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ISSUE 18

SEPTEMBER / OCTOBER 2021





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REPAYMENTS ON YOUR MORTGAGE.**

# Hello and welcome to the 18th edition of Boom Magazine!

My name is Ella, I'm a Belper lass and I work as a primary school teaching assistant (working with some VERY funny Year One children). I joined Boom just after Christmas 2020, following my graduation from Newcastle University in the summer. Alongside my job at school, I have had the best year working with editors Jo and Sascha: writing book reviews for the Boom web blog, interviewing local authors and editing this edition!

In this issue, we would like to pay homage to National Grandparent Day (3rd October) by dedicating this edition to grannies and grandads everywhere! With grandparents in mind we have put together articles that will interest the whole family. We start by looking at some of the exciting additions to the vibrant town of Belper; including the long-awaited River Gardens Swiss Tea Rooms, and the fabulous new library in the town centre. Read about Belper's fascinating and unique history (written by local historian, Adrian Farmer), meet some local authors and find out some recommended books for children and also parents & grandparents looking for Kiddy activity ideas, then tantalise your taste buds with an old French soup recipe - passed down through the generations!

Brimming with local history, tasty recipes and activity and event ideas for the whole family to enjoy, I hope you find this issue as interesting and informative as I have!

*Ella x*



## inside

Belper Swiss Tea Rooms - Past & Present	4-5
Wyver Lane – A Walk on Wheels	7
Poem: Special Delivery	9
Long Live the Library	11
Meet Amber Valley's Authors	12-13
Belper Groups for Babies & Toddlers	17
Events Sept/Oct 2021	18-19
Starting School	23
The 5 Minute Mum	24-25
Children's Book Reviews	27
Working Hard or Hardly Working	29
Generations of Strutts	31
Grandma Dorothy's French Onion Soup	33

### Front Cover by Be My Baby at Studio 1825

Many thanks to all the wonderful entries for our 'Grandparent Front Cover Shoot' It was lovely hearing all the stories about your champion grandparents. Well done to our winners Linda & Gary and their adoring grandchildren Millie & Jack.

Thanks also to all those wonderful grandparent heroes, present and passed, this magazine edition is dedicated to you!

### Sascha Landskron and Jo Leigh

Editors of Boom Magazine and local mums

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# NEW LIFE FOR AN OLD FAVOURITE

by Adrian Farmer, Vice-Chair, Belper Historical Society



## When he first paid for the creation of a River Garden in Belper, from 1905, Herbert Strutt wanted to make sure that visitors had access to the finest facilities.

Herbert had sold the town's mills and used some of his new riches to transform the marshy land by the River Derwent into a beautiful landscaped garden with a bandstand, rowing boats and of course the Swiss Tea Rooms. Initially, the Belper Boating Association, who ran the gardens, had a small kiosk selling refreshments, but this was swamped at their first event – a water fete which attracted 2,500 people. So Herbert gave them money enough to create a tearooms.

The tearooms were designed in the Swiss style by Herbert's favourite architects Hunter and Woodhouse. Custom-made, the building was T-shaped, in black and white timber. The roof was thatched with heather like the crofts on Herbert Strutt's newly-bought Scottish estates.

Sadly, the heather roof only lasted one season as it leaked very badly (it was rumoured they used the wrong type of heather) so for the new season in 1907, the roof was replaced with something more weather-resistant.

But 1907 was a busy year, with 6,000 people visiting on one Bank Holiday, so that the tearooms were just as swamped as the kiosk had been. For 1908, a second building was created near the entrance to the gardens, a pavilion which seated 600 people. At last, everyone who visited could have a cup of tea!

The tearooms remained popular – but they wouldn't have met today's catering standards. There was no running water, so no toilets, not even a sink. It's claimed that once they had a lot of teacups, saucers and plates

needing washing, they had to be piled up in a rowing boat and taken over to a house on Wwyver Lane, across the river. They were then washed and returned, ready for the next visitors. The drinking water for teas and coffees had to be brought in as well.

After the First World War, the Belper Boating Association closed and passed the gardens to the company that ran the mills. The tearooms continued to be popular, and had a sandpit created nearby for children to play in. Ownership then passed again, this time to the local council in 1966, and from then the tearooms were less used, and became neglected. They were finally demolished, and replaced in 2020/21. The River Gardens have a tearooms again, at last!

You can find out more about Belper's history at Strutt's North Mill, the museum by Belper Bridge and the Horseshoe Weir. Opening times can be found at [www.belpernorthmill.org.uk](http://www.belpernorthmill.org.uk)



Want to see more wonderful local photos from the past? Look out for Adrian's latest book 'Historic Belper and Milford in Colour' available in Cooper's Butchers and some other town centre shops. ISBN 978-0-9501879-5-2 Price £14.



# BELPER'S SWISS TEA ROOMS TODAY

By Ella Fothergill

The ambitious project to replace the original 1906 building, which has been derelict since 1981, is set to open its doors once again. During an interview with the café's manager, Helen, I found out that many exciting things are in store for its first year of opening.

Situated in the heart of Derbyshire, Belper is the home to many quirky cafes and shops but none, arguably, can boast of beautiful scenery or a unique history quite like the River Garden's tearooms (see previous page for its fascinating past). The riverside promenade allows easy access to the cafe where your food and drink needs will be very well catered for. Refreshing tea and coffee, sandwiches, burgers, locally-made cake and even a chocolate brownie milkshake are just some of the many items on the menu! Included in these are a wide range of vegetarian, vegan, gluten-free and kid-friendly options, all of which are sourced from Belper's local greengrocers, bakers and butchers.

When asked about the increase of footfall and the potential for litter or damage to wildlife, Helen assured me that the gardens will remain a safe, clean place for both families and nature; bins, daily cleaning, paths and covid safety guidelines are all adhered to for the park and its users protection. Their interest in keeping the community a happy and, importantly, safe place is also reflected in their ongoing dedication to reduce their carbon footprint. For example, their coffee cups are fully compostable, the cafe provides healthy bird seed to reduce birds' consumption of bread, and their loyalty cards, once finished, can be composted and grown into various plants!

With both indoor and outdoor seating, you will have the time to appreciate the surrounding flower beds and shrubberies or even have a go at spotting the variety of bird life (no points for spotting the towering swan pedalos - the park's latest addition!). Along with their growing collection of rowing boats and pedalos, I'm also told that music events, such as the return of brass bands, are one of the many exciting things in discussion for the cafe's first year.

All in all, this is a beautifully located building, in the centre of a fabulous park equipped with a play area and bandstand. With a background view of the East Mill and a five-minute walk into Belper's High Street - awarded 'Great British High Street' of the year - you couldn't ask for a more tranquil setting to entertain your kids or feed your coffee addiction!



Find them on social media:  
[@parklifecafeswisstearooms](https://www.instagram.com/parklifecafeswisstearooms)



**BOOM NEWS...**

## We have started a new book publishing company!

'Boom House Books' will be a sister business to Boom Magazine and will specialise, of course, in children's books. We already have a couple in the pipeline so WATCH THIS SPACE!

Thank you to all who bought our Family Walks guide - it certainly proved popular. With almost 1000 copies sold, we have re-edited and rebranded it under Boom House Books and will continue selling in and around the area, across Derbyshire and online.

To celebrate the launch of our new publishing house, we are running a **Pop-Up Authors Event!** We have made some fab links with other local children's authors and so there will be stalls showcasing the amazing books being produced in our local area! Bring the kids along and get signed author copies of some wonderful new stories plus some goodies, to take away!



### Pop-Up Author Event

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# WYVER LANE

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Derwent Valley Trust are happy to report the completion of the re-surfacing at Wyver Lane, giving a return route of 4km of smooth path on which to walk or cycle from the heart of Belper, going past the beautiful Wyver Lane Derbyshire Wildlife Trust Reserve and along a section of the Derwent Valley Mills World Heritage Site from Belper Mill north. The re-surfacing has made it possible for families with pushchairs and

wheelchair users to enjoy this lovely part of the countryside as well as leisure cyclists or children learning to ride their bikes.

Wyver Lane is part of a longer proposal to link Derby to Baslow by a riverside trail up the Derwent Valley, linking the Derwent Valley Mills. For more information go to:

[www.derwentvalleytrust.org.uk/cycle/](http://www.derwentvalleytrust.org.uk/cycle/)

**Distance:** 3 miles return (1+ hours)

**Difficulty:** Easy (Wellies recommended in wet weather)

**Wheels Friendly:** Yes



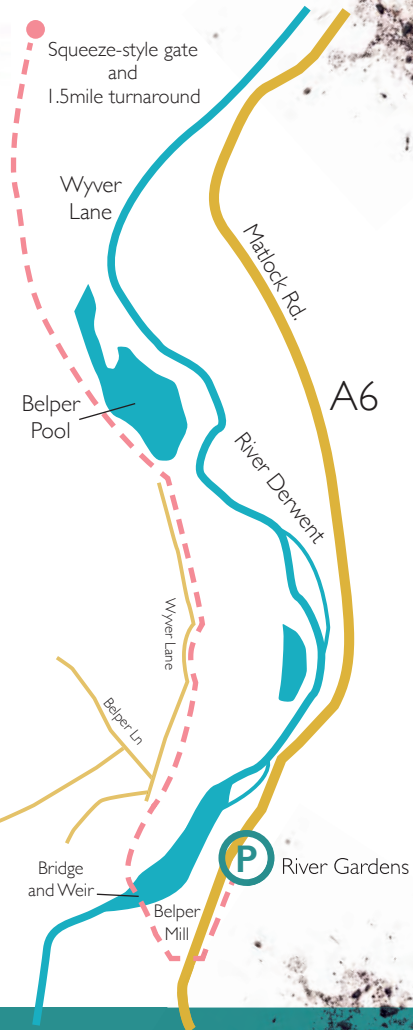
Wyver Lane is an excellent family walk that suits all ages. Children who love to watch trains will have a close-up view of the rail line at the start of the walk, while the adjacent fields have sheep and horses for animal enthusiasts. You will also pass the Wyver Lane Pool Nature Reserve where in the summer you can see swallows, swifts, house martins and occasionally peregrine falcons.



1. Park at the River Gardens (parking charges apply). Cross the bridge with stunning views of the weir below on the Derwent River.
2. Take first right onto Belper Lane, and then the first right again onto Wyver Lane.
3. Follow the lane as far as it goes, passing beautiful tending gardens and the River Gardens' Park on your right. At the end of the lane, the houses stop but the road continues to the left. The wheels-accessible

walk ends at 1.5 miles from the carpark at a squeeze style gate. Take care not to trespass on the private woodlands to your right. After the squeeze style, you can follow other paths towards Shining Cliff Woods, or turn back for a three mile round trip.

Please note: This walk is wheels-friendly but there are several footpaths off to the left, which you can take if everyone is on foot. Occasionally a car will pass, but they tend to drive very slowly.



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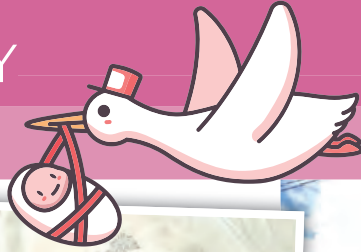
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# LONG LIVE THE LIBRARY!

Researched and written by Ella Fothergill –  
Belper Born & Bred and lover of ‘all things books’



## BELPER'S NEW LIBRARY

Public libraries are a wonderful community asset and Belper's new and improved local is certainly no exception!

Public libraries provide a remarkable service by supplying a diverse collection of fiction, non-fiction and audio books, as well as organising many activity clubs, storytime hours and writing workshops (check out Derbyshire's Facebook and Twitter pages for all up-to-date events). This free service can be particularly invaluable for families.

Alongside this, jobseekers, students and similar are welcome to use the available computers, located in the quieter corners of Belper's spacious library (which was originally an old music hall, before being taken over by Thorntons). You will certainly feel tranquil in this light, airy space with its tall, impressive windows and high ceilings.

Other sectors, such as charities, are also increasingly turning to libraries as a way of improving the health of their community. For instance, the Reading Agency has donated books to Belper's local library as part of the 'Reading Well' Campaign, encouraging adults and children to care for their mental health through reading. All in all, libraries provide a place of peace, community and fun. Come and explore for yourself and discover everything they have to offer - you won't be disappointed!



## THE FATE OF THE OLD BELPER LIBRARY

Local conservation developer, Tanya Spilsbury, has recently taken on the old Belper library on Bridge Street, reverting it to its former name, "The Hollies". She plans to convert the front of the building into a two-bed house and use the rest of the building to create studios and small business units overlooking the serene rear garden.

Tanya has experience of doing a conversion which is sensitive to the historic and architectural interest of the property and the town. She has donated some of the library fittings and furniture to local community groups and charities, but, given the local attachment to the old library building, she has retained some of the bookcases to furnish the new units and keep a link with its former use.

Subject to planning permission and the scheduling of the works, Tanya hopes that space will be available to let by January 2022. Please direct any interest to her at [tanya@buildingsanctuary.co.uk](mailto:tanya@buildingsanctuary.co.uk).

# MEET AMBER VALLEY'S UP & COMING CHILDREN'S BOOK AUTHORS

By Ella Fothergill

**Did you know that Belper alone is home to several fabulous children's book authors? I spoke to four who have all recently published their first children's book!**



## Sophie

Sophie Cartmell is a children's author, illustrator, mum and shop-owner of Duck & Peach Illustration in Belper's 1924 building.

For almost a decade now, Sophie has worked towards her 'bucket-list' goal of creating her own children's book, having been inspired by the birth of her daughter in 2012. She says the arrival of her baby, combined with her love of picture books was the catalyst for writing 'Mary', her recently published story.

'Mary' combines an important message of resilience, strength and self-love with loveable, 'squishy'-looking illustrations (inspired by images of tea parties, fancy dress and colourful foods). Sophie believes 'It's important to have fun whatever you create - reading should be enjoyable for kids even if you're covering a tricky subject matter'. She hopes her story will teach children to be resilient and strong while always remaining true to themselves.

Find her work at [@sophiecartmellbooks](#) & [@duckandpeach](#), or pop in to her shop at 1924, Campbell Street, Belper.

## Fliss

First and foremost, Fliss Goldsmith describes herself as a mum to two amazing children (affectionately nicknamed 'The Badgers'). Alongside their eccentric cat (Loki), Fliss, her husband and their children live a normal family life in Belper. Having always had an interest in writing, Fliss has spent many hours drafting poetry, podcasts and articles before she made the decision to pursue a career and, most importantly, inspire change within children's publishing. Her aim is to

'champion diversity, equality and inclusion through love, tolerance and understanding'. Through her books, 'Erin and Roderick Discover Families' & 'Erin, Roderick and the Diffability Bunch' (released this September), Fliss hopes to 'change the world, one story at a time!' Read more about Fliss' remarkable story at [flissgoldsmith.com](#) [@flissgoldsmithbooks](#) (Instagram) or [@flissgoldsmithauthor](#) (Facebook).



Read more about Fliss' remarkable story at [flissgoldsmith.com](#) or [@flissgoldsmithbooks](#)





## Alexandra

Alexandra Smith is a Kilburn-based author of 'Personal Spirit', a poem pamphlet, and 'Yancy Yellowhammer', an illustrated children's book, (sold at WHSmith, Amazon, Waterstones and Austin Macauley Publishers).

These books reflect her often varied approach when it comes to writing, as she frequently changes her style to talk about different topics and themes. This, Alexandra says, has allowed her books to develop into something inclusive, 'gentle, warm and honest'. It is a skill, she notes, which is invaluable when dealing

with everything life can throw at you and she hopes her writing can act as a source of strength for others.

Alexandra's desire to become a published author originated from an enjoyable time at university, studying a particularly fun drama course. The memories of her final performance piece, which involved character creation, writing scripts and rehearsing, still fuels her passion and motivation for writing today. Her future plans detail a collection of short stories, including poems and plays!

Check out her instagram @alexandra\_smith25 for any updates on this upcoming author!

## Bernard

What began with creating whacky and imaginative bedtime stories for his son (including a particular masterpiece about the 'ghost who could'), has led Bernard Mensah to balance his career as a software engineer with becoming a children's author and co-founder of BlackCreatorsInKidLit and Haberman&Nerds.

His mission is simple: to create beautiful African/Ghanaian-inspired picture books, influenced by Africa's rich tapestry of art, culture and folklore. Subsequently, ensuring that

every child, particularly BIPOC (Black, Indigenous and people of colour) children, grow up seeing themselves in stories.

Bernard's future plans include the release of a comic book and 'The Rainy Day Zoo', as well as having a few confidential contracts with traditional publishing companies (a secret, he says, which is almost impossible to keep!).



You can find more information on this inspiring author below:

Insta: [bernardkmensahwrites](#) Website: [www.booksbybernardkmensah.co.uk/](#) Twitter: [bernardkmensah](#)

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## JUST QUOTE:

### BOOMBEAUFIT 2021

For further information please contact me on **07875 342201** or email [beaufit.derby@outlook.com](mailto:beaufit.derby@outlook.com)



# Belper groups for BABIES AND TODDLERS

**BELPER  
HEALTH  
VISITORS TEAM**

Tel:  
01246  
515100

If you are a new group and wish to be listed in later editions...  
please get in touch [info@boommagazine.co.uk](mailto:info@boommagazine.co.uk)

## **Belper Baby Club**

All non-mobile (pre-crawling/barely crawling) babies welcome  
No. 28, Market Place  
Thursdays  
1-3pm  
PAYG £3

## **Twistin Tinies - Babies 0-18m (non-walkers)**

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

## **Twistin Tots - 0-5yrs**

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

## **BabyFit and TotFit – Parent/Carer and Child Dance & Fitness**

Ritmo Studio  
Weds  
10:30-11:15am  
BOOK on a weekly basis

## **Nest & Nurture**

@ Nest & Nurture Studio, Belper  
North Mill

## **Hatchlings (6wks-5m)**

Mon & Thurs 11:45am - 12.45pm  
BOOK

## **Nestlings (4/5m – crawling)**

Mon & Thurs 10-11am  
BOOK

## **Tree Babies (newborn to approx 12 months)**

Outdoor baby sessions in local woodlands  
Wed (time tbc)

## **Nest & Nurture Tea Club -**

Monthly social and support group for expectant and new parents in Belper and surrounding area.  
Tues 10.30am - 12.30pm

## **Gymkids – ‘not just Gymnastics’**

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

## **Post Natal Yoga & Baby Yoga**

(8wks-crawling)  
Sage Yoga Studio  
Thurs 10-11:15am  
BOOK

## **Sunshine Forest school Toddler Group (0-4yrs)**

Wed 10am-12pm  
Thurs 12:30-2:30pm  
High Woods, off Sandbed Ln  
BOOK

## **Belper Early Years Centre**

Toddler Group:  
Mon & Fri 10-11am  
Tiny Tuesdays –  
Under 1's Baby Group:  
Tues 9:45-11:15am  
No need to book (£1 donation)

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

See fb page for online support & upcoming details for a weekly walking group.

## **Derbyshire Toy Library – Toy Hire**

(Click and Collect or Click & Browse - New Service)  
Strutts Community Centre  
Wed 9am-12pm  
Friday 9.30am - Express Party Package Collection & Return  
Sat 12-3pm  
See fb page for ideas and to book a slot for pick up  
New database available: [www.derbyshiretoylibraries.org/shop](http://www.derbyshiretoylibraries.org/shop)

## **Little Church**

St Peter's Church  
Wed 1:15-2:30pm

## **Prams & First Shoes Meet-Up**

St Mark's Church  
Thurs 9:30-11:30am (0-3s)

## **The Little Baby Sanctuary**

@ Sage Yoga Studio  
**Baby Massage** (6wk - crawling)  
Fri 1.30-2.30pm  
**Baby Yoga** (8wk – crawling)  
Thurs 10-11:15am  
BOOK online

## **Inspirational Languages Spanish classes**

“Caramelo” Baby & Toddlers  
Fleet Arts  
9.45-10.45am & 10.45-11.45am  
BOOK

## **Nursery Ballet (3-4yrs)**

Vanessa's School of Dance  
Mon 4-4:30pm  
BOOK

## **Phonics with Robot Reg**

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

## **Baby Sensory**

Lion Hotel  
Wed:  
9:45-10:30am (Birth-6m)  
11am-11:45am (6m-13m)  
12:15-1pm (Birth-6m)  
1:30-2:15pm (6m-13m)  
BOOK

## **Post Natal Pilates**

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

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

# EVENTS SEPT / OCT 2021

National  
Grandparent  
Day 3rd  
October

Events happening locally for all ages!

## Transition Belper

### ECO-Market, Repair Cafe, Food & Music

Sun 12 Sept, 10am-3pm  
Belper Market Place &  
Memorial Gardens

### Belper DE56 Community Conversation

Sat 2 Oct, 10am-3pm  
Strutts Community Centre  
Come together to join the  
discussion on creating a  
sustainable vision for 2030. All  
welcome

### Pop-Up Author Event – By Boom House Books

Sun 26 Sept  
1924 Building on Campbell St  
Come along and meet the authors  
introduced in this edition and  
browse their wonderful children's  
books. Plus pick up Boom's Family  
Walk Book for short, local walks.  
BALLOONS for the kids!

### Belper Food Festival

Sun 26 Sept  
King Street, Belper

### Derbyshire Toy Libraries Virtual Toy Sales

Thurs 9 - Fri 10 Sept &  
Thurs 7 – Fri 8 Oct  
Buy preloved toys at a bargain  
and raise vital funds. Go to  
Derbyshire Toy Libraries Selling  
and Fundraising FB Group and  
message them if you have toys and  
books to donate.  
[www.derbyshiretoylibraries.org](http://www.derbyshiretoylibraries.org)

### Gulliver's Kingdom

#### Superhero Summer Finale!

Sat 4 – Sun 5 Sept  
Superhero Skills, Superhero  
Olympics, Special shows and  
entertainment, Fancy dress  
competitions. Selected rides and  
attractions will be open until  
8.30pm on the Saturday and  
Fireworks will be taking place at  
8:45pm

## Grandparents weekend

Sat 2 - Sun 3 Oct  
2 Grandparents get FREE ENTRY  
when accompanied by one full  
paying person!

### Fright Fiesta

Sat 23- Sun 31 Oct  
A festival-style Halloween that's  
bursting with colour, costumes and  
music. Nine days of fabulous family  
activities, frights and theme park  
fun. Don't forget to dress up! PLUS  
use special offer code GKFIESTA  
for £13 Halloween tickets. Offer  
ends midnight 10 Oct.

### DERBY LIVE

#### Comedy Club 4 Kids

Sat 18 Sep  
The Market Place  
Tickets: £8, Running Time: 1 hr  
Cracking entertainment for  
everyone over six years old and  
under 400 years old (no vampires  
or Highlanders!). Comedians from  
the UK and world circuit doing  
what they do best... but without  
the rude bits!

### Derby Festé

Fri 24 - Sat 25 Sep  
Derby City Centre  
A fantastic outdoor spectacular  
with live performances, music,  
dance, film and more!

### Flutter & Fly

Sun 24 Oct  
The Market Place  
Tickets: £6, Running Time: 50 mins  
A magical musical adventure  
chock-full of spectacular story  
telling. Flitting birds, jet planes  
and a kite tied with string are  
all imaginatively portrayed in  
sing-along songs performed by  
an orchestra, alongside amazing  
projected illustrations.

### Spectrum Autism Friendly Festival

Lea Green Development Centre  
Sat 25 Sept  
10am – 5pm

## Crich Tramway Museum Steampunk Weekend

Sat 11 - Sun 12 Sept  
**Tram day**  
Sat 18 sept

### Classic Motorcycle Day

Sun 3 Oct  
**Community Weekend**  
Sat 16 – Sun 17 Oct

### Autumn Fun

Mon 25- Thurs 28 Oct

### ShIPLEY Country Park Visitor Centre

**Awesome Autumn** - Amber  
Valley & Erewash Walking Festival  
A range of autumn themed activity  
sheets for children, a self-led FREE  
activity  
Sat 11 – Sun 26 Sept  
9:30am-4:30pm

### Halloween Event

- (Un)natural Trail  
Sun 24-Sun 31 Oct  
10:30am-3:30pm  
Follow the trail and search for the  
spooky clues that will help you  
learn about weird nature.  
Length: 1 mile, Cost: £2

### Mr Pumpkin

Sun 3, Sat 9, Sun 10 & Sat 16 – Sun  
31 Oct  
10am-4pm  
Mr Pumpkin 2021 has over 88,000  
pumpkins to be picked with lots  
of new exciting varieties on offer  
this year. Grab a barrow and select  
your own perfect pumpkin for  
Halloween!  
Advance ticket only, available  
through the website from 1st Sept  
2021. Tickets are £2 (plus booking  
fee) per adult and children are  
free [www.mrpumpkin.co.uk](http://www.mrpumpkin.co.uk) Enjoy  
a Pumpkin trail, bale mountain,  
bouncy castle, fairground rides and  
hot food/drinks also available.

## Cromford Mills

### Artisan Market

Every Third Sunday of the Month  
Arkwright's historic mill yard  
A marvellous Artisan Market  
showcasing local makers, artisans,  
and producers.

### Bazaar

Every First Sunday of the Month  
Featuring everything from food  
to flowers, art to antiques, and  
candles to curios, you will be sure  
to find a quirky bargain at the  
monthly bazaar.

### Model Railway Exhibition

(Chesterfield Railway Modellers)  
Fri 8 – Sun 31 Oct

### Dino Kingdom

Fri 15- Sun 31 Oct  
Thoresby Park  
Dino Kingdom takes over Thoresby  
Park with 100 prehistoric beasts  
set to be unleashed to roam  
across the plains and woodlands  
of Thoresby Park. A rare chance  
to walk among the dinosaurs on  
a Jurassic journey of discovery in  
a brand new immersive outdoor  
experience. As well as the natural  
outdoor setting, there will be  
indoor activities including lots  
of fun interactive features from  
designing a dinosaur to see it come  
to life in a virtual kingdom or  
feeding the hungry beasts in a Dino  
Keeper VR experience.  
[www.dinokingdom.com](http://www.dinokingdom.com)

### Twistin Tots/Tinies

#### Halloween Parties

Halloween week at all classes w/c  
Mon 18 Oct

### Derby Museums

#### Quentyn Blake Exhibition

Running until Sun 3 Oct at the  
Derby Museum & Art Gallery

#### 'Assemble'

Sat 23 Oct at the Museum of  
Making, Derby Silk Mill  
As part of Derby's Festival of  
Making, meet the makers and  
discover what you can make!  
[Derbymuseums.org/assemble](http://Derbymuseums.org/assemble)

### Sunshine Forest School Holiday Club

Tues 26th Oct &  
Wed 27 Oct  
10am-3pm

### Jumpin Fun

Get Spooky at Jumpin's Halloween  
Party!  
Fri 29 Oct 5-7pm &  
Sat 30 Oct 6-8pm  
Book at:  
[www.jumpinfun.co.uk](http://www.jumpinfun.co.uk)

### Elvaston Castle Country Park

Halloween Trail & Pumpkin Parlour  
Sun 31 Oct  
Turn up any time- start point at the  
Castle Courtyards. Fancy Dress  
encouraged.

### Denby Pottery Village

#### Toddler Tuesdays:

Every Tues in term time  
11am - 12pm  
Creative craft sessions for pre-school  
children  
£5 per session with a free child's drink  
in Bourne's Coffee Shop & Bistro

#### Crafty Kids Club

Autumn and Halloween themed  
creative craft sessions suitable for  
all ages

Sat 16 Oct – Sun 31 October  
£5 / session

#### Spooky Tea

Enjoy a themed Afternoon Tea with a  
Halloween twist. The Spooky Tea has  
a bottomless Witches' Brew for the  
grown-ups and a free spooky cookie  
to take home for every child wearing  
fancy dress!  
Fri 29 Oct - Sun 31 October  
Adults: £12.95  
Children: £7.95

### Clip n climb

Halloween UV party  
Sat 30- Sun 31 Oct  
4:45pm & 6pm

### Belper North Mill Heritage

Walk: Tales and Trickery  
Sun 31 Oct  
11am  
Folk Stories from Belper. A wander  
around four stories from the Belper  
area. Fact and fiction merge together  
in a Halloween cauldron. Can you  
tell them apart? A hilly 3.5 mile walk  
over field paths and roads. Book for  
the walk:  
[www.belpernorthmill.org.uk](http://www.belpernorthmill.org.uk)

### The Heights of Abraham

24 - 31 Oct  
The FRIGHTS of Abraham returns  
with an enchanted witch's grotto,  
colourful scarecrow displays and a  
treasure hunt to find 13 magical black  
cats!

### Love Belper

Sun 31 Oct  
The Belper highstreet shops and cafes  
are planning something exciting! Look  
out for details nearer the time.

Please keep an eye on Social Media  
for any updates






MEET THE MAKERS AND  
DISCOVER WHAT YOU CAN MAKE  
SATURDAY 23 OCTOBER  
AT THE MUSEUM OF MAKING



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FESTIVAL  
OF MAKING



[derbymuseums.org/assemble](http://derbymuseums.org/assemble) | 01332 641901  
[info@derbymuseums.org](mailto:info@derbymuseums.org) |   

## Back to School Fun at Cromford Mills!



What was Sir  
Richard Arkwright  
really like?



What was it like to  
be a child working in  
the cotton mills?



[www.cromfordmills.org.uk/learning](http://www.cromfordmills.org.uk/learning)



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1809

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VILLAGE**   
SHOP • EAT • EXPERIENCE

From a quick stop to a full day out,  
visit Denby Pottery Village for activities  
to keep everyone happy.



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HOME ACCESSORIES  
FARM SHOP & DELI  
GIFT SHOP  
GARDEN & POND

## EAT

BOURNE'S COFFEE  
SHOP & BISTRO  
GINGER COOK'S CAFÉ  
AFTERNOON TEA

## EXPERIENCE PACKAGES

CRAFT STUDIO  
THE DENBY MUSEUM  
DENBY DISCOVERY  
POTTERY THROWING  
EVENTS & ACTIVITIES

## TODDLER TUESDAYS

**11am – 12pm every Tuesday in term time, £5 per session**

Join us on Toddler Tuesdays for our group creative craft sessions  
designed for pre-school age children.

Free choice of child's drink in Bourne's Coffee Shop & Bistro  
with each child booked onto the session.

**Look out for the Crafty Kids Club and Spooky Tea events  
during the October half term holiday**

**Follow us on Facebook @ visit Denby to stay up to date with all our events**

For more information and to book your experience visit:

[denbypottery.digitickets.co.uk/tickets](https://denbypottery.digitickets.co.uk/tickets)  
or [denbypotteryvillage.com](https://denbypotteryvillage.com)



**DENBY POTTERY VILLAGE**  
Derby Road, Denby, Derbyshire DE5 8NX





[www.e-v-r.com/christmas](http://www.e-v-r.com/christmas)

01629 823076

The train that saved Christmas is back! Our sell out spectacular returns with a new story for 2021.



### Departing Wirksworth on...

Sat 4<sup>th</sup>, Sun 5<sup>th</sup>, Sat 11<sup>th</sup>, Sun 12<sup>th</sup>, Sat 18<sup>th</sup>, Sun 19<sup>th</sup>, Mon  
20<sup>th</sup>, Tue 21<sup>st</sup>, Wed 22<sup>nd</sup>, Thu 23<sup>rd</sup>, Fri 24<sup>th</sup> December 2021

**See website for times.**

Tickets sold per compartment for up to 6 passengers.

Advance booking essential.





# STARTING SCHOOL

The facts you need to know!

## DATES AND APPLICATION PROCESS

If your child was born between 1 September 2017 and 31 August 2018 they will be eligible to start school in September 2022. You should apply for their school place by 15 January 2022. Decisions will be notified 19 April 2022, National Offer Day. This is normally 16 April but is different for the 22-23 notifications because of the Easter holidays.

From 8 November 2021, you can fill in an application form online [www.derbyshire.gov.uk/admissions](http://www.derbyshire.gov.uk/admissions) which is quick and easy or alternatively you can apply by phone - please call 01629 533190. You can state up to three school preferences for any primary or infant school.

Catholic primary schools give admission preference to Catholic children, however applications are very welcome from all parents and carers, regardless of faith or background, who'd like their children to be educated in a Christian environment.

## DELAYING WHEN YOUR CHILD STARTS SCHOOL

You have the right to defer admission, or request your child attends part-time, until they reach compulsory school age (5 years old). If your child is summer born (with a birthday between 1 April and 31 August) and you defer their admission, when you apply for the following September, your child would normally start school in Year 1, however you can request they start in Reception; each case is considered individually and your request may not be accepted. Email [admissions.transport@derbyshire.gov.uk](mailto:admissions.transport@derbyshire.gov.uk) or call 01629 537479 for more information.

## VISITING POTENTIAL SCHOOLS

You can access school websites and Ofsted Reports online, but it's important to visit the schools you are considering to help you decide which school will best suit your child and their needs. Call the schools you wish to visit around mid-September and arrange a tour. These usually take place in October, sometimes individually, but often as a guided tour with other parents. You may take your child with you too.

FOR MORE INFORMATION on school admissions...  
Visit [derbyshire.gov.uk/admissions](http://derbyshire.gov.uk/admissions)

## CONTACT DETAILS

for SOME schools local to Belper:

**Ambergate Primary School**  
Toadmoor Lane, Ambergate, DE56 2GN  
01773 852204

**Kilburn Infant School**  
The Flat, Kilburn, DE56 0LA  
01332 880449

**Heage Primary School**  
School Lane, Heage, DE56 2AL  
01773 852188

**Herbert Strutt Primary School**  
Thornhill Av, Belper, DE56 1SH  
01773 822771

**Holbrook C of E Primary School**  
Moorside Lane, Holbrook, DE56 0TW  
01773 880277

**Long Row Primary School**  
Long Row, Belper, DE56 1DR  
01773 823319

**Milford Primary School**  
Chevin Rd, Milford, DE56 0QH  
01332 841316

**Pottery Primary School**  
Kilbourne Road, Belper, DE56 1HA  
01773 823383

**St Elizabeth's Catholic Primary School**  
Matlock Rd, Belper, DE56 2JD  
01773 822278

**St John's C of E Primary School**  
Laund Nook, Belper, DE56 1GY  
01773 822995

**Turnditch C of E Primary School**  
Ashbourne Rd, Turnditch, DE56 2LH  
01773 550304



# BOOK REVIEW: 'FIVE MINUTE MUM'

Sarah Taylor, avid Boom reader and local mum, discovered a great book to support her son Freddie's pre-school learning. She shares some of the fun activities she has used from the book...

## Will I let him down?!

Although being a new mum is a wonderful thing and I cherish every moment, there is one thing that I completely underestimated: the sudden increase in my anxiety that arrived with this bundle of fun. It is something I'm sure many new parents can relate to; the constant questioning of myself, planning for every eventuality and finding new ways to keep him entertained drives me insane!

I eventually came across 'Five Minute Mum' by Daisy Upton after a long search for something to help keep the boredom at bay and stave off screen time. It's amazing! It is filled with 150+ games that take 5 minutes to set up & 5 minutes to tidy up and, as a bonus, they also support his learning! It explains how simple games can develop skills, how to utilise things you already have around the house, and even managed to get me up to speed on phonics- and that just scratches surface!

As my son is only three, some of the activities were a little beyond what he's ready for; but I don't mind that as it means this book is going to last me for years! However, there were some we could do and plenty I could adapt. Here's three of our favourites:

## Peg It – pg. 62

I got some cheap wooden pegs and wrote an uppercase letter on one side and a lowercase letter on the other. I then worked with my son



to recognise the letters and identify its sound, before pegging it to a relevant object. He made a great start, sticking M on my top, G to Grandad and T on a train. It has now become the staple activity we take out so it can occupy him while waiting and everyone can join in too! I am sure it will be a game we play for a long time.

## Bond Boogie pg. 21 | (adaptation)

I got some paper from my printer and drew on some dots using his felt tip pens. I then wrote 1 to 10 on individual sheets. My son then counted the dots and put them next to the appropriate number. We then jumped up and down and when we stopped, I asked him to jump on a sequence of numbers I gave him. Then he would give me some to jump on too; one little trick for this is to sometimes jump on the wrong one and see if he notices!

## Letter Grid Alphabet Car Park pg. 67 (adaptation)



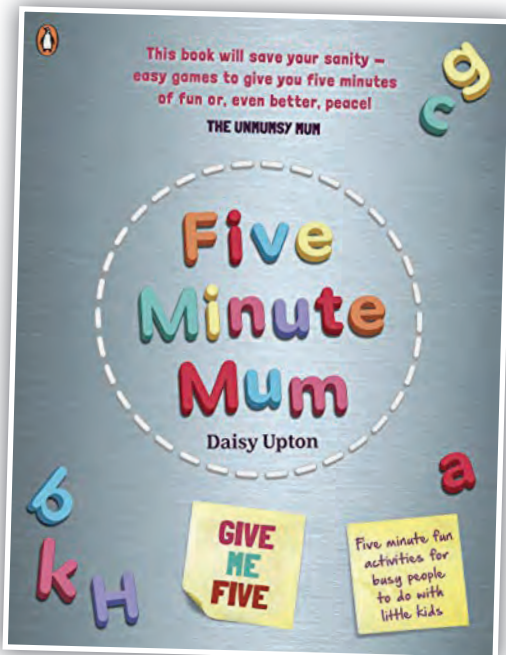


To create this grid, I use the lining of some old curtains and his felt tip pens. The grid included letters and shapes. He has to put a car on a letter and roll a dice (made from one of his blocks) that I marked 1, 2 or 3. We then have to find that number of things starting with that letter or are that shape. Quite difficult but with help and sound repetition, he is picking it up.

The activities are fun and have come in very useful when out for lunch with grandparents or playing inside when it's raining. I am now more confident in my ability to help my son progress in his learning and the activities help me understand where to focus my energies. They fit around everyday life as you can do them whenever and wherever you like!

*If these activities sound exactly like what you've been looking for then look out for this book in Belper's very own indie bookshop, Bearded Badger Books at the 1924 building on Campbell Street.*

*There is also a website and social media channels featuring a wealth of information and ideas! See <https://fiveminutemum.com> for more details.*



## Long Row Nursery School

We are a well resourced Nursery offering funded 15 + 30 hours sessions with a qualified teacher.

The nursery provides a happy and secure environment with lots of opportunities for the children to experience many activities within different aspects of play.

**We also offer wraparound care in the afternoons from 12pm-3pm.**

**FOR MORE INFORMATION**

**01773 823319**

**[info@longrow.derbyshire.sch.uk](mailto:info@longrow.derbyshire.sch.uk)  
[www.longrow.derbyshire.sch.uk](http://www.longrow.derbyshire.sch.uk)**



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Website: [www.myaweandwonderbox.co.uk](http://www.myaweandwonderbox.co.uk)



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Check our website for offers and events!

8 Siddals Road Copeland Street Derby DE1 2PY

[WWW.JUMPINFUN.CO.UK](http://WWW.JUMPINFUN.CO.UK)

\*CODE EXPIRES 24/10/21. T&C'S APPLY

# DON'T MISS!

CALLING ALL GALS AND GHOULS:

## GET SPOOKY

AT JUMPINS HALLOWEEN PARTY!

29TH OCTOBER 5PM - 7PM  
30TH OCTOBER 6PM - 8PM



# CHILDREN'S BOOK REVIEWS:



By Ella Fothergill passionate about children's books.  
See more of my reviews on the Boom Magazine Blog - [www.boommagazine.co.uk](http://www.boommagazine.co.uk)



## PUMPKIN SOUP BY HELEN COOPER - AGE: 3+

A duck, a cat and a squirrel make pumpkin soup every night in their old, white cabin in the woods. They each have a specific job; the cat cuts the pumpkin, the duck adds the salt and the squirrel stirs the soup - perfect! Or so it seems ....

One day, the little duck decides that, instead of squirrel, he would enjoy being head chef and pinches the wooden spoon off of its hook. Afterwards, squabbling erupts as the three animals argue over their pumpkin soup duties!

The animals' argument and eventual compromise is a powerful lesson for children about friendship, compassion and sharing. Its simple message, with beautiful illustrations and funny animal characters, will make your children laugh, learn and fall in love!



## THE COLOUR MONSTER BY ANNA LLENAS - AGE: 3+

Poor Colour Monster has woken up feeling very overwhelmed and his fur is covered in an emotional rainbow! Black, green, red and yellows are covering his woolly coat, making him feel tired, angry, calm, scared and happy all at once! Poor, poor monster!

To help him make sense of it all, a friendly girl explains what all these emotional colours mean: anger (red), calm (green), happy (yellow), scared (black), sad (blue) and love (pink). Together, they sort each feeling neatly into colour jars, allowing this sensitive monster to express himself more clearly. Because of this, Anna Llenas' beautiful illustrations play an important part in helping her child readers understand and communicate their own emotions.

The book deals with this complex subject sensitively and encourages healthy communication between children and their parents, carers or teachers. Perfect for any child struggling to understand their feelings, this book - with its colourful illustrations and clever message- is reading gold!

After reading, try colouring in each monster in a different emotion! <https://www.teachingideas.co.uk/sites/default/files/monsterssixperpage.pdf>



# MILFORD HYPNOTHERAPY



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**MARIE WARREN**

07854 243 922

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[WWW.MILFORDHYPNOTHERAPY.CO.UK](http://WWW.MILFORDHYPNOTHERAPY.CO.UK)

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# WORKING HARD OR HARDLY WORKING

## Can exercise really keep our bodies healthier?

Researched by Ella Fothergill – Boom's guest editor

We all know the benefits of exercise. So, why do our priorities and attitudes change towards our health as we grow older? We asked local Fitness Coach Stacey Harris, and Gymophobic owner, Sara Stainsby, for their insight into exercise, biology and the ageing body ...

### Fitness Coach Stacey Harris states the facts around our basic biology:

From the moment we are born to around the time we turn 30, our muscles grow larger and stronger. Unfortunately, after 30 we naturally start to lose muscle mass and function, this is known as sarcopenia, and inactivity can result in as much as a 5% reduction in lean muscle each decade beyond 30 years of age. But it's not all doom and gloom. Regular physical activity, specifically resistance training, has been proven to help combat this sarcopenia as well as improve overall health and wellbeing. Incorporating daily movement has been linked to boosting energy levels, improving sleep and reducing the risks of developing heart disease, type 2 diabetes, stroke and mental illnesses. It is a sure-fire method of ensuring you have the energy, strength and stamina to keep up with the grandchildren!

### Sara Stainsby from Gymphobics says:

"There are many reasons people fall out of love with exercise: memories of unenjoyable PE lessons, life getting in the way or a lack of confidence but, for many, it's really about not knowing what to do. It's true that you can exercise very cheaply at home and there are many great options available online from pilates to Boot Camps and HIIT classes, but if you're out of practice, or lack the motivation, you may need the support of like-minded people.

Gymphobics Belper has a member base made up of women of all ages. We offer a personalised training program, regular reviews and continual support appeals to those who haven't exercised for a while. Coupled with dietary help and support, we provide a holistic program to support women through their fitness journey, so you don't have to go it alone!"

Get in touch with Gymphobics and mention 'Boom' to get a special Grandparent offer for Sept/Oct!

### 3 tips and tricks to keep you motivated & encourage yourself to exercise...

1. Make a date with yourself – decide when you're going to exercise and schedule it in advance in your calendar with reminders
2. Do something you can enjoy – spin class may be the one everyone's talking about but if you hate it then you're not going to keep your motivation at all
3. Remember that exercise doesn't have to be for hours – even thirty minutes or ten of quality exercise is better than nothing!



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# GENERATIONS OF STRUTTS

caring for our town and its people.



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

**For so many years, Belper benefited from the Strutt family, who built the town's mills, and many of the houses and other buildings that make up our wonderful historic community.**

There's no denying that they in turn benefited from the hard graft of their workers, but they did a lot in return (more than most people of their standing elsewhere) to provide homes and facilities for those workers over several generations. The first was Jedediah Strutt who built the first mill in 1776, and also early millworkers' houses and the Unitarian Chapel. This provision continued through to his great-great-grandson George Herbert Strutt who provided a fine school, swimming baths and the River Gardens early in the 20th century.

One of my favourite photographs of the Strutts is this one from the Belper Historical Society archive. Taken in 1888, it perfectly sums up the longevity of the family that shaped our town.



The little boy is George Ashton Strutt, who must at this stage have been just discovering the influence and importance of his family, and perhaps wondering what his role would be as he grew older. On the left is his father, George Herbert Strutt, acclaimed now as Belper's greatest benefactor. On the right is George Henry Strutt (another George!), grandfather to George Ashton, and at this stage in overall control of the Strutt mills in Belper and Milford. He looks a confident man, which is perhaps not surprising! They are sitting in the conservatory of Bridge Hill House, the family's main mansion, which once sat on the hillside above the Belper mills.

George Ashton Strutt's grandmother Agnes Strutt, and his aunts Lucy and Susan are in the second photograph, which was taken in 1862, also in Bridge Hill House. For many years, on Christmas Eve, Agnes and Susan would visit Long Row School to give out new clothing to the schoolchildren before their week's holiday. The family cared about their own children, but wanted to ensure that their workers' children would benefit a little from their wealth as well, particularly at Christmas.



**You can find out more about the Strutt family and what they did for the town at Strutt's North Mill, the museum by Belper Bridge and the Horseshoe Weir.**

**OPENING TIMES can be found at [www.belpernorthmill.org.uk](http://www.belpernorthmill.org.uk).**



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# GRANDMA DOROTHY'S FRENCH ONION SOUP

- a recipe handed down through the generations



Thank you to Becky Longden for sending in this recipe. Becky, dubbed as the Mrs Hinch of Food, runs a local business as a consultant for practical food solutions, helping to save you time, money & effort. This recipe was passed down from her Grandma Dorothy, then to her sister Emma, and then to her.

## You will need:

50g butter  
2 tbsp olive oil  
4 white onions  
1 tsp sugar  
2 cloves garlic  
2 tbsp plain flour  
25ml dry white wine  
1.5L of good beef stock  
1 baguette  
Gruyere cheese, grated  
You could also add a 1 tbsp of thyme & 1 tbsp of pepper

Becky has added a few adaptations to this everyday warming dish and encourages everyone to do the same for their own tastes! She's changed to add 1 tbsp of brown sugar instead of 1 tsp of white sugar; dry sherry instead of white wine and red onions instead of white onions.



## Method:

Melt the butter and oil in a large pan  
Add the onions and fry but make sure you keep stirring so the onions don't burn  
Add the sugar; pepper and thyme and cook for about 15/20 minutes until the onions are golden and caramelised  
Add the garlic and flour and stir well for 1 minute  
Turn up the heat and add the beef stock and wine or sherry  
Stir then cover and allow to simmer for 15-20 minutes  
Toast the baguette slices with the grated cheese  
Serve and enjoy

Follow Becky on Social: [SimpliciB](#) and her website: [www.simplicib.co.uk](http://www.simplicib.co.uk)

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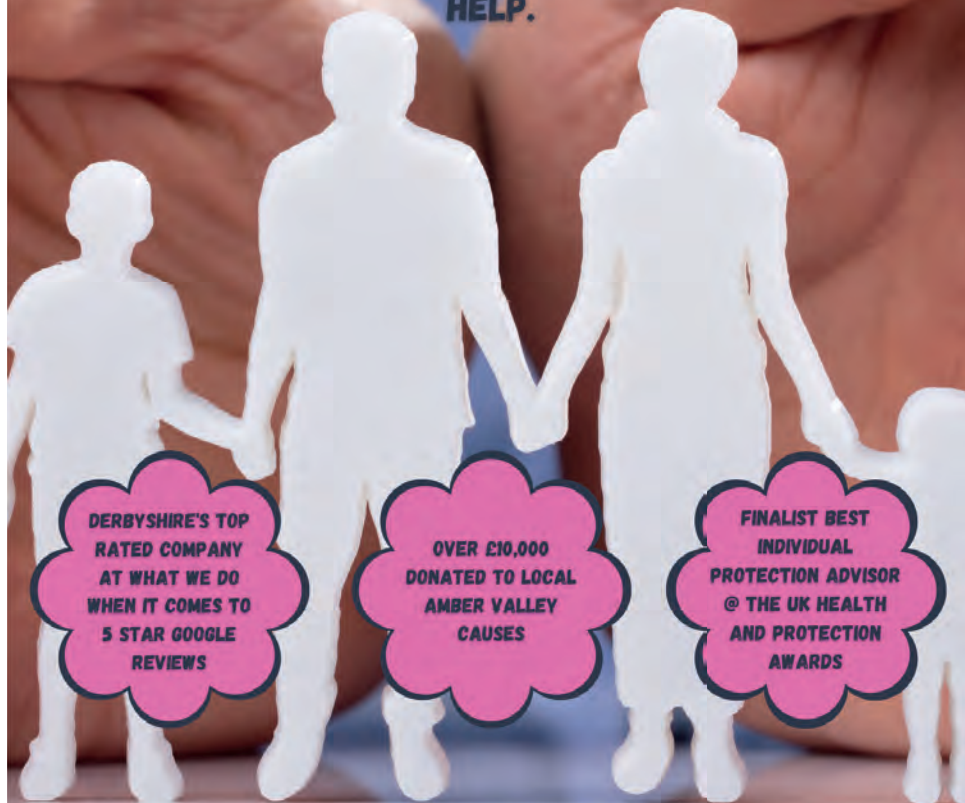
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