



I'M FREE - TAKE ME HOME

**The essential handbook for families with
0-11 year olds**

www.boommagazine.co.uk

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Thriving in authentic womanhood

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MSc Mental Health Psychology

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BOOM ...

2026 Here We Come!

Happy New Year! 🎉

As we turn the page into January, we know how the post-Christmas whirlwind can leave us all feeling a little unsettled. The decorations are packed away, routines return, and yet there's a spark of possibility in the air.

This month, we want to help you embrace that fresh start with inspiration, practical tips, and a dash of joy

In this issue, you'll find articles on reading at home with your child, exclusive discounts from our advertisers, and our Boom Buddies' favourite budget-friendly days out – proving family fun doesn't have to cost the earth.

We're always eager to hear from you. Whether it's a recipe you've tried, a craft project that's brightened your week, or a place you'd love us to review, your feedback shapes what we do.

And don't forget – our community continues online. Follow us on social media for extra content, events, and updates. If you're on TikTok, come join the conversation there too. Here's to a year of discovery, creativity, and connection.

With love,

Steph & Jess



@boom_magazine_derbyshire
www.boommagazine.co.uk



We want your feedback!

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Get in touch!

To list a class, event, suggest an article or find out more about advertising with boom
email : advertising@boommagazine.co.uk

Or for anything else
email : info@boommagazine.co.uk

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Cover Designed by our
Competition Winner:

Poppy (Age 8)

Please mention boom when responding to adverts, visiting or showcasing classes & group visits

Groups & Classes for 0-11s

Amber Valley, Ashbourne, Wirksworth, Matlock & Beyond...

0 - 5's

All Ages

Baby Sensory (0 - 13m)

FlowMotion. Life Yoga Studio, Matlock

Mon 10:30 - 11:30am (birth - 6m)

Mon 12 - 1pm (6m - 13m)

Ripley Leisure Centre

Tue 10 - 11am (birth - 6m)

Tue 11:30am - 12:30pm (6m - 13m)

Tue 1 - 2pm (birth - 13m)

The Venue, Ashbourne

Wed 10 - 11am (birth - 6m)

Wed 11:30am - 12:30pm (6m - 13m)

Wed 1 - 2pm (birth - 13m)

Tyler's, Campbell Street, Belper

Thu 10 - 11am (birth - 6m)

Thu 11:30am - 12:30pm (6m - 13m)

Thu 1 - 2pm (birth - 13m)

Interactive, educational sensory classes which will help your baby learn and develop important skills in a supportive, friendly environment. Book online at www.baby.sensory.com/central/derbyshire • 07989 443734

Belper Cloth Nappy Library

We have a large range of cloth nappies in all sizes from newborn to toddler available to hire. Come and see us at the monthly Transition Belper Repair Café at No. 28, Belper Market place or contact us for more information and advice. belperclothnappylibrary@hotmail.com

Blossoms Play Cafe

110 - 112 Chapel Street, Kilburn

Mon - Tue & Thu - Sat

9am - 2pm

A brand new play cafe offering a safe space to play & lovely fresh food.

Booking is encouraged, however, can take walk ins if available.

blossomsplaycafe@gmail.com

Bridge the Gap Family Hub

Sessions (0 - 5yrs)

Sinfin Family Hub - Sinfin Lane

Tue 10 - 11:30am

Becket Family Hub - Stockbrook

St. Derby

Thu 10 - 11:30am

Derwent Family Hub - Monmouth

St. Chaddesden

Thu 1:30 - 3pm

Hub Club drop-in. Toys, books and activities for parents and children.

Creative drop-ins. Emotional literacy enriched play and creative activities for babies and young children, plus creative wellbeing activities for parents and carers. Free, no need to book.

Visit the website to find out about Bridge the Gap's full programme or to register for a session.

www.jwbridgethegap.com

Infinity Dance Academy (2+)

Brailsford School (Thur)

5 - 5:45pm Splits & Tricks Minis (4+)

5:45 - 6:30pm Splits & Tricks Jnrs (7+)

Brailsford Institute (Sat)

9 - 9:30am Ballet & Tap (2+)

9 - 9:30am Ballet & Tap (3+)

9:30 - 10am Modern (3+)

9:30 - 10am Modern (4+)

10 - 10:30am Ballet & Tap (4+)

10 - 10:30am Ballet & Tap (5+)

10:30 - 11am Modern (5+)

10:30 - 11am Gym Dance (7+)

11am - 12pm Modern (5+)

12 - 12:30pm Freestyle (7+)

12:30 - 1pm Contemporary (7+)

Fun & friendly dance classes for children ages 2+ years. NATD exams, shows and performances.

Other classes available: Tue, Thu and Sat. Prices from £4.50.

www.infinitydanceacademy

brailsford.co.uk/registration-form •

infinitydanceacademy@hotmail.co.uk

k • 07866 443047 • 07505 898616

Messy Play Derbyshire East (6m - 5yrs)

Springwood Leisure Centre,

Oakwood

Mon 10am

Wed 10am

Baby and pre-school messy play.

£10 per session

www.mymessyplay.co.uk •

claire@mymessyplay.co.uk

Mini First Aid Nottingham & Derby Across Derbyshire including Belper, Clay Cross, Darley Abbey, Matlock and Oakwood

Award winning 2-hour baby and child first aid classes. Ideal for parents and expectant parents. Babies welcome. £30pp. Private classes also available. Check the website for upcoming dates.

www.nottingham.minifirstaid.co.uk • maria@minifirstaid.co.uk • 07806 820393

Phonics with Robot Reg (1 - 4yrs)

Hulland Ward Village Hall

Mon 9:45 - 10:30am (1 - 3yrs)

Mon 10:45 - 11:30am (2.5 - 4yrs)

The Play Village, Ashbourne

Wed 1:30 - 2:15pm (2.5 - 4yrs)

Thu 9:45 - 10:30am (1 - 3yrs)

Thu 10:45 - 11:30am (2.5 - 4yrs)

Fun, high energy and educational sessions for toddlers and preschoolers that support the development of early language and literacy skills. Block bookings - £7 per session.

www.robotreg.co.uk/derbyshire • ali@robotreg.co.uk • 07949 029755

Pregnancy & Post Natal Pilates

Belper Pilates Studio, East Mill

Tue 6:15 - 6:55pm Mat Work

Thu 9:45 - 10:5am Reformer

Fri 10:20 - 11am Reformer

Our physio-led classes are part of the Belper Health Hub.

Mums and mums-to-be of all levels of fitness will benefit from safe mat or reformer Pilates instruction from trained physiotherapists. Babies are welcome at all sessions.

<https://gymcatch.com/app/provider/8824/events> • 07703 116284

Primrose Art Club (4 - 13yrs)

St Mark's Church, Openwoodgate

Wed 4:15 - 5:15pm (4 - 9yrs)

Wed 5:20 - 6:20pm (10 - 13yrs)

Fri 4:15 - 5:15pm (10 - 13yrs)

Fri 5:20 - 6:20pm (4 - 9yrs)

Arts and crafts group sessions where kids can explore their creativity and develop skills.

www.primroseart.club •

primroseartclub@gmail.com • 07387 962150



Most groups are term time only - please check before you travel

0 - 5's

All Ages

Puddle Ducks (0 - 10yrs)

Various Derbyshire Venues

Mon - Sun (all lessons 30mins)
You want your child to learn to swim. Let's help them learn the right technique, in the right environment, with the best people. Let's give them the courage to be fearless, make friends, swim strongly and have fun. Then let's see where those skills might take them. Swim Academy. Let's do this. £16.50 per session.
www.puddleducks.com • derbyshire@puddleducks.com

SEN-FIT

SEN-FIT Langley Mill

Wed 12/11 Girls with Autism Workshop

Wed 19/11 Carers Wellbeing Workshop

Mon 01/12 EFT Tapping Workshop

St Hugh's Church, Borrowash

Fri 4:30 - 6:30pm

Fun activities fostering confidence and friendship. £10 per week.
info@sen-fit.co.uk

Splitz Dance Centre (2+)

King Street, Belper

Various classes Mon - Thur and Sat

Sat 9:30 - 10am Tots Ballet

Sat 10 - 10:30am Tots Modern

Sat 10:30 - 11am Tots Tap

£3.50 per class or £9 for all 3

Sat 11 - 11:45am tots acrobatics

£4.50 per class.

Fun and friendly dance classes during the week suitable for children and adults. Free trials available.

www.splitzdancecentre.com •

splitzdancealive.co.uk • 07403010116

Taekwondo M&M Academy (4+)

Little Eaton Village Hall

Tue 7 - 8pm (8 - 12yrs)

Sat 9 - 9:45am (4 - 7yrs)

Sat 10 - 11am (8 - 12yrs)

Improve your fitness, flexibility, balance, confidence, discipline and moral values with the Korean martial art, Taekwondo! A great sport for your little ones or even for yourself with our adult classes. £30 per calendar month. First 2 lessons free. Family discounts available.

www.mandm.academy •

admin@mandm.academy •

07818 559309

The Little Baby Sanctuary (0-active crawling)

JL Dance Academy, Ripley

Wed 10:30 - 11:30am Baby Massage

Wed 1 - 2pm Baby Yoga

Sage Yoga Studio, Belper

Thu 10:30 - 11:30am Baby Yoga

Thu 1 - 2pm Baby Massage

Anna Michelle's School of Dance, Darley Abbey

Fri 10:30 - 11:30am Baby Massage

Fri 1 - 2pm Baby Yoga

Gentle, interactive strokes and movement supporting common ailments, concerns and baby milestones with Nicky, qualified NNEB nursery nurse, baby massage and baby yoga instructor.

www.thelittlebabysanctuary.co.uk •

07739 551379

Tiddlekicks (0 - 5yrs)

Deby Arena, Pride Park

Mon 9:35am (2 - 4yrs)

Mon 10:20am (crawling - 2yrs)

Vanessa's School of Dance, Belper

Wed 9:30 (walking - 4yrs)

Ripley Leisure Centre, Ripley

Sat 8:20am (walking - 4yrs)

Sat 9:05am (1 - 3yrs)

Sat 9:55am (3 - 5yrs)

William Gregg VC, Heanor

Sat 11am (walking - 5yrs)

Introducing boys and girls to the fundamentals of football in our 40-minute structured, coach-led sessions. £6.50 per session. 3-week trial recommended. Also running in Derby City, Oakwood, Stapleford, Hilton and Stenson Fields. Book Online

www.tiddlekicks.co.uk •

tiddlekicks@outlook.com • 07545

051465

Tiny Talk (0 - 4yrs)

St John's Methodist Church, Allestree

Mon 9:45 - 10:45am (0 - 2yrs)

Mon 11:15am - 12:15pm (18m - 3yrs)

The Church on Oakwood

Tue 9:45 - 10:45am (18m - 3yrs)

Tue 11:15am - 12:15pm (0 - 2 yrs)

www.tinytalk.co.uk/emilyreeve •

bookwhen.com/tinytalkderbynorth
St Mark's Church, Openwoodgate, Belper

Tue 10 - 11am (18m - 3yrs)

Tue 11:30am - 12:30pm (0 - 18m)

Tue 1 - 2pm (0 - 18m)

Fri 10 - 11am (18m - 3yrs)

Fri 11:30am - 12:30pm (0 - 18m)

www.tinytalk.co.uk/kathgreaves

bookwhen.com/tinytalkdc

Communicate with your baby before they can speak! At TinyTalk we sign, bounce and giggle through each class, while you learn a handful of useful BSL signs with action songs, stories and familiar nursery rhymes. Enjoy social time and a nice hot cuppa and biscuits after every class.

Twistin Tots (0 - 5yrs)

Belper Community Hall

Mon 9.45 - 11.30am (stay & play)

Tue 9.45 - 10.45am

Arc Leisure Centre, Matlock

Wed 9.45 - 10.45am

Darley Abbey Village Hall

Thu 9.45 - 11.30am (stay & play)

Magical music and movement classes for under 5s and their grown-ups. Weekly or block bookings. Book online:

www.happyty.co.uk/twistin-tots-twistin-tinies/0-5-years •

jacqui@twistinlots.co.uk • 07977

578359

Vanessa's School of Dance (2 - 18yrs)

Vanessa's School of Dance, Belper

Mon to Thu 4pm onwards and

Sat 8:45am - 6:30pm (see

timetable for more classes)

Ballet, tap, modern, contemporary, musical theatre, singing, acrobatics and street dance. Adult classes offered in tap, ballet & fitness.

www.vsdance.co.uk

01773 823309 • 07581 228557



Groups & Classes for 0-11s

Amber Valley, Ashbourne, Wirksworth, Matlock & Beyond...

Under £4 or FREE

Baby and Me (0 - 1yrs)

Ripley Methodist Church

Thur 9:30 - 11am

Meet others in a safe environment, as you interact in your little ones early development through play. A large variety of baby toys to explore and larger toys for when they start crawling and taking those first steps. Messy play sessions approx every 6 weeks.

£2.50 per family, includes a hot drink and biscuit. To book email paolinefretwellhps@gmail.com

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

Infinite Wellbeing, Heanor

Tue 9:30 - 11am

Alfreton Library

2nd Mon of the month 12 - 1pm

St Mark's Church,

Openwoodgate

Fri 1 - 2:30pm

Refreshments, social and breastfeeding support with a chance to meet other parents! Older siblings very welcome. Please check the BEARS FB page before you set out. For urgent support, call BEARS on 07776 495900 or FB messenger.

Connected Perinatal Support

Beckett Family Hub, Derby

Mon 10 - 11:30am Bump to Babies (bump - 2yrs)

Norton Library, Derby

Mon 3 - 4pm Bump, Babies & Books (bump - 5yrs)

Insomnia Cafe, Littleover, Derby

Last Mon of month 4:30 - 6:30pm
Pregnancy Connections (antenatal 12wks)

NICU, Derby Royal Hospital

Tue 1 - 2pm Coffee Afternoon (families on the ward only)

Osmaston Allenton Family Hub

Wed 12:30 - 2pm Tea & Tots (bump - 5yrs)

Oakleigh Avenue Community Room, Derby

Thur 10am - 12pm Bump to Babies (bump - 2yrs)

Derwent Family Hub, Derby

Thur 10am - 12pm Dads Space

Racecourse, St Mark's Road, Derby

Thur 7 - 9pm Dads Space

Melbourne Supporting Partnership, Melbourne

Fri 10:30am - 12pm Bump to Babies (bump - 2yrs)

Expect a warm welcome, non-judgmental peer support and a nice cuppa! Free, no need to book.
www.perinatalsupport.org • admin@perinatalsupport.org.uk • 01332 412561 • message on 07719 064014

Denby Bottles Messy Church

Denby Bottles Methodist Church

3rd Sun of the month 10:15am

Crafts, food, music and worship. No need to book.

Derbyshire Dales Mum2Mum

Breastfeeding Support Group

Hulland Ward Millennium Hall

3rd Wed of the month 10 - 11:30am (at Hulland Hippos)

Wirksworth Memorial Hall

1st Thu of the month 9:45 - 11:5am (at Wirksworth Stay and Play)

Ashbourne Elim Church

Fri 10 - 11:30am (weekly)

Free drop-in sessions run by local mums trained in peer support. Part of the Breastfeeding Network. All welcome.

Derbyshire Toy Libraries Stay & Play

Glebe Field Centre, Crich

Mon 9:30 - 11am

Grassmoor Community Centre

Tue 9:30 - 11am

Belper Community Hall

Wed 9:30 - 11am

Kilburn Village Hall

Thur 9:30 - 11am

Price varies from £3 - £4.

Additional siblings/adults £1, under 6m go free.

www.derbyshiretoylibraries.org

Heanor Weenies

Wilmot Street Centre, Heanor

Wed 10am - 12pm

Structured play that is fun whilst offering a great support network for parents and guardians.

Includes snacks for children and a hot drink for adults.

£3 for first child, £1.50 per extra child, £1.50 for unweaned babies.

First visit only £1.50. No need to book.

heanorweenies@outlook.com

Holbrook Baby and Toddler Group

Holbrook Methodist Church

Wed 9 - 11am

A fun and friendly group for babies and pre-school children and their parents, grandparents or carers. Play and make new friends in a safe and welcoming environment. £2 per child. No need to book.

Hulland Hippos Baby & Toddler Group (0 - 4yrs)

Hulland Ward Millennium Hall

Wed 10 - 11:30am

A range of stimulating play activities for under 5s, including a baby area. Snacks and drinks. Songs and a story at the end. Busy, friendly group. New families welcome. £3 per family. No booking required.

www.hullandchurches.org.uk/group/hulland-hippos or FB

Infinite Wellbeing Community Centre

Market Street, Heanor

Mon 10am Rhyme Time

Mon 12pm Messy Play*

Mon 1:30pm Zumbini (dance)*

Tue 1pm Rhyme Time

Wed 10am Children's Cooking*

Wed 1pm Rhyme Time

Thu 1pm Rhyme Time

Fri 10am Rhyme Time

Fri 11:30am Mini Movers*

Fri 1:30pm Nature Tots*

Mon to Fri 9am - 3pm

Sat & Sun 10am - 3pm

Role play area for children with a dedicated baby and sensory area.

£3 per family. Booking not required. *Additional cost but includes FREE entry into the role play area.

www.infinite-wellbeing.co.uk

Kilburn Baby & Toddler Drop-In

Kilburn Village Hall

Sun 9.30 - 11.30am (fortnightly)

Welcoming all families, babies and toddlers to our play, colouring, reading & sensory areas.

Drinks provided.

kilburnbaby@gmail.com • 07877

356262 • FB

KilburnBabyAndToddlers

Little Church (0 - 5yrs)

St Peter's Church, Belper

Wed 10am - 12pm

£1 per family

office@stpetersparishbelper.org.uk

**DERBYSHIRE FAMILY
HEALTH SERVICES
01246 515100**

Most groups are term time only - please check before you travel

If you wish to advertise or be listed in our listing contact us - advertising@boommagazine.co.uk

Under £4 or FREE

Little Springs (0 - 5yrs)

Wellspring Church, Wirksworth

Tue 9:30 - 11am

Stay and play with your little one and enjoy making friends and learning together.

We have toys, crafts, dressing-up, story time and songs. Suggested donation £2 which includes refreshments - real coffee, homemade cake and healthy snacks.

contact@wellspringchurchwirksworth.co.uk - FB Little Springs at Wellspring Church

Messy Church (all ages)

St Swithun's Church, Belper

2nd Sat of the month 4 - 6pm (donation)

St Mark's Church, Belper

4th Sat of the month 4 - 6pm (donation)

office@stpetersparishbelper.org.uk

Move Me (0 - 5yrs)

Becket Family Hub

Tue 1:30 - 3pm

01332 640250

Derwent Family Hub

Wed 9:30 - 11am

01332 641010

Osmaston / Allenton Family Hub

Thu 1 - 2:30pm

01332 956850

Derby Theatre

21/11 & 12/12

10 - 11:30am

01332 593939

Play, dance and move with your little ones, in this active early years sensory experience. FREE session. Contact Derby City Family Hubs to book or email earlyyears@derby.ac.uk for more information.

Music and Movement (0 - 5yrs)

Coxbench Hall Residential Home

First Tue of each school holiday 10am

Intergrational session within the care home with music and movement followed by snacks and refreshments. Free, no need to book. More info on FB

NCT Bumps and Babies (0 - 5yrs)

West End Community Centre

Tue 10am - 12pm

Open all year round for anyone pregnant or parents/carers of pre-school age children.

Hot and cold refreshments and biscuits always available. Free parking. Suggested donation £2. clairebrassington.nct@hotmail.co.uk

Prams & First Shoes (0 - 2.5yrs)

St Mark's Church,

Openwoodgate

Thu 9.30am - 12pm

01772 826519

SEN-Fit Support Sessions

SEN-Fit, Langley Mill

SEND Parent/Carer Support Group

1st Wed of the month 9:30 - 11am

Active Carers Group

2nd Thur of the month 6:30 - 8pm

Neurodiverse Adults Social Group

4th Thur of the month 6:30 - 8pm

SEND Support Sessions

1:1 sessions available

Under 5a Stay & Play

Infinite Wellbeing, Heanor

2nd Wed of month 9:30 - 11am

FREE role play entry included

All sessions are FREE to attend but booking is required.

info@sen-fit.co.uk

Stay and Play

Marehay Methodist Church

Wed 9:30 - 11am

Waingroves Methodist Church

Wed 1:15 - 2:45pm

Free play, craft & messy play, music and singing, themed activities.

£2.50 per family, includes snack for children and drink for

parents/carers. Turn up or email

paulinefretwellhpsegmail.com

Stay and Play

Holbrook Moor Methodist Church

Wed 9 - 11am

A friendly welcoming group for 0 - 5yrs, lots of time to play followed by a snack, craft, a story and rhyme time. £2 per child, no need to book.

Toddlers Inc (0 - 5yrs)

Denby Bottles Methodist Church

Tue 10am - 12pm

Lots of toys for all ages, finishing

with a song and rhyme time. 50p

per child. Includes a snack and drink for all.

Tots Dots Playgroup

The Royal British Legion, Belper

Thu 10am - 12pm

Drop-in meet-up for parents, carers, babies and toddlers. Prams, snacks and chaos welcome! £2 per family. No booking required.

Tinies & Teacups (0 - 18m)

Belper Community Hall

Tue 11am - 1pm

A chance to meet other parents, chat, enjoy a hot/cold drink. Baby weigh-in and measurements.

Sensory music session for 30 minutes. PAYG or turn up any time £4.50 for 1 baby and 1 adult; £2.50 extra adult/expectant parent. Book 4 weeks for £14.

www.happity.co.uk/twistin-tots-twistin-tinies/tinies-and-teacups • 07977 578359

Whistlestop Wildlife Watch

Group (5 - 11yrs)

Whistlestop Centre, Matlock Bath

Sun 11 Jan 10am - 12pm - All About Hedgehogs

Lea Wood (Near Cromford)

Sun 08 Feb 10am - 12pm - Tree

Planting

Monthly wildlife-themed activities at a different nature reserve/wild space in central and north-east Derbyshire or at the Matlock base.

£2.50 for one child; siblings 50p extra. Children must be

accompanied by an adult.

Meeting points confirmed via email.

Booking essential

whistlestop_watch@yahoo.com

Wirksworth Stay and Play Baby &

Toddler Group (0 - 5yrs)

Memorial Hall, Wirksworth

Thu 9:45 - 11:5am

Volunteer-run playgroup with sensory play, a wide range of toys, and themed creative activities.

No booking required. Includes snack for the children. Drinks and biscuits for the adults. 0-6m £2; 6m+ £4 per family. More info on FB

Yellow Daisies Stay & Play (0 - 5yrs)

The Village Hall, Heage

Mon & Wed 9 - 11am play group

Tue 9 - 11am messy play

£3.50

Includes snack and drink plus hot drinks for adults.

yellowdaisies72@gmail.com

Library's - FREE

Alfreton Library

Monday 11 - 11:30am
Story Time

Alvaston Library

Tuesday 11 - 11:30am
Story & Rhyme Time

Ashbourne Library

Tuesday 10:15 - 10:45am
Rhyme Time

Bakewell Library

Tuesday 10:30 - 11am
Story & Rhyme Time

Belper Library

Wednesday 11 - 11:30am
Story & Rhyme Time

Bolsover Library

Monday 10 - 10:30am
Story & Rhyme Time

Brimington Library

Tuesday 10:30 - 11am
Bounce & Rhyme Time

Chesterfield Library

Monday 9:30 - 10am
Baby Rhyme Time
Monday 11 - 11:30am
Toddler Rhyme Time

Clay Cross Library

Tuesday 10:30 - 11am
Story & Rhyme Time

Dronfield Library

Wednesday 10:30 - 11:10am
Story & Rhyme Time
One adult per family

Eckington Library

Friday 10:30 - 11:15am
Story & Rhyme Time

Etwall Library

Thursday 3 - 3:30pm
Story & Rhyme Time



Glossop Library

Tuesday & Friday 10:30 - 11am
Story & Rhyme Time

Heanor Library

Monday (fortnightly) 2 - 2:30pm
Story & Rhyme Time
Thursday 11 - 11:30am
Story & Rhyme Time

Holmewood Library

Thursday 10:30 - 11am
Rhyme Time

Ilkeston Library

Wednesday 10 - 10:30am
Rhyme Time

Long Eaton Library

Wednesday 11 - 11:30am
Story & Rhyme Time

Mansfield Central Library

Wednesday 10 - 10:30am
Baby Rattle, Rhyme & Roll
Under 1 years old.
Second Saturday of the month
11am - 1pm
Children's Craft Sessions
Fourth Saturday of the month
11am - 1pm
Lego Club (4+ years)

Matlock Library

Thursday 10:30 - 11am
Story & Rhyme Time

Mickleover Library

Tuesday, Thursday & Friday
11 - 11:30am
Rhyme Time
Booking is essential -
01332 647884

Newbold Library

Tuesday 10:30 - 11am
Story & Rhyme Time

New Mills Library

Friday 2:15 - 2:45pm
Rhyme Time

Normanton Library

Monday 2:30 - 3pm
Rhyme Time
Friday 2 - 2:30pm
Story Time

Ripley Library

Tuesday 10 - 10:30am
Rhyme Time

Riverside Library

Monday 11 - 11:30am
Rhyme Time
Wednesday 11 - 11:30am
Story Time
Friday 11 - 11:30am
Rhyme Time

Sandiacre Library

Tuesday 10:30 - 11:15am
Rhyme Time

Shirebrook Library

Tuesday Bookworms
3:40 - 4:15pm
Stories & Crafts
(4 - 8 years)
Friday 10 - 10:30am
Story & Rhyme Time

South Normanton Library

Friday 10:30 - 11am
Story Time



Staveley Library

Monday Bookworms 5 - 6pm
Stories & Crafts
4 + years
Monday 10:30 - 11am
Rhyme Time

Swadlincote Library

Thursday 10 - 10:30am
Rhyme Time
First Saturday of the month 10 - Midday
Family Lego Challenge

Tideswell Library

Monday 2:45 - 3:15pm
Story & Rhyme Time

Whaley Bridge Library

Friday 11 - 11:30am
Story & Rhyme Time

Wirksworth Library

Third Thursday of the month 2 - 2:45pm
Children's Singalong



Find all class & group
information online at
www.boommagazine.co.uk
or check out our social media
for weekly updates



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www.vsdance.co.uk

T: 01773 823309 • M: 07581 228557

E: ness_tap@hotmail.com

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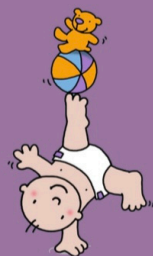
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The Benefits of Singing, Reading and Signing at Home With Your Children

By Emily Reeve, Tiny Talk Derby North



Some of the most meaningful moments with our children happen in the simplest places—on the sofa with a much-loved picture book, during a long car ride singing their favourite nursery rhymes, or snuggled under a blanket humming the same lullaby you’ve sung a hundred times before. For me, those moments have shaped not only my children’s early years but also my classes where I connect with families



Singing: Connection Through Rhythm and Joy

Children love to hear us sing—whether or not we think we have a good voice! Songs naturally slow down our speech and exaggerate rhythms and sounds, which makes it easier for little ones to follow along. I remember singing the same nursery rhyme over and over with my son when he was tiny, and noticing how he began to anticipate the next word or action. Those repetitions weren’t just cute—they were building blocks for his early language.

Singing also creates beautiful bonding moments. There are days when life feels busy or overwhelming, but pausing to sing “Twinkle, Twinkle” with my daughter helps us both reset. Music has a magical way of settling anxious emotions and filling the room with warmth.

Singing releases oxytocin—the ‘love hormone’, naturally lowering cortisol levels. Singing with your child can help calm your nervous system, ease daily stress, and create a sense of grounding. Oxytocin is linked with feelings of happiness, warmth, and emotional safety. When parents sing, they often feel their own mood lift alongside their child’s.



Reading: Stories That Become Threads in Family Life

Reading is always a sacred time in our home. With both my son and daughter, stories create a little pocket of calm in our day.

Picture books help children make sense of the world: emotions, routines, friendships, even big feelings they can’t name. I can recite certain books from memory, not because I tried to, but because repetition is what children crave. That repetition helps expand their vocabulary and strengthens their understanding of language long before they recognised letters on a page.



Some of our favourite stories to share are written by Julia Donaldson. I love the flow of the words, they feel almost like a song when you read them over and over again! Those bedtime stories also build routines that support sleep, transitions, and ultimately their confidence and readiness for learning.

Signing: A Beautiful Bridge Into Communication

Adding signs to songs and stories makes everything richer. Instead of just actions, signs become meaningful words. When we sang “Old MacDonald”, my children would proudly sign the animals; when we read stories, they joined in by signing whatever word connected with the page. It made reading and singing feel more interactive, more playful, more theirs.



FYI - Signing never delays talking—research shows it boosts communication, reduces frustration, and helps speech develop naturally.

A Home Filled With Language and Love

Singing, reading and signing together are small habits with big impact. They deepen bonds, build communication skills and create memories your children will carry with them long after they’ve outgrown your lap. And best of all—they’re easy, free, and can fit into even the busiest days.



www.tinytalk.co.uk/emilyreeve



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Fun Adventures on a Budget

Our boom buddies have shared their favorite budget-friendly outings for fun days out with the kids!



For The Adamson Family, it's National Trust properties... For a joint membership (under 5s are free!) it works out at £13.40 a month for unlimited visits. So far this year (before we have even done any of the Christmas events, of which we are planning to do at least 5 different events) , we would have spent over £500! By being members, we've saved over £300 and had so many great days out! They often have seasonal events too, so you can go back to the same places again and again, but with each visit feeling different!



The Collins Crew like going to Carsington waters for bike rides. When we go on a Sunday they have their craft fair which is so lovely! We also like to go for a walk around Wollaton hall to feed the ducks and see the Deer.



The Emery/Ratcliffe family love Moira furnace, particularly in the summer, there's a park, canal walks, a cafe, a little sandpit and a lovely boat ride which is only £3 per person and you can feed the ducks from the boat.

The Rudd Family utilise their local library, there are always lots of crafts to do and books to choose!



The Collis/Murray Family often go to Rosliston Forestry Centre. It's big enough for a little walk, they have a wooden animal sculpture trail, plenty of things to climb and explore and lots of woodland. There's also a good playground, a cafe and a small soft play. It's £4 to park all day and the soft play is £2.50.



The Hardy Family love to visit The Museum of Making and Derby Museum & Art Gallery



The Carrington-Coope Family love a family walk around our local village, and a pit stop at a local cafe. Anywhere we can go and take the dog too, is an added bonus. Some of our favourites are Shipley park, Tissington trail, Codnor park,



The Linford Family, often go and watch the local football matches, & daddy (Sam) also is a goalkeeper for a local team, and plays alongside Jason (from the Barratt family). Going to watch them plays ensures we get fresh air, and Bobby dog gets a walk out too (and usually a some crisps in the pub afterwards 🍷) A lot of the matches are usually free or a couple of pounds to enter, & a lot of the grounds now have refreshments on as an extra perk, but we usually take some snacks & drinks with us to save some pennies.



The Watson-Pick's love Geocaching as a family. It's a free app to download and use and it can take you to places you've never explored before! Just download the app, put in your postcode and just look at how many caches are hidden around you that you didn't even know were there. Our top tip... find a loop of caches, start at number 1 and enjoy! We usually take a picnic, find an on street parking space and it makes a totally free outdoors day.



Fun Adventures on a Budget

We would love to hear about your favorite low-cost and free day outings to include in our blog posts and assist other families. If you would like to share, please send us an email at info@boommagazine.co.uk



The P family like to enjoy a day out at Rufford Abbey Country Park in Nottinghamshire. It's super budget friendly as you only pay for parking (currently £7). They have a woodland, formal gardens and a lake to walk round. There are cafes/shops near the car park and around the lake. They put on a range of fun seasonal activities and trails throughout the year and also have a large adventure play area suitable for kids of all ages. It's a great day out for the whole family any time of year.



The Yallop family love going to Infinite Wellbeing, the staff are amazing and it has become a real safe space for our boys. The role play area is wonderful and it's only £3 per family. They have a lovely cafe and they have a number of activities and groups that run weekly. Each month they also do a family cinema event and in December they are doing 4 Christmas special family cinema events.



The Korneluk's love kingsmill reservoir and feeding the ducks, then up to Sutton lawn park for a play! Florence also loves getting her puddle suit and wellies on and jumping in muddy puddles!

The museum at Mansfield is free too, then a walk up to Carr bank park which are both lovely.



The Shawvers also love a day out at Rushcliffe country park in Nottinghamshire with it's fab play area for all ages, outdoor gym, skate park, sensory woodland area. It's a great day out, especially in summer! They also love a visit to the rail centre next door that do train rides for £1 each!



The Barratt family love to visit Lanes Garden Centre & Open Farm in Risley (Derby). It's a small farm that is free to enter. Bird feed is £1 a cup and animal food buckets are £3.50 each. It is a lovely place to get out for a few hours, Rose loves being able to feed the bigger animals like the cows!



The Tiddlekicks family love a day out at Tots skate at the national ice centre Notts! £5 to skate and free for under 5's (£5 each for juniors). Ice skate hire and skate aids included!

When they have been previously we have gotten a balloon & sticker too! & The staff are lovely as well as giving tips!



They have a small cafe for cakes and refreshments if you want to make your visit a bit longer. There is also a small shop that have small, affordable toys and fruit/veg/eggs available to buy.



A family favourite for a cheap day out for the Marriott/Fallon family is a trip to Lanes Farm in Breaston, where you can buy a bucket of food for just £3.50 and the entry is completely free.

We also love a stroll around Elvaston Castle Country Park. You only need to pay for parking which is £3.40 for up to two hours or £6 for the day. It is such a lovely place for little ones to explore. Just remember to take your own hot drink in a flask to save a few pennies





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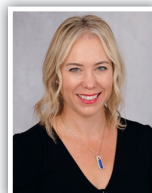
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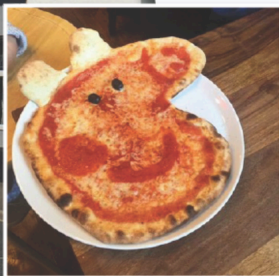
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Key Dates for your Diary in 2026

Very few places had publicised their January and February events at the time of print.
Keep your eye out for our weekly What's On posts and our February half-term blog post for more!

DERBYSHIRE TERM DATES

5 January 2026 to 13 February 2026
23 February 2026 to 27 March 2026
13 April 2026 to 22 May 2026
1 June 2026 to 23 July 2026
4 September 2026 to 23 October 2026
2 November 2026 to 18 December 2026

Happy New Year! January is the month when we celebrate a new year, Burn's Night, Martin Luther King Day and Winnie The Pooh Day.

As winter comes to an end, February is the month for World Nutella Day, Groundhog Day and St. Valentine's Day.

Spring is finally here and we celebrate Wales' national day St. David's Day, Ireland's national day St. Patrick's Day, World Book Day and at the end of the month British Summer Time begins.

April starts with jokes and pranks, and then we go on to celebrate St. George's Day and Penguin Day.

We also celebrate Britain's greatest playwright, William Shakespeare on the anniversary of his birth and death, 23rd April

Spring is in full swing, and in May we celebrate May Day, and we can tuck into a tasty treat for World Biscuit Day!

NOTTINGHAMSHIRE TERM DATES

5 January - 13 February 2026
23 February - 27 March 2026
13 April - 22 May 2026
1 June - 27 July 2026
1 September - 16 October 2026
2 November - 18 December 2026

Summer is here, the days are getting longer, and June is the month when we celebrate Father's Day, World Oceans Day and World Giraffe Day.

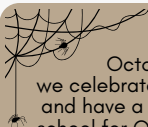


July is here and the schools are breaking up for the summer. We celebrate Canada Day, American Independence Day and Harry Potter's Birthday.

It's high summer and August is the month when we celebrate Yorkshire Day, Sea Serpent Day and World Infinity Day.



Autumn is approaching and it's Back to School time. September is the month when we celebrate Harvest Festival, and Tolkien fans can celebrate Hobbit Day.



October we celebrate Halloween and have a break from school for October Half Term, celebrate Black History Month and get creative with the the Big Draw Festival.



The UK bank holidays for 2026

New Year's Day

January 1

Good Friday

April 3

Easter Monday

April 6

Early May Bank Holiday

May 4

Spring Bank Holiday

May 25

Summer Bank Holiday

August 31

Christmas Day

December 25

Boxing Day

December 26 (Saturday, observed on December 28)

November is the month of both solemn events - Remembrance Day - and joyous celebrations of Diwali, Hanukkah and the irreverent Guy Fawkes Night.



It's the final month of the year, and in December we look forward to Christmas, Hanukkah and Kwanzaa as well as looking ahead to 2026 on New Year's Eve.



Stuck for places to go for a walk?

We have copies of **BOOM WALKS** available for only £8.99

We are in the process of re designing this too - and would love to hear about your favourite child friendly places

A - Z FAMILY DAYS OUT BUCKET LIST

Start 2026 with a family days out bucket list! Here are some ideas to get you started!
Derbyshire, Nottinghamshire & further afield!

A -

- Allestree Park (Derby)
- Alton Towers (Staffordshire)
- Adventure Golf at Paradise Island (inside Derbion)
- Ark Wildlife & Dinosaur Park (Lincolnshire)

B -

- Blossoms Play Cafe (Kilburn)
- Bluebell Dairy (Derbyshire)
- Bolsover Castle (Derbyshire)
- Buxton Pavillion Gardens

C -

- Cromford Mills (Matlock)
- Chatsworth House (Derbyshire)
- Conkers (Swadlincote)
- Crich Tramway Village (Matlock)
- Carsington Water (Derbyshire)
- Cadbury World (Birmingham)
- Chester Zoo (Cheshire)
- CBeebies Land (Alton Towers)

D -

- Derby Museum
- Derby Cathedral Tower Tours
- Derby Pottery Village
- Derby Theatre
- Drayton Manor (Tamworth)

E -

- Ecclesbourne Valley Railway (Wirksworth)
- Elvaston Castle (Derbyshire)
- Escape Rooms

F -

- Five Pits Trail (Derbyshire)
- Foremark Reservoir (Derbyshire)

G -

- Gullivers Kingdom (Matlock Bath)
- Garden King (Swadlincote)
- Go Ape (Sherwood Forest)

H -

- Hardwick Hall (Derbyshire)
- Heights Of Abraham (Matlock Bath)
- Haddon Hall (Bakewell)

I -

- Infinite Wellbeing (Heanor)
- Ilam Park (Ashbourne)

J -

- Jubilee Park (Bakewell)

K -

- Kedleston Hall (Derbyshire)
- Kitty Cafe (Nottingham)

L -

- Local Libraries
- Lanes Garden Centre & Open Farm (Derbyshire)
- Legoland (Windsor, Birmingham, Manchester)

M -

- Markeaton Park (Derbyshire)
- Matlock Farm Park (Matlock)
- Monkey Forest (Stoke-on-Trent)

N -

- National Stone Centre (Matlock)
- National Forest Adventure Farm (Burton-on-Trent)
- National Trust Sites
- National Space Centre (Leicester)

O -

- Oakerthorpe Nature Trail (Derbyshire)
- Oakham Castle (Rutland)
- Oakhaven Farm (Leicestershire)

P -

- Peak Rail (Matlock)
- Peak Wildlife Park

Q -

- Queens Park (Chesterfield)
- Quarry Park (Shrewsbury)

R -

- Rufford Abbey (Ollerton)
- Robin Hood's Wheelgate Park (Newark)
- Rand Farm Park (Lincolnshire)

S -

- Sherwood Forest (Nottinghamshire)
- Shipley Country Park (Heanor)
- Sea Life (Birmingham)
- Sundown Adventure Land (Retford)
- Splash Landings (Alton Towers)

T -

- Twycross Zoo (Leicestershire)
- Tropical Butterfly House (Sheffield)
- The Deep (Hull)
- Thorpe Park (Chertsey)

U -

- Uttoxeter Racecourse Family Days
- Uncle Henry's (Lincolnshire)

V -

- Victoria Park (Ilkeston)

W -

- White Post Farm (Newark)
- Woolaton Hall & Deer Park (Nottingham)

X -

- Xtreme Laser Tag (Derby)

Y -

- Yorkshire Wildlife Park
- York Maze

Z -

- Zip World (Manchester)

Keep an eye out for our February half-term events blog post!



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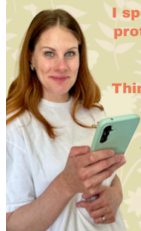
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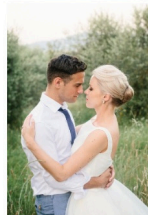
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Sharing Love the Messy Play Way: A Valentine's Hug to Hold Onto



Written by Claire from Messy play Derbyshire East

For more crafts like this, that you don't have to tidy up - follow Claire on Instagram @messyplayderbyeast

Valentine's Day is the perfect chance to celebrate all the special people in our children's lives — from parents and grandparents to family friends and siblings who make them giggle every day. And there's nothing little ones love more than getting stuck into paint, glue, and a whole lot of sensory fun.

Messy play isn't just about getting hands dirty (although that's definitely part of the joy!). It's an incredible way for children to explore textures, strengthen small hand muscles, and express themselves freely. Every squish of paint, every careful snip, every splash of glitter helps build confidence and creativity.

This Valentine's activity captures all of that — while creating a keepsake that literally stretches their love across the distance.

Handprint Hug Hearts

This sweet craft turns your child's handprints into a hug that someone special can keep forever.

You'll need:

- Washable paint
- Card or sturdy paper
- Ribbon, yarn or string (approx. arm-span length)
- Scissors
- Glue or sticky tape
- Hole punch (optional)
- A printed poem tag or handwritten message
- Table covering — for all the happy mess!

How to do it:

Paint & print

Paint your child's hands and help them press two handprints onto card. Let them explore the squishy feeling — it's great for sensory development.

Cut out the handprints

Once dry, carefully cut around each hand. Don't worry about perfection — the little bumps and wiggles make it truly theirs.

Measure their hug

Stretch their arms wide to measure a piece of ribbon from fingertip to fingertip. This big movement supports shoulder strength and early pre-writing skills.

Attach the hug

Stick one end of the ribbon to the back of each handprint, so the hands "open out" into a hug.

Add a heartfelt poem

Punch a hole or simply glue a tag on with this sweet message:

Here's a hug with a handmade touch, Just to remind you I love you this much

Children can decorate around the poem with scribbles, stickers, hearts or drawings. It gives them the freedom to add their own voice and personality to the gift.

Why This Activity Matters

Handprint crafts are wonderfully meaningful — they capture a moment in time, literally showing how small (and how loved) your child is right now.

But behind the cuteness, this activity also supports:

- ✨ Sensory learning through paint exploration
- ✋ Fine motor control from cutting and sticking
- 🧠 Problem-solving and independence
- 💬 Emotional development — expressing love creatively

Most importantly, there is no right or wrong way to make a hug. Each one is unique because each child is unique.



A Hug That Lasts

Sleeves rolled up, smiles on, wipes nearby — and you're ready! This is the kind of Valentine's keepsake that gets saved forever in memory boxes and tucked into drawers for years to come.

So this Valentine's Day, embrace the mess, embrace the giggles, and embrace the biggest hugs — even the ones made of paint and ribbon.

Because love, especially in childhood, is beautifully messy. ❤️



Local swimming timetable

Centre

QR for centres
swim timetable

Centre

QR for centres
swim timetable

Kirkby Leisure
Centre
NG17 7DJ
01623 457101



Water Meadows
Swimming &
Fitness Complex
NG18 1BA
0345 0000 232



Queens Park
Sports Centre
S40 2ND
01246 345555



Bramcote
Leisure Centre
NG9 3GF
0115 917 3000



Etwall Leisure
Centre
DE65 6HZ
01283 735404



Clay Cross
Active
S45 9LX
01246 217277



Lonsdale
Swimming Pool
DE3 9DF
01332 516325



Gayton
Swimming Pool
DE23 1GA
01332 773755



Bakewell
Leisure Centre
DE45 1ES
01629 814205



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Please check sessions with the local swimming centre, before arrival as they are subject to change, or require booking for some sessions.

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Local swimming timetables



Centre

QR for centres
swim timetable

Centre

QR for centres
swim timetable

Belper Leisure
Centre
DE56 0DA
01773 825285



Ripley Leisure
Centre
DE5 3HR
01773 514727



Alfreton Leisure
Centre
DE55 7BD
01773 523325



Moorways
Sports Village
& Water Park
DE24 9HY
01332 414310



Wirksworth
Swimming Pool
DE4 4JG
01629 825704



Ashbourne
Leisure Centre
DE6 1DR
01335 343712



Victoria Park
Leisure Centre
DE7 8AT
01159 440400



Heanor Leisure
Centre
DE75 7HA
01773 537940



Arc Leisure
Matlock
DE4 3AZ
01629 581332



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Affordable Family Adventures in Derbyshire & Nottinghamshire

Written by Claire, The Rudd Family



January in the Derbyshire and Nottinghamshire area may be chilly, but it's one of the best times of year to enjoy budget-friendly family fun. With quieter attractions, crisp winter scenery, and plenty of free or low-cost activities, families can enjoy memorable days out without stretching their wallets. Here are some of the best cheap and free things to do in the region throughout January 2026.

4. Enjoy Budget-Friendly Woodland Walks

The area has an abundance of free woodland trails that shine in winter. Sherwood Forest in Nottinghamshire—home of the legendary Major Oak—offers well-maintained paths suitable for all ages. Meanwhile, Derbyshire's Shipley Country Park provides lakes, wildlife spotting, and picnic spots even in winter. Kids can burn off energy while adults soak up the peaceful surroundings.



5. Take Part in Library Activities (Free or Low Cost)

Local libraries across Derbyshire and Nottinghamshire often host free family-friendly activities throughout the winter, including story sessions, craft mornings, and reading challenges. These community events are perfect for younger children and a cosy way to spend a dark January afternoon. Many libraries also offer free board-game corners or LEGO tables.

6. Discover Local Heritage on a Budget

From Heights of Abraham (which may offer off-peak winter discounts) to smaller heritage sites with low admission fees, January is a good month for exploring cultural attractions. Even if some seasonal sites operate reduced hours, those that remain open tend to be quieter and more affordable.

January doesn't have to be expensive. With a mix of outdoor adventures, cultural experiences, and cosy indoor activities, families visiting or living in Derbyshire and Nottinghamshire can enjoy a full month of fun—without breaking the bank.



1. Explore the Winter Trails of the Peak District (Free)

Derbyshire's famous Peak District National Park is spectacular in winter. Families can wrap up warm and take on gentle, scenic routes like Dovedale, with its iconic stepping stones, or the flatter Monsal Trail, perfect for walking or cycling. January mornings often bring dramatic mist over the hills, making these landscapes extra magical—ideal for children who love adventure and parents who enjoy a beautiful view.

2. Visit Local Museums with Free Entry

Both counties offer museums that are either free or very low cost. In Nottinghamshire, the Nottingham Industrial Museum frequently offers inexpensive family admission and hands-on exhibits. Over in Derbyshire, the Buxton Museum and Art Gallery is free to enter and provides fascinating displays about geology, archaeology, and local history. These indoor spaces are perfect for colder days when the kids need a change of scenery.

3. Wander Through Historic Market Towns (Free)

January is a lovely time to explore the characterful market towns of the region. Bakewell in Derbyshire offers riverside walks, traditional tearooms, and plenty of window-shopping opportunities. In Nottinghamshire, the lively streets of Southwell or the heritage charm of Newark provide great settings for relaxed family strolls. Markets often operate year-round, giving visitors the chance to browse local crafts, street food, and fresh produce.

If you have an article you would like to share with our readers, contact us - info@boommagazine.co.uk

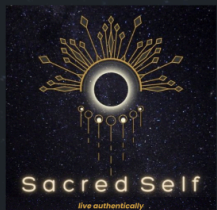
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Welcome to



Interactive role play centres based in South Derbyshire

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

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

Where are we?

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

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

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

How it works?

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

Titchy Town Play Village

Castle Store
Town House
Vets 'n' Pets
Anabelle's Café
Wash 'n' go
Harry's Yard

Hero Town Play Village

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

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

Visit our websites: titchytown.com or hero-town.co.uk