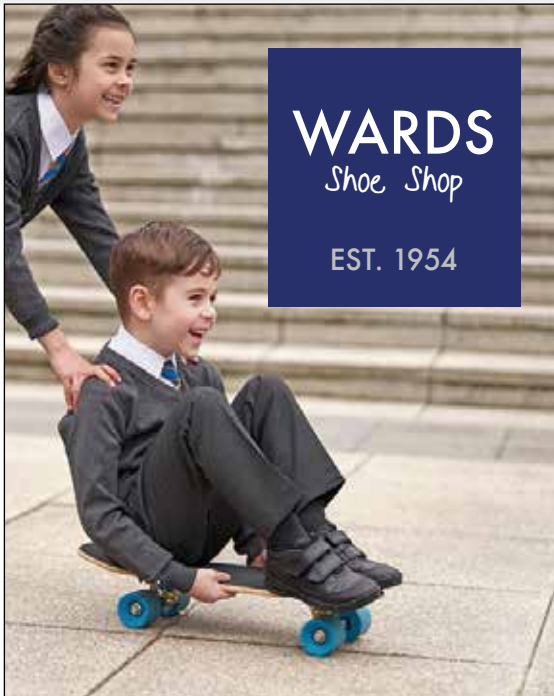
### Derwent valley cycleways

Want somewhere safe and beautiful to ride your bikes? Without loading them into the car first!

In Belper, there are no safe – or flat – places for children to learn to cycle, for families to enjoy cycling together, or for other local trips by bike. So please help to provide two off-road sections of the Derwent Valley Cycleway which will fan out from Belper, northwards along Wyver Lane and southwards to Milford!

To add to successful local fundraising, the Derwent Valley Cycleway group needs to show evidence of substantial local support in order to raise the remaining money from national grant providers, such as Sports England and Sustrans.

Please add your name by registering for their newsletter on: [www.derwentvalleycycleway.org.uk/newsletters](http://www.derwentvalleycycleway.org.uk/newsletters)



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<p><b>POST NATAL REFORMER FITNESS, CORE &amp; PELVIC FLOOR</b> (Babies welcome)        WEDS 10:15-11am &amp; 2pm -2:45pm</p>	<p><b>DROP-IN MAT WORK PILATES</b>        Mon 9.20am • Weds 7.30 pm • Fri 9.30am</p>
<p><b>PHYSIOTHERAPY &amp; MASSAGE</b>        For pregnancy, post natal &amp; all other sports &amp; musculoskeletal injuries</p>	<p><b>PHYSIOTHERAPIST-LED CLINICAL REHAB PILATES</b>        for long term or recurrent injuries post surgery/post natal</p>

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# BOOM'S LOCAL HERO OF THE MONTH: SALCARE

**When you visit Salcare in Heanor, you will be overwhelmed by the breadth and depth of amazing work being done there on a daily basis for those most vulnerable around us.**

You can bring all your family donations to Salcare. They accept children's and adult's clothing, shoes, toys, bric-a-brac, bedding and furniture. They will send a driver to your house to pick up furniture, which is put on sale in their warehouse to provide low cost home furnishings for local people. All donations go towards funding their many, many community services. Salcare offers free advice for people about benefits and the McKenzie Friend Service for those in need of legal help and advice, as well as courses for those experiencing domestic abuse. They provide a contact centre for supervision of children of separated parents. They have art therapy classes for children who

have suffered trauma and loss, a food bank, low-cost laundry service and a café that serves inexpensive wholesome meals. Everyone is welcome, all genders and communities. This grass-roots organisation and its staff are truly local heroes! Please stop by and browse in their warehouse of clothing, furniture and other household items. Have a tasty meal in the café. Your money will be well spent at Salcare.

If you are currently experiencing personal difficulties and don't know where to turn, Lizzie and Dena and their team can help connect you with the services that can help you. Salcare is well worth a visit!

**Open Monday - Saturday**

59 Ray Street, Heanor, DY75 7GF

Tel: 01773 764562

[www.salcare.org.uk](http://www.salcare.org.uk)



## Children's Holiday Club, Belper.

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

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

fun, messy play, den building, bike days plus trips out etc but the children always have the freedom of choice in their play.

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

Prices start from £3.50 per hour to £25 for a full day 7.30am to 6.00pm  
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# SO PROUD OF BELPER'S HERITAGE

We're so lucky in Belper – not only is it a fantastic place to live, it's also full of history and heritage. Some of it so important that the town is part of the Derwent Valley Mills World Heritage Site.

There's a whole host of fascinating stories about the town, and the wider Derwent Valley, but we asked some of the people who work with our local heritage, what aspects make them most proud of Belper's contribution to world history.



**Kat Tonks is the new manager at Strutt's North Mill, Belper's own museum.** She says: "I'm a new arrival in Belper, but I'm already very proud of the North Mill and its amazing history!"

The skyscraper technology developed in its construction really is something to be proud of, as is the museum we have here today. The volunteers work so hard to make it a wonderful place to visit, they have so many stories to tell, to all ages!"



**Mary Smedley is the chairman of Belper Historical Society, and the original manager of Strutt's North Mill.** She says: "Belper really was an industrial giant at one stage, not just with its mills but also its nail-makers, its

foundries, hosiery producers and more. Wonderfully, as the industry went, Belper re-invented itself as the vibrant and friendly town it is today. We have so much history to celebrate and be proud of, but it's the hard work of its industrial pioneers, the people who worked for them, as well as those who re-energised it after the loss of industry, that made the town what it is today."



**Adrian Farmer has written a number of books about Belper's history, and is a co-ordinator for the Derwent Valley Mills World Heritage Site,** which includes Belper and its mills. He says: "One of the most wonderful

things about Belper, and the wider Derwent Valley, is that despite all that industrial development since the 18th century, you can still enjoy a sense of the rural landscape in which our mills, factories and workers' houses were placed. It's still a green and beautiful valley and the contrast with such important historic industrial buildings makes for a landscape which is like no other. That really is something to be proud of!"



**Ian Jackson is one of the World Heritage Site's researchers and walk leaders, and specialises in how water-power provided for all the historic mills.** He says:

"The Strutt family truly were engineering pioneers – particularly William Strutt, who designed the North Mill. One of the most amazing things about the Belper Mills site is the network of water channels, the magnificent horseshow weir, and the system that was set up to ensure there was always plenty of power to work the machinery to provide good cotton thread. That energy was clean, carbon-free and re-usable. The Strutts were ahead of the game in so many ways, and what they achieved in Belper so long ago is as relevant now as it ever was – there's something to make us all proud."

# SUMMER WATER FUN

Fingers crossed for some lovely summer holiday weather here in Britain. No doubt you'll be looking for outdoor activities on those hotter days. Here are some ideas for where you can head for water fun on those days when the kids need a cool down. Most of them are FREE, after the cost of parking...

## SPLASH PADS & PADDLING POOLS



**Crossley Park** in Ripley has a great splash pad that's enclosed with a grassy area and picnic benches. There is a car park next to the park and a good playground. There are no refreshments for sale but there are toilets with limited opening times.

**Hall Leys Park** in Matlock has a splash pool next to a play area and little boating lake. You can hire boats for a small cost. There is a café and toilets in the park too. Car parks do get quite full in Matlock, so you may wish to catch the train, which delivers you near the park.

**Heanor Memorial Park Spray Pool** (next to the Heanor Leisure Centre) has just been refurbished and has an area for toddlers and an area for older children. There is a great Snack Shack within the enclosure and toilets nearby.



**Markeaton Park** has a very large paddling pool with fountains, near several big play grounds. It's lots of fun but very busy and it's difficult to keep little ones in view.



**Aqua Tek** is the huge water play area at Magna Science Adventure Centre in Rotherham. It's a little further to travel but you can have a whole day of both outdoor water play and indoor interactive-science-fun!

**Bakewell Recreation Ground** has a small splash pad as does **Chaddesden Park**.

We recommend you check the park or council websites ahead of your visit to ensure the splash pads are working and to make note of days and times they are switched on.

## OUTDOOR SWIMMING POOLS



**Hathersage** is a 30m outdoor heated swimming pool (28 degrees) with changing cubicles and a pool cafe. There is a cost to enter and you will need to check the website for the session timetable ([www.hathersageswimmingpool.co.uk](http://www.hathersageswimmingpool.co.uk)).

The town of Hathersage is near Padley Gorge, where there's a lovely walking route mentioned in Boom Issue 4.



Playing by water is fun, but **extra** safety precautions must be taken. We asked Derbyshire Fire & Rescue Service for their top tips for Water Safety.

Station Manager Kevin Page said:

“ When the weather’s hot, and in particular during the school holidays, increasing numbers of children put themselves at risk of drowning. Open water such as rivers, lakes and reservoirs can look inviting, but there are many hidden dangers associated with them. ”

“ Swimming in a warm swimming pool is very different to swimming in cold open water. Hidden currents, deep water and hidden rubbish all present a risk of drowning, not to mention the cold water shock that can lead to muscle cramps and difficulty breathing. ”

“ We want everyone to stay safe this summer, whether it be small children enjoying a summer’s day paddling at a splash pool, or a group of teenagers looking for a place to cool down. We would therefore like to remind parents and children to only swim in swimming pools where a lifeguard is present and to only allow children to play in splash pools under close supervision. ”




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Registered Charity Number 1112584

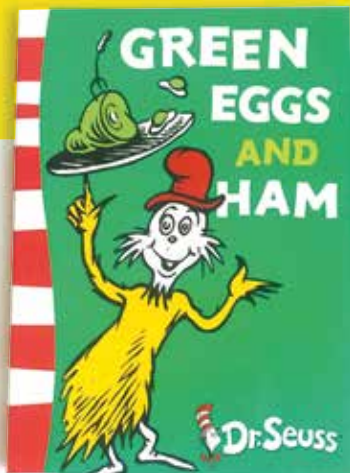
# RECIPE FOR GREEN EGGS

By Sascha Landskron

"I will not eat ....." is a common thing we hear as parents. Cooking for young and fussy children can be a nightmare! On top of that there is so much information out there about things we should, or should not be feeding our kids. It is a minefield, but you can find peace at your dinner table. Making meals playful and silly can reduce the stress and help children learn to enjoy food.

Children love the book "Green Eggs and Ham" by Dr Seuss. It's a lengthy, repetitive ode to picky eating, which ends in the central character finally trying a food he finds disgusting - green eggs and ham.

I've devised a recipe for green eggs, that's healthy and kid-approved! Parents love this recipe, because it packs in loads of nutritious spinach (high in several vitamins and minerals). Kids enjoy it, because it's from a familiar, well-loved book.

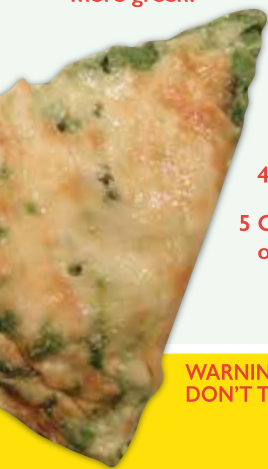


## BASIC INGREDIENTS (SERVES 4-8)

- |                         |                               |
|-------------------------|-------------------------------|
| 1 Tbsp butter           | 100g washed baby leaf spinach |
| 4 spring onions, sliced | 100g grated cheese            |
| 9 eggs                  |                               |

## METHOD

- 1 Melt the butter in an oven-proof frying pan over medium heat and add the spring onions. Sauté for a few minutes.
- 2 Crack the eggs into a bowl and add the spinach then blend until smooth with a stick blender or food processor. After you've tried this recipe a few times you can start to add more spinach to make the eggs more healthy... and more green!
- 3 Add the green egg mixture to the frying pan and stir and cook for a few minutes, then spread flat. Cook over medium heat until the eggs are mostly solid, taking care not to burn the bottom.
- 4 Spread the top with cheese and grill in the oven until golden brown.
- 5 Cool slightly and cut into slices like a pie and serve with pasta, rice, toast or a jacket potato to make it a complete meal.



**WARNING:**  
DON'T TRY THIS RECIPE AT HOME UNTIL YOU'VE READ THE BOOK AT LEAST 1,000 TIMES!

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23rd - 26th August:

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

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Photo credit: Mark Savage

# Upcoming Family Theatre



**Déda** 01332 370911 • [www.deda.uk.com](http://www.deda.uk.com)

## HUBBUB BEACH PARTY

**Sunday 14 July - 2-4.30pm**

It's time for some summer fun at Hubbub Club's annual Beach Party. Grab your sunglasses and prepare for an afternoon of new performances, games in the café, surprise acts and dancing. Everyone is welcome, especially those with moderate learning difficulties and their friends and families. Dress up in your beach gear if you fancy!

Tickets: £8 (carers go free) or four for £25

## DANCE & CIRCUS SUMMER SCHOOL

**Monday 5 – 9 August 9am-3pm**

Experience an exciting and action-packed week of dance and circus. You will be working with inspirational artists who will enable you to develop your confidence in each skill area, as well as helping you make new and exciting work to share at an end of week presentation. Defy gravity and dazzle your friends and family with your Showman-style moves!

Cost per child: £125

Sibling discount: £100 for subsequent siblings booked onto the week

Additional arts activities are available Monday to Friday, 3pm-5pm at £25 per child

Age groups: Reception-Year 2, Year 3-6 and Year 7-11



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

## HERE BE DRAGONS!

**Monday 5 – Saturday 10 August - 11am & 2pm**

Babbling Vagabonds present a walking story-telling adventure! Join their brave zoologists, the 'Monster Menders' as they take care of strange and peculiar creatures. Discover the wonderfully weird and woolly, the slimmest and smelliest, and those shy secretive monsters that slither and wobble about in our wonderful world.

Tickets: £9 - Ages: 4 years and older



**Derby Theatre** 01332 593939 • [www.derbytheatre.co.uk](http://www.derbytheatre.co.uk)

## FIVE

**Wednesday 31 July – Saturday - 10 August - 11am & 1:30pm**

Five is a playful exploration of our five human senses through dance, movement and live music. Created by Derbyshire-based family theatre specialists, WinterWalker, this warm, funny and inclusive show is a perfect introduction to live performance for children age 3 to 6 and their grown-ups. Free Stay 'n' Play area before and after the show and FREE ice cream with every ticket.

Tickets: £12 (£10 concessions)



## BABBLING VAGABONDS AT HEAGE WINDMILL 'HERE BE DRAGONS!'

**Tuesday 30 July, Thursday 1 & Friday 2 August, 11am and 2pm**

Join Babbling Vagabonds as they bring their latest outdoor show to Heage. Discover the secretive "Creature Carers" in their camp of wonders and help conjure up a crafty story to help heal the magical monsters and bewildered beasts in their care.

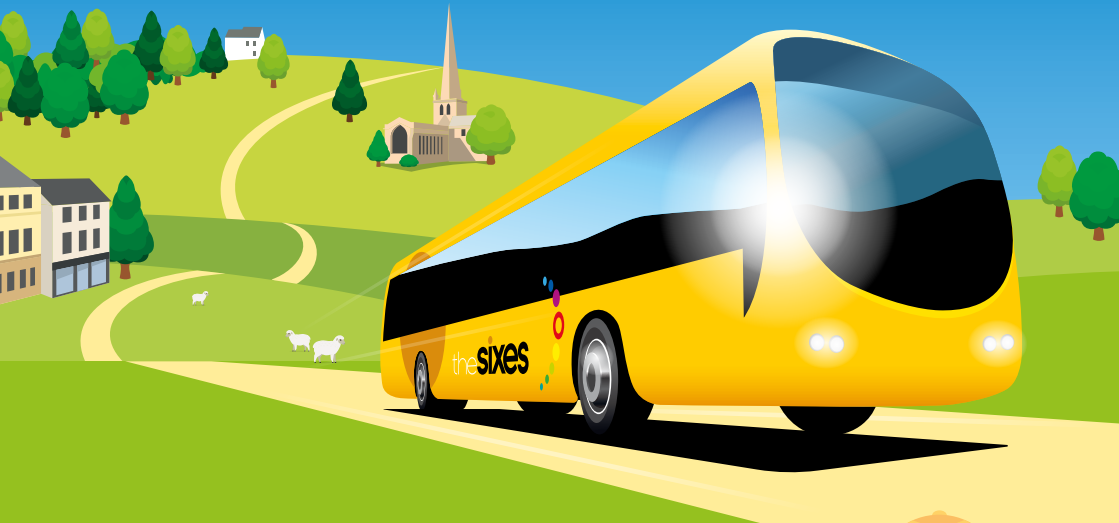
Tickets: £8 • Book through the website: [www.babblingvagabonds.co.uk](http://www.babblingvagabonds.co.uk)



# the sixes

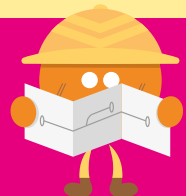
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