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ISSUE 17

JULY / AUGUST 2021



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Hello and welcome to this special edition of Boom Magazine!

My name is Tia - I worked as an intern at Boom over the summer of 2020 and am really proud to have spearheaded this issue focused on children with additional needs.

As someone with multiple disabilities, I know first-hand how difficult this period has been for children with additional needs and their parents and carers.

If you want to find out more about me, you can read my story. We also have an interview with local parent Natalie Blockley on the little-known Cornelia de Lange syndrome, and a new feature from past Boom contributor Alison Harris about what to do if your child has sensory issues. And with restrictions lifting, you will be delighted to find three whole pages of events! Of course, we're always grateful for our sponsors, who make Boom Magazine what it is.

This time around, we've got a mix of attractions, businesses and specialist services for those with additional needs. Hopefully, there's more than enough to keep you and your little ones entertained and informed, whatever their abilities. Enjoy,

Tia

P.S – if you want to keep up with me, I'm on Twitter and Facebook; just search "Tia Owen author"!



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Sascha Landskron and Jo Leigh

Editors of Boom Magazine and local mums

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EDITOR JO'S PERSONAL EXPERIENCE

By Jo Leigh

Boom's Co-editor Jo Leigh introduces our special issue 17 theme, with her personal experience of having a child with Additional Needs.

When my son (now 7) was diagnosed with autism at the age of 4, it was confirmation that life was always going to be a little harder for him, and for us as his 'pretty clueless' parents.

From an easy baby to a toddler terror, life seemed to get increasingly difficult - until we started to realise that this 'phase' he was going through wasn't getting any better and might be more than just a 'phase'.

Talking to family, friends, other parents, and friends of friends who were professionals really helped us to work out what we needed to do. We started on the path to getting a diagnosis, and some extra support with behaviours that we just didn't know how to handle.

It's quite a waiting game to be seen by professionals diagnosing an additional need. While this wasn't the end goal, we knew a diagnosis could help if he was to need extra support at school and throughout his life.

Despite expecting an autism diagnosis, when we got it, it was still a massive shock. The confirmation that the struggle was real and wasn't



going away anytime soon actually terrified me. Those of you that have a child with additional needs will likely relate to these emotions... The frustration, the denial, the realisation, the anger and unfairness of it all, the feeling overwhelmed, the new-found strength and love for the child you wouldn't change, despite the struggles and the determination to support them however you can. Then those feelings become your everyday life (maybe with some anti-anxiety tablets to help you along the way too!).

We have received lots of on going support, especially from local group 'Special Friends', a community of local families who share similar experiences. My son is happy and thriving most of the time, we just roll with the good days and brace ourselves on the trickier days.

Having kids is a rollercoaster. Having one with additional needs adds to the ride, but you don't need to face it alone. We hope the information in this edition offers support and some further understanding of the complexities of children, whatever their needs.

Many thanks to our intern and co-editor Tia Owen (recently graduated with a 1st in English and Creative & Professional Writing from the University of Derby). Tia has so carefully researched and prepared this special edition for us and is a real example of how having an additional need doesn't have to hold you back in life. Well done Tia!

LIVING WITH A DISABILITY: CHILDHOOD AND BEYOND



By Tia Owen

My experience of disability is, in many ways, a unique one. I have autism, cerebral palsy and dyspraxia – and though the latter two were spotted early, I wasn't formally diagnosed as autistic until the age of 11.

It's been almost a decade since that personal milestone. Since then, I've gone from a shy primary school student to a 1st class university graduate. However, this kind of future wasn't something I could've seen for myself back then. Both parents and children can find it difficult to imagine life beyond a disability diagnosis.

The path to where I am now has not been a smooth one, as any parent of a Special Education Needs (SEN) child will know. Despite this, I hope that this article serves as proof that disabled people can and do achieve great things.

Though my parents and teachers always knew that there was something different about me, it took years for doctors to agree. I was a confusing subject – though I could interpret expressions fine, I didn't interact much with my peers. Like other women and girls on the spectrum, I was very good at hiding my symptoms; in the autistic community, this is known as 'masking'. For me, it meant that initially I was only seen as shy, not having an actual disorder. It was only as I aged that my differences became apparent enough that I was medically diagnosed.

With hindsight, I can see that my disabilities have affected much of my life. I can vividly remember the terror of riding a bicycle, even with stabilisers, as I was so unsteady. At a Christmas panto, the actors once forgot their lines. While others laughed, I was extremely uncomfortable.

Though I've faced challenges in my adulthood too, the major difference between early childhood and later years is the support I've received. At college and university, I had regular support. Whether

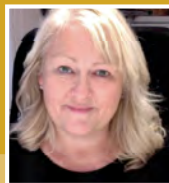
this was an in-class assistant, or someone I would speak to outside of class, the impact was the same. Having someone who I could talk to about my worries, without judgement, definitely made it easier for me to cope. Their presence gave me the confidence to do so many new things, from making presentations to a class to taking up a major role in a university society.

I also had different types of support from the community. For example, as a student who needed to be increasingly independent, I managed to get referred for Derby City Council's Independent Travel Training scheme. I was placed with a mentor, who would accompany me on the two buses it took to get from home to university campus, advising me on the specific things I struggled with, like timing when to cross the road. That initial help meant that within a few weeks of starting university, I was able to make the journey on my own.

Of course, these improvements don't mean I've completely 'conquered' my disabilities. I still find some things difficult (shoelaces come to mind). My journey, as a disabled person, is not a straight line from 'not coping' to 'coping'. Your child, like me, will have good days and bad days. Sometimes the bad days will be really bad – but with the right guidance, they can learn to deal with these difficulties, and they can achieve whatever they want in their future.



SENSORY DIFFICULTIES AND YOUR CHILD



By Alison Harris - Consultant Occupational Therapist and Sensory Integration Specialist at The Local Therapy Company

Many young children are sensitive to certain noises, such as a balloon banging or fireworks. Others may struggle with clothes feeling itchy, be frightened by the noise of hand driers in public toilets or have a highly limited diet. All this can be developmentally typical, but what about when your child is having so much difficulty with managing sensory input that it is affecting their everyday life? Perhaps you have started to wonder what is going on.

If sensory issues are affecting your child every day, they may have a sensory processing difficulty. This is where the brain doesn't interpret sensations correctly. For example, being stroked on the arm may be interpreted as painful, or a sound may make them rush to

cover their ears to stop it hurting. It is important that you recognise that this isn't something your child is doing deliberately. Telling them off will only increase their anxiety about the situation or sensation.

If your child has sensory difficulties, the first thing to do is observe them. What specific things are they sensitive to? Can you change anything to help? Although you can have sensory processing difficulties without having a formal diagnosis of anything else, they are very common amongst children with autism, language difficulties, anxiety conditions and ADHD. These children find life challenging: stress accumulates throughout the day, so that by the time they get home from nursery or school, they have absolutely had enough and cannot contain themselves any longer. It can be common for a child to manage relatively well in education, but to then have meltdowns when on the way home or during the evening. It is often described as being like a fizzy drink bottle with a tightened lid – at first everything seems ok, but when they take the lid off everything explodes and parents see the full impact of the pressure that the child has been under during the day.





What can you do?

- Be there for your child - let them know that you understand that this is hard for them and that you want to help them work things out. Don't dismiss them as being fussy or naughty.
 - Make adjustments – try visiting town at quieter times, avoiding public toilets, or investing in some alternative clothing, such as seamless socks (sensorysmart.co.uk is great for this!)
 - Help your child to self-regulate – movement and exercise is the first intervention that I suggest to everyone. A previous article that I wrote for Boom (issue 3) talked about this. It's called 'Proprioception: movement is learning' and is worth a read! I also recommend 'The Out of Sync Child' by Carol Kranowicz.
 - Talk to nursery/school - let them know that your child is struggling with sensory issues and
- find out if it is the same for them in education. Plan some adjustments, like eating lunch in a quieter space, or using ear defenders during music lessons.
- If your child is becoming so distressed that you are concerned about their emotional well-being, you may need to ask your GP for a referral to Paediatric Services for assessment. Alternatively, you can see an independent Occupational Therapist with additional training in sensory integration; they can provide a detailed assessment of your child's needs and give advice.
 - If sensory difficulties are causing significant disruption to learning or mental health, apply for an Education Health Care Plan (EHCP). An EHCP can enable a managed plan to be organised to ensure that your child meets their potential. More information on this can be found at www.ipsea.org.uk.



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SPEECH DISORDERS: A PARENT'S PERSPECTIVE

By Caroline Davies, local mum

Speech and communication difficulties are the most common additional needs that parents encounter, with 7% of all children having a speech and language impairment (Tomblin et al, 1997).

Our experience with speech and language difficulties began just after our eldest son turned two. He was within the 'typical' speech range at his two-year health check, so although he was shy, we thought that his speech would improve as his confidence developed.

However, the opposite was true – between the age of two and two and a half, he completely stopped talking. We had just had our second child; so at first, we thought it was just sibling jealousy. However, it soon became obvious that it was a more complex problem.

We were tearing our hair out with worry, as were the staff at his nursery. Our son went from having a typical range of vocabulary, counting, singing songs, and using short sentences to only saying 'peas' if he wanted something. It was truly horrific.

Luckily, we found it easy to access Speech Therapy through the Derbyshire self-referral scheme. We were also referred to the hospital for tests to rule out any physical conditions that might be causing his speech regression. He was officially diagnosed with autism, and there was no guarantee that his speech would ever come back.

With support from our Speech Therapist and his brilliant nursery, at the age of four

he suddenly started talking again. In fact, he started singing again first! It's easier for children with speech difficulties to 'memorise' speech such as songs, stories or films than to take part in conversation. Direct questions are the most challenging. We still need to support our son with answering questions, often by giving him options. Hearing him say 'daddy', 'mummy' and 'love you' has been very special, as I feel that we have all fought a battle to get here. He has also now learnt to read, which is really supporting him with improving his vocabulary.

If you think your pre-school child is struggling with speech, my advice is to seek help as early as possible. Your Health Visitor is a good person to start with, or the Special Educational Needs Co-Ordinator (SENCO) at your childcare setting. You can also contact the office of your local Speech and Language Therapist (SLT) to discuss a referral.

I know this is easier said than done, but don't put your child under too much pressure and try not to compare them with other children; their speech is not a reflection of their intelligence or your parenting skills. If you take a patient approach and get the right support, speech disorders don't have to stop your child achieving what they want in life.

References: Tomblin, J.B., et al. 1997. Prevalence of specific language impairment in kindergarten children. *Journal of speech, language, and hearing research*, 40(6), pp.1245-1260.



VANDA'S PERSONAL STORY

By Vanda Flegg

My son is nine years old and has a genetic chromosomal abnormality. As a result, he suffers with epilepsy, attention deficit disorder, sensory processing disorder, autism and learning difficulties. On the one hand, using these labels can seem somewhat limiting. On the other hand, they can be an easy way of letting others know why he's having a tough time.

Of course, we all have tough days and can stumble through life. Show me a parent who says they have a straightforward child. I try not to wear the badge which says we have it harder than others, as even though my younger son has none of these issues to contend with, he still has it tough sometimes. Even other mums have said to me, 'We all have issues with our kids, we just have to get on with it!'

However, it is different when you have a child with additional needs. I spend lots of time feeling blessed when we go to his hospital appointments and see other kids with the same chromosomal deletions presenting much more severe symptoms. These children (and their parents) clearly have an enormous mountain to climb; the difference is that their issues are visible.

From a purely selfish position, one of the most difficult things to deal with is when medical issues aren't immediately visible. Short of presenting people with a total medical list of issues on a giant billboard, my son can present as a normal kid who is just naughty, just unpopular, just lazy, just stupid, just awkward, just playing the fool, just insensitive, just mean, etc, etc, etc...

I've tried to ignore those comments – things like 'I wouldn't put up with that from my kid.', 'He just needs a good slap, that'd sort him out' or even, 'He shouldn't be allowed to be in here if he can't



conform'. I've reacted in many ways to these comments - from excusing myself to go to the toilet to cry, crying in public, ignoring them, defending my son, apologising for him, explaining his difficulties and at times just downright swearing at people (not my finest moments!). During Covid mania, it was even worse as conforming to rules and regulations is even more part of our daily lives.

Even professionals, who have a comprehensive understanding of my son's medical issues, can sometimes make unrealistic suggestions. Even from them, it seems, his disability is hidden.

What's more, I totally get it. I find myself getting exasperated that he finds it hard to work out that the question after number 1, directly underneath and labelled as number 2, is the logical next one. Or that what he appeared to understand yesterday, seems to be totally alien today. Or that at nine years old he doesn't get that 16 and 61 are different numbers.

The thing is, we only see what we want to see and we measure everyone by our own standards. In a world which is moving as fast as it is, we don't have time to get to the bottom of what's really going on or make allowances when things are not how we think they should be. We simply do not have time.

But time is what he wants more than anything. Time for everything to slow down enough to just give him a chance, to see him for who he really is, rather than what he could be, or ought to be. He tells me he's rubbish, he's just not good enough. In a world of endless milestones, he just seems to continually fall short. People talk about measuring where he is now and where he should be – falling short of the expected standards. When we let go of our expectations it all changes. When people meet him exactly where he is, and just appreciate the here and now with him, that's when he's at his best. Perfectly as he is, right now.



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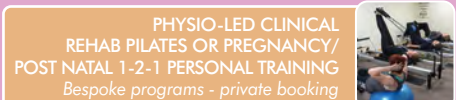
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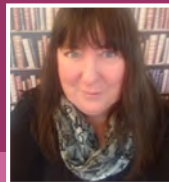
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ADHD – MORE THAN JUST HYPERACTIVITY



By Corrina Wood, Head of Family Support, Sunshine Support

When you ask someone ‘What is ADHD?’, you can guarantee they will start to describe ‘hyperactivity’.

‘That’s when kids are bouncing off the walls, isn’t it?’ Well, not necessarily. ADHD is so much more than just being ‘hyper’.

Attention Deficit Hyperactivity Disorder (ADHD), affects three key areas: impulsivity, inattention, and hyperactivity. Martin Kutscher (2008) defines it as ‘an inability to put the brakes on’, something that I’ve found particularly helpful when supporting parents. Children with ADHD aren’t deliberately touching things they shouldn’t or running off - they are simply unable to stop themselves. They cannot focus (unless they are hyper-focussing on something they love!) because they cannot stop the distractions. Hyperactivity is them physically or mentally seeking out those impulses.

ADHD is a neurodevelopmental condition, not a mental health condition. However, ADHD is a risk factor in poor mental health. Those with ADHD are also more likely to have conditions like autism, Tourette’s, and Sensory Processing Disorder.

You may sometimes see a diagnosis of Attention Deficit Disorder (ADD). This is often described as ADHD without hyperactivity, though I would say it’s without physical hyperactivity. Over the years I’ve spoken to many adults with ADD and they tell me that the hyperactivity is internalised; their brain never switches off.

Throwing gender into the mix can add to the confusion. Girls with ADHD are often missed in childhood, with many only being diagnosed later in life. We know that ADHD in girls looks different, and that they are also better at ‘masking’ their difficulties to fit in with peers (Oakes, 2019).

When you scratch the surface, ADHD is more complex than its acronym implies. Research

suggests that ADHD affects executive functioning (Brown, 2013). Our executive functions include skills like working memory, planning and problem solving. When you understand these challenges, you can begin to see why the ADHD child struggles in school so much.

I have worked with families for almost 20 years, many of whom have had children with ADHD. Having a child with ADHD is particularly challenging because parents must convince professionals that their child is not simply naughty. Parents can be blamed - but I assure you that tough love is not going to make a difference here. In fact, it is more likely to escalate behaviours and traumatise the child.

Of course, this is only one side of the story: people with ADHD are creative, funny, and talented. They can achieve amazing things. We need to teach our children with ADHD strategies to not only manage their difficulties, but to recognise their strengths. ADHD may be a ‘hidden’ disability, but if you look close enough you will see it, and all the good things it has to offer.

For more information:

Sunshine Support
www.sunshine-support.org

Additude
www.additudemag.com

Understood.org
www.understood.org

A piece of white paper with the word 'ADHD' written in colorful letters (A: blue, D: green, H: yellow, D: red) on a background of blue horizontal lines. The paper is slightly crumpled and has a hole punched on the left side.



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PRIDE IN BELPER 2021

21ST AND 22ND AUGUST

Pride in Belper is in its third year now and though the pandemic has created challenges for us all, momentum for PRIDE continues to grow throughout the community as a whole.

We are online again this year (hopefully back 'in-person' again next year) across the weekend of 21st and 22nd August 2021. We are planning an array of interviews, music, information, and children's activities via Facebook LIVE throughout the weekend. Additionally, a new Community Progress Rainbow is being created from photographs sent in from individuals throughout the town. As with last year, this will be printed on banners and displayed around the town. Postcards of last year's community rainbow with over 900 photographs, will be going on sale soon!

We have bought even more Rainbow, Bisexual and Transgender flags to fly throughout the town, and are very grateful that the Town Council is putting them up for us as well as incorporating a rainbow boat into one of the summer flower beds.

We are asking everyone to host **Pride of Place Parties** in their homes, nurseries, churches, streets, and gardens, as well as encouraging the shops in Belper to decorate their windows with a Pride in Belper theme. During the evening of Saturday 21st August, the Pride in Belper team have invited all local bars and pubs to host Pride parties.

Floss Goldsmith is once again at the helm of the Children's Activities and is 'Bursting with Pride' at the incredible events taking place across the weekend. With a focus on Diversity and Inclusion as well as Accessibility we have drawn on the wealth of local talent to entertain and inspire you. **Kieron Palmer** (Belper's answer to Joe Wicks) and **Isabella King** will be running a fitness session – with exercises that can be tailored to suit physical abilities and needs. Authors **Nansy Ferret Paine**, **Sophie Cartmell** and **Floss** will be reading from their latest books and running craft sessions and workshops. **Ann-Marie McMillan** is presenting

an info video from the Derbyshire Toy Libraries where you can

discover a treasure trove of toys to borrow across the summer. The toys available enable all children to have access to stimulating, enriching games and experiences whatever their needs, background, and ability. Music from **Jacqui Davies at Twistin Tots** will ensure an adaptable and engaging musical experience for all including a session specifically for those with Additional Needs.

Maya Scott Mitchell from **Selenite Wellbeing** is aiding our mental health and well-being with a breathwork session that can be completed anywhere, by anyone. For those of you who are out and about the **Co-op on Strutt Street** and **Morrisons in Belper** are hosting giant displays throughout the month of August from local nurseries and primary schools. These are sure to add lots of colour and positivity to our town.

The team behind Pride in Belper work to support the community to increase the visibility of all minority groups of individuals within the town. Their work is driven by four values, Diversity, Inclusivity, Accessibility and Sustainability, and they work hard to ensure that enough visibility is given to each of these throughout the year.

Feeling a sense of belonging, safety and confidence is important to the Pride in Belper Team, because they know it takes courage to be the person you know you really are.



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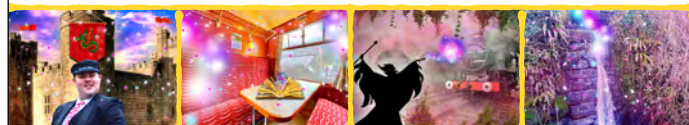
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Gulliver's Kingdom 'Dinosaurs Unleashed'

Sat 3 – Sun 4 July
Get up close to roaming dinosaurs!

Princess & Pirate Weekend

Sat 17 – 18 Sun July
Treasure treats, fancy dress events, and themed activities.

Derbyshire Toy Libraries Virtual Toy Sales

Thurs 8 – Fri 9 July &
Thurs 5 – Fri 6 Aug
Buy preloved toys at a bargain and raise vital funds. Go to Derbyshire Toy Libraries Selling and Fundraising FB group and message them if you have toys and books to donate. www.derbyshiretoylibraries.org

The Holbrook Family Fun day

Sat 17 July
Stalls for food and games, entertainment and mini beer festivals at both village pubs, a band at The Spotted Cow and a fresco food.

Denby Pottery Village Fete

Sun 25 July (10am-4pm)
A family-friendly day of fun, food and entertainment, meet the animals, pony rides, BBQ, Project D Doughnuts, charity tombola and much more!

Sunshine Forest School Holiday Club

Tues 27 – Wed 28 July &
Tues 3 – Wed 4 Aug
(10am – 3pm)
Forest adventures in the woods with a focus on all things Forest School! Book at <https://bookwhen.com/sunshineforestschool>

Artcore: Creative Maze at Derby Market Place

Tues 27 – Fri 30 July
An interactive family maze in the marquee by Derby-based Artcore, a centre for contemporary art and creativity. Full details can be found at www.derbymarketplace.co.uk/whats-on

Studio 1825: Summertime Woodland Photo Shoot

Tues 27 July
Join Studio 1825 for a relaxed professional family photoshoot in the woods. Play with your family whilst the photographer creates natural and spontaneous imagery and memories of you all. Book ahead on: hello@studio1825.co.uk or 01773 449470 or visit: www.bemybabyuk.co.uk

DERBY LIVE Outdoor Theatre: Here Be Dragons!

Wed 21 – Sun 25 July (11am & 2pm)
Markeaton Park Craft Village
The Babbling Vagabonds are bringing adventure theatre back this summer.
£9, under 3s FREE

Outdoor Cinema: Frozen II

Sat 28 Aug
Entry from 12pm
Darley Park
£14, under 2s FREE

Outdoor Singalong: The Greatest Showman

Sat 28 Aug
Entry from 4pm
Darley Park
Sing your heart out with a live host, who will teach you some dance moves and how to use your free props bag.
£18, under 2s FREE

The Hannells Darley Park Concert

Sun 29 Aug
Entry from 2pm
Darley Park
An evening of classical music and fireworks – don't forget your picnic! One of the UK's biggest outdoor classical concerts, in the stunning natural amphitheatre that is Darley Park.
Adults: £8.50 on the day, £4 in advance. Under 16s: £3.50 on the day, £1 in advance

Derby Museum

Derby Ram Trail

Now until Thurs 22 Aug
A free public art trail of 30 beautifully decorated Rams on the streets of Derby. Pick up a trail map from Derby Museum or download the app.

Museum of Making

Lots of themed days coming up over the summer holidays – check them out at: www.derbymuseums.org/museum-of-making

Crich Tramway Museum

Art Workshops

Every weekend in July

MG Car Club Display

Sun 1 Aug

Mosaic Making

Mon 9 – Tues 10 Aug

Memories of 1940s Homefront

Sat 14 – Sun 15 Aug

Model Tram & Railway Exhibition

Sat 21 – Sun 22 Aug

Woodland Activities

Mon 23 – Fri 27 Aug

Sounds of the 50s & 60s

Sun 29 Aug

Teddy Bears Picnic

Bank Holiday Mon 30 Aug

Ecclesbourne Valley Railway

The Train Through Legendary Countryside
Daily from Sat 21 – Mon 30 Aug
An immersive theatrical show on board a steam train. Book on www.e-v-r.com or 01629 823076.

Matlock Farm Park

Professor Paul Temple's

Punch & Judy Show!

Fri 23 & Fri 30 July
Fri 6, 13, 20 & 27 Aug
Pantomime fun with shows throughout the day.

The BIG Bubbleman

Sun 25 July & Bank Holiday
Mon 30 August
(10:30am-4:00pm)
His bubble mill, wands and special potions make the most AMAZING bubbles!
FREE with farm park entry

Superhero Weekend

Sat 7 – Sun 8 Aug
(11am-4:30pm)
KA-POW! Get the kids dressed up and ready for some 'superhero training'.
FREE with farm park entry.

2021 Peak District Highland Games!

Sun 29 Aug
(10am-5.30pm)
Watch some of the country's strongest men compete.

Belper Town Council

Belper Youth Sports

Festival – 5 Days of FREE ACTIVITIES

Mon 9 – Fri 13 Aug

(ages 8-11)

Mon 16 – Fri 20 Aug

(ages 12-14)

Spaces for 48 people every day, from 9am to 3pm.
A full timetable of activities including tennis, climbing, kayaking, cricket, hockey, archery and basketball.
Food and drinks provided, as well as certificates and awards at the end of each week. For more information email cllremma.monkman@belpertowncouncil.gov.uk

Pride in Belper - Online on Facebook Live

Sat 21 Aug, 12pm – Sun 22 Aug, 4pm
Celebrate Belper's 3rd Pride Event (online and in the community) - check out page 15 for full details!
For more information: info@prideinbelper.co.uk <http://www.prideinbelper.co.uk>

Belper Arts Trail

Sun 29.- Sun 30 Aug
Follow the trail around Belper to experience the work of local artists. If you are an artist wishing to take part, contact: info@belperarts.org

Shipley Country Park Visitor Centre

Insect Show

Sun 25 July (11am-4pm)
Join the Derbyshire and Nottinghamshire Entomological Society for their bug-tastic Insect Show.
FREE.

School's Out!

Sun 25 July – Mon 30 Aug (10.30am-3.30pm)
Enjoy a different self-led activity trail each week of the summer holidays. Length: 1-2 miles. Cost: £1.50 per child, per trail.



EVENTS JULY / AUGUST 2021

Continued

High Peak Junction Visitor Centre

Explore & Discovery Activities for the School Holidays

Sun 25 July – Mon 30 Aug
(11am-4pm)

Runaway Train Treasure Hunt,
around High Peak Junction.

Cost: £1 per child.

Mini-Beast Safari at Middleton
Top. Cost: £1 per child.

Elvaston Castle Country Park

Teddy Bear's Picnic

Sun 29 Aug
(10.30am-3.30pm)

Bring your favourite bear and
a packed lunch for a picnic on
the lawn.

Park in the Dark

Sat 28 Aug (7-9pm)

Find out more about night-
time nature residents at
Elvaston Castle.

Cost: Adults £6, Children £4.

Booking essential:
01629 533870.

Cromford Mills

Sci-Fi Saturday

Sat 14 Aug

Celebrating the Arts

Sat 21 – Sun 22 Aug

Cromford Mills Adventure Weekend

Sat 28 – Sun 30 Aug
(10am-4pm)

Organised in partnership with
Paddle Peak, the weekend
is packed with canoeing,
climbing, biking and more!

Belper North Mill Outdoor Discovery Backpack Activity (Belper River Gardens)

Throughout the Summer
Holidays. For young
detectives of all ages. Use
magnifying glasses and take
part in nature, science and
problem-solving activities to
discover things you never
knew about the Mill and the
River Gardens! Pick up your
Backpack for £5 from Strutt's
North Mill Reception area,
during normal opening hours.
Return your backpack to the
Mill by 3.30pm to collect your
prize.

Belper River Gardens Café, Rowing Boats & Pedalos

Look out for lots of activities
taking place throughout July &
August

FB: Park Life Café at the Swiss
Tea Rooms

[https://www.](https://www.deepbeatertainment.com/swisstearooms)

[deepbeatertainment.com/](https://www.deepbeatertainment.com/swisstearooms)
[swisstearooms](https://www.swisstearooms)

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!

Cinema in the Valley

Belper Rugby Club:

The Lion King – Thurs 19 Aug

Top Gun – Thurs 20 Aug

The Full Monty – Sat 21 Aug

Tickets are £14 for a standard,
and £9 for children under 12
with a booking fee of £1 per
ticket.

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[peakmortgagesandprotection.](mailto:peakmortgagesandprotection.co.uk)
[co.uk](mailto:peakmortgagesandprotection.co.uk) for two FREE tickets

There will be food vendors –
'Toastie the Difference' and
'Let's Taco 'bout it'.

Tickets and more info can
be found here: [https://](https://summernightsfilm.co.uk/venue/belper-rugby-club)
[summernightsfilm.co.uk/](https://summernightsfilm.co.uk/venue/belper-rugby-club)
[venue/belper-rugby-club](https://summernightsfilm.co.uk/venue/belper-rugby-club)

Flair Craft Sessions - for ages 7 and under.

Kilburn Village Hall

Every Monday throughout

August

10am until 11am

Summer theme is 'Under the
Sea'!

Each child will need to be
accompanied by an adult.

Contact Emily:

emilymarshallsims@gmail.com

Denby
1809

POTTERY
VILLAGE 

SHOP · EAT · EXPERIENCE

Whether you have a few hours or want to enjoy a full day out, visit Denby Pottery Village for a wealth of activities to keep little ones and adults alike, happy throughout the summer, plus with our shops and food outlets, there really is something for everyone to enjoy.



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FACTORY SHOP
COOKSHOP
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GIFT SHOP
GARDEN & POND

EAT

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

EXPERIENCE PACKAGES

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

FREE
ENTRY

DENBY POTTERY VILLAGE FÊTE

Sunday 25th July | Open 10am – 4pm

Join us for a family-friendly day of fun, food and entertainment, meet the animals, pony rides, BBQ, Project D Doughnuts, charity tombola and much more.

Book any full priced Denby Experience and get
10% off with code DenbyBoom
valid until 31st August 2021

For more information and to book your experience visit:

denbypottery.digitickets.co.uk/tickets
or denbypotteryvillage.com



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www.derbyshiretoylibraries.org



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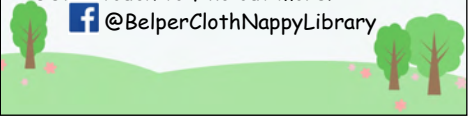


BELPER CLOTH NAPPY LIBRARY

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4-7 & 7-11 YEARS
12 JUNE - 17 JULY
10AM



ILLUMINATE
ONLINE
10-25 YEARS
9 JUNE - 14 JULY
4.30PM



BALLET &
CONTEMPORARY
JUNIORS & KIDS
4-7 & 7-11 YEARS
12 JUNE - 17 JULY
9AM

MOVERS &
SHAKERS
2-5 YEARS
12 JUNE - 17
JULY
9AM & 10AM



YOUTH COMPANY
CLASS
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9 JUNE - 14 JULY
5.30PM



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Belper groups for BABIES AND TODDLERS

**BELPER
HEALTH
VISITORS TEAM**

Tel:
01246
515100

If you are a new group and wish to be listed in later editions...
please get in touch info@boommagazine.co.uk

Twistin Tinies - Babies 0-18m

(non-walkers)
Belper Community Hall
Mon 12:30-1:30pm
Tues 12:30-1:30pm
Fri 11am-12pm
Weekly or Block Bookings

Twistin Tots - 0-5yrs

Belper Community Hall
Mon 9:45-10:30am & 11-11:45am
Tues 9:45-10:30am & 11-11:45am
Fri 9:45-10:30am & 12:45-1:30pm
Weekly or Block Bookings
(running until 23/7/21 – more dates
through summer hols – see website/fb)

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

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

Belper Baby Club

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

Nest & Nurture

(formerly Daisy Babies):
Nest & Nurture Studio, Belper North Mill
Hatchlings (6wks-5m)
Wed & Thurs 1-2pm
BOOK

Nestlings (4/5m – crawling)

Thurs 10:30-11:30am
BOOK

Term time only

Nest & Nurture Tea Club

A regular social and support group
for expectant and new parents in
Belper and surrounding area.
See fb page for next meet up

Gymkids – ‘not just Gymnastics’

Belper Leisure Centre
Wed am (starting 28th July)
3 classes available for movers to pre-
schoolers
Pre-book 3 weeks at a time

Post Natal Yoga & Baby Yoga

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

Sunshine Forest School Toddler Group (0-4yrs)

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

Belper Early Years Centre

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

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

See fb page for online support

Derbyshire Toy Library (Click and Collect Toy Hire)

@ Strutts Community Centre
Wed & Fri 9am-12pm
Sat 12-3pm
See fb page for ideas and to book a
slot for pick up
(Running throughout summer
holidays)

Young at Heart Intergenerational Zoom Session

Thurs 11am
Please access the zoom link via the
'Young at Heart' fb page (check fb for
dates during summer holidays)

Little Church

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

Prams & First Shoes Meet -Up

St Mark's Church
Thurs 9:30-11:30am (0-2.5yrs)
Call Sandra to confirm place: 01773 826519'

The Little Baby Sanctuary

(6wk - crawling)
Sage Yoga Studio
Fri 1.30-2.30pm

4 week course BOOK online
Term time only

Inspirational Languages

Spanish Class

"Caramelo" baby and toddler online
lesson
Mon 11:40-2:10pm
Tues 10-10:30am
BOOK
Term time only

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
Term time only (look out for the
Starting School Workshops during
summer hols)

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
Term time only

Post Natal Pilates

Fit Pit
Post Natal Reformer (babies
welcome)
Weds 11:30am
Thurs 11:30am
**Pregnancy & Post Natal
Pilates**
Weds 6.15-7pm
(Running as usual through summer
holidays)

** 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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www.happity.co.uk/twistin-tots-twistin-tinies
 Tel: 07977 578359 E: Jacqui@twistintots.co.uk
www.twistintots.co.uk




KIDS KARATE

FROM THE AGE OF 3

SUNDAY
 Belper Fit Pit
 10.15 - 11.15am

TUESDAY
 Kilburn Village Hall
 4pm - 5pm

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For further information please contact me on **07875 342201** or email beauFIT.derby@outlook.com




Babyfit and Totfit combined is suitable for babies age 6 weeks and tots up to 4 years of age.

A fun, child friendly, active aerobic dance class for parents and carers to work out together.

Bring baby or tot in a sling/carrier, pushchair or they can relax on a play mat. There are two venues

Belper Ritmo Studio
 Every Wednesday at 10.30am

Little Eaton Village Hall
 Every Thursday at 11.30am

Pay as you go £5




1:1 PT sessions, joint PT session and even groups of 3,4,5 and 6 clients PT sessions.

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NIC'S PERSONAL EXPERIENCE

By Nic Smith

When I'm asked by other parents what's hardest about having a child with special needs..... it's the issues around social interactions which are our biggest struggle.

My son only had two party invitations in the whole of primary school. Can you imagine what that felt like? If you want to understand and if you want to help, here are my requests:

Firstly, encourage your child to play with a child who has no one to play with. It will absolutely make their day and mean so much to them. That kid who looks weird, or does things differently, is just different. It doesn't mean they're not worthy of your time, honestly they are more than worthy. I know my son is the most loyal friend going. He's extremely kind and will give his last penny to those who need it. He would go out if his way to make his friends' days better.

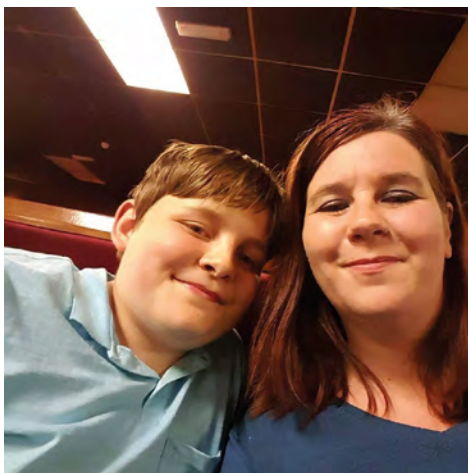
Parents, I encourage you to ask about the child with additional needs - what they have going on, what do they need to know about their children playing with the child, how can they make sure they all have a good time? Please don't tell your child not to play with the 'strange kid'. We've experienced this and it can lead to bullying.

A smile, a wave, some form of acknowledgement to him meant the absolute world.

It's worth reading a bit about autism and ADHD, they are so common, but they can be a hidden disability. A child with autism or ADHD may act strange or appear naughty, but that's because they just can't cope at that moment. Something has happened in their world to upset life. A simple thing

to you and me - like a sunny day turning rainy - yes it's sad as we can't play outside - but a typical child will go and play with other things after the initial paddy. To a kid with autism, the whole day could be ruined because they've planned what they are doing in their head in great detail and it's unchangeable. So now their entire day is absolutely ruined and it's impossible to switch focus. They haven't made a back-up plan. They can't change direction.

Befriend a mum or dad who has a special needs child, and ask them more so you can understand better. That parent needs all the friends they can get, it can be a very isolating life for them. They probably have hardly any time for themselves. They have a huge list of things to remember - numerous appointments, that today is the day their child does not eat peas, but all they've eaten for two weeks is peas, remember that food can't touch on the plate, that they need certain cutlery, remember to make sure they've got socks on and have changed their underwear, brushed their hair, drank enough fluid because they can go hours without a drink and many, many more things... A kind word, a smile, a cup of tea... these tiny kindnesses mean so much.



CARING, CAMPERVANS AND CORNELIA DE LANGE SYNDROME

By Tia Owen

Everyone knows at least one genetic condition: Down Syndrome, cystic fibrosis, maybe even Angelman syndrome. But what do you know about CdLS? It's short for Cornelia de Lange syndrome - one of the rarer genetic conditions, affecting between one in every 10,000 - 30,000 babies born each year. One local parent who has a vested interest in CdLS is Natalie Blockley. She works for The CdLS Foundation UK & Ireland, and her eldest son Arthur has CdLS.

CdLS, like other genetic conditions, exists on a spectrum, but the main symptoms are: an unusually small stature, limb abnormalities such as small hands or the absence of forearms, and thick, joined-up eyebrows. People with CdLS can also have other associated issues such as: seizures, hearing loss, vision problems and reflux.

Though people with CdLS do have unique facial features, a diagnosis for Arthur was not easily made. 'A couple of days after he was born, his Health Visitor noticed that his head was very small, and he wasn't actually on the growth chart for his head size,' Natalie explained. 'That led us to a Paediatrician, and we had appointments at hospitals on and off for about nine months.'

Blood tests came back negative, and eventually it was a Geneticist who, after meeting Arthur, diagnosed him with CdLS 'basically then and there'. DNA swab tests later confirmed his suspicions - at which point Arthur was just over a year old.

She said that 'even now, when we go to doctors or hospitals they don't know about it, so we have to tell them, and really be the doctors sometimes.'

This lack of awareness is something that Natalie and The CdLS Foundation are working hard to change, through initiatives like International CdLS Awareness Day (on the second Saturday of May each year), and conferences, both national and international.

But it's not just healthcare professionals who need support to understand CdLS - it's the families too. 'We've only got between 200 and 400 children and adults with the syndrome in the UK,' Natalie said, 'so we are a community, we all know each other, it's a very important support network.'

Though she admitted that her and her husband 'just got on with' raising Arthur initially, she concedes that Arthur's CdLS does have an emotional impact on her. 'He's ended up in the hospital from just coughs and colds,' Natalie said. 'We are sort of on the lookout, we keep an extra eye on him.'

Things that other families take for granted, such as holidays, also have to be adapted. One of Arthur's favourite spaces is the family campervan, but when the family venture out, activities often have to be done with one child at a time, due to Arthur's tiredness. Natalie explained: 'Sometimes we can't do two things in a day, so if we went to the seaside, we could do that but we couldn't then go out again in the afternoon. Arthur would stay in the campervan and one of us will take Seth, the younger son, out.'

Over the years, the family has got better at recognising when some of the less physical symptoms of CdLS are occurring. As with many children with CdLS, Arthur also has autism, so he often gets overwhelmed. This is managed by 'just making sure he always has a space to retreat, a quiet space'. Natalie also talked about some of the tell-tale signs of anxiety flare-ups: 'He chews his hands quite a lot, and then he gets quite manic - so he goes from calm to running around... he can't sit still and gets twitchy.' Knowing this has meant they've been able to change how they participate in special occasions. 'Arthur doesn't do well with

big family gatherings' Natalie explained, 'so we don't have big Christmases. We didn't do that last year, and it was so much better.'

When Natalie was asked what she would tell other parents of children with genetic conditions, her advice was simple. 'It's arming yourself with the right information,' she said. 'And also trying to connect with other families, because nobody will understand the syndrome more than someone else who's living with it.'

Despite the challenges that come with raising a child with CdLS, Natalie maintains there are silver linings. 'I think you celebrate the little milestones more,' she said, recounting the joy of her son drawing her a picture for Mother's Day. But in

many ways, Arthur is like any other six-year-old: funny, lively, and loving. As Natalie herself put it, 'Everybody just sees him as him.'

For More Information:

The CdLS Foundation UK and Ireland -
www.cdls.org.uk, 01375 376439

Down's Syndrome Association -
www.downs-syndrome.org.uk/, 0333 1212 300

Genetic Disorders UK -
www.geneticdisordersuk.org, 0800 987 8987



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FOR MORE INFORMATION

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www.longrow.derbyshire.sch.uk



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ADDITIONAL NEEDS RESOURCE LIST



General Organisations

- **Accessible Derbyshire** (accessiblederbyshire.org) – its website showcases the best in accessible Derbyshire days out.
- **Bridge the Gap** (jwbridgethegap.com, 01332 600827) - Derby-based organisation offering emotional education and mental health support to children, parents and teachers.
- **Carer's Trust East Midlands** (carerstrustem.org) - provides one-to-one home-based care for disabled children and young people, giving parents and carers a break from caring pressures.
- **Contact** (contact.org.uk, 0808 808 3555) - national charity offering support for families of children with a range of disabilities, including an online community and in-person events to help bring families together.
- **Derbyshire Information Advice and Support Service for SEND** (derbyshireiass.co.uk, 01629 533668) – provides information, advice and support to children and young people with special needs living in Derbyshire, as well as their parents and carers.
- **Derbyshire Parent Carer Voice** (derbyshireparentforums.co.uk, 01629 533666) – a group allowing SN parents to discuss and work to change the quality of services they receive.
- **Family Fund** (familyfund.co.uk) - charity providing grants for disabled children and their families, for things including specialist equipment, respite breaks and sensory toys.
- **Parenting Additional Needs** (parentingadditionalneeds@yahoo.co.uk, 07973616043) - support groups in Derbyshire and South Yorkshire, providing support, information, training and family activities to parents and carers of children with additional needs. Follow on FB
- **Parkside View Stables** (parksidestables.co.uk) - part of the Riding for the Disabled Association (RDA), runs accessible riding lessons for individuals and groups.
- **Rainbows Hospice** (rainbows.co.uk) – hospice providing care and support to children and young people with life-limiting conditions, and their families.
- **Samaritans** (116 123, jo@samaritans.org) – charity providing a free 24/7 helpline for anyone who's struggling.
- **Scope** (scope.org.uk, 0808 800 3333) – the leading disability charity in the UK, providing practical and emotional support to people living with disabilities and their families.
- **Special Friends** (special-friends.co.uk) – Support for families in Belper and the neighbouring areas who have children with additional needs, with: playgroups, siblings support, family activities, accessible activities for SEN children, social events, information workshops and parent/carer support.
- **Sunshine Support** (sunshine-support.org) – Derby-based company which offers advice and support to parents, carers and professionals about special educational needs issues, such as ECHP and statement meetings.

Autism Spectrum Disorder

- **Ambitious About Autism** – ambitiousaboutautism.org.uk
- **Callum's Voice** (based in Amber Valley) - callumsvoice.org.uk/
- **Derbyshire Autism Services** - derbyshireautismservices.org/
- **The National Autistic Society** – autism.org.uk, 0808 800 4104
- **The Riley Foundation** (<http://therileyfoundation.co.uk>, 01773 714881) - Sensory Therapy Centre based in Underwood, for children and adults.
- **Umbrella** – umbrella.uk.net – provides activities for autistic children within Derby and Derbyshire.



Compiled by Tia Owen If you're a parent of a child with additional needs – or who thinks their child may have additional needs – below are a list of relevant charities, organisations and websites that might be of help. Local organisations are noted, and helplines are also included if an organisation has them.

Attention Deficit Hyperactivity Disorder (ADHD)

- **ADDISS** (The National Attention Deficit Disorder Information and Support Service) - addiss.co.uk, 020 8952 2800

Brain conditions

- **Headway Derby** – headwayderby.org.uk
- **Cerebra** – cerebra.org.uk, 0800 328 1159

Blindness (and other visual impairments)

- **Sight Support Derbyshire** - sightsupportderbyshire.org.uk, 01332 292262
- **Royal National Institute of Blind People (RNIB)** - rnib.org.uk, 0303 123 9999

Deafness (and hearing impairment)

- **CamTAD Hearing Support** - camtadderby.wordpress.com
- **Hearing Help UK** - hearinghelpuk.uk, 01773 570976
- **Communication Unlimited** - cu-bsl.co.uk, 01332 369920. Provides qualified BSL interpreters to make medical appointments, hospitals, funerals etc more accessible for the deaf community.
- **Action on Hearing Loss** - actiononhearingloss.org.uk, 0808 808 0123

Dyslexia

- **The Dyslexia Association** – dyslexia.uk.net, 0115 924 6888
- **The British Dyslexia Association** – bdadyslexia.org.uk, helpline@bdadyslexia.org.uk

Dyspraxia

- **The Dyspraxia Foundation** – dyspraxiafoundation.org.uk

Epilepsy

- **Epilepsy Action (Derby Branch)** – 07770837970, email wbutterworth@epilepsy.org.uk to ask about groups etc.

- **Epilepsy Society** - epilepsysociety.org.uk/, 01494 601 400
- **Epilepsy Action** – epilepsy.org.uk, 0808 800 5050

Genetic conditions

- **Genetic Disorders UK** - geneticdisordersuk.org, 0800 987 8987
- **SWAN UK** (Syndromes Without A Name) - undiagnosed.org.uk, 07716 251914 - charity working to support parents of children with undiagnosed genetic conditions.
- **The CdLS Foundation UK and Ireland** - cdls.org.uk
- **Angelman UK** - angelmanuk.org, 0300 999 0102
- **The Cystic Fibrosis Trust** - cysticfibrosis.org.uk, 0300 373 1000
- **The Fragile X Society** - fragilex.org.uk, 01371 875 100
- **The Haemophilia Society** - haemophilia.org.uk, 020 7939 0780
- **Duchenne UK** - duchenneuk.org
- **The Sickle Cell Society** - sicklecellsociety.org, info@sicklecellsociety.org
- **Cure & Action for Tay-Sachs (CATS Foundation)** - cats-foundation.org

Learning disabilities (including Down's Syndrome)

- **Down's Syndrome Derby** - dsderby.org
- **Mencap** – mencap.org.uk, 0808 808 1111
- **Down's Syndrome Association** - downs-syndrome.org.uk, 0333 1212 300

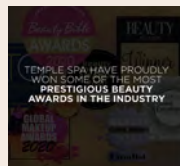


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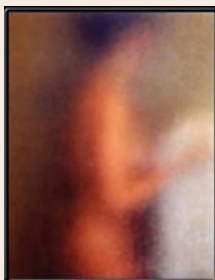
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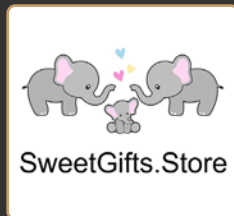
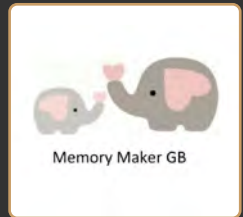
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