

FREE



BELPER AND
SURROUNDING AREAS

THE ESSENTIAL HANDBOOK FOR LOCAL FAMILIES

ISSUE 14

MAR / APR 2020



PHOTO BY STUDIO | 1825

Hello and welcome to the 14th issue of Boom Magazine!

In this issue we are focused on making the most of the great outdoors with ideas and advice on running, biking, playing and generally being WILD outdoors! Belper has a history of enjoying our outdoor spaces and you can read more about the historic River Gardens as well.

You will also find all the events and theatre listings and timetables of groups and classes as usual. If you are feeling stressed you can read about some stress busting tips and if the weather won't behave there's an Easter craft idea for you and your little ones.

We are grateful to all our sponsors, the local businesses, who advertise and make Boom possible for YOU our readers. Please continue to support our lovely local advertisers.

Let's all get outdoors and let's get WILD!

Jo &
Sascha



Sascha Landskron and Jo Leigh

Editors of Boom Magazine and local mums

info@boommagazine.co.uk • www.boommagazine.co.uk



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Courtesy of Studio 1825. | Amelie, Elsa & Marcie

45°

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SPRING 2020

Families at Cromford Mills

Scavenger Tots | Fri 27 March & Fri 24 April, 10am-11am

Drop in and join us for a time of singing, stories and play! Free, suitable for 0-5s with their grown-ups. Follow signs to the Education Room.

Choir Day | Sun 29 March, 10am-4pm

Come and listen to some of the finest choirs in the county sing in spring! Free

Time Travellers Tour | Fri 10 April, 10.30am

Step back in time and explore the mill yard with your costumed guide. Free for up to 3 children with the purchase of Mill Manager's Annual Pass, £10. Suitable for the young and young at heart. Approx. 45 min.

Easter Food Fair | Sat 11 and Sun 12 April, 10am- 4pm

Enjoy a day of sampling and browsing delectable delights from a range of producers. Free

Doffers: Tie Dying for Families | Thurs 16 April

Drop-in family tie dying sessions with Mary from the Old Loom Shop. £10 per t-shirt. Sessions start at 11am, 12pm, 1pm, 2pm and 3pm. Suitable for 5+ with their grown-ups.



Dinosaur Weekend | Sat. 25 & Sun. 26 April

Kidz Kingdom take over the Mill with live dinosaurs and children's funfair. Come and see them before they go extinct! Free entry, however there is a charge for funfair rides.



cromfordmills.org.uk | Mill Lane, Cromford, Derbyshire, DE4 3RQ

RUMBUNCTIOUS KWAME

And The Case of The Missing Birthday Banko

Own a signed copy of the first children's book by local Belper dad, Bernard Mensah at a 25% discount!

Connect your children to cultures they may not encounter on a daily basis, laugh along and learn some interesting facts on the way. It's a great addition to any child's library!

Buy your signed copy off our website
www.booksbybernardkmensah.co.uk and subscribe as we have story time events coming up!

www.erewash.gov.uk **EREWASH** BOROUGH COUNCIL

The Erewash Museum

SCIENCE
Going Green
 Saturday 7 March
 11am - 3pm

Enjoy science displays and activities at the museum to celebrate British Science Week.

6th to 10th APRIL - EASTER WEEK
Join us for a fun week of Easter themed activities. Crafts and trails all week. Easter Party on 7th April - \$1.50 admission for children.

Bugs Week
 Tuesday 14 - Friday 17 April

Fun mini beast themed activities including Bug Handling Day on 16th April (pre-bookable sessions, tickets available from the museum) \$2.50 per child.

Tel: 0115 907 1141

www.erewash.gov.uk
[/erewashmuseum](https://www.facebook.com/erewashmuseum)
[@erewashbc](https://twitter.com/erewashbc)

HELPING WORKERS REACH THE GREAT OUTDOORS



by Adrian Farmer, Local Author and Vice-Chair of Belper Historical Society

The Strutt family, who built the mills in Belper and Milford, and provided homes for workers, were also keen to ensure their employees were fit and healthy. In an obvious win-win situation, they felt that if the workers were healthier, they'd work harder but also be happier.

In the 18th century, to get workers outside and breathing the clean air they didn't get in the mills, they offered allotments. This meant they not only had a reason to get out into the fresh air, but they were also growing extra fruit and vegetables, which gave them a healthier diet.

By the beginning of the 20th century, George Herbert Strutt had sold the mills and with some of his new riches, he wanted to provide something for the millworkers, and the rest of the town. The result was Belper River Gardens, a small but beautiful place where people could again get outdoors, but this time have a little fun while they were at it. There was a bandstand, rowing boats and of course the Swiss Tea Rooms (pictured to the right) which after many years of neglect have been replaced over the past months and will soon be re-opening for the first time in many decades.

The rowing boats were particularly popular (in fact they still are – have you enjoyed the views along the river from a rowing boat?). In the early years the boatmaster was John MacArthur, the great-great-grandfather of Ellen MacArthur, the famous solo long-distance yachting sailor. You can see him standing on the pontoon by the boats in the photograph below. Can you also see a giant animal on the right of the photograph below? There used to be a water gala with lots of decorated boats every year, and some of the boats featured giants swans, sea-monsters, or – on this occasion – a huge cat!

You can find out more about Belper's history at Strutt's North Mill, the museum by Belper Bridge and the Horseshoe Weir. **Opening times can be found at www.belpernorthmill.org.uk.**



SPRING HAS SPRUNG

MARCH EVENTS

Fleet Arts Family Lego Session

Sat 7 March (1-3pm)

Booking is advised for this popular event.

Erewash Museum Science Day

Sat 7 March (11am-3pm)

Enjoy science displays and activities at the museum to celebrate British Science Week. FREE admission, no need to book.

Crich Tramway Museum Opening Weekend

Sat 14 & Sun 15 March

Matlock Farm Park Science Workshops

Sat 14 March

(throughout the day)

Derbyshire Community Hall Toy Sale

Sun 15 March (9:30am-12pm)

Heights of Abraham Mother's Day Weekend

Sat 21 & Sun 22 March

Treat your mum to the cable car ride and admire the magnificent views.

Enjoy the delicious cakes, or a special Mother's Day meal in Vista Restaurant and an adventure into the illuminated caverns.

Gulliver's Theme Park Mother's Day Weekend

Sat 21 & Sun 22 March

Mums go FREE throughout Mother's Day Weekend when accompanied by at least one full paying person.

Matlock Farm Park Mothering Sunday Afternoon Tea

Sun 22 March (11:30am, 1pm, 2:30pm & 4pm)

Clip N Climb Mother's Day Offer

Sun 22 March

Mums climb for £7.

Cromford Mills Scavenger Tots

Fri 27 March (10-11am)

FREE Singing, stories and play, for 0-5s with their grown-ups.

St Peter's Church Easter Eggstravaganza!

Sat 28 March (2:30-4pm)

Crafts, games and food for children in Reception to Year 6.

Call Jo 07808 480238 to book

Belper Repair Café No.28 Market Place

Sat 28 March (10am-1pm)

Reduce your carbon footprint! Bring your broken toys, appliances and housewares and have them repaired for a small donation. Delicious cakes, teas and coffees for sale while you wait.

EASTER HOLIDAYS

BOOM Magazine brings you an Easter Book & Story Café

Mon 6 April (10:30am-12pm)

Just Ice Café, Milford

A joint event by Boom Magazine with Sounds Right Phonics who will follow the story time with a FREE taster session including singing & props. Plus meet special guest and local author Bernard Mensah who will read his new book and put on crafts for the older children. (Special Café opening time 10am – 1pm)

Matlock Farm Park Easter Activities

Fri 27 March - Sun 19 April

Lamb bottle feeding, Easter egg hunts, treasure trails, meet the Easter bunny, pony rides, reptile weekend (4 April) Easter weekend – The Great Lorenzo, Wonderdome Planetarium experience, Frozen Snow Sisters Event (10 April) and Big Bubbleman (17 April).

Severn Trent Easter Trail Carsington Water

Pick up your activity sheet from the visitor centre £3 running everyday in the easter holidays.



Heights of Abraham Palace of Curiosities

Sat 4 & Sun 5 April

(open on selected dates thereafter - see website)

Watch as professor Okko brings you his collection of curiosities. See him unveil the mysterious Marcus Island Mermaid, along with his other objects that will amaze and astound you.

Fleet Arts Family

Lego Session

Sat 4 April (1-3pm)

Booking is advised for this popular event.

Denby Pottery Easter

Craft Activities

Sat 4 April - Sun 19 April

Drop in craft activities in the Denby Craft Studio.

Midland Railway Butterly's Easter Trains and Creative Crafts

Sat 4 - Sun 19 April (excluding 6,7 and 14 April)

Train rides, creative Easter crafts and a treasure hunt. Ride on the train from Butterley Station to the West Shed Museum where you can make a 'junk model' train, play with train sets, sit on a miniature engine and pretend to be a train driver and explore historic steam locomotives and carriages.

Derby Live Markeaton Park Easter Egg Hunt Trail

Sat 4 - Sun 19 April

Easter at Gulliver's Kingdom

Sat 4 - Sun 19 April

Enjoy a huge selection of rides and attractions with special appearances from the Easter Bunny.

Fleet Arts Children's Arts

Mon 6 April (10am-3pm)

Atlantis Splash Run at Queens Leisure Centre

Mon 6, Wed 8 & Wed 15 Apr (12:15-1:15pm & 1:30-2:30pm)

This amazing new inflatable stretches the length of the gala pool, with giant obstacles for you to scramble over and thrill seeking slides.

5+ years, booking advised.

Erewash Museum

Easter Week

Mon 6 - Fri 10 April

A fun week of Easter themed activities, crafts and trails.

Tues 7 April Easter Party £1.50 admission for children.

Déda Dance in Derby Dinky Disco Easter Special

Thurs 9 April (2-4pm)

A mini rave for little ones and grown-ups with DJs, dancing, smoke machines, disco balls and make your own Easter Bonnet!

Sounds Right Phonics

Easter Special

Thurs 9 April (10:30-11:30am)

National Stone Centre £7 plus treat

Book through the website.

www.soundsrightpho

The Big Belper Bunny Hop

Fri 10 & Sat 11 April (10am - 4pm)

A family weekend activity designed to get everyone out and about in Belper during the spring! Rabbit ears, spring hats, bonnets and yellow and green clothes encouraged. Follow the map, hop around town and search for names of famous rabbits, collect them all to be entered to win a prize! Collect treats and prizes along the way.

Heights of Abraham Easter Weekend Activities

Fri 10 - Mon 13 April

Cromford Mills Time

Travellers Tour

Fri 10 April (10:30am)

Step back in time and explore the mill yard with your costumed guide.

Ecclesbourne Valley

Railway Easter Weekend

Sat 11 - Mon 13 April

Steam and heritage Diesel trains, Woodie's wings and a wildlife-themed egg hunt at Wirksworth Station.

Cromford Mills

Easter Food Fair

Sat 11 & Sun 12 April

(10am-4pm)

Enjoy a day of delectable delights from a range of producers.

Easter Eggstravaganza

Sun 12 April (11am-6m)

The Hurt Arms, Ambergate

Egg hunt, spring market, petting zoo, inflatables, face painting and balloon modelling. Purchase tickets.

Erewash Museum

Bugs Week

Tues 14 to Fri 17 April

Fun mini beast themed activities.

Thurs 16 April Bug Handling Day

Pre-bookable tickets available from the museum £2.50 per child.

Cromford Mills Tie-Dying for Families

Thurs 16 April (11am, 12pm, 1pm, 2pm or 3pm)

Drop-in family tie-dying sessions with Mary from the Old Loom Shop. Suitable for 5+ with their grown-ups.

Lobster Splash at Queens Leisure Centre

Fri 17 April (11am-1pm)

Fun in the teaching pool with our inflatable lobster, for children under 8 yrs.



Float Splash Run at Queens Leisure Centre

Fri 17 April (2:45-3:45pm)

A new challenge awaits, can you run the gauntlet on the new float run? For children 5+ years.

St George's Day Parade at Derby City Centre

Sat 18 April

Celebrate Merrie Olde England, with a parade lead by St George and the dragon, dancing, a craft fair and lots of English eccentricity. FREE.

Crich Tramway Museum Tram Models Day

Sun 19 April

Injoy Entertainment Centre, Derby

A new multi-activity experience for all the family Easter special events - see website for details
www.injoycentres.com

Belper Repair Café No.28 Market Place

Sat 25 April (10am-1pm)

Reduce your carbon footprint! Bring your broken toys, appliances and housewares and have them repaired for a small donation. Delicious cakes, teas and coffees for sale while you wait.

Cromford Mills Dinosaur Weekend

Sat 25 & Sun 26 April

Kidz Kingdom take over the Mill with live dinosaurs and a children's funfair. FREE entry, charges for funfair rides.

Twistin Tots Frozen Party

Sun 26 April (10am-12pm)

Music, games, face painting, crafts and a photo shoot with Anna & Elsa
Tickets available from Belper Community Hall, Twistin Tots & Derbyshire Toy Library.

Croot's Farm

Lambing Sunday

Sun 26 April (11am-4pm)

Come and meet and pet the new born lambs, observe feeding time and talk to Steve and Kay about lambing. You may even see a birth if you are lucky! Also meet the Shire Horses and their foals and enjoy a fantastic BBQ. FREE entry.

Spring Along for Special Friends

Sun 26 April

Wyver lane Nature Reserve, Belper
10am: 4K Run & Roll – suitable for all-terrain buggies and chairs
11am - 1pm: Children's Fun 2K – Walk, run, scoot, ride, dance or any way you choose.

Every penny raised goes to Special needs families around Belper.

To take part email: info@special-friends.co.uk or message via www.special-friends.co.uk

Jumping Clay Themed Activities

Wednesdays at 2pm, Thursdays at 10:45am and Fridays at 1:15pm
(April will include Tuesdays at 10:45am).

Themes for weeks beginning:

9 March - The Queen's Orangutan

16 March - The Scarecrow's Wedding

23 March - Supertato

30 March - Supertato-Veggies Assemble

6 April - Oi Frog!

13 April - Dave (The Cat)

20 April - The Hungry Caterpillar

Clip N Climb National Superhero Day

Tues 28 April

Costumes Encouraged.

APRIL EVENTS

Clip N Climb Paw Patrol Sessions

Tues 21 & Wed 22 April

Chase will make an appearance!

Caramelo Baby & Toddler Spanish

Tues 21 & Tues 28 April

(9:45-10:45am)

FREE taster session for parents and children (0-4s) at the Fleet Arts.

Clip N Climb St George's Day

Thurs 23 April

Dragon Scavenger Hunt.

Cromford Mills Scavenger Tots

Fri 24 April (10-11am)

Singing, stories and play, for 0-5s with their grown-ups. FREE.

DERBY MUSEUM & ART GALLERY

STEAM Tots (Science, Technology, Engineering, Art and Mathematics)

Sat 7 March & Sat 4 April

(1.30-3pm)

Sensory play, activities and learning amongst the historic collection. Drop-in, for 2-5yrs.

Family Workshop: Newton's Science Challenge

Sat 14 March

(10.30am-12pm & 1-2.30pm)

Explore Newton's Three Laws of Motion and complete challenges.

£4 (booking essential) for 7-12yrs.

Tots Make and Do

Fri 27 March - Dinosaurs and Fri 24

April - Earth Day (10-11.30am)

Crafts, games and stories inspired by the historic collections. Drop-in, for 2-5yrs.

The Phases of the



Moon Trail

Sat 4 April- Sun 19 April

Learn more about our lunar friend in the sky. Trail sheets £1 each. Drop in session, for children 5-12yrs.

Family Friday:

Marvellous Marbles

Fri 10 April (10-11.30am)

Play, make and have fun together as a family, exploring imaginative ideas with marbles. Drop in session, for children 5-12yrs.

Family Handling Histories

Tues 14 April (10.30-11am)

Get up close to some objects from their collection. Drop in session, for all ages.

Family Friday:

The Easter Moon

Fri 17 April (10-11.30am)

Find out why the moon decides when Easter falls, and much more. Drop-in session, for children 5-12yrs.

PICKFORD HOUSE, DERBY

Crafty Tuesdays: Easter Basket Weaving

Tues 7 April (10.30am-12.30pm)

Learn how to weave an Easter basket. Drop in session, for children 5-12yrs.

Pickford's Plot:

Springtime Safari

Thurs 9 April (1-3pm)

A nature-focused session in Pickford's garden, exploring the signs of spring. Drop in session, for all ages.

Crafty Tuesdays: Flo's Foes

Tues 14 April

(10.30am-12.30pm)

Florence Nightingale understood the importance of cleanliness for good health. Learn about germs and make a germ character decoration. Drop-in session, for children 5-12yrs.

Pickford's Plot: Potting

Thurs 16 April (1-3pm)

A nature-focused session in Pickford's garden where you can learn how to sow seeds and watch them grow. Drop in session, suitable for all ages.

BELPER NORTH MILL

Museum openings: Wed - Sun (11am - 4pm)



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Easter Weekend



Saturday 11th, Sunday 12th & Monday 13th April 2020

**Kids Go
Free!**

www.e-v-r.com



- Steam and heritage diesel trains through the countryside
- See the owls and parrots up close with Woodie's Wings at Wirksworth Station
- Wildlife-themed egg hunt at Wirksworth Station

Wirksworth Station, Coldwell Street, Wirksworth, Derbyshire, DE4 4FB - 01629 823076

HEIGHTS *of Abraham*

Est. 1787



Events coming soon in 2020

At Derbyshire's Award-Winning Landmark Attraction

Mother's Weekend 21st - 22nd March

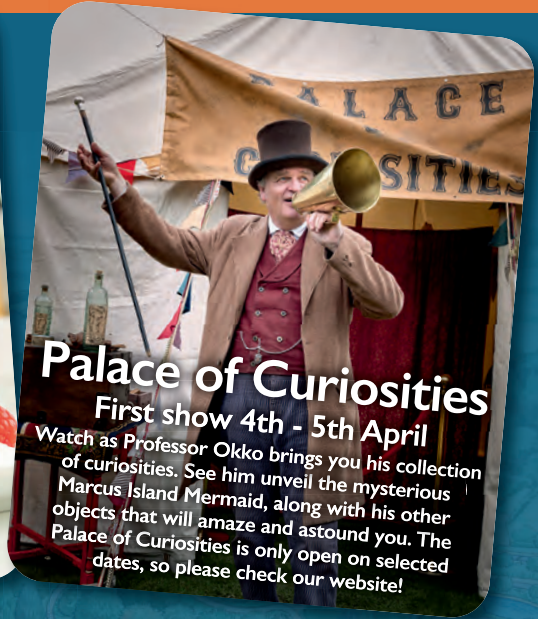
Treat your mum to some quality time at the Heights. Admire the magnificent views of the Peak District together in one of the cable cars, enjoy the live music performances on the patio and indulge in a slice of cake or one of our special meals in the Vista Restaurant and Bar.



VISTA
BAR & RESTAURANT

Palace of Curiosities First show 4th - 5th April

Watch as Professor Okko brings you his collection of curiosities. See him unveil the mysterious Marcus Island Mermaid, along with his other objects that will amaze and astound you. The Palace of Curiosities is only open on selected dates, so please check our website!



Buy your tickets online for the best deals at www.heightsofabraham.com



Cable Cars, Hilltop Park and Show Caverns
Matlock Bath, Derbyshire **SAT NAV DE4 3NT**



Open weekends only 29th Feb - 15th March, and then open daily 21st March - 1st November 2020

WHY MUMS NEED WILD TIME TOO

Jacqui Hawkins - Mum of two and nursing student



Reconnect with your inner ‘wild thing’ and the whole family will thank you

When did you last walk barefoot in a forest, jump naked into a secluded swimming spot, or ride a bike just a touch too fast?

We thought so. Being a ‘mum’ and ‘wild’ is a tricky balance. Wild means ‘not domesticated’ – whereas motherhood is about keeping everyone safe and making nutritious meals, right?

The thing is, even if you’d rather scrub toilets than climb a mountain, we all have an inner wild thing. It might prefer a gentle picnic to crazy adventures, but even so, there are dozens of studies to show that letting it thrive has big benefits.

First, there are benefits to our physical health. You might have heard of the ‘30 Days Wild’ campaign run by The Wildlife Trusts? It gets people doing one wild thing every day for a month, whether it’s skimming a stone or wild swimming. When researchers at the University of Derby surveyed participants, they found a third more of them reported their health as ‘excellent’ when the month was up. That doesn’t mean they were healthier – but who wouldn’t like to feel it? And there’s good evidence that wild time can lower blood pressure and improve your immune system, for starters.

Second – and perhaps even better – being in nature is linked to more happiness, lower anxiety, and greater life satisfaction. That’s why in Japan, the government actively encourages shinrin-yoku, or ‘forest bathing’. And it’s why Sheffield rock climber, Katherine Schirrmacher, says time in nature is key to her being a calmer, more patient mum.

“For me, as a person, climbing is part of my identity. After having a child I thought for a long time it couldn’t be, I had to rise above it, but it is and I really want to do it,” says Katherine, a climbing teacher (www.lovetoclimb.co.uk).

“It’s a very natural maternal instinct to put yourself second. I’ve realised, for me, what’s so important is I have to have that time to climb or be in nature in order to replenish my energy, so I can be a better mother.

“I’m a more giving parent, I’m more able to say ‘yes’ if I’m feeling fulfilled. I will snap less if I’ve been doing things that allow me to be me.”

Even short doses in nature count, according to researchers at the University of Queensland. They’ve found just half an hour a week in a green space can reduce depression. Katherine adds, for her, reconnecting with her old, wild self was

even more beneficial when she realised it was okay to take it a bit easy, and not push herself to do too much.

We couldn't agree more!
Enjoying nature should be about doing less, not more. Here are a few ideas on how.

Let the wild rumpus begin!



Nourish your wild side in minutes...

Climb a tree

It gives a sense of accomplishment and ability, write Alexia and Duncan Barrable in their book *Growing Up Wild*, and with risk comes resilience too.

Walk mindfully

Next time you're walking with baby or the kids, take 30 seconds to really notice what you can see, hear, smell and feel, suggest the creators of mindfulness app Headspace.

Get wet

Go out in the rain on purpose, or if you have some time, go wild swimming.

Break your routines

Bundle up the kids for a dawn walk or picnic breakfast at the park, just for a different start to everyone's day.

Challenge your body

Jump off the treadmill and run over the Chevin instead, or swap a spin session for mountain biking. Sports like trail running force you to be aware of your body as it moves through the environment, like our wild ancestors.

Connect with others

Swap a play date for a wild play date! A riverside picnic at Ilam or Padley Gorge is so doable, and so refreshing.

STRESS-BUSTING STRATEGIES!



By Debbie Kinghorn, NLP (Neuro-Linguistic Programming) Therapist

Stress is your body's natural way of responding to a demand or threat in order to protect you. Small amounts of stress can be helpful and make us feel alert, focussed and able to deal with challenges, however larger amounts of stress, for longer periods of time, can damage your health, mood and productivity. Here are some great NLP stress busters for you and your children:

Breathe

Stressful situations can give us 'tunnel vision', making us dwell on the problem and sometimes generate negative self-talk. While we're in this state, we tend to ignore anything positive, in favour of maintaining the stress. In this state we tend to hold our breath or take shallow breaths, which doesn't let in enough oxygen to allow us to think clearly.

How to do it: Take a moment to focus on an object or image ahead of you, allow your gaze to soften (so that things look a bit fuzzy around you) and take some deep, relaxing breaths.

This method of relaxing the mind takes the focus away from unhelpful thoughts and internal dialogue and opens the mind to take on board new, and more positive, information. It's really helpful to carry out this method of breathing a few times a day to help relax the mind.

Anchoring

In NLP the term anchoring means associating a physical action with an internal state, memory or response. We create anchors all the time – some are helpful and others not so helpful. For example, when you hear a song on the radio that reminds you of your favourite holiday, you're transported back in your mind to that holiday, you may feel happy or relaxed. The song anchors you to how you felt on holiday.

Help your child use the anchoring technique by: Asking them to imagine a bubble of calm all around them, or a big snuggly blanket wrapping them up. Help them to describe and connect, or anchor, the thought of the bubble or blanket with feelings of calm and relaxation. Once they have practiced this a few times, they can use the anchoring method whenever they need it.





Changing the picture

Our mind is a wonderful thing and it helpfully stores, images, sounds, and videos of all of our historical data for us, along with all the relevant information on smells, tastes and emotions. For example, if you are feeling worried about a future event, you may gather together a bunch of unhelpful historical images and videos of similar past experiences and then enhance them in your mind until you're feeling significantly more stressed about the whole situation – which is not very helpful! The good news is, you have the power to change the picture, all you need to do is play around with the images, change the colour, size and style of the picture until the negative feelings associated with the images are diminished or no longer there.

If your child is stressed about a specific event: Ask them to imagine the event in their mind, then get them to change the picture from colour to black

and white, turn down the volume and make the picture blurred or further away until the negative feelings begin to subside. Next, get them to create a new picture in their mind of exactly what they'd like the event to look like. Help them make it as bright and fun as possible and include laughter and some of those relaxed feelings we created in the anchoring.

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CREATE YOUR OWN EASTER BASKET

Celebrations such as Easter are a great opportunity for children to get creative, while learning about festivals. Craft activities help children to develop their creativity and explore through their senses. Craft experiences also help support children's developing minds and motor skills.

STEP ONE: Show your child the collected resources and explain that you're going to create your own Easter baskets together and that these can be used to collect treats on an Easter egg hunt!

STEP TWO: Invite your child to choose a cup and encourage them to choose their own creative materials they would like to use to decorate their cup.

STEP THREE: Support your child with decorating their cup, allowing them to make their own choices and use their own ideas.

STEP FOUR: Once these are dry, ask your child to choose a coloured pipe cleaner. Show your child how to use a pencil to make a hole in the side of the cup to thread the pipe cleaner through. Then they can start making a handle on their basket.

STEP FIVE: Make any finishing touches and once your child is happy with their finished product go on an Easter hunt!

YOU WILL NEED:

- Creative materials such as tissue paper, glitter, sequins, felt tip pens, paint
- Paper cups
- Pipe cleaners
- Pencil
- Glue



WHAT IS YOUR CHILD LEARNING?

Hand eye coordination • Fine motor skills • Colour recognition • Creativity
Selecting resources for a purpose • Following instructions • Attention & concentration

Written by **Stefanie Reardon-Golding, at Busy Bees Alton Manor, Belper**
To find out more visit busybeeschildcare.co.uk/nursery/altonmanor

Belper groups for BABIES AND TODDLERS

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

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

SAT	<p>Messy Church (2nd Sat of the month) St Swithun's Church 4-6pm (All ages) BY DONATION</p>	<p>Woodlanders Family Forest School Shining Cliff Woods 10am-12pm (All ages) BOOK Once a month, check website for dates</p>	<p>Woodlanders Saturday Club Shining Cliff Woods 1-3pm (6+ years) BOOK Once a month, check website for dates</p>
MON	<p>Mini Moos Toddler Group Vanessa's School of Dance 10am-12pm (6m-4yrs) PAYG</p> <p>Twistin Tikes Musical fun themes and play Belper Community Hall 9:45-11:30am (All ages) PAYG</p> <p>Come and Play Early Years Centre 10-11:30am BY DONATION</p>	<p>The Wild Ones Forest School Meeting at Alton manor football pitch on Nailers Way. 9.45-11.30am & 1-2:45pm (Under 5yrs) BOOK</p> <p>Rhyme Time Belper Library 2-2:30pm (0-3yrs) FREE</p> <p>Postnatal Restoration & Fitness  Strutts Community Centre 10-11am (Babies welcome) BOOK</p>	<p>Belper Bookworms: Parent & Child Book Club Busy Bees Nursery, Gibfield Lane 10-11am (0-4yrs) FREE</p> <p>Nursery Ballet Vanessa's School of Dance 4:15-4:45pm (3-4yrs) BOOK</p>
TUE	<p>Caramelo Baby & Toddler  Spanish Lessons Fleet Arts 9:45-10:45am (0-4yrs) BOOK</p> <p>Sensory Stories Strutts Community Room 10-11:45am (0-4yrs) PAYG</p> <p>Tiny Talk  Busy Bees Nursery, Alton Manor Baby Signing (0-18m) 10:15-11:15am 11:30am-12:30pm BOOK</p>	<p>Twistin Tots - Musical fun & play for 0-5s Belper Community Hall 9:45-11:45am (all ages) PAYG</p> <p>Twistin Tinies - Development & sensory music class for ages 0-18m Belper Community Hall 1:30-2:30pm BOOK</p> <p>B.E.A.R.S. Breastfeeding Support Group Early Years Centre 1-2:30pm (Drop in - all ages) FREE</p>	<p>Sunshine Tiddlers Stay & Play Drop In High Woods, Sandbed Lane 9:30-11:30am (0-4yrs) PAYG</p> <p>Sling Library Meet 2nd Tues of month Nest & Nurture Suite 2C, North Mill 10am-12pm FREE</p>

DROP IN SESSION with a Health Visitor at Derbyshire Toy
Library Stay & Play in Kilburn on the 1st Thursday of the month

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">WED</p>	<p>Derbyshire Toy Library Stay & Play (Inc Parents of Multiples Society POMS) 📖 Belper Community Hall 9:30-11:30am PAYG</p> <p>Gymkids: Pre-school Gymnastics Belper Leisure Centre 9:25-10:10am (0-4yrs) PAYG 10:20-11:05am (3yrs+) BOOK 4:15-5pm (3-5yrs) BOOK</p> <p>DanceFitt Tots Alton Manor Scout Hut 9:30-10:15 (Walking- 5yrs) PAYG</p>	<p>Special Friends Playgroup (for children with additional needs) 2nd Wednesday of the month, term-time Early Years Centre 9:45-11:45am (0-5yrs) FREE</p> <p>Post Natal Reformer Pilates 📖 The Fit Pit 10:15am & 2pm (babies welcome) BOOK</p> <p>Little Church St Peter's 1:15-2:45pm PAYG (£1 per family)</p>	<p>Daisy Baby Tinies & Wrigglers Nest & Nurture Suite 2C, North Mill Daisy Wrigglers 10-11am & 11:30am-12:30pm (5-12m) Daisy Tinies 1- 2pm (6wks - 5m) BOOK</p> <p>Sounds Right Phonics 📖 Busy Bees Nursery, Alton Manor Mini 9:45-10:30am (2.5-4yrs) Preschool 11-11:45am (1-2.5yrs) BOOK</p> <p>Joyful Kids Yoga Sage Yoga, Unity Mill 4:15-5pm (4-7yrs) 4:30-5:15 (8-11yrs) PAYG</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">THUR</p>	<p>Baby Ballet Derbyshire Central Vanessa's School of Dance Tinies 9:30am (18m-3yrs) BOOK Movers 10:15am (3-4yrs) BOOK Tappers 10:50am (3yrs+) BOOK</p> <p>Little Sage Baby Yoga Sage Yoga, Unity Mill 11am-12:15pm (8wks-9m) BOOK</p> <p>Prams & First Shoes Meet-Up St Mark's Church 9:30-11:30am (0-3yrs) FREE</p>	<p>Young at Heart 📖 Intergenerational Play Session Spencer Grove Care Home (check Fb page for session dates) 2nd & 4th Thurs of the month 10:30am-12pm (0-5yrs) PAYG (by donation)</p> <p>Baby College 📖 Fleet Arts Centre Infants (0-9m) 10-10:45pm Toddlers Plus (Moving-2yrs) 11-11:45am BOOK</p>	<p>Postnatal Restoration & Fitness 📖 Strutts Community Centre 10-11am (Babies welcome) BOOK</p> <p>Daisy Baby Tinies Nest & Nurture Suite 2C, North Mill 1:45-2:45pm (6wks-5m) BOOK</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">FRI</p>	<p>Baby Sensory for 0-13 months The Lion Hotel 10am, 11:15am & 12:45pm BOOK</p> <p>Natural World Early Years Centre 10:30am-12pm BY DONATION</p>	<p>Pregnancy & Post Natal Pilates 📖 The Fit Pit 11:15am & 6:15pm (babies welcome) BOOK</p> <p>Sounds Right Phonics 📖 Alton Manor Scout Hut Mini 9:45-10:30am (2.5-4yrs) Preschool 10:45-11:30am (1-2.5yrs) BOOK</p>	<p>Post Natal Reformer Pilates 📖 The Fit Pit 10:30am (babies welcome) BOOK</p> <p>The Little Baby Sanctuary (formerly Bellebambino Baby Massage) Sage Yoga Studio 1:30-2:30pm (6wks to crawling) BOOK</p>

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BEING MINDFUL IN A MINDLESS WORLD



By Dr Sarah Hyland, BSc, DClinPsy, Local Mum and Clinical Psychologist

Have you ever noticed how difficult it is just to sit and be? How regularly do you sit quietly with no distractions?

We are so often, in this modern life, looking for the chance to relax and switch off. How do we choose to do it? Watch TV or listen to the radio? Read? Exercise? Run? These are all excellent activities for escaping and winding down, but do they really allow us just to be with ourselves?

I often wonder what people were like 150 years ago, when there was no TV, radio, mobile phones or internet. Did people think more? Feel more? Did they need to find activities to allow them to relax and de-stress? I don't have an answer, but I imagine that sitting alone for 30 minutes or more a day wouldn't have been experienced as a task.

In modern life however, the thought of trying to be mindful can often make people feel like they need a training course or a teacher to guide them, much like a meditation class. However, maybe sometimes people just struggle to be alone with themselves. It's so easy to pick up our phones these days and connect to a million different worlds. Just to sit and 'be' is a difficult and often alien task.

Our awareness of our emotional life, or inner world, can be blocked out by the 'noise' and busyness of everyday life: getting the kids sorted for the day, work, checking Facebook/twitter, emails, talking with friends, household chores, the bedtime routine – to name just a few!

Have you ever just made yourself a cup of tea and sat? No phone, no people, no TV, no distractions? I wonder if we all spent a little more time with ourselves, with just 'being' rather than doing, how might that feel? Taking this time isn't just a task – it allows us to feel and gives us a chance to connect with ourselves.

As a clinical psychologist and mum of three young children, I am all too aware of the struggle to find time just to 'be'. We can all be guilty of not looking after ourselves in lots of ways. Our emotional and mental health is so important that perhaps we should all try to start being more mindful and not allowing our busy lives to cancel out our connectedness.

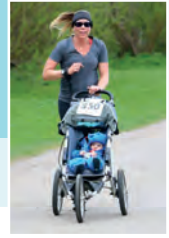
Anxious feelings are very much a part of modern life and people often have no idea why they are anxious or why they are feeling that way. We can manage these feelings with distractions and busyness, something which potentially can make anxious feelings worse. We can be too frightened to just sit with ourselves and see what we are feeling. (I say frightened because many of the feelings we try to escape can feel unbearable, such as sadness, loneliness, fear and dread.) By not trying to notice and understand ourselves however, we become detached from our own emotional life. The British philosopher Richard Wollheim defined good mental health as 'the sense of connectedness' and poor mental health as 'the sense of disconnection'. When we become disconnected from ourselves, we also become disconnected from the people around us and the world itself.

We should all give ourselves permission to take time out from the fullness of life and re-connect to ourselves by just 'being present' a little every day. Whilst this may seem difficult in a busy life, and difficult feelings may be experienced, it gives us a chance for greater self-connectedness, and a better sense of self-value.

Sarah Hayland is a clinical psychologist, working in private practice and with an interest in perinatal and postnatal mental health.

TOP TIPS FOR RUNNING WITH LITTLE ONES

By Sascha Landskron



These days I enjoy the luxury of running solo, but for several years, running with my babies was the only way I could manage regular exercise. I credit our running prams (a single and then a double) with saving my sanity through the most exasperating baby and toddler phases.

Running with little ones is a totally different ball game from running solo. You won't be as fast, or as agile, as you could be on your own, and there's a good chance you will need to make unexpected stops to feed, change and sooth the kids. Is it worth it? Definitely. Is it easy? Not always. The key is to be prepared.

HERE ARE A FEW TOP TIPS:

- **Don't start too soon.** See your GP or Physiotherapist first and make sure your core and pelvic floor are ready for exercise. Also running prams are not recommended for babies under six months as their neck control is not yet adequate.
- **You will need a good quality running pram.** One with three wheels, there are loads of brands now. We liked the Out n About versions.
- **Borrow a running pram before you buy.** Some are heavier and some are wider. Some double prams are side by side and some are stacked above and below.
- **The best time to go is when your baby has just had a feed and is sleepy.** The movement may even help them nap.

- **Toddlers take more preparation, and sometimes more persuasion.** I saved healthy and fun treats for them to enjoy, Baby Bells, raisins, fruit pouches; and if I was desperate for some exercise and they refused, sometimes more tempting treats or an iPad. Life is imperfect. Just go with it.
 - **What goes in, must come out!** Remember to bring a nappy and wipes for your baby and a portable potty for your toddler.
 - **Bundle them up well.** You may be working up a heat, but they are non-moving and will get cold. If they are warm, they'll nap better and and be happier for longer
 - **You may need to stop to feed your baby.** Exercise is possible for mums who breastfeed, however nursing bras don't offer enough support and sports bras don't allow access. I used to have to combine various items of clothing to allow for the Holy Grail of access and support. These days however, there are good quality sports bras for breastfeeding mums, which are a very worthwhile investment.
- Check out www.boobydoo.co.uk



Family running adventures worked best when they ended at a playground or café. The trail should be even and traffic free. There are plenty of great trails that are all a short distance from Belper and most have lovely areas for kids to play and options for cafés.

Most importantly, have fun and don't worry about your pace or mileage too much. Congratulate yourself! You've made it out of the house with the little one for some fresh air and fitness!

Happy running!

Sascha

THE BEST TRAILS FOR RUNNING PRAMS

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- Carsington water
- Longshaw estate
- Shipley park
- Makeney park
- Darley Abbey park
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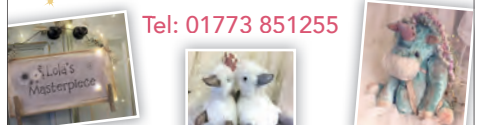
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GETTING OUT & ABOUT AND BIKE HAPPY!

By Nick Corden, local dad of two, bike expert and mechanic




It seems an eternity since long, sunny, hazy summer evenings when after school activities consisted of more than rushing home to get pjs on and squabble over the tv remote... however, spring is on its way – so it's time to dust off those trainers, wellies, raincoats and sunglasses and pack your rucksacks. Let's get ready to go out and about for some family fun!

I grew up in a family with a huge love of cycling – my parents met at Derby Mercury Cycling Club back in the 60s and we had many a long, hot drive down to the south of France in Dad's trusty Morris Marina to follow the Tour De France. I was delighted when I met my wife (for many reasons of course!) but especially to learn that her family were also avid followers of cycle races. This was clearly going to be a shared love and activity we could do together. The years rolled by and we were blessed with our two daughters; I couldn't wait until they were old enough for family bike rides and for more European adventures following the bike races.

Both of the girls took their time getting there with cycling proficiency but it's true what they say, once you've mastered it, you never forget how to ride your bike.

Here are my top tips for getting your child cycling:

- **Helmet** – this is the most important bit, for all cyclists, right from toddlers on the back of your bike, to teens mastering BMX skills and into adulthood. If you aren't sure which one is right for your child, ask at a good retailer such as Decathlon or Halfords for advice on fitting. Consider knee and elbow pads too if your child is particularly accident prone or a real dare devil!
- **Balance bike vs stabilisers** – which is best for your child will depend on them! One of ours loved their balance bike, the other hated it. If you aren't sure which is right for your child, see if you can borrow both from a friend to try or look for second hand ones on Facebook or eBay. The lighter weight the frame, the better, for both types of bikes
- **Hold the seat** – rather than handlebars (if you can). That way kids get used to steering and also balancing. When you feel they are ready to have a wobbly go on their own, they won't see you let go (just run closely behind to catch!)
- **Practice, practice, practice** – when you take those stabilisers off, or make the transition from balance bike to pedals, some kids just take longer than others.

You can find out more about Nick and his cycle repair and maintenance business on  [Bike.HappyBelper](#)

Keep them going with it; every time they have a go, they will learn a little bit more. Holidays are a great opportunity to keep trying every day as you all have the time, especially places like holiday parks or camping where there are fewer cars around.

- **Think grass!** – If you can, have them practice on grass when they are first learning because it doesn't hurt as much if they topple off!

Roads are getting busier and busier these days, so some of the best and safest places to go for family bike rides are dedicated bike trails and paths.

Some of our favourites are:

- **Carsington water** – has a nice, mildly undulating circuit around the water (around 8 miles in total). Bike hire is available, and also there is a café and park at the visitors centre. It costs about £4 to park all day.

- **Tissington Trail** – goes from Ashbourne to Parsley Hay. Bike hire is available and there are café stops at various points along the trail. Parking is available at Ashbourne and Parsley Hay (for around £4 all day).
- **Nutbrook Trail** – goes between Heanor and Long Eaton. A good place to start is Straws Bridge (West Hallam) as there is free parking and a lovely café just 2 miles away towards Heanor. The route is nice and flat, with wide paths all the way along.
- **Shiple Park** – has lots of nice routes available from the visitors centre (and a café here too!). It costs around £4 to park all day.

Let's all get out there and get Bike Happy!

Nick



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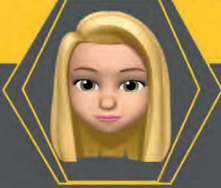
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THURSDAY

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7.30pm

Dance Fit/Paracise
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SAME SAME...BUT DIFFERENT

Saturday 28 March (11am)

A family show mixing Kathak, hip hop dance, contemporary dance, hints of live music and physical storytelling, to create a playful and colourful world, exploring our curiosities and fears, the times we feel different and when we belong. Inspired by the well-known Anglo-Asian phrase 'Same Same...But Different', meaning 'Yes, something kind of similar, but not the exact same thing', our three dancer-musicians conjure a magical atmosphere where we celebrate our individuality, diversity and the bonds that connect us all.

Recommended for ages: 5+

Tickets: £8

DINKY DISCO EASTER SPECIAL FOR MINI RAVERS

Thursday 9 April (2-4pm)

A mini rave for little ones and their grown-ups with DJs, dancing, games, crafts and an Easter Egg hunt!

All ages welcome

Tickets: £5 for children and adults (under 1s go FREE)

MUSTARD DOESN'T GO WITH GIRLS

Sunday 8 March (1pm)

An inclusive feminist musical for the modern child. When the children start mysteriously disappearing in the town of Bow-on-Tie, eight-year-old Abigail decides to investigate, embarking on an adventure where social norms are questioned and the town's secrets are uncovered. Using an original score, slick movement and strong characters this production pokes fun at fairytales whilst creating new storylines for the young generation of today.

Recommended for ages 7+

Tickets: from £12 (£10 for children)

TREASURE ISLAND

Saturday 28 March – Saturday 11 April (various times)

A pirate-filled production perfect for the whole family, inspired by Robert Louis Stevenson's classic tale of buried treasure and buccaneers. Brimming with a bountiful supply of live music, sumptuous sets and costumes, drama and ahoy me hearties, this is a thrilling theatrical voyage for all ages.

Tickets: from £10 (£8 for children)

PADDINGTON'S FIRST CONCERT AND PETER AND THE WOLF

Sunday 3 May (3pm)

Join award winning orchestra Sinfonia Viva, along with Peter and Paddington, for a double bill of adventure. Featuring live storytelling and music, join Paddington, as he goes to his first concert with calamitous results! Then experience the children's classic Peter and the Wolf, with its beautifully memorable music played through the larger than life sound of an orchestra.

Tickets: from £12.50 (£8.50 for children)

DERBY LIVE

ANNIE

Tuesday 7 – Saturday 11 April (7:30pm daily and 2:30pm on Saturday)

Repton School – 400 Hall Theatre

This timeless classic story of Annie is set in 1933 in the depths of The Great Depression. Follow Annie in her trials and tribulations from her New York orphanage on the Lower East Side to the Warbucks' mansion.

Tickets: £15

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