

FREE



THE DERBYSHIRE HANDBOOK
FOR FAMILIES WITH 0-11 YEAR OLDS

READ ONLINE AT WWW.BOOMDERBYSHIRE.CO.UK

ISSUE 31

JAN / FEB 2024



READER PHOTO CREDIT: CHLOE ASHLEY

JOIN US



FILM

Cine Kids membership

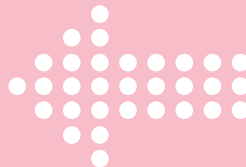
Tickets for screenings are just £5 for Cine Kids members and it's free to sign up.

Family friendly activities

FREE to visit

JOURNEY Exhibition

JOURNEY is a collection of work created by children and young people from QUAD's Education Programmes that will be showcased in QUAD's Gallery between 25th Jan - 25th Feb.



KidsQUAD Movie Makers

9th - 11th April
from 10:30 - 15:00

- 3 full day project for ages 7-11, create your own movie!
- A premiere screening will take place on 11th May

£75 per person



derbyquad.co.uk



Listen Love Learn

A weekly creative support group for families with children under 5 years old.



BOOM...

Happy New Year everyone!

We hope you've had the kind of festive period you hoped for with those you love, whether it was noisy or quiet, busy or restful, cosy or adventurous! Now we've waved goodbye to advent calendars, elves and wrapping paper, and perhaps finally found homes for all the new toys, inevitably, our thoughts now turn to the year ahead.

This issue is themed around **new beginnings**. We've got a great article for you about why you should NOT feel pressured into making lots of **new year's resolutions**.

On page 7, you'll find a wonderful selection of **new hobbies to try in 2024**, as suggested by our lovely followers and readers! We've also got a list of **healthy packed lunch ideas in celebration of Veganuary** including a seriously tasty chocolate cake recipe.

Our article about being **new parents** is full of food for thought which, in reality, will still hold true for most parents of older children. And for parents of bigger kids, check out our insightful piece from The Reading Doctor, all about how you can **support your child with their reading**.

As Boom looks ahead into 2024, we're busy sifting through applications from families who have applied to become Boom Buddies. We're very excited to introduce you to them!

Following our social media accounts means you won't miss our **weekly What's On posts**, regular reviews and, of course, plenty of giveaways. We also love hearing from you so please continue sending us your photos and ideas!



Steph & Heather

steph@boommagazine.co.uk
heather@boommagazine.co.uk
www.boomderbyshire.co.uk



inside

Timetable of Groups and Classes	4-6
Reader Recommended Hobbies	7
Supporting Your Child's Reading	11
Events Guide	12-13
New Year, New You!	14-15
Parent Wellbeing	16-17
The Vegan Revelation Lunch Box	20-21

Get in touch!

To list a class or event or suggest an article,
email steph@boommagazine.co.uk

To find out more about advertising in Boom,
email heather@boommagazine.co.uk

Or, if you're not sure who you need to speak to,
just email info@boommagazine.co.uk

We can't wait to hear from you!

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

nurseries, pre-schools, reception classes, libraries, health visitor services, shops, classes and cafes in Alfreton, Allestree, Ambergate, Ashbourne, Belper, Crich, Darley Abbey, Duffield, Holbrook, Kilburn, Matlock, Milford, Ripley and Wirksworth.

Magazine design by:

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

45° FORTY FIVE DEGREES
Design & Print

Published by Heather Gunn and Steph Patrick of Boom Magazine Ltd. All rights reserved. Reproduction in part or whole without permission is strictly prohibited. Health related articles are intended for information only. Goods and services advertised are not necessarily endorsed by Boom Magazine Ltd or its directors. Every effort is made to ensure accuracy, however dates, locations and prices may change.

SUBSCRIBE to our email newsletter to get the latest information, events listings, competitions and offers straight to your inbox!

AND

Look out for new reviews, recommendations and regular content from our team of brilliant **Boom Buddies** in 2024



Please mention Boom when responding to adverts!

GROUPS & CLASSES FOR 0-11s

AROUND DERWENT VALLEY, AMBER VALLEY, DERBY & BEYOND!

Acorns Toddler Group (0-4s) FREE

Woodlands Church, Allestree

Mon 9.30 - 11.15am

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

www.woodlandchurch.org.uk

AVP Theatre & Arts Academy

(7-16s)

St Johns Church Hall, Mickleover

Tue 6.15 - 7.15pm (approx. 7-11s)

Tue 7.15 - 8.15pm (11+)

Fri 5.15 - 6.15pm (approx. 7-11s)

Join our drama classes 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 are opportunities to perform in two shows a year, as well as having the chance to create films, develop scripts, and help to make props. LAMDA training and exams offered too. avptheatre@gmail.com • 07462 549429 • www.avp-theatre-arts-academy.class4kids.co.uk

Baby Sensory (0-13m)

FlowMotion.Life Yoga Studio, Matlock

Mon 10.30 - 11.30am (birth-6m)

Mon 12 - 1pm (6m-13m)

The Venue, Ashbourne

Tue 10 - 11am (birth-6m)

Tue 11.30am - 12.30pm (6m-13m)

Tue 1 - 2pm (birth-13m)

Lion Hotel, Belper

Wed 10 - 11am (birth-6m)

Wed 11.30am - 12.30pm (6m-13m)

Wed 1 - 2pm (birth-13m)

Ripley Leisure Centre

Thu 10 - 11am (birth-6m)

Thu 11.30am - 12.30pm (6m-13m)

Thu 1 - 2pm (birth-13m)

Book 07989 443734

www.babysensory.com/centralderbyshire

B.E.A.R.S. Breastfeeding

Support Group FREE

Heanor Children's Centre

Tue 9.30 - 11am (fortnightly)

Alfreton Children's Centre

Thu 10.30 - 11.30am (fortnightly)

Belper Early Years Centre, Alder Road

Fri 1.15 - 2.15

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.

07776 495900 • Fb messenger

Belper Cloth Nappy Library

Various cloth nappy kits available to hire from newborn to toddler. Contact for more information.

belperclothnappylibrary@hotmail.com

Belper Early Years Centre

(6m-5yrs)

Alder Road, Belper

Natural World Group

Fri 10 - 11.30am

Toys, sing-alongs & sensory room. No need to book. £1 donation.

Special Friends Coffee Morning & Playgroup

2nd Wed of the month 9.45 - 11.45am

For children with additional needs and their families. 01773 821288 •

belperearlyyearsfun@gmail.com

Balance and Bloom Yoga

with Emily

Shine with Tabitha Yoga Studio, Belper

Wed 11am - 12pm mother and baby yoga (0-toddling)

Thu 1 - 2pm baby massage (4wks-6m)

Thu 6.15 - 7.15pm pregnancy yoga

(14weeks-birth)

Book through 07816 653812 • www.tabitha-yoga.co.uk • emilyplastow@hotmail.co.uk

Kirk Langley Village Hall

Mon 9.45 - 10.45am mother and baby

yoga (0-toddling)

Mon 11am - 12pm baby massage

(4weeks-6months)

Wed 6 - 7.30pm pregnancy yoga

(14weeks-birth)

Wed 7.45 - 9.15pm pregnancy yoga

(14weeks-birth)

Book through www.mamablossom.com

Captive Audience Drama (6-18s)

Strutts Community Centre, Belper

Sat 10am - 12pm multiple sessions

Exploring drama, learning new skills and building confidence. 07799 892320 •

captiveaudience@live.co.uk

www.captiveaudience.org.uk

Derbyshire Dales Mum2Mum FREE

*Note all groups run once a month.

Follow social media pages to see which week each venue is

St Oswald's Church Playgroup, Ashbourne

Thu 9.30 - 11am (at the stay and play)

Wirksworth Memorial Hall

Thu 9.45 - 11.15am (at the stay and play)

Ashbourne Library

Fri 1.30 - 2.30pm

Drop-in sessions run by local mums trained in peer support. Part of the Breastfeeding Network. All welcome.

Derbyshire Toy Library

Stay & Play

Glebe Field Centre, Crich

Mon 9.30 - 11am

Belper Community Hall

Wed 9.30 - 11am

Kilburn Village Hall

Thu 9.30 - 11am

Strutts Centre, Belper

Multiples Playgroup

2nd Sat of the month 9.30 - 11am

For carers of twins and triplets.

Book www.derbyshiretoylibraries.org

Toy Hire

Wed 10am - 12pm, Fri 9.30 - 11am, Sat

9 - 11.30am

Click and collect. Browse at

www.derbyshiretoylibraries.org/shop

Book collection on Fb

Edward Praise & Play with Mini

Bears (0-5s)

St Oswald's Church Hall,

Ashbourne

Thu 9.30 - 11.30am

Activities may include singing, crafts,

sensory play and baby massage.

ashbournechurch@gmail.com

• 01335 343052

Kilburn Baby & Toddler Drop In FREE

Kilburn Village Hall

Sun 9.30 - 11.30am (fortnightly)

Welcoming all families, babies and toddlers to our play, colouring, reading & sensory areas. Drinks provided.

07877 356262 • Kilburnbaby@gmail.com

Fb [KilburnBabyAndToddlers](https://www.facebook.com/KilburnBabyAndToddlers)

Languages for All

Language learning for all ages. Groups or individually. Online or in person.
jmoses@languagesforall.org.uk • 07918 173844 • www.languagesforall.org.uk

Listen Love Learn (0-5s)

Derby QUAD

Mon 10.30

A weekly creative support group for families hosted by a variety of professional visitors. £3.

Book www.derbyquad.co.uk/events/listenlovelearn

Little Baby Sanctuary (0-active crawling)

Fusion Yoga Well-being Centre, Ripley

Tue 10.30 - 11.30am massage

Tue 1 - 2pm yoga

Sage Yoga Studio, Belper

Thu 10.30 - 11.30am yoga

Thu 1 - 2pm massage

Anna Michelle's School of Dance, Darley Abbey

Fri 10.30 - 11.30am massage

Fri 1 - 2pm yoga

Gentle, interactive strokes and movement supporting common ailments, concerns and baby milestones with Nicky, qualified NNEB, baby massage and baby yoga instructor. Book online www.thelittlebabysanctuary.co.uk • 07739 551379

Little Church (0-5s)

St Peter's Church, Belper

Wed 10am - 12pm £1 per family

office@stpetersparishbelper.org.uk

Messy Church (all ages)

St Swithun's Church, Belper

2nd Sat in the month 4 - 6pm - donation

office@stpetersparishbelper.org.uk

St Mark's Church, Belper

4nd Sat in the month 4 - 6pm - donation

office@stpetersparishbelper.org.uk

Mini First Aid Nottingham & Derby Across Derbyshire including Belper, Clay Cross, Darley Abbey, Matlock and Oakwood

Award winning 2-hour baby and child first aid classes. Ideal for parents and expectant parents. Babies welcome. £25pp. Private classes also available. maria@minifirstaid.co.uk • 07806 820393 • www.nottingham.minifirstaid.co.uk

Mini Sportz (2-7s)

St Alkmunds, Duffield

Thu 4 - 4.45pm (reception & year 1)

Thu 4.55 - 5.40pm (years 2&3)

Duffield Methodist Church

Fri 9.30 - 10.15am (3-4yrs)

Fri 10.20 - 11am (2.5-3yrs)

Teaching young children a variety of sport-based activities and creating a love for physical activity. £7. 07935 600027 • www.minisportz.co.uk • minisportzuk@gmail.com

Nature Tots (0-5s)

Carsington Water Outdoor Classroom

Mon 10am - 12pm

Fortnightly 08/01, 22/01, 05/02 and 19/02

A wide selection of outdoor activities which may include pond-dipping, stories, mud painting and sensory play.

Pay on arrival, parking included. £6 first child; £3 sibling.

Nest & Nurture

Nest & Nurture Studio, Belper North Mill

Mon 12 - 1pm Hatchlings baby massage & postnatal yoga (6wks-5m)

Mon 10 - 11am Nestlings baby yoga (4/5m-crawling)

Thu 10.30 - 11.30am Fledglings messy/sensory play and yoga (9/10m-2yrs)

Nest & Nurture Tea Club

Tue 10am - 12pm

Weekly social and support drop-in session for expectant and new parents.

Nurtured Hypnobirthing

Thu 7 - 9pm (28wks pregnant onwards)

Nurtured Birthing Classes

Sun 6 - 8pm (14wks pregnant onwards)

Pregnancy yoga and hypnobirthing.

Derby and Notts Sling Library

2nd Tue of the month 10am - 12pm

tara@nestnurture.co.uk

07817 649409

Old Farm Bus (0-11s)

Warmwells Lane, DE5 8JB

Muck Out Mornings

Tue, Fri, Sun 9.30 - 11.30am (0-4s) in the barn. Messy play, soft play bus and farm animals - child £5 / adult £1

Sun 9.30 - 11.30 craft session (5-11s) - £5

Book at Eventbrite

Home Ed Group

2nd Wed of the month 12 - 2pm £3 contribution.

Book via theoldfarmbus@gmail.com

Prams & First Shoes Meet-Up

(0-2.5s) FREE

St Mark's Church, Openwoodgate

Thu 9.30 - 11.30am

01772 826519

Pregnancy & Post Natal Pilates

Belper Pilates Studio, East Mill

Thu 10.30am

Fri 10.20am

Physio-led reformer classes. Babies welcome. Book 07703 116284 • www.belperlifefitnessphysio.co.uk

Pre-School Yoga with Laura (2-5s)

Sage Yoga Studio, Belper

Tue 10 - 11am

Fun movement, breathing and relaxation techniques. Book £35 for 4 weeks laurastherapies@gmail.com • www.laurastherapies.com

Sparks Film Club (7-11s)

The Grand Pavilion, Matlock Bath

Wed 5.30 - 7.30pm

Weekly filmmaking workshops on the theme of 'True Colours'. 10-week block starting on Jan 17. Membership costs £56.25 monthly or £250 termly. Discounts for siblings or groups. DerbyshireNorth@sparksarts.co.uk • www.sparksarts.co.uk/introducing-true-colours • www.sparksarts.co.uk/product/filmmaking-classes-derbyshire-north/

Stanley St. Andrew's Stay

and Play (0-5s) FREE

Stanley St. Andrew's CofE Primary School

Wed 2 - 3pm fortnightly (see school website calendar)

Play session for pre-schoolers, led by a qualified teacher to encourage and develop school readiness. Sit back with a hot drink and have a chat whilst staff run the activities. info@st-andrews-pri.derbyshire.sch.uk • 01159 324252

Most classes
are term time
only. Please check
before attending.

Taekwondo Maestros & Masters Academy (4+)

Little Eaton Village Hall

Tue 7 - 9pm (8+)

Sat 9 - 10am (4-7yrs)

Sat 10am - 12pm (8+)

The Korean martial art of Taekwondo improves fitness, flexibility, balance, confidence, discipline and moral values such as courtesy, integrity, perseverance, self-control and indomitable spirit. £20 per month for under 8s; £30 per month for 8+. admin@mandm.academy • 07818 559309 • www.mandm.academy

Three Bears Cookery Club

www.threebearscookeryclub.com ruth@threebearscookeryclub.com

TinyTalk (0-4s)

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.

Derbyshire Central

St Mark's Church, Openwoodgate

Tue 10 - 11am (baby class)

Tue 11.30am - 12.30pm (baby class)

Fri 10 - 11am (baby class)

Waingroves Methodist Church,

Ripley

Wed 10 - 11am (baby class)

bookwhen.com/tinytalkdc

www.tinytalk.co.uk/kathgreaves

Derby North

St John's Methodist Church,

Allestree

Mon 10am - 11am (baby class)

The Church on Oakwood

Tue 10am - 11am (toddler class)

Tue 11.30am - 12.30pm (baby class)

Mickleover Memorial Hall

Wed 10am - 11am (toddler class)

Wed 11.30am - 12.30pm (baby class)

bookwhen.com/tinytalkderbynorth

www.tinytalk.co.uk/emilyreeve

Toddler Tuesdays (18m-5yrs)

Denby Pottery Village

Tue 10 - 11am

Creative group craft sessions for your pre-schooler and a free hot drink at Bourne's Coffee shop for you. £7.

Book www.denbypottery.com

Tots @ Dots

Dot-Teas Emporium, Belper

Thu 10am

Free meet-up for mums, dads and carers to come along with little ones. Free but the tea rooms ask that you buy a drink. No booking required.

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

Belper Community Hall

Mon 12.30 - 1.30pm

Tue 11.15am - 12.15pm

Arc Leisure Centre, 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 578359 • jacqui@twistintots.co.uk

Twistin' Tots (0-5s)

Belper Community Hall

Mon 9.45 - 11.20am stay and play

Tue 9.45 - 10.30am

Arc Leisure Centre, Matlock

Wed 9.45 - 10.30am

Darley Abbey Village Hall

Thu 9.45 - 10.30am

St Joseph's RC Church Hall, Ripley

Fri 9.30 - 10.15am

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

Weekly or block bookings - 4 trial classes £20 for new customers
www.twistintots.co.uk • 07977 578359 • jacqui@twistintots.co.uk

Vanessa's School of Dance (3-18s)

Vanessa's School of Dance, Belper

Mon 4.15 - 4.45pm nursery class (2.5yrs-reception)

Mon 4.45 - 5.15pm Tiny Tots modern (reception-6yrs)

Sat 9 - 9.30am Tiny Tots acro (reception-6yrs)

Mon to Thu 4pm onwards and Sat

8.45am - 6.30pm (see timetable)

Ballet, tap, modern, contemporary, musical theatre, singing, acrobatics and street dance classes.

Adult classes offered in tap, ballet & fitness. www.vsdance.co.uk • 01773 823309 • 07581 228557

West Hallam Baby and Toddler Group (0-5s)

Powtrel Pavilion, West Hallam

Fri 9.30 - 11am 0-6m 50p; 6m+ £3. No booking required. Contact on Facebook

Wild Bears Outdoor Playgroup Charnos Family Support Centre, Ilkeston

Parent and Baby Social Support Group

Mon 10 - 11.15am (6m-5yrs or 7yrs home ed with SEND)

Free (donations welcome)

Book www.bookwhen.com/wildbears

Yellow Daisies Stay & Play (0-5s)

The Village Hall, Heage

Mon, Wed & Fri 9 - 11am play group

Thu 1 - 3pm messy play

£3.50 per child - includes snack and drink plus hot drinks for adults.

(Heading in a box as per e.g. Theatre in issue 30's events listings)

Libraries (0-5s) FREE

Alfreton

Mon 11 - 11.30am storytime

Allestree

Tue 2.30 - 3pm rhyme time

Ashbourne

Tue 10.15 - 10.45am storytime

Belper

Wed 11 - 11.30am story and rhyme time

Fri 11 - 11.30am rhyme time

Heanor

Mon 2 - 2.30pm story and rhyme time (fortnightly)

Thu 11 - 11.30am story and rhyme time (fortnightly)

Matlock

Thu 10.30 - 11am rhyme and storytime

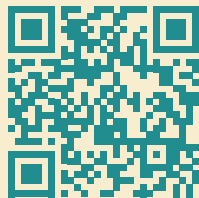
Ripley

Tue 10 - 10.30am rhyme time

Wirksworth

Thu 2.15 - 2.45pm children's singalong

Find all this information online at www.boomderbyshire.co.uk



Follow us on social media for updates and loads more content.

DERBYSHIRE FAMILY HEALTH SERVICE
01246 515100

READER RECOMMENDED NEW HOBBIES FOR 2024



We asked our social media followers to tell us all about their hobbies. Read on to see why you should take up baking, learn to boulder or join a park run!

Baking! I love baking and can't wait to do it with my little boy. It's fun, you can do sweet or savoury depending on your tastes, something easy or more challenging depending on what mood you're in and you get to enjoy what you've made at the end! **Kim**

I'm really into anything creative. I've recently done a calligraphy course, I've tried my hand at felting and I love to draw and paint. I find it calming and it's great for a cosy winter evening in. **Bella**

I have taken up puzzles! There is a puzzle exchange in an old phone box near where I live, and I quite often swap one in and out. It's a fabulous winter hobby - a glass of wine, film on and puzzle. Keeps me away from my phone and can be inclusive for the family. **Kimberley**



My partner and I like table top role play (e.g. Dungeons and Dragons). It's a fun way to be social and a creative outlet.

Sarah

I like to lift heavy weights in the gym. It clears my mind, makes me super strong and has many benefits for my future self.

Gemma



Bouldering! Started indoors at The Climbing Unit in Derby and tried outdoor climbing for the first time this year. Such a fun way to keep moving. Self-confessed couch potato!

Siobhan

I decided to learn French on Duolingo this year! I did French at school but nothing since. I've really enjoyed doing a few French lessons every day and hoping next year to book a holiday in France to use my new skills! **Poppy**

Park runs are amazing! They have such a great atmosphere. Everyone is so friendly. No one ever finishes last as they have a 'tail walker' who will go slower

than the slowest participant. There are people from all ages and backgrounds and all abilities. I'm currently doing some park run tourism, visiting a different park run each week. And sometimes there's cake! **Kate**

I love horse riding and can't WAIT to share it with my wee one. Being around horses teaches children so much about communication, hard work, respect and physical strength and balance. I highly recommend Matlock Farm Park for first pony rides. **Heather (Boom)**

I love little countryside walks (little because of the little legs that accompany me!), particularly where there's wildlife to be spotted. I enjoy using the Merlin app to ID birds as I go. It's good mindfulness to engage my senses intentionally, and I think it's important to teach my little people to do the same. **Steph (Boom)**

I love horse riding and my little one's been a part of stable life since he was two days old. I learnt to ride at a variety of places but Parkside at Alfreton always stood out. I'm also really into the aerial arts, hoop and pole. I go to a fantastic studio in the mill at Belper called Mill View Pole Academy. They have the most amazing instructors and students. **Amber**



Play and creative arts therapy

Helping you and your child understand, communicate and process their struggles through creative therapies

Family play therapy

One-to-one play therapy for children

Creative and therapeutic arts classes

Get in touch for more information

07711 671990

www.helpingchildremsmileagain.com

The Hollies, 105 Bridge Street, Belper, DE56 1BA

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



half price cuppa?
with this advert

Warm up this January

The Corn Exchange, King St, Belper

Weekly Filmmaking Workshops for ages 7-14

TRUE COLOURS



DerbyshireNorth@sparksarts.co.uk

Vanessa's
School of Dance.

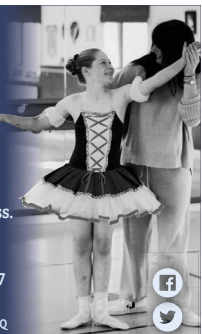
We invite dancers of all ages and abilities to join our school. Whether it is for exam work, competitions, or simply for fitness.

www.vsdance.co.uk

T: 01773 823309 • M: 07581 228557

E: ness_tap@hotmail.com

Albert House, Derwent Street, Belper DE56 1UQ





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.



www.shiningcliffhostel.co.uk

www.woodlandconnections.org

SCAN ME

Call Kate on 07794 268059 for more information

Balance & Bloom Yoga *with Emily*

Pregnancy yoga

Baby massage

Mother and baby yoga

Birth/parenting preparation classes

☎ 07816653812

✉ emilyplastow@hotmail.co.uk



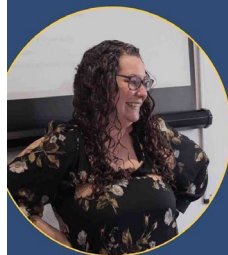
WANT TO LEARN A LANGUAGE OR SIMPLY IMPROVE?

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

🌐 <https://www.facebook.com/Languagesforalltd>

🌐 www.languagesforall.org.uk



NOURISH

CAFE | BAR | BISTRO

with garden terrace

Nourish is the perfect venue where every detail is taken care of - perfect for baby showers, birthdays and family celebrations.

Serving breakfast, brunch and lunches, with a fully licensed bar.

Try our award-winning Sunday lunches, voted as one of the best in Derbyshire by Derby Evening Telegraph readers.

Looking for evening venue hire? Get in touch.

We also provide event management, outside catering, private chef hire, and specialise in delicious grazing tables and boxes.



Dog friendly • Open 7 days a week 10-4

Serving breakfast, brunch and lunches fully licensed bar.

TEL: 01773 824480

44 King Street, Belper, Derbyshire D56 1PL

Let's get the cleaning done!

We are a locally based company providing households the very best cleaning service available.

REGULAR CLEANING SERVICE

Typically

£16.50
per hour
inclusive

Honest, reliable, affordable,
local, police checked cleaners
to clean your home



TIME FOR YOU

DOMESTIC CLEANING

As featured on BBC2's Working Lunch 7 CH4's 'House Swap'!

call TODAY!

01629 332036

* police checked cleaners available on request
* all discounts or promotions are subject to our terms available by visiting www.timeforyou.cleaning

www.timeforyou.cleaning/DerbyshireNorth

Email: derbyshirenorth@uk.timeforyou.cleaning



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



yes you can

with
**Slimming
World**

Join your local, 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, DE56 1BA

Call or text Sally for more information

07814 655937

slimmingworld.co.uk

#YesYouCanWithSlimmingWorld



**Slimming
WORLD**
touching hearts, changing lives

The Reading Doctor™

BELPER

The Reading Doctor's mission is
to unlock the potential in
struggling readers and writers
from KS1 to KS4



I am a qualified teacher, based in
Belper, offering one to one support
using high quality,
multi-sensory resources

We teach the way you learn

Contact Kate, your local Reading Doctor

07787881704

www.thereadingdoctors.com

kate@thereadingdoctors.com

SUPPORTING YOUR CHILD'S READING



Written by Kate Brennan at The Reading Doctor, Belper

Kate is a qualified teacher and owner of The Reading Doctor, Belper, a unique tutoring service that supports struggling readers and writers in unlocking their potential.

“2024 is the year I help my child get better at reading!”

If you only make one reading resolution this year, make it this one.

As a Mum, teacher and tutor, I know helping children at home with their reading can be a tricky task. A tightrope-walk of bad moods, negotiations, tantrums and complaints (and that's just the parents!).

That's why I have one New Year resolution for you to try. And I promise, if you stick with this, it will help your child immeasurably, not only with their reading skills, but with their independence and their self-confidence too.

All you have to do is ‘prompt, don't tell’.

As adults, it is quite hard to stop ourselves doing things for our children or telling them the answers without giving them a chance to try it for themselves. As with anything in life, children need to build up a bank of strategies to use when they are trying anything independently. If you always tie your child's shoelaces because it's quicker and you haven't got time to wait, then your child will never learn to tie their shoelaces. It's the same with reading.

When you are listening to your child read, try the following:

1. If your child is reading and gets stuck on a word, count to three before saying anything.
2. Next, prompt your child to use an appropriate strategy:
“How can we work out this word?”
“Let's look at the first sound, what does it start with?”
“What about the picture? Does that help you?”
“Why don't you read the rest of the sentence and see if that helps you work it out?”

3. If your child has a try but gets it wrong, don't jump in immediately. Allow them to read to the end of the sentence first. Do they go back and self-correct the mistake? If not, ask them, “Did that make sense? Should we try that again?”

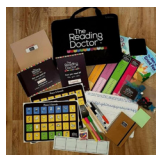
You may eventually need to tell your child the word if it is clear they aren't going to work it out for themselves. That is fine. Model how to work it out. If it is a decodable word (a word you can sound-out using phonics) demonstrate blending the word together yourself.


Sometimes, if it is a tricky word that cannot be decoded, like 'said' or 'what', there is nothing wrong with saying: “Isn't English silly! No wonder it's so difficult to learn to read!”

Remember, once you have worked out the word, get your child to re-read the sentence again, so the meaning of the sentence is not lost. And don't forget to praise them for their attempts: “Well done for trying to work that word out on your own!”

If you try this technique regularly, it will make the world of difference to your child's approach to reading.

Of course, If you feel you need extra support, and are looking for a proven reading and writing intervention programme, don't hesitate to get in touch. I can pinpoint why your child might be experiencing difficulties and can offer a complete reading assessment using carefully levelled benchmarking. I can then make 'next step' recommendations, and deliver lessons tailored precisely to the learning needs of your child.



 www.thereadingdoctors.com

 kate@thereadingdoctors.com

 07787 881704

EVENTS

JANUARY & FEBRUARY 2024



Events happening locally for all ages!

Winter Wildlife Trail

Shipley Country Park

1 to 7 Jan – 10.30am to 2pm

Come along to this wintery trail to track down the clue cards to help you complete the activity sheet all about winter wildlife and animals associated with Christmas and receive a certificate!

£1.50 per child

KidsQUAD: Minecraft Winter Wonderland

Derby QUAD

Wed 3 Jan – 10.30am

Explore and create inside a specially-made Winter Wonderland led by our own Minecraft expert Zoey Mills. For ages 7-11 without grownups.

Tickets: £10

Family Bushcraft

Carsington Visitor Centre

Fri 5 Jan – 1.30 to 3.30pm

Join us for a session in the outdoors, learning how to make a shelter, keep warm and cook on a fire and use simple tools to make something to take home with you. From £10

Nature-inspired crafts for kids

Longshaw Estate

5, 13, 19 & 28 Jan

10am to 2.30pm

Suitable for 3-11 year olds.

£3 per child

Family-led Board Games

Alfreton Library

Sat 6 Jan – 10am to 12pm

Suitable for all the family. Parents are required to stay with children. No need to book.

Nature's Home Experience

Calke Abbey

Weekends in Jan & Feb plus half term – 10.30am to 3pm

Come and visit Nature's Home this winter – an experience with fun for all the family on the ground floor of the house.

Normal admission applies: adult £7; child £3.50

The Nutcracker

Buxton Opera House

Sun 7 Jan - 2.30pm & 5.30pm

Let the Varna International Ballet sweep you away to a fairy tale world

where nothing is quite as it seems, toy dolls spring to life, the Mouse-king and his mouse-army battle with the Nutcracker Prince and we travel to an enchanted place where the magic really begins...

Tickets: £13 to £46.50

Swan Lake

Buxton Opera House

Mon 8 Jan – 7pm

The greatest romantic ballet of all time is brought to life by Tchaikovsky's haunting and unforgettable score and the Varna International Ballet.

Tickets: £13 to £46.50

3K Fun Run, Walk, Wheel

The Stone Centre, Wirksworth

Sun 14 Jan – 10am (warm-up from 9.30am)

A friendly, fun and accessible 3km challenge! Walk, jog, wheel (chair) or run. Every finisher will receive a high quality eco-friendly medal!

Tickets: from £3, family ticket £10 (2 adults & 2 children)

Woodland Creatives

Shining Cliff Woodland

Tue 16 Jan & 13 Feb – 12pm to 3pm

Monthly meet-ups for home educators featuring seasonal crafts and activities. Children of all ages welcome with at least 1 adult per family. £2 per attendee.

Book via info@woodlandconnections.org or on eventbrite

The Gruffalo's Child

Derby Theatre

Tue 23 Jan – 1.30pm & 4.30pm, Wed 24 Jan – 10.30am & 1pm, Thu 25 Jan – 1pm & 4.30pm

Follow the Gruffalo's Child on her adventurous mission in Tall Stories' enchanting adaptation of the much-loved picture book by Julia Donaldson and Axel Scheffler.

Tickets: from £14.50

The Wind in the Willows

Mayfield Memorial Hall, Ashbourne

25 to 26 Jan – 7pm,

Sat 27 Jan – 2pm & 7pm

Join the Peakland Players as Mole, Rat, Toad and Badger on a journey of danger and courage but above

all friendship through our beautiful countryside!

Tickets: from £7

Family Night

Derby Leisure & Events Venue

Fri 26 Jan – 6.30pm

Great fun, music, food, drink and service! Tickets: £4 (12 months to 16 years old) £6 (over 16s)

Woodland Adventures for Kids

Shining Cliff Woodland

Sun 28 Jan & 13 Feb

10.30am to 1.30pm

A monthly Sunday drop-off session of den building, challenges, games and campfires. For children in year 1 and over. £16 per child.

Book via info@woodlandconnections.org or on Eventbrite

3K Fun Run, Walk, Wheel

Hall Leys Park, Matlock

Sat 3 Feb – 10am (warm-up from 9.30am)

A friendly, fun and accessible 3km challenge! Walk, jog, wheel (chair) or run. Your event ticket cost will also be donated to the park to ensure that future generations get to enjoy this fabulous park for many years to come! Tickets: from £3

Family-led Board Games

Alfreton Library

Sat 3 Feb – 10am to 12pm

Suitable for all the family. Parents are required to stay with children. No need to book.

Can Bears Ski?

Derby Theatre

Sun 4 Feb – 11am & 2pm

Join Little Bear and Dad Bear as they learn how there are many ways to communicate love, and find your place in the world.

Tickets: from £13

Derbyshire Toy Libraries

Toy Auction

Thu 8 Feb

Check Facebook

for details



Rapunzel

Derby Theatre

9 to 10 Feb – 2pm & 6.30pm

A fresh and family-friendly retelling of Rapunzel by Carol Ann Duffy brought to you by leading dance theatre company balletLORENT. Tickets: from £21

Sleeping Beauty

The Brewhouse,

Burton-on-Trent

13 to 17 Feb – 7pm (6.30pm on Wed 14) & 2pm (Thu & Sat only)

Join King Cactus and Queen Marigold as they celebrate the birth of their baby daughter - Princess Rose. But danger is never far away...

Tickets: from £13.50

Peppa's Cinema Party

Derby QUAD

9 to 15 Feb – various times

Come on everybody! It's time for Peppa's Cinema Party! This year Peppa Pig celebrates her 20th anniversary and to mark such a HUGE occasion she is throwing the MOST EPIC PARTY EVER – and all of her friends are INVITED! (That's YOU!)

Tickets: £5.00 for Cine Kids Club. Membership is free.

Family Explorer Walk

Chatsworth Estate

14, 15, 22 & 23 Feb – 10.30 to

11.45am & 12.30 to 1.45pm

Collect natural materials on a walk through Stand Wood and use them to make a tiny woodland home for

magical moss folk. All children must be accompanied by an adult. Max. 1 adult per child.

Tickets: £6.00 child; £2.50 accompanying adult

Shark in the Park

The Winding Wheel,

Chesterfield

17 & 18 Feb – 2pm & 4.30pm

This 'fin-tastic' family musical follows Timothy Pope and his telescope on three exciting adventures!

Tickets: £13.70

Sparks Arts Half Term Holiday Camp

The Grand Pavilion, Matlock Bath

19 to 23 Feb – 10am to 4pm

Join fellow film school students to learn all the tricks of the trade as you produce your very own film! £299.00 per child.

Book: <https://sparksarts.co.uk/about-us/film-school-locations/sparks-film-school-derbyshire-north/>

The Tortoise and the Hare

Buxton Opera House

Tue 20 Feb – 2pm, 4pm & 6pm

(autism friendly performance)

A perfect introduction to live ballet for children. Join a playful cast of characters as they retell this classic tale.

Tickets: £11 adult; £9 child

Half Term Kids' Woodland Adventure Day

Shining Cliff Woodland

Tue 20 Feb – 10am to 3pm

A drop-off session for children in year 1 and over featuring den building, games, activities and eating packed lunches under the campfire. £26.50 per child.

Book via info@woodlandconnections.org or on Eventbrite

Illuminate Buxton FREE

Buxton town centre

21 to 24 Feb

Projections of light and sound onto local landmark buildings.

Dear Zoo

Derby Theatre

22 to 23 Feb – 10.30am & 1.30pm

Dear Zoo, the timeless children's classic book, returns to the stage! Suitable for age 2+.

Tickets: £15

I Click Away

Déda

Fri 23 Feb - 11am & 2pm

A fun-filled, interactive performance, about the impact of online shopping on the environment, that will leave a lasting impression on you and your family.

Tickets: from £5 (pay what you want)



Find all this information online at www.boomderbyshire.co.uk

Recommended Trails/Walks

- Chatsworth Stand Wood
- Cromford Canal from the Family Tree
- Hassop Station Bike Trail and Café
- High Peak Junction Trail (wheel-friendly and with railway carriages to climb!)
- High Peak Trail from the National Stone Centre
- Monsal Trail (perfect for bikes, prams and wheelchairs)
- Shining Cliff Woods, Ambergate
- The Chevin, Belper to Milford
- Youlgrave



Free Admission

- Derby Museum & Art Gallery
- Erewash Museum, Ilkeston
- Pickford House Museum, Derby
- The National Memorial Arboretum, Burton-on-Trent
- Wirksworth Heritage Centre
- Yorkshire Sculpture Park, Wakefield (just pay parking)



Parks and Play Areas

- Allestree Park
- Ashford-in-the-water
- Bargate Road Rec, Belper
- Belper River Gardens
- Carsington Reservoir
- Croots Farm Shop
- Crossley Park, Ripley
- Darley Park
- Elvaston Castle
- Hall Leys Park, Matlock
- Markeaton Park, Derby
- Shipley Park



Brand new eco-friendly school now open!



St Mary's
Catholic Voluntary Academy



**St Ralph
Sherwin**
Catholic Voluntary Academy Trust

**Come and join
our St Mary's
family**

We also offer nursery
education for children
aged 3 and above

Scan the QR
code to visit
our website



Broadway, Derby, DE22 1AU

☎ 01332 554831



Easy Accounts Ltd is a
breath of fresh air in the
world of accountancy.

Why choose Easy Accounts?

- **FREE** book-keeping software that's really **EASY** to use
- Check out our great low prices at www.easyyaccountsltd.co.uk
- Friendly advice for small limited companies and sole traders

For more information go to www.easyyaccountsltd.co.uk
or call Liz on **01773 880113**

Let us change your accountancy experience for the better!

Easy Accounts Ltd.

Unit 6, Heritage Business Centre, Derby Road, Belper, Derbyshire, DE56 1SW
Tel: 01773 880113. Web: www.easyyaccountsltd.co.uk Email: liz@easyyaccountsltd.co.uk

NEW YEAR, NEW YOU?



Written by Debbie Kinghorn at Confidence Builder Club

Debbie is a Therapeutic Coach integrating NLP, hypnotherapy, developmental psychology, coaching and mindfulness. She works with both adults and children to help understand emotions, create helpful habits and build confidence.

At this time of year, in my clinic, I'm frequently told one of the following: "I'll make those changes in the new year" or "in the new year, I can be a new me" or "I'll be a better at all of this next year", to which I generally have two questions...

Why change?

Often the concept of new year's resolutions can put pressure on us to make changes in our lives when, realistically, we don't need to. Those sentences above have quite an impact on our self-worth. If we tell ourselves we need to create a 'new me' or a 'better me', it implies there's a problem with the current version, when the current version is doing a pretty great job already! Often, we feel obliged to change because that's what we're supposed to do. We've grown up being asked about our resolutions for years – resolution setting has become a habit or ritual.

Why the New Year?

For most people, New Year's Day is still part of an extended holiday, time off from the usual routine. You're probably still enjoying Christmas treats, socialising with friends or chilling on the sofa with the kids. It's therefore one of the most difficult times to make changes, of any size. It draws on all your willpower, as there are so many things around to sabotage the change. We also feel pressure from friends and acquaintances who are talking or posting about their personal changes. This can often highlight our slips or challenges in reaching our goals. It's a lot of pressure to put on ourselves at a time where we have an opportunity to be positive and excited about the year ahead.

So, what can we do?

Don't get me wrong, I'm all about personal growth. It's in our DNA and to deny it can often create different mental health challenges. For me though, personal growth starts from a place of gratitude: being truly

grateful for the people we are and the things we do now, and then adjusting the things we want to change positively, consistently and in a time frame that suits us. This way you'll succeed at anything you choose to change. If you want to improve your fitness and enjoy the outdoors, when the weather is better; start walking. If you want to set aside a weekly date night, wait until the craziness of the holidays is over then sit down together and work out how you can accommodate this. If you want to make any changes in your life, the best and most healthy way to do so is to plan the changes, embrace and acknowledge their benefits and then put everything you can in place to help you succeed. You can do this any time you choose; whether it's January or a random Tuesday in April. So, give your 'current' self time and permission to enjoy the new year and then, when you're ready and the time is right for you, choose to make those changes.

If you need a little help in this area, I provide one-to-one and group therapeutic coaching sessions to help people remove unwanted and unhelpful blocks and make positive changes in their lives.



<https://debbiek.info>

Debbie@ConfidenceBuilderClub.com

07747 090871

Quote "Boom Magazine" for a 10% discount on all packages.

PARENT WELLBEING



Written by Billie Pursglove at Billie Rose Therapy
Billie is a BACP accredited counsellor offering private counselling online self-help courses and wellbeing workshops.

Becoming a parent is an exciting new chapter in life but inevitably brings a lot of change.

It can understandably make life feel hectic when you have new responsibilities to incorporate into daily life and an extra person in your world who you have a duty of care for. When life becomes more to juggle, it can feel like the easiest way to free up time is to compromise on self-care. However, this can create a vicious cycle because not making the time to look after yourself causes your overall health and wellbeing to decline. In turn, this makes everyday tasks more difficult, lowers your energy levels and leads to difficulties keeping on top of everything and a sense of overwhelm.

Your wellbeing as a parent is as important now as it was before you entered parenthood, and is as important as your child's too. So, when looking after your own wellbeing feels like an impossible task, what is important to remember? Fortunately, it's actually very simple: it's about focusing on the basics, which needn't take too much time. And when time feels like a luxury, the following can make it feel achievable.



Retaining your identity

Being a mum or a dad doesn't redefine your purpose. It is a new role that brings a lot of responsibility, but you are still you! Your role as a parent is a new part of you. You still have the right to do the things you enjoy, whatever your hobbies and interests are. It may take a little more planning and coordination around your children, but it isn't something you have to feel guilty about. Taking an hour or two out for yourself is so important and will leave you feeling fulfilled and refreshed. Talk to your partner about this; work out together how you can each have the opportunity to take some time to do something you enjoy.

Communicating

Communication is a big part of any relationship, whether there are children involved or not. Being parents can affect communication and can lead to the things you talk about focusing on the practical day to day stuff: who's doing the school run, who's making the school lunches or who's turn it is to do bath time? Remember, we can't read minds so don't fall into the trap of thinking your partner knows how you are feeling; tell them and ask one another. I encourage all clients I work with to have a daily check-in with their partner; time that you set aside specifically to talk to one another about your thoughts and feelings. Perhaps this could be when your children have gone to bed or before they wake up. Work out when will be convenient for you both. It is also important to be honest with your partner. You are in relationship to support one another so don't protect them from how you're feeling if you're finding things difficult. A few creative ways to open up include using a traffic light system (red for 'not good', amber 'OK' and green being 'good'), giving it a score out of ten or using an animal to describe your emotions.

Believing in yourself




Every mum or dad was a new parent for the first time at some point and it's understandable to find

it difficult, just like anything new. Comparison can lead to low self-esteem and self-doubt. Focus on yourself and your own situation, remembering that the advice others may share with you is their opinion. It doesn't mean you should question how you're doing something or make changes to your parenting style. What might have worked for them and their child won't necessarily work for you. There are many ways to do everything and it's about finding what fits best for you. In addition, be kind to yourself when times get more difficult or more tiring and, if something doesn't go to plan or a mistake is made, that's OK. Everyone makes mistakes but so few talk about them which can make you feel like a failure. When a mistake feels like a challenge, see it as an opportunity to learn.

Seeking support

Lastly, you don't have to do everything alone. Asking for help is not a sign of weakness or failure. You aren't invincible and you don't have to be. The sooner you ask for it, the easier it will be and the less support you will need.



 www.billierosetherapy.co.uk
 info@billierosetherapy.co.uk
 07972 303546



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

With

Susie Sloth



Embark on a Journey to Explore the Wonders of Pilates and Unveil the Power of Breathwork For Young Minds.








A Pilates and breathwork activity book for children, for healthy little bodies and minds. Available now. Workshops and school visits also available!





BOOK YOUR READING TODAY!!



INTUITION

We Create Our Own Reality

www.intuition111.co.uk

CLAIRVOYANT, TAROT READINGS, SPIRITUAL LIFE COACHING, HEALING CIRCLES, SPIRITUAL GUIDANCE WORKSHOPS AND LOTS MORE

Call 07790033587 or 01773307825





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



Wall Art for Little People



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



Available at



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





SHOWS

Come see a show at Déda this spring!

Family - Cabaret - Ballet

Contemporary - Comedy - Music

DEDA.UK.COM 01332 370911

CLASSES

Aerial - Ballet - Ballroom - Cabaret - Contemporary

Dance Fitness - Flamenco & MORE

For Children & Adults



déda



THE LION HOTEL

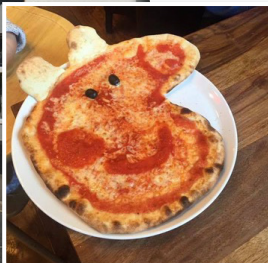
A WARM WELCOME FOR FAMILIES

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

THE VEGAN REVELATION LUNCH BOX



Shared by Leise Taylor from Vegan Revelation

Leise is passionate about tasty plant-based food and runs a weekly pop-up at No. 28 in Belper's Market Place. Here she shares ideas for a healthy vegan lunchbox. Why not try it out this Veganuary?

Leise worked with Captive Audience Performing Arts group in Belper to provide previously non-vegan students, aged 5 to 9, with a totally vegan lunch box. After her first attempt and lots of honest feedback from the children, she found a lunchbox that all enthusiastically enjoyed, despite it being 100% vegan! Step aside Jamie Oliver!

Leise says, "When looking to add more plant-based foods to your family's diet, don't change everything at once. Even if it is Veganuary, learn a few tricks off the internet, find a cookery book that suits you, do some workshops or experiment with different alternatives. If you have fun with it, your family will too!"

The Vegan Revelation Lunch Box was high in proteins, fibre and complex carbohydrates; full of nutrient-dense fresh local produce; and low in processed foods.

1. 'Chuna Mayo' Sandwich/Wrap

- Mash up tinned chickpeas/kidney beans/butterbeans with the back of a fork. Stir in vegan mayonnaise and add sweetcorn or finely-diced celery. Season with posh salt and pepper and there's ya 'chuna mayo'!
- Sneak in a pinch of fine seaweed for extra nutrients and that fishy vibe.

2. Vegan Cheese or Cream Cheese Sandwich/Wrap

- Vegan cheese and cream cheese are just like the dairy ones these days.
- Add cucumber or tomatoes.
- Add finely grated carrot/sauerkraut/toasted seeds for crunch.
- Or use houmous instead.

3. Crudités

- Cucumber, carrot and celery sticks, also colourful rainbow chard stems and sugar snap peas when in season



- Check out local seasonal growers like Pingle Produce in Wirksworth

4. Vegan Sausage Rolls

- Make your own filling by mashing up beans, lentils, oats, bouillon, fried onions, sage and seasoning. Roll up into pre-made pastry or make your own using 200g Naturli block butter, 400g self-raising flour, salt and pepper and splashes of plant milk until you can ball it without it being sticky to touch.
- Or buy from any supermarket – they're a great meat free alternative for an occasional lunchbox or party treat!

5. Homemade Mini Vegan Cheese and Tomato Quiche

- Cashew/oat cream/soy cream based. Can be made using gluten free pastry.

- Follow @veganrevelationcafe fb:veganrevelation or get onto a workshop to learn how easy it is to make vegan quiche that's quichier than quiche!

6. Organic Fresh Fruit

- For a burst of freshness!

7. Organic Dried Fruit 'n' Nuts

- Banana chips, dried apricot, dried mango, dried cranberries, raisins, etc.
- With refill shops popping up everywhere like Skopa in Wirksworth and Eartharmony in Belper, access to different dried fruits and nuts has never been easier.

8. Vegan Yogurt Pot

- There are many amazing vegan yogurts out there. Try a different one every few weeks until your child finds their favourite!

9. Vegan Chocolate Cake

- Easier to bake than the dairy version! Experiment with different fats from vegan Flora to Naturli Block Butter to pure coconut oil!
- Beat together 150g fat and 300g brown sugar. Stir in 300g self-raising flour. Stir in 300ml soy/

oat/almond milk. Add 2 tbsp of cider vinegar or lemon juice. Stir in 150g cocoa powder (most are dairy free if you don't buy Cadbury's). Pour into a tin lined with grease proof paper. Slam to get the bubbles out then put in oven on 180°C for 20 minutes or until risen and your knife pulls out clean.



CATERING * POP UP STREET FOOD * WORKSHOPS
EVENTS * VENUE HIRE * CAFE * LIVE ENTERTAINMENT

Give it a go and tag
@boom_magazine_derbyshire
and @veganrevelationcafe
in your vegan lunchbox photos!



"You'll love it, your babies will love it."

10/10"

- Jen, TinyTalk Belper parent



tinytalk

Baby Signing
Toddler Talking

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?



Find your local class!

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

Belper & Matlock
tinytalk.co.uk/
kathgreaves

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



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



SIEMENS

Indesit
Life proof.

Hotpoint

LG beko

Contact Us Today!

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

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

get to the sales with

the sixes

Belper to Derby
every **15** mins



from **trentbarton**

search the sixes 



Welcome to

**Titchy
Town**
CHELLASTON

**Hero
Town**
MELBOURNE

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
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