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ISSUE 32

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## BOOM... Spring is on its way at last!

Snowdrops, crocuses, daffodils, bluebells and tulips. These are the beautiful British flowers that guide us from winter to spring. And this issue, we're **GOING WILD** to celebrate!

Aristotle said, 'In all things of nature, there is something of the marvellous.' Little kids demonstrate this awe and wonder regularly, but how much time do we, as adults, spend seeking out nature's wonders? Bonnie McNabb from Woodland Connections has written the perfect article to encourage the whole family to find **mindfulness in nature**, and garden designer Steven Howard shares with us how to **get your children involved in your springtime gardening**. You can also read about the favourite wildlife spots of Chloe Davenport-Kelly from Derbyshire Wildlife Trust.

We're pleased to welcome back Amy Stevens with a brilliant **wild mobile craft**, and Jennie Moses who has assembled a list of **wild words** for you and your children to pronounce in different language. Of course, we've also collated a huge **events list** including upcoming Easter fun. And our **class timetable** is now bigger than ever with a handy 'under £4' section.

Have you spotted our Boom Buddy families on social media? The Hilltop Family have written the **Stanton Moor Walk** in this issue and Liz, from The Brown Family, has provided the front cover image!

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

Stay wild,

*Steph & Heather*

[steph@boommagazine.co.uk](mailto:steph@boommagazine.co.uk)  
[heather@boommagazine.co.uk](mailto:heather@boommagazine.co.uk)  
[www.boomderbyshire.co.uk](http://www.boomderbyshire.co.uk)



WIN one of five family day passes to award-winning Derbyshire attraction **Matlock Farm Park**




Matlock farm park

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### Get in touch!

To list a class or event or suggest an article, email [steph@boommagazine.co.uk](mailto:steph@boommagazine.co.uk)

To find out more about advertising in Boom, email [heather@boommagazine.co.uk](mailto:heather@boommagazine.co.uk)

Or, if you're not sure who you need to speak to, just email [info@boommagazine.co.uk](mailto:info@boommagazine.co.uk)

We can't wait to hear from you!

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

nurseries, schools, libraries, health visitors, shops, cafes, and classes and groups for 0-11s in Belper, Ripley, Alfreton, Heanor, Wirksworth, Ashbourne, Matlock, Matlock Bath, Cromford, Milford, Duffield, Quarndon, Allestree, Darley Abbey and many places in between.

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3 Strutt St, Belper DE56 1UN 01773 448000

# GROUPS & CLASSES FOR 0-11s

If you wish to be listed in later editions, please get in touch:  
[steph@boommagazine.co.uk](mailto:steph@boommagazine.co.uk)

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

## AMBER VALLEY, ASHBOURNE, WIRKSWORTH, MATLOCK & BEYOND!

### AVP Theatre & Arts Academy (7-16s)

**St Johns Church Hall, Mickleover**  
Tue 6.15 - 7.15pm (approx. 7-11s)  
Tue 7.15 - 8.15pm (11+)  
Fri 5.15 - 6.15pm (approx. 7-11s)  
Join our drama classes and make new friends. Working with a professional actor and theatre-maker, children will create performances, learn new skills and build confidence, all whilst having fun! There are opportunities to perform in two shows a year, as well as having the chance to create films, develop scripts, and help to make props. LAMDA training and exams offered too.  
Book [www.avp-theatre-arts-academy.class4kids.co.uk](http://www.avp-theatre-arts-academy.class4kids.co.uk)  
[avptheatre@gmail.com](mailto:avptheatre@gmail.com)  
07462 549429

### Baby Sensory (0-13m) FlowMotion.Life Yoga Studio, Matlock

Mon 10.30 - 11.30am (birth-6m)  
Mon 12 - 1pm (6m-13m)  
**The Venue, Ashbourne**  
Tue 10 - 11am (birth-6m)  
Tue 11.30am - 12.30pm (6m-13m)  
Tue 1 - 2pm (birth-13m)  
**Lion Hotel, Belper**  
Wed 10 - 11am (birth-6m)  
Wed 11.30am - 12.30pm (6m-13m)  
Wed 1 - 2pm (birth-13m)  
**Ripley Leisure Centre**  
Thu 10 - 11am (birth-6m)  
Thu 11.30am - 12.30pm (6m-13m)  
Thu 1 - 2pm (birth-13m)  
Book 07989 443734  
[www.babysensory.com/](http://www.babysensory.com/)  
centralderbyshire

### Balance and Bloom Yoga with Emily Shine with Tabitha Yoga Studio, Belper

Wed 11am - 12pm mother and baby yoga (0-toddling)  
Thu 1 - 2pm baby massage (4wks-6m)  
Thu 6.15 - 7.15pm pregnancy yoga (14wks-birth)  
Book one session or a block.  
07816 653812  
[www.tabitha-yoga.co.uk](http://www.tabitha-yoga.co.uk)  
[emilyplastow@hotmail.co.uk](mailto:emilyplastow@hotmail.co.uk)  
**Kirk Langley Village Hall**  
Mon 9.45 - 10.45am mother and baby yoga (0-toddling)  
Mon 11am - 12pm baby massage (4wks-6m)  
Wed 6 - 7.30pm pregnancy yoga (14wks-birth)

Wed 7.45 - 9.15pm pregnancy yoga (14wks-birth)  
Book [www.mamablossom.com](http://www.mamablossom.com)

### Captive Audience Drama (6-18s) Strutts Community Centre, Belper

Sat 10am - 12pm multiple sessions  
Exploring drama, learning new skills and building confidence.  
Book [www.captiveaudience.org.uk](http://www.captiveaudience.org.uk)  
07799 892320  
[captiveaudience@live.co.uk](mailto:captiveaudience@live.co.uk)

### Codnor Quackers (0-4s) Codnor Sports Club

Fri 9.45 - 11.15am  
A Friday morning full of fun, giggles, playing, snacks and singing at the top of our voices. Snacks for children and a lovely treat and a hot drink for the adults.  
£5 for 1 adult and 1 child if you pay weekly. £20 for a 4-week prepaid ticket. £1.50 for additional adult or child. Booking advised but not essential. Fb Quackers in Codnor

### Derbyshire Toy Libraries Toy Hire Strutts Centre, Belper

Wed 10am - 12pm, Fri 9.30 - 11am, Sat 9 - 11.30am  
Click and collect.  
Browse at [www.derbyshiretoylibraries.org/shop](http://www.derbyshiretoylibraries.org/shop)  
Book collection on Fb

### Hopyard Wood Forest School Lodge Lane, Kirk Langley

Tue 10.30am - 12pm Woodland Babes Stay & Play (0-5s)  
Fri 10.30am - 12pm Woodland Babes Stay & Play (0-5s)  
Sat 10.30am - 12.15pm Woodland Explorers (5-11s)  
Hopyard Wood is a magical woodland where the soul rests, the heart soars and the body is refreshed. It's a place where magic is discovered, bonding rituals are explored, memories are made and, more importantly, a place where children (and adults) can breathe and just be.  
Book [www.bookwhen.com/hopyardwood](http://www.bookwhen.com/hopyardwood)  
[www.hopyardwood.co.uk](http://www.hopyardwood.co.uk)

### Infinite Wellbeing Community Centre Market Street, Heanor

Mon to Fri 9am - 3pm; Sat 10am - 3pm  
Role play area for children with a dedicated baby and sensory area.  
£5 per family.

Toddler Fun & Fit, Messy Play and Rhyme Time throughout the week (included in entry price).  
Monthly family-friendly movie screenings/my first cinema on Saturday afternoons. £3 per ticket.  
Booking not required.  
[www.infinite-wellbeing.co.uk](http://www.infinite-wellbeing.co.uk)

### Languages for All

Language learning for all ages. Groups or individually. Online or in person.  
[jmoses@languagesforall.org.uk](mailto:jmoses@languagesforall.org.uk)  
07918 173844  
[www.languagesforall.org.uk](http://www.languagesforall.org.uk)

### Messy Munchies (6m-4yrs) All Saints Church Hall, Matlock

Mon 10 - 11am  
Food sensory play, allowing children to explore foods in a fun environment which can help with the weaning process. Each month is themed. £7.50.  
Book [www.bookwhen.com/messymunchies](http://www.bookwhen.com/messymunchies)

### Mini First Aid Nottingham & Derby

**Across Derbyshire including Belper, Clay Cross, Darley Abbey, Matlock and Oakwood**  
Award winning 2-hour baby and child first aid classes. Ideal for parents and expectant parents. Babies welcome. £25pp. Private classes also available.  
[maria@minifirstaid.co.uk](mailto:maria@minifirstaid.co.uk)  
07806 820393  
[www.nottingham.minifirstaid.co.uk](http://www.nottingham.minifirstaid.co.uk)

### Nature Tots (0-5s) Carsington Water Outdoor Classroom

Mon 10am - 12pm  
Fortnightly 04/03, 18/03, 08/04 and 22/04  
A wide selection of outdoor activities which may include pond-dipping, stories, mud painting and sensory play. Pay on arrival, parking included.  
£6 first child; £3 sibling.

### Nest & Nurture Belper Community Hall

Thu 12 - 1pm Hatchlings baby massage & postnatal yoga (6wks-5m)  
£50 for 6 weeks  
Thu 1.15 - 2.15pm Nestlings baby yoga (4/5m-crawling)  
£50 for 6 weeks  
**Nest & Nurture Tea Club**  
Tue 1.15 - 2.30pm  
Monthly social and support drop-in

session for expectant and new parents. Donation.

### Nurtured Birthing Classes

Thu 7 - 8.30pm  
(14wks pregnant onwards)  
Pregnancy yoga and hypnobirthing. £75 for 6 weeks.  
**Derby and Notts Sling Library**  
2nd Tue of the month 10am - 12pm  
[tara@nestnuture.co.uk](mailto:tara@nestnuture.co.uk)  
07817 649409

### Old Farm Bus (0-11s) Warmwells Lane, DE5 8JB Muck Out Mornings

Tue, Fri & Sun 9.30 - 11.30am (0-4s)  
Messy play, soft play bus and farm animals in the barn child £5 / adult £1. Sun 9.30 - 11.30am craft session (5-11s) - £5  
Book at Eventbrite  
**Home Ed Group**  
Wed 27/03 & 24/04 12 - 2pm  
£3 contribution.  
Book via [theoldfarmbus@gmail.com](mailto:theoldfarmbus@gmail.com)

### Pregnancy & Post Natal Pilates Belper Pilates Studio, East Mill

Wed 7.10pm (mat work)  
Thu 9.45am (reformer)  
Fri 10.20 and 11.15am (reformer)  
Physio-led reformer classes. Babies welcome. 07703 116284  
Book [www.belperlifefitnessphysio.co.uk](http://www.belperlifefitnessphysio.co.uk)

### Primrose Art Club (4-13s) Lizzy Morris Studio

Wed 4 - 5pm (4-9s)  
Wed 5 - 6pm (10-13s)  
**Strutts Community Centre**  
Wed 4 - 5pm (10-13s)  
Wed 5 - 6pm (4-9s)  
Arts and crafts group sessions where kids can explore their creativity and develop skills.  
[bookprimroseartclub@gmail.com](mailto:bookprimroseartclub@gmail.com)  
[www.primroseartclub](http://www.primroseartclub)  
07387 962150

### Sparks Film Club (7-11s) The Grand Pavilion, Matlock Bath

Wed 5.30 - 7.30pm  
Weekly filmmaking workshops. Membership costs £56.25 monthly or £250 termly. Discounts for siblings or groups.  
[DerbyshireNorth@sparksarts.co.uk](mailto:DerbyshireNorth@sparksarts.co.uk)  
[www.sparksarts.co.uk/product/filmmaking-classes-derbyshire-north/](http://www.sparksarts.co.uk/product/filmmaking-classes-derbyshire-north/)

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

### Taekwondo Maestros & Masters Academy (4+) Little Eaton Village Hall

Tue 7 - 9pm (8+)  
Sat 9 - 10am (4-7s)  
Sat 10am - 12pm (8+)  
The Korean martial art of Taekwondo improves fitness, flexibility, balance, confidence, discipline and moral values such as courtesy, integrity, perseverance, self-control and indomitable spirit.  
£20 per month for under 8s; £30 per month for 8+.  
[admin@mandm.academy](mailto:admin@mandm.academy)  
07818 559309  
[www.mandm.academy](http://www.mandm.academy)

### The Little Baby Sanctuary (0-active crawling) Fusion Yoga Well-being Centre, Ripley

Tue 10.30 - 11.30am baby massage  
Tue 1 - 2pm baby yoga  
**Sage Yoga Studio, Belper**  
Thu 10.30 - 11.30am baby yoga  
Thu 1 - 2pm baby massage  
**Anna Michelle's School of Dance, Darley Abbey**  
Fri 10.30 - 11.30am baby massage  
Fri 1 - 2pm baby yoga  
Gentle, interactive strokes and movement supporting common ailments, concerns and baby milestones with Nicky, qualified NNEB nursery nurse, baby massage and baby yoga instructor.  
Book [www.thelittlebabysanctuary.co.uk](http://www.thelittlebabysanctuary.co.uk) • 07739 551379

### Three Bears Cookery Club

[www.threebearscookeryclub.com](http://www.threebearscookeryclub.com)  
[ruth@threebearscookeryclub.com](mailto:ruth@threebearscookeryclub.com)

### TinyTalk (0-4s)

Communicate with your baby before they can speak! At TinyTalk we sign, bounce and giggle through each class, while you learn a handful of useful BSL signs with action songs, stories and familiar nursery rhymes. Enjoy social time and a nice hot cuppa and biscuits after every class. All class sizes are limited.  
**Derbyshire Central St Mark's Church, Openwoodgate**  
Tue 10 - 11am (baby class)  
Tue 11.30am - 12.30pm (baby class)  
Fri 10 - 11am (baby class)  
Fri 11.30am - 12.30pm (baby class)  
[bookwhen.com/tinytalkdc](http://bookwhen.com/tinytalkdc)  
[www.tinytalk.co.uk/kathgreaves](http://www.tinytalk.co.uk/kathgreaves)  
**Derby North St John's Methodist Church, Allestree**  
Mon 10 - 11am (baby class)

### The Church on Oakwood

Tue 10 - 11am (toddler class)  
Tue 11.30am - 12.30pm (baby class)  
**Mickleover Memorial Hall**  
Wed 10 - 11am (toddler class)  
Wed 11.30am - 12.30pm (baby class)  
[bookwhen.com/tinytalkderbynorth](http://bookwhen.com/tinytalkderbynorth)  
[www.tinytalk.co.uk/emilyreeve](http://www.tinytalk.co.uk/emilyreeve)

### Toddler Tuesdays (18m-5yrs) Denby Pottery Village

Tue 10 - 11am  
Creative group craft sessions for your pre-schooler and a free hot drink at Bourne's Coffee shop for you. £7.  
Book [www.denbypottery.com](http://www.denbypottery.com)

### Twistin' Tinies Adventures (0-18m non-walkers) Belper Community Hall

Mon 12.30 - 1.30pm  
Tue 11.15am - 12.15pm  
**Arc Leisure Centre, Matlock**  
Wed 11.15am - 12.15pm  
Innovative sensory adventures to help your baby grow!  
Block bookings - 4 trial classes £20 for new customers.  
[www.twistintots.co.uk](http://www.twistintots.co.uk)  
07977 578359  
[jacqui@twistintots.co.uk](mailto:jacqui@twistintots.co.uk)

### Twistin' Tots (0-5s) Belper Community Hall

Mon 9.45 - 11.20am stay and play  
Tue 9.45 - 10.30am  
**Arc Leisure Centre, Matlock**  
Wed 9.45 - 10.30am  
**Darley Abbey Village Hall**  
Thu 9.45 - 10.30am  
Magical music and movement classes for under 5s and their grown-ups. Weekly or block bookings - 4 trial classes £20 for new customers.  
[www.twistintots.co.uk](http://www.twistintots.co.uk)  
07977 578359  
[jacqui@twistintots.co.uk](mailto:jacqui@twistintots.co.uk)

### Vanessa's School of Dance (3-18s) Vanessa's School of Dance, Belper

Mon 4.15 - 4.45pm nursery class (2.5yrs-reception)  
Mon 4.45 - 5.15pm Tiny Tots modern (reception-6yrs)  
Sat 9 - 9.30am Tiny Tots acro (reception-6yrs)  
Mon to Thu 4pm onwards and Sat 8.45am - 6.30pm (see timetable)  
Ballet, tap, modern, contemporary, musical theatre, singing, acrobatics and street dance classes.  
Adult classes offered in tap, ballet & fitness. [www.vsdance.co.uk](http://www.vsdance.co.uk)  
01773 823309 • 07581 228557

## UNDER £4 OR FREE

**Acorns Toddler Group (0-4s)**  
**Woodlands Church, Allestree**  
Mon 9.30 - 11.15am  
Free play, snacks, singing and a Bible story. [www.woodlandschurch.org.uk](http://www.woodlandschurch.org.uk)  
01332 551336

**B.E.A.R.S. Breastfeeding Support Group**  
**Heanor Children's Centre**  
Tue 9.30 - 11am (fortnightly)  
**Alfreton Children's Centre**  
Thu 10.30 - 11.30am (fortnightly)  
**Belper Early Years Centre, Alder Road**  
Fri 1.30 - 2.45pm  
Refreshments, social and breastfeeding support. Meet other parents. Toys and entertainment for the little ones. See Fb page for breastfeeding support and details of antenatal sessions.  
07776 495900 • Fb messenger

**Belper Cloth Nappy Library**  
Various cloth nappy kits available to hire from newborn to toddler. Contact for more information.  
[belperclothnappylibrary@hotmail.com](mailto:belperclothnappylibrary@hotmail.com)

**Belper Early Years Centre (6m-5yrs)**  
**Alder Road, Belper**  
**Natural World Group**  
Fri 10 - 11.30am  
Toys, sing-alongs and sensory room. No need to book. £1 donation.  
**Special Friends Coffee Morning & Playgroup**  
2nd Wed of the month  
9.45 - 11.45am  
For children with additional needs and their families.  
[belperearlyyearsfun@gmail.com](mailto:belperearlyyearsfun@gmail.com)  
01773 821288

**Bridge the Gap Family Hubs (0-5s)**  
**Sinfin Family Hub**  
Tue 10.30am - 12.00pm March  
Tue 10 - 11.30am April  
**Osmaston & Allenton Family Hub**  
Tue 1.30 - 3pm  
**Mackworth & Morley Family Hub**  
Wed 9.30 - 11am  
**Becket Family Hub**  
Wed 1.30 - 3pm  
A friendly and relaxed space to support your own wellbeing, get creative and talk to the Bridge the Gap team about supporting your child's mental health. Parents can come on their own or with their children. Toys, activities and stories available for children. No need to book. [www.jwbridgethegap.com](http://www.jwbridgethegap.com)  
[staceyemurray@jwbridgethegap.com](mailto:staceyemurray@jwbridgethegap.com)  
01332 600827

**Children's Craft Drop-In Sessions (5+)**  
**Belper Library**  
1st Sat of the month 10am - 3pm  
multiple sessions  
01629 533192  
[belper.library@derbyshiregov.uk](mailto:belper.library@derbyshiregov.uk)

**Denby Bottles Messy Church**  
**Denby Bottles Methodist Church**  
3rd Sunday of the month 10.15am  
Crafts, food, music and storytelling.

**Derbyshire Dales Mum2Mum Breastfeeding Support Group**  
\*Note all groups run once a month. Follow social media pages to see which week each venue is  
**St Oswald's Church Playgroup, Ashbourne**  
Thu 9.30 - 11am (stay and play)  
**Wirksworth Memorial Hall**  
Thu 9.45 - 11.15am (stay and play)  
**Ashbourne Pavilion**  
Fri 9.30 - 11am (stay and play)  
**Ashbourne Library**  
Fri 1.30 - 2.30pm  
Drop-in sessions run by local mums trained in peer support. Part of the Breastfeeding Network. All welcome.

**Derbyshire Toy Libraries Stay and Play**  
**Glebe Field Centre, Crich**  
Mon 9.30 - 11am  
**Grassmoor Community Centre**  
Tue 9.30 - 11am  
**Belper Community Hall**  
Wed 9.30 - 11am  
**Kilburn Village Hall**  
Thu 9.30 - 11am  
Cost of sessions varies from £2-4. Additional siblings/adults £1. Under 6m go free. No booking required.  
**Strutts Centre, Belper**  
2nd Sat of the month 9.30 - 11am  
multiples playgroup  
For carers of twins and triplets. Friends of multiples welcome. £4 for the first child. Additional siblings/adults £1. Book [www.derbyshiretoylibraries.org](http://www.derbyshiretoylibraries.org)

**Edward Praise & Play with Mini Bears (0-5s)**  
**Century Hall, Ashbourne Methodist Church**  
Thu 9.30 - 11.30am  
Activities may include singing, crafts, sensory play and baby massage.  
[ashbournechurch@gmail.com](mailto:ashbournechurch@gmail.com)  
01335 343052 • Fb Edward Bear

**Holbrook Baby and Toddler Group (0-5s)**  
**Holbrook Moor Methodist Chapel**  
Wed 9 - 11am  
Have fun and share experiences in a

friendly, open environment. Toys for all ages, craft activities, stories and singing plus a healthy snack for the children and cake and a drink for the adults.  
£2 per family. No need to book.  
07980 652431 or Fb

**Hulland Hippos (0-5s)**  
**Hulland Ward Millennium Hall**  
Wed 10 - 11.30am  
(inc. school holidays)  
Lots of stimulating activities, songs, rhymes and a story for the children and a chance to make new friends for the adults in an informal environment.  
£3 per family includes a healthy snack for children and drinks and biscuits for adults  
No booking required.  
[www.hullandchurches.org.uk/groups/hulland-hippos](http://www.hullandchurches.org.uk/groups/hulland-hippos)

**Kilburn Baby & Toddler Drop In**  
**Kilburn Village Hall**  
Sun 9.30 - 11.30am (fortnightly)  
Welcoming all families, babies and toddlers to our play, colouring, reading & sensory areas. Drinks provided.  
07877 356262  
[kilburnbaby@gmail.com](mailto:kilburnbaby@gmail.com)  
Fb KilburnBabyAndToddlers

**Listen Love Learn (6m-3yrs)**  
**Derby QUAD**  
First Tue of the month 10.30am  
A weekly creative support group for families hosted by a variety of professional visitors. £3.  
Book [www.derbyquad.co.uk/events/listenlovelearn](http://www.derbyquad.co.uk/events/listenlovelearn)

**Little Church (0-5s)**  
**St Peter's Church, Belper**  
Wed 10am - 12pm £1 per family  
[office@stpetersparishbelper.org.uk](mailto:office@stpetersparishbelper.org.uk)

**Messy Church (all ages)**  
**Ripley Salvation Army**  
3rd Fri of the month 3.30pm  
Games, craft and stories followed by a meal. Donation of whatever you can afford.  
**Messy Church (all ages)**  
**St Swithun's Church, Belper**  
2nd Sat of the month 4 - 6pm - donation  
[office@stpetersparishbelper.org.uk](mailto:office@stpetersparishbelper.org.uk)  
**St Mark's Church, Belper**  
4th Sat of the month 4 - 6pm - donation  
[office@stpetersparishbelper.org.uk](mailto:office@stpetersparishbelper.org.uk)

**Nature Tots**  
**Avenue Country Park, Chesterfield**  
Fri 10 - 11am  
Monthly 15/03 & 12/04  
Meet at the carpark for a short walk

with fun nature activities along the way. Free. No booking required.  
Free parking.  
[www.derbyshirewildlifetrust.org.uk/things-to-do](http://www.derbyshirewildlifetrust.org.uk/things-to-do)

**Prams & First Shoes (0-2.5s)**  
**St Mark's Church, Openwoodgate**  
Thu 9.30 - 11.30am  
01772 826519

**Toddlers Inc. (0-5s)**  
**Denby Bottles Methodist Church**  
Tue 10am - 12pm  
Lots of toys for all ages, finishing with a song and rhyme time. 50p per child includes a snack and drink for all.

**Tots @ Dots**  
**Dot-Teas Emporium, Belper**  
Thu 10am  
Free meet-up for mums, dads and carers to come along with little ones. Free but the tea rooms ask that you buy a drink. No booking required.

**Tuesday Tots (0-5s)**  
**Central United Reformed Church, Derby**  
Tue 10 - 11.45am  
Enjoy a range of activities including crafts, messy play and a baby area. Singing time at the end. Snacks for children and hot drinks for adults available. Donations welcome. Booking not required but maximum 20 children per session. More info on Fb.

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

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[wildbearsforestschoo@outlook.com](mailto:wildbearsforestschoo@outlook.com)

**Wirksworth Parent and Toddler Group**  
**Wirksworth Heritage Centre**  
Wed 2 - 3pm  
Enjoy the studio space and café menu and chat with other parents.

**Wirksworth Stay and Play Baby & Toddler Group (0-5s)**  
**Memorial Hall, Wirksworth**  
Thu 9.45 - 11.15am  
Volunteer-run playgroup with sensory play, a wide range of toys, and themed creative activities. No booking required. Includes snack for the children. Hot drinks and biscuits for the adults. See more on Facebook.  
0-6m £1.50; 6m+ £3 per family

**Yellow Daisies Stay & Play (0-5s)**  
**The Village Hall, Heage**  
Mon, Wed & Fri 9 - 11am play group  
Tue 9 - 11am messy play  
£3.50 per child. Includes snack and drink plus hot drinks for adults.



## LIBRARIES FREE

**Alfreton**  
Mon 11 - 11.30am story time

**Allestree**  
Tue 2.30 - 3pm rhyme time

**Ashbourne**  
Tue 10.15 - 10.45am story time

**Belper**  
Wed 11 - 11.30am story and rhyme time  
Fri 11 - 11.30am rhyme time

**Heanor**  
Mon 2 - 2.30pm story and rhyme time (fortnightly)  
Thu 11 - 11.30am story and rhyme time (fortnightly)

**Matlock**  
Thu 10.30 - 11am story and rhyme time

**Ripley**  
Tue 10 - 10.30am rhyme time

**Wirksworth**  
Thu 2.15 - 2.45pm children's singalong

Find all this information online at [www.boomderbyshire.co.uk](http://www.boomderbyshire.co.uk)



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- Nature's Playground - Home Ed Sessions

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# GARDENING WITH THE KIDS IN SPRING



Written by Steven Howard from N/D Garden Design  
Steven is an eco-friendly garden designer and consultant based in Ashbourne, Derbyshire.

Hello and welcome to what will hopefully be the first of many articles aimed at helping you find new and fun ways to enjoy gardening with your little ones.

I run a Garden Consultation, Design and Maintenance company based in Ashbourne but, primarily, I am Dad to our two girls - Nelly aged three and Dorothy aged two. Gardening and horticulture has been my career for the past decade and, now that I am a parent, I am keen to pass on my green fingers and love of nature to my children.

March is a tricky month in the garden. The weather can flit from ice and snow to warm spring sunshine in what seems like an instant. It feels as if the garden - and the gardeners - are a coiled spring or racehorses under starters orders just itching to get going. While there are plenty of fun things to get up to in the garden in March, it's best to leave most of the seed sowing until the temperature rises and the soil warms.

Although tomatoes, chillies and peppers can be sown indoors now, these can be tricky for the very littlest hands as the seeds are only small. One job in the garden which our girls love helping with is planting potatoes. The seed potatoes are easy to handle and burying them in the compost (around 10-12cm deep) is great, messy fun. I find the best way is to grow them in large pots or containers and, because they are relatively quick to grow (3.5-4 months), the kids really get the feel for growing their own.

Another activity which we enjoy in the early spring is building our bug hotels. I am a self-confessed messy gardener and maintain the fact that my garden is supposed to be untidy in order to help wildlife! I have bent and crooked apple trees which I have rescued from a skip, and I rarely cut anything back or clear leaves away in the autumn. As a result, we have fantastic insect biodiversity and bird life in the garden.

When spring rolls around and hibernating insects start to emerge from the winter sleep, I start to clear away all the debris from the garden. Our bug hotels are tee-pee style using three canes tied together with all the garden leaves, stems and twigs stacked inside. They act as beautiful biodegradable garden structures and we enjoy watching the birds and other creatures make use of them throughout the year.

As the weather warms and the soil starts to stir, certain flowers can be sown directly into the garden. Calendula are one of my favourite flowers and I have sown them in every garden I have ever managed from tiny urban window boxes to 20-acre country estates. They are very easy to grow and have fantastic orange and yellow flowers which your kids and bees will adore!



N/D  
Garden Design

- ✉ gardensignnd@gmail.com
- ☎ 07508 216654
- 📷 @stvn\_j.hwrd

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

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



[www.shiningcliffhostel.co.uk](http://www.shiningcliffhostel.co.uk)  
[www.woodlandconnections.org](http://www.woodlandconnections.org)  
Call Kate on 07794 268059 for more information

SCAN ME



# MINDFULNESS IN NATURE

Written by Bonnie McNabb from All About the Calm  
*Bonnie is also part of the Woodland Connections at Shining Cliff Woods team which offers a variety of sessions for families, children and adults.*



Shining Cliff Woodland is a wonderful place for families to escape the daily rush and spend some quality time with nature. Made up of ancient trees, carpets of bluebells, bubbling streams, muddy puddles, and spiky sweet chestnuts, there's an abundance of sights, smells and sounds all around.

It is by slowing down and taking notice that we really begin to benefit. So stop. Take some deep breaths. Be still and listen. It is in this deliberate slowness that the magic happens!

Research shows that nature connection has many benefits, both physical and psychological, from lowering blood pressure and improving cardiovascular health to reducing feelings of stress and anxiety and improving sleep patterns. Nature is the dose of medicine we all need and it's free, and right on your doorstep; just step into your garden, your local park, or a nearby woodland.

Children benefit too. In fact, introducing children to nature connection mindfulness has many far-reaching benefits for themselves and for the future of our natural spaces. But how do we encourage children to slow down when they love to run, jump, swing and spin? Here are some activities that you can try with your children to help slow down and engage the senses:

**Hear with your deer ears.**

Cup your hands behind each ear, be still and listen. Can you hear things from further away? Try wiggling your hands and notice sounds changing. Cup your hands in front of your ears to hear sounds behind you.

**See with your eagle eyes.**

Stand very still. Focus on the thing furthest away and keep watching, but if something close by moves, quickly shift your focus onto that. Was it a leaf blowing in the breeze or a squirrel scampering about?

**Feel with your fox feet.**

Our sense of touch isn't just about our hands. Walk very slowly like a cautious fox. Notice different sensations when you walk over sticks, stones, grass or mud. Feel the lumps and bumps on the ground through your boots.

**Smell with your hedgehog nose.**

Can you snuffle like a hedgehog? There are lots of good smells in nature. Some are a bit stinky! Moss smells wonderful when damp. Leaves release aromas when you crush them a little. Go on a smelly wander, what can you discover?

**Taste on a teddy bear's picnic.**

Who doesn't love a picnic in the great outdoors? Try eating and drinking slowly and mindfully. Notice the textures, smells and temperature of your food. Savour the taste sensations.

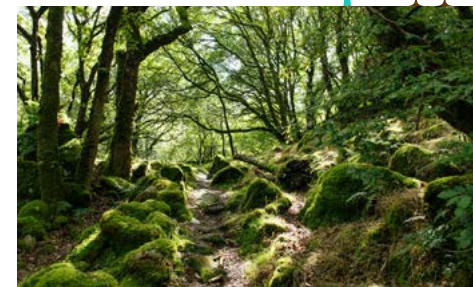
There are many other activities that can be done to help us connect with nature:

- Create some natural art with things you find that have been discarded by nature.
- Have some feely bags of natural objects. Can children tell what they contain just by touch?
- Use a magnifying glass to explore tiny details on leaves and rocks.

**In the outdoors, remember three rules:**

**Look after yourself. Look after each other. Look after nature.**

When you leave, no one should be able to tell you were ever there.



Woodland Connections at Shining Cliff Woods

[www.woodlandconnections.org](http://www.woodlandconnections.org)  
[info@woodlandconnections.org](mailto:info@woodlandconnections.org)



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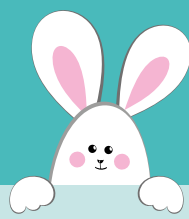
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# EVENTS

## MARCH & APRIL 2024

Events happening locally for all ages!



### Bunny Egg Hunt FREE

#### Matlock Town Council

Until Fri 31 May  
The Bunny Eggs are hiding the secret location of the precious Golden Bunny Egg and the date Matlock Town Council expects delivery of its delicious chocolate eggs! Crack the code and arrive at the correct location on the correct date to win your prize! Bunny Egg Hunts after Sat 30 Mar will receive a certificate and badge only.

### LEGO® Lake District FREE

#### Museum of Making

Until Sun 14 Apr – 10am to 5pm  
Artist Jon Tordoff has recreated 47 square miles of the Lake District in a 12 square metres model with over 200,000 LEGO® pieces. Create your own miniature models. LEGO® trails across all three museum sites.

### Derby Book Festival: Susie Sloth and her Secret Superpower QUAD

Sat 02 Mar – 2 to 3pm  
Join Susie Sloth on an adventure at this fun and interactive storytelling event offering children an introduction to Pilates. Suitable for 3-8 years. Various other events for adults throughout the festival. Ticket: £5

### Wirksworth Artisan Farmers Market FREE

#### Memorial Gardens

Sat 02 Mar & Sat 06 Apr – 9am to 2pm  
A huge variety of local farmers and artisan producers plus creative makers, live music and a fantastic community atmosphere.

### Family-Led Board Games FREE

#### Alfreton Library

Sat 02 Mar & Sat 13 Apr – 10am to 12pm  
Play a selection of games and puzzles suitable for the whole family. No booking required.

### Belper Farmers Markets FREE

#### Belper Market Place

Sat 09 Mar & Sat 13 Apr – 8.30am to 1pm



### Wait... What?!

#### Museum of Making

Sun 10 Mar – 2.30 to 3.30pm  
Family show from Sinfonia Viva exploring some of the biggest mysteries asked by curious children everywhere. A musical and visual feast suitable for children under 7 and their grown-ups. Meet the musicians after the show and join in with family friendly activities. Tickets: £7.50  
Book: [www.derbymuseums.org/event/wait-what-with-sinfonia-viva](http://www.derbymuseums.org/event/wait-what-with-sinfonia-viva)

### Derbyshire Toy Libraries Auctions

#### Fb Derbyshire Toy Libraries

Selling and Fundraising Group  
Thu 14 Mar & Thu 11 Apr (auctions)  
Wed 10am to 12pm; Fri 9.30 to 11am; Sat 9.30 to 11am (collections)  
Photos listed with prices. New Buy It Now feature. Collection from Strutts Centre, Belper.

### British Science Week FREE

#### Derby Museum & Art Gallery

Sat 16 Mar – 10.30am to 12.30pm & 1.30 to 3.30pm  
Discover how our collections are the products of science, technology, engineering, art and mathematical creativity. Then join our facilitators as we experiment with chemicals and create our own miniature volcanic eruptions.

### Behaviour and Mental Health Workshop

#### Bridge the Gap

Tue 19 Mar – 6 to 8pm  
To support parents and carers with an understanding as to why their child might be struggling with explosive behaviour. Tickets: £20  
Book: [www.jwbridgethegap.com/book-online](http://www.jwbridgethegap.com/book-online)

### New Season

#### Lea Gardens

Thu 21 Mar onwards – 10am to 5pm  
Over 4.5 acres of woodland footpaths showing over 650 different varieties of flowers creating a rainbow of colour. Light lunches and homemade cakes in the café. Tickets: £7



### Crafty Saturday FREE

#### Alfreton Library

Sat 23 Mar & Sat 20 Apr – 10.30am to 12.30pm  
Free crafts suitable for all the family. No booking required.

### Carsington and Tittesworth Easter Trails

#### Carsington and Tittesworth Reservoirs

Sat 23 Mar to Sun 14 Apr – 10am to 4pm  
The Easter Bunny has left a trail of eggs and needs your help to find them all. Follow the trail to find all the eggs and answer the questions to collect a prize. Pushchair friendly. £3 per trail sheet.

### LEGO® Castings

#### Museum of Making

Sat 23 Mar to Thu 04 Apr – 10.15 to 11.15am; 11.45am to 12.45pm; 1.30 to 2.30pm; 3 to 4pm  
Cast your own LEGO® style brick from molten Pewter. Learn the process of creating moulds and then experience our mini forge. Create your own brick ready to be made into a keyring, necklace or whatever bespoke idea you have. Suitable for ages 8+. Tickets: £10  
Book: [www.derbymuseums.org/event/lego-castings](http://www.derbymuseums.org/event/lego-castings)

### Our Derby

#### Derby Museum and Art Gallery

Sat 23 Mar – 1.30 to 3.30pm  
The Goodey exhibition shares beautiful landscapes of Derby and the surrounding areas. Join artist, Tracey Meek, to create your own vision of Derby as a diorama. Suitable for families with children 4+. Tickets: £5  
Book: [www.derbymuseums.org/event/our-derby](http://www.derbymuseums.org/event/our-derby)

### Woodland Adventures for Kids

#### Shining Cliff Woods

Sun 24 Mar & Sun 21 Apr – 11am to 2pm  
Sundays were made for adventures so let your kids go wild in the woods! Drop off session for age 6+. Book: [info@woodlandconnections.org](mailto:info@woodlandconnections.org) or on Eventbrite

### Easter Crafts

#### Denby Pottery Village

Check the website for details.

### Professor Fudge and His Choccy Woccy Machine

#### Bluebells Dairy

Fri 29 – Mar to Sun 7 Apr  
Check the website for details

### Easter Eggstra

#### Crich Tramway Village

Fri 29 Mar to Mon 1 Apr – 10am to 4.30pm

Help Mr Rabbit to find all his friends and win an Easter themed prize - £1 additional charge.  
Rabbit ear making, egg rolling, Easter shows each day and the chance to meet some real live rabbits and cuddly animals from White Post Farm. See if you can spot Mr. Rabbit around the Tramway Village! Tickets are valid for a year.  
Tickets: £23 adult; £14 child (4-15yrs)

### Easter Fun at the Farm Park

#### Matlock Farm Park

Fri 29 Mar to Sun 14 Apr – 10am to 5pm

Come along for some fabulous farm fun! Meet and bottle-feed the Cade Lambs, join the egg-citing Easter Treasure Trail and enjoy watching sheep and ferret racing. Over the Easter weekend, join an Easter Egg Hunt with the Easter Bunny and find the Golden Egg to win a prize. Good Friday: The Snow Sisters. Easter Sunday: Circus Skills and Bubble Fun. Easter Monday: Learn to be a Pirate! There's also small animal petting, wallaby encounters, adventure playgrounds, soft play and various options for food and drinks.  
Tickets: £14.95 adults; £12.95 child 2+

### Alfreton Artisan Market FREE

#### Alfreton House

Sat 30 Mar – 10am to 3pm  
Food, drink, arts and crafts

### TinyTalk Easter Taster FREE

#### Belper Library

Sat 30 Mar – 11 to 11.30am & 11.45am to 12.15pm  
Free TinyTalk class so you can try before you buy! Suitable for 0-2s, siblings and additional parents.  
Book: [bookwhen.com/tinytalkdc](http://bookwhen.com/tinytalkdc)

### Easter Weekend at the Heights

#### Heights of Abraham

Sat 30 Mar to Mon 01 Apr – 10am to 4.30pm  
Celebrating the fact that Queen Victoria visited the Heights of Abraham when she was a young princess, Easter weekend will be

a regal extravaganza, perfect for princes, princesses and knights of the realm! Come along in fancy dress for a special Easter gift and a chance to win a golden Easter egg. You might just spot Queen Victoria herself! The cable cars, caverns, exhibitions, woodland walks, sculpture trail and gardens are open too.  
Tickets: from £25 adult; £17.50 child; under 5s free

### Easter Egg Hunt

#### Kedleston Hall

Fri 29 Mar to Mon 01 Apr – 10am to 3pm

Make your way along the trail and find nature-inspired activities for the whole family.  
£3 per trail, includes an Easter trail sheet and bunny ears. Participants will receive a chocolate egg after completing as much of the trail as they like.

### Easter Event FREE

#### Imperial Rooms, Matlock

Sat 30 Mar – 11am to 3pm

A Matlock Town Council event: Easter crafts, costume competition, an obstacle inflatable, magic show, hot and cold drinks and food.

### Derby River Boat Trips

#### Causey Bridge to Phoenix Green

Apr to Oct

Take a 45-minute cruise down the River Derwent to Darley Abbey and back. Learn about the River, the wildlife, Derby's place in history and the exciting plans for its future via onboard audio commentary. Activities and challenges for children of all ages. Refreshments available.  
Tickets: £8

### Easter Eggstravaganza

#### Thornbridge Hall

Mon 01 to Tue 16 Apr – 10am to 4pm

Easter egg garden trail with prizes, Easter crafts and competitions, tasty Easter treats, kids' plant potting station and meet the animals - pet a Pigmy goat, piglet, sheep and maybe a lamb!  
Tickets: (pre-book to save 20%)  
£6.40 adult; £3.20 child; under 3s free

### Peter Rabbit Story Time

#### Bubble Inn, Colton in the Elms

Mon 01 Apr – 2 to 4pm

Join Peter Rabbit to read some stories. Each child will receive a gift-wrapped book and a chocolate egg. They will also have a hot buffet and a drink, with donut desserts.  
Tickets: £10  
Book: 01283 899879

### Dinky Disco Easter Special

#### Déda

Tue 02 Apr – 12pm

A mini rave for little ones and their grown-ups with DJs, dancing, crafts, smoke machines and disco balls. First 20 to book receive a complimentary ticket. All ages welcome.  
Tickets: £5

### Sparks Arts Easter Holiday Camp

#### Lime Tree Conference Centre

Fri 29 Mar to Thu 04 Apr – 10am to 4pm  
Three-day movie making holiday camp. Suitable for ages 5 to 14.  
Tickets: £199.00

### Easter Activities with Marion Adnams FREE

#### Derby Museum & Art Gallery

Thu 04 to Thu 11 Apr – 10.30am to 12.30pm & 1.30 to 3.30pm

Admire Marion Adnams' 'Into the Enchanted Country' collection of work and make your own piece of surrealist art.

### Easter Crafts

#### Creative Arts Studio, Belper

Mon 08 & Tue 09 Apr – 10am, 12pm and 2pm

Other dates to be announced. Themed paper and clay crafts for children aged approximately 6-9 years. Tickets: £6  
Book: Fb Creative Arts Belper

### What If? Machine FREE

#### Museum of Making

Fri 12 Apr – 10.30am to 12.30pm & 1.30 to 3.30pm

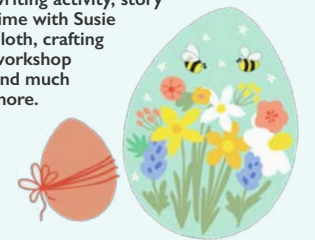
The What If? Machine is a celebration of making, creating, designing and building - come and marvel at the ingenious contraptions being created on the day and get involved in making its smaller but just as over-engineered cousin.

### Wirksworth Book Festival FREE

#### Wirksworth Memorial Gardens

Sat 20 Apr – 9am to 4pm

Authors and poets plus book, vinyl and craft stalls. A great day out for all ages in the quietest little town ever! Free interactive creative writing activity, story time with Susie Sloth, crafting workshop and much more.



**St George's Day Celebrations**  
**FREE**

**Derby City Centre**  
Sat 20 Apr – 12 to 2pm  
Discover Dragons, Dancing & St George in Derby's annual celebrations which highlight English heritage and culture in all its eccentricities.

**Cable Car 40th Birthday Party**  
**Heights of Abraham**

Sun 21 Apr – 10am to 4.30pm  
Come and enjoy a birthday party like no other! It's 40 years since the original cable cars were installed at the Heights, and so visitors who arrive today are in for a real treat. You'll receive a special commemorative certificate on your cable car flight, and there will be a party atmosphere throughout the Estate. Turn up in Victorian fancy dress to win great prizes. Book well in advance.

Tickets: from £25 adult; £17.50 child; free under 5s



**THEATRE**

**Claytime - A Play with Clay**  
**Chesterfield Theatre**

Fri 08 Mar – 2 to 3.15pm  
Interactive theatre show, creating its own world, characters and stories drawn directly from its young audience. Suitable for ages 3-6. Tickets: £16.20; £60.80 group of 4

**The Bag That Went BOO!**  
**Belper Community Hall**

Sun 10 Mar – 2.30 to 3.20pm  
Be drawn into a world made of paper, intrigued by the unexpected, and fascinated by the story of the amazing journey of the little red paper bag. Told with a mixture of puppetry and mime. Suitable for children aged 3-8 years. Tickets: £10; £7 under 12s  
Book via belpercommunityhall@gmail.com or 07878 933469

**Spot's Birthday Party**  
**Derby Theatre**

Thu 04 to Sun 07 Apr – 11am & 2pm (50 mins)  
Join Steve the Monkey, Tom the Crocodile and Helen the Hippo to say a big Happy Birthday Spot! Suitable for age 2+. Tickets: from £15

**Aladdin**  
**St Anne's Church Hall,**  
**Ambergate**

Thu 11, Fri 12 & Sat 13 Apr  
7pm (& 2pm on Sat 13)  
The Ambergate Players present their production of Aladdin. Tickets: £6.50 adult; £4.50 child; family £18.50  
Book: Lieza 07762 278146 or creativeartsbelper.square.site

**Milkshake! Live: On Holiday**  
**Derby Theatre**

Fri 12 Apr – 12 to 1pm & 3.30 to 4.30pm (1 hour)  
Join your favourite Milkshake! friends on holiday with Dora, Pip & Posey, Blue from Blues Clues and You!, Milo, Milkshake! Monkey, and two Milkshake! presenters, for an all-new adventure! Tickets: from £18

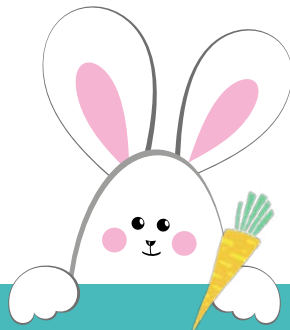
**Jurassic Earth**  
**Derby Arena**

Sun 28 Apr – 12.30pm & 4pm  
Get ready to laugh, scream, sing and ROOOOARRR as Big Foot Events welcome you to the greatest Dinosaur Show on Jurassic Earth! Tickets: £21 - £31

Find all this information online at  
[www.boomderbyshire.co.uk](http://www.boomderbyshire.co.uk)



If there's an event you think we should list in our May/June issue, please email [steph@boommagazine.co.uk](mailto:steph@boommagazine.co.uk)



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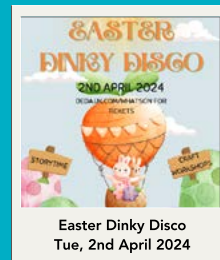
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# CREATE YOUR OWN WILDLIFE MOBILE



Written by Amy Stevenson from Primrose Art Club

Amy has loved delving into a range of creative activities since childhood due to her Granny offering space and materials. She opened Primrose Art Club to provide other children with the same opportunities.

On rainy days you can still GO WILD by creating some lovely wildlife mobiles. Our example is based on local wildlife but you could give yours an aquarium theme, dinosaur theme or jungle theme. You can also paint or colour your mobile with pens instead of using collage.

### What you will need:

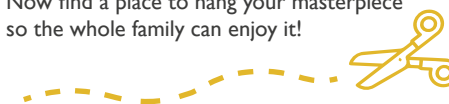
- Cereal box
- Pencil
- Plate
- Scissors
- String/wool/ribbon
- Collage materials
- Glue



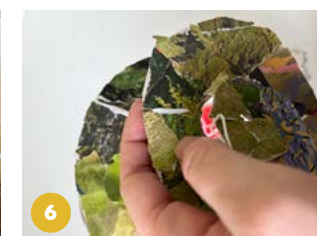
5. Add some colour to your animals and mobile by gluing collage materials onto them. You can use any scrap paper, magazines, left over ribbon from gifts, tissue paper or sweet wrappers. You could even use some leaves or flower petals to add a bit more wildness to your mobile.
6. Cut slots each side of the spiral where you want to attach an animal and thread the string through the two slots. This will help hold it in place. Tie the ends of the string around your animal.
7. You can add extra decorations such as twigs, leaves or shells using the same method to give some more variety to the mobile. Just be careful to not add too much as if it is too heavy the mobile will break.
8. Now find a place to hang your masterpiece so the whole family can enjoy it!

### What to do:

1. First, open up your cereal box and lay it flat. Then place a plate on the inside and draw around it. Cut the circle out.
2. Draw a spiral inside the circle starting from the edge and working your way to the middle.
3. Cut along the line of your spiral. Tie string (you can also use wool or ribbon) to the middle. You should be able to hold the mobile up by the string.
4. Draw your animals on the left over card - we made five for our example - then cut the animals out.



🌐 [www.primroseart.club](http://www.primroseart.club)  
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# BOOM BUDDIES STANTON MOOR WALK



Written by The Hilltop Family

The Hilltop Family moved to Belper two years ago to get closer to all the fantastic days out which Derbyshire and the Peak District have to offer! Hannah, Simon, sons Harry and Jake, and labradoodle, Sandy, have picked this Stanton Moor walk to share with us.

This toddler friendly walk is a perfect blend of moorland, woodland, stunning views, and Bronze Age history. Situated just seven miles away from Matlock, this adventure includes lots of places for little imaginations to play, such as the Nine Ladies stone circle, and plenty of variety for the family to enjoy.

Due to the stony surfaces, it's not pram friendly and, depending on how much stop and play time the kids get up to, you could easily spend a couple of hours exploring on the route. For a brisk dog walk, you'd be round in 45 minutes or less.

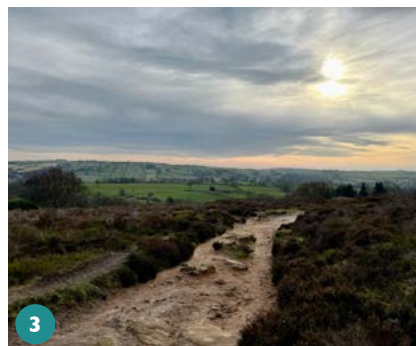
## DIRECTIONS



1. Park on Birchover Road (DE4 2LR) between the villages of Birchover and Stanton in Peak



2. Enter towards the Cork Stone and follow the path straight ahead after the gate



3. Take the second left across the moorland towards the woodland, enjoying the views and being careful on the uneven surface



4. Follow the path north-west from the Nine Ladies

5. Go through the gate and take the small woodland path on your left

6. Follow the narrow woodland path, taking care with the fallen trees and a very small drop, until you reach the larger path and turn right

7. Turn left. Keep a close eye on little ones near the edge of the treeline as there is a sharp drop

8. Walk through the woodland, over the stile, and continue straight ahead on the path southwards

9. Follow the winding path through the woods. There is one slightly steeper path down where little ones may need some assistance

10. Follow the beautiful mossy wood and moorland route back towards your start point

**EASY**

Length: 2.3 miles

Not pram friendly

## ROUTE MAP



**DID YOU KNOW?**  
The Bronze Age stones are traditionally believed to depict nine ladies who were turned to stone as a penalty for dancing on a Sunday!

Why not team your walk with a visit to one of Matlock's lovely cafes like The Garden Room, Kefi or Butterfingers, or head further on to Fig Coffee House in Matlock Bath?

## MAP KEY

**P** PARKING **📍** START POINT **—** ROAD **—** FOOTPATH/BRIDLEWAY

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**LEARN WILD WORDS!**



Written by Jenny Moses from Languages for All  
*Languages for All is a small, local company of dedicated and experienced language teachers offering English, French, German and Spanish lessons to people of all abilities.*

Children love learning new languages and it really helps them develop too! Have a go at learning these 'wild' words with your child today. If you or your child is interested in learning another language, then I would love to hear from you!

	FRENCH	GERMAN	SPANISH
	<b>la jungle</b> [lah johngler] j = zh sound	<b>die Dschungel</b> [dee dshung-ul] g is hard not soft	<b>la selva</b> [lah sell-bah]
	<b>le désert</b> [luh day-zer]	<b>die Wüste</b> [dee voo-stuh]	<b>el desierto</b> [el dez-e-air-toe]
	<b>le lion</b> [luh lee-on]	<b>der Löwe</b> [der luhr-vuh]	<b>el león</b> [el lay-on]
	<b>l'aigle</b> [lie-gluh]	<b>der Adler</b> [dare ar-d-ler]	<b>el águila</b> [el a-gee lah]
	<b>l'éléphant</b> [leh-lay-fon]	<b>die Elefante</b> [dee e-leh-fan-tuh]	<b>el Elefante</b> [el e-lay-fan-tay]
	<b>le requin</b> [luh ray-can]	<b>der Hai</b> [der hi]	<b>el tiburón</b> [el tee-boo-ron]
	<b>le lézard</b> [luh lay-zar]	<b>die Eidechse</b> [dee ay-dex-er]	<b>el lagarto</b> [el la-gahr-toe]

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# GOING WILD IN BELPER AND BEYOND



Written by Chloe Davenport-Kelly from Derbyshire Wildlife Trust  
*Chloe is a trainee within the Learning Through Nature Project and has a passion for conservation and education, aiming to foster connections between local communities and nature.*

In the hustle of our daily lives, there's something about getting to the weekend, lacing up your walking boots and setting out on a crisp, morning walk. Having moved to Belper in 2022 without having visited before, I was instantly captivated by the nature that surrounds this charming town.

I have been on many walks and adventures since moving, often starting with a stroll through Belper Park Local Nature Reserve, a beautiful space, used by many who also enjoy walking and exercising their dogs. As spring approaches, look out for the wildflower meadow by the Coppice Brook; it's a haven for wildlife during the warmer months and a great spot for observing nature. Walking through pops you out into Belper's marketplace, where you can find more local, treasured green spaces, such as the Memorial Gardens on King Street.

Carrying on along the A6, a place I enjoy visiting is Belper River Gardens. This is an excellent spot to catch a glimpse of the waterfowl in the area – geese, mallards, swans, and coots – which adds a touch of nature connection to your visit.

For an extra dose of excitement during your nature walks, I highly recommend trying out a game that has become a favourite of mine (yes, even at the age of 23!) - the A-Z spotting game. It's a simple yet engaging activity that requires no planning and can be done when you're on the move. Starting with the letter 'A', challenge yourselves to spot, smell, touch, or find something in nature that corresponds to each letter of the alphabet. You can take turns or maybe make it into a friendly competition: the A-Z spotting game encourages you to delve deeper into the natural world around you. Give it a try on your next walk, you won't be disappointed!

I love the spaces my work leads me to. A spot I'm usually at is Carsington Water; also an amazing place for a great day out. Carsington is a wildlife haven. Its open waters, wet shorelines and woodland provide brilliant habitats for kingfishers, water voles, otters and so much more. Carsington is also the home of

DWT's Wildlife Discovery classroom. This is where we run family bushcraft and Nature Tots sessions, events that focus on outdoor, nature-based play, learning new skills, and fostering the forest school ethos. If you would like to get involved, check out the Events page on our website.

**Become a Super Spotter**  
When you're out on a walk, have you ever taken a moment to appreciate the nature around you? Whether it's a copper-breasted robin bouncing around looking for worms, a bumblebee landing on an open flower or a butterfly showing off its colours, nature is everywhere to be seen! At Derbyshire Wildlife Trust, we want to hear about all your nature sightings when you're out and about. Our Super Spotters Campaign includes an easy-to-use Super Spotters Detective notebook ([www.derbyshirewildlifetrust.org.uk/super-spotter](http://www.derbyshirewildlifetrust.org.uk/super-spotter)) to help you and your family submit your sightings for our official records! Snap a photo and get started...




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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  
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### Hero Town Play Village

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The Land Where Dreams Come True  
Castle Lane clinic  
Baby Zone

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

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