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THE ESSENTIAL HANDBOOK FOR LOCAL FAMILIES

ISSUE 15

NOV / DEC 2020



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Hello and welcome to the first post-lockdown edition of Boom Magazine!

Let me introduce myself...I'm Abby and I had an internship with Boom through the summer, after finishing my degree in Journalism. I was asked to be the guest editor for this November edition (which means so much to me, as I absolutely loved my time working alongside Jo and Sascha) so I hope you enjoy reading this!

In this issue we focused on the COVID-19 lockdown of 2020 and its lows and highs, but most importantly, how it affected the people of Belper. Throughout the magazine, you will read articles from people who live in and around Belper and hear their thoughts on the lockdown experience. It has been extremely interesting talking to these people and listening to their stories and I can't thank them enough for taking part. The Belper Moo most definitely lifted spirits during uncertain times, and I hope you enjoy my article on this chique craze, which includes insights from The Moo founder, Jasper Ward. This issue will highlight the different emotions and experiences that people had whilst in lockdown, emphasising the fact that there is no right way to feel during a global pandemic.

We hope you enjoy this special issue of Boom magazine! Thank you to all our sponsors and the support from local businesses - we couldn't do it without you!

Abby x

Sascha Landskron and Jo Leigh
 Editors of Boom Magazine and local mums
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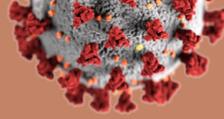



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LOCKDOWN IN BELPER

- THE HIGHS AND LOWS TO FLATTEN THE CURVE

By Abby Hills

COVID-19 has truly shaken the world, from arriving on our screens last year, to Boris Johnson telling us the news on March 23rd (my birthday...typical!), that lockdown in the UK was about to begin. Who would have thought a pandemic like this would ever happen in 2020?

As a town we saw the highs and lows and we came together to lift each other's spirits. Some of us lost family members and friends, as a result of the virus, and many of us were left confused, frustrated and uneasy.

It is only fair to say we all experienced lockdown differently, some hated every minute of it (which is completely understandable!) and some enjoyed spending more time with their kids and found new hobbies. We wanted to know what the people of Belper and the surrounding areas thought about the 2020 lockdown, so we surveyed you and here are the results:

The majority of people who completed our survey said they found lockdown hard, mainly due to the fact they were having to work at home along with other family members, or they were having to home-school their children as well as working their usual job.

One of our anonymous participants said: "It's stressful working at home with two young children that always need watching and are not independent".

This must have been widely felt as someone else said: "Working full-time and home-schooling was completely impossible and the absolute worst thing about lockdown."

For many, this of course caused stress and anxiety when trying to do their best for their children during these unprecedented times.

Jo, mum of two from Belper says: "If anyone asked me during lockdown how it was going in my household, my response would probably have included 'intense, stressful, I don't feel like I'm meeting either child's needs. But then I would look on my phone's photo gallery and realise that amongst the chaos we were having some lovely 'moments' and making some happy memories too."

Some people also responded to the survey with positivity, highlighting how they coped well in lockdown, because it made the family unit stronger, with more time being spent together at home.

Others locals commented:

"The pace of life slowed down and that was great, no more stressful mornings trying to get everybody out of the house on time and despite being a sociable person, I enjoyed being a hermit for a bit and living a less hectic life."

"I fluctuated between being productive and taking on a lockdown project one week, to being super lazy and staying in my PJs most of the day and drinking copious amounts of tea, usually locked in a bathroom to get five minutes peace and some work done."



“One of the highlights was finding new walks nearby that we didn’t know existed. The Belper Moo was fun too!”

“Despite being a teacher I know for sure I could never home-school, but I’ll take the highs (and probably try and forget about the lows) and remember how lucky we were to stay healthy and live in such a great town with countryside on our doorstep!”

But what about those people who had a new-born baby to look after?

Mum of two, Sophie, from Derby, said: “In a way lockdown helped as we could establish a routine where my husband who was furloughed could keep our toddler fed and happy whilst I kept to the baby’s schedule, which was a feed every two hours. Once my husband went back to work, I did feel lonely at times which made me feel low. But then we got into a bubble with my mother-in-law so that helped massively. I had hoped to do a baby group and more importantly a play group so that my son, who is a toddler, could socialise as he wasn’t at nursery anymore. I wasn’t too upset about the baby groups being cancelled but it would have been nice.”

Many people picked up new hobbies including gardening and walking, with one of our responses being: “There was a better love of our land and home space”.

Some interesting finds from our survey:

Out of 32 people who answered the question: How did you find lockdown? (1: not too bad – 5: awful), most people answered “1” or “3”.

Out of the 14 people who said they had to home-school through lockdown, five said it was ‘neither easy nor difficult’, and six respondents said it was either ‘difficult’ or ‘very difficult’.

It is safe to say there is no right or wrong way to feel during a global pandemic; some people found it ok, whilst others did not. Hopefully soon we will all be able to say that the pandemic of 2020 is truly in the past.



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DISCOVERING THE SIMPLE PLEASURES OF LIFE IN LOCKDOWN

By a Local Mum of Two

The saying 'It takes a village to raise a child' is never truer than when you are a single parent, and even more so when one of your children has multiple special needs.

Lockdown meant our 'village' disappeared overnight, friends and family were no longer able to help, there was no respite from care groups and there was no time to go food shopping whilst the kids were at school, like you usually do, because your child can't handle the supermarket environment for long.

At first, whilst social media was filled with people who were breezing through home-schooling, becoming the next cake-baker-extraordinaire and living their best life, I was just trying to survive each day and keep everyone clean and fed.

The days felt forever long. My child sleeping though the night went out the window and without the strict and carefully balanced familiar routine we had pre-lockdown, I spent my time calming meltdown after meltdown, all whilst trying to help my other child process why all of a sudden life had become 'so unfair'. At the same time, I was trying to deal with my own feelings about the situation.

For the first two weeks I tried to 'home-school' but I realised it wasn't going to work so to save our (or mainly my) sanity, we learnt through play where we could, we practised practical skills when we could, and when we couldn't because it was all just too much, we had a movie day in our PJs or played endless Mario Kart, without feeling guilty.

Over time we all adjusted and settled into the new routine of being at home and, after solving a few practical problems like how to do the food

shop when home delivery slots were like gold dust, we began to enjoy ourselves. We spent days in the garden, had our first family water fight, roasted marshmallows over tealight candles whilst pretending we were around a campfire and the children learnt the somewhat lost art of how to entertain themselves.

A few months into lockdown it was my daughter's birthday. We should have been celebrating it on our first holiday abroad. Instead it was a simple day with video messages from friends and family, a quick hello from her best friend as she dropped a gift round, and a pizza party in the back garden with chocolate cake and candles. I worried it wouldn't be special enough, but she thought it was the best day!

We also made friends with our neighbours and people on our street who, despite living with them for four years, we didn't really know. We celebrated VE day together with garden picnics and a sing-along to 'We'll met again'. We had a weekly quiz, hosted by a different garden each week. This helped to ease the loneliness I felt at times and kept my spirits up.

Looking back, lockdown was filled with more highs than lows, even though the beginning looked a little bleak.



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james



LOCAL BUSINESSMAN HELPS SAVE LIVES DURING THE PANDEMIC

FORTY FIVE DEGREES
Design & Print

Dean Bradshaw is the owner of 45 Degrees Design & Print in Belper and Boom Magazine's fabulous designer. We asked him to share his story as a busy, thriving business that came to a standstill overnight and how he decided to use his time and resources to help those battling exposure to the Pandemic. Here is what happened...

So, with an empty studio and all six designers placed on furlough, I felt a little empty. My workload had vastly reduced, and for the first time in 12 years of running my business, I had nothing to do - and anyone who knows me would know I can't sit still; I've always got something on, a project of some kind.

So, after week one of the lockdown had passed, and the house and garage had been thoroughly tidied and all those little jobs I'd been meaning to get to had been sorted, I sat down to watch the daily update from Boris. I was worried to hear all about the shortages of PPE for NHS and care staff, but didn't know what I could do. Then I had a message from Design & Technology teacher, Phil Holmes, asking for acetate so he could make PPE using the school's machinery. I was really inspired by his efforts, so we met to discuss his project and I donated 1,000 sheets to the cause. But after our conversation, I then came up with a plan of my own; I was going to make and donate 1,000 visors myself!

A little bit of online research led me to Kitroniks, a Nottingham based company who had just what I needed - the plans for a visor headband perfect for my laser; and pre-approved by the NHS for use in hospitals. So, with the materials I had in stock, I set my plan into action and fired up the laser! I needed to find people in need of the PPE, so I ran a Facebook post about my plans and asked for anyone who needed them to come forward. Very soon afterwards, I was inundated with requests, meaning that the 1,000 face visors I had originally planned on making went in an instant! And so had all my supply of materials. I decided to raise some funds by raffling a few

historic coins from my coin collection, which along with other donated prizes, raised £650 for materials. I also set up an Amazon wish list, which basically bought out all the stock of acetate on Amazon!

As you can imagine, my pledge to make 1,000 grew quickly to 2,500, then 5,000! In the end I made 34,000 visors.

The whole project was voluntary and funded by myself (initial outlay, time & machinery) and by kind donations of materials from the wish list, along with donations of cash from local residents and fellow businesses. Neither I, nor 45 Degrees as a business, made a penny from the project, and remaining funds were donated to the NHS Trust. It was great to contribute to the cause.

Fingers crossed I won't be needing to fire up the laser cutter for visor production again anytime soon.



45 Degrees Design & Print offer a wide range of services for both businesses and the general public. Take a look at their website for inspiration and support a fabulous local service in Belper. www.fortyfivedegrees.co.uk

MY LOCKDOWN STORY - LIFE WITH NEW-BORN TWINS

By Leonie Gascoyne - Local Mum of Three



Lockdown began as our premature twins turned one month old. We'd started isolating the week before, explaining to our two-year-old there were virus germs making people very poorly, so that's why he couldn't see his family or friends. After already having his world rocked by the arrival of the twins, he did not take these changes in his stride. I thought I knew what a toddler meltdown looked like, but oh my goodness, we were heading for a whole new level! It was heart-breaking seeing his distress and frustration, and watching my best little mate, who I just didn't have enough time for, turn into an emotional wreck.

A real low point was a meltdown so loud my husband's colleagues could hear it via their Zoom chat on the other side of the house! I abandoned our first attempt at toilet training shouting "I can't do this right now!" whilst scraping poo off the laminate to the soundtrack of all three children crying! And I sobbed the day my son showed me his collection of tractors and said "Look, these are my friends. I'm playing with my friends".

Out of concern for the mental health of myself and my eldest, my brilliant mum moved in with

us for a month and she really saved the day. The adults were no longer outnumbered, and it meant my son was able to get more of the attention he desperately needed.

During my first maternity leave, I rarely spent a day at home, I loved being out and about and seeing people. Having the opposite experience with my twins has meant that, after starting them on the bottle, we were able to spend time establishing breastfeeding. (My sincerest apologies to all the delivery drivers I have opened the door to with both boobs still hanging out!) We also got the twins into a bedtime routine much earlier than I expected. They're much more chilled out than my son and I do wonder if those months of quiet family time actually did them good. I had my birthday in lockdown and it was really lovely; it was so nice to receive cards and gifts through the post. Another positive has been the relationship between my son and our next-door neighbour. Their chats over the wall blossomed into a real friendship and as soon as outdoor gathering were allowed, he invited her round to our garden for a lovely cuppa!

MY LOCKDOWN

By Sarah Vinecombe, Local Mum



I decided to become self-employed (as the owner of Lingotot Derby and Ashbourne) in the Summer of 2019. The irony was, I took the decision to help find a better work-life-balance and spend more time with my daughter. Then we entered lockdown in 2020.

The sun was shining, nursery was closed, and my daughter faced endless days of Mummy Time. I faced the heartbreak of having to cancel classes for a business still in its infancy, lost contracts, a serious loss of income and very real anxieties over whether my business would survive this pandemic.

Yet here I am writing this, six months later, the very proud owner of a business that did survive, that has navigated its way through these turbulent times alongside loyal customers and new customers, planning my return to classes within nurseries and schools that have stuck with me. It's been a learning curve both personally and professionally.

So physical classes soon gave way to online classes (anyone else totally ignorant about the existence of Zoom pre-lockdown?). Early technical issues aside, 'can everybody see my screen?', and 'sorry can you hear me now?'. Mummy doing French and Spanish on the computer became our New Normal - another much-overused lockdown phrase! Occasionally my daughter would wander through to see what I was up to. A rendition of 'Les roues du bus tournent et tournent' maybe got her attention, but on the whole, she was being bribed with snacks and far too much screen time! I thought I was pretty adept at multi-tasking until I was faced with the prospect of having to wrestle an ice-lolly out of my three-year-old's already sticky hands during a Spanish lesson on directions. Amazingly my students still managed to find the way to el supermercado despite me having to take my eye off the ball (or screen) temporarily.

However, once the laptop was switched off, it was indeed Our Time, endless walks and time

to revel in the gratitude of good old-fashioned community spirit, with rainbow treasure trails set by neighbours, toys dressed up and on display in people's gardens, painted pebbles to find and even a socially distanced disco to mark VE day, all of which took the edge off the extra company we both craved.

Now, we have made it to September. My three-year-old is now four and is off to 'Big School'... so I find myself in a reflective mood, one where I'm grateful for the 'bonus' time we had together before she begins this next adventure. A time where her hugs were mine, and mine alone, and our bond is stronger than ever.





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Mon 12:30-1:30pm
Tues 12:30-1:30pm
Fri 11am-12pm
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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
BOOK

Nest & Nurture (formerly Daisy Babies):

@ Nest & Nurture Studio, Belper North Mill
Hatchlings (4wks-5m)
Tues, Wed, Thurs 1-2pm
(coming soon 'Tree babies')
Nestlings (4/5m – crawling)
Tues, Wed, Thurs 10:30-11:30am

Friday Morning Nature Group

@ Early Years Fun Centre
See fb page to see confirmation of time and to BOOK

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

See fb for online support

Derbyshire Toy Library (Click and Collect Toys)

@ Belper Community Hall
Wed 9am-12pm
See fb page for ideas and to book a slot for pick up

Gymkids

@ Belper Leisure Centre
Wed
9:20am (1-3yrs Assist)
10:20am (3-4yrs Coach Led)
4:40pm (4-8yrs Fitkids Fitness)
BOOK

The Little Baby Sanctuary

@ Sage Yoga Studio
Fri 1.30-2.30pm
4 week courses BOOK online

Inspirational Languages Spanish Class

"Caramelo" baby and toddler online lesson
Mon 1:40-2:10pm
Tues 10-10.30am
BOOK

Nursery Ballet (3-4yrs)

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

DanceFitt Tots

@ OAP Hall, Barley Close, Little Eaton
Tues and Wed 9.45-10.45am
BOOK

Baby Sensory

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

Phonics with Robot Reg

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

Little Sage Pregnancy Yoga

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COMING SOON - details to be confirmed

You can also join Belper Toddler Meet Up Gang on fb to virtually meet other parents.

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

THE BELPER moo

By Abby Hills

On the 24th March at 6.30pm, the sound of cows mooing was heard from a usually quiet but quirky town in Derbyshire. This sound was in fact not from a cow, but from various townspeople, and this town was Belper, our hometown.

The Belper Moo took the media, and world, by storm. First lighting up our Facebook pages and later getting media coverage as far away as Australia. How did this happen you ask? Belper's very own Jasper Ward and his wild but incredible imagination.

Mr Ward said: "Belper isn't any old town. Events like the Christmas Eve carols, PRIDE, the Food Festival, the Arts Trail, the Belper Games and Belper Goes Green all bring out huge crowds. It's a unique place: so vibrant, so friendly – and so maybe something truly special could happen at a time when the wonderful community was forcibly separated by lockdown. The Moo was really conceived of as just a bit of fun – a release from the tedium of lockdown. I hadn't anticipated what that daily moment of connection would mean to people. It was the perfect antidote to the forced segregation of lockdown."

Many people from Belper, and even those from afar started to join in with the 6:30pm Moo. Countries including Australia, Brazil, India and Spain took part in the 'release' and it even reached comedian Russel Howard, who mentioned our wild and wacky new tradition in one of his videos.

Ward said: "The attention around the world was incredible – really gratifying and truly humbling. At its peak we were receiving thousands of messages a day and they were unanimously positive. We really are the town that made the world smile during lockdown."

Lydia Johnson from Belper, participated in The Moo alongside her husband Tom, and daughters, Louisa and Georgina. She said: "The Belper Moo was a little bit of magic during lockdown. It was brilliant to be able to go and stand on the front step and let the girls (and my husband and me)





moo as loudly as we wanted to! It really did lift spirits and it put a big smile on both girls' faces. It gave a real sense of community in a strange way."

"Louisa made a robot cow costume out of a cardboard box, and there were numerous princess outfits worn! Georgie was more a fair weather Mooer, but she could be regularly seen mooing as Princess Anna or Elsa. The girls and their dad were featured on a news package that went out all over the world. It gave such a welcome distraction. Louisa doesn't really understand the internet but knows she's mooed around the world and is super proud!"



The Belper Moo was really something different and unheard of (well – it was heard at 6.30 every night!) but it definitely, gave the people of Belper something else to think about each evening during such a hard and unpleasant time.

Maybe one day, we will again hear the sound of a human moo in the distance as Ward hopes for another Moovement; "Whether we're looking at COVID-19 in the rear-view mirror, or very much still in the thick of the fight, Belper will Moo once more!"

"We're the town that Moos".

Follow them on Facebook to join in with future events.



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SUNSHINE IN A BOTTLE

By Sascha Landskron, BSc, MSc, Paediatric Dietitian and Local Mum



As the winter days draw in and darken, you may be dreaming wistfully back to all the sunshine we've had this year. Not only is sunshine good for our spirits and our gardens, but the UV light from the sun activates the Vitamin D in our skin. It then circulates around the body and does all sorts of important jobs, like helping to absorb calcium for strong, healthy bones, teeth and muscles, as well as helping to regulate the immune system.

There's even been some recent media coverage on Vitamin D being effective in preventing or fighting off respiratory illnesses such as flu and COVID-19. At present the link is a little tenuous, as the research available to date is patchy and generally poorly-designed. Good quality, large scale studies take years to develop, run and report; so watch this space!

Vitamin D deficiency has also been linked to several chronic health problems including allergies, heart disease, diabetes, multiple sclerosis and even depression. Staying indoors, covering up and even having dark skin puts people at further risk of being Vitamin D deficient. This year most of us have been spending more time indoors than usual, and as winter approaches, it will be even harder to meet our quota because between October and March, we are too far north for the sun to activate the Vitamin D in our skin.

Isn't a healthy diet enough?

For most other nutrients, yes, but not for Vitamin D. It's naturally in some foods like egg yolks and oily fish but normal intakes of these foods won't give us enough. Some foods are fortified with vitamin D, like plant milks and margarines, but it's the inactive D2 version, and it's not present in high-enough concentrations. For example, you would need to eat 20 tsp of margarine every day, to get a full dose.... YUCK! If you are a vegan it may be tempting to think your fortified plant milks and cereals are adequate, but again most have only the inactive D2 version.

Public Health England issued guidance in 2016 recommending everyone take supplemental vitamin D in the autumn and winter (but all year, if you have limited sun exposure and/or dark skin). If you choose to do one more healthy thing this winter, pick up some supplemental Vitamin D. It's a cheap and easy win. It's the same dose for breastfed babies* through to the elderly, and whether you're male, female, pregnant or breastfeeding - 10mcg (400 IU) of Vitamin D3 for everyone in your family (unless, of course, you're on a prescribed dose). You can even get supplemental vegan Vitamin D3 derived from lichen or algae, but remember it's important to read labels for the active D3 form. You can also find Vitamin D in multivitamins, but watch out! Many do not have the right type or dose so check with your pharmacist before you buy.

This winter might be a very dark winter; a little bottle of sunshine could go a long way!



*infant formula is fortified with vitamin D

Please mention Boom when responding to adverts!

WHAT TO DO, WHEN YOU'VE RUN OUT OF IDEAS!

By Abby Hills

Whether it's the school holidays, lockdown or bad weather, kids can get bored, play up, or you might just need to do something different.

We asked on Facebook what things YOU Boom readers like to do when it's raining or when you've run out of inspiration. We compiled your top ideas below.

1) Walks

Exploring the nature on our doorstep was a firm favourite! If you follow our Facebook page, or purchase an advance copy of our new book, then you are in luck! We've posted a few directions for local walks on Facebook, but we have many more ideas with in-depth directions, and plenty of super family-friendly fun in our book. If you want inspiration for exploring our local area with your family, visit www.boommagazine.co.uk to purchase an advance copy of "Family Walks for Little Legs". There's walks for buggies and little legs, lovely picnic spots and more - Boom has you covered! There are so many gems right here, and we bet you haven't seen them all yet!



2) Crafts and junk modelling

Do you have paper, paints sellotape and pens? Why not have a painting competition, or make some cards for birthdays or upcoming events? Is your recycling bin full? Kids love making new creations out of old materials. Check YouTube for tutorials on how to create animals and weird and wacky models, so have a fun day of making! Warning – junk modelling and crafts can be messy!



3) Baking

Don't we all love a bit of baking? The internet is filled with kid-friendly recipes! If you grow fruit or vegetables, you can incorporate these into delicious bakes and teach the kids about making sweet things healthier. Top Tips: With most standard cake, bun and cookie recipes you can halve the sugar and your kids will still love it! You can replace some of the butter or oil with mashed bananas or blended fruit. You can add grated courgette and mashed sweet potato to chocolate cakes. For more ideas and recipes, check out past issues of Boom Magazine online!



4) Libraries

Some libraries, including the new one in Belper, do a selection of early readers books, which you could take home to help your child progress their reading. Libraries also have plenty of fresh new books for other ages to choose from, and sometimes DVDs.



5) Den building

Fort making, and den building was mentioned often in our survey. Whether these are outdoors or indoors, we're sure kids will love it. You can use sofas with pillows, blankets, duvets and torches for dens inside, and sticks, tarps and tents outside!



6) Games at home

If you don't have many board games, games like hide and seek, cards and snap are easy to play. Jigsaws are also a popular choice!



7) Science experiments

One popular thread on Facebook featured science experiments using vinegar, food colouring and bicarbonate of soda. There are plenty of tutorials online for making volcanoes, dinosaur eggs and even slime!

8) Film nights

Is there anything better than settling down and watching a movie with popcorn and snacks after a long day? Pull the curtains and turn down the lights to make it feel like a real cinema! Take it in turns each week to select a film to watch together, cuddle up with the kids and a blanket and just....relax.

We all feel lost at times, for ideas to entertain the children. We hope you use these for inspiration and make lots of fun new memories!

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DENBY CHRISTMAS EVENTS

Discover our welcoming Pottery Village and enjoy our family-friendly Christmas activities. Pick up those festive gifts and decorations, add to your Denby collection and choose from a selection of delicious festive food and drink from the Farm Shop.

As always we have clear Covid safety measures in place throughout our Pottery Village and for all our events.

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Book onto one of our Festive Craft sessions. Choose from a Christmas Craft and Clay Experience, Christmas Wreath Making and Children's Craft Activities



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FRI 18th - WED 23rd DEC

Enjoy a fun and festive Afternoon Tea in Bourne's Coffee Shop & Bistro. Say hello to Santa, listen to his magical Christmas story and get a special craft goodie bag

For more information about our events and to book your place, visit www.denbypotteryvillage.com

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Departing Wirksworth on...

Sat 5th, Sun 6th, Sat 13th, Sun 14th, Sat 19th, Sun 20th, Mon
21st, Tue 22nd, Wed 23rd & Thu 24th December 2020

at 10:00, 12:30, 15:00 each day

Tickets sold per compartment for up to 6 passengers.

Advance booking essential.

Designed with COVID-19 in mind



October - December 2020 Events

Anything could change due to the current COVID-19 situation, so keep an eye out on social media for any updates, and double check before you arrive!

Where's Wally? Spooky Derby Museum Search!

Sat 17 October – Sun 1 November
Derby Museum & Art Gallery
FREE (give what you think). Drop-in for children 5-15 years old with their grown-ups.

A spooky search across the museum – find Wally in the collections! Pick up an activity sheet and get a spooky bookmark. (Mon: Closed; Tues-Sat: 10.30am-4.30pm; Sun: 12-4pm)

Matlock Farm Park Fang-tastic Halloween Festival!

24 Oct – 1 Nov
10am – 5pm

A SPOOKY TRAIL in the ENCHANTED FOREST, a PUMPKIN PATCH where you can select your own pumpkin and take it to the carving station, make fabulous potions and spells with WITCH WENDOLYN in her magic garden and much much more.

31 Oct & 1 Nov
10am-4pm

There & Back Light Railway - Come and enjoy a ride on this lovely little steam train.

Pumpkin Festival @ Bluebells Dairy

Sat 24 October – Sun 1 November
Pick your own pumpkin and enjoy a full day of activities including: fancy dress parade, mythical beasts trail (for little legs), the muddy monster trail and plenty more!

Jumping Clay Story Times

28-30 October – Room on the Broom
4-6 November – Meg and Mog
11-13 November – Tiger Who Came for Tea
18-20 November – Guess How Much

I Love You

25-27 November – Elmer the Elephant
2-4 December – Gruffalo's Child
9-11 December – Elf Story
16-18 December – Stickman

Love Belper Pumpkin Trail

26-31 Oct
10am - 4pm

Reserve your starting slot & pick up your trail map from No.28 on the Market Place on the LoveBelper fb page or at Cheeky Bambini or Sankara Imports

The Hurt Arms Bonfire Nights

Thurs 5 – Sat 7 November

Seated bonfire night event with two professional firework displays, giant bonfire and more.

£60 - per table (based on six people sharing)

Tickets at: www.ticketsource.co.uk/the-hurt-arms

Croot's Farm – Santa's Grotto in the Stables

28 & 29 November, 5 & 6, 12 & 13, 19 & 20 December (10am-4pm each day).
£12.50 per child (Max 6 people per time slot).

Join the elves in the stables workshop and help get the reindeer food ready, meet the Shire Horses and do some Christmas activities. Enjoy a special meeting with Santa in the stable. Visit the Present Room in the Swinging Forest to pick up your quality gift. Takeaway hot drinks and snacks also available, or book to visit the café.

Derby Christmas Lights:

The streets of Derby will sparkle with Christmas lights this year, but Derby City Council has confirmed that there will be no official switch-on event.

Christmoo

Thurs 24 December

The Belper Moo is Back! A Special Christmas Moo will be planned, as an alternative to Christmas Eve carols at the Market Place. Moo from your door and wish your neighbours a 'Merry Christmooos"! Check Facebook for details.

** Watch out for a Moonument

to be erected in town in 2021, to commemorate Belper's epic humour in lockdown!

Belper Woollen Woods - Doves for Hope

See knitted Doves pop up around Belper town from December 1st. Also look out for 'The Story of Christmas' - told with hand crafted displays in St Peter's Church Yard, Belper during Advent. Want to get involved? Please join Belper Woollen Woods on Facebook or email: kimkerry3840@gmail.com

The Little Mermaid @ Derby Theatre

Wed 2 December – Sat 2 January
(various days and times)

Derby Theatre is re-opening and set to make a splash this Christmas! Join them for a new, socially-distanced, festive production of The Little Mermaid - an uplifting underwater adventure perfect for ages 5 and over. Tickets from £12

Santa's Sleigh School @ Bluebells Dairy

5&6, 12&13, 19 - 24 December

Learn to pass your Sleigh Ride Proficiency Test, with the help of our Elves, Mother Christmas, Betsy Bakewell and Father Christmas! A two-hour sleigh journey, collecting stamps along the way from those very important North Pole helpers!

Ecclesbourne Valley Railway Santa Train

5 & 6, 12 & 13, 19 & 20, 21 & 22, 23 & 24 December

The train is ready, and your golden ticket awaits! Trains depart from Wirksworth's beautiful old station, where you can step into a wonderful world of Christmas imagination.

Family Christmas Lunch with Santa @ Derby Museum

Sun 13 December (12-4pm)

Derby Museum & Art Gallery
Family-friendly Christmas carvery.

Enjoy a two-course meal, a visit and gift from Santa, plus lots of fun, safe family entertainment. £20 (over 12yrs), £15 (under 12yrs), under 2yrs FREE
To book, email: christine@derbymuseums.org or call: 01332 641901

Denby Pottery Afternoon Tea with Santa

Fri 18 – Wed 23 December

Each child receives a special craft goodie bag delivered by Santa's helper.

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Christmas Lunch with Santa

Sunday 13 December, 12-4pm

Derby Museum & Art Gallery
on The Wardwick

Celebrate safely this Christmas*

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**Our venue at The Wardwick is Covid secure and we will regularly review this offer to ensure we meet current Government safety guidelines*

CHRISTMAS CRAFTS

By Busy Bees Alton Manor



FESTIVE RUDOLPH TUBE

What you need:

Cardboard tube
Googly eyes
Glue
Paint – any colour, get creative!
Pom poms
Twigs

Warning

Some of the small decorations are choking hazards. If your child is under three years old you might want to decorate the tube with just paint.

Let's get making!

Encourage your child to choose a colour to paint the cardboard tube and then leave it to dry. Use the glue to add decorative features such as eyes, nose and antlers. Show your child pictures of Rudolph and explain how he is different to the other reindeer as he has a red nose. You can also sing the Rudolph the Reindeer song!

Why you should pick this activity

This activity helps develop fine motor skills by painting and attaching small items carefully. Observing features helps your child begin to understand similarities and differences. It also encourages creativity and imagination!

ADVENT WREATH

What you need:

Paper plate
Natural resources such as leaves, fern or pine cones
5 LED candles
Glue
Scissors

Warning

Closely supervise your child to make sure they use scissors safely. When not being used, make sure the scissors are stored away and out of reach. The natural resources may be dirty so make sure hands are washed frequently.

Let's get making!

First, head outdoors with your child to collect a selection of natural resources that can be used to decorate the Advent wreath.

Help your child as they cut out the middle of the paper plate creating a ring. Then use the glue and natural resources to decorate the ring.

Once dry, explain to your child that they have made an Advent wreath, and that Advent is the countdown to Christmas. Show your child the four candles and encourage them to place four on the wreath and one in the middle.

Explain to your child that there are four candles, because there are four Sundays until Christmas, and after each Sunday another candle can be lit until the final candle in the middle is lit on Christmas day.

Why you should pick this activity

Collecting natural resources helps your child understand and appreciate the natural world that surrounds them whilst exploring patterns, shapes and sizes. Using scissors develops your child's fine motor skills and helps them learn how to use tools for a purpose.

Both these activities can be found on the Busy Bees UP app, along with lots more!

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PEAK - MORTGAGES & PROTECTION



Let's face it. No one wants to make getting a mortgage or sorting out their protection even more of an ordeal and be dealing with a stuffy, standoffish broker.

Here at Peak we put you first; we want to be able to help you with no – nonsense, friendly service. We take care of the entire process and you will have access to our exclusive range of lenders and insurers, as well as being allocated your own personal advisor.

We have three mortgage and protection advisors with different backgrounds ranging from financial services to mortgage advising and property industry, as well as a handful of fantastic admins to hold your hand through the whole process.

Peak Mortgages and Protection is a local Belper/Milford based company and was founded in 2019 but we have come extremely far since; we have a growing customer base and have expanded our team to 11 people (and several dogs)!

We just so happen to be very good at our jobs and always strive to be the go-to mortgage and protection company locally. We are nationally recognised too with Rhys making the final 3 for top Protection Broker IN THE WHOLE

COUNTRY at the 2020 British Mortgage Awards and we currently have over 150 5-star Google Reviews from our raving fans. Woooo!

We also love to support our local community as well as our own clients. We love Belper and its surroundings, so we take pride in our connections to local businesses and causes. We donate money each month to Lauren's Legacy and we sponsor a range of community sports clubs.

Peak is also a fun company. Our social media pages are certainly anything but dull which is easier said than done when it comes to financial services. We even run giveaways and competitions including a weekly 'Peakouttohelpout' and recently a dog beauty contest!

We have a wacky selection of refreshments and we don't bite, so why don't you pop on down when you have a query about a mortgage, life insurance, critical illness cover and income protection...

P.s. You'll be able to spot our amazing neon lights when driving along the A6 in Milford (when our planning permission comes through, of course!)

