

FREE



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THE ESSENTIAL HANDBOOK FOR LOCAL FAMILIES

ISSUE 24

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# Hello BOOM readers and welcome to our Autumn edition

As the leaves turn autumnal and the summer comes to an end our children will be moving into a new phase of transition or schooling, so in this edition we will explore the changes some of them may be experiencing. Local psychotherapist **Jess Bowers** helps us support children with 'saying goodbye' and **Bridge The Gap** explore new starts with some great tips for kids who may be struggling with this.

We have up to date information on the 'Starting School' process for 3 & 4 year olds and regular writer **Fliiss Goldsmith** brings us an interesting article that gets us debating School Uniform and the pros and cons of this British tradition.

As always we have the updated **timetable of classes and groups** for 0-5s in Belper and there are plenty of new **events and activities** going on to see you through this half term, including Halloween festivities and some great 'Pumpkin Picking' spots discovered by local blogger **Molly In Derbyshire**, plus a home-crafting idea from **Amy at Primrose Art Club**.

We then explore a different type of transition that many of you may be able to relate to – 'ageing'. **Sara from Gymophobics** and ex-Boom editor **Sascha** write interesting articles exploring the changes that happen during Menopause and share their discoveries around this topic. We also have an inspiring piece from a **local lady** who made a brave new start later in life setting up her new business. So we hope you feel empowered through changes you may be experiencing as an adult too!

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

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

### INCLUDING

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

**Cover Star: Amber**  
(Boom Girl finally makes it onto a front cover).



Special thanks to Mr Pumpkin for letting us use their great attraction as our backdrop and to James @ Studio 1825 for getting up super early and making this shoot happen!

## Have a cosy and colourful Autumn folks!

*Jo Leigh*

Editor



For more great ideas and places to go you will enjoy following 'Molly In Derbyshire' blog posts at [www.lovelylocalindie.com](http://www.lovelylocalindie.com)

Molly Scott also offers social media support to small businesses, contact her to find out more at [molly@lovelylocalindie.com](mailto:molly@lovelylocalindie.com). Boom Magazine has social media support from Molly and we highly recommend her services.



## Jo Leigh

Editor of Boom Magazine and local mum

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# RETURNING TO SCHOOL

Co-written by Directors at Bridge The Gap Child Mental Health C.I.C

The 'back to school' displays in shops have been up since June already, throwing us, as parents, into a sense of urgency to ensure we've covered everything from new backpack and shiny black patents to the million pack of stainproof t-shirts required for a new term (are they ever really stain proof, honestly!?).

What might also be filling our heads is how they are going to settle into a new regime, routine, class or school. Sometimes children settle really well only to get tired and frustrated with school after a couple of weeks, others can struggle with separation anxiety and MOST children will have an over-spill of emotions as tiredness creeps up on them.

School can be hard for children to cope with, they have a LOT to think about in a school day:

**Behave.**

**Walk inside.**

**I miss mummy.**

**Put your hand up.**

**Sit still on the carpet.**

**Be kind to others.**

**I must have a good day for mum and dad.**

**Don't cry.**

**Don't shout out.**

**I miss daddy.**

**Go to the toilet.**

**Ask to go to the toilet.**

**When can I go home?**

**Listen.**

**Learn.**

**What's this funny feeling in my tummy?**

And that's just a small snapshot of some of what children experience.

Expectations put on children throughout a school day are not always developmentally appropriate. It's not easy for them, especially given what we know

about the frontal cortex which is responsible for impulse control, judgement and handling emotions amongst other things. **This doesn't fully develop until we are 25 – 30 years old.**

So undoubtedly, they are navigating a lot of different and difficult emotions throughout their school day. And they will already be navigating some of this prior to their return into the classroom – as are we as their parent. **It can be hard letting go of different stages of their childhood; it's an emotional transition for us as their parent at the end or beginning of a school year** – a new year signifies our babies growing older and (our often hardest to face fear) another step away from 'the nest'.

My advice – be kind to yourself, recognise the feelings 'below' the surface that are driving your behaviour and acknowledge that they might need a little tending to. Feeling anxious? – get outside, spend time with a friend, chat. Feeling sad? – make yourself a decent cuppa, try a new hobby, pick up a good book. It's important we make space for these emotions and not shut them away – because this will also be modelling wonderful emotional literacy to our little one's. It is OK for them to feel all their emotions. And there will be many emotions linked to their return to school, for sure.

It's natural to be apprehensive about going back to school, try not to be dismissive and 'fix' it for them. Work through their worries with them by first acknowledging and validating it for them; you don't want them to feel bad for experiencing normal feelings to a situation.

Talk through your routine in advance and try and give them a little control over the situation by listening to their needs of the morning and what they need after school. See what you can come up with together!

Sometimes we will do anything to make the emotion stop, because we feel useless – it hurts

to see our child upset and we want to naturally fix that. Spend some time together looking at strategies for them (and you) to use to manage some of these difficult emotions – it is good to develop a tool kit of these strategies and practice them first (a lot).

These are a few of our tried and tested coping strategies to support transition back to school - **be mindful**, if your child states “they just don’t work” – it’s likely because they haven’t practiced it a lot. They are wanting ‘instant’ results (which just don’t exist) and they’ve probably not seen YOU utilise the coping strategy. So get practicing, together and have fun.

- **Build a relaxation kit together** – you can add anything and you can make this portable to help with going in to school. To find out a list of ideas on what to include check out our website.

- **Transitional objects** – a small pebble, stone, piece of a loved one’s clothing, a scent that reminds them of home. The list goes on – transitional objects are a great way to move from place of safety to place of uncertainty.



- **Grounding activities and grounding objects** – grounding is about getting in touch with our senses, proven to be helpful for anxiety and anger in particular. One very popular one is to focus on 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell and 1 thing you can taste. A great many more activities to practice can be found in our ‘Grounding and Soothing Strategies’ booklet on our website.

- **Mind maps** – a great way to allow children to offload what’s in their heads. Put a worry in the middle of the mind map and allow them to offload in relation to that worry all around the outside. You can facilitate this process with them such as writing their answers for them but try not to hijack the process. Mind maps can also be used to help children problem solve, coming up with ideas together to help them feel more in control of a situation.

**Above all else the best things you can do to support difficult emotions and transitions are always to get outside, breathe, connect and PLAY!**



Co-written by Directors at Bridge The Gap Child Mental Health C.I.C, Nikki Webster – Mental Health Nurse & Jennifer Wyman -Early Years Practitioner and Emotional Literacy Specialist.

Bridge the Gap currently have some online activity-based sessions for parent & child to work through together. They are pre-recorded webinars that aim to educate, inform and support children’s understanding of emotions and how to cope with the difficult ones.

Check out this resource and more of what they offer at: <https://www.jwbridgethegap.com>

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# STARTING SCHOOL

The facts you need to know!

Starting school is an important and exciting step in a child's life and we want to support every parent, carer and their child to be ready for school. Find out more about how we can help you to help them here [www.derbyshire.gov.uk/readyforschool](http://www.derbyshire.gov.uk/readyforschool)

## DATES AND APPLICATION PROCESS

If your child was born between 1 September 2018 and 31 August 2019 they will be eligible to start school in September 2023. You should apply for their school place by 15 January 2023. Decisions will be notified 17 April 2023, National Offer Day. This is normally 16 April but is different for the 23-24 notifications because 16 April is a Sunday.

From 7 November 2022, 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  
01332 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 Voluntary Academy

Matlock Rd, Belper, DE56 2JD  
01773 822278

### St John's C of E Primary School & Nursery

Laund Nook, Belper, DE56 1GY  
01773 822995

### Turnditch C of E Primary School

Ashbourne Rd, Turnditch, DE56 2LH  
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# SUPPORTING OUR CHILDREN WITH ENDINGS & GOOD-BYES

Jessica Bowers is a well-being writer, children's author and counsellor and psychotherapist, who lives in Derbyshire. [www.jessicabowers.co.uk](http://www.jessicabowers.co.uk)  
FB & Instagram @jessicabowerswellbeingwriter | Twitter @bowerswellbeing



We are continually faced with endings of various sorts, both big and small - it is an inevitable part of our shared human experience. At best, these are welcome, or perhaps a bitter sweet experience, and at worst, they are unwelcome and extremely painful. Therefore, it is vitally important that we equip our children with healthy and positive ways of dealing with the inevitability of these life experiences.

Firstly, we can't shelter them from these experiences. What we can do is provide them with the right help and support, so that they can internalise these skills and utilise them as they grow. Here are some suggestions:

- **Normalise their feelings;** reassure your children that it is perfectly normal to feel sadness, amongst other feelings, when we say good-bye.
- **Don't try to fix it;** instead, be the container for their feelings, by listening with acceptance and care. Time and space always help.
- **Ask them** what they might need to support them at this time.
- **Get creative** with some writing or artwork to enable them to express themselves, especially if they are struggling to put their feelings into words.
- **Cultivate warm, positive memories** by helping your little one: decorate a jar or box to hold their special keepsakes in, make a scrap book of good times or create a photobook of their loved ones to keep in their room.
- **Self-Care** - suggest an activity that they might like to do. You could go for a walk, read a book, or play a game together. Let your little ones know that they can feel sad about an ending or good-bye and still enjoy other things at the same time.

We can also empower our little ones to reframe their experiences into something positive. For example, we can encourage them to feel proud when they give away things that they no longer use, because someone else will get to enjoy them. They might like knowing that when they give away things that they no longer need, then they create space for something lovely and new – and this is the same when a school year or activity ends, it means they can be open to something which may be even more wonderful.

You can encourage your children to use their imagination and memories to picture their loved ones whenever they like. Let them know that their heart is huge and holds all the love that they have for everyone and everything – so the play date might end, but the experience remains firmly with them inside their hearts and minds!

My daughter often feels sad and emotional when play dates and activities end, and when it is time to say good-bye. Similarly, she finds it tough to clear out old clothes, toys and belongings. My experiences with her have motivated me to write a book to support other children in dealing with these universal life experiences. **'Fabulous Frankie's Huge Heart'** is a tale of a little girl with a big heart, who learns how to let go and say good-bye, with a little help from a magical friend. This book is available to buy at [www.jessicabowers.co.uk](http://www.jessicabowers.co.uk). I have also created a free activity pack (available from my website) which invites insight and understanding around endings and good-byes; perfect for parents, carers and teachers to use with children.





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# YOU-niform

By Fliss Goldsmith, Inclusion Advocate and Children's Author  
[www.flissgoldsmith.com](http://www.flissgoldsmith.com)



There are two things that clearly signal the end of summer. The first is the emergence of the C word – Christmas obviously! The second is the frazzled dash of parents across the country to sort out the Uniform their child/ren will need ready to go back to school. I am not prepared to start discussing the C word at this moment in time lest Michael Buble should make an early emergence from hibernation and wilt in the Autumn haze, and as such this article is dedicated to the potentially more divisive issue of School Uniform.

Last I checked we had moved on from the Victorian approach to many things in life and yet Uniform seems to cling to the past century like a sweep up a chimney! Firstly, we must consider this; 'To Uniform or not to Uniform that is the question.' Please hold your slings and arrows and hear me out. Some schools have a more traditional policy with blazers and ties and emblems adorned. Other schools have a more relaxed take with a prescribed colour scheme but nothing clearer cut than that and finally the progressive zero uniform schools whose only rules are those that concern safety (think no open toed sandals etc). How do those options make you feel? Does your own childhood experience have a bearing on how you want your child to experience the school environment?

Some consider blazers and ties draconian and restrictive whereas others may argue that they instil a sense of pride, discipline, and a greater work ethic. Is it that a lack of uniform is lazy, unmotivated, and unruly or perhaps it is expressive, freeing, and comfortable leading to a greater self-awareness and ability to thrive?

There is the age-old debate around whether a uniform is a great leveller. It ensures that everyone has equal access to clothing for a school day which can certainly blur any economic and social divides in part. Peer pressure is another consideration here; if there is no uniform, are we entering territory of keeping up with the Jones's (or Kardashians?!). If a uniform is in place there is no added pressure of deciding what

style is in fashion, which brand to parade or which colours are so last season. We all know that children have enough pressures already and so removing an extra one by way of a uniform is a good thing, isn't it?


Then of course we can dive deeper and look at gender. Fasten your seatbelts this may get a little bumpy for a time! Does it make sense to have a boy's uniform and a girl's uniform anymore? As far as I know there are no sex specific anatomical requirements to wear a skirt or shorts, it just comes down to the preference of the individual child. Perhaps schools who do favour a uniform should move to a model of a prescribed list of items which ALL children, regardless of gender, are free to pick and choose from?

Whatever your initial reaction to this article I would ask just two things from you. Firstly, you think about it, think about whether you are coming from a place of expectations or introspection and challenge that. Secondly talk to your child/ren, whatever their age. They may not be ready to make the big decisions (or maybe they are!) however they absolutely do have a preference about the clothes they wear, their identity and their expression of it – whether a uniform allows them to fully embrace it remains the question. Whatever the results I hope that this School year is a happy and healthy one for everyone. And if you do see Michael Buble out before December, please be kind and offer him a mince pie!

Yours Inclusively -

*Fliss Goldsmith*






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# Belper groups for BABIES AND TODDLERS

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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**

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

## **Toddle Talk Baby Signing with Doula Lucy**

Thurs: 10.30-11.30am  
Number 28 Market Place  
Fri: 10.30-11.30am  
Struts Community Centre  
BOOK

## **Twistin Tinies Adventures**

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

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Mon 1.25pm - 2.25pm - Heanor  
Tues 10-11am - Vanessa's School of Dance, Fri  
9.45-10.45am - Vanessa's School of Dance,  
BOOK

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

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

## **Nest & Nurture**

Nest & Nurture Studio, Belper North Mill  
**Hatchlings** (Baby Massage & Postnatal Yoga  
(6wks-5m)  
Mon 11.45am - 12.45pm BOOK

**Nestlings Baby Yoga** (4/5m - crawling)  
Mon 10-11am BOOK

## **Little Chicks - Toddler Yoga**

(18 months - 4 years)  
Wed 10am

## **Nest & Nurture Tea Club**

Weekly social and support group for expectant  
and new parents in Belper and surrounding area  
Tues 10.30am - 12.30pm (Donation)  
Tues 10.30am - 12.30pm

## **Pregnancy Yoga**

Mon 7pm-8.45pm (14 wks+)

## **Derby and Notts Sling Library**

2nd Tuesday of the month  
(13 Sept and 11 Oct 10am-12pm)

## **Gymkids - 'not just Gymnastics'**

Belper Leisure Centre  
Weds 9.20, 10.15 & 11.15am  
3 classes available for movers to  
pre-schoolers  
Pre-book 3 weeks at a time

## **Phonics with Robot Reg**

Vanessa's School of Dance  
Fridays:  
9:30am Mini Class (1yr+)  
10:30am Mini Class (1yr+)  
11:30am Preschool Class (2.5-4yrs)  
BOOK

## **Belper Early Years Centre Toddler Group**

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

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

Vanessa's School of Dance  
Mon 4.15-4.45pm  
BOOK

## **Derbyshire Toy Library**

### **Stay & Play**

Belper Community Hall - Wed 9.30-11am  
(See fb for class details during summer hols)  
Kilburn Village Hall - Thurs 9.30 - 11am  
Book your place on DTL fb page or website

### **Toy Hire**

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

## **Post Natal Pilates**

Fit Pit  
**Post Natal Reformer** (babies welcome)  
Thurs & Fri 10.30am

## **Pregnancy & Post Natal Pilates**

Wed 6.15-7pm, Fri 10.30am,  
BOOK

## **Little Church**

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

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

St Mark's Church  
Thurs 9.30-11:30am (0-2.5s)

## **Messy Church**

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

## **The Little Baby Sanctuary**

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

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

Face to face sessions on Tues 9.30-11am - Venue  
TBC (no need to book)  
Plus Fortnightly Friday Walk & Talk sessions at  
Shipleigh country Park  
See Fb page for breastfeeding support and details  
of zoom meet/walk & talk sessions.

## **Baby Sensory**

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

## **Belper Library**

### **Story and Rhyme Time**

Weds 11-11.30am (under 5s)

### **Rhyme Time**

Fri 11-11.30am (under 5s)

### **Craft Drop-In Sessions**

1st Sat of the month.  
Any time between 10am & 3pm  
(5 yrs and over) NO NEED TO BOOK  
(01629532590)

## **Baby Massage with Emily (Doula)**

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

## **Primrose Art Club Toddler Messy Play and**

**Art session.** Struts Community Centre  
Thurs 10-11am (2-3 yrs)  
BOOK [primroseartclub@gmail.com](mailto:primroseartclub@gmail.com)/ 07387  
962150)

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

Vanessa's School of Dance  
Thurs 10am-10.45am & 11.30am-12.15pm  
Book a term at a time or PAYG

## **Moo Music (6 weeks - 5 yrs)**

Belper Early Years Centre  
Thurs 12.45pm - 1.25pm  
Book

## **Bakelicious Cookery Club**

(2-4 yrs)  
Belper Venue and times TBC  
Email: [bakeliciouscookeryclubs@gmail.com](mailto:bakeliciouscookeryclubs@gmail.com)

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

To advertise please email us on: [info@boommagazine.co.uk](mailto:info@boommagazine.co.uk)



**Contact:**

Elvaston Castle Country Park  
01629 533870. DE72 3EP.

# Derbyshire Woodland Festival 2022

**Elvaston Castle Country Park**  
**Saturday 17 and Sunday 18 September 10am - 5pm**

Celebrating traditional and contemporary woodland crafts, watch experts or have a go yourself. Enjoy a wonderful day out with lots of activities for children, arts, gifts, woodcarving, furniture and performance. Delicious food and many interesting stalls.

Parking charges apply, payment is cash only. See:  
[www.derbyshire.gov.uk/woodlandfestival](http://www.derbyshire.gov.uk/woodlandfestival)

 DerbyshireCountryside

 **DERBYSHIRE**  
County Council

# Welcome to



## Interactive role play centres based in South Derbyshire

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

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

## Where are we?

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

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

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

## How it works?

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

### Titchy Town Play Village



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



### Hero Town Play Village



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



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

Visit our websites: [titchytown.com](http://titchytown.com) or [hero-town.co.uk](http://hero-town.co.uk)

# EVENTS SEPTEMBER & OCTOBER 2022

Events happening locally for all ages!

## **Derbyshire Toy Libraries Virtual Toy Auction**

Thurs 8 Sept & 6th 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)

## **The Shark in the Park @ Derby Theatre**

Thurs 8 – Sun 11 Sept  
Featuring all 3 of the 'Shark in the Park' Series – Shark in the Park, Shark in the Dark and Shark in the Park on a Windy Day – this fin-tastic, family musical follows Timothy Pope on 3 exciting adventures

## **Clip N Climb Teddy Bear's picnic**

Fri 9 Sept, 9.30, 10.15 & 11am  
Bring your favourite teddy with you to climb and have a picnic!

## **Spectrum Autism Friendly Festival**

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

## **Crich Tramway Museum Steampunk Weekend**

Sat 10- Sun 11 September  
Family fun featuring alternative history combined with science fantasy

### **Tram Day**

Sat 17 Sept

### **Community Weekend - Art Workshops**

Sat 15-Sun 16 Oct

### **Autumn Fun**

Mon 24-Thurs 27 Oct  
Family fun incl. craft making, storytelling & entertainment

## **Derby Festé**

Fri 23 – Sat 24 Sept, Derby City Centre

A fantastic outdoor spectacular with live performances, music, dance, film and more!

## **Derby LIVE! (*Inderby.org.uk/ families*)**

### **Derby Pride**

Sat 10 Sept, 12-6:30pm  
Celebrating LGBT+ culture, bringing together the diverse communities within Derby and surrounding areas. A family friendly event open to all.

### **Derby Folk Festival**

Fri 30 Sept-Sun 2 Oct  
Amazing acts and a great atmosphere right into the heart of the city, with events in venues and spaces throughout the Cathedral Quarter

## **Explore And Discovery Activities - DCC Countryside Service**

### **Elvaston Castle Country Park (01629 533870)**

### **Derbyshire Woodland Festival**

Sat 17 & Sun 18 Sept, 10am-5pm  
Celebrating traditional and contemporary woodland crafts, watch experts or have a go yourself. Enjoy a wonderful day with lots of activities for families, bespoke gifts, furniture, woodcarving, bushcraft, delicious food and many interesting stalls.  
[www.derbyshire.gov.uk/woodlandfestival](http://www.derbyshire.gov.uk/woodlandfestival)

### **HALLOWEEN TRAIL & PUMPKIN PARLOUR**

Sun 30 Oct 10.30am-3.30pm  
Complete a spooky trail to earn your certificate, then head to the courtyards to visit the Pumpkin Parlour and carve your very own pumpkin to take home!  
Fancy dress encouraged.

### **Shipley Country Park (01629 533991)**

### **Shipley Country Park Autumn Food Festival**

Sun 4 Sept, 10.30am-4.30pm

### **Awesome Autumn**

Sat 10 - Sun 25 Sept, 9.30am – 4.30pm  
Offering a range of autumn themed activity sheets available for children FREE of charge. Self-led activity.

## **Halloween Event: (Un) Natural Trail**

Sun 23 - Sun 30 Oct, 10.30am-3.30pm  
Self-led activity - Follow the Halloween Trail and search for the clues that will help you learn about spooky nature and receive a sweet treat! Fancy dress welcome (Length: 1 mile. Cost: £2.00 per child)

### **High Peak Trail & Cromford Canal (01629 533298)**

### **Spooky Thursday**

Thurs 27 Oct, 10am-4pm  
Prepare for Halloween and try your hand at making a large circular knitting cobweb. Take part in a Halloween trail and collect an autumn tree seed to plant and grow. High Peak Junction Visitor Centre.  
Cost: Free

## **Derbyshire Georgian Festival**

Belper North Mill celebrations take place on Sat 17 Sept with a theme around water. More details at <https://www.belpernorthmill.org.uk>

## **Wirksworth Wizarding Day**

Sun 9 Oct  
Visitors can expect magic and wonder, snakes and owls, broomsticks and train rides and thousands of witches and wizards in their best robes. Witches and wizards of all ages can enjoy a range of magical activities. There will be special Wizarding Express Trains from Duffield to Wirksworth.

## **Ecclesbourne Valley Railway Wirksworth Wizarding Day Specials**

Sun 9 Oct

## **Wirksworth Model Railway Exhibition**

15 – 16 Oct



## Twistin Tots & Twistin Tinies Halloween Week

Week Beg: 17 Oct  
Halloween fancy dress competition with a prize for the best outfit, Halloween songs and activities all week and sweet treats at Tots classes.

## Derby Museum & Museum of Making The Tiny World of Toy Theatre

New permanent display  
Pickford's House  
**STEAM Babies (0-2 yrs)**

10.15-11.15am  
Thurs 8,15,22 & 29 Sept  
Museum of Making  
**On Gallery Makes**

10am-12pm & 1-3pm  
Sat 10, 17, 24 Sept  
Museum of Making  
**Assemble**

Sat 22 Oct, 10am-4pm,  
Derby's annual Making Festival bringing makers together to share their passion and skills, while encouraging others to have a go!

Museum of Making  
**Tots Make and Do: Recycle Week**

Fri 23 Sept, 10-11.30am  
Museum and Art Gallery  
**History Makers: Parading Puppets Workshop**

Sat 24 Sept, 10am-2pm  
Museum and Art Gallery  
**STEAM Tots (2-5 yrs)**

Sat 24 Sept, 10-11.30am  
Museum of Making  
**Crafty Tuesday: Spooky Toy Theatres**

Tues 25 Oct, 10am – 12pm  
Pickford's House  
**Figurative Sculpture Family Workshop**

Wed 26 Oct, 10am-12.30pm  
Museum of Making  
**Family Friday: Black History Month**

Fri 28 Oct, 10-11.30am  
Museum and Art Gallery

## Wizards and Spooks Week @ Midland Railway (01773 570140)

Sat 22 Oct – Sun 30 Oct  
Halloween Trains depart from Butterley at: 11.00am, 11.50am, 12.40pm, 2.00pm, 2.50pm & 3.45pm  
Get off the train at Swanwick Junction and explore the Museum Complex.  
Please mention Boom when responding to adverts!

## Heights of Abraham

Halloween Half Term Fun 22–30 Oct  
Enjoy scary scarecrow and pumpkin decorations & Halloween themed treats and visit the Halloween Grotto in the Rutland Cavern where you will join Lady Lettuce Lavine on a quest through the newly discovered time portal to hunt for the 'sleeping spirit'! Admission tickets £4.50, to include a gift from the treasure chest! <https://www.heightsofabraham.com/times-and-tickets/>

## Gulliver's Kingdom @ Matlock Bath Grandparents GO FREE Weekend

Sat 1- Sun 2 Oct  
**Fright Fiesta** Sat 22- Sun 30 Oct  
Festival-style Halloween that's bursting with colour, costumes and music!

## Cromford Mills

**Shine A Light**  
Thurs 27- Fri 28 Oct, 6:30-10 pm  
Providing an after-dark experience for the whole family, bringing together awe-inspiring animations and live musical performances in stunning audio-visual displays centred around the themes of climate.

**Time Traveller's Tours**  
Sun 18 Sept, 12.30pm and 3pm  
As part of the Georgian Festival there will be 2 tours, a tour for the young, and the young at heart. Come and learn about the history of the mill through games and challenges (you can get dressed up too if you want!).

## Mr Pumpkin

Sun 2 Oct, Sat 8 & Sun 9 Oct, Sat 15 Oct until Halloween  
Weekends 9am-5pm and weekday 10am-4pm  
Mr Pumpkin has 90,000 pumpkins to be picked with lots of exciting varieties on offer. Grab a barrow and select your own perfect pumpkin for Halloween! Enjoy a Pumpkin trail, bale mountain, bouncy castle, fairground rides and hot food/drinks also available. Tickets through the website [www.mrpumpkin.co.uk](http://www.mrpumpkin.co.uk)

## Denby Pottery Visitor Centre Halloween Creepy Crafts

Sat 15 Oct - Sun 30 Oct, Denby Craft Studio  
Creepy craft activities and painting spooky shapes.  
**Halloween Spooky Tea**  
Fri 28th, Sat 29th & Sun 30th October  
Bourne's Coffee Shop & Bistro Spooky-themed Afternoon Tea, including bottomless Witches' Brew for the grown-ups and a free spooky cookie to take home for every child wearing fancy dress!  
Book online: [denbypottery.digitickets.co.uk/tickets](http://denbypottery.digitickets.co.uk/tickets)

## Derbyshire Wildlife Trust @ Carsington Water

**Nature Tots**  
17 & 24 Oct, 10am -12pm, The Whistlestop Centre  
**Halloween Family Bushcraft**  
24 & 26 Oct, 1.30pm -4pm  
Carsington Water Visitor Centre  
**Dusk Walk** (ending in a hot chocolate around the fire)  
26 Oct, 6pm -7.30pm, Carsington Water Visitor Centre. Book activities online: [www.derbyshirewildlifetrust.org.uk/things-to-do](http://www.derbyshirewildlifetrust.org.uk/things-to-do)

## Erewash Museum, Ilkeston

<https://erewashmuseum.co.uk>  
**Halloweek** Mon 24 – Fri 28 Oct  
Spooky fun and games at the museum all week. Crafts and trails Monday, Wednesday, Thursday and Friday. Tuesday- Escape From Dalby House Adventure Game  
**Fairgrounds of the Past**  
Sat 22 Oct  
Visit the museum as part of the historic town Charter Fair event, enjoy our fun traditional penny arcade games

## Love Belper Pumpkin Trail

Fri 28 Oct  
A spooky trail around Belper's Independent shops for families.

## DÈDA Halloween Disco

Date TBC  
[www.deda.uk.com](http://www.deda.uk.com)

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# 3 PRETTY PUMPKIN PATCHES



By Molly Scott - Derbyshire Blogger - Molly is a local mum and runs a popular website called Lovely Local Indie: [www.lovelylocalindie.com](http://www.lovelylocalindie.com). Here are her 3 top recommendations for pumpkin picking this autumn...

Pumpkin picking is wholesome family fun. Wrap up warm and search for the perfect pumpkin for Halloween celebrations or seasonal décor. Go early for the best selection. Uncarved pumpkins last well if kept in a cool, dry place. Then carve it closer to Halloween. Wellies (or at least sensible shoes) and waterproofs advised!

## Mr Pumpkin

Lime Farm, Mansfield Road, Morley, Derby, DE7 6JU

Mr Pumpkin has been growing pumpkins since 2017 and are one of the biggest pumpkin farms in the region. There are over 40 different varieties to choose from including giant, teeny, warty, weird-shaped, blue, white & yellow pumpkins. Tickets include a Pumpkin Trail, bale mountain, bouncy castle, fairground rides plus hot and cold food and drinks.

Pre-booking is required with tickets purchased online. Cash and card accepted.

## Pumpkin Corner

Wyaston, DE6 1ND

Pumpkin Corner is now located at a new site between Osmaston and Wyaston near Ashbourne, you can find the exact location using [What 3 Words](https://www.what3words.com) [blueberry.prickly.bounded](https://www.what3words.com/blueberry.prickly.bounded). This will be the fourth year of Pumpkin Corner PYO pumpkin patch, expect plenty of pumpkins and lots of different varieties. There's usually some yummy food options and photo opportunities.

Free entry and no booking required. Pumpkins priced according to size. Cash or card. No dogs on the pumpkin patch but allowed in the seating area.

## Shirley Pumpkins

Shirley, Ashbourne, DE6 3AT

Shirley Pumpkins will be back for the fourth year running with various varieties of pumpkins. Choose from a huge range of colourful, warty and wonderful 'pick your own' pumpkins.

Usually open weekends and half term week in October (weather permitting). No booking required, free entry. Pumpkins available priced according to size and variety. Card or cash accepted.



All details were correct at the time of going to press but do check social media for any updates.

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Image: © Kate Lowe Photography / Derby Museums

DERBY MUSEUMS

# THE MENOPAUSE

By Sara Stainsby, Owner at Gynophobics Belper.



## Your Mum never told you; your Gran never talked about it; even men should understand:

### The Menopause

It's highly likely if you're female and in your mid 50's you know all about the Menopause, but do those closest to you know what's happening to you and why it's happening? For many years it was a subject that many women (and men) avoided talking about. In recent years it has become a hotter topic, with high profile women like Louise Minchen, formerly of BBC Breakfast, and Davina McCall sharing their experiences of the menopause.

### So what is the menopause and what could you expect?

For a start, like most women's health experiences, it's highly individual. The average age for being menopausal is 51 in the UK, however some women can become peri-menopausal in their mid-40's. There are also plenty of women who undergo surgically induced menopause after the removal of their ovaries and some who experience early menopause (under 45).

Some women experience very mild symptoms for a fairly short period of time; some experience life changing symptoms that can affect them profoundly for many years. There are 34 documented symptoms which include hot flushes, weight-gain, fatigue, brain-fog, mood swings - most of which have been the subject of many comedians' jokes. Victoria Wood's 2001 sketch Menopause and Health Food Stores pokes plenty of fun at her own experience, and is worth a watch on YouTube if you need cheering up.

Joking aside, if your experience of the menopause is life changing there is nothing funny about it. Some women report such severe debilitating symptoms that they struggle to function. In some cases this has led to relationship break up and

loss of a career. Some women even report having struggled to get support from their GP's as their predicament has been viewed as a life stage. It's estimated that only 30% of GP's have had specific menopause training.

All of this is not surprising as we are only just starting to exit a culture where the menopause is seen as something women just have to put up with. The Government, more employers and medical professionals are taking a greater interest and are investing in training in the specific issues faced by peri and menopausal women. We are also unsurprisingly seeing an increase in industries taking an interest in this expanding market, not least the cosmetics and beauty businesses, with new menopausal specific ranges.

According to a study by Newson Health of 3800 women, done in October 2021 and published in The Independent -

- 99% felt their peri or menopausal symptoms had a negative effect on their careers
- 59% had taken time off work, 18% for more than 8 weeks
- 21% had passed up the opportunity of promotion, which before reaching the menopause they would have taken
- 19% reduced their hours
- 12% resigned

With these statistics is it any wonder more employers see the need to understand how this life event affects their talent pool? Employers in both the private and public sectors know how expensive it is to recruit, but for years they have accepted this huge loss of experience and talent. Most women don't want special treatment

when they are in this situation they just want understanding and support.

My personal experience of huge hormonal changes after having a difficult pregnancy, a hysterectomy at 42 and dropping my HRT 7 years later had a drastic impact on my corporate career. In my last role as a Sales Director for a large organisation I found myself struggling with memory and emotions. [My mother has dementia and was shortly to go into a home, my father was struggling, my twin boys were starting their GCSEs, and I was running a multimillion-pound sales operation, amongst other things. Looking back no wonder I was 'emotional' as my line manager said. In fairness to him why would he understand? I did take the time to tell him I was coming off my HRT. Obviously as he dived under the desk for cover and felt the need to get out of the room as quickly as he could, he didn't hear what I was saying. "I am being advised to come off my HRT, I don't know what this will do but I may be bonkers for a while". Pretty clear! But ultimately my fear that my memory loss was possibly early on-set dementia was simply menopausal brain fog and a bit of my head being too full of life stuff]. My 25 years plus of corporate life ended and I moved on so I could live a life on my terms.

We all have responsibility to manage our symptoms, whether that's through HRT or managing symptoms with natural remedies, but making healthier lifestyle choices makes a difference for the majority of women. A good diet with plenty of fresh fruit and veg, minimise alcohol consumption and spicy foods if you suffer hot flushes, try to wear natural fibres like cotton, especially at night. Some women find supplements like sage tablets or red clover tablets help.

There is however no substitute for a good exercise regime at any time of life. The Chief Medical Officer of England suggests at least 150

minutes of moderate exercise a week, at least 60 minutes of which should be resistance work. There is also research that now suggests good exercise habits as we approach the perimenopausal stage of our lives has a positive effect on brain health. For more information about the effects of the menopause, brain health and links to dementia there's a great podcast by Dr Lisa Mosconi on [www.drchatterjee.com](http://www.drchatterjee.com)

There are mixed theories about HRT but many medical professionals will recommend HRT and there are numerous benefits in taking it. There are clearly some women who can't take HRT, especially those who have experienced breast cancer for example. Some women are put off by reports about HRT being dangerous, linking it to cancers and other diseases but for many women the replacement of lost oestrogen through HRT can be the best and a safe solution. Talk to your doctor or a menopause / hormone specialist to establish what's right for you.

There is no doubt that recent publicity has helped raise awareness of the menopause but there is still a long way to go. We can all help raise awareness by being open and talking about our experiences with those closest to us but also in the workplace. It's a personal thing but nothing to be embarrassed about - we'll all experience it at some point, from one perspective or another.

*If you'd like to know more about the menopause, its effects and the implications when its effects are combined with illnesses there's some great advice on Dr Louise Newson's website [www.newsonhealth.co.uk/resources](http://www.newsonhealth.co.uk/resources) or follow her on Instagram and Facebook*



### About the author

Sara Stainsby is the owner of Gymophobics in Belper. Gymophobics is a ladies only fitness and weight-loss centre, suitable for all ages, all levels of fitness and is used by over 250 ladies in and around Belper.

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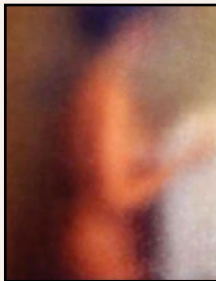
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# THREE PERSPECTIVES ON MENOPAUSE

Tania

Danielle

Sascha



## **Tania Malan**, Advanced Nurse Practitioner & Aesthetic Medicine Specialist

There is still a misconception about menopause management. 'Menopause' is a word used to explain a period in our lives where our reproductive system retires. The misconception is that many women believe they 'arrive' at this period and then must 'get through' it. Some women suffer for years and others 'sail' through it, which just means they escaped the worst of the symptoms, however the body will still continue to suffer symptoms associated with ageing.

Optimising our hormonal levels improves our quality of life, reverses ageing and extends healthspan. Oestrogen regulates collagen levels, reducing wrinkles in the skin, increases blood flow throughout the body, promotes healthy sleep, and reduces the risk of heart disease, osteoporosis and colon cancer. It also helps maintain memory, whilst enhancing concentration. Progesterone is a natural anti-depressant which improves anxiety, sleep, bone strength, cholesterol, stamina, and reduces the risk of breast cancer. It also reduces PMT symptoms and can slow down the onset of menopause. Testosterone is crucial for maintaining muscle mass, which in turn improves energy, libido and mood. DHEA is a precursor (building block) hormone for oestrogen and testosterone. It further increases libido, energy, mood, memory, helps regulate the immune system, protects against diabetes, and has anti-ageing properties.

Women can feel terrible with low or fluctuating hormones. Balancing hormones is crucial for quality of life and reversing the symptoms of ageing. The conversation needs to change. Don't wait for 'menopause to happen'. Consider how you can prevent and improve your outcomes, long before they occur.

## **Danielle Doherty**, Permanent Makeup Specialist

As women transition through menopause, hormone imbalances, (particularly the lack of oestrogen and vital nutrients) impact the eyebrows and hair. It's very common for women to see their hair thinning. Their brows often thin out at the tails, or disappear entirely.

The lack of oestrogen can lead to a relative increase in male hormones such as DHT, which attack the hair follicles, and can lead to hair loss. This can be very distressing for my clients who say they 'no longer see themselves in the mirror anymore'. They repeatedly remark on how they look 'tired and old' and this significantly affects their self-confidence. All at a time in life, when they should be feeling most empowered and free to fully enjoy all that life has to offer!

Women transitioning through menopause often tell me 'they don't do this sort of thing' (i.e. permanent makeup) and clearly want to focus on a look which is very natural. They want to restore their brows back to what they once recognised as their own, not follow an Instagram trend!

It is incredibly rewarding to help people suffering from hair loss. By restoring my clients' brows or hair, with permanent makeup, I have the privilege of seeing the transformative impact it has to their self-confidence and day to day life.

## **Sascha Landskron**, Dietitian & Nutritional Genomics Specialist

Lifespan is the total number of years we live, whereas healthspan is how many of those years we are healthy and free from disease. Amazingly in the 70 years between 1950 to 2020 our average life expectancy increased from 47 to 73 years of age. However, there has not been the same increase in healthspan. In fact the healthspan-lifespan gap is now estimated to be 9 years. Nine years! Nine long years that the average human can expect to live with chronic illness and disability. This is just not acceptable. Especially in view of the recent advances in our understanding of ageing. There is much that can be done to increase our healthspan.

Specifically with menopause, the hormonal changes make it easier for us to gain weight and develop high cholesterol. We know that people with high LDL (bad) cholesterol are more likely to have poor health outcomes, but not all lifestyle and diet changes improve cholesterol and heart health equally for all people. Genetics plays an important role.

We are more likely to gain weight as we age, but this is by no means our destiny. There are clever ways of modifying what we eat and how we move, so we can lose weight, without the constant hunger, irritability, and carb cravings many people find when they are 'dieting'.

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# AUTUMNAL JARS

This craft activity was created by Amy at Primrose Art Club.



Autumn is a magical time of year when the green countryside changes to vibrant red, oranges, yellows, browns and the occasional purple. The nights also start to become darker and hibernating animals prepare for winter. Recycling jars into fantastic autumnal scenes for your window or even adding a candle to make a colourful themed lantern is a fun way to capture your memories, you could even make some Halloween themed ones in October!

## What you will need:

- Used jar (jam/sauce/pickles)
- Pot/Cup (for water or glue)
- PVA Glue (If you plan to use tissue paper or leaves)
- Small Paint Brush
- Scissors
- Chalk (optional)
- Decorating Materials (Poster paint, tissue paper, leaves)
- Tea Light Candle (optional)



## Method:

1. To begin with, soak the jar in a sink filled with hot soapy water and leave it overnight. The next day you should be able to peel the label off (Don't worry if some of the glue stays stuck on).
2. Choose what kind of background you want for the jar. Perhaps an orange painted background to represent the sky at sunset or some orange and purple tissue paper glued to it in an abstract pattern. This only needs to be a thin layer of paint or one layer of tissue paper.
3. Next you need to make the silhouette. You can create the silhouette using either black paint, black tissue paper or some fallen leaves. The silhouette could either be a scene such as a cat by a tree or an assortment of shapes and images.



4. a) If you plan to use black paint try sketching the outline of what you wish to draw with chalk first. Once this is complete fill in the outlined shapes with the paint. For the silhouette you may need to paint two layers if the paint is thin.

- b) If you plan to use tissue paper or leaves there are two options. First you could cut out the shape you want out of the material and glue it to the jar. Alternatively, draw the shapes on the jar with chalk, then cut the tissue paper/leaves up into smaller pieces and fill the chalk outlined shapes by gluing the small pieces on.



5. Leave your jar to dry overnight. The next day place the jar in a window sill, the jar can be left as it is or have a tea light (preferably electric) placed inside.



Check out Primrose Art Club's website: [www.primroseart.club](http://www.primroseart.club) to see what arts & crafts the children create during their weekly sessions.





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# WOMEN IN BUSINESS: Changing Careers In Your 30'S

By Yen Wei Goo, founder and director of Paguro Upcycle, which is based in Nottingham. The female-owned and run vegan fashion company uses innovative upcycling methods to transform materials destined for landfill into something beautiful.



Some changes in life are unavoidable. They're often so small yet constant in our lives, we don't notice them until we stand back.

But there are other changes (big changes) we know we need to make, but we hesitate because we don't know what the outcome will be. This can be daunting, even when we know we aren't happy.

So, why do we make big changes that make us feel uncomfortable or unsettled initially? Often it is to find happiness, fulfilment, or to achieve a better work/life balance.

For me, I drastically changed careers in my early 30's because I wanted to pursue my passion. I'd always had an interest in fashion, but visiting my local high street, I became disillusioned. I saw chain stores selling fast fashion and a throwaway culture.

I wanted items that were handmade with love by artisans who were paid and treated fairly. I wanted brands that shared my passion for individuality, quality, and sustainability. In the end, I had to be the change I wanted to see.

My journey began while travelling through South East Asia. I met a designer whose mission was to create ethical bags using recycled materials. But they weren't just any materials, they were challenging, and the product was so unexpectedly beautiful.

By the time I arrived home, I knew I had to follow my passion. It was scary because I was leaving a secure job as a qualified accountant with financial security and prospects for something unknown.

It was daunting, especially as I knew I had to rely on myself. I didn't have external financial support; I had my savings, and that was all.

Over the past few years, it's been challenging because of the pandemic and the way consumer spending/shopping habits have changed. I've adapted from focusing on in-person events and festivals to

prioritising the website so I can increase the brand reach.

Paguro Upcycle now sells to international customers online and in-person (including as far as New Zealand) and works with stockists across Europe and the USA.

My best piece of advice for those thinking about changing careers and starting their own business is to find something you are passionate about, believe in, and like.

The one thing I wish I had known before going into business is to be patient. Success never comes overnight. It takes time to get a foothold in the market, particularly if you are doing something niche and unique.

My aspirations and dreams for Paguro Upcycle are to create a successful international platform where people can shop for unique and quality upcycled products and be the space where artisans can sell their creations. I also hope to help more artists improve their business management skills and income potential.

The best thing you can do to support local independent brands is to buy from them, help them spread the word, like and share their social media posts and leave reviews for the items you bought.

My proudest moment as a business owner was being able to provide orders to our artisans during lockdown, helping them ease some of their financial worries, and keeping up the quality and standard of our service.

The hardest part about being a business owner is the isolation. Having to find your own path and motivation can be challenging, particularly when you face criticism. The rewards are receiving appreciative notes and reviews from customers, which make it all worthwhile.



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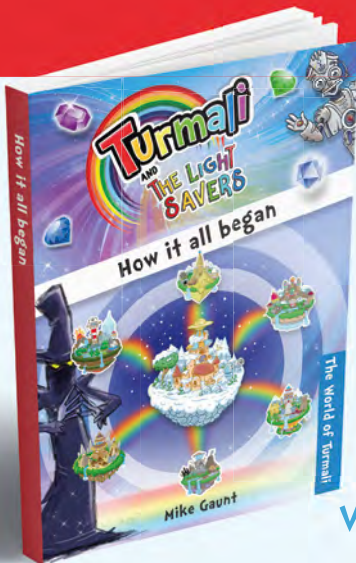
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