

FREE



THE DERBYSHIRE HANDBOOK
FOR FAMILIES WITH 0-11'S

READ ONLINE AT WWW.BOOMDERBYSHIRE.CO.UK

ISSUE 29

JULY / AUGUST 2023



PHOTO CREDIT: PETER HURST



Offering more than just award-winning mortgage advice!

Peak can now also assist with: life insurance, pensions, investments, will-writing, estate-planning, bridging and commercial finance...



and of course, we still have complimentary beers and puppies to play with at our Milford office.

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

BOOM... summer has arrived!

We have jam packed this edition with so many ideas for days out this summer from **local attractions** to visit, themed days and **festivals** to attend to **family walks** and **free activities** on offer! We've updated the **Timetable of Groups and Classes** to indicate which are still running through the summer holidays too!

We have taken note of the rise in pet owners since covid times, especially dogs, and so for the first time we have themed an issue around animals and pets with some top tips on caring for them. **Vetcare@home** our long-standing Boom sponsors have some great recommendations for pet care in their article **'Is Prevention Better Than A Cure?'** and local company **Pet First Aid** have shared their top tips to prevent **Pet Heatstroke**.

Continuing with the animal theme we have a great **craft activity** based on the artist **Henri Matisse** and local language teacher Jenny Moses has a fun page that will teach your kids some new **foreign language words!** Local historian **Adrian Farmer** gives us insight into some unexpected animal visitors to the area in the past.

Latest Boom News: After 7 years on this incredible journey as a Boom director, I am looking to pass the baton on to a new owner. So, watch this space and follow us on social media for an update soon! What a privilege and joy it's been sharing all this useful information with my local community. A massive thanks to all our readers and sponsors for your continued interest & support!

Happy summertime fun!



Jo Leigh

Editor of Boom Magazine & local mum
info@boommagazine.co.uk
www.boomderbyshire.co.uk



inside

Timetable of Groups & Classes	4-6
Is Prevention Better Than Cure?	10-11
Let's Learn Languages	13
Walk: Mapperley Reservoir	14-15
July/Aug Events	20-23
Heatstroke-Keeping animals safe	29
Animal Entertainment of the past	31
Animals in stories	33
Animal Art	35

We are very much an **online magazine** as well as print so don't forget to share our mag with friends: www.boomderbyshire.co.uk
Follow us: Boom Magazine Derbyshire

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

Nurseries, Pre-schools and Reception classes, in Belper, Ripley, Allestree, Ambergate, Holbrook, Kilburn, Little Eaton, Darley Abbey, Quarndon, Codnor Turnditch, Denby, Duffield, Milford & Crich. Also baby & toddler groups, gyms, soft plays and cafes & shops around Belper town.

Magazine design by:

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

45° FORTY FIVE DEGREES
Design & Print

Front cover:

With thanks to our cover stars Benjamin, Matthew & Esme the Vetcare@home kids and their gorgeous pet guinea pigs Winnie, Sarah & Chunky Russell
Special thanks to local photographer Peter Hurst from Immersive Productions.

Published by Jo Leigh - Boom Magazine 2023. 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.



Boom Magazine Derbyshire is looking for a new director!

Would you like to own this small thriving business?

You can support the Derbyshire community, whilst at the same time enjoy flexible hours that work around your family with lots of added perks and opportunities!

No experience or expertise needed, just a confidence to engage with local families, businesses, attractions and writers.

A fantastic opportunity to expand your skill set and earn a living in a really fun way!

Get in touch with Jo at info@boommagazine.co.uk to find out more!

Groups & Classes for 0-11's

AROUND DERWENT VALLEY, AMBER VALLEY, DERBY AND BEYOND!

Derbyshire Toy Library

Stay & Play

Belper Community Hall:

Wed 9:30-11am

Kilburn Village Hall:

Thurs 9.30 - 11am (Term-time only)

Glebe Field Centre, Crich

Mon 9.30 - 11am (Term-time only)

Strutts Centre, Belper

Multiples Playgroup (for carers of twins/triplets) 2nd Sat of Month – 9:30-11am (Term-time only)

Book via website-PAYG: Card/ Cash/ BACS/Paypal

Toy Hire Click & Collect or

Click & Browse Service: **Strutts**

Community Centre, Belper:

Wed 10am–12pm, Fri 9.30 - 11am, Sat 9am - 11:30am (We welcome donations of Toys - Books - Soft Toys) See fb page for ideas and to book a slot for pick up. Database available: www.derbyshiretoylibraries.org/shop

Strong Mums Pre & Postnatal Exercise Class (babies 0-12 mths) (Continues through summer)

Cross Fit Deviant, Mansfield

Rd Derby Tues 1-2pm & Fri 1-2pm

Evolution Kickboxing, Derby

Tues 11am-12pm

1:1 sessions & online group workouts available too!

jemma.shaw@hotmail.com

Muck Out Mornings (0-4yrs)

Old Farm Bus - DE5 8JB

Tues, Fri, Sun

9:30-11:30am

Messy play, soft play bus, farm animals - £5 per child/ £1 per adult

Book at Eventbrite and search Muck Out Mornings or pay on arrival

Emily Doula

Number 28, Market Place

Belper

Baby Massage (4 wks-6 mth)

Tues, 10-11.15am

Tabitha Yoga Studio Belper

Mother and Baby Yoga

(0-toddlng)

Wed 11am-12pm

Postnatal yoga (mothers up to 1 year postpartum)

Tues 7.15-8.15pm

Pregnancy Yoga (14wks-birth)

Thurs 6.30-7.30pm

info@emilydoula.co.uk/ 07816653812

www.emilydoula.co.uk BOOK

Acorns Toddler Group (0-4's)

Woodlands Church, Allestree

Mon - 9:30-11:15am (Term-time only)

Free play, snacks, singing and a Bible story. 01332 551336/

www.woodlandschurch.org.uk

B.E.A.R.S.

Breastfeeding Support Group

Belper Early Years Centre,

Alder Road:

Fri 1:15-2:15pm (weekly)

Heanor Children's Centre:

Tues 9:30-11am (fortnightly)

Alfreton Children's Centre:

Thurs 10:30-11:30am (fortnightly)

Refreshments, social and breastfeeding support, meet other parents, toys and entertainment for the little ones. See FB page for breastfeeding support and details of antenatal sessions

Call/text 07776 495900 or

fb messenger

Twistin Tinies Adventures (0-18m - non-walkers) (Term-time only)

Belper Community Hall:

Mon 12:30-1:30pm

Tues 11:15am-12:15pm

Community Room, Arc Leisure,

Matlock

Wed 11.15am - 12.15pm

St Joseph's RC Church Hall,

Ripley: Fri 10:45-11:45am

Innovative Sensory Adventures to help your baby grow! Block bookings - 4

Trial Classes £20 for new customers.

www.twistintots.co.uk 07977 578 359

Jacqui@twistintots.co.uk

@twistintiniesadventures

Twistin Tots (0-5yrs)

(Term-time only)

Belper Community Hall:

Mon 9.45am - 11.20am (Music & Play)

Tues 9.45am - 10.30am

Community Room, Arc Leisure,

Matlock Weds 9.45 - 10.30am

Darley Abbey Village Hall:

Thurs 9.45am - 10.30am

St Joseph's RC Church Hall,

Ripley: Fri 9.30am - 10.15am

Magical music and movement classes for Under 5's and their grown-ups.

Weekly or Block Bookings - 4 Trial

Classes £20 for new customers

Jacqui@twistintots.co.uk

/07977 578 359

www.twistintots.co.uk/ @twistintots

Story and Rhyme Time

Belper Library

Story and Rhyme Time

Wed 11-11.30am (under 5s)

Rhyme Time

Fri 11-11.30am (under 5s)

For more info contact Belper Library on 01629 533192

Yellow Daisies Stay & Play (0-5's)

The Village Hall, Heage

Mon, Wed & Fri- 9-11am

Thurs 1 to 3pm

Fb (Term-time only)

Pregnancy & Post Natal Pilates (babies welcome)

Belper Pilates Studio, East Mill

Physio-Led Classes

Mat work: Weds 8:15pm

Reformer: Thurs 9:45am & Fri

10:20am BOOK - 07703 116284

<https://belperpilates.co.uk>

Edward Praise & Play with Mini Bears (0-5's)

St Oswald's Church, Ashbourne

Thurs - 9:30-11:30am (Term-time only)

Ashbournechurch@gmail.com

01335 343052

Wirksworth Stay and Play Baby & Toddler Group (0-5 yrs)

The Memorial Hall, Wirksworth

Thurs 9:45-11:15am (Term-time only)

0-6m £1.50, 6m+ £3 per family

A friendly, welcoming community

playgroup with lots of toys, a craft

activity, a messy/sensory tray and

snack for the children. Hot drinks and

biscuits for the adults.

Baby Sensory (0-13m)

(Term-time only)

Lion Hotel, Belper:

Wed, 10-11am (Birth-6m)

11:30am-12:30pm (6m-13m)

1-2pm (Birth-13m)

Ripley Leisure Centre:

Thurs, 10-11am (Birth-6m)

11:30am-12:30pm (6m-13m)

1-2pm (Birth-13m)

BOOK 07989 443734

babysensory.com/centralderbyshire

Prams & First Shoes Meet-Up (0-2.5s)

St Mark's Church, Openwoodgate

Thurs 9:30-11:30am (Term-time only)

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

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

Moo Music Alfreton (0-5 yrs)
Genesis Centre, Alfreton:

Mon & Tues

Baby Moo (0-walking) – 9:30-10am

Mixed Moo (0-5) 10:20-11am

Scout Hut, Swanwick:

Wed - **Mixed Moo** (0-5) 10-10:40am

Fri - **Moo & Brew** (0-5)

10am - 11.30, free tea and coffee, from
birth to 5 years

Village Hall, Somercotes:

Thurs - **Mixed Moo** (0-5)

10-10:40am Fun, interactive sessions
with a different theme each week
including dress-up, props, original
Moo Music songs and lots of sensory
stimulation. 07970664282 www.moo-music.co.uk/alfreton (Term-time only
but look out for our summer specials)

Sensory Imagination (0-5 yrs)
Unit 405, Via Gellia Mill, Bonsall

Tues - **Baby Messy Play** 10.30am-12pm

Messy Play 1-2.30pm

Wed - **Sensory Story Time** 10-11.30

Messy Play 12.30-2pm

Saturday - **Messy Play** 10.30am-12pm
Experience the magic of Sensory
Imagination! Our inclusive environment
embraces children of all abilities,
whether neurodiverse or neurotypical.
Join us for our delightful messy play
sessions, where children can freely
express themselves, fostering their
growth and development. Come
witness their remarkable journey
first hand! Hello@sensoryimagination.com
07375871477

www.sensoryimagination.com

**Little Starz Parent &
Toddler class**

Splitz Dance Centre Belper

Thurs 11am-12pm

Little Church (0-5's)

St Peter's Church Belper

Wed 10am-12pm (Term-time only)

Belper Early Years Centre

Alder Road, Belper

Natural World Group (6m-5yrs)

Fri 10-11:30am (Term-time only)

Toys, sing-alongs & sensory room

No need to book (£1 donation)

Special Friends Coffee

Morning

& Playgroup (for children with
additional needs and their families)

2nd Weds of Month 9:45-11:45am.

belperearlyyearsfun@gmail.com

01773 821288

Messy Church (all ages)

St Swithun's Church, Belper

2nd Sat in the month 4-6pm.

St Mark's Church,

Openwoodgate

4th Sat in the month 4-6pm

(Term-time only)

TinyTalk (0-2 yrs)

Vanessa's Dance Studio, Belper

Tues 10-11am Fri 10-11am

bookwhen.com/tinytalkdc

www.tinytalk.co.uk/kathgreaves

St John's Methodist Church,

Allestree

Mon 10am-11am

The Church on Oakwood

Tues 10am – 11am

Mickleover Memorial Hall

Weds 10am – 11am (Toddler class)

Weds 11.30am - 12.30pm

bookwhen.com/tinytalkderbynorth

www.tinytalk.co.uk/emilyreeve

Communicate with your baby before
they can speak! At TinyTalk we sign,
bounce and giggle through each class,
while you learn a handful of useful
BSL signs with action songs, stories
and familiar nursery rhymes. Enjoy
social time and a nice hot cuppa and
biscuits after every class. All class sizes
are limited. See Events Calendar for
Summer Specials

**Little Baby Sanctuary Baby
Yoga & Massage (0 – active
crawling)**

Sage Yoga Studio, Belper:

Thurs - Yoga & Massage

10-11am & 1.30-2.30pm

Fusion Yoga Well-being

Centre, Ripley:

Tues -Yoga & Massage

10:30-11:30am & 1-2pm

Anna Michelle's School of

Dance, Darley Abbey:

Fri - Massage - 10.30-11.30am

Breadsall Priory:

Fri - Yoga & Massage – 1:30- 2:30pm

07739 551379 / Book online

www.thelittlebabysanctuary.co.uk

Gentle, interactive strokes and
movement supporting common
ailments, concerns and baby
milestones with Nicky, qualified NNEB,
baby massage & baby yoga instructor.

Rhyme Time

Allestree Library

Free pre-school song session

Tues 2.30 -3pm

01332 559761

Kilburn Baby & Toddler Drop In
Kilburn Village Hall

Fortnightly on Sundays 9.30 –

11:30am (FREE) Welcoming all

families, babies & toddlers to our

play, colouring, reading & sensory

areas area. Hot/cold drinks and cakes

provided. FB/ 078773 56262

Kilburnbaby@gmail.com

www.facebook.com/

KilburnBabyAndToddlers

Nest & Nurture

Nest & Nurture Studio, Belper

North Mill

Hatchlings (Term-time only) BOOK

(Baby Massage & Postnatal Yoga (6wks-

5m) Mon 12 - 1pm & Tues 1-2pm

Nestlings Baby Yoga (Term-time

only) (4/5m – crawling) BOOK

Mon 10-11am & Thurs 1.15-2.15pm

Fledglings - Messy/sensory

play and yoga (Term-time only)

(9/10 months - 2 years)

Thur 10.30am-11.30am

Tree Babies (Term-time only)

(birth to around 12 months) BOOK

Outdoors mindfulness and

babywearing group. Fri 10am-11am

Nest & Nurture Tea Club

(running through summer)

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

(running through summer) (from 14

wks of pregnancy onwards+)

Sun 6pm-8pm

Derby and Notts Sling Library

(running through summer) 2nd

Tuesday of the month

tara@nestnurture.co.uk

07817 649409

**Pre-school Yoga: Movement,
breathing, relaxation (2-5 yrs)**

Sage Yoga Studio, Belper

Tues 10-11am (Term-time only)

More classes coming soon!

BLOCK BOOKING: 4 wks

laurastherapies@gmail.com

Primrose Art Club (4-13 yrs)

Strutts Community Centre

Mon 4-5pm (4-9 yrs)

Wed 4:30-5:30pm (7-9 yrs)

Thurs 4-5pm (4-6 yrs)

Thurs 5.15-6.15pm (10-13)

Fri 4-5pm (10-13 yrs)

BOOK | primroseartclub@gmail.com

07387 962150 | [https://primroseart.](https://primroseart.club/)

club/

Online Junior Chef's Kitchen (8+)
Online with Three Bears
Cookery Club

Wed - 4.30 – 6pm -

Learn to cook in their own home!
You will receive a recipe card ahead of time and be guided through the whole Zoom cookery session. At the end of the 1.5 hours your tea will be cooked and ready to eat! Quizzes and journal cards will also be posted out to your fabulous Junior Chef. [Check the Events Calendar for Summer specials.](#)
Website: <https://threebearscookeryclub.com/derby-classes/>

Burnett Academy Martial Arts (3+)

Fitpit Belper: Sun 10.15-11:05am

Kilburn Village Hall: Tues 4pm

A family run martial arts school with 14 years teaching experience. Teaching kids self discipline, self confidence & self control. enquiries. burnettacademy@hotmail.com | 07779 521141

Taekwondo Maestros & Masters Academy (4+)

Little Eaton Village Hall

Tues 6:30- 8:30pm (8+)

Sat 9-10am (4-7) Sat 10am-12pm (8+)

A Korean martial arts -

Taekwondo improves fitness, flexibility, balance, confidence, discipline and moral values; courtesy, integrity, perseverance, self-control and indomitable spirit.

admin@mandm.academy /

07818 559309 www.mandm.academy

Derwent Karate (3 Yrs +)

Heage Village Hall

Weds 5:30 -6pm - younger children

6-8pm for older children and adults

A family friendly martial arts club training in traditional wado ryu karate with over 20 years experience.

Contact details: 07896532264 FB:

[derwent karate](https://www.facebook.com/derwentkarate)

Peak Ballet - Royal Academy of Dance Ballet Classes

(2.5 – 17yrs) (Term Time only)

Wirksworth Memorial Hall:

Mon **Preschool** - 9.40-10.20am

Reception –Y3 - From 4pm – 7pm

Middleton Village Hall:

Thurs Y4+ - From 5pm – 8.30pm

Friendly, fun and inclusive ballet classes

peakballet@outlook.com / 07776

236007/www.peakballet.co.uk

Mini Sportz (2-7 yrs)

(Term-time only)

Duffield Methodist Church

Fri – 9:30-10:15am (3 - 4 yrs)t

St Alkmunds, Duffield

Thurs – 4-4:45pm (R & y1)

Teaching young children a variety of sport based activities & creating a love for physical activity.

07935600027/ www.minisportz.co.uk

minisportzuk@gmail.com

Deda Academy Classes
(18 mnths to 19 yrs (25 for disabled young people))

Deda - Chapel St, Derby

(Term-Time only) 9am – 4pm (Or until shows or classes have finished)

Academy classes run term time on

Wednesdays and Saturdays: Play

Dance Move; Movers and Shakers;

Ballet; Contemporary; Street Jazz;

Street Dance; Young Company classes;

Aerial www.deda.co.uk/01332370911

Splitz Dance Centre

(All ages welcome)

8a King St, Belper

Mon-Thurs & Sat (see current

[timetable for timings](#)) Class genres:

ballet, tap, modern, acrobatics,

contemporary, commercial, street,

musical theatre, adult jazz & tap

and pre school classes. PLUS NEW

DRAMA class for all ages Thurs

6:30pm www.splitzdancecentre.com

/07403010116

Vanessa's School of Dance
(3-18 yrs) (Term-Time only)

Vanessa's School of Dance,
Belper

Mon-Fri 4pm onwards

Sat 8.45am-6.30pm

Dance genres: Ballet, tap, modern,

contemporary, musical theatre,

singing, acrobatics, street dance

Adult classes offered in tap, ballet &

fitness www.vsdance.co.uk BOOK

01773 823309/ 07581228557

AVP Theatre & Arts Academy (2 – 16 yrs)

(Term-time only)

St Johns Church Hall,

Mickleover

Tues 6:15 -7:15pm Juniors,

7:15 – 8:15pm Seniors

Fri 4:30 – 5:15pm Minis,

5:15pm – 6:15pm Juniors

Join our drama classes, meet and make new friends. Working with a professional actor and theatre-maker, children will create performances, learn new skills, and build confidence, all whilst having fun!

There's opportunities to perform in two

shows a year, as well as having the chance

to create films, develop scripts, and help

to make props. We also offer LAMDA

training and exams for those interested in

developing their performance skills further.

avptheatre@gmail.com/ 07462 549429.

avp-theatre-arts-academy.class4kids.co.uk/

www.avptheatre.com

DERBYSHIRE FAMILY HEALTH SERVICE

Tel: 01246 515100

All this information can be accessed online at:
www.boomderbyshire.co.uk



SPLITZ
DANCE CENTRE



Scan the QR code for more information about what we offer here at Splitz

8a King Street, Belper DE56 1PS
07403 010116
www.splitzdancecentre.com splitzdance@live.co.uk



Classes available for all ages



BELPER PILATES STUDIO
The Pilates Physios

PREGNANCY • POST NATAL • MUMS & BABIES

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

Classes include: Pregnancy & Post-Natal Pilates
Mums & Babies Reformer • Mat Work Pilates Classes

See our website for 20+ Classes per week at Belper's East mill

www.belperlifefitnessphysio.co.uk

Three Bears Cookery Club

Award Winning Childrens Cookery School

Birthday Parties | Holiday Workshops |
After School Clubs | Online Junior Chefs
Kitchen | School Workshops | Franchise
Opportunities Available



Contact Ruth on 07973193362 or email
ruth@threebearscookeryclub.com
www.threebearscookeryclub.com



Derbyshire
Toy Libraries
Learning through play



STAY AND PLAY

#COMESTAYANDPLAY

SESSIONS AT:

**BELPER, KILBURN, CRICH
AND GRASSMOOR**

Derbyshire
Toy Libraries
**CLICK &
COLLECT**



for more information visit:
www.derbyshiretoylibraries.co.uk



Charity No. : 1081255

Courtesy - Integrity - Perseverance - Self-Control - Indomitable Spirit



- Tuesdays 6:30pm - 8:30pm
(Mixed Class, 8+ yrs)
- Saturdays 9am - 10am
(Tigers, 4 to 7 yrs)
- Saturdays 10am - 12noon
(Mixed Class, 8+ yrs)



TAEKWONDO



Scan Me



Little Eaton Village Hall
www.mandm.academy
07818 559309



Guitar Lessons
Also Available!

STRONG MUMS!

Pre & Post-natal exercise specialist!



Get fit for labour • Post baby fitness and weight loss
Functional fitness in a small group setting
Meet new bad ass mums and bring baby along too
1:1 sessions available

Contact Jemma Elizabeth • 07961 621769

Venue: CrossFit Deviant in conjunction with FIIT for Life
Mansfield Road, Derby, DE21 4SZ

See more in Insta
yummymummies2020

yummy mummy
FITNESS - NUTRITION - LIFESTYLE

Vanessa's
School of Dance.

We invite dancers of all ages
and abilities to join our school.

Whether it is for exam work,
competitions, or simply for fitness.

www.vsdance.co.uk

T: 01773 823309 • M: 07581 228557

E: ness_tap@hotmail.com

Albert House, Derwent Street, Belper DE56 1UQ






20% off
first treatment
- quote 'Boom'

Treatments on offer:
Lash lifts • Waxing
Nails (the gel bottle)
Pedicures • Plus much more....
Flexible appointment times

Call or text Laura on:
07545 213427
Vanity Salon
2 Highfield Road
Kilburn DE56 0LT

Emily Doula

- Pregnancy & Postnatal Yoga
- Baby Yoga
- Baby Massage
- Doula Services

07816653812
info@emilydoula.co.uk
www.emilydoula.co.uk




Innovative Sensory and Musical Adventures to help your baby grow.

For babies from birth - 18 months (non-walkers)

Award Winning

#twistintiniesadventures
@twistintiniesadventures1





Musical and sensory classes using innovative props and baby signing.

We transport families to magical places each week and help babies to develop essential skills.



4 classes
£20*
*new customers only

Jacqui@twistintots.co.uk 07977 578359 www.twistintots.co.uk

#twistintots
@twistintots

Engaging music classes that are fun, innovative and developmental. An engaging mix of rhymes, songs, light shows and innovative props to educate your children and keep them entertained.








Scan here to book for Twistin Tots and Tinies!

For Babies Toddlers and Pre-schoolers (ages 0-5)

Marvellous Musical Classes Making Marvellous Memories!



8

boom

To advertise please email us on: info@boommagazine.co.uk

"Genuinely the best baby class I've been to"
- TinyTalk class parent



Baby Signing
Toddler Talking



Find your local class!



Join the UK's favourite baby signing and toddler talking classes and help your child to communicate before they can speak! Signing babies are happy babies, able to express their needs, wants and feelings.

What does your baby want to tell you?

Allestree,
Mickleover &
Oakwood
tinyytalk.co.uk/
emilyreeve

Belper
tinyytalk.co.uk/
kathgreaves

...and lots, lots more around the East Midlands!



Pre-school Yoga

WITH LAURA

Fun yoga classes for 2-5 year olds

Movement, Relaxation and Breathing Techniques

Tuesday mornings: 10 – 11am
Sage Yoga Studio, Belper



4 classes £30

To find out more or to book, please contact:
laurastherapies@gmail.com

Hi I'm Christine a Spiritual Life Coach & Clairvoyant

I sell healing crystals and other spiritual delights to help you on your spiritual journey.

In my Therapy Room I offer:

- Tarot readings to help find clarity and guidance
- Crystal Healing
- Workshops & courses for spiritual awakening

07790033587
www.intuitionshop.co.uk



INTUITION
We Create Our Own Reality



Pamper Parties

Build your own pamper party for all ages

Contact Harriet

✉ alookofbeautypamperparties@outlook.com

☎ 07434 427099

📷 [alookofbeauty](https://www.instagram.com/alookofbeauty)

📍 A look of beauty at the woodland



IS PREVENTION BETTER THAN CURE?

by Louise Reeder, Registered Veterinary Nurse, Vetcare@home

Sharing your life with a pet can bring so much joy but what can we do to keep them happy and healthy? There are many ways we can do this, here are some of our top preventative care tips.

Feeding a good quality diet, suitable for the species and life stage of your pet is one of the most important things we can do. Kittens and puppies, for example, require a different diet to a very active or senior pet. Feeding a complete, balanced diet will ensure the correct balance of nutrients is present.

Rabbits, guinea pigs, rodents and exotic pets all require very specific diets so it is important to research this and be prepared before taking one on.

UK Pet Food are an organisation striving to improve standards in animal nutrition. Their members are food manufacturers who have chosen to sign up to the UK Pet Food Charter and Codes of Practice annually, which detail the legal requirements and safety & quality standards they must meet.

For more information see www.ukpetfood.org

Obesity is a growing problem in companion animals, A large proportion of animals presented to a vet are overweight. A study by UK pet food indicated that 51% of dogs, 44% of cats and 29% of small mammals are overweight or obese.

Being overweight can contribute to a multitude of medical issues, in all ages of pets. Increased pressure on the joints can cause arthritis and can predispose dogs to other issues such as cruciate

ligament rupture or tears. Overweight cats may be more prone to developing diabetes and heart conditions can be made worse.

Obesity can be easily reversed with diet and exercise, ask your veterinary practice for advice.



Dental disease is a common problem and can be very costly to treat. Like we brush our own teeth every

day, we should be looking after our pet's teeth too.

Rabbits, guinea pigs and rodents have teeth that continually grow so need the correct diet and access to chewing to ensure they do not become overgrown. Overgrown teeth can prevent them from eating, drinking and grooming themselves.

Cats and dogs will start to build up hard tartar on their teeth which leads to gum recession, gingivitis and loss of teeth. This process can be very painful and lead to infections.

Diet and chews can help to prevent some of the build-up of tartar but the very best way to prevent dental disease is daily brushing. Using a pet specific toothpaste and a small brush, finger brush or microfibre cloth, building it into your daily routine will give you the best possible chance of success.

The only way to remove the hard tartar and treat the dental disease is cleaning the teeth under a general anaesthetic at your pet's veterinary practice.

Brachycephalic, or short nosed breeds such as pugs and bulldogs, may be more at risk of dental disease due to overcrowding of the teeth.

It isn't just our long-haired pets that need regular grooming. Grooming is a good opportunity to look at your pet's skin, eyes, ears and nails, and feet. Looking for signs of skin irritation or waxy ears, for example, may help to stop any problems escalating. Dogs more at risk of ear infections (spaniels, dogs that swim or have allergies) can have their ears cleaned on a regular basis.

Vaccinations are very important to protect our pets from infectious diseases, some of which can be fatal. Your pet will usually require a course of vaccinations when they are young and you will then be advised when they need a booster, which is usually yearly.

Vaccinations are very safe but if you are concerned about overvaccination then ask your vet if they follow the WSAVA guidelines for vaccination. These guidelines advise which vaccines need to be given yearly and which can be done less frequently.

Dogs for example should be vaccinated against leptospirosis yearly, but the components that cover

against distemper, hepatitis and parvovirus have been proven to provide immunity for longer so can be given every third year.

Like vaccinations, preventative parasite control is also important to protect our pets against parasites and the illnesses they can cause. We commonly protect against fleas, ticks, mites and lice, roundworm, tapeworm and lungworm.

Following a risk assessment, your vet can help you decide what protocol is best for you and your pet. Where you live, walk, travel, what you feed etc, can all help make a decision on the best products to use and the frequency needed.

Lastly- home and enrichment. Providing a safe and stimulating home will help to ensure your pet is happy and stress free.

Whilst dogs will enjoy walks of varying lengths and terrain, they also need opportunities for stimulation at home. Chews, feeding puzzles, snuffle mats and at home training will all help them to engage their brain and keep them occupied.

Most cats thrive if allowed access to the outside, where as for some cats this isn't possible. Providing enrichment such as high scratch posts, company and

opportunities for play will help to reduce stress. In multi-cat households, it is especially important to ensure that there is no competition for resources such as food, water and litter trays.

Rabbits and guinea pigs can live indoors or outdoors but need

a lot more space than expected and should not be kept alone.

Rabbit Welfare Association and Fund run a campaign called 'A hutch is not enough', aimed to improve welfare of rabbits and guinea pigs, often kept in small hutches.

<https://rabbitwelfare.co.uk/a-hutch-is-not-enough/>

Whatever pet you decide to share your life with, big, small, fluffy or scaly, we can do so much to keep them happy and healthy. Your veterinary practice will be more than happy to help you implement the right care for your pet.



We hope you find this advice useful for your lovely pets. We at vetcare@home are happy to offer any further advice or information you need. We are currently in the Belper Derbyshire area, High peak area, Milton Keynes area and Buxton.

We do consultations in the comfort of your own home and have a veterinary ambulance if your pet requires surgery. This includes neutering, dentals or surgery that may be required. Our ambulance is driven to your home address and surgery carried out on your drive. Please give us a call or drop us an email if you require further information. You can also follow us on Facebook and see what adventures we get up to visiting your lovely animals.



John the vet and team.

01773302220 | info@vetcarehome.co.uk
www.vetcarehome.co.uk



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



Matthew Anthony
 PHOTOGRAPHY
 Natural Family Photography
 Sessions From £99
matthewanthonyphotography.co.uk

Gift Vouchers Available!

THE DERWENT VALLEY LINE

YOUR ADVENTURE STARTS HERE

Groupsave tickets and Family and Friends Railcards available

Under 5's travel for free, children aged 5-15 travel for half price

Museums, family attractions, outdoor activities, heritage railways, cable car rides and much more...

Hourly trains between Matlock, Derby and Nottingham*

MATLOCK - DERBY - NOTTINGHAM









*For more information visit derwentvalleyline.org.uk

LET'S LEARN LANGUAGES



by J Moses, from Languages for All.

Children love learning new languages and really enjoy it too!
Why not have a go at learning the names of these animals with your child today!

	FRENCH	GERMAN	SPANISH
	chat [sha]	Katze [catzer]	gato [gahtoe]
	chien [shen]	Hund [huhnt]	perro [perro]
	lapin [lap-an]	Kaninchen [caneenshen] ch as in 'ch' in Scottish loch	conejo [conecho] j as in 'ch' in Scottish loch
	poisson [pwa-son]	Fisch [fish]	pez [peth]
	cheval [sheval]	Pferd [p-faird]	caballo [cabayo]
	serpent [sairpon]	Schlange [shlanger]	serpiente [sair-pee-en-tay]
	tortue [tor-too]	Schildkröte [shildcruhter]	tortuga [tor -too- gah]
	perruche [peh-ruche]	Papagei [papa-guy]	loro [lohro]

If you or your child is interested in learning another language, then I would love to hear from you! My name is Jennifer Moses and I run Languages for All, a small, local company of dedicated and experienced language teachers. We offer French, German, Russian and Spanish lessons to people of all abilities. I will be setting up some Spanish classes for children aged 7 and above in the Autumn, so if you are interested then please get in touch!

WANT TO LEARN A LANGUAGE OR SIMPLY IMPROVE?

We are prepared to help you succeed!

We can help you:

- Achieve the grade you want at GCSE and A level
- Learn an additional language
- Develop skills at Key Stages 2 & 3
- With home-schooling
- Learn languages for business/work/holidays
- Perfect for the novice and the experienced
- One-to-one or groups




☎ 07918 173844 | ✉ e-mail: jmoses@languagesforall.org.uk

📘 facebook.com/Languagesforalltd | 🌐 www.languagesforall.org.uk



Please mention Boom when responding to adverts!

MAPPERLEY RESERVOIR

This is a fantastic loop around a nature reserve, along the Nutbrook trail at the edge of Shipley Park with a café stop midway. There are lots of interesting extra off-shoots to explore. It can get muddy in parts but still manageable with an off-road set of wheels. Allow 2-4 hours to explore and stop for refreshments.

Start point: Mapperley Reservoir, Shipley Country Park, Shipley Lane, Heanor, DE7 6BR

1. Park at Mapperley Reservoir car park (£4.50 for 4 hrs). Walk back to the entrance of the car park (the way you drove in and towards the bridge over the reservoir). Ignore the tarmac road up the hill behind the Shipley Park sign and instead go down the wide bridle path that runs parallel to the bridge.

2. Carry on until the path bears right and crosses two bridges. Shortly after you will see a metal gate on your right, this is an extra horseshoe loop that

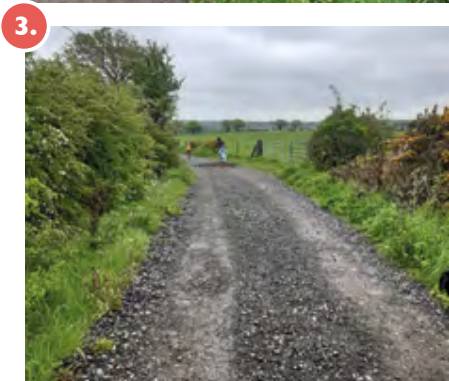
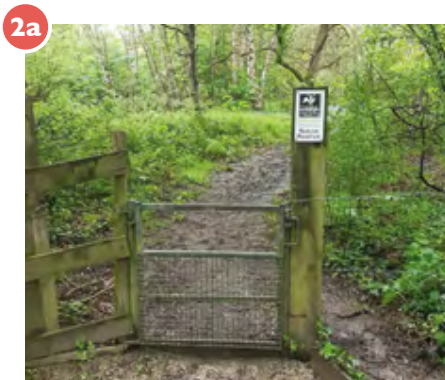
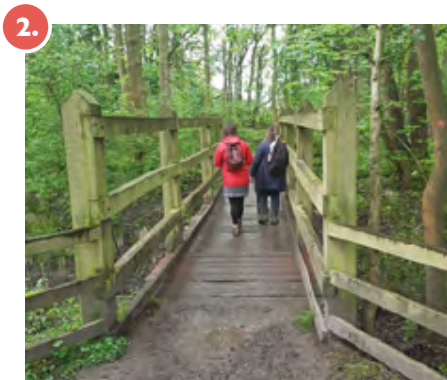
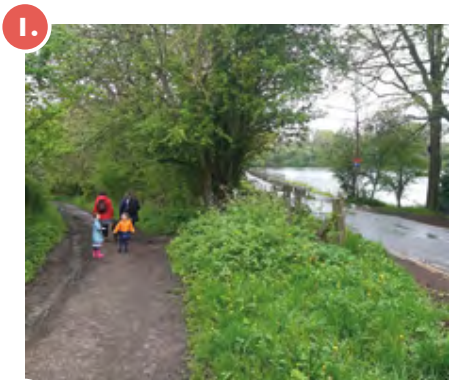
you can do bringing you back out on the same path and a nice extra ramble area great for den building and a snack stop.

3. Continue on until you join the farmers track, turn left passing through fields either side. Follow the track around to the left, pass the farm and fields and over a stream.

**Look out for the Education Wildlife Garden on your right alongside the large shelter; this is a lovely place to explore and has a pond sometimes with newts.

4. Carry on along the track; as it bends around to the right you will pass Abraham Home and then you'll reach the Nutbrook Coffee shop on your left. It is open on Fridays 9:30am-2:30pm and at weekends 9am-4pm. It serves as a great alfresco pit stop serving light lunches and cakes – dogs welcome.

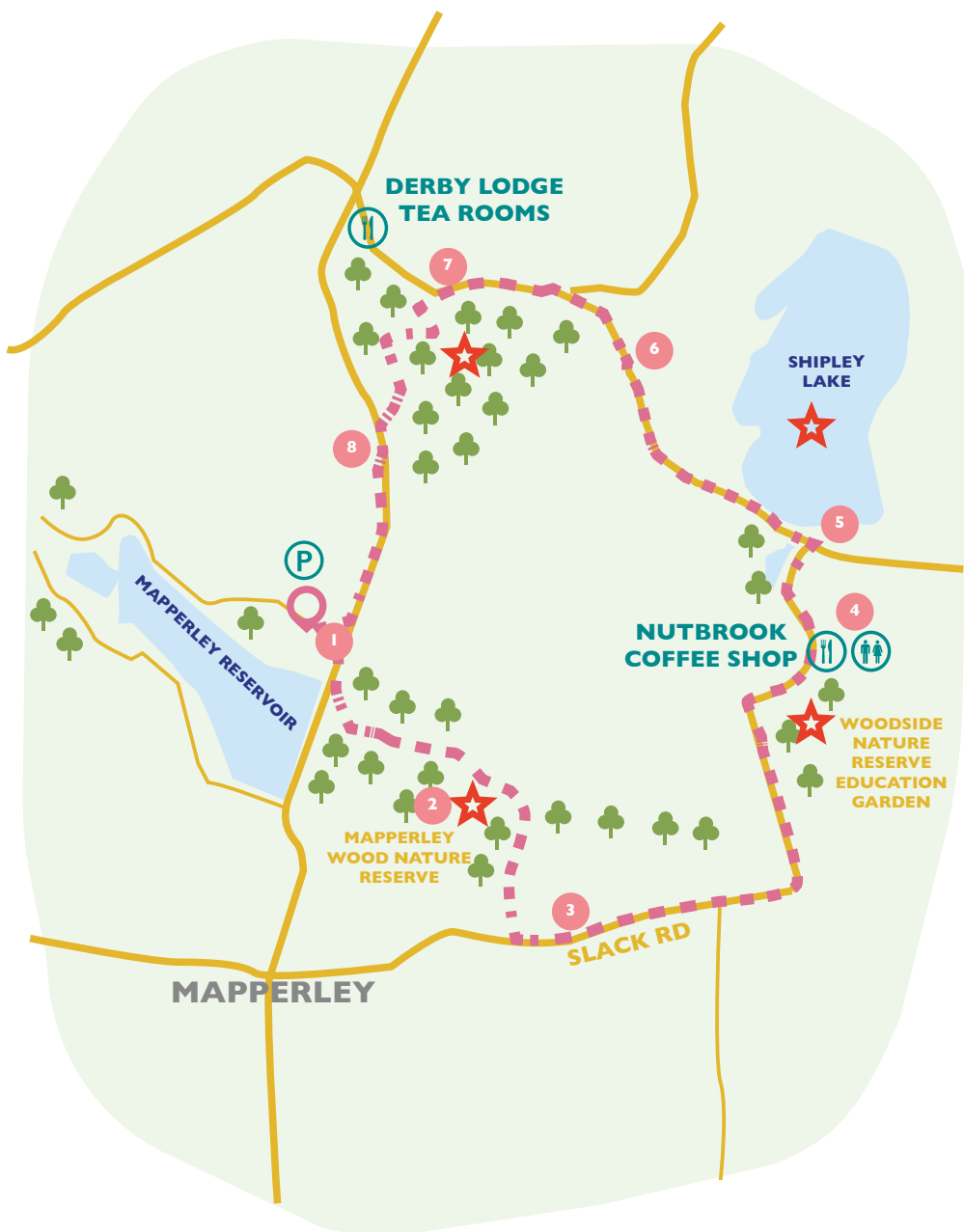
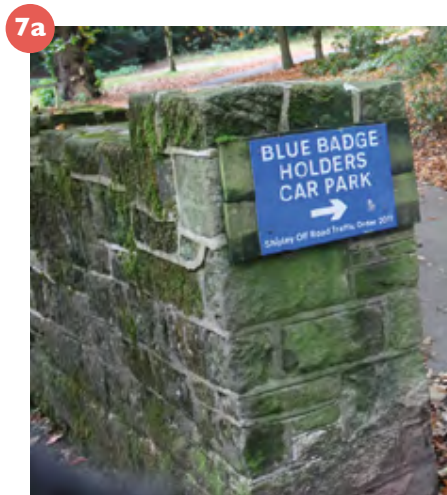
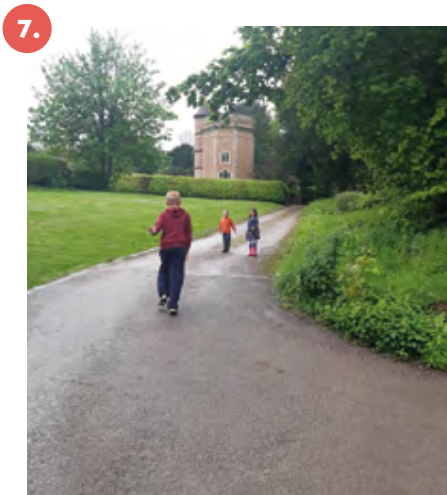
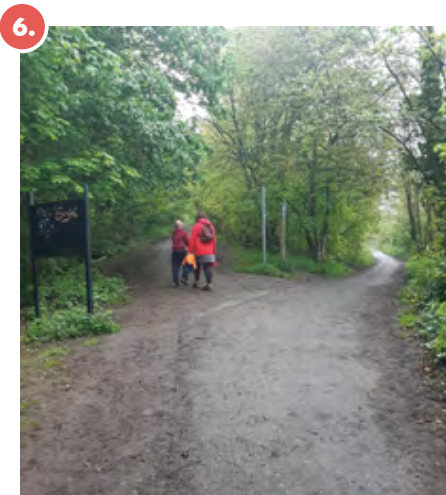
5. Bearing left after the coffee shop, continuing along the trail, you will reach a bend where you fork off to the left signposted to Heanor & Shipley Park.



2-4
hrs

2.5
mi



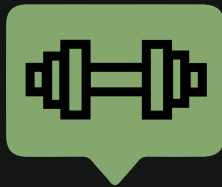


Cross the bridge bypassing the lake on your right and look out for the new housing estate on the remains of what was once the American Adventure Theme Park.

- 6. Carry on up the hill and bear left where the path splits. Continuing up you will arrive at a red bin and signposts, carry on forwards to follow the sign to Derby Lodge Tea Rooms passing a beautiful old house.
- 7. Continue along until the wall on your left ends and then turn left on to the driveway where it has a sign for blue badge holders (if you want to visit the tea rooms continue on another couple 100 yards instead). Follow the drive up and around and then you will arrive at the foundations of the old Shipley Manor House to your left. You may wish to explore this, but at this point you turn right to walk around the old water tower, now a residency.
- 8. Carry on the path and bear right or cut through the trees to the driveway leading back down to the car park.

MAP KEY

- Start
- Parking
- Refreshments
- Road
- Woodland
- Toilets
- Place of Interest
- Foot Path/Bridleway
- Water



DV PT

Mobile Personal Training
Book your free consultation now!

Bespoke coaching to suit individual
or group training sessions
around Derbyshire



Online coaching
also available

Contact Danielle
for more details
07908 407187
danniv.pt@outlook.com



Magical Moments

Parties and Events

Making every moment a magical moment



Half hour meet and greets. One and two hour
party packages. Carnivals, Festivals and other
Family Events.

Available characters . Princesses, Superhero's,
Peppa Pig, Paw Patrol and more.

Book your party now.
07523971717
aliciamagicalmoments@outlook.com

Scan the QR code to find us
on Facebook



"A SENSORY EXPERIENCE... BUT ON STEROIDS"



DON'T STRESS...FLUORESCENCE!!!

BODRUMORPHIX

DISCOVER MAGIC! MYSTERY! FUN! ILLUSION! INCLUSION & FREEDOM!



MAGICAL, FUN GLOW SESSIONS & PARTIES

Messy Play. Slimes. Slime Hunts. Magix Dough.
Faux Snow. Motion Sands. Edible Play. Soft Play.
Animated Visuals. Construction. Interactional.
Educational. Relaxation. Motor Skills. Chill Out
Zone. Role Play. Creative Corner. Exploration.

Discovery. and SO much more...

SUITABLE FROM BIRTH TO SENIORS 🧒

www.bodrumorphix.co.uk



"A SENSORY EXPERIENCE... BUT ON STEROIDS"



POTTERY VILLAGE
 SHOP • EAT • EXPERIENCE

SUMMER FUN

AT DENBY POTTERY VILLAGE

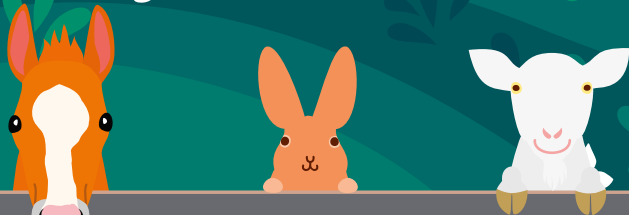


FREE ENTRY

SUNDAY 23RD JULY
10 AM – 4 PM

A great day out for the whole family, filled with fun and traditional games, meet the animals, face painting, food and drink and much more!

POTTERY VILLAGE FÊTE



CRAFT STUDIO FUN
 Open every day
10AM – 4PM
 From **£7 per child**

Keep the little ones busy throughout the summer holidays with lots of fun craft activities.



For more information about these or other activities at Denby Pottery Village, including Parties, Baby Showers and Hen Parties, visit:
denbypotteryvillage.com

To book Craft Studio sessions visit:
denbypottery.digitickets.co.uk/tickets



DENBY POTTERY VILLAGE

Derby Road, Denby, Derbyshire DE5 8NX



This Christmas
at Derby Theatre

DERBY
THEATRE

A Derby Theatre Production

Cinderella

A new version by Annie Siddons

FRI 24 NOV – SUN 31 DEC 2023

Derby Theatre, Hiccup Theatre and Polka Theatre

THREE BILLY GOATS GRUFF

THU 30 NOV – SUN 31 DEC 2023



All performances will be BSL integrated and captioned



01332 593939 | derbytheatre.co.uk

Text: 07717 346 964

Derby Theatre is part of
UNIVERSITY OF
DERBY

ARTS COUNCIL
ENGLAND

Supported using public funding by
ARTS COUNCIL
ENGLAND

DERBY LIVE **THE DARLEY PARK WEEKENDER**

NEW FOR 2023!

ULTIMATE 90s

JOINT TICKET
Book both 80s & 90s and save!

U5s FREE!

PETER ANDRE

Fri 25 Aug

80s MIX TAPE

U5s FREE!

MARTIN KEMP

Sat 26 Aug

THE DARLEY PARK CONCERT

BOOK EARLY & SAVE

Sun 27 Aug

Outdoor Theatre & Cinema Season
at Markeaton Park Craft Village

Smooth Radio Always the best it is!

Sat 1 - Sat 29 Jul

MARKEATON PARK

ENJOY MORE OUTDOORS
Craft Village | Mini Golf
Orangery Café | Footgolf
Mundy Play Centre
Sports courts | Pitch & Putt

inderby.org.uk   

 Derby City Council

Summer Of Films At

THE RITZ CINEMA

• BELPER •

Fully air conditioned auditorium!

BOOK ONLINE: www.ritz-belper.co.uk

BOX OFFICE: 01773 822 224

76b King Street • Belper • Derbyshire

DE56 1QA



Please mention Boom when responding to adverts!

EVENTS JULY & AUGUST 2023



Events happening locally for all ages!

Derby LIVE

Oakfest

Sun 2 Jul @ Oakwood Park
Oakfest is a fun filled family day out – Free entry

Orienteering at Allestree Park

Sat 8 July
Have fun exploring the park with a special map and a timing chip or 'dibber'

Much Ado About Nothing

Thu 13 - Sat 15 Jul
Markeaton Park Craft Village - Oddsocks productions brings to life Shakespeare's hilarious Much Ado About Nothing

Alvaston Park Community

Fun Day Sun 23 Jul - Free
Superhero Picnic Wed 26 - Thu 27 July. Chaddesden Park & Darley Park. All you need to do to take part in the fun is dress up like a superhero and bring a picnic! Free entry

Markeaton Park Food & Drink Fair

Sat 12 - Sun 13 Aug
Locally sourced food & drink producers, to take home or eat at the fair

Festival of Music & Flowers

Sun 13 Aug @ Markeaton Park
Relax and enjoy the colourful flower displays in the Walled Garden, whilst listening to a wide range of music from local performers.

The Darley Park Weekender

Fri 25 Aug - Ultimate 90s
Sat 26 Aug - 80s Mix Tape 2023
Sun 27 Aug - Darley Park Concert: an evening of classical music and fireworks

Ambergate Carnival

Sat 8 July Parade procession at 12:15pm from Ambergate Recreation Ground to Hurt Arms. Red barrows, pig racing, welly wanging, inflatables, live music, stalls, rides, food & drink, games. Entry £2, kids free. After Party Ceilidh in evening - tickets on Eventbrite.

Cathedral Quarter Derby

Celebrate Sadler Gate

Sat 1 July, 11am- late (FREE)
The business community will be out in force to bring a vibrant day and night of activities and entertainment. You can expect DJ's, music, shopping, food & drink

A Jurassic Day Out

Sat 22 July, 11am-4pm
Step back in time and meet Zeus the giant T-Rex, Emily Bronty & friends!

Cathedral Quarter Carnival

Sat 19 Aug, 11am-4pm
Fantastic street theatre entertainment for all on Derby Market Place. Free to attend www.derbycathedralquarter.co.uk

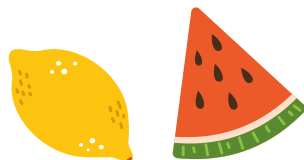
Quad Derby

Create My World: Nature

22 July - 3 Sept
A FREE exhibition, journey into the natural world, exploring and celebrating nature and creativity. Make your own creation see it come alive in QUAD Gallery. A family friendly exhibition on the theme of nature. Participants of all ages are encouraged to come and create their own beetles, bugs, butterflies and more, then see them come to life in the ecosystem of QUAD's main Gallery.

Quad Cinema

Cine Kids & Cine Babies: Cine Kids are family-focused film screenings every weekend and during the school holidays. All tickets are £5.00 per person for Cine Kids Club members. Membership is FREE and available to families with one or more children under 16. Upcoming family-friendly screenings this summer holidays include; Elemental, Barbie, Teenage Mutant Ninja Turtles Derbyquad.co.uk



St Peter's Quarter Derby

The emccan Derby Caribbean Carnival

Sun 16 July
A colourful procession passing through St Peters Quarter on the way to Osmaston Park!!

Bluey Meet & Greet

St Peters Church, Derby
Sat 5 Aug at intervals between 11am-3:30pm
A FREE event – don't forget to bring your camera! Book: www.stpetersquarter.co.uk/events/



Seaside Without The Sea!

Heights of Abraham
22 - 30 July, 10am - 5pm each day
Grab a giant deck chair, a bucket and spade, a delicious ice cream and enjoy the 'seaside' in the middle of the country, on top of Masson Hill at the Heights of Abraham! There will be sand to play in, a classic Punch and Judy show, a summer I-Spy trail for the children and much more!

The Eyes Have It Music Festival

Eyes Meadow, Duffield
6pm Fri 7 July - 9pm Sun 9 July.
(Camping arrival from 10am Fri 7)
A 3 day family friendly music festival. 23 acts throughout the weekend with free circus and art workshops for children. All event information including full line-up and tickets at: www.tehi.co.uk

Family Board Games Night

Distinct Gaming, Belper
Last Saturday of each Month, 5-11pm
A library of games for all ages to enjoy (or bring your own) plus a quiz from 8pm with prizes for winners. Bring the whole family and learn some new games with staff on hand to help with the rules. Family ticket - £20 (2 adults, 2 children)
Adult - £10 Child - £5 Get tickets at: www.distinct-gaming.com

Denby Pottery Village

Pottery Village Summer Fete

Sun 23 July

Fun and traditional games, meet the animals, face painting, food and drink (Free entry).

Toddler Tuesdays

Every Tues in term time, 10 – 11am

A creative group craft session for toddler or pre-schooler plus a free hot drink

Pottery Painting

Open every day, 10am - 4pm

Get creative in our Craft Studio with a choice of fun pottery painting and clay craft activities for everyone

The Denby Museum

Open every day - £10 per adult / £8.00 per child / £8.80 concession/ ('Museum Mondays' entry fee if 50% off)

The Denby Pottery Tour

Tues, Weds & Thurs

£15 per adult / £13.00 per Child over 6 / £13.30 concessions

Children's Parties

Celebrate your child's special day with a Crafty & Arty Denby Pottery Party! Weekends between 11.50am-2pm and 1.50pm-4pm
denbypottery.digitickets.co.uk/tickets

Three Bears Cookery Club

Junior Chef Workshops (8+):

Making Pizza & Rocky Road

Wed 2 Aug, 10am - 1pm

St Matthews Church, Darley Abbey

Making Cheese Twists &

Fruit Kebabs

Mon 7 Aug, 10am - 1pm

Melbourne Assembly Rooms

Budding Bakers Workshops (2+):

Making Funfetti Iced Biscuits

Fri 4 Aug

S1: 10am - 12noon

S2: 1.30 - 3.30pm

St Matthews Church, Darley Abbey

Making Chocolate Butterfly

Cakes Fri 1 Sept

S1: 10am - 12noon

S2: 1.30 - 3.30pm

St Matthews Church, Darley Abbey

<http://www.threebearscookeryclub.com/> 07973 193362

ruth@threebearscookeryclub.com



Belper Town Events

Larks in the Park @ Belper

River Gardens

2 – 4 pm, Sun: 2, 9, 23, 30 July & 6, 13, 20 & 27 Aug

Belper Farmers Market @

Market Place

Sat 8 July & Sat 12 Aug, 8.30am – 1pm

Vegan Market @ Market Place

Sun 9 July, 10am – 3pm

Summer Food Festival @

Memorial Gardens

Sun 16 July, 9.30am to 4pm with entertainment

Sunny Sunday Market &

Youth Market @ Market

Sun 13 Aug, 10am – 3pm

Belper Repair Café @No.28

on the Market Place

Sat 23rd July, 10am-1pm

Pride in Belper Fest 2023

Belper Market Place /Memorial Gardens

Sat 5 Aug- Parade starts at 12pm, live music, stalls and activities

Fleet Arts

Lark in the Park @ Belper

River Gardens, Sun 6 Aug, 2-4pm
Art, music & face painting

Family Lego

No.28 Market Place, Belper

Sat 29 July, 10am-12pm

(adults to stay/join in)

Book: www.fleet-arts.org

Ritz Cinema, Belper

Enjoy a summer of films including:

Trolls, Elemental, Indiana Jones, Teenage Mutant Ninja Turtles: Mutant Mayhem, Teenage Kraken, Blue Beetle, Mission Impossible

www.ritz-belper.co.uk

Sunshine Forest School

Holiday Club

High Woods Belper. 25, 26, 27 July,

10am-3pm. <https://bookwhen.com/sunshineforestschool>

Woodland Connections

Forest School

Upcoming themed children's days in July and August. See Facebook or Eventbrite page for details coming soon
Fb: Woodlands connections
<https://woodlandconnections.eventbrite.com>

<https://woodlandconnections.com>

Belper Library

Upcoming story times, craft and family events in July & Aug, please check for further details:

FB: DerbyshireLibraries/Twitter: @

DerbyshireLibs/Tel: 01629 533192

<https://www.derbyshire.gov.uk/leisure/libraries/find-your-local-library>

Allestree Library Rhyme Time

Free pre-school song session

Tues 2.30 -3pm

01332 559761

Ripley Music Festival @ Crossley Park

Sat 15 July 1pm

Party In The Park returns this summer with a fantastic line-up of live music

Matlock Farm Park

Exotic Animal Funday with Jungle Jo

Sun 2 July — get up close with a variety of reptiles and creepy critters, expertly guided by the fabulous Jungle Jo!

The BIG Bubbleman

Sat 8 July & Sun 6 Aug & Mon 29 Aug— BIG bubbles, car-sized bubbles and clouds of tiny bubbles, it's bubbles galore for the kids to enjoy!

Jurassic Funday

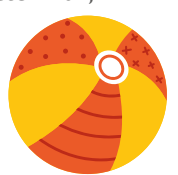
Sun 23 July & Sat 26 Aug— Meet mini dinosaurs at five shows during the day, plus Rita the giant T-Rex as she wanders around the park! (Sat 26 Aug includes Vintage Vehicle display and procession!

Superhero Funday

Sun 13 — Meet the Bat, the Neighbourhood Spider and Girl of Steel at five shows through the day, with opportunity for meet and greets!

The Peak District Highland Games 2023!

Sun 27 —Come and see the country's leading strongmen and strongwomen compete in this amazing regional event, as they take part in events such as the Eight Tonne Tractor Pull, Tossing of the Caber and more... PRE-BOOKING ONLY via MFP website: matlockfarmpark.co.uk



Crich Tramway Village

Woolly Week

Mon 24 – Fri 28 July

Join in this creative, fun activity to help yarn bomb the site. Learn French knitting.

No experience necessary.

Dinosaur Day

Sat 29 July

Meet a T-Rex, a triceratops, a velociraptor, and some dinosaur babies. Join the dinosaur trail through the woods.

Children's Outdoor Theatre

Mon 31 July - Fri 4 Aug

Follow Alice on her adventures through our woodland Wonderland, meeting some of the story's most iconic characters.

Build It

Mon 7 - Tues 8 Aug

Come and help build an amazing LEGO® mosaic under the guidance of Fairy Bricks. Brick Pits in the Exhibition Hall for the children.

Discovery Week

Mon 14 - Fri 18 Aug

Experiments and discovery with Science Boffins. History, science, and craft activities – a fun learning week for all.

Woodland Week

Mon 21- Fri 25 Aug

Taking you back to nature with willow weaving, storytelling and woodland crafts and trails.

Teddy Bears Picnic

Sun 27 - Mon 28 Aug

Follow the teddy bear trail. Enjoy a picnic show with Amy Zing. Music for everyone on the bandstand & make bears ears. The first 300 children to bring their bears will receive a badge.

See website for daily activities:

www.tramway.co.uk

Derbyshire Toy Libraries

Virtual Toy Sales

Thurs 13 July & Thurs 10 Aug

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 & books to donate. www.derbyshiretoylibraries.org

Cromford Mills

Vikings of Middle England

Sat 5 - Sun Aug 6, 10am - 4pm

Vikings takeover the mill! Experience what life was like over 1,000 years ago with Viking camps, demonstrations, weapons display, battle skirmishes and family activities.

The Chesterfield Railway Modellers

8th – 25th Aug

The exhibition is raising funds for the Special Care Baby Unit at Sheffield and Chesterfield Hospitals. The exhibition will be in Cromford Wharf (Gothic Warehouse)

Cromford Mills Comic Con

Sun 13 Aug, 10am - 4pm

The 1st Comic Con is sure to be an epic celebration of all things Sci fi & Fantasy. Don't miss an intergalactic display of models, props, puppets and costumes from classic sci fi and beyond.

Cromford Mills Adventure Weekend

Sun 26- Mon 28 Aug, 10am-5pm

Free activities for children of all ages including Kayaking and climbing <https://www.cromfordmills.org.uk>

Wirksworth Heritage Centre

Woolly the Wirksworth Heritage Centre Mascot

as he travels around Derbyshire this summer!

Children's Taster Animation Workshops:

Storyboarding for beginners & Stop Motion for beginners Thurs 3 Aug, 1:30-3pm (aimed at 10-14 yrs)

Introduction to Early Animation Techniques

Thurs 27 July, 2-3:30pm

Learn about early animation techniques and the early animation devices that produce the illusion of motion.

Croots Farm

Derbyshire Shire Horse Society Shire Horse show

Sun 7 Aug, 11am until 4pm

Horse Classes, Shire Horse Ridden and Turnout Demonstrations, Trade Stands, BBQ

Adults £4 Children £1 <https://croots.co.uk>

Derbyshire Wildlife Trust

Carsington Water Visitor Centre

Nature Tots 0-5yrs 10am-12pm

Mondays in July & August: 3, 17, 31

July & 1, 14, 28 Aug

www.derbyshirewildlifetrust.org.uk/education-activities/nature-tots

Wildflower Family Event (Free family drop-in event)

1 Aug, 10am – 3pm

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

The Grand Pavilion, Matlock

Cinema Club – Singalong Saturday

Sat 15 July

Encanto – 3pm

The Greatest Showman – 7pm

Tickets: £5 kids/ £7.50 adults

Matlock Bath Pirate Mutiny

Sat 5- Sun 6 Aug

Expect lots of pirate mayhem and fun family activities!

Character Door Knocks

Invite your favourite character from 'Alicia's Magical Moments' to knock at your door for a birthday surprise! Prices start from £30 and party packages available too! Get in touch with Alicia at: magicalmoments22@outlook.com / 07523971717

TinyTalk Baby Signing Summer Specials

(Suitable for babies up to 2 years)

Tues 22 Aug, 10-11am: Belper

Thurs 24 Aug, 10-11am: Matlock

Enjoy a summer-themed lesson.

Sign, bounce and giggle along with action songs, stories and familiar nursery rhymes all centred on

a fun family trip to the seaside.

This class is perfect whether you're a TinyTalk regular or brand new to class and trying it on for

size! Play instruments to develop co-ordination and motor skills;

Develop sharing, turn-taking and other social skills; Enjoy social

time and the grown-ups can have a nice hot cuppa and biscuit,

all in a friendly, welcoming and inclusive environment. All class

sizes are limited. £7 per family ticket (bookwhen.com/tinytalkdc)

www.tinytalk.co.uk/kathgreaves



Half Term Drama Workshop with Learning Through Drama

Mon 24 July, 10am-3pm- Sawmills Village hall. A Musical Theatre Special for 5-12yrs No experience needed just lots of enthusiasm, a love of musicals and an active imagination! For enrolment and more details Email – helen@learningthroughdrama.co.uk /What's App – 07981214160

The Old Goat's Grumble - a family-friendly weekend festival

Salterwood Meadows, Street Lane, Derby
Fri 25 & Sat 26 Aug
Tickets are available via website:
<https://oldgoatsgrumble.com>

Charity Event: 100 World Legends

Sat 29 July, 11am - 6pm
Derby Rugby club, Haslam's Lane, Derby
Running for it's 4th consecutive year this Family Fun Day event is open to the public with everything from children's giant board games,

old fashioned seaside stands including coconut shire, tin can alley, food stalls, deckchairs, inflatable assault course, and lots more. There will be an emphasis on fitness, sport and how this impacts upon health. There will be a wellness expert, children's training boot camp, dancers and an aerobics instructor.

Children will be encouraged to join in with the activities and there will also be an opportunity to take part in a group exercise with the ex-national and international Rugby legends themselves, and get their autographs on 100WLT- shirts, Rugby conversions with the legends will also be something the kids can try. The purpose of this charity is to tackle poverty, exploitation and human trafficking, by applying rugby's values of teamwork, respect, enjoyment, discipline and sportsmanship (£5.00 gate ticket per family with 2 x children or per person visiting) <https://100worldlegends.com>

COMING UP this Autumn: Derby Festé 2023

5pm Fri 22- 9pm Sat 23 Sept
Spectacular outdoor circus and dance, dazzling acrobatics, and the return of its iconic procession, across Derby City locations. Festé is packed full of immersive, innovative, and ground-breaking work showcased across the city of Derby for a whole range of audiences of all ages. Brought together by Déda, with support from Derby's key cultural partners, Festé 23 returns with acts that dance vertically down the Silk Mill tower; 20ft high figures; giant wheels and whales; stunning visual projections; fire breakdancing, and the return of community procession, only bigger and with some surprises along the way for visitors. See the full line up of activities at: <https://www.derbyfeste.com>



DERBY FESTE

#FESTÉ23 IS HERE

20ft tall dancers

Vertical ballet off Derby Silk Mill

Plus circus, dance, music, art and more

22 - 23 September
derbyfeste.com

DID YOU FIND THIS EVENTS CALENDAR USEFUL?



Let these businesses know that you spotted them in Boom Magazine

Follow us on Social Media for more updates



THE DERBYSHIRE HANDBOOK FOR FAMILIES WITH 0-11'S

There is lots going on in Derbyshire and our mission is to help you access all that information in one easy go-to place!

You can see our latest edition anytime at WWW.BOOMDERBYSHIRE.CO.UK

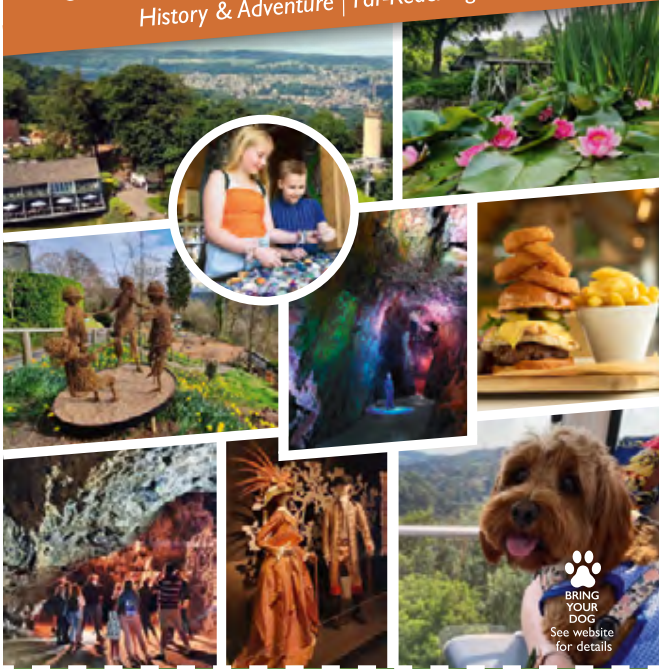
Exhibitions | Woodland Play Areas | Café | Vista Restaurant & Bar
 Film Theatre | Heritage Trails | Gardens | Sculpture Trail

HEIGHTS of Abraham

Est. 1787



YOUR FLIGHT AWAITS
 CABLE CARS, CAVERN TOURS & 60 ACRE HILLTOP PARK
 History & Adventure | Far-Reaching Views



BRING YOUR DOG
 See website for details

**TAKE THE TRAIN
 OR BUS TO MATLOCK
 BATH AND SAVE
 20%
 ON CABLE CAR TICKETS**

Simply show your train or bus ticket to Matlock Bath at the ticket office to claim the discount. Travel ticket must be for the same day as your cable car. See website for full terms and conditions.

www.heightsofabraham.com

Interactive animal and playtime fun all year round!



Matlock farm park

Riding School
 Birthday Parties
 School Visits

Lots of themed events coming up for Summer 2023!

See our website for more details: matlockfarmpark.co.uk and keep up to date on our social media pages.



Shining Cliff Centre C.I.C
 Wellbeing in the Woods



Stay at the hostel in the woods; accommodating up to 20 people in the heart of Shining Cliff woods, a superb get-away-from-it-all that is only accessible by foot.

Or hire our Woodland Hut to use as your base for a day of exploring the woodland or sitting around the campfire with family and friends.



We also run woodland sessions and birthday parties in partnership with All About the Calm. Follow us on Eventbrite to keep updated with our family days, children's sessions and adult wellbeing events in the woods.



SCAN ME

www.shiningcliffhostel.co.uk

www.woodlandconnections.org

Call Kate on 07794 268059 for more information

JOIN US

THIS SUMMER

Celebrating creativity
& family experiences



derbyquad.co.uk

FAMILY FRIENDLY ACTIVITIES

FUN, FOOD & FILMS FOR FAMILIES

FAMILIES CREATE

Workshops including creative craft,
digital, photography & filmmaking.

FREE EXHIBITIONS

CREATE MY WORLD: NATURE

Family friendly Nature-themed
exhibition. Explore a virtual world
populated with creatures & plant life
and interactive artworks created by
Gallery visitors.

QUAD Café bar

Open from 10am for coffee
& cake, milkshakes & kids
meals from £4.95.



Derby's
Cultural
Hub



CINE KIDS FILMS FOR A FIVER

Family-friendly cinema
screenings during the six-weeks
holiday, including *Elemental*, *Barbie*
and *Teenage Mutant Ninja Turtles:
Mutant Mayhem!*

Cine Kids tickets £5
per family member



QUAD
Market Place
DE1 3AS
01332 290606

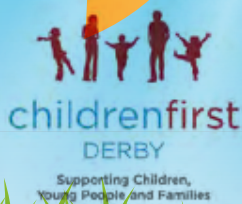


BEAR®

FAMILY FUN DAY!

**STAND WITH
UKRAINE**

Raising funds for
the Ukraine



**DERBYSHIRE
INSTITUTE OF SPORT**

SAT 29 JULY 2023
11.00am - 6.00pm

DERBY RUGBY CLUB
HASLAM'S LANE, DE22 1EB

RAISING FUNDS FOR THE UKRAINE



MINI RUGBY TASTER SESSIONS @ 11AM

**RIDES, INFLATABLES, AMUSEMENTS, GAMES
FOOD & DRINK STALLS AND MORE!**



**RUGBY TOURNAMENT
FEATURING 25
EX-INTERNATIONAL STARS**



**Book your
tickets here**

KIDS UNDER 16 FREE, ADULTS £5



THE HANDYMAN LEE

No job too big or too small!

- ✦ General DIY
- ✦ Flat Pack
- ✦ Painting (exterior & interior)
- ✦ All garden work - fencing, decking, patios

CALL LEE
YOUR LOCAL, DERBYSHIRE HANDYMAN!

☎ 07562 648506

🌐 thehandymanlee.co.uk

📍 Belper and surrounding areas, Derbyshire

Friendly, Local, Reliable Service,
Fully Insured

CALL FOR A FREE QUOTE!

MDA

Plumbing & Maintenance

All Taps Fitted
Radiators, Thermostatic Valves
Shower Replacements & Pumps, Toilets
Bathroom Installations, Walk-In Shower Enclosures
Heating System Power Flush, All General Plumbing

Call Mark: 07794 368614 or 01773 459049
mdaplumbing@hotmail.com

No job too small!
Your local & reliable plumber



Same day turnaround
on all digitally printed flyers when ordered before 2pm
AVAILABLE MON - FRI.

No design? No problem!
Design from just £17.50

FORTY FIVE DEGREES
Design & Print

✉ info@fortyfivedegrees.co.uk
☎ 01773 880 365



Not Just Coffee & Gifts Belper

Strutt St, Belper
Open 7 Days a Week

We are a new family run business providing great coffee, cooked breakfast, lunches, afternoon tea and fantastic gifts.

Come and enjoy our secure outside courtyard seating area.

Or try our upstairs snug, showcasing some fantastic gifts including:
children's toys • crayons • candles
mystery books • wood craft • cards
and much more!

We have baby changing facilities, a children's menu, colouring books & crayons.

 We are Dog Friendly too! 

www.not-just-coffee-belper.com



Cartoon Cards for Little People



Visit our Etsy shop
www.littlenamedroppers.com
with over **100** listings

   Available at 

HEATSTROKE – KEEPING ANIMALS SAFE



Dani Hickman of Dog First Aid Training

As we move into the summer months, our dogs can be at risk of heatstroke. In this article Dani Hickman of Dog First Aid Training shares her top tips for avoiding heat stroke, recognising the signs and the different risk factors.

“Our dogs are at more risk of heat stress and heatstroke than us humans. Dogs don’t sweat from the areas covered in fur – only from paw pads and their noses. This means that they are less well equipped to cool themselves down. Panting helps but sometimes it simply isn’t enough.

There is no “safe temperature” for every dog as their ability to deal with heat depends on several risk factors. The types of dogs at higher risk are:

- Puppies and senior dogs
- Dark coloured dogs
- Overweight dogs
- Flat faced (Brachycephalic) breeds such as Pugs, French Bulldogs, Boxers, English Bulldogs and Boxers.

Any combination of these risk factors puts a dog a greater risk.

SIGNS OF HEATSTROKE

One of the very early signs is that the dog’s gums will become dark red in colour and be sticky to the touch. It is at this point that we should be getting our dog into shade, providing them with a drink and actively cooling them. If the dog continues to heat up and dehydrate the symptoms may progress to:

- Excessive panting
- Uncoordinated walking
- Vomiting
- Seizures
- Collapse
- Bloody diarrhoea



COOLING YOUR DOG

Depending on where you are and what you have available to you, you can:

- Get your dog into a shaded area if you are outdoors or bring them into the house
- Lie them on a tiled floor or grass if away from home
- Wet them with tepid water and direct a fan onto them or fan them with your hands or a magazine
- Push the fur back on their neck and pour tepid water directly onto their skin in this area
- Turn on the air con in the car, or open the windows to transport them
- Lie them on a wet towel – do not cover them with a wet towel as this will create a barrier to heat leaving the body
- Give them access to drinking water
- Get them to the vet asap

AVOIDING HEATSTROKE

- Walk your dog when it is cool – go by temperature and remember it can still be very warm at 8-9pm
- Skip the walk! There are lots of ways to mentally stimulate your dog indoors. Try trick training or look up ideas for canine enrichment.
- Ensure you keep their cooling coat wet. As soon as it dries out, it is ineffective. Take the coat off the dog to allow heat to leave the body, re-wet the coat and pop it back on. NEVER leave your dog unattended in a cooling coat.
- Cooling mats are great but don’t leave your dog unattended with a cooling mat.
- **NEVER** leave your dog in the car.“

Dani delivers CPD accredited Dog First Aid Courses for dog owners across the Derbyshire area. You can find one near you at dog-first-aid.com/finder.



Where's Woolly?

1. Spot Woolly on his travels
2. Have a picture taken with him
3. Upload it to Facebook or Instagram
4. Tag us and give the name of the person who is entering & location
5. We will put your name in a prize draw!

One name per entry, only one entry per location. Names will be drawn 16th September and announced on Facebook and Instagram.

www.wirksworthheritage.co.uk



Quote 'BOOM' for **20% OFF** on all treatments

EUPHORIA

Holistic Therapy



TEMPLE SPA

Award winning beauty products

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





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

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

Find out more, call **07963 975631**



Offer for July/Aug:

Why not treat yourself to a bit of pampering over the Summer holidays?

Book a 1 hour luxury Temple Spa facial and a 60 minute back and shoulder or full body massage for just £50 and save yourself £20!!

Bookings must be made before end of August

ANIMAL ENTERTAINMENT OF THE PAST



by Adrian Farmer, Chair, Belper Historical Society

With summer events happening throughout July & August let's look further back to see what has entertained us in the past. There are certainly some curious events that have long since disappeared off the local calendars (and perhaps it's just as well).

Donkey races were a popular attraction in Derbyshire towns during the 19th century. There were races at Wirksworth, Bakewell, Ripley and Matlock. Traditionally, the Belper one started on Market Street Lane (now called Green Lane). There was a barrel of beer to win if you were first, and on one occasion, after a donkey refused to budge, its rider took a substantial shortcut to avoid some of the route. But the fastest rider, returning up Long Row and arriving back at the start line, knew very well that no-one had passed him, so when he heard he was second, he picked a fight with the other rider. It was a messy end to the race, and it was decided not to have any more in the town, despite their popularity.

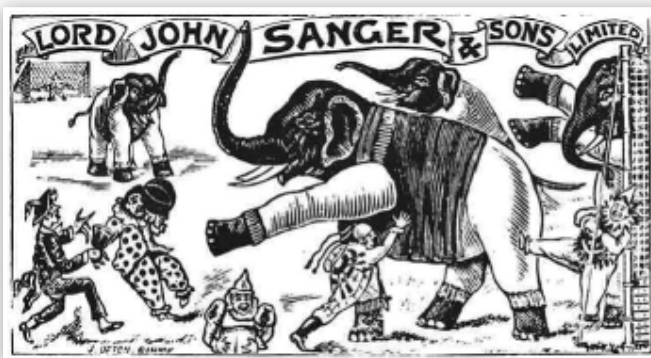


Another curious event involving animals was the clowns vs elephants football match held in the field next to the Lion Hotel Belper in March 1899, and repeated in 1900. Sadly, there's no known photographs of the match, organised by circus owners Lord John Sanger and Sons, but there is an illustration from an advert in the Belper News, the week before. A highlight was a penalty shoot-out between the elephants' best player and the best player from Belper Town Football Club. Perhaps it's no surprise that by filling the goal so

completely as keeper, it was the elephant that scored more goals.

Lord John Sanger's circus were making regular trips to this area at that time. On each occasion, the elephants and other animals were paraded around the streets, in scenes you would never see today.

On one occasion, after the parade left Belper Market Place, and with the procession stretching out, a few Belper boys saw their chance and knocked the elephant's rider off his perch. They tried to grab the elephant and get it to leave the procession, but the elephant held firm, and helped its rider up from where he had fallen. Unable to move it, the boys gave up and ran off, and the elephant and handler re-joined the parade. That's the only known attempted elephant-napping the area has ever seen. Or is ever likely to.



You can find out more about local history on the Belper Historical Society website –

www.belperhistoricalsociety.co.uk



DISTINCT — GAMING —

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

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

WE ARE ALSO A FULLY LICENSED BAR



BOLT ACTION

Yu-Gi-Oh!

**STAR
WARS
LEGION**

POKÉMON
TRADING CARD GAME

MAGIC
The Gathering

**DUNGEONS
& DRAGONS**

**+ MANY
MORE**



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



DISTINCTGAMINGSHOP@OUTLOOK.COM



DISTINCT-GAMING.COM



DISTINCTGAMINGSHOP



DISTINCTGAMING_BELPER



DISTINCTGAMINGSHOP



DISTINCTGAMING_BELPER

ANIMALS IN CHILDREN'S STORIES

Written by Sarah Nicholls



Animals abound in children's books and stories. From Aesop's Fables and traditional fairytales, to Beatrix Potter, Winnie-the-Pooh and The Gruffalo, storytellers and authors have used animals to educate and entertain children for a long time. But it's not just that animals appear in these stories, they often feature as central characters who talk and behave like we do! This is anthropomorphism which simply means assigning human characteristics to animals or objects. These stories are often the first we hear and read as children, therefore, we're familiar with talking animals from an early age.

So why use animals in children's books? Most children find animals appealing but there are historical and psychological reasons why they are an important part of storytelling too.

Aesop's Fables

Written thousands of years ago, Aesop's fables are short stories with a moral message or life lesson and provide an opportunity for self-reflection.

It is thought Aesop used animal characters rather than human characters to make it clear the story was fictitious and the listener could learn in an entertained, engaged and non-threatening way. Using animals was also a way of making coded points about human behaviour without being directly critical about people and society!

Aesop's reasons for using animals are some of the same reasons they are used in children's stories today.

Emotional Distance & Difficult Themes

Animals enable us to experience and process themes and emotions viewed through non-human eyes and safe in the knowledge these are stories.

They make it clear this is not the real world which is particularly important when the story goes to painful places, such as grief, loss, bullying or discrimination. The Ugly Duckling, for example, would make for an upsetting and uncomfortable read for children if it featured a child rather than a cygnet. Using an animal enables children to develop empathy with the character, rather than become frightened.

Death is a traumatic theme. When a human character dies, it's particularly traumatic because we can imagine what that would be like. It relates to our own lives.

When an animal character dies, it is very sad but the distance makes it less painful. The death of the spider, Charlotte, in the story, 'Charlotte's Web' is indeed very sad but not traumatic. Charlotte teaches us death is part of her life cycle. She enables us to think about grief and loss from a safe place.

Inclusivity

Animal characters are inclusive. They have no race, faith or ethnicity and, as such, all children can identify with them. The messaging is less cluttered, there are no preconceptions and the story becomes universal.

It is also easier to make animals gender-neutral or at least be more nuanced about gender. By removing these barriers, animal stories can teach children who we are is more important than our differences.

Animal characters help us feel emotion, build empathy and provide enough distance to explore difficult subjects from a safe place. Stories with animals are great all round!

Sarah Nicholls is the creator of **Another World Costumes** which celebrates the magic of everyday imaginative play and storytelling through beautiful and unique child-centred dressing up. If you went along to The Belper Children's Book Festival this year you may have seen her lovely costumes on display.

Become an Another Worlder and sign up to the mailing list. Enjoy a free monthly children's creative activity pack, along with the latest news and special offers! anotherworldcostumes.com



July/Aug
offers
available

Gymophobics
Belper

Ladies Only

30 Minute Resistance Circuit

*Any Age,
Any Fitness Level*

Do you get enough of the right exercise?

The Chief Medical Officer for England suggests a minimum of 150 minutes of moderate exercise per week 60 minutes of which should be resistance exercise

Book Your FREE, No Obligation Guest Visit & Taster Session

*You'll enjoy
getting fitter with
women just like
you!*

Improve Strength

Improve Fitness

Lose weight

Tone Up

Feel Confident

Strengthen Bones

01773 689300

07561 426223  

54 Bridge Street Belper DE56 1AZ



gift vouchers available



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 face.

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



yes you can

with
**Slimming
World**

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

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

FRIDAYS at 9.30am & 11am
Belper Town Football Club, Christchurch
Meadow, Belper, DE561BA

Contact Sally for more information
Tel: 07814 655937

slimmingworld.co.uk
#YesYouCanWithSlimmingWorld    



touching hearts, changing lives

ANIMAL ART

Created by Amy at Primrose Art Club.

Henri Matisse created colourful abstract collages using cut out paper shapes. This simple and effective style using limited resources is perfect for an impromptu rainy day craft during the Summer Holidays. We thought we could make it even more fun by creating colourful and imaginative jungle scenes!

What you will need:

- Assorted pieces of colourful scrap paper (we used plain but you can use patterned)
- Glue • Scissors • Pencil/Pen (optional)

Method:

1. Collect together assorted pieces of paper, you can use any scrap paper from around the house, not just purpose bought sheets. We used some leftover pieces from other crafts.
2. Choose what colour you want for the background and plan what shapes you wish to cut out (animals and plants)
3. Use a pencil to draw the animals and plants on each of the different coloured pieces of paper before cutting them out. Alternatively, you can cut the shapes out without drawing them first. The plants in the example were cut out freehand, while the parrot and the tiger were drawn first.
4. Choose where you want the shapes to go on the background and see if anywhere needs extra pieces.
5. Using glue stick your shapes down.

You now have your own fantastic Matisse inspired Collage!



About Henri Matisse

Matisse was a French Artist who lived from 1869-1954, he was friends with Pablo Picasso. Matisse was originally a painter and sculptor until 1941 when due to ill health he found the physical demands of both difficult. With the help of his assistants, he continued creating art by making paper cut collages.



This craft activity was created by Primrose Art Club - check out their website: www.primroseart.club to see what arts & crafts the children create during their weekly sessions.



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



DERBYSHIRE'S LARGEST STOCKISTS OF PREMIUM WALKING FOOTWEAR

MEINDL

Shoes For Actives

JACK PYKE
OF ENGLAND

zamberlan
HANDMADE PHILOSOPHY

The Original
MUCK
BOOT COMPANY

TOGGI

MERRELL M

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



DARREN MAYES DECORATORS

INTERIOR & EXTERIOR • PRIVATE & COMMERCIAL

FREE ESTIMATES • ESTABLISHED 2001

Tel: 01773 820656

Mobile: 07966 296925

34 GEORGE STREET, BELPER, DERBYSHIRE DE56 1DL

Email: dmayesdecorator@btinternet.com



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



Derbyshire
Mortgage
Advisors of the
year

Mortgage & Life
Insurance
Advisors of the
Year - Derbyshire

over 500
★★★★★
Google
Reviews

MORTGAGES AND PROTECTION



Peak

 01773 826575

 07891 619500

 info@peakmortgagesandprotection.co.uk

 www.peakmortgagesandprotection.co.uk



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 Nursey 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

Hero Town Play Village

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

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

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