

FREE



BELPER AND
SURROUNDING AMBER VALLEY

THE ESSENTIAL HANDBOOK FOR LOCAL FAMILIES

ISSUE 22

MAY / JUNE 2022



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A big BOOMING hello to all of our readers around Amber Valley,

We are excited to bring you the 22nd edition of Boom Magazine and a another important issue with an 'Environmental theme'.

This edition comes with mixed emotions as our co-founder Sascha Landskron will be leaving the magazine to focus on our sister business Boom House Books and also her private dietetics clinic based in Belper. You can read more about her new ventures on page 19. Boom wouldn't exist without the energy and enthusiasm Sascha has brought to the business, her interesting articles and brilliant editing has contributed so much over the years to our success as a well-read, popular magazine! Thank You Sascha, you will be so missed but we look forward to guest articles from you in the future!

As we explore the important topic of supporting a greener planet, we hear from local nature enthusiast and blogger Caroline Norbury who shares her passion for how children can support plants and wildlife to thrive in our gardens.

We also hear from a local dad who is pioneering the way to 'growing your own' and getting the kids involved too! We look a little closer at the new 'preloved' craze and Derbyshire Toy Libraries share all they have to support this and reduce landfill demands at the same time.

Laura Lo Bue, a past writer for Boom and all round Eco-warrior; helps us save money and waste in her 'Sniff Test' piece.

Transition Belper share feedback from their Community Conversation event and bring us up to speed on one of Belper's best festivals this Spring!

Local historian Adrian Farmer shares some horrible history about Belper's sustainable past and we discover how local businesses are able to support a greener planet.

As always, we have provided event listings for activities happening in May & June and bring you the updated timetable of classes and groups for 0-5s in Belper. Do take note of our wonderful sponsors too who keep this fab magazine going!

Enjoy and be inspired!

Jo & Sascha

Editors

Sascha Landskron and Jo Leigh

Editors of Boom Magazine and local mums

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You can pick up a copy of Boom at many places around Amber Valley

INCLUDING

Nurseries, Pre-schools and Reception classes, in Belper, Ripley, Ambergate, Holbrook, Kilburn, Little Eaton, Codnor Turnditch, Duffield, Milford & Crich. Also baby & toddler groups, cafes, gyms and shops around Belper.

Cover Star:

Rosie at her family allotment in Belper



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GIVING NATURE A HELPING HAND

Caroline Norbury - environmental podcaster and blogger



Why does nature need our help?

Nature is in trouble; ecosystems such as forests, farmlands and oceans are degrading, and plant and animal numbers are declining and increasingly under threat of extinction. Several factors are responsible, many human-based: building, farming, mining, deforestation and over-fishing. Our ecosystems are vital to us as they provide water; food, building materials and other essential items, so we need to put it right.

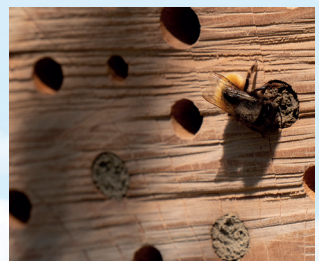
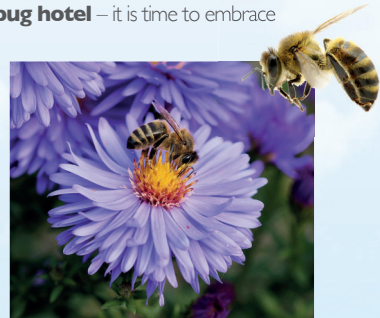
Although it is quite a big problem to fix, and will require government policy and organisations to solve it, we can all play a part to help.

Rewilding

Rewilding to restore ecosystems is about helping nature take care of itself. Derbyshire Wildlife Trust has, for example, rewilded 20 hectares of farmland at Thornhill Carrs Reserve in the Peak District. It's not just doing nothing, as demonstrated by the reintroduction of the beaver at the Willington Wetlands Nature reserve. Rewilding can occur at any scale, so if you have a garden, there are activities to enrich it with wildlife and develop your family's appreciation of our natural world.



- **Mow grass less** – we have grown accustomed to neat lawns, devoid of plants other than grass. Why not leave a patch to grow, and watch it evolve? Cutting and removing clippings after any flowers have seeded in late summer benefits diversity; cut again later in the year
- **Make an animal corridor** – one problem for those unable to fly, such as hedgehogs, is getting trapped by garden borders. Making a hole in a fence or underneath enables them to move between your garden and others.
- **Construct a bug hotel** – it is time to embrace





these essential animals and discover how varied and beautiful they are. Building a home for them is super easy, as you can use the debris from your garden. For example, if you have a hedge, place your fallen leaves, sticks and hedge cuttings underneath – ta-da, a bug hotel.

- **Avoid using pesticides/herbicides** – they contain hazardous chemicals that exterminate more life than just the one you had in mind and can end up in watercourses, having negative, long-lasting impacts on aquatic life.
- **Dig less** – highly fertile soil is at the centre of restoring land, not least because it supplies plants with nutrients and water and provides stability for their roots. It hosts an enormous variety of diverse organisms essential for nature to thrive. Growing different plants and not overly messing with the soil helps.
- **Helping birds** – perhaps put up a nest box, I'm above the ground on a tree or building the RSPB has instructions to make one on their website. Attract more birds to your garden by providing a variety of foods: peanuts, seeds, fruit and mealworms; you can even give them household leftovers of cooked rice, breadcrumbs or pastry. Use bird tables or feeders, but remember to put them out of reach of cats and away from bird boxes.

Attracting bees to your garden

Bees are one of our most important pollinators (facilitating pollen movement from male to female parts of the plant) and crucial for growing vegetables, fruits and crops. Here are a few tips to help them:

- **Grow bee-friendly flowers** – yes, bees have food preferences too. Choose plants with single flowers, such as dahlias, purple ones – lavender is good, and tubular ones, for instance foxgloves.



- **Plant a tree** (space permitting) – bees like fruit trees, willow and hazel.
- **Make a bee hotel** – solitary bees, which vastly outnumber honey bees and bumblebees, do not live in hives or nests. Females look for hollow stalks, holes and burrows to lay their eggs in and store pollen, and males pop into mate before they die. Why not help them out with buying or making a home for them? It can be as simple as planting a wooden post with a log on the top, T-shaped, and drilling holes into the log.
- **Provide water** – bees need to drink too, and honey bees need water for cooling their hive. A plant tray or some-such container will suffice, with stones, pebbles or marbles for the bee to perch on.

Helping with mammal conservation

Mammals are generally those animals you see covered in hair, so that includes us humans, your pet dog or cat, squirrels, foxes, bats, deer and dolphins (they lose their whiskers soon after birth). Unfortunately, one in four native mammals in Britain is at risk of extinction. You can help in their conservation by spotting mammals, as it is vital to know where they are living. The Mammal Society devised the free Mammal Mapper App for recording sightings of mammals or evidence of them, such as a molehill or rabbit droppings, making everyday outdoor journeys a new adventure.

For more information

If you want to hear or read more on the environment, you can check out The Owl Hoot podcast and blog at www.theowlhoot.com.



More Mouths to Feed and Less Time: The Merits of a Perennial Garden

Ryan Sandford-Blackburn, is a local Dad and co-founder of Earthed Up! Here he shares how he has created sustainable food sources for his family that other families can adopt too...



How a garden can provide for your family, no matter what

We all want to provide for our families. In times of climate and ecological crisis, during a global pandemic, more war and ensuing cost of living difficulties, it's tough isn't it?

In late 2020, with friends, I co-founded a worker's co-operative - a business co-owned and managed by the workers. We set out to start a plant nursery, growing edible and useful plants. That business has grown to become Earthed Up! Now, there's 3 of us working together. Coincidentally we each have 2 young children. We work part-time, flexibly, sometimes, out of necessity, with our children.

Working for us and the earth

Over the last decade of gardening, I've learned it's important to design a space that works for me and my context, while taking care of the soil and wildlife - it'd be foolish not to.

Through studying and practicing permaculture, I've found tools and techniques to help with this. I've had nursery spaces in pots in yards at rented houses, helped start a community allotment with no-dig beds growing abundant annual vegetables, and I've developed a forest garden on an allotment - now growing hundreds of plants to introduce to others' gardens.

Wherever I find myself growing, it has to provide and help meet some of our needs. To me, it's vital that we make nutritious, fresh food plants much more available.

And a high priority that we develop the mindsets and skills to support that.

I have the privilege of being physically fit enough to garden and have access to patches of land with fertile soils, in a favourable climate. That's not the case for many around the world.

I design gardens that produce vegetables, herbs, fruit, wood for fuel, for building simple garden structures, plant material to make compost to feed the soil. (I'm available to help with your garden too). When we found ourselves 'locked down' in 2020, our gardens gave me and my family a place to play and a reliable source of fresh food. What better place to learn about how Nature works than the garden?

Through the year, my children join me in the garden. We harvest (devour) soft fruits like honeyberry, wild strawberries, and raspberries. In my allotment forest garden there are 10 fruit trees, including apples for eating and cider; pears and plums. Fresh leaves abound: sour, lemony sorrel, aniseed sweet cicely, oniony chives and elephant garlic. So many possibilities for the kitchen. A suite of nutrients.

I don't intend to paint a picture of Eden. It's not easy working to meet our own needs, with children alongside. We share childcare between us, so the children aren't always with me; when they are there are extra considerations to the work but we get it done all the same.

Many kinds of jobs too. My eldest is 3 and a half, he knows about the water cycle because we catch



rainwater into butts. He has helped to saw wood from a tree and collects kindling to heat the house once it's dried. He has learned the tough lesson that blueberries grow leaves, then flower before producing fruit, which has to ripen before we can eat it!

What helps me have a productive garden is growing hardy, perennial plants. There are many plants that grow year on year, still producing food. I favour those over needy annuals. There are still courgettes, cucumbers and tomatoes in my greenhouse at home most years though. It's the perennials that really interest me and support us with yields for the kitchen, with little input.

I've researched and sourced many over the years. Skirret roots, Sunchokes, perennial kale, saltbush, jostaberry. You don't commonly find these, regrettably. The plants are always there, supporting each other in co-operation - with insects and birds too. And they're tough enough that I'm not too worried about them being crawled over; leaves ripped off, or whichever way the children are adamant to interact with the plants. Perennial plants grow strong root systems so they're less likely to die in droughts or through neglect when other priorities take over.

I know my children need the resilience that comes with learning these lessons from the garden. I know they

benefit from having fresh food year round, so do I, and many others can join this journey too. We can grow 'too much food', together!

If these things are important to you too, come and have a chat about plants and gardens and making more of them for the future.

Earthed Up! grow and sell edible and useful plants, based in Belper. They grow all their own plants, in peat-free compost, without using harmful chemicals. They offer courses and workshops to help people regenerate their gardens and themselves.

Find them every Friday through the summer at De Bradelei Mill, Belper as part of Good Food Fridays. They'll also be at some local events.
www.earthedup.com



**OPENING
MAY 2022**



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Reunion offers affordable, flexible cowork spaces in Belper with a deli bistro open to the community offering locally sourced, ethical food.

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HOW LOCAL BUSINESSES ARE SUPPORTING A GREENER PLANET

Reunion - The new Community Deli & Co-work Space opening in Belper

'Reunion' is a new independent business opening in Belper this May, in the former 'Fresh Basil' deli on Strutt St. Founder Jo Black is hoping to build something great for the community of Belper; without losing focus on the planet. Here, Jo tells us what Reunion's all about. . .

We're so excited to welcome everyone to Reunion. We'll be offering a range of fantastic locally sourced produce including bread, cheese and charcuterie. We'll be showcasing that produce in our seasonal menu, with daily specials and exciting international flavours. We are family friendly, wheelchair accessible and veggie, vegan and gluten-free friendly too.

We want to create a business that prioritises the planet. As well as locally sourced food, we're using a green

energy supplier; ethical bank, sourcing as much eco-friendly packaging as we can get (which comes with its own challenges), offering discounts for reusable cups for your morning coffee, and continually improving our eco credentials as we go. We also welcome suggestions from our customers about greener solutions.

We're looking forward to becoming a community space, and we'll be running our own events and pop-ups. The best way to keep up to date is by joining our newsletter on our website, where shortly we will be announcing further details of our affordable, flexible co-work memberships: reunionbelper.co.uk



Pingle Produce is a small holding just out of Wirksworth, under the heights of Alport in Ashleyhay. Gus and Fash have been growing and selling organic veg from The Pingle

for 4 years. They created a market garden from existing pasture land which continues to grow in size and output. No-dig and regenerative farming practices are used, and the benefits to veg and surrounding wildlife are flourishing.

Last year they teamed up with an organic wholesaler to ensure they can serve their customer base year round with delicious organic veg. They offer veg boxes that contain Pingle grown and UK sourced veg, which you can choose to complement with a wide range of other organic produce that may be from a little further afield. Veg boxes are available in Wirksworth and pick up from Eartharmony/Vegan Revelation Belper as part of Good Food Fridays. Go to www.pingleproduce.co.uk to subscribe to the weekly news letter and find out more. Fancy helping out? They have a great team of volunteers and are open to others joining in and learning together.

Vegan Revelation

Vegan Revelation opened its doors 5 years ago located in The Gatehouse, Belper and is still the Derbyshire hub for organic whole and state of the art vegan cuisine! Founder Leise tells us more. . .

We are proud that our veg is organic and locally sourced from Pingle Produce in Wirksworth and our ingredients sourced from next door at Eartharmony. Our food is famous for being rich, umami, fun and delicious! Our cafe is

cosy and colourful with a vintage vibe, our people friendly and enthusiastic about what we do. We pride ourselves in 'Dirty Food with Clean Ingredients, Hearty Wholesome Vegan and nearly everything can be made with Gluten Free ingredients'. We're not just for vegans, we're for everyone!



Eartharmony

Eartharmony, Belper's one-stop eco shop opened in November 2020, and has added many specialist products to the range of vegan, organic and sustainable products since they took over from Sue's Sustainables. Andy and Marisha recently extended the range to include chilled products - the organic vegan cheeses are proving very popular. They also sell organic wholefoods, herbs and spices, loose leaf teas and coffee beans by weight - so bring your containers and join the 'refill revolution!' Don't forget your bottles, as you can refill everything from washing up liquid, body lotion and even gin and wine!



Eartharmony makes it easy to find plastic free alternatives for eco-conscious families and also stock allergen free products for people avoiding dairy, gluten, sugar and sulphites for health reasons.

You can also buy a Hidden Potential Recycling blue bag at the shop, and drop it off again when filled with up to 30 different types of hard-to-recycle items that will be distributed in bulk to various recycling programmes.

Reduce your carbon footprint by buying less plastic and more plant-based products.

Refill containers and bottles and save.

Recycle everything you can and keep resources out of landfill.

For more information search #eartharmonybelper and #hiddenpotentialrecycling.



Green & Moore Accountancy Ltd

David Moore owns a local business called Green & Moore Accountancy Ltd and actively reduces his environmental impact through his business model.

Here are some environmental tips he has shared that you can implement either personally or through your business...

5 Top Tips to be More Environmentally Friendly in the Digital world

1. Use 'Ecosia' for web searches

A web search engine that plants trees for every search you make!

2. Use an ethical bank

Banks such as 'Starling' do not invest your money into the Fossil Fuel Industry and also to cut down on plastic, their debit cards made from recycled plastic.

3. Delete unwanted emails

Deleting emails & unsubscribing to unwanted emails cuts down on the energy required to run the servers emails are stored on.

4. Buy refurbished electronics

Buying refurbished laptops and phones is cheaper and cuts down on waste.

5. Recycle old electronics

Recycling old laptops and phones reduces the amount of waste that goes to landfill. This can be done at your local tip in the electronics area or some companies such as 'Music Magpie' will pay you for your old electronics.

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MAKING 'PRE-LOVED' THE NORM



– By Jo Leigh – Co-editor Boom Magazine

The last decade or so has seen a new craze of buying second hand items, whether that be clothes, toys, household appliances and décor or even the most random of things that to one person is trash and to another treasure!

Ebay seemed to take the world by storm, followed by the more localised apps like Gum Tree and with it came the acceptance that buying second hand goods is OK and can be great at meeting your needs whilst being kind on the purse strings.

More recently Facebook Marketplace and virtual selling pages are proving just as popular for the convenience of ripping out and picking stuff up near to where you live, especially great for larger items like furniture.

I myself can't resist a daily flick on my phone to see what bargain treasures are on offer to me for a fraction of the price!

I've benefitted so much from the pre-loved world that I seldom actually buy anything new these days. I would say about 70% of my kids Christmas presents are now second-hand toys and games and I have zero shame in this. I'm super chuffed at the savings I make and not half as bothered when the kids get bored with the toy or game a couple of weeks later! It's also been a really quick way to shift the surplus stuff around my house for some money back in my pocket or even just to pass things along for FREE through a FREEcycle group online and avoid contributing more unwanted waste to landfill.

So saving money aside, surely this new normalised spending habit will also have a positive impact on our planets waste problem? Let's look at some facts:

According to CB Environmental LTD we produce and use twenty times more plastic today than we did 50 years ago. Every year we produce about 3% more waste than the year before, if we carry on at this rate, it means that we will double the amount of waste we produce every 25 years. Landfill space in the UK is running out!

Lindsay Brown, a Newsbeat reporter for the BBC, published an article in 2019 that stated "plastic is a practical material and cheap to manufacture so inevitably lots of things are made from it"

Lindsay went on to share these facts:

The UK's toy industry is massive – in 2018 consumers spent £370m on them. But environmentalists say this is inevitably contributing to the amount of plastic ending up in landfill and oceans.

A poll by the British Heart Foundation found that more than a quarter of parents admit to throwing away toys that are in perfect working order. It spoke to more than 2,000 people and found children have an average of four toys they've never played with.

Whilst we don't know exactly how much of the plastic that ends up in landfill comes from toys, green campaigners say that consumers can help reduce the amount in circulation.

Friends of the Earth says there are ways to cut back on buying plastic toys - things like toy libraries, passing toys on, buying less, borrowing from friends and sharing more.

Read the whole article here:

www.bbc.co.uk/news/science-environment-47868871

So, as well as buying second-hand toys and games for your kids, that leads me to a reminder that we have an amazing toy loan service on offer in Derbyshire, which has great benefits for your pocket and our planet. Here is a quick run-through from DTL founder Ann-Marie with all that they have to offer from **Stay& Play** sessions, **Party Packs, Toy Hire** and more:



Have you looked around your house and seen toys you've bought that haven't been played with?

Have you purchased something and then thought actually I'd have been better getting something else; or is it your child's birthday and you want to arrange a party but don't know where to start?

Well come and explore The Derbyshire Toy Library (DTL) to see how we can help!

DTL offers a wide range of services for communities across Derbyshire with the aim of providing a safe and welcoming place for families to come together and for children to develop through play.

By joining the Toy Library you will be helping save the planet as well as looking after the money in your pocket. The manufacture of toys has an enormous impact on the environment and many aren't recyclable so end up adding to landfill.

We are delighted that after a 1-year hiatus our popular weekly **Stay and Play sessions** have resumed in Belper, Kilburn and Crich. Come along meet other parents, grandparents & carers and enjoy a cuppa whilst your little one's explore the wide range of toys we have available. Each session ends with song-time. Sessions cost £4 and are bookable via our website <https://www.derbyshiretoylibraries.org/>. Coming to a Stay and Play session gives you opportunity to take a look at just some of the extensive range

of toys we have available to hire... and can give them a go before you hire. It's also the perfect opportunity for your child to play with other children, developing essential skills such as communication and learning to share.

The catalogue of toys available to hire can be found on the website and includes baby toys, books, games, puzzles, ride-ons, dressing up and soft-play.

If you've found a toy you'd like to hire, then use our handy **Click and Collect** service to place an order via our Facebook page and book your collection slot on a Wednesday, Friday or Saturday. Prices to hire start at 50p per week. Collection is from The Strutt Centre in Belper at pre-arranged times on Wednesdays and Saturdays. Party Packs are also available to hire. These can include soft-play equipment, ride on toys, ball pits, slides and can be tailored to meet your requirements. Hire for as long as you need and return when you've finished - there is something for every occasion. With hundreds of toys on our database you might be wondering where to start - the **Click and Browse** slots are the answer - during a 10 minute pre-booked appointment, Toy Library Members can come and look around the store and our Click and Collect Coordinator can give advice on the suitability of toys.

You are never too young to join the Toy Library. Our **Purposeful Play** packs are specifically aimed at little ones under 1. Take a look at the website for more information on each pack - <https://www.derbyshiretoylibraries.org/>

We are eager to receive donations of toys that you may no longer need. Donations are either entered into Stay and Play Sessions or included in our Monthly Virtual Auctions - all

proceeds go back into the Toy Library. Repurposing toys in this way saves them from landfill and extends the life of toys, bringing enjoyment to many more children.

Membership of the Toy Library is £10 p/year with a 20% discount for signing up for recurring membership. Cost should never be a barrier to a child's development so message us and we can confidentially advise about discounted support we can provide.

Ann-Marie

DTL Founder

 www.derbyshiretoylibraries.org/
 derbyshiretoylibraries@gmail.com
 07866 484550

 Derbyshire Toy Libraries
 [derbyshiretoylibraries](https://twitter.com/derbyshiretoylibraries)
Virtual Toy Sale  **group:**
Derbyshire Toy Libraries Selling and Fundraising





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Learning through play

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OR CLICK & BROWSE
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For more information and updates on Stay & Play Sessions visit:

www.derbyshiretoylibraries.org



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Building confidence and community for parents and babies
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Thurs, 1-3pm, PAYG £5

Twistin Tinies Adventures

- Babies 0-18m (non-walkers)

@ Belper Community Hall
Mon 12:30-1:30pm
Tues 12:30-1:30pm
Fri (now running in Ripley)
Block Bookings

Twistin Tots - 0-5yrs

@ Belper Community Hall
Mon 9:45-10:30am & 11-11:45am
Tues 9:45-10:30am & 11-11:45am
Fri (now running in Ripley)
Block Bookings

Inspirational Languages

Spanish classes

"Caramelo" Baby & Toddlers
Mon 11.15am - 11.45am - Online
Mon 1.40pm - 2.40pm - Heonor
Tues 10-11 am & Fri 9:45-10:45am
- Vanessa's School of Dance, Belper
BOOK

Phonics with Robot Reg

Vanessa's School of Dance
Fri:
9:45am Mini Class (1yr+)
10:45am Preschool Class (2.5-4yrs)
BOOK
(contact for info about new classes)

Gymkids - 'not just Gymnastics'

Belper Leisure Centre
Weds 9:20, 10:15 & 11:15am
3 classes available for movers to pre-schoolers BOOK

Sunshine Forest School Toddler Group (0-4yrs)

Wed 10am-12pm
High Woods, off Sandbed Ln - BOOK

Belper Early Years Centre Toddler Group

Mon 10-11am
Fri 10-11:30am
No need to book (£1 donation)

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

Please contact the BEARS team via Facebook/messenger for details of zoom meet/walk & talk sessions.
See Fb page for breastfeeding support and upcoming announcements.
(Face to face session's now at Heonor, Tues 9:30-11am)

Derbyshire Toy Library Stay & Play

Belper Community Hall
Wed 9:30-11am
Kilburn Village Hall Thurs 9.30 - 11am
Book your place on DTL fb page or website
Toy Hire

Click & Collect or Click & Browse Service:
Strutts Community Centre
Wed 9.30am - 12pm, Sat 9am-12:30pm
Fri 9.30am - Express Party Package
Collection & Return
See fb page for ideas and to book a slot for pick up. Database available: www.derbyshiretoylibraries.org/shop

Post Natal Pilates

Fit Pit
Post Natal Reformer (babies welcome)
Thurs & Fri 10:30am
Pregnancy & Post Natal Pilates
Wed 6.15-7pm, Fri 10:30am, BOOK

Little Church

St Peter's Church, Wed 10am-12pm

Prams & First Shoes Meet-Up

St Mark's Church
Thurs 9:30-11:30am (0-2.5s)

Messy Church

St Swithun's Church
2nd Sat in the month 4-6pm.
St Mark's Church, Openwoodgate
4th Sat in the month 4-6pm.

The Little Baby Sanctuary

@ Sage Yoga Studio

Baby Massage (6wk - crawling)
Fri 1.30-2.30pm

Baby Yoga (8wk - crawling)
Thurs 10-11am BOOK

Nursery Ballet (3-4yrs)

Vanessa's School of Dance
Mon 4:15-4:45pm BOOK

Baby Sensory

Lion Hotel, Wednesdays
10-11am (Birth-6m)
11:30am-12:30pm (6m-13m)
1-2pm (Birth-13m)
BOOK

Nest & Nurture

@ Nest & Nurture Studio, Belper North Mill

Hatchlings (6wks-5m)

Mon & Thurs 11:45am - 12:45pm

Nestlings (4/5m - crawling)

Mon & Thurs 10-11am

Pregnancy Yoga

Mon 7pm-8:30pm (14 wks+)

Nest & Nurture Tea Club -

Twice a month social and support group for expectant and new parents in Belper and surrounding area.
Tues 10.30am - 12.30pm
BOOK for all sessions

Belper Library

Story and Rhyme Time

Weds 11-11.30am (under 5s)

Rhyme Time

Fri 11-11.30am (under 5s)

Craft Drop-In Sessions

1st Sat of the month.
Hourly slots between 10am & 2pm
(5 yrs and over) NO NEED TO BOOK
(01629532590)

Baby Massage with Emily

- nurturing touch responsiveness & bonding

Number 28, Market Place
Tues: 10-11.15am (6-16 wks) BOOK

Primrose Art Club Toddler Messy Play and Art session.

Strutts Community Centre
Thurs 10-11am (2-3 yrs)
BOOK (primroseartclub@gmail.com/
07387 962150)

Big Feet, Little Feet Woodland Parent & Toddler Session

The Woodland Hut Fire Pit,
Shining Cliff Hostel
Alternate Tuesdays
10am-12pm
See FB: 'All About The Calm'
BOOK

** Please note that this information was correct at the time of publishing. The current COVID-19 situation may change when, where and how these groups are available. Please check all details before attending.

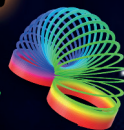
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EVENTS MAY & JUNE 2022

Events happening locally for all ages!

Belper Arts Trail

Sun 1 - Mon 2 May, 10:30am-4:30pm

An interactive trail of creativity around Belper where artists will exhibit and promote their work. Get your trail map which is within the Arts Trail brochure and your wristband from the Market Place, Memorial Gardens, Strutts and at other selected venues. Price £5

Sun 1st May – Children's Book Fair activities and workshops hosted by Boom Magazine

Heights of Abraham

Punch and Judy Jubilee Special

Thurs 2 – Sun 5 June

To celebrate the Queen's Platinum Jubilee Punch and Judy will be visiting with a brand new show in honour of Her Majesty! Take a seat at the summit and watch as Mr Punch returns centre stage to tell his new tale. Grab a Union Jack flag from the gift shop to wave during the show in case Her Majesty happens to turn up!

New Historical Costume Exhibition

Launching Sat 14 May

In the newly refurbished Masson Pavilion exhibition space, comes a new exhibition celebrating the Heights of Abraham's visitors from the past. The exhibition shows a timeline of period clothing worn by visitors from 1787 to 1910, from gorgeous Georgian gowns to elegant Edwardians, to mucky miners!

Carsington Water Outdoor Classroom - Derbyshire Wildlife Trust

Nature Tots

Mon 9 & 23 May, Mon 6 & 20 June

Outdoor nature based playgroup. Drop in session 10 -12 am for children 0-5 years old .

£4 per child, free parking and a cuppa included

Family Bushcraft Sessions

Mon 30 May 10am-12.30pm & 1.30-4pm

£10 per person. Book: <https://www.derbyshirewildlifetrust.org.uk/events>

Wonderful Wildflowers Sessions

Wed 1 June 10.30am-12.30pm and 1.30-3.30pm

Free due to funding Book:

www.derbyshirewildlifetrust.org.uk/events

Derbyshire Toy Libraries Virtual Toy Auction

Thurs May 12th & June 9th

Buy preloved toys at a bargain and raise vital funds.

Go to Derbyshire Toy Libraries Selling and Fundraising FB Group and message them if you have toys and books to donate. www.derbyshiretoylibraries.org

Elvaston Castle Derbyshire Food, Drink & Gift Fair Sat 14- Sun 15 May, 10am-5pm

Awful Auntie by David Walliams – Open Air Theatre Sun 15 May, 3pm, Tamworth Castle Grounds

Derby Book Festival

Fri 20-Sat 28 May.

Over 70 book-related events for all ages & interests including activities for families:

Author Events:

Mon 30 May: Lauren Child: Clarice Bean: Scram! 2 – 3pm, Derby Theatre ,Age 7+

Tues 31 May: David Baddiel : (The Boy Who Got)

Accidentally Famous, 2 – 3pm, Derby Theatre, Age 8+

Wed 1 June: Jacqueline Wilson: The Magic Faraway Tree: A New Adventure, 2 – 3pm, Derby Theatre, Age 6+

Theatre:

Mon 22 – Thurs 26 May: Fairy Tale Puppet Theatre Shows, In city libraries – 45 min shows, Under 5s - FREE

Sat 28 May - Down the Rabbit Hole! Alice in Wonderland, 11am - 3pm, Pickford's House Museum Children 12 and under - £3

Sat 28 May - Roald Dahl and the Imagination Seekers, 11.30 am - 12.25pm, 2.30 - 3.25pm, Deda £10/£8, For ages 6+

Tickets are on sale for all events:

www.derbybookfestival.co.uk/whats-on/events

Deda Derby

Roald Dahl & The Imagination Seekers

Sat 28 May 11.30am and 2.30pm

A Theatre Performance By Get Lost & Found.

All around the world Roald Dahl's words are disappearing, not only from books but children's minds too! Now, only a secret organisation known as the Ancient Guild of Tale Tenders can save the stories – and they need your help...

This is an immersive and interactive performance, involving games and imaginative play, while exploring Roald Dahl's extraordinary stories, including The BFG and The Twits along the way.

Cromford Mills

Georgian Re-enactment Weekend

Sat 28 – Sun 29 May 10am- 5pm

This weekend features re-enactors from both the 'Redcoats & Revolutionaries' and the 'Lace Wars' groups.

The Gunpowder Plot, Tues 14 June

The Three Inch Fools hit the road with a bang. Cue an explosive evening of short fuses and tall tales!

Belper Repair Café

No 28, Market Place Belper
Sat 28 May & Sat 25 June

Crich Tramway Museum

Great British Seaside

Sat 28 May - Sat 4 June

Eight days of traditional seaside fun for all the family, including a funfair, children's entertainment, Punch and Judy, plus craft activities and bingo! Vintage trams running from 10.30am – 4.00pm. (5.00pm weekends and Bank Holidays).

Croots Farm

Queens Platinum Jubilee Beacon Lighting Event

Thurs 2 June. 7.30pm. BBQ, Bar, kids activities. Free entry

Open Farm Sunday

Sun 12 June, 11am - 3.30pm

Ecclesbourne Valley Railway – JUBILEE CELEBRATION, Thurs 2 – Sun 5 June

The Jubilee weekend will feature steam and heritage diesel trains, children's entertainment, a variety of stalls and activities, classic cars and more!

Queens Platinum Jubilee Celebrations

Fri 3 June, 2-4:30pm

Belper's biggest ever street party, just bring a table, chair and a picnic!

Campbell St, Belper - Hosted by Café 24 (see fb page)

Belper Goes Green Festival

Belper Meadows Cricket Club

Fri 10- Sun 12 June

Transition Belper's Community, Eco and Arts Festival – a celebration of local living, which aims to share ways of reducing our impact on the planet, whilst connecting the local community in a relaxed, safe and uplifting way. Lots of stalls and eco-themed activities including a pop-up Kids Zone and pre-loved toy sale hosted by Derbyshire Toy Library

The Belper Moo

Moo Exhibition tracking the evolution of the Moo through daily posters - From Sat 11 June at No.28 on the Marketplace

Moosday, Sun 12 June

Let out at giant MOOO at 6:30pm and join in a Moo-themed quiz at the Grapes pub - 6.30pm. Plus Moo-related activities throughout the day at Belper Goes Green Festival

The Belper Woollen Woods

Sat 18- Sun 26 June

Belper Parks Nature Reserve, Dot's Tea Emporium garden & Belper Memorial Gardens

A woollen trail of creatures native to Belper woodlands.

Derby Museums

Sensory Storytelling: Julian is a Mermaid

Wed 22 June, 10:15- 11:15am, Museum and Art Gallery
An interactive reading of the picture book Julian is a Mermaid by Jessica Love to celebrate inclusive stories during Pride Month. Get comfortable amongst our collections and enjoy engaging with a range of sensory materials. Suitable for families with children aged 2 to 4. FREE – Give What You Think (Places limited – booking essential). Book a place through www.derbymuseums.org/

Derby Pottery Village

Toddler Tuesdays (every Tuesday in term time)

Children's creative craft sessions plus a free hot drink with a slice of cake included at Bourne's Coffee Shop for each parent booked onto the session.

Derby Craft Studio, £5 per child

Museum Monday's

Enjoy half-price tickets to the Derby Museum Experience, every Monday!

£6 per adult (Usually £12) £5 per child (usually £10)

Jubilee themed crafts

The craft studio - May half term

www.denbypottery.com/denby-pottery-village

Derby Live

Derby Jubilee Celebration, Thurs 2 – Sun 5 June

Events will include a beacon lighting at Derby Cathedral, a military parade from Cathedral Green to Corporation Street, followed by a stage show at Derby Market Place.

Furthest from the Sea Festival

Sat 25 June from 11am, Cathedral Green

A fantastic family day of fun, featuring music, comedy and dance performances, workshops, activities and more - all with a smile-making Pirate theme! FREE

AVP Theatre Fairy Tales

Sat 2 & Sun 3 July, 11:30am and 1pm (£4.50)

Markeaton Park

A special fairy will tell you tales of forests, castles, princes, princesses, adventures, magic, witches, wizards and maybe even the odd dragon! This show is an interactive story with a short 'meet the puppets' session to finish

Belper Food Festival, King Street, Sun 3 July

Good Food Fridays

4 fabulous businesses with the environment in mind have joined forces to bring 'Good Food Fridays' to The Gatehouse at De Bradelei in Belper. Eartharmony have zero waste essentials, Vegan Revelation provide eat in or takeaway meals, 'Earthed Up!' have a pop-up edible plant nursery and you can also collect your Pingle Produce organic veg box (order online by Wednesday) Every Friday from 11am.



at
**Markeaton Park
Craft Village**



Children's Pop-up Theatre
FAIRY TALES

Sat 2 & Sun 3 Jul



Oddsocks Theatre
**HAMLET
THE COMEDY**

Thu 14 - Sat 16 Jul



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SHACK**

Wed 20 - Sun 24 Jul



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UniNutrition

PERSONALISED NUTRITION COMES TO BELPER!

Sascha Landskron, BSc, MSc, Registered Dietitian



Six years ago, Jo Leigh and I launched a new business together. With absolutely no prior industry experience, we boldly decided we could publish our own magazine for families - and Boom was born!

We started out walking up and down the streets of Belper (often with at least one baby or toddler in tow) to find sponsorship) determined to publish all the important things we wanted to say. We've enjoyed developing the walks, recipes, and activities for local families, along with the talented team at 45 Degrees. We've published a variety of important health and educational topics, including information on mental health and postnatal depression, and special issues dedicated to hot topics such as exercise, breasts and sex! We love all the positive reader reviews, and creative articles that come into the Boom email inbox. We are proud that our hard work has paid off. Boom Magazine is well-known and well-respected, and now big advertisers come to seek us out!

I'm sad to see my time at Boom Magazine come to an end, because it's been an amazing experience, but I'm just not able to devote myself to multiple businesses, and find time for my family. However, I look forward to continuing to contribute articles to Boom Magazine. Jo is a supremely talented and creative lady, and is now carrying the torch on her own, and Boom will continue to be a local staple for all to enjoy!



Writing and editing Boom has been a way for me to address all the complicated misinformation about nutrition that exists in the public domain. I love distilling the latest science, into practical advice for people. And so, as way leads on to way, I'm now addressing another gap in the market - personalised

nutrition. With the tremendous support and encouragement from the lovely ladies at UniSkin on Strutt Street, I've launched a new business called UniNutrition. Here I offer a range of appointments and programmes for people of all ages, to help them get to their best personal health and wellness. I have 20 years of clinical experience specialising in food allergies and intolerances, weight management and nutritional genomics (understanding your own DNA in order to optimise what you eat). It's a very exciting time to be working in the field of health and nutrition!

Many people know they don't feel at their optimum, and understand that diet and other lifestyle changes could help, but it can be difficult to know where to start. I focus on scientifically-led methods to help you understand exactly what foods, and what food patterns, will work best for you, to help you reach your health and wellbeing goals.

If you're interested in learning more, please stop by and see me at UniSkin at 8a Strutt Street, Belper, DE56 1UN or call 07847 373 874 to discuss your questions about nutrition.

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THE SNIFF TEST

Laura Lo Bue - Eco enthusiast and Co-Founder of Belper Cloth Nappy Library



Ok, so now I've drawn you in to read this article, I will explain what I mean by the 'sniff test'. This is what our local supermarket chain Morrisons is advising customers to do in order to determine whether your milk is still fit for consumption.

On average 330,000 tonnes of milk is wasted each year. This is a shocking amount when you consider that much of it is thrown away purely because of the "use-by" date having expired. We all know the smell and taste of gone off milk; it smells rancid and tastes sour. Most of that milk could have been saved and used if people had just used their sense and senses!

It's not just milk that gets wasted though. Buying in bulk from supermarkets can often lead to food items going off and being thrown. At best they will stay in the food chain (we give bits of old fruit/veg or pasta that the kids have thrown on the floor to our chickens). If not the hens, then the compost bin gets it. More often than not there is a way to use up nearly everything, it's often just about being a bit inventive! By wasting less we are not only helping the planet but also saving money.

HOW TO HELP WITH WASTAGE:

Throw it in the freezer!

If it looks like it might go off before you can use it then put it in the freezer: Milk, cream, and even hard cheese will freeze well. Meat or fish that is nearing its use-by date can be put in the freezer or cooked and frozen for a quick meal option at a later date. Most fruit and veg can be frozen - as can bread and even chopped up chillies and herbs.

Buy only what you need

Often the cheaper option at supermarkets is to bulk buy, but sometimes this turns out to be false economy when you end up throwing half of it away. Fruit and veg can be bought singly from your local greengrocer, and then you only buy what you need. This also avoids unnecessary plastic packaging.

Be inventive

Cookery books and Google are great places to look for inspiration when you have random bits of food that need using up. Wondering what to do with that bendy carrot or

celery stick lurking in the bottom of your fridge? Chop it up and add it with some onion, garlic, olive oil and tinned tomatoes and make a great base for a pasta sauce (add mince too - veggie or meat - for a tasty Bolognese).

Bananas going off? Make a banana cake/loaf or chop them up, pop them in the freezer and take them out for a smoothie or instant banana ice cream!

Other inspirational recipes can be found here: www.hubbub.org.uk www.lovefoodhatewaste.com/recipes



Rescue unsold food

Due to the increasing focus on wasting less, we have seen the rise of groups, organisations and even supermarkets attempting to help with food wastage in the UK. Here are some great apps you can sign up to and pick up food that has sometimes reached its "use-by" date but is still very much fit for consumption: www.toogoodtogo.co.uk/en-gb www.olioex.com/

It all comes down to respecting where our food comes from; the cows that produced the milk for us; the fields that farmers have put the hard work in to; the animals our meat comes from.

Whilst there are countless ways to reduce your food waste; one of the easiest ways to determine whether to keep or throw something is to use the power of your senses.



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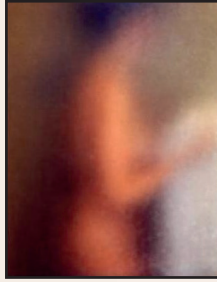
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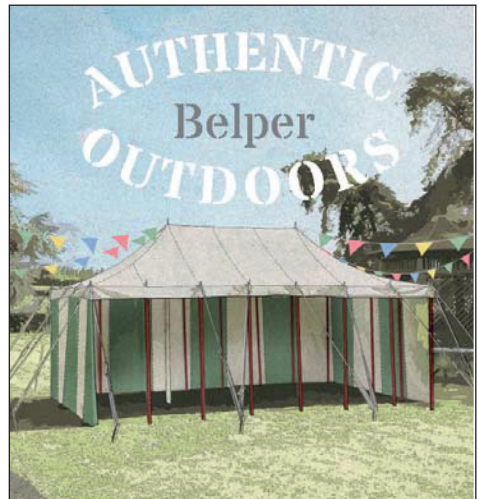
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BRINGING BACK... **BELPER** GOES GREEN

Community, Eco and Arts Festival



Back in the winter of 2012, **Transition Belper** had an idea. That idea was to hold a small eco-fest for the community of Belper. The festival would have workshops, stalls, food and activities; it would be a place to have a good time and also a space to share ideas about the environment.

David George, one of the first organisers of the festival, said "Dick Watson came to me with the idea and then badgered me into making it happen. He wanted to base it on Leicester's Green Lights Festival but then someone suggested we called it Belper Goes Green and it stuck!"

After much work behind the scenes, in June 2013 the first Belper Goes Green opened its doors. Taking place down at the Belper Rugby Club, the festival was a big success and introduced people of all ages to positive changes they can make to improve the environment.

David continued: "We were all excited at the overwhelming success of Belper Goes Green. We knew that if, by leading by example, we could achieve small individual carbon footprint reductions then the cumulative effect could be significant. We were starting to make a difference.

Since that first event the festival has gone from strength to strength and Transition Belper are proud to announce it will return in the summer of 2022. This time at its new venue of the Belper Meadows Cricket Club.

But who are Transition Belper?

Transition Belper are a group of local people who, as part of the wider Transition Network, are exploring how to re-imagine and rebuild our world at this unprecedented time of global crisis.

Climate change is an issue that is so big and complicated that it can end up becoming overwhelming. People feel powerless, frustrated and unable to make a difference on their own. Transition Belper challenges these feelings by bringing the community together and supports them to make a positive change.

Our activities are aimed at making the market town of Belper a more sustainable place for us all to live, work and play, and at the same time reducing our impact on the planet and our individual and community carbon footprint. Want to know more? Why not join us for Belper Goes Green 2022! A fun-filled weekend featuring a vast array of local stalls and incredible live entertainment for all the family, as well as CAMRA's real ale and cider festival.

This year's Belper Goes Green festival is going to be held at the Belper Meadows Cricket Club from the 10th – 12th June. Full weekend tickets are £5 (concessions available).

For more information visit transitionbelper.org

By Ed Sills - Transition Belper Trustee

Belper and DE56 Community conversation

Creating a
sustainable vision of

2030
together!

A project delivered by:



**TRANSITION
BELPER**

What if the future of Belper was in your hands? What if anything were possible? What if you could shape new initiatives, policies and bring absolutely ANY idea to the table?

These were just some of the questions Transition Belper hoped to answer when we held the Community Conversation, to create a sustainable vision of 2030 for Belper and DE56.

At the end of 2021, a time when we were grappling with the impact of a global pandemic, as well as trying to find ways to fight climate change, the Community Conversation aimed to harness the collective creativity of the region that gave birth to the industrial revolution, and use it to heal and build a better future for DE56.

The gathering took place on October 2nd 2021 at the Strutt's Centre. After months of ongoing Covid-19 restrictions, we were very happy to be able to hold our event in person.

The room was buzzing right from the start!

The 51 event participants included residents, town and borough councillors, our local MP, business owners, community groups, and of course Transition Belper (TB) members and trustees.

The participants were welcomed by a fantastic team of voluntary facilitators who delivered the day. Every effort was made to ensure the event was planned with sustainability in mind.

'What is' – Resilience, Relinquishment and Restoration

To kick it all off, participants discussed what is helping us create a sustainable, resilient and socially just community, what is stopping us, and what needs to be put in place in order to repair the damage already done by climate change, austerity and inequality?

It was wonderful to hear everyone's thoughts on what is so special about our area: a strong sense of community came through, of proactive responses



to the recent pandemic, and resilience against flooding. Others celebrated our green spaces, parks and proximity to the countryside, our many community groups, heritage, sports and connective events such as Belper Goes Green festival, the Arts Trail, our markets and food festivals, and of course the Belper Moo got a big mention!

'What if?' Entering the time machine!

Conjuring all the imagination they could, the group was then invited to enter a time machine and travel forwards to 2030 and envisage a time when we have managed to secure a green future for everyone.

Their best ideas were then turned into 'What if?' questions. They were all so wonderful! Here's a selection:

- What if we had a Belper car-share scheme and electric scooters?
- What if we form a community enterprise to take over the mill?
- What if all school meals were free and local and home cooked?



Photo Credit: Jim Bell

- What if 20mph limits were introduced throughout Belper?
- What if the Belper Meadows were utilised as parkland and wildlife was encouraged?
- What if we demand supermarkets eliminate plastic packaging?
- What if local artisan skills were valued above consumerist items?
- What if we planned new houses with climate change in mind?
- What if we all shared our possessions, tools, time and skills?
- What if every lamp post had a solar panel to generate light and not pull off the grid?

‘What next?’ Action groups emerging from the event

In the final part of the day, participants formed groups around the emergent theme they felt most inspired by.

We’re very proud to say that a number of these groups continue to work on their ideas to this day, supported by Transition Belper. These groups are as follows:

The **‘20s Plenty’ group** have joined the national campaign for 20mph to become the normal speed

limit on residential streets and in our town and village centres. The benefits are making streets safer, encouraging walking and cycling, reducing vehicle emissions and raising wellbeing.

The **‘Zero waste’** team have been very busy visiting all our local shops and businesses to engage them about reducing plastic packaging and helping to educate and support them to make changes towards more environmentally-friendly alternatives.

‘Our Belper Mills’ want to save Belper’s East and North Mills. Concerned about their future, the threat of losing UNESCO status, and the lack of community-focus and imagination in the current development plans, they plan to commence a public campaign.

Youth engagement – Transition Belper are very keen to explore how best to engage with the younger generation, something discussed at the conversation. So we’re planning to launch a Youth Group at Just-Ice in Milford in the hope of raising the youth profile of our group.




Transition Belper would like to thank everybody involved who has helped build our dream of a more sustainable 2030!

To find out more about Transition Belper’s other green projects, or to apply for start up funding yourself, please visit: transitionbelper.org



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BELPER'S SUSTAINABLE PAST- PROVIDING LOCALLY-GROWN FOOD ON A MASSIVE SCALE



by Adrian Farmer, Chair of Belper Historical Society

It's a well-known fact that the modern factory was first developed in the Derwent Valley, with the Strutt family creating mills at Belper and Milford, using groundbreaking ideas both in construction and mass-production. What is perhaps less known is that the family took those ideas and used them to help with a problem caused by the creation of those factories – how to feed so many new mouths as people came to work in the mills?

During the 19th century, the Strutt family began buying local farms. The best known of these are probably Dalley and Crossroads Farms on the Ashbourne Road, and Moscow Farm on the road out of Milford towards Duffield. They converted these traditional, small-scale, farms into the farming equivalent of factories, with highly efficient ways of working which maximised production of essentials such as milk.

Conveyor belts and gravity feeding chutes were just two developments to make the farms more efficient – enabling sufficient food to sustain the local population, without the need for bringing in extra stocks from



many miles away, as we do today. It was a very sustainable way of feeding the local communities, and a good example of what we should be trying to achieve today.

John Gratian, a tenant of the Strutt family, developed an early market garden in the town, which also helped in feeding the rapidly growing population. His carrots – some of the earliest to be available commercially on a large scale – were much sought-after. His garden area was on the slopes below Chesterfield Road and Swinney Lane.

A description from 1813 states that since 1805 Gratian had collected the rich human manure from 50 of the millworkers'



A wedding at Crossroads Farm

cottages in a cess pool at the top of his garden, and it ran down small trenches in the winter to enrich the soil for growing cabbages, potatoes, broad beans, then broccoli, peas, onions and carrots. A special scoop was used to get the enriched water up to the trenches above the cess pool. It's claimed that Gratian was not only one of the first to grow carrots on a large scale but that he had been particularly successful because of his unusual method of fertilising the soil, and his carrots were much sought after by all but the most squeamish.

They sound delicious – would you have bought Gratian's carrots?

You can find out more about Belper's history from the Belper Historical Society website belperhistoricalsociety.co.uk/ and at Strutt's North Mill, the museum by Belper Bridge and the Horseshoe Weir. Opening times can be found at www.belpemorthmill.org.uk

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CRAFTING FOR NATURE

Caroline Norbury - environmental podcaster and blogger



Create a lagoon

Hoverflies are pollinating insects, and some species require water for their larvae stage. They commonly use puddles in dead trees, but a trend to use the wood or tidy dead trees away means their habitat has declined.

You can help them out by making a lagoon ahead of or during the breeding and flying season from May to September:

1. Take a container, such as a ceramic or glass pot, bucket or plastic milk bottle (top cut off) with a capacity of 1 litre or more.
2. Put in grass cuttings, nettles or any leaves lying around the garden.
3. Add some twigs/sticks long enough to reach above the container.
4. Fill with water, approximately an inch from the top.
5. Add dry leaf litter on the top.
6. Leave in a shady spot of the garden.

The leaves will rot, creating a smell that attracts the females; within a week, you should hopefully see some hoverfly eggs, usually on the sticks, taking 2-3 days to develop into long-tailed larvae.

The larvae metamorphose into pupae (in cocoons) after about 2 weeks, no longer needing water: Placing a tray under your container will catch pupae, where you can collect them. From here, you can then put them in a jam jar with a few wet leaves and cover them with a lid pierced with holes. Position them in a shady area and watch them develop into hoverflies over 4-6 weeks.



Make an apple bird feeder

If you want to attract more birds into your garden, providing a food source will help. There are many bird feeders available, but here is one you can make at home.



You will need an apple, apple corer; 2 sticks, string and seeds, such as sunflower seeds. Then:

1. Remove the core of the apple.
2. Feed the string through the centre of the apple. Tie one end around the centre of 2 sticks arranged in a cross-shape; this provides a base for the apple to sit on. Leave the other end free.
3. Stick your seeds firmly into the apple.
4. Tie the free end of the string to a tree or ledge outside.

Watch out for feathered visitors.



For the environmentally curious, see The Owl Hoot podcast and blog at www.theowlhoot.com, or follow me on Twitter @The_Owl_Hoot, Instagram @theowlhoot or Facebook @TheOwlHoot

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