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ISSUE 16

MAY / JUNE 2021



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Hello and welcome to the SEX issue of Boom! We'll be talking about sexual health, body confidence and the science of aphrodisiacs!!!

I've had a lot of fun guest editing this issue of Boom. I joined Boom as an intern in the summer of 2020, after finishing my MA in Publishing at Derby University. This issue marks almost a full year since I became a part of the Boom family and during that time, I have been involved in bringing to market Jo and Sascha's Family Walks for Little Legs, creating content for social media and, of course, issue 16 of the magazine.

This issue brings a lot of important topics to the light that many of us don't always feel like we can talk about, from a deep dive into options for contraception to the pressures of conforming to a uniform ideal of 'sexiness'. I hope it will be an informative, uplifting and, most importantly, a fun read for you!

Zoe

Zoe McCullagh-George
Guest Editor

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Sascha Landskron and Jo Leigh

Editors of Boom Magazine and local mums

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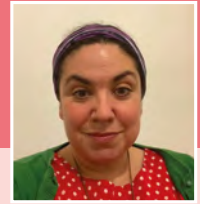
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SEX AFTER BIRTH

By Dr Nichola Marchant, Chartered Clinical Psychologist



Of all the things I enjoy talking about in my work, sex is one of my favourites!

The sex that people talk about with me, doesn't sound at all like the sex that was talked about at school in sex education lessons. It's a lot more complicated, messy, troublesome and, at times, downright painful – physically and emotionally – but it can also be a lot more fun.

It's important to note that not everyone wants or needs to have sex and that's absolutely fine too. Sex should always be a choice and whether we have it or not is completely up to us. For some people, sex is purely about having children and when that's achieved, it is removed from the table.

There are so many things that can impact on our desire to have sex – messages we

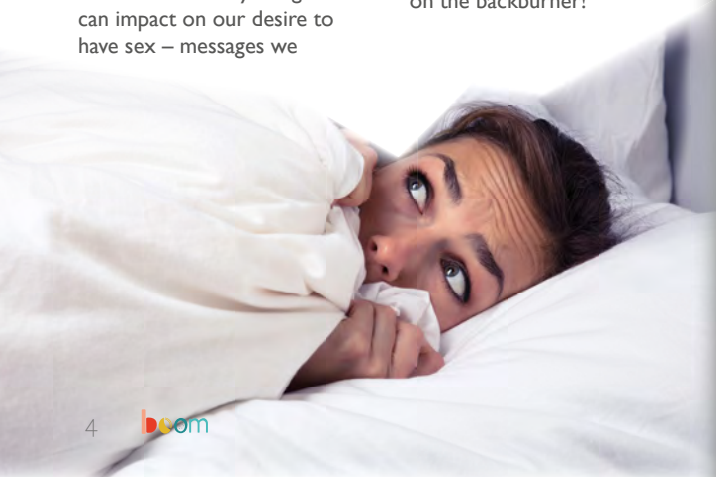
received as kids, experiences we have had, our health, medications, trauma, hormones, tiredness, relationship issues... the list goes on and on. In this short piece I am going to focus on sex after giving birth, although most of these tips are relevant to most of us, most of the time.

For many people, the process of giving birth can be a traumatic experience, leaving physical and mental scars that can take a long time to heal. It's not just the person who has given birth who can be affected; being present at a difficult birth can be traumatic for the support crew too! And let's not forget that adjusting to having a new baby (or adopting a child) in the home can be exhausting and stressful in loads of ways that mean sex and intimacy can go on the backburner!

The Birth Trauma Association (www.birthtraumaassociation.org.uk) provide a wealth of information and resources to help. For anyone who has experienced significant trauma I would strongly recommend seeking out support from an appropriate therapist (I am a big advocate of Eye Movement Desensitisation and Reprocessing (EMDR) Therapy, but other approaches are available). There are also many Psycho-Sexual Therapists working who offer specific support around sexual problems.

However, for those who want to have a go at working through these things alone, here are my top tips. Some of these are more relevant to heterosexual couples, but hopefully lots will be relevant to all.

- **Take your time.** There is no right time to have sex again, do it when you and your partner(s) are ready. Do not allow your partner(s) to pressurise you into having sex when you're not ready, or don't want to – this is a red warning flag in a relationship!
- **Communicate with your partner(s).** Before, during and after sex! If this is difficult for



you, then maybe have a think about having a bit of couple's therapy – either to focus on sex specifically, or more generally on communication.

- **Work on your relationship.** If your relationship is a bit dodgy it's going to be harder to enjoy sex!
- **Get your contraception sorted.** Anxiety about getting pregnant again is going to be a major passion killer.
- **Focus on feeling good about your body.** Body hang-ups can make it harder to relax and enjoy sex.
- **Sex does not have to involve inserting.** There are loads of different ways to have sex, be intimate and have fun. Inserting things (penises, fingers, toys) into a vagina is not the only way. It's good to experiment.
- **Be adventurous.** Sex doesn't only have to happen in the bedroom or at night – you might find you need a new routine!
- **Find yourself a good lubricant.** Look for recommendations online and shop around for the kind that best suits you.
- **The aim of sex** doesn't have to be an orgasm. Take the pressure off yourself. Some people rarely or never orgasm, some orgasm really easily. We are all different.
- **Sex can change.** You might find that the things you used to enjoy no longer float

your boat. This is completely normal. Try not to panic! Again, experiment and try and find new things that you enjoy.

- **Relaxation is key.** The more pressure you put on yourself, the harder it is to relax. The more tense we are, the more likely it is that sex will hurt (for a woman) and the harder it is to become aroused and orgasm.
- **Consider your prescriptions.** Anti-depressants and other medications can impact on our desire to have sex and our ability to orgasm. Talk to your GP if this is relevant to you.
- **Love Yourself!** When we masturbate we get to know what we like and don't like and how our bodies are responding. It can be useful to notice if there is a difference in how your body responds to self-pleasure compared to when you are with someone!
- **Be mindful.** Mindfulness can be a really useful strategy when it comes to sex (either solo or in company). It teaches us to focus purely on the

moment, and can help to heighten pleasurable sensations and stop us from thinking about all the other tasks we have to complete. Download some mindfulness apps (e.g. Headspace, Calm, Smiling Mind) and learn to be in the moment. Headspace even has some specific exercises for sex!

- **Read “Come as You Are” by Emily Nagoski.** It's a great book for women, but I think it's useful for anyone in a relationship with a woman too.

Hopefully, some of these tips are useful, but don't be afraid to talk about sex, read about sex and seek appropriate support if you need it. You don't have to suffer alone!

Read more from Nichola on her website at: www.rubypsychologicalservices.com



OOPS, I DID IT AGAIN

By Jacqui Hawkins, Mum of two and Registered Nurse



Did you know you can get pregnant again three weeks after giving birth, before you've even had a period? Talk about exhausting, right?

As well as the grey hairs, there's another reason to avoid an unplanned bump if you can: spacing pregnancies by less than 11 months is linked to a higher risk of preterm birth, says the Royal College of Obstetricians and Gynaecologists.

Of course, some couples choose closely spaced babies for good reasons. For the others, here are your contraceptive options at a glance. Not all are suitable for all couples though, so talk to a GP, midwife, health visitor or family planning clinic to help you decide.

Suitable from 0 weeks after birth:

What	Reliability	Pros	Cons
Condoms A latex shield for either men (external condoms) or women (internal condoms) to block sperm	82% with typical use	Usually no serious side effects or health risks. The only method that helps protect you from STDs	They need to be used and stored correctly Liable to mishaps such as splitting
Contraceptive implant A rod under the skin of your upper arm releasing progestogen to prevent ovulation & thicken cervical mucus	99%	Fit & forget - Lasts up to 3 years. Natural fertility returns quickly after removal	May make your periods heavier, lighter or unpredictable. May be affected by some medicines Potential hormonal side effects
Progestogen-only pill ('mini pill') Progestogen tablets to stop ovulation, thicken cervical mucus and prevent fertilisation	91% with typical use	Suitable for many women who can't use the combined pill (see below). Does not affect breastfeeding	Some types have to be taken within a three-hour time slot, and can be affected by vomiting, diarrhoea and certain medicines Potential hormonal side effects
Lactational amenorrhoea (LAM) Relying on breastfeeding to naturally suppress ovulation	98%, says the NHS, if baby is under six months, you're fully breastfeeding and haven't had a period since birth	No side effects and acceptable to all faiths	Notoriously unreliable if other foods or liquids are introduced, baby begins to feed less frequently, you have a period, or baby reaches six months old

Suitable from 3 weeks after birth:

What	Reliability	Pros	Cons
Emergency pill A short-term dose of artificial progesterone (or a progesterone-blocker) to prevent ovulation	Depends when it's taken – may be ineffective if taken at certain times in your cycle	Available from pharmacies without a prescription. Useful if you've forgotten a pill or contraception has failed	Time critical Tell your doctor, nurse or pharmacist if you're breastfeeding – the safety of one version is unknown

Suitable from 4 weeks (or within 48 hours of birth)

What	Reliability	Pros	Cons
Intrauterine device (IUD) A plastic and copper device that sits in the womb	99%	Fit & forget - Lasts 5-10 years. Fertility returns quickly after removal. Can also be used for emergency contraception.	Periods can be heavier or more painful, small risk of infection, intimate exam to fit
Intrauterine device (IUS) A plastic device that releases progesterone in the womb	99%	Fit & forget - Extremely reliable and lasts 3 or 5 years. Possible to get pregnant as soon as it's removed. May make periods lighter, less painful or stop altogether	Risk of bleeding between periods, small risk of infection, intimate exam to fit

Suitable from 6 weeks (or immediately if not breastfeeding):

What	Reliability	Pros	Cons
Contraceptive injection A slow-release injection of progesterone to prevent ovulation	99%	Lasts for 8 or 13 weeks. Isn't affected by other medicines	If you want to conceive again, it can take up to 18 months for periods and fertility to return Hormonal side effects which may take time to subside if occur

Suitable from 6 weeks

What	Reliability	Pros	Cons
Diaphragm or cap A soft silicone dome inserted before sex to create a barrier	71-88% with typical use	Usually no serious side effects or health risks and you can put it in a couple of hours before sex	You may need a different size after having a baby, or find that your pelvic muscles no longer keep it in place. Needs to be used with spermicide

Sources: www.nhs.uk/conditions/contraception - www.sexwise.fpa.org.uk

Suitable from 6 weeks (or 3 weeks if not breastfeeding & no health problems):

What	Reliability	Pros	Cons
<p>Combined pill (“the pill”)</p> <p>Tablets containing artificial oestrogen and progesterone to prevent ovulation</p>	91% with typical use	Can reduce period heaviness or pain, may reduce PMS and acne	If breastfeeding, you need to wait until feeding is established (about 6 weeks). Must be remembered daily and can be interrupted by illness or some medicines. Linked to a slight increased risk of breast cancer and blood clots
<p>Contraceptive patch</p> <p>A sticky skin patch releasing oestrogen and progesterone to prevent ovulation</p>	91% with typical use	Can make your periods lighter and less painful. You only need apply a new patch once a week	If breastfeeding, you need to wait until feeding is established (about 6 weeks). Linked to a slight increased risk of breast cancer and blood clots
<p>Vaginal ring</p> <p>A soft plastic ring in the vagina releasing oestrogen and progesterone to prevent ovulation</p>	91% with typical use	Works for a month, insert and remove it yourself. Can ease premenstrual symptoms	If breastfeeding, you need to wait until feeding is established (about 6 weeks). May be felt during sex. Linked to a slight increased risk of breast cancer and blood clots

Long Term

What	Reliability	Pros	Cons
<p>Fertility awareness methods</p> <p>Using your menstrual cycle, body temperature readings and changes to cervical mucus to track fertile times</p>	99% with perfect use, but this is rare	No side effects and acceptable to all faiths. Can also be used to become pregnant	Unreliable after childbirth, breastfeeding, miscarriage and abortion. Can be affected by illness, medication and lifestyle. Requires an alternative during fertile periods
<p>Sterilisation</p> <p>Male sterilisation (vasectomy, where the tube carrying sperm out is cut or sealed) and female sterilisation (where the fallopian tubes are sealed or blocked).</p>	More than 99%	You no longer need to think about contraception.	Surgery isn't easily reversible. Around 20% of women who choose sterilisation within a year of giving birth later regret it. Surgical risk (much more in females) and heavier periods after

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APHRODISIACS

THE SCIENCE OF SEXY FOODS

By Sascha Landskron, Registered Dietitian



“An aphrodisiac? Ha!”, you might say, “Well, that’s any child-free meal that I didn’t have to procure, prepare or clean up.” (That sounds sexy to me too.)

But maybe there is more fun to be had with food? Food can have sensual appeal. Named after Aphrodite, the Greek goddess of love, sexual pleasure and fertility, an aphrodisiac is any substance that stimulates sexual desire, sexual pleasure or sexual behaviour. But is any of it real? With a glass of red wine and a square of dark chocolate in hand (both of these are on the sexy list) I’ve delved into the science of aphrodisiacs and found a few things worth sharing.

Champagne

This is an obvious one. The pop of the cork, the bubbles, the tingling sensation on the tongue... Alcohol has been used for millennia to relax and open minds, however the ill effects of alcohol excess are well known. With champagne in particular, it’s probably all about the anticipation, and less so the inebriation. In the immortal words of Shakespeare: *Lechery, sir, it provokes and unprovokes. It provokes the desire, but it takes away the performance.*

Chocolate

We in Britain eat a tremendous amount of chocolate – on average over 8kg per person, per year. Cocoa is rich in flavonoids, a type of antioxidant

known to improve heart health and dilate the blood vessels in men. A few decades ago, long before the Covid jab, Pfizer gained celebrity status for its popular vasodilator, Viagra. Cocoa also contains phenylethylamine, a neuro-stimulant that works in the brain in a similar way to cocaine and amphetamines. These chemicals live in the body naturally and are released into the brain during situations of happiness, and when we feel love, passion and lust. Interestingly, broccoli also contains phenylethylamine, but there is little research on this and no one knows exactly how much broccoli one would need to eat to feel frisky. I suspect this would be a difficult study to recruit to.

Chocolate originates in South and Central America and the ancient Mayans and Aztecs believed that the cocoa bean was a gift from the Gods. Cocoa was brought to Europe in the 1500s and used as a drink, but it was so expensive that it was reserved only for the elite. Over the last few hundred years, cocoa has become more processed and therefore less costly but ultimately less potent. Cocoa is often adulterated with milk, and milk protein, especially casein, impairs the absorption of

flavonoids and phenylethylamine, mitigating many of the health benefits of cocoa.

That’s not to say that a Mars bar is impotent, in fact the mixture of sugar and fat in food (any food) stimulates the hypothalamus to increase serotonin and endorphin levels in the brain. Serotonin is the natural brain chemical that makes us feel happy and relaxed. It is this neurotransmitter that is specifically targeted by many prescribed antidepressants. Endorphins are the natural brain chemicals that energise us and reduce pain; they are a natural cousin of morphine. In this way, when we down a pack of chocolate Hobnobs, or polish off the kids’ Easter bunnies, we are self-medicating. Women especially have been shown to be more susceptible to the effects of phenylethylamine and serotonin, which could explain our preference for chocolate as a sexy food. But let’s be totally honest, too much chocolate is definitely not sexy. Perhaps there is a better way?

Saffron

This highly pigmented, fragrant spice has been shown to have aphrodisiac properties in men and rats, but little is known about its effect on women. One

small, but well-designed Iranian study found that women whose depression had been stabilised by SSRI antidepressants, but who suffered from the common side effects of sexual dysfunction, benefited from taking saffron. It was given as a 15mg capsule, twice daily and significantly improved some sexual functions, particularly lessening pain with intercourse. Most notably, there were no adverse effects. It is thought that saffron has a positive effect on the opioid (natural pain management) system.

Seafood

Aphrodite herself was born from the frothy foam of the sea and the ocean has long been symbolic of sensual pleasure. Seafood is sexy. Have you ever been tempted to swallow an oyster whole? Raw oysters are a well-known aphrodisiac, and why not? The shape, the texture, the smell.... the potential for illness and death. This brush with the devil is perhaps the key to its intoxicating effects. However, did you know that oysters are also the most zinc-dense food on Earth? Zinc is the mineral necessary for testosterone production, so oysters may indirectly increase sex drive. Other seafood such as crab and lobster are also widely believed to be aphrodisiacs, and also contain decent levels of zinc. However, if slurping oysters and sucking the flesh out of crab

legs is not your thing, zinc can also be found in lesser amounts in legumes, nuts, fortified cereals and dairy products. Zinc supplements are available over the counter; but must be taken on specialist advice as there are common side-effects and they can interact with some prescribed medications.

Milk and Honey

These heavenly foods are referenced in the Bible. They are also symbols of fertility and are also strongly associated with love and lovemaking. In fact, all but one of the Kama Sutra's aphrodisiac recipes call for at least one of: sugar, milk, honey, or clarified butter. As with chocolate, the sweet/fat combination actually does induce feelings of euphoria.

Pumpkin Pie

Pumpkin is surprisingly high in the amino acid tryptophan, which is used to make serotonin (that feel-good brain chemical). A research study in the 90s carried out by an American neurologist and psychiatrist found that the smell of pumpkin pie aroused men, more than any other smell. What is it about that luscious smell of pumpkin pie baking? Thinking back to last year's exuberant trip around Shirley Pumpkin Patch, maybe I was really looking for more than just a Halloween decoration?

From ancient civilisations through to modern times,

aphrodisiacs have held their appeal. These cherished love foods, and the beliefs that support their consumption, had a very practical purpose. Just 500 years ago the average life expectancy was only about 30-35 years. There just wasn't that much time to be fruitful and multiply, and every meal counted.

Some of you may read this with the intended pinch of salt, and maybe this is all just fun and games for you. However, if you are using sexy foods for their ancient and intended purpose, please remember to take a daily prenatal multivitamin. A good-quality one will not contain any Vitamin A, but will have the right dose of folic acid (400mcg) and Vitamin D3 (10mcg), at least 100mcg of iodine, and at least 10mg of iron. You'll probably also want to give the raw oysters and champagne a miss too.



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

Belper Community Hall

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Fri 11am-12pm

BOOK

Twistin Tots - 0-5yrs

Belper Community Hall

Mon 9:45-10:30am & 11-11:45am

Tues 9:45-10:30am & 11-11:45am

Fri 9:45-10:30am & 12:45-1:30pm

BOOK

Nest & Nurture (formerly Daisy Babies):

Nest & Nurture Studio, Belper North Mill

Hatchlings (6wks-5m)

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Nestlings (4/5m – crawling)

Tues or Wed 10:30-11:30am

BOOK

Post Natal Yoga & Baby Yoga (8wks-crawling)

Sage Yoga Studio

Thurs 10-11:15am

BOOK

Sunshine Forest School Toddler Group (0-4yrs)

Wed 10am-12pm

Thurs 12:30-2:30pm

High Woods, off Sandbed Ln

BOOK

Natural World Group

Early Years Fun Centre

Fri 10:30am-12pm

BOOK

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

See fb page for online support

Derbyshire Toy Library (Click and Collect Toy Hire)

Belper Community Hall

Wed 9am-12pm

See fb page for ideas and to book a slot for pick up

Young at Heart Intergenerational Zoom Session

Thurs 11am

Please access the zoom link via the 'Young at Heart' fb page

Little Church

St Peter's Church

Wed 1:15-2:30pm

The Little Baby Sanctuary (6wk - crawling)

Sage Yoga Studio

Fri 1.30-2.30pm

4 week course BOOK online

Baby College

Fleet Arts, Thurs:

Junior (18m-3yrs) 9:30am

Toddler (9-18m) 10:30am

Infant (Birth – 9m) 11:30am

BOOK

Inspirational Languages Spanish Class

“Caramelo” baby and toddler online lesson

Mon 1:40-2:10pm

Tues 10-10.30am

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Nursery Ballet (3-4yrs)

Vanessa's School of Dance

Mon 4-4:30pm

BOOK

Phonics with Robot Reg

Vanessa's School of Dance, Fri:

9:45am Mini Class (1yr+)

10:45am Preschool Class (2.5-4yrs)

BOOK

Baby Sensory

Fit Pit, Wed:

9:45-10:30am (Birth-6m)

11am-11:45am (6m-13m)

12:15-1pm (Birth-6m)

1:30-2:15pm (6m-13m)

BOOK

Post Natal Pilates

Fit Pit

Post Natal Reformer (babies welcome)

Weds 11.30am

Thurs 11:30am

Pregnancy & Post Natal Pilates

Weds 6.15-7pm

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

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COVID-secure services with steam and heritage diesel trains. Book a private compartment for up to six people. Full details are at www.e-v-r.com/bounce-back

Belper Woollen Woods 15-23 May

This year's event will feature varied work from a mix of artists at the Memorial Gardens on King Street and St Peter's Church gardens and also a tribute to the NHS in Beaurepaire Gardens. The Clusters Residents group will display on Long Row and their heritage streets. A map will be made available.

Belper Moosday 13 June

The first anniversary of the end of first lockdown Moo is the first Annual Moo Day - 'Moosday'. Look out for the Moo King and Queen and the Mr and Mrs Mooniverse Competitions and, of course, our world-famous Moo from your doorsteps at 6.30pm.

Markeaton Park Outdoor Theatre – The Comedy of Errors

24-26 June 7:30pm
Oddsocks Productions bring their fun, family-friendly adaptation of Shakespeare's The Comedy of Errors to the stage with the promise of slapstick, music and outrageous characters.

Cromford Mills - Georgian Weekend 26&27 June

Step back in time and experience Georgian life within the 250-year-old mill site. Enjoy delicious Georgian treats, say hello to the Georgian re-enactors, and complete the exciting family trail around the yard.

Croot's Farm Shop - Open Farm Sunday 27 June

Fun for the whole family! See website for more details

Gulliver's Kingdom Theme Park – Dinosaurs Unleashed

3 & 4 July
Great shows throughout the weekend. The roaming dinosaurs could be anywhere in the park, so prepare to come face to face with a 'living' dino!



Bank Holiday Weekend – The Snow Sisters!

2 & 3 May
11am-4pm (FREE with entry)
Meet the Snow sisters who will enchant you with their fabulous singalong shows!

Reptile Weekend!

15 & 16 May
11am-3pm (FREE with entry)
Come and see this fantastic collection of exotic creatures!

Bank Holiday – Superhero Weekend!

30 & 31 May
11am-4pm (FREE with entry)
KA-POW! Get the kids dressed up. The Neighbourhood Spider, The Bat and The Girl of Steel will provide superhero training fun during shows throughout the day.

The BIG Bubbleman!

4 June
11am-4pm (FREE with entry)
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Interactive Birds of Prey Day

27 June
11am-4pm
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Please note: Anything could change due to the current COVID-19 situation - watch social media for any updates, and double check before you arrive. We will share new events on the Boom Magazine FB page, when we see them!

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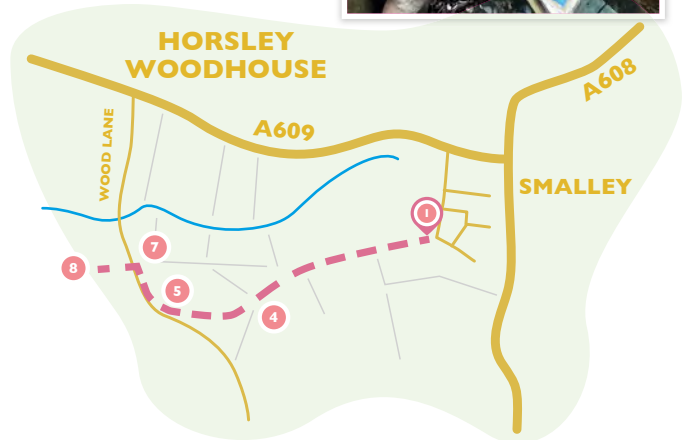
FIELDS AND FAIRY DOORS AT HORSLEY WOODHOUSE

Sandwiched between two working farms, young children will enjoy seeing the farm animals and tractors as well as the magical fairy door area and there are wide tracks along fields for energetic children to burn off steam. You can also enjoy refreshment in the Sitwell Arms Pub garden, which is sunny and enclosed. Please note that a short part of the walk is along the side of a minor road, but there is a wide pavement.



DIRECTIONS

- 1 For the longer walk, use postcode: DE7 6EG. This is a residential area so please avoid blocking driveways and intersections. At the bend in the road, where St John's Road turns into Wilmot Drive, there is a gravel drive with a fence on one side and a hedge on the other.
- 2 Walk down the gravel drive between the houses. You will pass Stainsby Hall Cricket Club on your right. Pass around the side of the black gate, and through the metal kissing gate in front of you.
- 3 Follow the beaten track, with the field on your right, down to the wooden gate with another metal kissing gate signposted 'Link Wood Farm'. Walk along the public footpath/private drive, passing the private woods on your right.
- 4 You will soon see another metal kissing gate on your right. Go through the gate and walk diagonally, bearing left, across the field toward the hedge. This beaten path takes you towards the main road (called Wood Lane).
- 5 Cross over the wooden stile and turn right. (Alternatively,



if you turn left you can have a rest and refreshments at the Sitwell Arms Pub; and for a short walk start from here too. Postcode: DE7 6BN.)

- 6 Follow the pavement along the Wood Lane, for about 100 yards, passing the large, redbrick Hilltop Farm House on your left. Carry on slightly downhill until you see the 40mph sign.
- 7 At this point cross over the road and climb the wooden stile into the field (it can be very muddy here). Take care as at the time of publication, the stile step was very wobbly.
- 8 Keeping to the top of the field, walk through the metal gate and shortly after you

will come to the first fairy tree with a little bridge and lots of beautifully decorated stones.

- 9 Pass through the next gate, to discover the second tree with painted fairy doors and other delights. Why not add your own painted pebble?
- 10 Return the way you came or carry on, to explore more of the public footpaths.





TAKING A LITTLE HIIT HIT

By Zoe McCullagh-George



Exercise. The dreaded word. We all know we need it but trying to get it is easier said than done. However, recent research suggests that getting fitter could be a case of working smarter, not harder

Get 30 minutes of heartbeat-raising activity a day, the heart society says. Just get moving, the Government says. Our gyms are open 24-7, the gym adverts that pop up on Facebook say. That's all very well but don't they know keeping little ones washed, fed and entertained is a full-time occupation? Even when you do get downtime, there's all that washing-up, laundry, hoovering, all those little projects or, god-forbid, something fun to get done! Stamping the pavement or throwing some ropes around might be enjoyable for some, but for many, they sound like cruel and unusual forms of torture.

Of course fitness is important for our health and well-being (as well as having good

benefits in the bedroom too). So, for those of us for whom fitness is a test of how many stairs we can climb before we're out of breath, there may be some hope on the horizon. Recent studies suggest that just two minutes of high-impact exercise might be enough to start the upward journey of our fitness levels.

"Clickbait!" I hear you yell. Well, only slightly... HIIT or high-impact interval training is the most efficient way to boost your fitness levels. The idea is that you do moderate exercise but with bursts of intense activity and research suggests that it's possible to get benefits even with just five minutes a day. HIIT is all about you, not about the number of reps you do or the

kilometres on your treadmill. The idea is that in the 'high-impact' sections you go for it as hard as you can, and if that drops off a little from your first burst to your last burst, that's ok!

However, new mums and pregnant mums, it's important to be careful! Having babies can sometimes do damage we might not notice until we're in the middle of that jumping jack. It's important to always get yourself checked out by a GP before you start doing any exercise, especially high-impact. So, if you're all checked out and ready to go, here's four HIIT workouts you can do at home in just five minutes!

Getting Started

1 minute: Jog on the spot, nice and steady to get the muscles moving.

30 seconds: Run as fast as possible (and, ladies, remember to wear a good bra so you can actually move your arms; you know what I mean.)

30 seconds: Back to a jog.

30 seconds: Run like 28 Days Later zombies are chasing you!

30 seconds: Zombies avoided, you can jog again now.

30 seconds: Run as if you've just seen Sandra from the school run and she's wants that answer about joining the bake sale.

30 seconds: Ok, back to jogging like there's a bus you don't want to catch (maybe Sandra's on it)

30 seconds: Ok now there's 90% off at your favourite shoe shop and you have a common shoe size.

30 seconds: You've done it! Celebrate with a little cool down jog.

Getting Creative

1 minute: Let's start with a little jog on the spot.

30 seconds: Run, run, run!

30 seconds: Jogging again.

30 seconds: Jumping jacks! Starting from standing, jump to a position with the legs spread and arms above the head.

30 seconds: Back on the jog.

30 seconds: Fast Squats – be careful here, make sure everything is in alignment, so you don't do any damage. Your calves should stay upright, with your knees above your ankles as you lower your butt so your thighs are approaching horizontal.

30 seconds: Yup, more jogging.

30 seconds: Finish up with another bout of running, jumping jacks, squatting or variant of your choice.

30 seconds: Look at you go! A whole HIIT hit complete! Just cool down with one last jog.

Getting Safer

1 minute: Got bad knees? Try jogging without lifting the whole foot, just going up on your tip toes, alternating from one side to the other.

30 seconds: Booty shake! Imagine you're running without moving your feet, pump your arms back and forth and shake your hips as fast as you can!

30 seconds: Back to feet-on-floor jogging.

30 seconds: Fake hula-hoop with your arms above your head, circling your hips and arms as fast as possible (in opposite directions if you don't want to fall over!)

30 seconds: And heel-raise jog again.

30 seconds: the sit and stand – just grab a chair and sit and stand up from it as quickly as possible. If you have balance issues, do this near a countertop or sturdy table so you can use it to help keep you steady.

30 seconds: More fake jogging.

30 seconds: Punch the air! Raise your fists to your shoulders, then punch towards the ceiling, alternating from left to right.

30 seconds: Well done! Now cool down with your heel-raise jog.

Gettin' Down

1 minute: Get a really upbeat playlist on, whether its old school disco or rave-tastic EDM and start step-toeing. Start from standing, step one foot to the side. Bring the other foot to it but only touch the toes to floor before stepping to the other side. Repeat with the other foot.

30 seconds: Time to bogey! Dance your heart out and make it messy! Dad dancing, booty shaking, hands in the air, anything goes as long as you're going as hard as you can!

30 seconds: Step-toe again.

30 seconds: Dance like you've got to "Lip-sync. For. Your. Life!" on Ru Paul's Drag Race! (Minus the death drop, that's good for nobody's back!)

30 seconds: Take a well-deserved step-toe break.

30 seconds: Frolic, bogey, party like its 1999!

30 seconds: I know you're having fun but give yourself a breather: back to that step-toe.

30 seconds: Bring the rave! This is your last one so let it loose!

30 seconds: Step-toe cool down! Good job disco divas and divos!

THE “THIS IS ME” MOMENT

By Zoe McCullagh-George



For this issue, I sat down with Kirsty Johnson of Studio 1825 to talk about the appeal of their Be Bold Be You boudoir photography and the power of accepting ourselves.

Who do you see come through your door; what are their stories?

Everything from mastectomies through to people who have survived domestic abuse. We've had two or three with body dysmorphia and then there's the eating disorder side of things. Then, on top of all of that, you've got what I refer to,

I guess it's me, as the working mum, where you're wearing a thousand different hats and you're not sure which one you're wearing from hour to hour, from working, to picking up the shopping, to picking up the kids, to doing the school run, to being on that football field, you know, the cheerleader, and then you just want some time for you.

The age range that we have can be anything from mid-30s through to 60s. Our oldest boudoir has been 72 and she was ace. For some though, it still comes with an archaic stereotype because they think of The Sun and the Daily Mail and the Page 3 models. The people in their 30s to 40s remember the change with Gok Wan and How to Look Good Naked, but the older generation is only just realising it.

With those stereotypes still around, why do you think people are interested in having boudoir photography done today?

The difference with us is that we're not necessarily wanting to shoot it for the partner or the wedding gift. We don't attract those clients. We attract those that might have had a really rubbish time, or are realising that they're wanting some time for them. It's the 'this is me' moment. This is me; I don't care if I've got one leg, three boobs or 99 stretch marks. Although sometimes it's depending on whether those people realise that, because when we had the studio on the high street, a lot of people were bought our gift voucher as a sort of 'that'll make you feel good' but they didn't realise that it actually would until they were in the studio, so we had to cater this 'this is me' moment in a very tight timeframe.

So, being able to downsize and not necessarily saying we're boudoir, the clients that we're attracting are going, actually, this is for me. Plus, because we've been going 3 or 4 years, I'll now get messages saying "I had a really crap day the other day but I pulled this album out my drawer and realised I'm alright" and it's as simple as that. It's about realising it's alright; everybody's got cellulite;



nobody's going to look like barbie, but we can still feel good about ourselves.

Speaking of cellulite, how do you think body image affects people's confidence in a shoot?


I think people are becoming more aware of the negative aspect that is coming from magazines and social media. I mean, if you just take the word 'body' out for a second, you have to have a pristine home now in a photo. If you're going to take a photo of a cup of tea and biscuit, you've got to make sure the background's all pretty and that you've not got a tea towel in the background or the kids' messy toys. I think a lot more people have become just consciously aware of image, and then when you put body in there as well, it makes it so much more personal because it's your skin. It's not the tea towel; it's your skin and it's your personality. So, it's about making sure the tea towel is there, or in our respect, the cellulite stays, because that's a part of who you are.

So, there's so much about image before you even put the word 'body' in front of it that we've got to break down and we've got to realise it's ok to have a 'this is me' moment. I had one lady apologise because all her bras were from Marks and Spencers. She felt like it should have come from Ann

Summers, but she didn't like Ann Summers. I had to say, 'No Marks & Spencers is fine!' So already we had this thing of 'I've got to apologise because it's not from a sexy shop.' But that's what makes them feel sexy, so we don't care. I had another lady that came in that had short, cropped hair and was covered in tattoos; we got a photo of her in a corset, which, at first, she was worried wasn't 'revealing' enough. I had one

lady who apologised that she had dreadlocks, another who loved Kylie Minogue and she had managed to find these shoulder pads with the sequins and a leotard but to get her in that outfit was hard work because she didn't believe she had the right hair and she thought she was too flat-chested. In the end, it's not about stripping the kit off - it's about your "this is me" moment.





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BOOK REVIEWS

By Caroline Davies, a local mum, English teacher and book reviewer for BBC Radio Derby. Join her and other book enthusiasts on FB - Belper Mum's Book Group.



Shuggie Bain

Douglas Stuart's first novel, "Shuggie Bain" is the story of his childhood in 1980's Glasgow and the impact and struggles of growing up with an alcoholic mother. As a young boy, Shuggie (Hugh) loves and admires his glamorous mother but cannot understand why there is never enough food to eat, or why his older sister leaves home as soon as she can. As he gets older, he struggles with bullying at school and being labelled as 'different'.

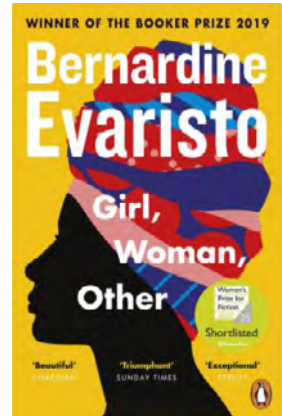
His mother is caught up in a spiral of drinking, poverty and unemployment. She uses whatever means she can to make money to feed her addiction, and Shuggie is exposed to sexual exploitation, crime and violence. His mum is unable to escape her alcoholism, leaving him to deal with the eventual tragedy. Despite his horrific childhood, Shuggie does well at school and as an adult, the author is a successful fashion designer who was able to find his place. A truly challenging but inspirational story.



The Testaments

The sequel to Margaret Atwood's classic novel "The Handmaid's Tale", "The Testaments" continues the story of a group of women known as the Handmaids who live in the world of Gilead. In this dystopian society, men rule supreme and women are designated to a specific role – they are either upper class 'Wives', lower class servants 'Marthas', or Handmaids – women who are still fertile and who serve a Commander as a sexual partner; with the aim of having his child.

We find out how Offred escaped from Gilead at the end of the previous novel and her story is woven with those of other women and girls. The novel is written from the perspective of different female characters including an 'Aunt' – an older woman who trains the Handmaids in their role. Sex is very much used as a tool or weapon in Gilead in the functional monthly ceremonies where the 'lucky' handmaid is impregnated in front of the Commander's wife. A shocking story of a patriarchal dystopian world.



Girl, Woman, Other

A unique story of the lives of 12 different black women in Britain throughout the twentieth century, the Booker prize winning "Girl, Woman, Other" gives us a fresh perspective on the challenges faced by women of different ages and backgrounds in a society with undertones of racism and sexism. Each chapter is from the perspective of a different character which can initially be a little confusing and hard to keep track of. The author creates a very fluid narrative style with a lack of formal punctuation in places, really capturing the voices of the women. As the novel progresses, we quickly become aware of the connections between the characters and their different experiences as we go back in time to the start of the twentieth century. The final chapter of the story brings together several of the key characters and provides a satisfying conclusion.

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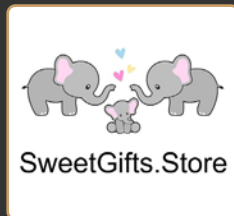
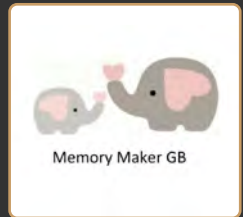
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