

FREE



**BELPER AND
SURROUNDING AMBER VALLEY**

THE ESSENTIAL HANDBOOK FOR LOCAL FAMILIES

ISSUE 25

NOV / DEC 2022





WE'VE CHANGED OUR NAME BUT WE ARE STILL...



*INDUSTRY JUDGES LOVE
OUR CUSTOMER FOCUS*



*OUR CLIENTS LOVE HOW
WE WORK WITH THEM*



*WE'RE EVEN BEING
RECOGNISED NATIONALLY*



*REALLY, IT COSTS
NOTHING TO TALK TO US*



*WE'RE HUGE BACKERS
OF SHOPPING LOCAL*



*FOR LIFE INSURANCE
WE'RE ALSO ACE!*

We now offer more than just award winning mortgage advice, Peak Money can now also assist with life insurance, pensions, investments, will-writing, estate-planning, bridging and commercial finance...

and of course still delivered in our very own approachable, friendly way from our Milford office. Rest assured, there are still complimentary beers and puppies to play with!

BOOM! Here it is... The Christmas edition to round up 2022

Issue 25 is jam-packed with ideas to see you through winter leading up to Christmas.

We have a whole **3 pages of events and activities** to add to all the excitement including some great **theatre** for kids! Plus our usual **timetable of groups and classes for 0-5s** in Belper.

Boom Magazine is passionate about supporting **Local Independent Businesses** and we don't hold back in our first article showcasing all that **Belper Town** has to offer!

The wonderful Amy from **Primrose Craft Club** brings us another 2 creative activities themed around Christmas, whilst Belper's new bookshop **Doormouse Books** suggest some great reading picks for both kids and adults.

Have you got any home-grown apples picked or gifted? We have a great **Apple Recipe** for you!

Regular writer **Debbie Kinghorn** gives some sage advice on helping kids with their **excitable emotions** leading up to the long-awaited visit from the 'man in red' and **'Molly In Derbyshire'** reminds us that there are plenty of lovely outings on offer for the grown-ups this time of year too (it's not all about the 'kids' right?)

We have a new local business sharing their advice on how to **'Keep your Cool'** amongst this busy time of year and **Mini First Aid** have some important tips and reminders for keeping your house safe amidst all the decorations!

Please take note of our wonderful sponsors showcasing their business and services and enabling Boom Magazine to be a useful, FREE handbook for local families!



Have a fun-filled and hopefully stress-free lead up to Christmas folks!

Jo Leigh
Editor

Jo Leigh

Editor of Boom Magazine and local mum
info@boommagazine.co.uk • www.boommagazine.co.uk

Magazine design by:

45 Degrees Design & Print
01773 880 365
info@fortyfivedegrees.co.uk

45° FORTY FIVE DEGREES
Design & Print

Published by Jo Leigh - Boom Magazine 2022. All rights reserved. Reproduction in part or whole without permission is strictly prohibited. Health related articles are intended for information only. You should consult with your health care provider before changing your child's diet or health care plan. Goods and services advertised in Boom Magazine are not necessarily endorsed by Boom Magazine or its editor. Every effort is made to ensure accuracy, however dates, locations and prices may change.

Please mention Boom when responding to adverts!

inside

Shop Local & Stress Free	4-5
Homemade Christmas Crafts	8-9
Book Reviews	12-13
Belper Timetable of Groups	15
Apple Strudel Recipe	17
Nov/Dec Events	18-20
Excited!!!	25
Keeping your Cool	26-27
Festive Kid-Free Days Out	31
Reducing Risks this Christmas	33

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, Denby, Duffield, Milford & Crich. Also baby & toddler groups, cafes, gyms and shops around Belper.



For more great ideas and places to go you will enjoy following 'Molly In Derbyshire's' blog posts at www.lovelylocalindie.com

Molly Scott also offers social media support to small businesses, contact her to find out more at molly@lovelylocalindie.com.

Boom Magazine has social media support from Molly and we highly recommend her services.



Check out our sister business and see the fabulous books we have produced!

www.boomhousebooks.co.uk



shop Local

SHOP LOCAL & STRESS-FREE IN BELPER THIS CHRISTMAS

CHRISTMAS DECORATIONS:

The new shopping arcade **The Corn Exchange** (just off King St) has new shops to explore and they welcome the return of **I Believe**, the all year round Christmas shop & **Memory Makers** for balloons and cards along with **The Paper Collective** who are stocking a selection of 2023 planners and stationery to get everyone organised for the new year.

Primsisters on High St for fragrant candles and gorgeous Christmas decorations to add Christmas sparkle to your home and **Nordicana** on Bridge St offer a Scandi Christmas feel.

Fleur Florist on King St has amazing greenery and florals, both fresh and artificial.

Duck & Peach cards beautifully designed by local illustrator Sophie Cartmell has moved online and has a fantastic range of quirky cards for Christmas - www.duckandpeach.co.uk

GIFTS FOR THE KIDS:

Cheeky Bambini on Bridge St for ethical and eco-friendly children's clothes (0-10 yrs) toys and dolls.

45 Degrees Design & Print on Campbell St have some fab laser-cut gifts such as their 'Stars in the Jar' reward gizmo. Also, **Little Name Droppers** sell their personalised animal prints and other fun gifts too!

Distinct Gaming on Wellington Court has board games for all the family, plus, card games and miniatures.

GoApparel on Bridge St can make bespoke personalised hoodies, t-shirts, mugs and bags plus check out their Christmas jumpers!

Keep an eye on the **Derbyshire Toy Library** FB page for their Virtual Toy Sales and grab some great pre-loved toys for a bargain!

At the top of town is Belper's new bookstore **Dormouse Books**, with a great selection of books for adults & children, not to mention Oxfam Books nearby too!

How about lovely personalised crayons handmade by local Mum Heather? Find on etsy: **Happy Hedgehog Crayons**

Look out for Boom's **'Family Walks for Little Legs'** guide sold in many shops around Belper and a superb stocking filler for anyone who loves short walks!

GIFTS FOR PETS:

Ladybird Pet Boutique on King Street has lots of Christmas goodies and treats for your furry friends

GIFTS FOR THE GROWN-UPS:

Belle La Vie on King St has 3 floors of fashion, home and gifts and **Sundial** just up the road has a great selection of clocks and lighting.

Belper High St has so many gorgeous lady's boutique clothing stores to browse, full of bags, clothes and accessories and you can find menswear fashion too at **Project, Struts Mens** and Belper's outdoor shop **Peakdale!**

Frearsons on Bridge St has a wide range of jewellery, quality crystal, porcelain and much more!

In **The 1924** shopping arcade you'll find a real range of gift ideas including **Candle-Mad** and **MAD Handmade Designs** yarn and patterns including wool hampers and gift sets for knitters and crocheters.

Whether you are shopping for your children, your friends, or your extended family this Christmas, there's no need to venture far or face the overcrowded shopping centres with expensive parking... instead seek out your **local Independents**. They have so much on offer and you'll be putting money straight back into the local economy and keeping our highstreets alive!

Belper has become known as one of AmberValleys (and voted England's) best high streets. Here we aim to inspire you with gift ideas and encourage a wander through a thriving and exciting town.

You'll be spoilt for choice for **cafes, pubs and eateries** on your way around too!

Wards Shoes on King St offer us winter slippers, bags and scarves as do Clarke's.

Motostop at the top of King St is ideal if you are on the lookout for merch for car fanatics.

Then not forgetting Belper's **De Bradelei Mill** with its range of shops over 2 floors, including top fashion brands at a discount, houseware and antiques. **Derwentside Shopping Mill** is a great shopping experience too, specialising in antiques and bespoke furniture!

You'll be in heaven walking into **Coccolare at 25** on King St with their range of scented bath bombs and candles.

Euphoria Holistic Beauty is a home-from-home salon in Belper for party nails and gorgeous Temple Spa facials and products - <https://euphoria-therapy.webs.com>

Belper is a very arty town! So look for something special at **Duffield Art Gallery** or **Hall of Frames** and if you want to support our local creatives then **The Willow** is a superb place to head for.

Lester & Nix have competitive deals on household and small appliances from Kettles, Radios, TVs & dysons.

FOOD & DRINK:

Earth Harmony in De Bradelei Mill has a range of ethically sourced edibles and toiletries, plus some lovely wines. Why not make up your own gift hampers?

Oh So Sweet on King St have all a HUGE range of colourful & traditional sweeties.

The Beer Trap on High St sells a great range of craft beers.

Reunion offers fantastic meats, cheeses, and a brilliant choice of condiments.

Gummers is the perfect choice for your locally grown Christmas dinner veggies.

I Should Cocoa for those special chocolate gifts.

EXPERIENCES & VOUCHERS:

Family photography, new-born baby and boudoir shoots at **Studio 1825** in Nether Heage.

Ritz Cinema Vouchers are always a winner!

Kate Watson Jewellery has moved to an online store but is still taking commissions and has lots of jewellery to select from too, plus you can get vouchers for her jewellery-making workshops. <https://www.katewatsonjewellery.co.uk>

In **The 1924** you can get vouchers for **terahertz** treatments and CBD oils at **The Hemp HUT** and **Intuition** is run by a Clairvoyant and spiritual life coach, offering psychic readings and gift vouchers to suit.

Reflexology vouchers may be welcomed! Contact hello@reflexologywithvicky.co.uk

Or how about a vintage car driving experience at Ambergate's **Great British Car Journey Museum** - <https://drivedadsacar.com>

You can purchase Love Belper vouchers too if you simply can't decide what to buy and would like to give someone the choice of their gift: www.lovebelper.co.uk/gift-vouchers/

With so many wonderful independent shops, cafes and more in Belper, we simply couldn't mention them all, but many independents are working together to bring events and information about Belper high street plus Love Belper have a special Christmas voucher offer and 'shop local loyalty stamp cards' where you can be entered into a prize draw. More info can be found at: <https://lovebelper.co.uk>

Happy Shopping!!

Christmas Gift Idea

Little
NAME
Droppers



The Thompsons



ABBIE ROB DAD MUM JIMMY KATE

Meerkat Family Wall Art



Located at



www.LittleNameDroppers.com



Reflexology
WITH VICKY

*10% off for all Boom readers

Reflexology is a holistic therapy which can help aid relaxation, improve circulation and revitalise energy levels by manipulating reflex points in the feet, hands and head.

Reflexology can provide you with support through all stages of your journey ...

Preconception • Pregnancy • Maternity

If you'd like more details, please get in touch:

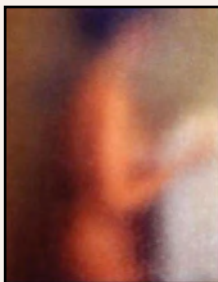
hello@reflexologywithvicky.co.uk
www.reflexologywithvicky.co.uk
07970 882728



Quote
'BOOM' for
20% OFF
on all
treatments

EUPHORIA Holistic Therapy

- Reflexology
- Facials (using luxury Temple Spa products)
- Gel Nails
- Waxing
- Hopi Ear Candles
- Aromatherapy
- Eyelash Tinting
- Stress Massage
- Swedish Massage
- Indian Head Massage



All therapies provided by a qualified Holistic Therapist using **environmentally-friendly** products!

Find out more at:

www.euphoria-therapy.webs.com
or call **07963 975631**



TEMPLESPA

**Award
winning
beauty
products**



The perfect fusion of spa wherever you are philosophy. Temple Spa offers professional anti-ageing and aromatherapy skincare products.

Browse my website to see the full range of products and contact me for **FREE PERSONALISED CONSULTATION:**

www.templespa.com/jowilliams



**Offer for
Nov/Dec:**

Christmas is just around the corner! Treat someone special to a luxury Temple Spa gift. Order 2 or more you will receive a **FREE** gift.

Take a look at my website for the full collection <https://spatogo.templespa.com/shop/seasonal-gift-collection>. Contact me to place your order or for more information.

LESTER & NIX

VISIT YOUR LOCAL ELECTRICAL STORE!

**WE HAVE COMPETITIVE DEALS ON
HOUSEHOLD APPLIANCES SUCH AS:**



Washing Machines & Dryers

Fridges & Freezers

Dishwashers

TV's

Small Appliances



We specialise in major brands such as...

Shark



BOSCH
Invented for life

NINJA

dyson

SAMSUNG



INDESIT
Life proof.

SIEMENS

Hotpoint

LG beko

Contact Us Today!

Visit our store: 11-13 King Street, Belper, DE56 1PW
Call us: 01773 822828 Email: lesterandnix@gmail.com

HOMEMADE CHRISTMAS

Created by Amy at Primrose Art Club.

Homemade Christmas decorations are lots of fun to create with the whole family and make fantastic rainy-day activities. For this issue we have two fun Christmas crafts for you, a fun partially 3D Christmas tree decoration that can double as a Christmas card and a simple salt dough recipe for making your very own D.I.Y. Christmas tree ornaments for your own tree or as a gift for family.

WEAVE A CHRISTMAS TREE

What you will need:

- Green Yarn/Wool (40cm) or Pipe Cleaners
- Paper Plate
- Pencil
- Crayons
- Paper/Sequin for the star
- Glue
- Hole Puncher
- Ruler
- Scissors

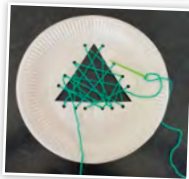


Method:

1. Fold your paper plate in half, then using a pencil and the ruler draw a triangle using the fold as one of the edges.
2. Cut out the triangle with scissors, then using the hole puncher make holes along the triangle edges (alternatively carefully push the pencil through the plate where you want the holes). If using pipe cleaners only make holes on the long side of the triangle.



3. Next thread either the yarn or pipe cleaners through the holes:
 - a.1) If there is a thin twig or plastic needle available, tie the yarn to it to make threading easier. Tape the end of the yarn to the back of the plate to prevent it coming loose during threading.



a.2) Next thread the yarn through the hole closest to where it is taped down. Once the thread is through one hole take it through another on one of the other sides of the triangle. Continue threading the yarn with the aim of creating diagonal lines of yarn going from hole to hole. Keep going until every hole has three lines of yarn coming from it.

b.1) With the pipe cleaner; thread one pipe cleaner through one of the top holes, then thread the other end of it through the hole that is opposite and one hole down. This should make a diagonal line, next thread the pipe cleaner through the hole above the hole you just threaded it through. Next thread the pipe cleaner through the second hole down on the opposite side. If done correctly you should have a 'x' shape at the top of your paper plate.

b.2) Continue this pattern until all the holes have a pipe cleaner.

4. Stick a star (or draw one) just above the top of your tree, then draw a brown rectangle at the bottom of the tree for the tree trunk.

5. Make a hole at the top of the paper plate and thread either a pipe cleaner or some yarn through to create a hanger. You can also write a Christmas greeting on the plate to turn the weave Christmas tree into a unique Christmas card.



D.I.Y. SALT DOUGH ORNAMENTS

What you will need:

Flour (250g/1 cup)
Salt (125g/ ½ cup)
Water (125ml/ ½ cup)
Bowl
Chopping Board
Rolling Pin
Shape Cutters

Optional

Acorns
Conkers
Paint
Pine Cones
Shells
Stones

for this task but a regular stick from the garden will work just as well as **salt dough is not edible.**

6. To set the salt dough either leave it to set for a couple of days on a window sill or bake it in the oven on the lowest setting for three hours. If doing the latter, first preheat the oven on the lowest setting and line a baking sheet with parchment (or grease the tray with butter/margarine).



Method:

1. Add the flour and salt to a large bowl and mix together; next add the water a little bit at a time whilst stirring. The mixture should come together in a large dough ball.



2. Lightly dust your chopping board with flour and place the dough ball in the centre. Dust the rolling pin with flour and begin rolling it on the dough, making sure to turn the dough around to help with making sure the dough is flattened evenly.



3. Once the dough is 1cm thick all round stop rolling and begin using shape cutters to cut out shapes from the dough. Place the shapes on the baking tray.

4. If you have natural objects such as acorns, conkers, pine cones, shells or stones found on a walk you can use them to add different textures to the dough shapes. If you happen to have some dried flowers you can even press them into the dough (they will fall off if not pressed in hard enough). You could also try out getting your children to make hand-prints in the dough as a keepsake.



7. Once the dough is set it is time to add the finishing touches. This is when they can be painted. If you made some hand-prints in the dough, paint your child's hand and get them to make another hand-print on top of the dough hand-print (same hand). Make sure the paint is thin so it is more likely to leave a clear print behind.

8. The last thing to do is to thread a piece of string or ribbon through the hole of one of the salt dough ornaments and tie the two ends together to make a hanger. The string/ribbon only needs to be about 15-20cm depending on the size of the shape. Do this for all of your ornaments, they will then be ready to put on your Christmas tree.



5. Before leaving the dough shapes to set make sure you make holes in the top of them about 1cm from the edge so string or ribbon can be threaded through later. Chopsticks and kebab sticks are useful tools

Special thanks to Amy who created these craft activities. Amy runs Primrose Art Club, check out her website to see what arts & crafts the children create during their weekly sessions - www.primroseart.club






THIS CHRISTMAS AT PICKFORD'S HOUSE

You shall go to the ball!



Join us as we take a magical trip to panto-land with themed entertainment and activities for all the family.

Saturday 3 December, 11am, 1pm and 2.30pm. Adults FREE / Under 16s £3

derbymuseums.org | 01332 641901 |   



Slimming
World
taste
the
freedom



Contact your local Slimming World Consultant and join a warm and friendly group today!

Wednesdays at 5.30pm & 7pm
Belper Strutts Centre,
Derby Road DE56 1UU

Fridays at 9.30am & 11am
Belper Town Football Club,
Christchurch Meadow, DE56 1BA

Contact Sally for more information
Tel: 07814 655937

   #SWtastethefreedom
slimmingworld.co.uk

Slimming
WORLD
touching hearts, changing lives



Hate gyms? 10 reasons to fall in LOVE with Gymophobics:

1. VIP ATTENTION ON EVERY VISIT
2. OUR UNIQUE RESISTED TENSION WORKOUT
3. SUITS ALL AGES & FITNESS LEVELS
4. EASY, FUN & SOCIAL
5. REGULAR ONE ON ONE REVIEWS
6. TAILOR MADE 30 MINUTE WORKOUT
7. FAST RESULTS
8. NO JUDGEMENT, NO MEN, NO PRESSURE
9. NUTRITIONAL ADVICE
10. FREE DIGITAL CLASSES



BOOK A
FREE
GUEST
VISIT

54 Bridge St, Belper DE56 1AZ

 01773
689300





DERBYSHIRE'S LARGEST STOCKISTS OF PREMIUM WALKING FOOTWEAR

MEINDL

Shoes For Actives

JACK PYKE
OF ENGLAND

zamberlan
HANDMADE PHILOSOPHY



TOGGI

MERRELL

SCARPA

salomon

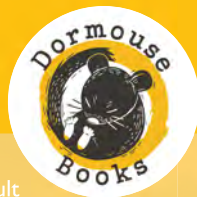
Rock Fall[®]
INDUSTRY DEFINING SAFETY FOOTWEAR

T: 01773 600078
shop@rockfall.com

ALFRETON FACTORY SHOP
Rock Fall UK, Wimsey Way,
Alfreton Tr.Est, Somercotes. DE55 4LS
(Same estate as the McDonalds)
Mon-Fri: 8.00-16.30 Sat: 8.00-14.00



BOOK REVIEWS

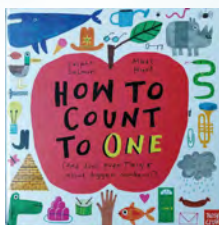


I asked Stephanie from Belper's new lovely independent book shop 'Dormouse Books', to share her top recommendations for both children and adult books this Winter season. She offers a range of genres and some great stocking filler ideas for a variety of ages. All of these books can be purchased at Dormouse Books alongside hundreds of other titles. You can find them at the top of Belper Highstreet just off the Market Square.

CHILDRENS BOOKS

How to Count to One by Caspar Salmon (ages 2+)

A pre-schooler's counting book with a difference. They're not allowed to count past one – which means they'll be desperate to count past one. The playful tone and bright illustrations entice children to get counting by absolutely forbidding them to count.



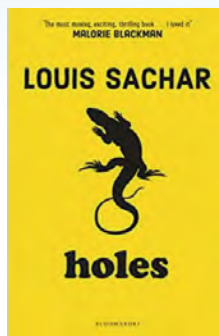
This is not my hat by Jon Klassen (ages 1+)

Told through beautiful illustrations and (a few) words, this is the story of a little fish who has stolen a hat from a much bigger fish. He's convinced he'll get away with it. But will he? Hilarious for all ages.



Holes by Louis Sachar (ages 8 +)

A pair of stolen trainers fall from the sky and land Stanley Yelnats in a juvenile correction unit. At Camp Green Lake, Stanley has to dig a hole five feet deep and five feet wide – every day in the hot Texas sun. The boys are told they are digging to improve their character but Stanley suspects they're looking for something. This novel is told in prose as spare as the arid landscape, where not a single word is wasted. Perfectly plotted and so satisfying when all the holes are threaded together.



Tsunami Girl by Julian Dedgewick and Chie Kutsuwada (ages 10 +)

This is the story of 15-year-old Yuki Hara Jones who struggles to fit in in England and suffers from anxiety and panic attacks. She travels to Japan to stay with her grandfather and gets caught in the 2011 tsunami. Told through prose and manga, this is a heart-breaking but ultimately uplifting story.



ADULTS BOOKS

Nightbitch by Rachel Yoder

One night, a nameless mother loses track of the number of times her toddler has woken. She lies, inert, waiting for her husband to stir, knowing he won't because he never does. In anger and frustration, she barks at the child to stop then stumbles from the room, smashing a lamp and leaving a trail of blood. The next morning her husband says, 'You were kind of a bitch last night.'

'I am Nightbitch,' she replies. Slowly, Nightbitch becomes more hirsute and bloodthirsty and monstrous. This debut from Rachel Yoder is a witty and original take on the challenges of balancing modern motherhood with being an artist.

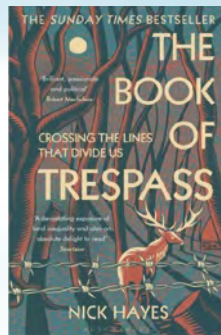
The Way of all Flesh by Ambrose Parry

Written by husband and wife team Chris Brookmyre and Marisa Haetzman, this is a historical crime novel set in Victorian Edinburgh. Will – an apprentice to William Simpson (the real life pioneer of the use of chloroform) – teams up with Simpson's housemaid, Sarah, to investigate when a string of dead women turn up in the back streets of the city. Macabre and fun (and the first in a series).



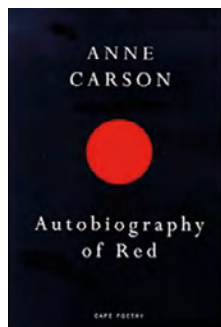
The Book of Trespass by Nick Hayes

Hayes journeys across England and England's history. Exploring the erosion of access rights across the centuries. The Book of Trespass shines a light on how landowners originally amassed their wealth (often through links to the slave trade). It's a rallying cry for equal access to the countryside.



Autobiography of Red by Anne Carson

In mythology Geryon was a winged red monster killed by Heracles. Anne Carson retells his story, following him from an abusive childhood to his destruction by Heracles. Carson's writing defies genre, she weaves poetry, prose and fragments from the early Greek poet Stesichorus into a book that is both erudite and accessible.



BELPER'S INDEPENDENT BOOKSHOP

Tel. 01773 689876

Twitter. @dormousebelper

Facebook. @dormousebooks

www.dormousebooks.com

36 Market Place,
Belper, DE56 1FZ



PILATES

with Belper Life Fitness Physio

PREGNANCY – POST NATAL – MUMS & BABIES



Supporting you through an active healthy pregnancy & safe effective post-natal recovery

Classes include:

- Post-Natal Reformer (babies welcome)
- Pregnancy & Post-Natal Pilates
- Drop-In Mat Work Pilates
- Physiotherapy & Massage

See our website for 20+ Classes per week at Belper's East mill
www.belperlifefitnessphysio.co.uk



ARTS & CRAFTS CLUB – FOR KIDS



BELPER STRUTTS COMMUNITY CENTRE

CLASSES AVAILABLE FOR:

- 2-3 YEAR OLDS
- 4-9 YEAR OLDS
- 10-15 YEAR OLDS

CONTACT US AT:
PRENTOSEARTCLUB@GMAIL.COM
OR CALL 07387 962350

Derbyshire Toy Libraries

CLICK & COLLECT

OR CLICK & BROWSE
BOOK YOUR SLOT NOW

STAY AND IS PLAY BACK #COMESTAY AND PLAY

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

www.derbyshiretoylibraries.org



Charity Number: 1081255



ADVENTURES

Your baby is a blank canvas;
you are the artist, we are the paint.
Join us to make a masterpiece.



4 week trial £20

Baby sensory & development classes for babies aged 0-18 months (non-walkers) and their Grown Ups.

- Space
- Jungle
- Ocean Blue
- Desert Island
- Farmyard and more...
- Engaging music
- Innovative props
- Baby signing
- Social time for parents

Book at www.happity.co.uk/twistin-tots-twistin-tinies
www.twistintots.co.uk

Email Jacqui@twistintots.co.uk 07977 578359



An engaging mix of rhymes, songs,
light shows, puppets and innovative
props to educate your children
and keep them entertained.

4 Classes
£20
for new customers

Themed sessions include
Dinosaurs, Jungle, Space
Going to School and many more...

- Belper (Mon & Tues)
- Matlock (Wednes)
- Darley Abbey (Thurs)
- Ripley (Fri)

For ages 0-5s and their Grown Ups

Book online at
www.happity.co.uk/twistin-tots-twistin-tinies
Email: Jacqui@twistintots.co.uk
07977 578 359
www.twistintots.co.uk



Belper groups for BABIES AND TODDLERS

**BELPER
HEALTH
VISITORS TEAM**

Tel:
**01246
515100**

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

Pre-school Yoga: Movement, breathing, relaxation

Sage Yoga Studio
Tues 10-11am (2-5 yrs)
BLOCK BOOKING: 4 Wks
laurastherapies@gmail.com

Belper Baby Club

Building confidence and community for parents and babies No. 28, Market Place
Thurs, 1-3pm, PAYG £5

Toddle Talk Baby Signing with Doula Lucy

Thurs: 10:30-11:30am
Number 28 Market Place
Fri: 10:30-11:30am
Struts Community Centre
BOOK

Twistin Tinies Adventures - Babies 0-18m (non-walkers)

Belper Community Hall
Mon 12:30-1:30pm
Tues 11:15am-12:15pm
Fri (now running in Ripley)
Block bookings
BOOK - 4 Trial Classes £20 for new customers

Twistin Tots - 0-5yrs

Belper Community Hall
Mon 9.45am - 11.20am (includes Stay & Play:
50 mins music + 45 mins play)
Tues 9.45am - 10.30am
Weekly or Block Bookings - 4 Trial Classes £20
for new customers
<http://www.twistintots.co.uk/>

Sunshine Forest School Toddler Group (0-4yrs)

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

Nest & Nurture

Nest & Nurture Studio, Belper North Mill
Hatchlings (Baby Massage & Postnatal Yoga
(6wks-5m) Mon 12 - 1pm BOOK

Nestlings Baby Yoga

(4/5m - crawling)

Mon 10-11am BOOK

Fledglings - Messy/sensory play and yoga (6/7 months - 2 years)

Thur 10.30am-11.30am

Tree Babies (birth to around 12 months)
Outdoors mindfulness and babywearing group
Fri 10am-11am BOOK

Nest & Nurture Tea Club

Weekly social and support drop in session for expectant and new parents in Belper and surrounding area. Tues 10.30am - 12.30pm

Yoga for Pregnancy & Birth

(from 14 wks of pregnancy onwards+)
Tues 7pm-8.45pm

Derby and Notts Sling Library

2nd Tuesday of the month

Gymkids - 'not just Gymnastics'

Belper Leisure Centre
Wed 10am & 11am
Classes available for movers to pre-schoolers
Pre-book

Phonics with Robot Reg

Vanessa's School of Dance
Fridays:
Mini Class (1yr-2.5/3 yrs)
Preschool Class (2.5-4yrs)
BOOK
(Christmas Specials in December)

Belper Early Years Centre Toddler Group

Alder Road
Natural World Group
Fri 10-11:30am
No need to book (£1 donation)
Special Friends Group
2nd Weds of Month 10-11:30am
(Sensory Room available when groups are operating)

Nursery Ballet (3-4yrs)

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

Derbyshire Toy Library

Stay & Play

Belper Community Hall - Wed 9:30-11am
(See fb for class details during summer hols)
Kilburn Village Hall - Thurs 9.30 - 11am
PAYG: Card - Cash - BACS or PayPal

Toy Hire

Click & Collect or Click & Browse Service:
Struts Community Centre
Wed 10am - 12pm, Friday 9.30 - 11am,
Sat 9am - 11:30am
See fb page for ideas and to book a slot for pick up. Database available:
www.derbyshiretoylibraries.org/shop

Post Natal Pilates

Belper Pilates Studio, East Mill
Post Natal Reformer (babies welcome)
Thurs & Fri 10:30am
Pregnancy & Post Natal Pilates
Wed 6.15-7pm, Fri 10:30am,
BOOK - 07703 116284

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

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

Belper Early Years Centre, Alder Road
Fri 1:15-2:15pm
Plus Fortnightly Friday Walk & Talk sessions at Shipley country Park
See Fb page for breastfeeding support and details of zoom meet/walk & talk sessions.

Baby Sensory

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

Belper Library

Story and Rhyme Time

Weds 11-11.30am (under 5s)

Rhyme Time

Fri 11-11.30am (under 5s)
NO NEED TO BOOK

Baby Massage with Emily (Doula)

Number 28, Market Place
10-11.15am (4 wks - 6m)
info@emilydoula.co.uk 07816653812

Primrose Art Club Toddler Messy Play and Art session.

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

Ohana Baby Classes- fun, friendly, sensory for 0-13 m

Vanessa's School of Dance
Thurs 11-11.45am
Book a term at a time or PAYG

Moo Music (6 weeks - 5 yrs)

Belper Early Years Centre
Thurs 12.45pm - 1.25pm
Book

Kilburn Baby and Toddler Drop In

Kilburn Village Hall
Fortnightly on a Sunday
9.30-11.30am
Drop-In (donation appreciated)

** Please note that this information was correct at the time of publishing. Please check all details before attending.

NEW BOOK !!!

Would you like your little ones to enjoy more fruits and veg?

This colourful, easy-read picture book, adds creative flair to a scientific method to help introduce young children to new vegetables. Written by local mum and paediatric dietitian, Sascha Landskron, and illustrated by primary school teacher, Hannah Hawley, this book will help to spark your child's interest in fruit and vegetables!

Buy your advance copy on www.boomhousebooks.co.uk for only £5!



BOOM
HOUSE BOOKS



Family Walks for Little Legs Amber Valley, Peak District and Beyond

Over
20
walks

Find adventure in the Peaks, history in Amber Valley, the beauty in Derby's parks and so much more! Whether you're looking for something wheel-friendly, adventurous treks or lazy Sunday strolls with some wide, open spaces for the kids to go wild, we've got you covered.

Order your copy now on our website www.boomhousebooks.co.uk for just £7.99 plus P&P, look out for it in stores for £8.99!! or email: hello@boomhousebooks.co.uk

walks for little legs



With easy to follow maps!

APPLE STRUDEL

Recipe concocted by Laura Lo Bue - Local mum, yoga teacher & baking lover



Now is the time to put those apples you've harvested to good use and make a yummy Apple Strudel with them. For me, cinnamon is the taste of Autumn and Winter and this simple recipe is full of this delicious warming spice. Bramley apples are best used for this recipe - however a more tart eating apple such as a Granny Smith will work just as well.

Preparation Time: 25 mins
(or maybe a little longer if you have little ones helping!)
Cooking Time: 40 mins

What you will need:

2 x Bramley apples (or similar)
3 x tbsp light brown sugar (and a little extra for dusting on the top)
2 x tsp ground cinnamon
4 x tbsp sultanas (or raisins)
1 x small egg (beaten)
25g unsalted butter (melted)
375g puff pastry (block or ready-rolled)

Method:

1. Set your oven to 190°C/170°C fan
2. Start by peeling and coring your apples, then cut them into pieces approximately 2x2cm in size



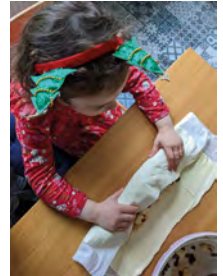
3. Add the apples to a bowl and mix in the ground cinnamon, sultanas and sugar
4. Roll out your puff pastry into a large rectangle and brush with melted butter

5. Spoon your apple mixture onto the pastry in a line, leaving enough space to roll it over so that all the filling is covered - use the beaten egg to seal all the way down the length of the pastry.

6. Fold in the ends of the pastry, again sealing with the egg

7. Brush the rest of beaten egg over the top and sides of the pastry and then sprinkle with sugar

8. Finally make 4 deep cuts diagonally into the top of the pastry.



9. Bake for 35 minutes, until golden brown, remove from the oven and allow it to cool a little before eating as the filling can get very hot!

Apple Strudel is delicious when served warm with custard, cream or ice-cream. If you don't want to eat it on the day you make it then you can freeze it before baking. You can also freeze any leftovers to enjoy another day.

There are many Apple Strudel recipes out there to try, including some that use breadcrumbs in the mixture and others that sprinkle icing sugar on top after baking. If you are a fan of nuts in your cooking then you can always add some walnuts to the apple mixture before filling the pastry. Try some options, make it your own, and enjoy!



EVENTS NOVEMBER & DECEMBER 2022

Events happening locally for all ages!



Belper Fireworks Night 2022

Sat 5 Nov.
Meadows Community Sports Club
(Book for early bird tickets)

The Hurt Arms - Ambergate
Bonfire Carnival - Fri 4 Nov
For those that love to see the sky lit up but aren't so keen on the big bangs. Two QUIET firework displays, bonfire, giant inflatables, Ferris Wheel and more.

Adults (12 years and over) £10
Children (2-12years old) £8
Under 2s free of charge

Bonfire Night - Sat 5 Nov
Two explosive professional firework displays, bonfire, pyrotechnic entertainment, giant inflatables, traditional Ferris Wheel and more.

Adults (12 years and over) £14
Children (2-12years old) £8
Under 2s free of charge

Derbyshire Toy Libraries Virtual Toy Sales

Thurs 10 Nov & 8 Dec
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

Repair café

No.28 on the Market Place, Belper
Sat 26 Nov, 10am-1pm

Derbyshire Wildlife Trust

Nature Tots, Mon 7, 14, 21 Nov & 5, 12 Dec - 10am - 12pm
Carsington Water Visitor Centre
(book: £6 for 1st child, £3 each for siblings)

Christmas Wreath Making

Sat 10 Dec, 10am - 12pm & 1 - 3pm
Sun 11 Dec, 1pm - 3pm & 5 - 7pm
Carsington Water Visitor Centre
(bookable: £30)

www.derbyshirewildlifetrust.org.uk/things-to-do

Chatsworth House & Gardens

Christmas Market Sat 5 - Wed 23
Nov. Over 100 stalls selling all things Christmas!

Christmas in the garden

Sat 5 Nov - Sun 8 Jan
Loki, the Norse god of mischief, has cast an enchanted spell over the Chatsworth Garden evoking the magical atmosphere of a Nordic winter through captivating light trails and themed illuminated displays. Best viewed from dusk, Approximately 1.8km. Allow 45mins to 1hr 30mins (included with tickets for Christmas at Chatsworth or as a Christmas in the garden ticket)

Storytime with Father Christmas

Sat/Sun 3, 4, 10, 11, 17, 18 & Fri 23 Dec
Father Christmas story time, a craft activity with our elves and a gift to take home. Gifts are suitable for ages up to 11 (Includes entrance to the farmyard and playground)

Fireside fairy tales

Mon/Wed 5, 7, 12 & 14 Dec, 4-5pm & 5.30-6.30pm. Gather around the campfire for festive fairy tales, warming hot chocolate and toasted marshmallows.

DERBY LIVE

Christmas Light Switch On

Sat 12 Nov, 6pm - Derby City Centre
Wrap up warm for a parade and enjoy a variety of entertainment on the stage leading up to the big switch-on at 6pm to get you in the Festive spirit

Family Festivities at Markeaton Park

Sat 3 & Sun 4 Dec from 11am
An event for all the family with live music, walkabout acts, and festive food

Festive Derby Ice Rink

Mon 5- Sat 31 Dec from 10am - Derby Market Place.
The Ice Rink is back for 2022 as part of Festive Derby (£7-£8.50)

Derby Santa Run

Sun 11 Dec - Markeaton park
The Jingle Jog is back with a new name, Derby Santa Run!
<https://www.derbylive.co.uk>

Reunion Deli Networking Event Wed 23 Nov, 9-11am

Denby Pottery Village

Toddler Tuesdays: Every Tues in term time. 10am - 11am
Creative craft sessions for pre-school children. £5 per session with a free child's drink in Bourne's Coffee Shop & Bistro.

Christmas Crafters Experience

Fri/Sat/Sun 11, 12 & 13 Nov Fri/Sat/Sun 18 19 20 Nov
Craft your own personalised ceramic gifts for Christmas, complete with a with a cuppa & cake - £25 pp

Santa Experience

Sat 26 Nov - Sat 24 Dec
Enjoy a visit to meet Santa, hand-pick your own special gift from Santa's Workshop and join in the festive games in the Denby gardens. Mon - Fri (off-peak): £14.95 per child, Sat & Sun (peak): £16.95 per child

Get Ready For Santa In The Craft Studio. Sat 26 - Sun 27 Nov 2pm - 4pm

Bring little ones to the Craft Studio to paint their own Christmas Eve Denby plate and handleless mug for Santa, plus make their own reindeer food. Denby creations will be kiln fired in time for you to collect before Christmas Eve - £25 per child

Denby Christmas Market

Fri/Sat/Sun 2, 3 & 5 Dec & 9, 10, 11 Dec
Two weekends of stalls packed full of delicious food, drink and great artisan gift ideas. FREE entry and parking

Winter Wreath Workshop

Fri/Sat/Sun 9, 10 & 11 & Fri/Sat/Sun 16, 17 & 18 Dec. £45 pp complete with a with a cuppa & cake

Afternoon Tea With Santa

Sat 17 - Fri 23 Dec
Join Santa for Afternoon Tea, games and story time, plus a small gift for each child. - £16.95 pp

Christmas Lunch At Bourne's

Mon 12 - 16 Dec 12pm- 2.30pm
Celebrate the festive season with a delicious home-cooked Christmas Lunch - From £9.95 per adult £7.95 per child



Fun Childrens Christmas Crafts

Wed 21 – Sat 24 Dec 10am – 2pm
Bring your little ones to the Craft Studio to decorate their own Christmas Eve stocking. £7 per child

Breakfast With Mrs Clause

Sat 24 Dec 9am - 11am
Join Mrs Claus for breakfast, games and story time, plus a small gift for each child. - £16.95 pp. All tickets can be booked online: <https://www.denbypottery.com/denby-pottery-village-experience>

Heritage Wood Illuminated Woodland Walk

Heritage Wood - Ednaston, Ashbourne
Fri/Sat/Sun 25, 26 & 27 Nov & 2, 3 & 4 Dec
4:30pm first admission/ 7:15pm last admission. Pizza, hog roast, coffee and a selection of stalls at the end of the walk
Book tickets: www.heritagewood.co.uk

Croots Farm – Nr Duffield

Santa Experience in collaboration with Jumping Clay. Sat/Sun 26 & 27 Nov & 3, 4, 10, 11, 17, 18 & Fri 23 Dec (sittings at 2.30pm and 4.30pm)
Make a Christmas Decoration with Jumping Clay Derby, a children's tea with sandwich, sausage roll, reindeer cupcake and drink served by Santa's elves, a visit to see Santa and a quality gift and special certificate to take home (£25 per child) Under 3's - meet Santa and receive a gift £8

The Rotary Club Santa's Sleigh Visits

Santa will be out on his sleigh around Belper and Duffield bringing joy to families and raising money for charities.

A rough schedule for when you may spot him - 5pm start time:
Thurs 2, 9, 16, 23 Dec - Belper
Tues 7, 17, 21 Dec - Duffield
King Street Belper - 23 Dec
Morrison's - 4, 8, 11, 15, 18 Dec

Christmas activities in Belper:

Armistice Day Service - Fri 11 Nov - 10.30am for 2 minutes silence at 11am, Memorial Gardens

Farmers Market - Sat 12 Nov & Sat 10 Dec, Market Place

Remembrance Day Service and Parade - Sun 13 Nov, 10am-1pm, Memorial Gardens, Parade to St. Peters Church

Christmas Lights Switch On – Thurs 24 Nov, 5.45 – 8pm, Memorial Gardens and King Street

Winter Food Festival - Sun 4 Dec, 10am– 3pm (9.30-10am Slow shopping)

Carol Service - Sat 24 Dec, 4pm
Market Place

Christmas activities in Ripley:

Ripley Lights Switch-on & Christmas Market. Sun 27 Nov, 12pm-6:30pm (Switch-on at 5pm)
Food, drink & gift stalls, entertainment including, dancing, singing, bubbles, children's rides, costumed characters, Father Christmas & Amber Sound FM - Ripley Market Place & Shirley Rd Car Park

Alfreton Christmas Light

Switch On - Sat 26 Nov
Including entertainment throughout the town all day

Erewash Museum

Craftsmas Fayre

Fri 25 Nov - 5:30pm to 8:30pm
Join us for a selection of local crafts, gifts and Christmas present ideas as part of the town lights switch on event. Enjoy festive carols in the grounds of our beautiful Georgian house.

Santa Saturdays

Sat 10 & 17 Dec. £2.50 Per child including a gift, booking essential

Clip n Climb Derby

World Cup offer

Sat 26- Sun 27 Nov
Celebrate the world cup this weekend with us! Feel free to wear your favourite team colours or football t-shirt £10pp only on 5pm & 6pm sessions

Toddler Christmas craft/cookies

Mon 12 Dec, 9:30, 10:15 and 11am
Let your little chef have a try at cookie decorating! www.clipnclimberby.co.uk / 01332 943999

Christmas Fayre

4da Belfield Care Centre Café, Belper
Adc, 2.30 – 5pm

Woven Earth Winter Craft Fair & Family Crafts

Sat 10 Dec, 11am-3pm
Family craft activities with a forest school practitioner, wreath making workshop, and willow workshop alongside stalls from local crafters and artisans (£15 for a stall)
High Leas Farm, Riber, near Matlock
£4 a person, under 12s free.
Workshops booked separately

Twistin Tots Christmas Parties

(& fancy dress competition)
Belper Community Hall:
Sun 11 Dec: 10 - 11.45am, Sun 18 Dec: 2 - 3.45pm, Mon 19 Dec: 10 - 11.45am, Tues 20 Dec: 10 - 11.45am
Darley Abbey Village Hall:
Thurs 15 Dec: 10 - 11.45am
St Joseph's Catholic Church, Ripley:
Fri 16 Dec 10-11.45am
Matlock (venue TBC):
Wed 21 Dec 10-11.45am
Heage village hall, Sat 10 Dec 10-11.45am
Twistin Tots parties will be 1hr 45 mins, and will include festive music, pass the parcel, prize for best Christmas fancy dress, juice and mince pie/cupcake for all, present, reindeer dust and treat for all children, plus make an Xmas decoration to take home. £9 children £3 Adults. Max of 2 children per adult. All welcome.

Twistin Tinies Adventures

Christmas Parties
Belper Community Hall
Sun 11 Dec 1.30-3.30pm
Sun 18 Dec 10am - 12pm
Festive music, fancy dress competition, make an xmas decoration keepsake with baby to take home, reindeer dust, hot drinks and mince pies for grown ups /siblings, present for siblings aged 18 months - 11 years. £9 babies, £7 accompanying adults and/or siblings
<https://twistintots.co.uk/>

Derby Museums

Tots Make & Do: Deck the Halls

Fri 16 Dec, 10-11.30am
Museum and Art Gallery - FREE
Christmas at Pickford's House:
Cinderella Sat 3 Dec, 11am-3pm
Pickford's House - Under 16s £3
<https://www.derbymuseums.org>

Santa's Grotto @ Dot Teas Tea Room

Sat 17 Dec 10am-2pm & Sun 18 Dec 11am – 1pm. Book a slot, £12 a ticket with personalised gift

Elvaston Castle Winter Trail

Sat 17 Dec – Mon 2 Jan (except Christmas Day). Pop into the Elvaston Castle Information Centre & Shop to pick up a winter trail sheet and enjoy a festive walk around the grounds. Length: Less than a mile/£2 per trail sheet.



Shipley Park Elf Trail

Sun 18 Dec – Sun 8 Jan (except Christmas Day) 10.30am-2pm
Come along to this Christmas themed trail and find the clue cards to help you complete the Elf's activity sheet and receive a certificate! Turn up any time, self-led activity, length: 1-2 miles, £1.50 per child.

Cromford Mills Christmas Market

Every weekend 3 & 4, 10 & 11, 17 & 18 Dec. Plus Christmas Trees for sale

Deda Derby

Screenprinting Workshop - 5 Nov
Tribal Vibes Family Drumming Workshop - 3 Dec
Dizzy Ink: Experimental Print & Zine Making Workshop - 10 Dec
<https://www.deda.uk.com>

Bluebells Dairy

The Father Christmas Experience
26-27 Nov, 3-4 Dec, 10-11 Dec, 17-18 Dec, 21-24 Dec

A magical and interactive Father Christmas Experience. Explore the Wishing Woods & discover your toy making skills in the Toy Workshop. Unleash your imagination on the Peculiar Penguin Sleigh Journey and of course join Father Christmas for a night time sleigh ride!
Book: <https://bluebelldairy.co.uk>

Wirksworth Heritage Centre Santa visit

Sat 10 Dec (More details tbc)
<https://www.wirksworthheritage.co.uk>

Ecclesbourne Valley Railway The Train Through Christmas Countryside

The sell-out magical immersive festive show is back for 2022. Enjoy a Steam train ride from Wirksworth to 'Santa's Station' in your own compartment up to six passengers. Watch a Magical Christmas show during the journey and a presents from Santa for every child, hot chocolate and cookies for every passenger and lots more! <https://www.e-v-r.com/christmas/>

Sundown Adventureland Christmas Spectacular

Sat 19 Nov- Sat 24 Dec
A winter wonderland with a 'Night before Christmas ride' and much more!

White Post Farm

Once Upon a Fairytale Christmas
Starts Sat 3 Dec. A secret world awaits in the Enchanted Forest!

National Forest Adventure Farm

North Pole Adventure
Selected dates between Sat 26 Nov – Sat 24 Dec. Journey through the magical portal to the North Pole

Driftwood Land

Dale Abbey. Sat 26th Nov- Sat 24 Dec
1 hr slots, 1pm-6pm
Magical Santa visit in a decorated hobbit house set in a rural location. Look out for the giant gingerbread characters hiding in the woods and get busy making reindeer food to take home. Take a selfie with Santa and choose a lovely cuddly from the toy chest and receive your magic key! £15 per child & £2.50 adult plus hot and cold drinks to purchase.
Book through Eventbrite on fb; Driftwood land

Elvaston Castle Winter Wonderland

Nov & Dec – dates & times TBC
House & grounds lit up with illuminations providing a stunning multi-sensory experience.
The house will be opened up to the public for Christmas crafts and stories with Mrs Claus. Meet Father Christmas in his grotto and visit his elves in their workshop. Food and drink on offer from Bustler Market, Christmas craft fair, interactive street performers and fairground rides.
Book tickets at: <https://derbywinterwonderland.co.uk>

THEATRE:

The Nosy Little Troll

Sat 12th Nov, 5:30pm
Belper Community Hall
50 mins age 3-8
Garlic Theatre hold their audience spellbound with wonderfully crafted troll puppets, live music and lots of joining in. A warm hearted funny Scandinavian story, starring a tasty brown cheese song, a lost goat and a bushy old troll with green fingers. Book at: 07878933469 / Liveandlocal.org.uk

Deda

Snow Play, Sat 17 or Sun 18 Dec
Help Mr Green against Mr White in this highly interactive family show for children aged 3+. You get to make a giant snowman, cover a whole house in snow and have a super snowball fight! A fun smash-hit production of Snow Play this Christmas.
<https://www.deda.uk.com>

Derby Theatre

Shrek The Musical

Tues 1 – Fri 4 Nov, 7:30pm
Sat 5 Nov, 1:30pm & 6pm
Good Companions presents Shrek the Musical, the story of a hulking green ogre based on the smash-hit animated film. Performance time: 2 hours and 30 minutes

The Wind in the Willows

Fri 25 Nov – Sat 31 Dec, 7:15pm, 2:30pm, 10:15am
This Christmas, join Toad, Ratty, Mole, Badger and their animal friends for an exciting whirlwind adventure amidst the English countryside. 1 hour 50 minutes (inc interval) – Age 5+
Ugly Duckling
Thurs 1-Sat 31 Dec
10:30am & 1:30pm
Tutti frutti brings Hans Christian Andersen's well-known tale to life for Christmas 2022, with inventive physicality and live music that quacks and trills. Performance time: 60 minutes - Age 3+
<https://derbytheatre.co.uk>

Derby Live!

The Christmas Toy Shop Mystery

Fri 9- Fri 30 Dec – Derby Market Place
Derby's favourite festive funsters The Babbling Vagabonds are back to solve the mystery of the Christmas Toy Shop
Aladdin
Fri 9- Sat 31 Dec – Derby Arena
Derby Arena's high-flying action-packed pantomime. Aladdin wishes the Princess would notice him, Princess Amirah wishes she could lead a normal life, and Aladdin's mother wishes she could remember what she came in here for!
<https://www.derbylive.co.uk>

The Grand Pavilion – Matlock Bath

'Father Christmas Needs A Wee' - a Talegate Production
10 Dec
'Sinbad' Pantomime - performed by local group Theatreworks
16, 17 & 18 Dec
<https://thegrandpavilion.co.uk>

Please note: Anything could change, watch social media for any updates, and double check before you arrive. We will share new events on the Boom Magazine FB page, when we see them!





POTTERY
VILLAGE 
SHOP · EAT · EXPERIENCE



FESTIVE EVENTS AT DENBY

Enjoy the simple pleasures of activities done together at Denby Pottery Village this Christmas



SANTA EXPERIENCE

26th Nov – 24th Dec
From £14.95 per child



AFTERNOON TEA WITH SANTA

17th – 23rd Dec
£16.95 per person



BREAKFAST WITH MRS CLAUS

24th Dec
£16.95 per person



PAINT A PLATE & MUG FOR SANTA

26th & 27th Nov
£25 per child



CHRISTMAS MARKET

2nd – 4th Dec
9th – 11th Dec



WINTER WREATH WORKSHOP

9th – 11th, 16th – 18th Dec
£45 per person

For more information and to book your experience visit:

denbypottery.digitickets.co.uk

or follow the QR code

DENBY POTTERY VILLAGE

Derby Road, Denby, Derbyshire DE5 8NX



Welcome to



Interactive role play centres based in South Derbyshire

Titchy Town and Hero Town are both indoor play villages designed especially for little ones up to 8 years of age. Children can freely explore the many different play zones in both villages. The villages are designed to allow children's imagination to run wild whilst they role play in a safe environment.

Grown-ups can participate in their child's play, or just sit back and watch them learn whilst enjoying a mug of freshly brewed tea or coffee and an amazing homemade cake from our little coffee shop.

Where are we?

Titchy Town is based on the site of Scallywags Private Day Nursery in Chellaston (Rowallan Way, DE73 5WX).

Hero Town is based on the site of Scallywags Private Day Nursery in Melbourne (Castle Lane, DE73 8JB).

Please use Scallywags car park at both sites. You will find signage in both car parks on how to access the centres.

How it works?

Both role play centres work on a pre-book via our website and pay on arrival basis with sessions lasting 90 minutes. On your first entry you will be issued a loyalty card and for every nine sessions you attend you will receive your 10th entry free of charge! Loyalty cards can be used across both sites. Payment is cash only.

Titchy Town Play Village



Castle Store
Town House
Vets 'n' Pets
Anabelle's Café
Wash 'n' Go
Harry's Yard
Baby Zone



Hero Town Play Village



Dolly Dogs Grooming Parlour
George's Garage
Simon's Shed
Foston's Fire Station
Mrs Potts Tearoom
Castle Lane Clinic
The Land Where Dreams Come True
Baby Zone



To find out more or to book into a play session...

Visit our websites: titchytown.com or hero-town.co.uk

This Christmas at Derby Theatre

DERBY
THEATRE



A Derby Theatre
production

**Fri 25 Nov
– Sat 31 Dec**

Adapted by
Toby Hulse from
Kenneth Grahame's
classic story

UGLY DUCKLING

FOR AGES

3+

tutti frutti productions
and York Theatre Royal
in association with
Derby Theatre

**Thu 1 –
Sat 31 Dec**

Written by
Emma Reeves

01332 593939 | derbytheatre.co.uk
Text: 07717 346 964

Derby Theatre is part of
UNIVERSITY OF
DERBY

ARTS COUNCIL
ENGLAND

Supported by public funding by
ARTS COUNCIL
ENGLAND



Cute and Personalised Handmade Crayons

Ideal for parties, gifts and events throughout the year such as Easter, Halloween & Christmas




  Happy Hedgehog Crayons
www.happyhedgehogcrayons.com



Friendly, Local, Reliable Service
Fully Insured
www.thehandymanlee.co.uk

General DIY
Home Maintenance
Flat pack assembly
Painting interior and exterior
Garden work from lawn mowing to patios
and much, much more.....

Call for a FREE quote on **07562 648 506**

Helping young people through 1:1 therapeutic support & small group workshops. **We can help!**

Common problems for young people:

- Lack of Confidence
- Low Self Esteem
- Anxiety
- Loss of Motivation
- Self-Harm
- Negative Attitude
- Panic Attacks
- Emotional Outbursts
- Bullying
- ADHD, ODD, PDA, OCD

Mental Health

Free Initial Consultation



07747 090871 **NLP4Kids**

 DebbieK@NLP4Kids.org

 [NLP4KidsDerbyshire](https://www.facebook.com/NLP4KidsDerbyshire)

AFFORDABLE FLEXIBLE WORKSPACE AND COWORK COMMUNITY



Tired of commuting?
Worried about energy costs
and the distractions of
working from home?

Try out our friendly, high
spec workspace

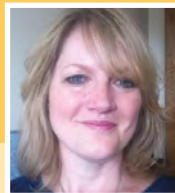
**BOOK A TOUR AND QUOTE
'BOOM' FOR A HALF PRICE
COWORKING DAY (JUST £11!)**

**REUNION@
Hub Space**

Book a Tour: www.reunionbelper.co.uk/cowork
Social: @weare_reunion
The Old School House, Chapel Street, Belper DE56 1AR




EXCITED!!!



By Debbie, Neuro-linguistic programming (NLP) therapist and author of “The Feelings Basket” book series

It's Christmas and we're all excited... aren't we?

Christmas is one of the few times in the year when lots of emotions come out to play in a big way. One emotion our children feel and can quite often become larger than life is excitement! In a young person's world, there are so many things to feel excited about: putting up decorations, parties, buying, wrapping and receiving gifts, Santa, grottos, the list goes on. To quote Andy Williams, for our young ones Christmas really is “The most wonderful time of the year”. For us adults though, it can often be the most stressful time as we're at the organising end of the above list as well as performing our usual day to day tasks – let's face it, none of Santa's elves are going to help to load and unload the dishwasher, make meals and do the school run. Stress and excitement in one household can quite often lead to a whole host of drama.

In my job as NLP therapist and emotions coach I help adults and children understand their emotions and keep them in balance. So, how can this be useful at this time of year? Here's a couple of my favourite techniques to help you balance the excitement of your young ones and any stress you may be feeling:

Something for your young ones

During my “All feelings welcome” parent/child sessions, one of the first things we do is to personify emotions. We give our emotions characteristics to help us understand them better. Once we understand our feelings, we can make them work well for us. Spend a short amount of time working with your child on what excitement would look like if it came to life. Talk to them about the kind of places where excitement would be a perfect feeling to spend time with. Then also ask them to create their calm feeling and talk about where and when they may want to spend time with calm. Use these personifications as ways to talk to your children about when you want them to spend time with each emotion, e.g. “Let's take excited to visit Santa”, or “Let's bring calm along to deliver the presents”.



Something for you

Use your senses to create yourself a portable oasis of calm. When you have a moment (before you get into the swing of Christmas), select/collect the following: a favourite song or piece of music that makes you feel relaxed, a favourite scent (rosemary, lavender or jasmine are the UK's top 3 favourite calming scents), a favourite calming memory (my personal favourite is on the beach in the sunshine with the sound of waves in the background). Once you have chosen these, find somewhere in the house you won't be disturbed for 5 minutes. With your chosen music playing, your favourite calming scent around you, imagine a calm bubble surrounding you, imagine yourself back inside your calm memory and take a moment to take a few deep breathes and build up the calm energy inside your bubble. Anchor this feeling with a word or action (e.g. squeezing together your thumb and forefinger). Once your feeling is anchored, you can “switch on” this chosen music playing and tranquillity any time you need it (even in the supermarket queue).

Something for you both

One of the things I do most in my job is to imagine myself in the shoes of the people I work with, as I need to completely understand things from their perspective.

There is never a better time to do this than at Christmas – when we see it from the perspective of our young ones Christmas becomes magical, wondrous and fun. Now, don't get me wrong, we can't do this all the time, otherwise there would be no presents to give, no food to eat and no plans for celebrations, but it is so good for our soul (and our children) if we take some time out to simply live in the moment. So, when you are with your young ones, visiting Santa or putting up the tree, spend a small amount of time living in the moment and breathing in the wonder and excitement of Christmas.

If you'd like more detail on these techniques (Debbie has some free videos to follow) or for more information on a heap of skills to understand

and manage emotions (for children and adults), Contact Debbie, NLP therapist and author of “The Feelings Basket” book series: Debbie@FeelingsBasket.



KEEPING YOUR COOL

TOP TIPS TO KEEP YOUR STRESS LEVELS DOWN DURING THE BUSINESS OF CHRISTMAS



By Andrew Smy, Clinic Director at Peak Chiropractic and Kinesiology

Christmas is sold as a time of peace and joy amongst all mankind....when in reality it is often the most socially, financially and emotionally stressful time of the year for many people!

With that sobering truth in mind we wanted to share how you can use meditation to have a truly magical Christmas this year!

If you're like most adults, you're constantly juggling a million different things. You're always stressed and feeling rushed, and it seems like there's never enough time in the day. You may have heard about meditation and its many benefits, but you're not sure if it's worth your time.

Firstly let's look at the top reasons you should meditate this Christmas and the rest of the year too!

1. Actively reduces stress and anxiety by up to 40%.. no brainer right!
2. Helps with addiction (excess alcohol, food or gift buying anyone?)
3. Improves attention and concentration (essential for party planning!)
4. Boosts your immune system... hello it's winter!!
5. Improves physical fitness and self-awareness, meaning you can shop more before you drop.. Oh and reduce your blood pressure, chronic pain and insomnia to name a few 'side effects!'.
6. Improved self-esteem (ever compared your Christmas to others...)

So, now we have cleared up WHY meditation over the festive period is essential, right or right?

Let's dive into exactly what it is and how to get it right.

Meditation is a practice that's been around for thousands of years, and today it is a common technique for relaxation and reducing stress. There are many ways to meditate, including guided meditation, mindfulness meditation, Tai chi, and yoga, so there will be a way suitable for everyone!

The exercise below however is my personal favourite as it is quick, easy, free and can be applied anywhere, win-win-win!

Step 1

Simply focus on breathing deeply IN through your nose whilst repeating in your head, "I am breathing through my nose". This repetitive phrase is essential as it gives your conscious brain a task to focus on that is INTERNAL to yourself!

Step 2

Focus on slowly breathing OUT through your mouth whilst repeating in your head "I am breathing out through my mouth"

Step 3

Repeat for as long and as often as possible!



WHAT?! I have read this whole article and that's it... breathe more! Well yes... and no. It's rarely recommended to get married on the first date right? So try this out, if it feels good and you fancy a bit more try the following:

- Head to the blog page on our website www.peakchiropractic.co.uk and search 'meditation' for loads of great resources!
- Look for **local** mindfulness and meditation classes including tai chi, sound baths and yoga!
- Download the **FREE App Insight Timer** for an awesome choice of meditations!

"Peak Chiropractic and Kinesiology was founded to restore health and independence to the people of Staffordshire and Derbyshire so they can enjoy their future with the ones they love. As a continually evolving group of clinics we remain fascinated with exploring new ways to support and optimise the health of our clients. Not only for themselves but also those they love, throughout their lifetimes. With our three thriving clinics serving over 1400 visits a month currently our mission is well underway!"

www.peakchiropractic.co.uk



Ambergate DECORATORS

Telephone:
01773 853066
07855412071

www.ambergatedecorators.co.uk

IB Beauty

Quote Boom Magazine to receive **10% off**
Offer ends March 30th 2023

Treatments on offer: Lash lifts · Waxing
Nails (the gel bottle)
Pedicures · Plus much more....

Call or text Laura on:
07545 213427

Flexible appointment times

Vanity Salon
2 Highfield Road
Kilburn DE56 0LT

VetCare@Home

An amazing life deserves amazing care.

- End of Life Care
- Disease Management
- Vaccinations
- Breeder Services
- Senior Pet Care
- Ear, Eye & Skin Care

much more...

Treating Pets as Family

01773 302 220
www.vetcarehome.co.uk

From ages 3 +

DÉDA | ACADEMY

DANCE CLASSES

Ballet | Street Jazz | Contemporary | Movers & Shakers

To find out more about our exciting classes and events:
01332 370911 www.deda.uk.com

déda



DISTINCT
G A M I N G

**COMMUNITIES OF PLAYERS,
GAMING IN A FAMILY FRIENDLY,
WELCOMING AND SUPPORTIVE
ENVIRONMENT.**

**WE SPECIALISE IN WAR GAMING, CCG, RPG,
BOARD AND RETRO AND MODERN VIDEO
GAMING.**

FOLLOW OUR FACEBOOK PAGE FOR
UPCOMING EVENTS

SNACKS AND DRINKS AVAILABLE (ALCOHOLIC AND NON ALCOHOLIC)



**+ MANY
MORE**



THE OLD TELEPHONE EXCHANGE, WELLINGTON COURT, BELPER, DERBYSHIRE, DE56 1UP



DISTINCTGAMINGSHOP@OUTLOOK.COM



DISTINCTGAMING.CO.UK



DISTINCTGAMINGSHOP



DISTINCTGAMING_BELPER



DISTINCTGAMINGSHOP



DISTINCTGAMING_BELPER





Yule love Derby this festive season



Little WOLF
www.littlewolf.com

Cold Feet & The Masked Singer's

Best Dame Award Winner
MORGAN BRIND
as Widow Twankey

JOHN THOMSON
as Abanazar

KRISTIAN CUNNINGHAM
as Aladdin

Aladdin

Derby Arena
Fri 9 - Sat 31 Dec
BOOK YOUR TICKETS
£30 - £18

FAMILY TICKETS AVAILABLE

bobbing vogabonds

The CHRISTMAS TOYSHOP MYSTERY

Fri 9 - Fri 30 Dec
Derby Market Place
£14

CHRISTMAS LIGHTS SWITCH-ON

Sat 12 Nov
Derby City Centre
Free

Festive Derby

Ice Rink

Mon 5 - Sat 31 Dec
Derby Market Place
£8.50 - £7

FAMILY FESTIVITIES

AT MARKEATON PARK

FREE ENTRY
SOME ACTIVITIES HAVE CHARGES

Sat 3 & Sun 4 Dec, 11am - 3pm
Craft fair, Family Activities, Festive Music & Entertainment

festivederby.co.uk





The Classic Motoring Visitor Attraction

OPEN ALL YEAR ROUND



A journey full of memories
Audiovisual guide • Childrens interactive tour
Simply arrive and pay or book online
greatbritishcarjourney.com or call 01773 317243
Derwent Works, Ambergate, Derbyshire DE56 2HE
www.greatbritishcarjourney.com



Why not buy your special one a drive in one of over 35 British classics?

Starting from only £49, you can take your pick of some of Britain's finest vehicles. Gift pack available.
Buy your drives now at drivedadscar.com or call 01773 317255

SPECIAL OFFER - Bring this magazine to Great British Car Journey and claim discounted entry
Adults £14, usually £16. Child £6.50, usually £7.50. Family £35, usually £40

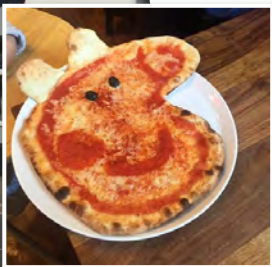
Find us on social media
f @ v



THE LION HOTEL

A WARM WELCOME FOR FAMILIES

Hotel, Restaurant & Bar
Gastro Pub & Pizzeria
Superb children's menu
Function rooms



THE LION HOTEL BELPER
24 Bridge Street
Belper, DE56 1AX
enquiries@lionhotelbelper.com
lionhotelbelper.com
01773 824 033

FESTIVE KID-FREE DAYS OUT



By Molly Scott - Derbyshire Blogger - Molly is a local mum and runs a popular website called Lovely Local Indie: www.lovelyllocalindie.com. Follow her for more great ideas for days out and top places to eat whilst supporting 'independent businesses'

For many parents the highlight of Christmas is seeing the magic through their children's eyes. However, it's also important to look after ourselves as parents. If you're able to carve out some child-free time, here's some ideas for festive things to do with friends, a partner or just solo. Sort the babysitter and enjoy!

Christmas at Chatsworth

Whilst Chatsworth is a brilliant family day out, I do think seeing the House and the Christmas market is more enjoyable in the company of adults. Take your time seeing the art, and really appreciate the decorations (rather than being whizzed through at break neck speed of an impatient child). This year's theme is 'Deep Midwinter: A Nordic Christmas at Chatsworth' and runs from 5 November 2022 to 8 January 2023.



Festive markets

Whilst many of the region's festive markets are really family friendly, several are more sophisticated affairs. Enjoy a leisurely mooch around the seasonal stalls and get stuck into the mulled wine! Haddon Hall's Mercatum Christmas Artisan Market is always stunning. Many of the other markets are free.

Christmas at Thornbridge

For a luxurious day out, book a Christmas house tour which starts with mulled wine and a mince pie. This seasonal and interactive tour takes in

the splendour of The Hall and its stunning decorations. £15 per person. For the ultimate treat, book an afternoon tea for afterwards. Alternatively, you can also enjoy a slice of Thornbridge for next to nothing. Their free to enter Christmas market takes place on Friday 18th to Sunday 20th November 2022. It is housed in the beautiful Carriage House with twenty stalls of local artisan makers. The gorgeous gardens will also be free to enter on these dates.



Festive menus, seasonal coffees & cocktails

One of the loveliest days out I had last Christmas time was a random weekday when my husband and I both had the day off and took ourselves for a festive lunch at a pub in the Peak District. I'm sure you have your favourite places to go so keep an eye out on their social media for festive menus and seasonal specials (if you do need suggestions – there's hundreds on LovelyLocalIndie.com).

Budgets are invariably tight at this time of year (and this year more than ever) – so don't feel you need to go for a decadent meal out. Maybe just a Christmas coffee and mince pie somewhere lovely? Or, enjoy the festive lights and then head somewhere with a thermos!



Please mention Boom when responding to adverts!



PROVENANCE • HERITAGE • FLAVOUR

SHOP | DISTILLERY TOURS | TASTINGS | EVENTS

Discover the Distillery on your doorstep,
based in the former Wire Works in Ambergate.

Meet our passionate team and find out how we make our
Wire Works Whisky, Shining Cliff Gin and Derbyshire Cask Aged Rum.

Our Distillery shop is open Monday to Saturday selling craft spirits,
Christmas gifts, glassware, gift vouchers and more.



Be part of our journey at www.whitepeakdistillery.co.uk
01773 856918 | Derwent Wire Works, Matlock Road, Ambergate, Derbyshire, DE56 2HE

REDUCING FIRE RISK THIS CHRISTMAS



By Maria Matthews owner of Mini First Aid Nottingham and Derby

We want you and your family to have a great Christmas and above all, this means helping you keep your little ones safe. Christmas brings with it a greater risk of burn injury owing to the increased use of candles, festive lights, and the extra demands of cooking for family and friends. Did you know that you are 50% more likely to be involved in a house fire over Christmas?

To help protect you and your family this year we have rounded up our top tips for reducing fire risk in your home this Christmas, as well as a handy guide on what to do if you or a loved one suffers a burn injury.

- Avoid overloading your plug sockets and extension cables.
- Avoid letting real Christmas trees get too dry and water them regularly. Dry Christmas trees catch fire more easily.
- Don't water your tree whilst Christmas lights are plugged in around it.
- Place your tree and decorations away from heat sources such as fireplaces.
- Turn off Christmas lights when you leave the house or go to bed. Christmas lights can overheat leading to an electrical fire.
- Take care with candles. Avoid placing near items that may catch fire or where a pet may push it off. Blow out candles before you go to bed or leave the house.
- Have a designated space where guests should place hot drinks which is up high on a secure surface out of little ones reach.

And most importantly – check that your smoke alarms are working correctly!

You should have a working smoke alarm fitted on all levels of your property. Smoke alarms should be checked weekly to make sure they are still working and be sure to replace the alarms battery when needed.

Mini First Aid Advice for the treatment of Burns & Scalds

- Cool the burn with cool running water for at least 20 minutes.
- Remove any clothing and jewellery near the burn (unless it is melted or firmly stuck to the wound).
- Cover with cling film or a sterile non-fluffy dressing.
- If necessary call for help – 999 or 111. As a general rule of thumb, a burn that is blistering (or worse) and is bigger than the casualties own hand requires urgent medical attention.
- Always get burns on a baby or child assessed by a medical professional.



Maria Matthews is the owner of Mini First Aid Nottingham and Derby. Mini First Aid offers award winning First Aid training for parents/carers, classes for children, and First Aid Industry body accredited workplace training. Are you a parent or carer who wants to brush up on your First Aid skills? Why not attend one of our informal 2-hour baby and child first aid classes near you. Visit www.minifirstaid.co.uk to find out more.

Disclaimer: Health & Safety related articles are intended for information only. You should consult with your health care provider in the event of injury and call the emergency services in the case of a fire.



Providing Independent
Financial Advice on
Retirement Planning,
Wealth Management,
Inheritance Tax
Planning*, Mortgages
& Protection

Belper IFS

Independent Financial Solutions

tel: 01773 599585
e-mail: enquiries@belperifs.co.uk
www.belperifs.co.uk

Belper Independent Financial Solutions Ltd is authorised and regulated by the Financial Conduct Authority, FCA Number 594003, Trading Address: 10, Chapel Street, Belper, Derbyshire, DE56 1AR Registered in England/Wales Company No. 8028628.

*The Financial Conduct Authority does not regulate taxation advice. WARNING: Your home may be repossessed if you do not keep up your mortgage payments. Some types of mortgages are considered as non-regulated activities and therefore not regulated by The Financial Conduct Authority.






Artistry

A 45 DEGREES COMPANY

WEBSITE COMING SOON

Calling all artists & photographers...

Showcase and sell your artwork & images as **prints** on our **simple selling platform**, for easy **passive income**.

- We **print, pack & post** all orders
- **Track** sales & image click **analytics**
- **Fast** payments on sale of prints

Register your interest by email to:
info@fortyfivedegrees.co.uk




St Elizabeth's

Catholic Voluntary Academy





We are a small, friendly primary school welcoming children of all faiths, or no faith, to learn, work and play.

If you would like a tour of our school please call us on 01773 822278. We would love to hear from you.

Scan the QR code to visit our website



Matlock Road, Belper, DE56 2JD  Enquiries@eli.srscmat.co.uk



**IT'S NEVER
BEEN EASIER TO
TALK TO US!**

Scan here to book a video
or face to face
appointment



T: 01773 826575

M: 07891 619500

E: info@peakmortgagesandprotection.co.uk

W: www.peakmortgagesandprotection.co.uk

LOOK OUT FOR OUR NEW WEBSITE COMING SOON!

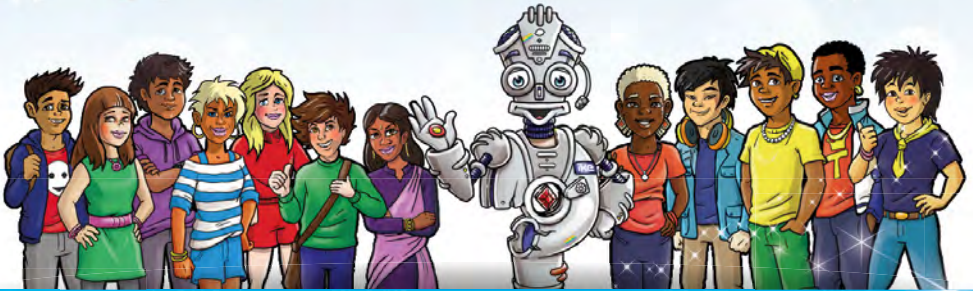
**HERE TO HELP BELPER PEOPLE TO BUY THEIR HOME,
KEEP THEIR HOME, AND PROTECT THEIR FAMILY.**

YOUR HOME MAY BE REPOSSESSED IF YOU DO NOT
KEEP UP WITH REPAYMENTS ON YOUR MORTGAGE.

Turmalini

AND
THE LIGHT
SAVERS

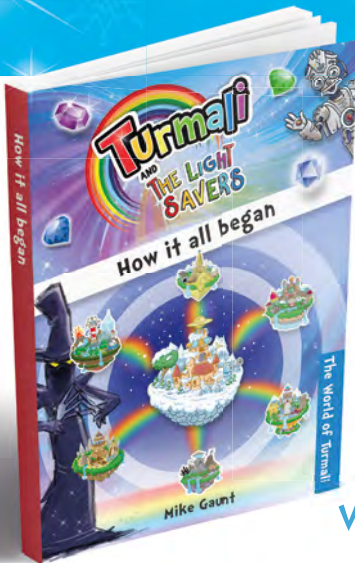
...an exciting
adventure book
series for children
aged 7-13



Turmalini Publishing, a Belper based children's publisher, have a special offer for all Boom magazine readers.

25% discount & free shipping on all our books!!

Use code boom25 at checkout.



Visit www.turmalini.com to see all our books.