

FREE



BELPER

THE ESSENTIAL HANDBOOK
FOR LOCAL FAMILIES

ISSUE 3

SUMMER 2017



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Cover photo of Isaac, Joe and Louis, competition winners from issue 2. By Christina Michelle



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Sascha Landskron and Jo Leigh



Editors of Boom Magazine and local mums

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BOOM Belper! Hello and welcome to our third issue of Boom Magazine with even more content than ever to keep you updated, connected and informed.

We dedicate this issue to all things outdoors. The sun is out (sometimes!) It's time to end the winter hibernation and take our kids outdoors.

Jacqui Hawkins gives us two scenic pushchair friendly walks in Why I Love Walking/Peace and Quiet, and Jo Leigh shares one of her favourite Walks for Little Legs. Jo Dyer, of Really Useful Gardens, inspires us to make the most of our outdoor space. Kerry Gill offers some excellent picnic hot-spots in Spring has Sprung, but for those inevitable rainy days, check out Anna Bryan's Sensory Play Ideas.

Chad Brook offers advice on introducing Children and Dogs. Some of our readers will be thinking about choosing a primary school. Find information and guidance here in Starting School: The



Photo by Christina Michelle

Facts You Need to Know. Alison Harris explains in Proprioception how getting our kids moving helps them to learn and Sascha Landskron gives us the low-down on Cow's Milk Allergy in Children. Emily Elgar dares to ask: What's the Score with Your Pelvic Floor? and gives us some top tips on how to strengthen these elusive muscles.

Thank you for sharing your favourite summer places for kids, which we compiled in Inspiration for Summer Days Out, plus we've put together a calendar of local summertime events, Summer Sizzlers. As always, we encourage you to take in the amazing classes, groups, swimming and theatre, which are on offer locally (and listed here in Boom). Please take the time to peruse all the lovely local businesses who advertise with us as they make this magazine possible. Be sure to check out the fabulous coupons on offer here, exclusive to Boom.

We hope you enjoy this issue and have a fabulous summer filled with oodles of outdoor fun!

Jo & Sascha

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PEACE AND QUIET!

WHY I LOVE WALKING



Mum-of-two Jacqui Hawkins shares her *real* reason for enjoying a good long walk every day

Ah walking, it's so great for kids right? Makes them sleep better at night, loads them full of vitamin D, helps their eyesight, and all that?

Well yes, and I wish I could say that's why I take mine out every single day. The truth is, most days we only go out because I have a border collie, and a collie without exercise is like a toddler who's had too much birthday cake (specifically, that birthday cake, when we used so much food dye a friend asked why her kid had gone nuts, and why his teeth were green).

However, we also go out because sometimes, once I've wrestled and bribed both kids into the buggy, it's quiet for a moment. The baby goes to sleep and my three-year-old might even stop talking. Or asking me what the time is. Or telling me to count to ten and find him, even though I know

exactly where he is, because after 17 rounds of hide-and-seek, lying face down on the couch is still a stupid place to hide. The transformation astounds me. We spill out of the front door, with the dog barking and at least one of us howling and usually only partly dressed, and then some kind of magic happens. By the time we're 200 yards up the road, I can almost hear my brain again.

Sometimes, if I walk far enough, the boy naps too. Then I'm filled with love and amazement as I watch him hunt out boogys in his sleep. And very occasionally, I leave the pushchair at home and let him walk too, but only when daddy's around to carry him and his 'explorer kit'

home again (Because halfway around, he inevitably decides he doesn't want to be an explorer anymore, and really who can blame him, given that being an explorer usually ends in a gruesome death anyway, or at the very least, a nasty case of dysentery).

In any case, the children don't actually care whether they're pushed or carried. And they don't seem to mind where we go, either. BUT, if you are looking for somewhere a bit 'special', I do thoroughly recommend these buggy-friendly routes, all picked for their wholesome beauty... and perhaps their cafes.

See Our Top Two Pushchair Walks →



Chatsworth

Best for: Making a day of it

Attractions: Woodland, a mock waterfall, lakes, canons, and great views

Length: 3.5 miles

Gradient: Quite a push

Map: www.chatsworth.org/media/9436/park-stand-wood-walks-map.pdf

There are a few options for pushchair walks at Chatsworth, including along the river to Calton Lees or Baslow, but this is my favourite.

1. Park at the house (pay for parking but not house entry), then walk towards the farmyard and playground.
2. Enter Stand Wood and follow the metalled road steadily uphill along the back of the house. After about 500 metres, you'll glimpse the waterfall feature up to your left, followed soon after by a sharp road junction - continue straight on.
3. After another 500 metres, follow the road around a sharp hairpin that takes you up onto the moor and to another track junction. Ignore the muddier path left along the edge (unless you need a shortcut) and continue east across the moor for about 200 metres.
4. Turn left on a coarse gravel track. Follow it as it first turns sharply east, then north again, until you can see pretty Swiss Lake.
5. Follow this same track easily down to Emperor Lake, then the Hunting Tower, where there are fantastic views across the Derwent Valley.
6. Find the good metalled road that leads back downhill under the hunting tower; then turn sharply right at the bottom to return to the farmyard and house.

Tips, please!

We'd like to know, where do you walk in or around Belper with a pushchair? Join the chat: www.facebook.com/boommagazinebelper/



Cromford Canal

Best for: Ducks

Attractions: Secretive wildlife like voles and shrews, old railway relics

Length: 3 miles

Gradient: Steep

Map: Not needed

This is one of the best places around to feed ducks, but please bring proper duck food or buy it from Wheatcroft's Wharf cafe - save those brownies for toddler bribes

1. Follow the towpath south, keeping the canal on your right, until you reach High Peak Junction.
2. Cross the canal at the footbridge. Pass between the buildings to climb onto the High Peak trail, passing under a tunnel.
3. Before you reach the top of the incline, you'll pass over a bridge above a dirt road. Immediately after this, at the footpath post, leave the trail to the left and follow the path down onto the mud road (Intake Lane).
4. Follow Intake Lane downhill (a few bumps) until you reach the suburban street. Continue downhill to the A6.
5. Cross the A6 with care. Find the break in the wall opposite and follow this footpath down to Arkwright's Mills. Turn right on Mill Road and follow back to Cromford Wharf.

NEED TO KNOW

These walks are suitable for sturdy pushchairs, ideally all-terrain, but anything with good big wheels will cope unless it's been bucketing it down. There have recently been attacks on lone female runners in our area, including on the southern part of the Cromford Canal. This walk visits the busier northern end, but please use common sense - take friends if you can and don't go when it's very quiet. You'll need change for parking at both Chatsworth and the Cromford Canal

*For more ideas for pushchair friendly walks in Derbyshire, visit www.accessiblederbyshire.org/activities/walking or www.walkswithbaby.com

Nature Babes



Mya

Well done to Mya 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



Charlie



Chloe



Eden



Ellie



Elliott



Esther



Harriet



Jessica & Ella



Kennedy & Noah



Mila



Mollie Rose



Molly



Rafferty



Summer Pearl



Tilly Rose



William & Albert

Photos by Christina Michelle



A Walk for Little Legs on the Nutbrook Trail

By Jo Leigh co-editor of Boom Magazine

Here's a walk that's perfect for those little legs who love to walk, run and scoot, but can't keep it up for long. The walk is just one mile, to a lovely outdoor café, and then one mile back again.

The start of the walk is about a 20-minute drive from Belper, off the A609 leading to Ilkeston. Use postcode DE7 6HN in your GPS. After you pass The Bottle Kiln on your right, turn left onto Mapperley Lane leading up the hill into Mapperley Village.

Park up in the village. From Mapperley Lane, turn right onto Coronation Road, which leads onto Slack Lane. Follow this lane, it is the one-mile farmer's track & bridleway which takes you to the café. Along the

way, take in the lovely open fields, wildlife, farm animals and streams. (If you're lucky there will also be some awesome puddle jumping!) The track is gravelled with some pot holes but well established so perfect for buggies, bikes, scooters, or even pushing dollies.

After a mile you will reach the newly built Nutbrook Coffee Shop. They have a range of snacks, cakes, light lunches and afternoon tea. Summer opening times, April to August are: Friday, Saturday, Sunday and Monday. The café is pet friendly, and has both indoor and outdoor seating. www.nutbrookcoffeeshop.co.uk

Before you head back the way you came, check out the giant carved wooden mole and the stream by the coffee shop. The

stream has no fence, so stay close to your little ones.

When you arrive back at Mapperley Village, enjoy a drink or meal in the garden of the local pub The Old Black Horse. They do a particularly good Sunday Carvery. www.blackhorsemapperley.co.uk

If you prefer a picnic, there is a great play area and football pitch, further up Main Street from the pub.

For a slightly longer walk, about two miles each way, you could start from Shipley Country Park Visitor Centre, GPS: DE75 7GX off the A608. This beautiful park offers 700 acres of parkland, a large lake, miles of trails, multiple playgrounds, toilet facilities and a café.



Cow's Milk Allergy in Children



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

What is milk allergy and why does it happen? Food allergies are becoming more common. No one knows for sure why this is happening but The Hygiene Hypothesis, or the fact that we are living in cleaner environments, safer from acute illness, is one possible reason.

Babies born to parents who have asthma, eczema, hayfever, environmental allergies or food allergies are more susceptible to developing food allergies. Children can inherit the genes for allergic conditions and then their immune system can react when it is exposed (or sensitised) to certain food proteins. Eating too much, or not enough, of any particular food when pregnant does not cause food allergies. This article will deal with cow's milk allergy, as it is the most common food allergy in children.

Not all milk allergic children react in the same way. See Box 1 for the signs and symptoms. Milk allergy can be associated with eczema and asthma. Some children will also struggle to tolerate soya, because soya protein and milk protein are a similar structure.

What can my child eat?

If your child has a milk allergy, they won't be able to eat dairy products (milk, yogurt, cheese, butter, margarine). You will need to check food labels because many foods have milk as an ingredient. Chocolate, breads, biscuits, cakes, processed meats like sausages, fish fingers, and

chicken nuggets, and foods with sauces and some mayonnaises are likely to contain milk as an ingredient.

There are plenty of alternatives. There are over 50 types and brands of calcium fortified plant milks such as soya, almond, coconut, and even hemp. Goat, sheep, "A2", lactose free and rice milks are not appropriate alternatives for children with milk allergy. Alternative yogurts, cheeses and margarines are also available in most supermarkets. If you are looking for foods like biscuits, fish fingers and bread that do not contain milk as an ingredient, there is no need to buy "free from" foods. If you read ingredient lists on food packages, you can easily spot the word "milk" in bold.

My baby has a milk allergy. Can I keep breastfeeding?

Yes! Store-bought infant formulas are made from cow's milk. Soya formulas can be bought, but are not recommended as an alternative for babies under six months of age, and may not be tolerated by older babies. If your baby is breastfeeding, sometimes cow's milk protein can pass into your breastmilk causing reactions. But there is no need to give up breastfeeding. If you stop eating dairy products and all foods with milk as an ingredient, your breastmilk will not contain any cow's milk proteins. You will probably need to take a calcium supplement, as calcium requirements are very high for breastfeeding mums.

There is a risk of nutrient deficiencies when you cut foods out of your diet. If you or your child is on a milk free diet you should ask for a referral to a Paediatric Dietitian. Always speak to your Health Visitor, GP or Paediatrician if you suspect your baby or child has a problem with any foods.

Is there a test for milk allergy? When can we start to give milk?

Unfortunately, for most children there is no medical test. Stools samples are not a valid test and skin prick and blood tests only test for immediate allergic reactions (such as anaphylaxis and hives). Most often, the test is done at home, with parents cutting out all dairy products and foods with milk as an ingredient, to see if their child's symptoms improve. Then ideally, parents will reintroduce milk and see if the symptoms return. We usually advise reintroducing milk around six months after diagnosis, or around 12 months of age (unless your child has an anaphylactic or life threatening reaction, in which case this needs to be done under the supervision of an Allergist).

The MAP Milk Ladder is used for reintroducing cow's milk. It starts with foods that contain a small amount of baked milk. They are the least likely to cause a reaction. With each step, the amount of milk increases and the temperature decreases. Progressing through the milk ladder should be done with the assistance of your Paediatric Dietitian. Most children (80-90%) will outgrow their cow's milk allergy by the time they are three years old. We are not yet able to predict how fast a child will progress through the milk ladder. The important thing to remember is that kids can lead a full, healthy and happy lives with food allergies, it just takes more planning and preparation and a little professional help.

Signs and symptoms that can be associated with cow's milk allergy:

Digestive: vomiting, reflux, constipation or loose stools (especially with blood or mucous), persistent irritability or colic.

Poor weight gain, or slow growth

Skin: hives or swelling of lips and eyes, eczema

Breathing: anaphylaxis, wheeze

Please note: All of the above symptoms can be caused by many things and may not be related to milk allergy. If your child has any of these symptoms, don't assume it's a milk allergy. Speak to your Health Visitor, GP or Paediatrician first.

Many parents who have children with food allergies say they run out of ideas for meals and snacks. Here is a list of ideas of dairy free child-friendly foods:

- Dairy free cheese cubes (try several brands as some are tastier than others)
- Raw or steamed vegetable sticks and houmous
- Crumpets or tortillas, spread or filled with houmous or natural peanut butter
- Sheppard's pie, lasagne, scrambled eggs, etc., can be made with plant milk alternatives and milk free margarine and sprinkled with dairy free cheese
- Pasta with "free from" pesto or tomato sauce, mince and vegetable sauces
- Grilled salmon with cucumber sticks and cous cous
- Rice and chilli (skip the sour cream and cheese)
- Tinned mackerel on toast with slices of raw peppers
- Jacket potato with low-sugar baked beans
- Dairy free ice lollies, recipe below

Dairy free ice lollies:

Ingredients:

Tin of coconut milk
Berries, bananas, pineapples, papaya or other soft fruit

Method:

1. Pour off the watery part from the tin coconut of milk.
2. Blend the coconut cream with your choice of fresh fruit.
3. Pour the mixture into ice lolly containers and freeze.



Spring has sprung!

BY KERRY GILL - local mum & nature enthusiast

The weather is starting to warm up, making it perfect to venture outdoors for picnics and wildlife spotting. I'd like to share with you two of our favourite places to explore nature and enjoy lunch outdoors.



At this time of year there's lots of wildlife to look and listen for. It's a great way to spend time with your children and look at the natural world more closely. Don't worry if you don't know the names of the plants or animals you see - you can learn together. Try and pick something they are naturally interested in. Some children love flowers, while others are more interested in insects.

On warm days you will see plenty of butterflies. The Field Studies Council do a fold out butterfly identification sheet to show your children what is on the wing. In May easy butterflies to spot are Orange Tips, Peacocks and Red Admirals.

Swifts, Swallows and House Martins have returned and are gracing our skies once again. They can be seen feeding on insects over wetlands and meadows. Swifts are the largest and have a distinctive sickle shaped wing. Listen for their distinctive screech and watch their acrobatics as they swoop through the sky. Swallows have long forked tails and are often in groups with House Martins which have shorter tails and a white spot on their rump. You know spring has sprung when wildflowers start to bloom. If you struggle to recognise wildflowers, this is a good time of year to start as you won't be overwhelmed by the profusion of flowers later in the year. Start with a few easy ones like Red Campion and Meadow Sweet.



Water Vole

Orange Tip Butterfly



Red Campion

House Martin



Meadow Sweet

Red Admirals



DUFFIELD MILLENNIUM MEADOW

(Donald Hawley Way, Duffield, DE56 4BE)

Duffield Millennium Meadow, planted in 1999, has a network of paths to explore its lovely mix of wetland, grassland and woodland. There's lots of places to have picnics either on one of the many benches, or take a blanket to one of the meadows.

Follow the track marked Donald Hawley Way which runs along the railway line. As you approach the cricket pitch, the gate into the meadow is on your right. Park on the left opposite.

Alternatively why not catch the train from Belper to Duffield.

Pushchair friendly.



HIGH PEAK JUNCTION

(High Peak Junction car park, Lea Rd, Matlock, DE 4 5AE)

Just a few minutes' walk from the car park is the junction of the Cromford Canal and the High Peak Trail. There are picnic tables by the canal, toilets and an information centre with an old brake car behind it for children to explore. This is also a great place to see water voles. Listen out for their distinctive 'plop' as they disappear into the water.

Leawood Pump House is just a few minutes' walk along the canal. You can see it in action on some weekends and bank holidays. You can do a one mile circular walk from here by turning left after the pump house through Lea Woods. Turn left at the Lea Wood information board then left again on the road back to the car park.

Park in High Peak Junction pay and display car park and follow the signs across the river.

Pushchair friendly.

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SUMMER SIZZLERS

Events happening locally for all ages!

Belper Farmer's Markets

2nd Sat of every month, 8.30am-1pm at the Market Place. Free parking in the adjacent Coppice Car Park.

Larks in the Park

Every Sun from 4th June until 3rd Sept at Belper River Gardens, 2-4pm. Free Entry.
Sun 18th June and 30th July Kids special - Clowns, Punch & Judy, Coconut Shy, Children's Roundabout, Folk Friendlyz, Fleet Arts Workshop and Bouncy Castle. Free entry

Belper Goes Green ECO Festival including a CAMRA Beer Festival and Live Music

Fri 2nd June 6-11pm, Sat 3rd June 11am-11pm, Sun 4th June 12-6pm. Belper Rugby Club, Strutt's Playing Field, Derby Road. A range of stalls, food, workshops, camping and activities for kids including: a selection of free workshops and a mix of arts, crafts and science activities suitable for all age groups. Also willow sculptures, a labyrinth, stone balancing and other creative activities at various stalls. Derbyshire Toy Library will have a large selection of outdoor toys for children.

Belper Steam and Vintage Event

Sat 10th June to Sun 11th June 8.30am-5pm Salterwood Meadows, Denby. Under 12's Free. Includes terrier and ferret racing.

Croots Open Farm

Sun 11th June, 11am-3pm Free event. There will be a farm walk, sheep shearing demonstrations, blacksmith demonstrations, horse and cart rides, tractor displays, competitions, BBQ and a live contemporary folk band.

The Belper Great Get Together in Honour of Jo Cox

Sat 17th June 12-3pm Belper Memorial Gardens (TBC) Bring a picnic and extra food to share, plus any instruments or pop up activities you might like to offer. Invite your neighbours, especially those you don't know! Find the group on Facebook.

Ambergate Carnival

Sat 8th July Ambergate Recreation Grounds Parade at 1:15pm.

Belper Food, Real Ale and Craft Festival with Live Entertainment

Sun 9th July 10am-4pm Belper High Street. A showcase of over 100 local and regional food and drink producers. Free event suitable for the whole family. Activities include: arts and crafts, children's farm, a classic car show, live music, dance acts and children's entertainment.

Belper Games

14th-16th July Belper Rugby Club

Fri 14th July 6-11pm

Real ale and cider festival, free entry plus a special outdoor screening of The Jungle Book (Animation) and The Goonies.

Sat 15th July 11am-11:30pm

'It's a Knockout' course, real ale and cider bar, food quarter, market, show ground, live music and many activities for kids and big kids alike.

Sun 16th July 10.30am-8pm

Two-stage music festival with 'Total Wipeout' style inflatables, activities for little ones and a hot food quarter.

Pre-order tickets through the Facebook page.



Photograph by Ashley Franklin

Superhero Picnic in the Park

Mon 31st July to Fri 4th Aug Markeaton Park, Darley Park, Derby Arboretum, Chaddesden Park and Sunnysdale Park.

Dress up like a superhero, bring a picnic and enjoy the activities! Prizes for best dressed superhero.

Twistin Tots Summer Charity Picnics

Tues 1st Aug, 11am Belper River Gardens - (If wet weather at The Fit Pit)

Wed 9th Aug, 11am Hall Leys Park, Matlock

Mon 7th Aug, 11am Little Eaton Park (Cricket Ground)

Fri 18th Aug, 11am

Crossley Park Ripley.

Picnics are free with a donation bucket to raise money for charity. All welcome and bring your own picnic and rug.

Derby Festé

Fri 29th to Sat. 30th Sept Derby City Centre Derby Festé Activities and events for all the family to enjoy.

Déda Summer Activity Programme

2 fun-packed weeks split into two groups: one designed for ages 5-10 years and another for ages 11-16 years.

31 Jul - 4 Aug from 9am-3pm

Showstoppers: Devising and performing a show in a week

7 Aug - 11 Aug from 9am-3pm

High Flyers: Dance, Acrobatics, Aerial and Visual Art in a week

Call Deda Derby box office on 01332 370911 to book

Quad Summer Nights Film Festival

Kedleston Hall
Fri 21st July Bridget Jones' Baby (15)
Sat 22nd July The Legend Of Tarzan (12A)
www.summernightsfilm.co.uk

The Hannells Darley Park Concert & Firework Display

Sun 3rd Sept 6pm Tickets only derbylive.co.uk

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For news, locations and more please go to:
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<http://www.ambergatecarnival.org.uk/>

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Upcoming Family Theatre



Derby Theatre • 01332 59 39 39 • tickets@derbytheatre.co.uk www.derbytheatre.co.uk

Déda • 01332 37091 • www.deda.uk.com



DOGS DON'T DO BALLET

Saturday 17 June 11.30am and 2.30pm at Déda

Based on the bestselling children's book by Anna Kemp and Sara Ogilvie, this fabulous feel-good show for ages 3+ features music, songs, hand-crafted puppets and Biff, the ballet-dancing dog!

Part of Derby Book Festival

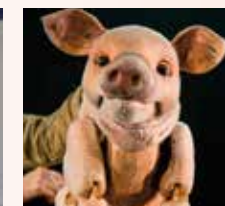
Please note: Adults and children must purchase tickets. Tickets £7



Hubbub Club Beach Party

Friday 7 July 7pm

It's back! The Hubbub Club Beach Party from inclusive theatre company Hubbub is set to bring the sunny world of holidays, seaside and ice cream right to the very heart of Derby! This summer the party will also include an exclusive and marvellous aerial act from RaRaRia! Tickets: £10



Something Else

Sunday 28 May

An award-winning and much-loved story brought to life for the stage for children aged 3+ and their families which celebrates everyone's right to be different.

One Little Word

Saturday 3 June

A beautiful and gentle story of friendship, power struggles and the rich world of creative play for ages 3+

A Tale to Tell

Saturday 17 June

An enchanting journey into storytelling and shadow play for ages 7+

Babe, The Sheep-Pig

Thursday 29 June until Saturday 1 July

A heart-warming tale of friendship which sees this classic novel, which inspired the Oscar-winning film, adapted for the stage in this enchanting family favourite, perfect for ages 5+ and their families and friends.

For more information and ticket prices for all our upcoming family shows, festivals and events, please call our Box Office on 01332 593939 or visit www.derbytheatre.co.uk

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



Don't Dribble on the Dragon

**Guildhall Theatre
Sunday 28 May**

Based on the fabulous new book by Steven Lee this spectacular musical adventure about growing up and the importance of family is the perfect feel-good show. Suitable for ages 2+.



Bringing Books to Life Market Place - Part of Derby Book Festival

Saturday 10 Jun, 10am-3:30pm

A fun-filled, book-filled and entertainment-filled day for children and families to enjoy and celebrate friendship! With storytelling, street theatre, fancy dress competition, book swap stall and lots of creative activities.



The Golden Thief of Markeaton Park

Saturday 29 – Sun 30 Jul

Join The Babbling Vagabonds on a one-hour wild walk adventure. Pit your wits against riddlers, puzzle makers and a tricky wolf, to see if you can discover the rascal who has been stealing the King's apples. Suitable for all ages tickets are priced at £5, with free entry for under 3s.

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. Babes in arms will be admitted free of charge.

– for more details see website: 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 when school's out for summer. Tickets cost just £2.50 each. For little people and grown-ups alike. Book online - No Fees Box office 0333 006 7777

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Munderbus Theatre Company
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déda 19 Chapel Street, Derby DE1 3GU 01332 370911 www.deda.uk.com

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28 mins

Starting School

The facts you need to know.

If your child was born between 1st September 2013 and 31st August 2014 you should apply for their school place by 15th January 2018. Decisions will be notified on 16th April 2018, Primary National Offer Day. They will be eligible to start school in September 2018.

You will fill in one application form

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

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

Delaying when your child starts primary school

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

Visiting potential schools

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

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

Turnditch C of E Primary

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

St Elizabeths Catholic Primary School

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

Milford Primary School

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

Long Row Primary School

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

Holbrook C Of E Primary School

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

Heage Primary School

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

Herbert Strutt Primary School

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

St Johns C Of E Primary School

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

Ambergate Primary School

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

Kilburn Infant School

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

Pottery Primary School

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

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

What's The Score With Your Pelvic Floor?

Written by Emily Elgar, BSc Hons MCSP MPOGP, Mum and Specialist Pelvic Health Physiotherapist, Pilates Instructor and APPI Presenter

We've all heard it's important to do pelvic floor exercises, but the latest advice is that it's not just about squeezing! In this article I'll share how to exercise your pelvic floor muscles effectively.

First, let's talk anatomy. The pelvic floor has three layers, each with a different role. The outer part is related to sex and the deeper layers work to support and control the pelvic organs, such as the bowel and bladder. The muscles work together and anchor from your pelvis. As your pelvic floor muscles tighten, they lift up and close around the openings of your bowel, bladder and vagina.

There are two types of pelvic floor exercises: *holds* and *short squeezes*. I suggest a *wink and zip* method to do *holds*. First, focus on your back passage, imagining you feel the urge to pass wind. Squeeze to make a *wink* as if you were holding it in. As you *wink*, try to bring your tailbone forward, as if lifting it up and in. Next, visualise a trouser *zip* starting at your back passage and running all the way to your lower tummy. Continue to squeeze forward

to your front passage as if you were closing the zip. You may feel a gathering of your lower tummy muscles, which is fine as long as you can still feel your pelvic floor working. Hold the wink and zip for a complete in and out breath. Many ladies I treat struggle to do this, and also report urine leakage when coughing, sneezing and running. If you have also noticed this, try holding the wink and zip and breathing, which helps improve these muscles co-ordinate. Finally, increase your squeeze: Picture a diamond shape joining up your left hip, front passage, right hip and pack passage/ tailbone. As you squeeze, draw equally from each of these four points shrinking the diamond. You should feel a tightening or lifting inside your groin. *Short squeezes* are a brief contraction, like switching on a light. This time imagine the centre of the diamond, the bit between your vagina and back passage, being lifted and pinched then release completely. Make sure the effort is in your groin, not your tummy muscles. Relaxing the muscles between each squeeze is important to make sure you are training the quick response needed when you sneeze.

If you are doing your exercises properly, three times a day, up to 10 repetitions of both long holds and short squeezes, your muscles should improve in their control and strength in 6-12 weeks. This might seem a long time, but if it stops leakage, prevents or reduces prolapse and heightens sexual pleasure it is definitely worth it!

Many women struggle with their pelvic floor after having babies. If you have tried the suggestions above and are still having problems with leakage, please seek help from a physiotherapist. There are lots of reasons why you may be struggling and plenty of help available. Don't let your joie de vivre be robbed by a leaky bladder!



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Ruth Machej Chartered Physiotherapist Tel: 07703 116284

Web: www.belperpilates.co.uk (Venue: Fit Pit Gym, No membership needed)

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



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- Clinical Pilates
- Reformer Pilates
- Total Beginners & Improvers Pilates
- Large Pilates Equipment Courses (Reformer & Ladder Barrel)

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

BELPER CLINIC TIMES	Belper Child Health Clinic, Babington Hospital 1-3pm on Wednesdays	
DAY		
SATURDAY	Whiffle Pigs - Creative activities supported by artists 1st Saturday of the month 10.00am - 12.00 noon The Fit Pit Age 5 - 12 • FREE	
MONDAY	Twistin Tots - musical fun and play for 0-5s (Free Tasters) Belper Community Hall 9:45-11:45am PAYG	Bellebambino Baby Massage (6wks-crawling) Alton Manor Day Nursery 10-11am PAYG
	Come and Play The Early Years Centre 10-11:30am FREE	Story and Singing Time for 0-5s Belper Library 2-2:45pm FREE
TUESDAY	Twistin Tots - musical fun and play for 0-5s (Free Tasters) Belper Community Hall 9:45-11:45am PAYG	Baby World and Me. The Vanessa Millar School of Dancing 10-10.50am & 11-11.50am BOOK
	Baby & Toddler Spanish Lessons 0-4 yrs Fleet Arts 10-11am BOOK	Chucklebuttles Toddler Tuesdays Belper Mills 9:30-12:30pm PAYG
	Tiny Talk The Fit Pit, East Mill 10am-11am Toddler Talk (Walking to 4) 11:15-12:15 Baby Signing (Newborn to 18 Months) BOOK	Twistin Tinies - musical fun for ages 0-18months (Free Tasters) Belper Community Hall 1.30-2.40pm BOOK
		B.E.A.R.S Breastfeeding Group Belper Children's Centre 1:30-3pm FREE

WEDNESDAY

Derbyshire Toy Library Stay & Play

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

Gym kids

Belper Leisure Centre
0-3yrs 9:25-10:10am PAYG
3yrs+ 10:20-11:05am BOOK
3yrs+ 11:15am-12pm BOOK

Little Church

St Peters
1:15-2:45pm PAYG

Daisy Baby

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

The Creation Station

The Strutts Centre
10:10-11am Little Explorer (15 months to 5 yrs)
Booking Advised
11:20-12:05am Baby Discover (6 months to 14 months)
Booking Advised

Jelly Roles:

Pre School Drama 18 months to 4yrs
(younger siblings welcome)
Rugby Club
2-2.45pm PAYG

THURSDAY

New Life Tots

New Life Church 10-12pm PAYG

Baby Ballet

Vanessa Millar School of Dance
Tinies (18mth-3yrs) 9.30am 10:15am
Movers (3&4 yrs) 11:00am BOOK
Tappers (3yrs+) 11:35am BOOK

Little Sage Baby Yoga Course

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

Derbyshire Toy Library Stay & Play

Brookside Bungalow
1:00-3:00pm PAYG

FRIDAY

Baby Sensory for 0-13months

The Lion Hotel
10am, 11.15am & 12.45pm BOOK

Natural World

The Early Years Centre
10-11:30am FREE

Mums with Babies & Antenatal Pilates

Belper Rehab Physio & Pilates Studio
10:30-11:45am PAYG

Sensory Stories

Strutt Centre
10-11:30 PAYG
(Check FB for potential day change)

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-2:10 PAYG

La Leche Breastfeeding Support Derbyshire

I Should Cocoa
Drop in Session 2nd & 4th Friday
Each month.
FREE (Donations Welcome)

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

SENSORY PLAY IDEAS



Hello! I am Anna Bryan, a local mum and childminder who runs Sensory Stories toddler group. I have worked with young children for 20 years and love finding new ways to engage children through sensory play.

I set up Sensory Stories toddler group because parents often ask me for ideas. In this article I would like to share some fun and simple sensory play ideas for you to use at home.

Benefits of sensory play:

- Boosts imagination
- Discover likes and dislikes
- Improves problem solving
- Develops fine motor skills
- Encourages early drawing
- Learning through play
- Soothing and calming
- Tactile, hands-on FUN!

Photos by Christina Michelle

From a very young age children discover the world through their senses. Playing with a mixture of textures and sensory materials can help children process what is going on in the world around them. Therapists and counsellors advise people to 'ground' themselves when feeling 'lost' or out of control. A good way to do this is think of three things you can see, hear, smell, taste or touch; so I have included sensory play ideas for each of the five senses.

Please note: Some of the smaller items described below may be choking hazards for young children, and care should be taken during sensory play to ensure that children are supervised and only non-toxic materials, paints etc. are used.



Sound

I use plastic plant pot trays in various sizes. You can fill them with rice, bird seed, rainbow gravel (for fish tanks) or dried food such as lentils or cous cous, and other small items that make great sounds. Include scoops such as plant pots or paper cups. Small trucks and diggers are a firm favourite to add to the mix!



Sight

Sensory activities can be very visually appealing. Personally, I love to add a touch of glitter! A few of our favourites are water beads, playdough cakes with sequins, or a variety of different sized ice cubes made with a drop of paint and a sprinkle of glitter.

Smell

Our sense of smell can invoke memories and learning. For this, we play in compost: either with diggers and farm animals, or by planting real seeds. I also put lavender flowers in a tray combined with cotton wool and magical creatures such as unicorns and dragons. The children tell stories about them flying through the sweet smelling clouds. Making citrus soup is fun! Place slices of oranges, lemons and limes in a saucepan with water and add some wooden spoons. You can also put toy tea pots and cups in water trays, spiced with any flavor of tea bags for added colour and fragrance.



Cooking and preparing food with young children is really important to help them understand where food comes from and also to encourage them to try new tastes. Children of all ages enjoy baking bread - especially the experience of kneading and stretching the dough, before shaping it into small rolls or rolling long 'snakes' to turn into breadsticks. With supervision, most children can use small scissors to chop things such as peppers and lettuce to help make a salad.



Touch

There are many tactile options to use in sensory play such as playdough, motion sand, cornflour with water, shaving foam or thick bubbly water! Water beads (find them online and in toy stores) are also great to handle as they are squishy and bouncy! Please take care as they are small and round and may be a choking hazard for small children.

You can also try painting on different textures with different tools such as brushes, sponges, toy cars, or even just fingers. Some good materials to try painting on are: bubble wrap, tin foil, ice (I make ice in small plant pot trays) and sandpaper. Real canvas boards can be bought cheaply and re-used over and over again - just restart with a new base colour.

I hope you enjoy these sensory play ideas and come join us at Sensory Stories!

Anna Bryan

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Or find one at: www.tinytalk.co.uk

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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	10.00-12.00pm

www.derbyshiretoylibraries.org

Patron: James Lewis
Charity Number: 1081255

SUMMER TREAT!

Summer is finally here and we have got a few treats for you.

When it hits 20 degrees and above you can get:
£2.00 entry per child or **£5.00** and get a meal bag included.

Grown ups can enjoy the beautiful view while drinking a perfect cup of coffee or loose leaf tea. Treat yourselves to a freshly prepared meal and get 10% off.

Last entry at 4pm 7 days a week and please check facebook before travelling for any early closures.

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www.chucklebutties.co.uk
Chucklebutties Play & Party Centre, Belper Mills, Bridge Foot, Belper, DE56 1YD

Inspiration for Summer Days Out

With your help Boom have compiled a list of lots of your favourite places near and far that will keep little ones entertained throughout the summer months. With the peak district on our doorstep and lots of fabulous places to explore we are spoilt for choice. Use the key to help you choose but please be aware that FREE entry often still incurs a parking fee.

Enjoy time outdoors and let's hope for some fantastic weather!

Key

■ Free ■ Cost Involved ■ National Trust

PLEASE NOTE PAY AND DISPLAY PARKING MAY BE IN EFFECT.

Down the road (Belper or within 5 miles)

- | | |
|---|--|
| <ul style="list-style-type: none"> Belper River Gardens Belper Parks and Nature Reserve Chevin Walk Crich National Tramway Museum Chucklebutties and other softplay venues Cromford Canal Crossley Splash Pad, Ripley Denby Visitors Centre & Beach (From mid July) Duffield Car Boot Sale (Thurs and Bank Hols) Dukes Quarry, Whatstandwell Eyes Meadow, Duffield | <ul style="list-style-type: none"> Croots Farm, play area Heage Windmill (weekends only) Holbrook Fairy Door Midland Railway Centre, Ripley Shining Cliffs Wood, Ambergate Train or bus trips from Belper Allestree Park Paint a Pot - The Craft Studio, Belper Painting parlour, Little Eaton Daisy's Maize Maze, Shottlegate Farm (from 23rd July) |
|---|--|

Over the hills (6-19 miles away)

- | | |
|--|---|
| <ul style="list-style-type: none"> Lea Green Centre, Nr Matlock Bluebell Dairy Tea Room and Play Area, Spondon Bounce Revolution Trampoline Park, Derby Carsington Water Cromford Mill & Treetop Tumble Derby Museums - various activities through holidays Dovedale Chaddesden Park Splash Pad Elvaston Castle Gullivers Kingdom, Matlock Bath Rollerworld Hardwick Hall Heights of Abraham & Cable Cars Highfields Happy Hens Farm, Etwall National Stone Centre - Wirksworth | <ul style="list-style-type: none"> Kedleston Hall Markeaton Park and Paddling pool Matlock Meadows/Ice Cream Farm Matlock Bath Aquarium Matlock Park and Splash Pad Oxygen Freejumping Trampoline Park, Derby Bounce Revolution, Derby Shipleigh Park & Nutbrook trail/ Coffee Shop StarDisc & Stoney Wood, Wirksworth Wollaton Hall and Park MFA Bowl Ilkeston Matlock Farm Park Darley Park Black Rocks, Cromford |
|--|---|

Family Festivals worth the drive...

- Eroica Britannia, Bakewell (16th-18th June)
- Robin Hood Festival, Sherwood Forest (1st - 7th Aug)
- Gloworm Festival, Clumber Park (20th - 21st Aug)

Further afield (20+ miles away)

- | | |
|--|---|
| <ul style="list-style-type: none"> Alton Towers and Waterpark Water Meadows Swimming, Mansfield Belton House Biddulph Grange Gardens Bolsover Castle Calke Abbey Chatsworth House Gardens and Farm Park Clumber Park Conkers, Ashby-De-La-Zouch Magna Science Museum & Splash Pad, Rotherham Curbar and Froggatt Edge Peak Wildlife Park, Staffordshire Scaddows Farm Fruit Picking, Ticknall National Space Centre, Leicester National Forest Adventure Farm, Burton Wheelgate Park, Newark | <ul style="list-style-type: none"> Sudbury Hall Staunton Harold Reservoir, Melbourne Tatenhill Airfield and Cafe White Post Farm, Nottinghamshire Trentham Monkey Forest Tropical Butterfly House, Wildlife and Falconry Centre, Sheffield Twycross Zoo, Warwickshire Pooles Cavern, Buxton Go Ape, Buxton Yorkshire Sculpture Park Rosliston Forestry Centre Thinktank Birmingham Science Museum Sundown Adventureland, Retford East Midlands Aeropark - under 5s free Gruffalo trail - Sherwood Pines Sherwood Forest, Country Park & Visitor Centre Twinlakes, Melton Mowbray Padley Gorge & Longshaw Estate Cannock Chase Gruffalo Trail - Hicks lodge Hassop Station Cafe Monsal Trail |
|--|---|

Sarah Stanton Longdon
Photography

Daisy's Maize Maze Fun for all the family

Daisy's Maize Maze is the perfect fun family day out in the Derbyshire Countryside overlooking the Derwent Valley. Picnic area and light refreshments available. Garden Games and new activities.

Sand pit, play house, obstacle course and farm animals. New themed maze design and quiz trail.

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ADMISSION	
Adults	£6.00
Children 4-16	£6.00
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Family Ticket (2 + 2 or 1 +3)	£20
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Kickstart your summer with our family events - YesFest! Sunday 14th May and Family Funfest Sunday 16th July - call the Centre for more information.

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local swimming timetable



www.boommagazine.co.uk

POOL	MON	TUE	WED	THUR	FRI	SAT	SUN
BELPER LEISURE CENTRE DES6 ODA 01773 825285	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 1-3:30pm (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
ALFRETON LEISURE CENTRE (TEACHING POOL) DES5 7BD 01773 523325	12-1:30pm 6-7pm	12-1pm 3-4pm	10:15am-12pm 12-1:30 (Parent and Baby/Child Session) 3-4pm 6-7pm	9am - 1:30pm	12pm-1pm 6-7pm	12-4pm	8am - 2:30pm
ARC LEISURE MATLOCK (TEACHING POOL) DE43AZ 01629 581922	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
ASHBOURNE LEISURE CENTRE DE6 1DP 01335 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)
HEANOR LEISURE CENTRE (TEACHING POOL) DE75 7HA 01773 337940	9:30am-12pm	11am-1:30pm 3-4pm 6-7pm	11:45am-3pm	12-1pm 3-4pm 6:15-7pm	10am-1:30pm 3-4pm	12:45-3:30pm	9am-3:30pm

local swimming timetable



www.boommagazine.co.uk

POOL	MON	TUE	WED	THUR	FRI	SAT	SUN
RIPLEY LEISURE CENTRE (TEACHING POOL) DES 3HR 01773 514727	12 - 1:15pm 3:15 - 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 3-6:45pm	11am-3:45pm	9am-3:30pm
VICTORIA PARK LEISURE CENTRE ILKESTON (SHALL POOL) DE7 BAT 01159 440000	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 4-7pm	9:30-11am Splash Tots 12-1:30pm Family Swim	10am-3pm 1:30-3pm Family Fun Session	9am-3pm
VICTORIA PARK LEISURE CENTRE ILKESTON (SENSORY POOL) DE7 BAT 01159 440000	NONE	9:30am - 1 pm	11am-1pm	9am-12pm	4-6pm	NONE	1-2pm
WIRKSWORTH SWIMMING POOL DE4 4JG 01629 825704	12-1pm	12-1pm	(11am-12pm Parent and Tot Session) 12-1pm	12-1pm	12-1pm	11:45am - 1pm	CLOSED

Please note:
Times listed 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.

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PROPRIOCEPTION: movement is learning



BY ALISON HARRIS - Consultant Occupational Therapist and Sensory Integration Specialist

Have you ever stopped to watch a group of preschool-aged children and noticed that they are constantly on the move? They shift their attention from one task to the next, running between several activities, stopping along the way to swing their arms, jump around or walk quickly on a balance trail. This is all natural and children develop and learn through movement. This experiential learning helps children acquire new skills and allows them to experiment with how their bodies move and work. They are using all their senses and learning how fast to move each muscle and how to move in different directions. Practising movement in this way helps

children figure out how to move automatically, which allows them to apply more brain energy to learning other new skills.

Proprioception is the sense of being aware of our own movement and position in space. Our joints, muscles and ligaments have sensors which tell us the position of our body, limbs and head, and how to move. Helping your child learn proprioception can help give them strong foundations for developing motor skills. Movement activities allow your child to learn through trial and error – and most importantly through active fun!

Proprioception has a calming and organising effect, which helps us to regulate our response to sensations and our environment. Movement can calm us. Have you noticed how calm your body feels

after a long walk, after your muscles have been used and exercised? Children need to move in order to be calm and well regulated. Children are much better able to sit down on the carpet at nursery and concentrate on listening, for example, if they have been active immediately beforehand.

Today's safety-focused society has removed some of the proprioceptive experiences that you and I probably had when we were kids. I remember sliding around on the back seat of my grandad's car, with no seatbelt or car seat to keep me in place. I had to hold on, brace my body position and constantly adapt how I was sitting to keep my balance in the moving car. Nowadays, we pin children from birth into car seats, rocking seats and moulded baby seats to protect them from dangers. We must be safety conscious of course, but we also must remember to let children explore movement. We must support and scaffold them to safely experience all kinds of movement, because this is how they learn to

automatically manage their body and become better coordinated.

Children need movement opportunities. Nurseries, preschools and playgroups know the value of movement, and encourage movement through gross motor activities, outside play areas and providing movement challenges such as balance trails. We should continue to

encourage movement as our children grow older, especially if they have delays in gaining motor skills.

So how do we help children access helpful proprioceptive movement? The key is to provide fun, engaging, varied tasks – which feels like they are playing or helping an adult do a job. Proprioception works when energy is exerted and movement is effortful – so

think of ways to include them in everyday tasks as well as movement play. Remember that intense movement is a great preparation for times when your child will need to sit – such as a long car journey or waiting at the doctors. Incorporate lots of movement every day because movement is fun and supports your child's ability to function at their best.

Here are some ideas to help your child learn proprioception:

- Pulling laundry out of the washing machine
- Pushing a trolley around the supermarket (with your help!)
- Sweeping the kitchen floor
- Pushing the vacuum cleaner
- Carrying boxes of toys to a play area
- Playing with other children in boxes – pushing and pulling the boxes
- Bouncing on a trampoline
- Soft play
- Jumping and crashing into a big beanbag
- Crawling through tunnels
- Garden tasks such as digging, carrying water, pushing wheelbarrows
- Dancing (why don't you join them?)
- Action songs which require getting up and down
- Climbing at the park
- Balance challenges in outdoor areas
- Picking up a chair and carrying it to a new space

Good luck with incorporating lots of proprioception into your child's day. Encourage them to move and you may see a really positive effect on their brains, their bodies and their sense of calm.



Alison Harris, Consultant Occupational Therapist and Sensory Integration Specialist, The Local Therapy Company Ltd. Allestree, Derby. www.thelocaltherapycompany.co.uk



DOGS & CHILDREN:

How to make it work for your family



How well prepared are we for any new addition to our lives, regardless of whether they have two or four legs? Chad Brook, of Brook Working Dogs, sat down with Boom Magazine to pass on some sage advice on how to share our homes with both dogs and children.

What would you recommend to couples who have a dog, and are expecting a baby? What can they do to prepare their dog?

Aim to socialise your dog with children, as much as possible.

You should also try playing You-Tube videos of "crying babies" on a 20-minute cycle while feeding your dog every day for a month before the baby arrives, to help prevent your dog from feeling distressed by your baby crying when the inevitable occurs.

When your long-awaited bundle arrives, aim to introduce your dog to your baby in the garden, or somewhere they are usually more relaxed. Take your dog for a run and feed them first so they are calm, and don't spend longer than five minutes maximum the first time.

Give your dog praise and treats when they are calm around your baby to reinforce positive behaviours and work to nip any over-excited behaviour in the bud right away.

What would you recommend to parents who are thinking about getting a dog?

Ensure that you buy from a reputable breeder or dog trainer for the wellbeing of your dog and your family. Rescue dogs need extra care and are less likely to fit

directly into your family as they will need lots more training and support.

Some further useful information:

- Cockapoos are hypoallergenic and generally calm and good natured.
- Labradors are food orientated so easy to train.
- Whippets are not aggressive and don't moult, so less to deal with when you're busy with your new baby. They can be nervous so it's better to get a puppy and train them early.
- English Bull Terriers are rated one of the best breeds for families.
- Avoid German Shepherds and Dobermans because they need much more training and dominating than other breeds.
- Border Collies are very intelligent, working dogs but they need LOTS of exercise. They're great if you have a very active lifestyle, but this may not be possible with a small baby.

Chad stressed that these are generalisations and all dogs are unique and have different personalities.

What should parents teach their children about dog safety?

It's important to always ask the owner first if your child can stroke their dog. They know their dog best and will appreciate being asked rather than potentially having to deal with an unpleasant situation later.

Start to socialise your kids with dogs as young as possible, teach them where dogs prefer to be petted and model good interactions. Confidence is key: nervous children can make dogs nervous. Ensure that you introduce toddlers to dogs in the centre of a room, so the dog will not feel cornered.

Teach children how to read friendly behaviour in a dog: i.e. tail wagging is good, tail between legs is bad. Search for You-Tube videos to illustrate the behaviours to your child.

Is there anything else you would like Boom readers to know about dogs and dog training?

Use simple language with your puppy, such as, "Come" and "Sit" and only say the desired command. "Come over here, Rex!" will confuse your young dog.

All dogs need socialising with lots of other dogs. At least 20 dogs a day is recommended.

Puppies need training on a lead from the first walk.

Finally, think about the type of dog (not the type of puppy) you are buying and what will work best for your whole family in the long term. In 12 months the puppy phase is over; your 'new' baby will be a toddler. You will want to be confident your two and four legged treasures will get along famously!

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Hello parents and grandparents local to Belper!



I'm delighted to write a little something for this special edition of Boom that celebrates being outdoors, because I believe that being outside is always better than being inside! Now is a great time of year to discover (or re-discover) the nature on your doorstep; I'm talking about your GARDEN.

Time in a garden – playing, exploring and learning – is time well spent. Your garden is a place where you can nurture relationships, create cherished memories, and develop a love of nature and wildlife – as well as creating a beautiful space that makes your soul sing. A couple of hours messing about in the garden with the kids, or enjoying peace and quiet alone, is vital, because when you nurture a garden, you nourish yourself – physically, emotionally and spiritually. It's my mission to help as many people as possible to nourish themselves in this way, while at the same time nurturing the nature around us.

So how do you create a garden that is both a place for children to use their imagination and a space for grown-ups to relax? **Here are a few ideas:**

- Incorporate fun learning activities: build habitat piles, hedgehog shelters, bird feeders and nesting boxes.
- Include a safe water feature or a damp garden. Frogs, newts and toads don't necessarily need a water feature; they also love damp, overgrown, shady areas under big leaves and amongst stones. Plant things like evergreen ferns, pony tail grass or pheasant grass around your pond or damp garden. Let an area of lawn grow long so they can move safely between the pond and food sources. If you only have a small garden, but space for a stone wall, or rock pile, they will LOVE that too. You can make a small pond by burying a large plastic container or half an oak barrel in the ground and filling it with water. Remember to include rocks they can use to climb up and out, and an oxygen-giving plant like a water soldier. Creatures that like it damp are fascinating to children.
- Help to feed butterflies and bees by planting nectar-rich flowers like lavender; wild marjoram,

agastache or globe thistles. Your children will love counting and identifying insects with you.

Then spend a few minutes each day watching together as your garden buzzes, hums, flutters and croaks with life.

AND last but definitely NOT least:

- Create a quiet haven for grown-ups to relax. Think about the times of day when you're more likely to get time to enjoy it, and put your sanctuary in a place that is sunny at that time. YES, do something for you – pamper yourself with a place to relax in the sun, or hide away in an arbour seat or summerhouse. It's much easier to be a parent or grandparent with fully charged batteries!

If you'd like to create your own nurturing family garden but aren't sure how, I'd love to help! I offer consultation and design packages, plus tuition and guidance and I'll even help you plant up your garden. Feel free to give me a call on 07851 425689 / 01773 824693 or contact me via my website: www.reallyusefulgardens.co.uk

Happy gardening!

Jo Dyer



Local groups for you to JOIN!



Belper is a busy place, here are some local groups you may wish to join. We will let you know about further ones as we hear about them, just 'LIKE' our Boom Magazine Facebook page to see updates.



Belper Early Years Fun Update

Belper Early Years Fun (BEYF) was set up by a group of local parents to address the closure of Belper's publicly-funded Children's Centre. After much work BEYF are celebrating success! They took possession of the old Children's Centre building on the 1st February 2017. They have been overwhelmed by local support and are delighted to be able to continue to offer vital services for children and families.

The popular stay and play groups on Monday and Friday mornings (10-11:30am) will continue to run. These groups follow Early Years Foundation Stage (EYFS) principles and allow families to make friends and feel part of the community. The BEYF team have also continued to support the B.E.A.R.S and Special Friends by providing these groups with the venue, free of charge.

Since taking over the space, they have been developing new relationships to extend the support available to families. The Job Centre have been running regular Friday morning advice sessions and CAP will be running a budgeting course soon.

The cost of running the centre this year is around £8,000. They are working to reduce operating costs, and raise money through fundraising and grants. If you are interested in helping BEYF by joining their fundraising team or providing services for free (e.g. electricians/plumbers) then please get in touch on: belperearlyyearsfun@gmail.com

GROUPS FOR YOU TO JOIN:

Special Friends – A Belper-based play and support group for children with additional needs and their families. info@special-friends.co.uk



Thinking Differently about Education – A group with a passion for child-led creative and outdoor play.



B.E.A.R.S – Local volunteering mums who offer breastfeeding experience, assurance and support. A weekly drop-in group is held at the Children's Centre. BEARS helpline: 07776495900



Belper Mums on the Run – Local mums with a passion for running that make arrangements each week to meet and run varying distances.



Belper Mums Book Group – A welcoming group that meets on the last Tuesday of the month at the pub to discuss their latest read.



Belper Men's Circle

Meet 4 weekly on a Tuesday 7.30-9pm at The Old School House, Chapel Street, Belper; DE56 1AR. Next meeting Tuesday 30th May. Belper Men's Circle say that at a time when the role of men in society is in question; it is important for men to gather in community to connect and then support the greater community. They aim to support each other emotionally, practically and communally with commitment, humour and connection.



Belper Netball Club

Meets at Belper Leisure Centre, Wednesdays 8-9pm and Saturdays 11am-12pm. £3.50 per session. Facebook page: Belper Netball Club



Belper Charleston Swing Thing

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 Sunday 9-10.30am Masterclass £6.50 Fit Pit Belper (Monthly)

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Before Insanity I was unfit, unhappy and low self esteem. I started insanity and that all changed, don't get me wrong it was hard to start off with and I wondered if I could keep doing it as it killed me, but as the weeks went on that changed, more energetic, fitting comfortably in clothes (and wore a bikini for the first time in 10 years) and lost inches.

I didn't measure myself when I first started but I did 4 weeks into it and again last night in total I've lost 8 1/2 inches.

Every week I love it, Lucy is Amazing and I go with my mum and amazing friends.

Laura Varney

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