

# What's Going Down? 2022

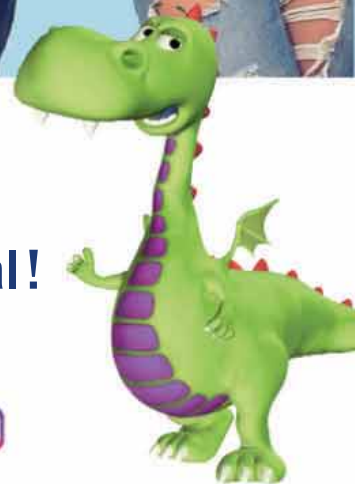
Activities, information and guidance for  
children, young people and families



Hinckley & Bosworth  
Borough Council

Look out for our  
Snap Dragon Festival!

[www.hinckley-bosworth.gov.uk](http://www.hinckley-bosworth.gov.uk)



## Introduction

We are delighted to present the 'What's Going Down' brochure 2022. Featuring activities and events for children, young people and their families in Hinckley and Bosworth this summer, this year's brochure is full of information.

The Annual Snap Dragon Children and Families Festival at Argents Mead 3 to 5 August, is a special event for all the family to enjoy and I am very much looking forward to it this year. Please see pages 6 to 8 for the full details.

The brochure also has some great information and advice for children, young people and their families. As the children and young people champion for Hinckley and Bosworth Borough Council it has been amazing to see how children and young people across the borough have been able to resume to their lives before covid and get back out into the community.

We hope you find this brochure of interest and whatever you do this summer, that it is fun, happy and safe. Enjoy!

**Councillor Robin Webber-Jones**  
Children & Young People's Champion



Whilst every effort has been made to verify entries, Hinckley and Bosworth Borough Council cannot be held responsible for the accuracy of the data. Anything referred to in this brochure should not be relied upon as a recommendation or endorsement by the council of the nature or quality of services or facilities. For more information contact: Community Safety tel 01455 255746

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 Activities and summer events

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## Useful contacts

Organisation	Telephone	Website / email
Hinckley & Bosworth Borough Council	01455 238141	<a href="http://www.hinckley-bosworth.gov.uk">www.hinckley-bosworth.gov.uk</a>
Hinckley Leisure Centre	01455 610011	<a href="http://www.placesleisure.org/centres/hinckley-leisure-centre/">www.placesleisure.org/centres/hinckley-leisure-centre/</a>
Hinckley Library	0116 305 2500	<a href="mailto:hinckleylibrary@leics.gov.uk">hinckleylibrary@leics.gov.uk</a>
Hinckley & District Museum	01455 251218	<a href="http://www.hinckleydistrictmuseum.org.uk">www.hinckleydistrictmuseum.org.uk</a>
Barwell Community House	07969 916620	<a href="http://www.hinckley-bosworth.gov.uk/communitycentres">www.hinckley-bosworth.gov.uk/communitycentres</a>
Earl Shilton Community House	01455 255941	<a href="http://www.hinckley-bosworth.gov.uk/communitycentres">www.hinckley-bosworth.gov.uk/communitycentres</a> <a href="mailto:earlshiltoncommunityhouse@hinckley-bosworth.gov.uk">earlshiltoncommunityhouse@hinckley-bosworth.gov.uk</a>
Gwendoline Community House	01455 255942 or 610115	<a href="http://www.hinckley-bosworth.gov.uk/communitycentres">www.hinckley-bosworth.gov.uk/communitycentres</a>
The Meadows Community Centre	01455 255941	<a href="http://www.hinckley-bosworth.gov.uk/communitycentres">www.hinckley-bosworth.gov.uk/communitycentres</a>
Markfield Community Sports Centre	01530 242240	<a href="http://www.hinckley-bosworth.gov.uk/communitycentres">www.hinckley-bosworth.gov.uk/communitycentres</a>
Groby Community Centre	01530 249964	<a href="http://www.hinckley-bosworth.gov.uk/communitycentres">www.hinckley-bosworth.gov.uk/communitycentres</a>
Green Towers	01455 230468	<a href="http://www.greentowers.co.uk">www.greentowers.co.uk</a>
Children and Family Wellbeing Centres	0116 305 5601	<a href="http://www.leicestershire.gov.uk/education-and-children/early-years-and-childcare/children-and-family-wellbeing-centres">www.leicestershire.gov.uk/education-and-children/early-years-and-childcare/children-and-family-wellbeing-centres</a> Email: <a href="mailto:H&amp;BCFWS@leics.gov.uk">H&amp;BCFWS@leics.gov.uk</a>

## Useful contacts continued

Organisation	Telephone	Website / email
Police non emergency	101	<a href="http://www.leics.police.uk">www.leics.police.uk</a> email: <a href="mailto:contactus@leicestershire.pnn.police.uk">contactus@leicestershire.pnn.police.uk</a>
Community Safety	01455 255746	<a href="http://www.hinckley-bosworth.gov.uk">www.hinckley-bosworth.gov.uk</a>
Fire Service	0116 2105555	<a href="http://www.leics-fire.gov.uk/">www.leics-fire.gov.uk/</a>

## Snap Dragon Festival

Argents Mead, Hinckley • Wednesday 3 to Friday 5 August

11am to 3pm Please note that activities may be subject to change

Every day for FREE:

### Obstacle Track

Create your own sports day on our running track or hop down on the back of a bunny or a dragon and see who wins the race.

### Games Garden

Play giant Jenga or have a hula hoop competition!

### Tuff tray corner

Get creative and let your imagination run free.

### Giant Sandpit

Part sponsored by Hinckley Bid. Enjoy playing in the sand, relaxing in our giant deck chair or hook a duck. Have fun with our face-in-a-hole boards.

### Treasure Trail, bug hunting kits etc

Available from the information stand plus Snap Dragon t-shirts and water bottles available to buy with a re-fillable juice station.

### Role Play Village

What are you going to be for the day - traffic officer, a chef making mud pies or a shop keeper?

### Whimsical woods

Relax in a tent and read a book donated by Hinckley Library. Make the biggest bubble with our special wands.



## Snap Dragon Festival continued

### Teddy bear picnic area

Pack a picnic, no matter what the weather, we have 2 large pagodas with picnic benches. Bring your own teddy or borrow one of ours.

### Craft tent

Make and take crafts run by the United Reformed Church to fit with the theme each day. There will be a baby basics donation station each day.

### Bandstand entertainment

Fosse 107 will be running the day for us, enjoy a free fun show, get involved with parachute games or join snappy at his disco!

### Plus also for FREE:

### Wednesday - National Play Day

Punch and Judy show

Wild Waterslide (bring your swimming costume)

Tom the Tale Teller story telling

Walkabout balloon modeller

Have a go workshop – circus skills

### Thursday - Let the games begin

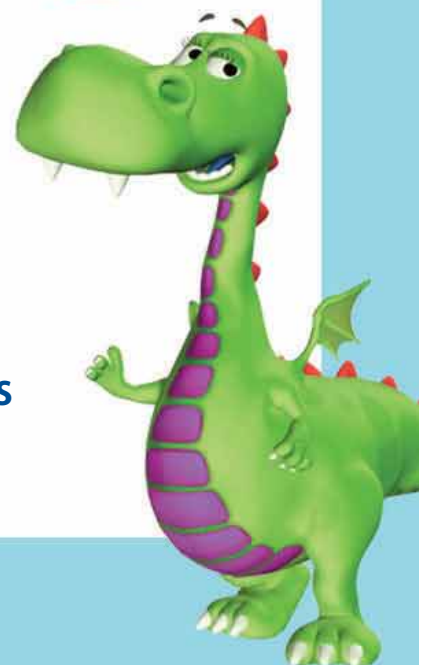
Leics Fire and Rescue – fire safety and showing children around the fire engine and equipment

Forest school

Team building fun

Have a go sports workshops run by local sports clubs

Mascot race



## Snap Dragon Festival continued

also for FREE:

**Friday - Kings and Queens**

Magic show

Nina Taylor Story Reading

Walkabout balloon modeller

Fancy dress competition

With the have a go workshops – run the gauntlet and junior jousting



Everyday for £2 a ride (cash only):

**Donkey rides**

A side walker can accompany any children if needed. Minimum age limit 18 months, maximum height 4'6' (138cm) maximum weight 6 stones.



Plus charities and local organisations offering lots of fun!

Please check our online event calendar and social media channels for the latest up to date information

[www.hinckley-bosworth.gov.uk/ourevents](http://www.hinckley-bosworth.gov.uk/ourevents) tel 01455 255893



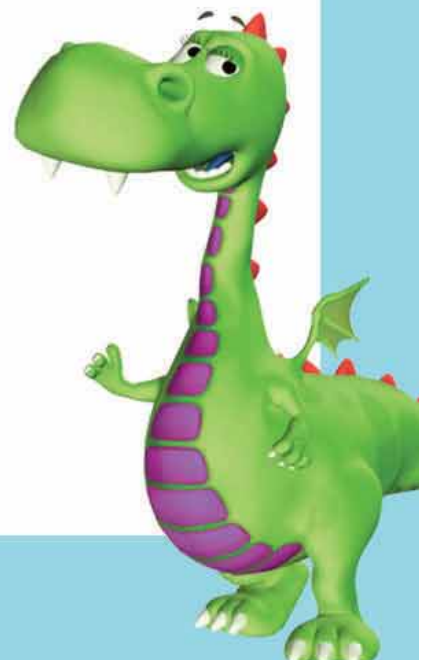
@hinckandbosbc



@hinckandbos\_bc



@hinckandbosbc





## The Community Houses

### Summer Activities

Earl Shilton Community House, Peggs Close, Earl Shilton  
tel 01455 255941

Barwell Community House, 43 Bradgate Road, Barwell  
tel 07969 916620

Gwendoline Community House, 50 Gwendoline Avenue, Wykin  
tel 01455 255942

The Meadows Community Centre, 7 The Meadows, Burbage  
tel 01455 255941

email: [earlshiltoncommunityhouse@hinckley-bosworth.gov.uk](mailto:earlshiltoncommunityhouse@hinckley-bosworth.gov.uk)



### Summer Activities



This year our summer activities will be starting with 'Earl Shilton by the sea' which will take place in the week commencing **25 July**.

This will then be followed by 3 weeks of activities in the first three weeks of August. Locations and times as follow:

**Earl Shilton - Tuesdays 10am to 12noon**

**Desford Free Church - Wednesdays 10am to 12noon**

**The Meadows, Burbage - Thursdays 10am to 12noon**

There will be a range of activities for children and families to do at each session for free!

Other activities will be available so please like us on Facebook and keep checking for updates.

To get in touch please call the community house, email or send us a message via Facebook on one of the following accounts:

**Earl Shilton Community House**

**Barwell Community House or**

**Gwendoline Community House**



## Leicester Tigers Foundation

Get active with Leicester Tigers Foundation Team this summer

**Free sessions . open to all 5 to 11 year olds . 10am to 3pm**

### **Tuesday 9 August**

Stoke Golding Village Hall, Hall Drive CV13 6DX

### **Tuesday 23 August**

Wykin Park, Wykin Road, Hinckley LE10 0HU

**No booking required**

Please bring with you a packed lunch and refreshments

For further information please contact

**Helen Smith, Physical Activity Development Officer**

**Hinckley & Bosworth Borough Council**

Email: [helen.smith@hinckley-bosworth.gov.uk](mailto:helen.smith@hinckley-bosworth.gov.uk)

or tel: 01455 255908



**LEICESTER TIGERS**  
*Foundation*

## Hinckley Club 4 Young People

Green Towers Activity Centre, Hinckley Club 4 Young People,  
Richmond Park, Richmond Road, Hinckley LE10 0DZ

### Youth club for age eight to 19 and activity centre all ages

A purpose built youth and activity centre that caters for everyone. Facilities include climbing wall, sports halls, skate/BMX park, 3G pitches, youth area with table games, gaming and computers, music studio, fitness gym.

Also provided for businesses and the general public are many of the above facilities to privately hire, in addition the club offers meeting rooms, function suite, family room and bar.

### Youth club:

Monday to Friday 6pm to 9pm (Thursdays up to 11 year olds only)

Saturday 12noon to 3pm (sessions for all the family)

Youth club entrance is £1.50 for members and £3 for guests

### Activity centre:

Monday to Friday 9am to 9pm

Saturday/ Sunday open for bookings

Contact the office tel 01455 230468

email: [office@greentowers.co.uk](mailto:office@greentowers.co.uk)

website: [www.greentowers.co.uk](http://www.greentowers.co.uk)

find us on Facebook Twitter Instagram



## Leicester City in the Community

Leicester City in the Community provide free football coaching at Green Towers, Richmond Road, Hinckley.

The **Hinckley Kicks Team** meet on Mondays, 4pm to 5.30pm (term time only) and deliver recreational football activity and themed workshops for 12 to 16 year olds.

Sessions create healthy competition while helping to improve skills as well as wellbeing and confidence. The coaching sessions are supported by the local Hinckley neighbourhood Police Team. Sessions were initially set up in 2018 in response to anti-social behaviour in the local area.

To get involved email: [ali.adnan@lcfc.co.uk](mailto:ali.adnan@lcfc.co.uk)



Premier League  
**Kicks**

## Hinckley Leisure Centre

Everyone at Hinckley Leisure Centre is poised to welcome its customers for a summer of fun activities.

### **Active play and bounce**

Active play and bounce is a supervised session for under-five's encouraging social interaction between children and parents alike. With a bouncy castle, soft play equipment, early years play equipment – all available for the children to use - this session is a fantastic way for your child to exercise and have fun at the same time!

Due to restrictions please check website for opening times.



### **Adventure soft play**

Our three-storey soft play area has a toddler area for 0 to 5 years and a junior area for 5 to 12 years and features slides, ball pools, rollers, bish-bash bags and much more. No need to book, just turn up, pay and play. Parents need to accompany their children during their session.

Due to party bookings please check the website and/or Facebook for opening times at the weekend.



### **Trampolining**

Trampoline sessions are great fun for anyone from 5 years old up to 18 years. Whether you enjoy bouncing in the back garden and want to improve your skills, feel like trying it for the first time or are looking to improve your existing skills, we have something for you.

## Hinckley Leisure Centre cont'd

### **Badminton**

Badminton is an easy sport to learn and can be a very social game. The speed of the shuttlecock also makes this one of the quickest of the racket sports. It can be played at any pace making it enjoyable for all ages.

Contact reception to book a court.

### **Swimming and lessons**

Swimming is a great way to stay physically active, whatever your age or ability. Whether you're lane swimming to maintain and develop your fitness, splashing, testing your skills on our inflatable around with the family or learning to swim so that you can join in the fun, we have something for you.



We offer swimming lessons for all ages and ability, so whether you are a complete beginner or wanting to improve your frontcrawl then we have something for you.

In the school holidays we run intensive swimming courses! Sign up to a course to boost your confidence and improve key skills.

### **Swimming - Inflatable**

Our giant pool inflatable is back! After a long break and a brand-new shiny inflatable, these sessions are back on Saturday afternoons and during selected school holidays! Test your skills on our giant platform and see if you have what it takes!



## Hinckley Leisure Centre cont'd

### Parties

We have plenty of exciting parties to choose from. Test your agility skills on our giant pool inflatable or have a splashing time with a pool party including floats and toys, go on an exciting adventure in our soft play or bounce your feet off with an active play and bounce party. We have something to suit everyone's special day!



Please head to the website for more information and how to book.

### Basketball

Our junior basketball sessions are back! We are running coach-led, junior basketball sessions on Sunday afternoons for ages 5-14 years and all abilities!

### Football

Our junior football sessions are back! We are running coach-led, junior football sessions on Thursday evenings for ages 5-14 years and all abilities!

Keep up to date with the latest open/activity times, via the following means:

Website: [www.hinckleyleisurecentre.org](http://www.hinckleyleisurecentre.org)

Facebook: @hinckleyleisurecentre

Email: [enquiries@hinckleyleisurecentre.org](mailto:enquiries@hinckleyleisurecentre.org)

Tel: 01455 610011

Address: Argents Mead, St Marys Road, Hinckley LE10 1FL

## Libraries

### Summer Reading Challenge 2022 – Gadgeteers

**Saturday 2 July to Saturday 10 September**

This year's theme 'Gadgeteers' will spark children's curiosity about the world around them. With resources and activities from the Science Museum Group, the challenge focuses on inspiring children to see the science and innovation behind everyday objects, showing that reading and science are for everyone. Through taking part in the challenge, children will be able to join the six fictional 'Gadgeteers' who use their curiosity and wonder to understand the science behind a whole range of interests from fashion and technology to cooking and music.

Children 4 to 12 years old can join in the fun by reading or listening to six library books or e-books throughout the summer and will be able to collect six special stickers for their colourful collector's poster. They will also be rewarded with special incentives as they read their books and a certificate and medal when they complete the challenge.

Harper Collins Children's Books and The Reading Agency have also joined together to gift 5,000 free copies of Michael Morpurgo's Jubilee celebration book to libraries across the UK.

The library will also have a stall on the Wednesday and Friday of the Snap Dragon Festival where they will be signing children up to the challenge and Earl Shilton Library will be conducting different scientific experiments every Friday morning through the holidays.



Presented by The Reading Agency.  
Delivered in partnership with libraries.



## **Libraries** continued

All children taking part are entitled to free admission to Bosworth Battlefield and Donington-le-Heath Manor House by showing their Gadgeteers poster at reception (one child per full-paying adult).

For the latest information about library openings and guidelines and how to join the challenge contact your local library or visit the website:

**[www.leicestershire.gov.uk/libraries](http://www.leicestershire.gov.uk/libraries)**

You can also follow us on:



[twitter.com/leicslibraries](https://twitter.com/leicslibraries)



[facebook.com/yourlibrary](https://facebook.com/yourlibrary)

It's free to join the library and there's something for all the family to enjoy!

## Hinckley and District Museum

Events at **Hinckley and District Museum, Thatched Cottages, 30 Lower Bond Street, Hinckley, LE10 1QU**

### **1 August - Stone Age Day 10am to 4pm**

Stone Age themed activities for children aged over five years with Jed Jaggard. Admission £2 per person.

### **8 August - Roman Day 10am to 4pm**

Roman themed activities for children aged over five years with Jed Jaggard. Admission £2 per person.

### **15 August - Tudor Day 10am to 4pm**

Tudor themed activities for children aged over five years with Jed Jaggard. Admission £2 per person.

### **29 August - Victorian Wash Day 10am to 4pm**

Come and experience old-fashioned wash days using dolly tubs and scrubbing boards. Dress up and learn about washing your clothes before the days of the washing machine. A hands-on experience for boys and girls aged from five years and adults too. Admission £2 per person.

See website [www.hinckleydistrictmuseum.org.uk](http://www.hinckleydistrictmuseum.org.uk) for details of opening hours, displays and other events during the year.



## Burbage Common activities

**Wild Play** Burbage Common, Leicester Road, Hinckley

**Tuesday 19 July**

10am to 11:30am and 12noon to 1:30pm

**Dens** - Find out how to make a den and have a go yourself.

**Tuesday 26 July**

10am to 11:30am and 12:30pm to 2pm

**Fire** - Learn how to safely light a fire & cook something yummy.

**Tuesday 16 August**

10am to 11:30am and 12noon to 1:30pm

**Flower power** - Explore the wonder of flowers and make natural paint.

**Tuesday 23 August**

10am to 11:30am and 12noon to 1:30pm

**Fire** - Learn how to safely light a fire and cook something yummy.

For **5 to 12 year olds**, must be accompanied by an adult. Cost: **£5 per child per session.**

**£2.50/sibling/session (2 to 4 years old)** must be booked with a full price child. **FREE 1 adult per family (1 adult with up to 3 children)**

Outdoor activities – dress for the weather. [www.lrwt.org.uk/events](http://www.lrwt.org.uk/events)



**Booking essential** – Bookings open mid June  
email: [green.spaces@hinckley-bosworth.gov.uk](mailto:green.spaces@hinckley-bosworth.gov.uk)



Hinckley & Bosworth  
Borough Council



**wildlife  
watch**

## Hinckley BID's year of fun

Welcome to Hinckley a thriving market town with so much to offer!  
To find anything about (or anywhere within) Hinckley Town Centre, please go to [www.hinckleybid.co.uk](http://www.hinckleybid.co.uk)

On our website you will find:

- Contact details and a host of useful information for each of 400 plus businesses in over four different sectors: Food, drink and entertainment, shops and boutiques, health and beauty and service businesses.
- Details of more than 70 businesses who will give a special deal/discount to anyone showing our FREE Hinckley BID loyalty card. If you are not one of the 8700 plus who currently hold one, please click on the tab on our website to apply
- Details of all the forthcoming FREE events which take place in the town centre (around 30 events a year) which are regularly updated
- Car park locations and information
- Vacant premises if you are looking for office or retail space and much more besides...

Should you need more help, please contact us:

Tel 01455 698494 Email [info@hinckleybid.co.uk](mailto:info@hinckleybid.co.uk)

Visit [www.hinckleybid.co.uk](http://www.hinckleybid.co.uk)

Hinckley BID, 76 Castle Street, Hinckley, LE10 1DD

### Summer events

#### Hinckley Bid's Classic Vehicle Meets

21 July and 18 August - 5pm to 8.30pm

Anyone with a classic vehicle of any kind who would like to join in would be most welcome, entrance will be from Station Road from **5pm to 8:30pm**. Please spread the word to any enthusiast you may know! Free to exhibit and free to attend.



## Hinckley BID's year of fun continued

### Summer of Fun events

Hinckley BID brings another FREE summer of fun to the Town Centre for 2022.

There will be outdoor activities and entertainers to enjoy on each of the Wednesdays during the school holidays. All of them, sure to bring a smile to the children's faces!

Also, between 3rd & 5th August, the BID will be sponsoring the sand play zone at HBBC'S snapdragon children and family festival in Argents Mead. Be sure to come along and join in the fun!



### Summer events at a glance

- The shed of stories
- Crazy golf
- The little land train
- Pete's suitcase circus
- HBBC Snap Dragon festival
- Make & take workshop
- Dr Zoolittle



### The shed of stories

**Wednesday 13 July • Market Place • 10:30am to 3:30pm**

Magical stories told by performers in a variety of ways both inside and outside the shed at various intervals throughout the day. Between story times the shed becomes a pop-up library where children and families can read together.

## Hinckley BID's year of fun continued

### Crazy Golf for all ages

**Wednesday 20 July • The Crescent, Hinckley**  
**10:30am to 3:30pm**

With lots of unusual obstacles, this 9-hole Crazy Golf is forever popular with children and adults alike. Another great reason to pop into town. Really good fun for all the family so don't miss out!



### The little land train

**Wednesday 20 July • Market Place • 10:30am to 3:30pm**

The Land Train will be stopping off in Hinckley to ferry families up and down Castle Street's pedestrianised area. The little train always brings a smile to the children's faces and with FREE RIDES available all day, parents will be smiling too!

### Pete's suitcase circus

**Wednesday 27 July • Market Place • 10:30am to 3:30pm**

Roll up, Roll up! Come and see Pete perform his Suitcase Circus, a comedy street show full of circus skills, comic inventions, audience participation and lots of family fun.

### HBBC Snap Dragon Children and Family Festival

**Wednesday 3 to Friday 5 August • Argent's Mead • 11am to 3pm**

Fun filled days for all the family with different themes each day. There will be a giant sandpit sponsored by Hinckley BID. All activities will be free or at a very low cost.

## Hinckley BID's year of fun continued

### Seaside make & take workshop

Wednesday 10 August • Market Place

10:30am to 3:30pm

Ideal for children aged 4 -12 years, come along and make & take home some lovely summery seaside craft items including: Mermaids, fish, birds, lighthouses, ice creams. Use a variety of materials including sticky back plastic, pipe cleaners and paint pens to make something fabulous.

### Dr Zoolittle

Wednesday 17 August • Outside Jaspers, Castle Street

10:30am to 3:30pm

Dr Zoolittle is visiting Hinckley again with his wide array of little animals and creatures! From hissing cockroaches to cuddly rabbits and amusing meerkats - come and take some great photos!



### The little land train

Wednesday 24 August • Market Place

10:30am to 3:30pm

The Land Train will be stopping off in Hinckley to ferry families up and down Castle Street's pedestrianised area. The little train always brings a smile to the children's faces and with free rides available all day, parents will be smiling too!

### Crazy Golf for all ages

Wednesday 24 August • The Crescent, Hinckley • 10:30am to 3:30pm

With lots of unusual obstacles, this 9-hole Crazy Golf is forever popular with children and adults alike. Another great reason to pop into town. Really good fun for all the family so don't miss out!

## Hinckley BID's year of fun continued

### Autumn

#### Hinckley Bid's 11th Annual Motor Show

**Sunday 18 September - 10am to 4:30pm - Hinckley Town Centre**

The UK'S biggest and best FREE town centre Motorshow is back featuring all types of classic and vintage vehicles, as well as modern marques of extra special interest! Fun for all the family – many shops, cafes, pubs and restaurants will be open throughout the day. To enter your vehicle and for more information visit [www.hinckleybid.co.uk](http://www.hinckleybid.co.uk) call **01455 698494**

#### Hinckley Bid's half term Treasure Hunt

**17 to 22 October**

Fun and free for all the family, follow the clues located on shop windows in the town to find the hidden treasure! Hundreds of pounds worth of prizes!

### Winter

#### Hinckley Bid's free Festive Family Fun Run

**Sunday 4 December**

All age groups and abilities welcome. Please come in festive fancy dress or wear your Christmas jumper! There will be medals for everyone sporting a festive theme and prize vouchers awarded to the best costume.

#### Hinckley Bid's amazing Santa's Grotto

**17 to 21 December**

At a secret hideaway in Hinckley, Santa will be welcoming children and parents to an amazing grotto. Under 3's go free/small charge for children over 3 years. Santa will have a gift for every child!



**All events FREE** (\*Small charge for Santa's Grotto for aged 3 and over)

For more information on any of these events, visit [www.hinckleybid.co.uk](http://www.hinckleybid.co.uk) call us on **01455 698494** or email [info@hinckleybid.co.uk](mailto:info@hinckleybid.co.uk)



## Music in the Mead

The sound of live music will return to Argents Mead this summer, with a series of **free performances**.

A full list of the performances is given below.

**2 July - Jazzology** a six piece outfit will play a mix of modern jazz, trad jazz and blues

**23 July - The Sounds of Swing** - Dean Thomas performs a variety of Rat Pack classics

**13 August - V4** - Popular male vocalist group perform their tribute to the boy bands

**20 August - Sam Southall** returns to perform popular covers

**3 September - LE8 Five** Brass quintet perform well known favourites including early classical, jazz, Dixieland, rock and pop

**10 September - Audio Spirit** perform original songs as well as covers from Cher, Tina Turner, Amy Winehouse, Texas and more

**17 September - Steven Faulkner** accompanied by Dan Gerrey playing songs from his critically acclaimed recent releases

There's something to suit everyone, so bring a picnic and settle down in the glorious surroundings of Argents Mead.

Please visit: [www.hinckley-bosworth.gov.uk/musicinthemead](http://www.hinckley-bosworth.gov.uk/musicinthemead) for details of any changes nearer the time.



## Hollycroft Park events

Events in Hollycroft Park, Hinckley - admission is free

**Sunday 10 July - Phoenix Saxophone Orchestra** (playing popular music) 3pm to 5pm

**Friday 15 July - Variety Night Live (Stanley Opera)** 7pm to 9pm

**Sunday 24 July - JCC Alumni/LE8 Brass** (big band sound) 3pm to 5pm

**Sunday 14 August - Sunday Funday** 1pm to 5pm

**Sunday 28 August - Take it from the Top** (popular music) 3pm to 5pm

**Sunday 11 September - Wigston Brass Band** 3pm to 5pm

**Sunday 25 September - Junction 21** (big band) 3pm to 5pm

**Community café** in the pavilion is held on the **first and third Wednesday of each month** from **10am to 1pm** from February through to the first week in December.

**Volunteer gardening** takes place on the **first Saturday of the month** during **April to October** from **10am to 12noon**.

For further details:

**[hollycroftpark.wordpress.com](http://hollycroftpark.wordpress.com)**

We are always looking for volunteers to support and help at events. If you are interested in becoming a Friend of the Park, please see the website [www.hollycroftpark.wordpress.com](http://www.hollycroftpark.wordpress.com), facebook page or speak to one of us at the events.



## JAM Music Schools

### Learn, Play, Perform Sessions

Weekly music lessons with an exciting difference!

**LEARN** guitar, drums, bass, keyboards or singing\*

**PLAY** together with other learners

**PERFORM LIVE** at our specially organized gigs throughout the year!

\*Not all lesson types are currently offered at all venues, please enquire.

**Saturdays 9.30am to 12.30pm at**

St Peters Primary Academy, Market Bosworth, CV13 0NP

**Tuesdays 5.30pm to 8.00pm at**

St Francis Community Centre, Hinckley, LE10 0EQ

30 minute session **£15.00** weekly

60 minute session **£19.00** weekly

All ages catered for 6 to 106! Beginners to advanced.

**Free Taster** must be booked please.

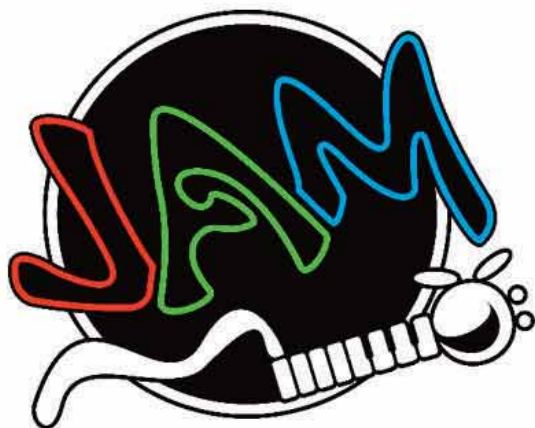
All JAM staff are DBS checked.

Contact us:

Tel: **07786 605111**

Email: [jam@jammusicschools.co.uk](mailto:jam@jammusicschools.co.uk)

Website: [www.jammusicschools.co.uk](http://www.jammusicschools.co.uk)



## Local tourist attractions

Holidays are all about families and fun, and there is nowhere better equipped than the area within (and surrounding) Hinckley and Bosworth for choices.

The widest choice of activities, from steam trains to waterways, from museums and historical battlefield trails to bargains at antique centres, places to visit when it's raining and places to visit when it's sunny. Choose from a variety of food and drink outlets from many countries – then take advantage of the cycle and walking routes, hassle-free town centre shopping and a range of accommodation if you want to stay over, to suit every budget.

Hinckley and Bosworth offers the perfect choice for a variety of things to see and do - and you will know that you've had a good time!

For information about our tourism offer please visit our website:

[www.goleicestershire.com](http://www.goleicestershire.com)



## Things to do, places to go

### Twycross Zoo

Around 500 animals are on view at Twycross Zoo, the centre for conservation, education and family fun.

It features the Gruffalo Discovery Land, Gibbon Forest, animal talks, experiences and tours, soft play and a restaurant with views of the naturalistic snow leopard exhibit.

The zoo is open 364 days a year.

**Twycross Zoo, (on the A444) Burton Road,  
Atherstone, Warwickshire, CV9 3PX**

**Tel: 0844 474 1777**

**Email: [info@twycrosszoo.org](mailto:info@twycrosszoo.org)**

**Web: [www.twycrosszoo.org](http://www.twycrosszoo.org)**



## Things to do, places to go continued

### **Boating on the canal**

A boating holiday is one of the best ways to see the countryside and the waterways are filled with wildlife plus quiet villages and historic towns. Children will enjoy the constantly changing environment. Day hire is also available. Modern and comfortable interiors can be experienced aboard a narrowboat from Ashby Boats, based in Stoke Golding. Assistance is provided in planning a route and getting the most out of your holiday.

#### **Ashby Boat Company Limited**

**Canal Wharf**

**89 Station Road**

**Stoke Golding**

**CV13 6EY**

**Tel: 01455 212671**

**Email: [sales@ashbyboats.com](mailto:sales@ashbyboats.com)**

**Web: [www.ashbyboats.com](http://www.ashbyboats.com)**



### **Tropical Birdland**

A beautiful tropical bird paradise transporting you to parts of the world that many people never get to see. Amazing sounds, stunning colour and incredible birds. Open every day 10am to 5:30pm.

#### **Tropical Birdland**

**Lindridge Lane, Desford LE9 9GN**

**Tel: 01455 824603**

**Email: [info@tropicalbirdland.co.uk](mailto:info@tropicalbirdland.co.uk)**

**Web: [www.tropicalbirdland.com](http://www.tropicalbirdland.com)**

## Things to do, places to go continued

### Adventure

**Beaumanor Hall** • Woodhouse, Leicestershire - Outdoor activity centre for groups - **Tel** 01509 890119

**Calke Abbey and Park** • Ticknall, Derby, Derbyshire - **Tel** 01332 863822

**Cineworld Cinema** • The Crescent, Station Road, Hinckley **LE10 1AW**  
**Tel** 0330 333 4444

**Drayton Manor Resort** • Mile Oak, Tamworth - **Tel** 01827 287979

**Megazone Laser Tag Centre** • Gower Street, Leicester - **Tel** 0116 2531153

**National Space Centre** • Exploration Drive, Leicester - **Tel** 0116 261 0261

**Nuneaton Bowl** • Bermuda Park, Nuneaton - **Tel** 02476 370555

**Odeon Cinema** • Bermuda Park • Nuneaton - **Tel** 0333 0144501

### Animals

**Broombriggs Farm and Windmill Hill** • (opposite Beacon Hill) - Beacon Road, Woodhouse Eaves. Mixed arable and stock farm with marked trail  
**Tel** 0116 305 8790

**Twycross Zoo** • Burton Road, Atherstone - **Tel** 0844 474 1777

## Things to do, places to go continued

### Heritage and History

<b>Ashby de la Zouch Castle</b> • Leics - <b>Tel</b> 0370 333 1181
<b>Ashby Woulds Heritage Trail</b> • Measham, Swadlincote
<b>Battlefield Line Railway</b> • Shackerstone - <b>Tel</b> 01827 880754
<b>Beacon Hill</b> • Woodhouse Eaves, Leics - Second highest point in Leicestershire - <b>Tel</b> 0116 3055000
<b>Belvoir Castle</b> • Grantham <b>Tel</b> 01476 871001
<b>Bosworth Battlefield and Visitor Centre</b> • <b>Tel</b> 01455 290429
<b>Great Central Railway</b> • Loughborough • Leics - <b>Tel</b> 01509 632323
<b>Hinckley &amp; District Museum</b> • Lower Bond Street, Hinckley <b>Tel</b> 01455 251218
<b>Market Bosworth Country Park</b> • Historic 35 hectare park with childrens adventure playground and lake - <b>Tel</b> 0116 3055000
<b>Stapleford Miniature Railway</b> • Melton Mowbray <b>web</b> <a href="http://www.fsmr.org.uk">www.fsmr.org.uk</a>





## Things to do, places to go continued

### Nature and Wildlife

<b>Billa Barra Nature Area</b> • Markfield - <b>Tel</b> 01455 238141
<b>Bradgate Park</b> • Newtown Linford - 344 hectare deer park with ancient ruins - <b>Tel</b> 0116 236 2713
<b>Brocks Hill Country Park &amp; Environment Centre</b> • Oadby <b>Tel</b> 0116 288 8961
<b>Burbage Common &amp; Woods</b> • <b>Tel</b> 01455 238141
<b>Conkers &amp; National Forest</b> • Ashby-de-la-Zouch, Derbyshire - Family friendly centre in the National Forest with play areas, discovery zones and an amphitheatre – <b>Tel:</b> 01283 216633 <b>web:</b> <a href="http://www.visitconkers.com/">www.visitconkers.com/</a>
<b>Diana, Princess of Wales Memorial Wood</b> • Donisthorpe - specially planted woodland created as a tribute to Diana, Princess of Wales - <b>Tel</b> 01283 551211
<b>Fosse Meadows Nature Area</b> • Sharnford - <b>Tel</b> 0330 333 3300
<b>Hill Hole Quarry &amp; Country Park</b> • Markfield - <b>Tel</b> 01455 238141
<b>New Lount Nature Reserve</b> • Lount - 19.5 hectares with wide range of habitats - <b>Tel</b> 0116 3055000
<b>Ratby Burroughs, Pear Tree &amp; Martinshaw Woods</b> • nr Ratby - Woodlands Trust Sites - <b>Tel</b> 0330 333 3300
<b>Saltersford Valley Picnic Area</b> • Oakthorpe - 7 hectare site in the National Forest - <b>Tel</b> 0116 3055000
<b>Sence Valley Forest Park</b> • Ibstock - <b>Tel</b> 01889 586593
<b>Swithland Wood Country Park</b> • 60 hectares of ancient woodland - <b>Tel</b> 0116 236 2713

## Things to do, places to go continued

### Sports

**Hinckley Leisure Centre** • Tel 01455 610011

**Hollywood Bowl** • Meridian Leisure Park • Leicester - Tel 0844 826 1463

**Leicester Outdoor Pursuits Centre** • Loughborough Road, Leicester -  
Tel 0116 268 1426

### Extreme Sports

**Snowdome** • Tamworth • Staffordshire - A range of activities including: skiing, snowboarding, snow fun park, tubing, ice skating, climbing and swimming  
Tel 0344 800 0011

**The Tower Climbing Centre** • Beaumont Leys, Leicester - available all year round (booking required) Bouldering wall, tower hall, 'the bloc'. Different climbs for all abilities - Tel 0116 233 3074

### Water

**Ashby Boat Company** • Canal cruises and boat trips from Sutton Cheney Wharf Tel 01455 212671

**Foxton Locks** • Market Harborough - Tel 0116 2793686

**Groby Pool** • Largest area of natural water in Leics - Tel 0116 305 5000

**Moira Furnace Lock Trips** • several boat trip options along the Ashby Canal - Tel 01283 224667

**Rutland Water** • Tel 01572 770651

**Staunton Harold Reservoir** • Ashby de la Zouch - 58 hectare reservoir with many natural attractions - Tel 01332 865081

**Thornton Reservoir** • 75 acre reservoir farmland and woodland  
Tel 01332 865081

## Children and Family Wellbeing Centres

For information, advice and activities you can also visit:

[www.facebook.com/HinckleyBosworthCFWS/](https://www.facebook.com/HinckleyBosworthCFWS/)

Children and family wellbeing centres within Hinckley and Bosworth offer many things to families including advice and support to parents and carers of children aged nought to 19 years. They are there to help you give your child a really good start in life. The centres are also somewhere you can meet new people and learn new skills in a relaxed place. Parents living in the same area get to meet other parents and to hear from staff about what else is going on nearby that you may be interested in.

There are four Children and Family Wellbeing Centres across Hinckley and Bosworth: Hinckley, Barwell, Earl Shilton and Bagworth.

### What's on offer at the centres?

In Hinckley and Bosworth, we offer information and support to lots of families, particularly when life is stressful or you have a lot to deal with.

We run a two-year Pathway. The Pathway can start at antenatal stage and lead right through the first two years of your child's life. The Pathway will include sessions on giving birth, baby massage, home safety, early communication, teething, weaning, ages and stages of development and behaviour, to name but a few.



Children and Family Wellbeing Centres also act as 'one stop shops' for parents to find out more about a whole host of services that can help them, such as advice about employment, two and three year Free Early Educational Entitlement (FEEE), learning opportunities, benefits, health concerns you may have or advice on parenting or just coping day to day with being a new parent.

## Children and Family Wellbeing Centres continued

We also run a variety of group work programmes from Parenting support, advice on low level mental health strategies, SEND Parent support group to recognising and changing conflict in relationships.

The service works with the whole family, including extended family when needed, to help you to make long term positive changes. We are a multi-disciplinary team with staff providing both short and long term support. We will help to link you with specialist services who can offer you the right dedicated support and help you to become more connected to your community by letting you know what's going on locally.

A variety of services use our centres such as midwifery, health visitors and hearing support groups amongst others. You could also come along to Stay and Play sessions where you can be guaranteed a warm welcome, a safe place for your children to play and the chance to meet other parents and carers.

Like many other services we have had to change our ways of working over the last couple of years because of the Covid Pandemic. This has meant we have delivered most of our services virtually. We are now back delivering face to face support but will still be delivering some things virtually as this has helped some families to engage better due to the flexibility of the offer.

We add a variety of helpful information to our Facebook page so you can have better knowledge of extended services and what's happening locally along with ideas on different activities and games you can do as a family, suggestions on staying healthy and ways to support each other through any difficult times. Why not give us a like? Just search for Hinckley & Bosworth Children and Family Centres.

Children and Family Wellbeing Service run a Community Fridge which is supported by several local Supermarkets and the Food Bank. It's open to anyone living within Hinckley and Bosworth. At the moment we are open

## **Children and Family Wellbeing Centres** continued

on Thursday and Friday mornings between 10-12. You don't need to book in, you can just drop by and collect some items of food or toiletries. We can't guarantee what we have in stock as every item comes to us via donation but we will do our best to assist anyone who is in need of that extra bit of help.

## **Volunteering**

We have a variety of volunteering opportunities including helping with the community fridge, running stay and play groups, parent or young person mentoring and have plans for a community garden and organised Buggy Walks. We provide an extensive training package and regular ongoing support. If you are interested in becoming a volunteer, please give us a call on 0116 305 5601 and our Volunteer Development Officer will be happy to talk through your interests to see if we can find the right opportunity for you.

## **How can I get in touch with my local centre?**

Lots of our work is via referral only. If you feel that your family would benefit from support, you can complete a Request for Services online form or ask a professional you are working with (such as schools, Health Visitor or GP) to complete a Multi-Agency Referral Form (MARF). Both forms and more information on the service can be found on the Leicestershire County Council Website or by following the link below <https://www.leicestershire.gov.uk/education-and-children/social-care-and-supporting-families/children-and-family-wellbeing-service-cfws>

You can get in touch via Facebook or call our Hinckley Centre on **0116 305 5601**

## Useful Information

Up to 30 hours of free childcare for working parents of three and four year olds. To check if your child is eligible for next term visit: [www.childcarechoices.gov.uk](http://www.childcarechoices.gov.uk).



For more information on health and wellbeing please visit:

Healthy tots: [www.leicestershirehealthytots.org.uk/](http://www.leicestershirehealthytots.org.uk/)

Healthy schools: [www.leicestershirehealthyschools.org.uk/](http://www.leicestershirehealthyschools.org.uk/)

## Healthy Together

You will be contacted by your health visiting team when your child is between 2 and 2 and a half years old for your child's two year development review. During this contact you will be able to discuss: your child's development, behaviour and toilet training, your child's health including diet, vaccinations and oral health, early years education including how to access funding, family environment and safety in the home and your emotional health and wellbeing.

The review will bring together information from you, your childcare provider (if your child has one) and a member of the Public Health Nursing Team. Speak to your Public Health Nurse (Health Visitor) to find out more. To message the Public health nurses (health visitor/school nurse) in Leicestershire text: **07520 615382**



## Are you pregnant or have children under the age of 4?

You could get help to buy:

Plain cow's milk

Fresh, frozen or tinned fruit and vegetables

Fresh, dried, and tinned pulses

Infant formula milk

You can also get free Healthy Start vitamins.

[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

  @NHSHealthyStart

## Useful Information

### Dental Care

For healthy teeth and happy smiles visit the dentist. NHS dental care is free until the age of 18. Visit the dentist as often as they recommend, not just when in pain.

Teeth should be brushed in the morning and last thing at night using a fluoride toothpaste; a smear on the toothbrush for under 3s and a pea-sized amount for over 3s. Spit don't rinse!

Ask your dentist to brush on fluoride varnish for added protection against tooth decay (for children aged three and above) – it's free!

To find your local NHS dentist, visit NHS Choices website at [www.nhs.uk/dentists](http://www.nhs.uk/dentists) or call your local Healthwatch on **0116 2574 999**. If you do not have a dentist and require urgent dental care, please call **111** (when it's less urgent than 999). NHS 111 is available 24 hours a day, 365 days a week. Calls are free from landlines and mobile phones.

You should also reduce the amount of sugary foods and drinks in your diet. Plain water is the best drink for teeth as it has no acid or sugar. All fizzy and fruity drinks (including sugar-free versions) contain acid and can damage teeth. And water is free!





## Useful health websites



[www.healthforunder5s.co.uk/](http://www.healthforunder5s.co.uk/)

'Health for Under 5s' offers advice and information to parents and carers of children from birth to five year olds. The website is structured into seven main categories:

- Pregnancy (Preparation)
- Baby (the first year)
- Toddler (1 -3 years)
- Pre-school (3-5 years)
- For you (parents and carers)
- Services (support)
- Local (advice and events)

[www.healthforkids.co.uk/](http://www.healthforkids.co.uk/)

'Health for Kids' is a fun and interactive resource for primary school age children to learn about health. Split into five different sections:

- Health
- Feelings
- Illness
- Getting help
- Games



The grown ups area provides an array of content to support parents and carers of primary school aged children across topics including healthy minds, healthy bodies, health issues and getting support. The area also provides easily accessible localised information, identifying local support services and school nurse details.

[www.healthforteens.co.uk/](http://www.healthforteens.co.uk/)

'Health for Teens' is a digital resource designed for 11 to 16-year olds, enabling access to a range of information about health in a fun and engaging manner. Topics covered include:

- Feelings
- Growing up
- Health
- Lifestyle
- Relationships
- Sexual health
- Your area



Tailored news and information based on location is also available, where teens can access contact information for local support services as well as how to get in touch with their school nurse.

## Bullying

From time to time, children and young people have disagreements and friendship fall outs which can be upsetting but it's not bullying.

**Bullying is when a person or group deliberately tries to make someone else feel upset, scared or ashamed. There are 4 types of bullying:**

- **Physical** – harming or intimidating someone physically
- **Verbal** – name-calling, taunting, mocking, making threats
- **Psychological** – excluding people from groups, deliberately ignoring, gossiping or spreading rumours
- **Cyber bullying** – online and mobile technology to harm someone emotionally and socially by hurtful text messages, emails and phone calls

If you are worried about bullying it is important to tell someone that you trust.

Further information and advice for young people and parents/carers can be found at:

- Leicestershire's anti-bullying online hub: [www.beyondbullying.com](http://www.beyondbullying.com)  
Follow the team on twitter @BeyondLCC
- **Bullying UK** tel 0808 800 2222 [www.bullying.co.uk/](http://www.bullying.co.uk/)
- **NSPCC** [www.nspcc.org.uk/](http://www.nspcc.org.uk/) If you are worried about a child you can talk to a counsellor on 0808 800 5000
- **Childline** call 0800 1111 [www.childline.org.uk/](http://www.childline.org.uk/) free confidential helpline for children and young people 24 hours a day
- **Young Minds** [www.youngminds.org.uk/](http://www.youngminds.org.uk/)  
Parents helpline call 0808 802 5544  
Young people experiencing a mental health crisis and need support, text YM to 85258



## Mental health

Mental health is just as important as our physical health. Adolescence is a stressful time and worrying is normal. Some things you might worry about could be:

- School and exams
- Belonging/Friendships
- Body image
- Relationships
- Your future

Mental health includes our emotional, psychological and social wellbeing. This means it can affect how we feel, how we think, and how we act. Our mental health can go up and down over time. Positive mental health allows us to manage the stresses of life as well as be able to bounce back and deal with difficult situations and move forward.

If you feel you are very worried or not able to get past stressful situations it's important to talk to someone you can trust- parents, a teacher or pastoral support at school.

Occasionally, your feelings or mood may be so extreme or upsetting that you need urgent help. If you're self-harming, running away, or saying you no longer want to go on living then you need immediate support. For urgent help- If you are worried about your mental health and it doesn't seem to be getting better please talk to your GP. If you are in an emergency and there is risk to life (that can be your own or another person's) then call **999**.

### 5 ways to wellbeing

Focusing on the 5 ways to wellbeing have been shown to improve your mental health and overall wellbeing.

- **Connect** - have positive relationships – talk to your family/friends
- **Take notice** - learn mindfulness
- **Give / help others** - be kind to others
- **Be active** - exercise
- **Keep learning** - try a new hobby

## Mental health continued

Helplines for advice:

- **The Tomorrow Project:** This service offers one-to-one, confidential, face-to-face support for anybody from Leicester, Leicestershire and Rutland who has been affected or bereaved by suicide. There is no age restriction to access this service
- **Harmless – Community self-harm service:** This service provides support for anybody that currently self-harms, has thoughts of self-harm, or has been affected by self-harm in some way. The service also provides support to friends and families who may know somebody who is self-harming. There is no age restriction to access this service
- **Childline** – confidential helpline for children and young people for any issue that is causing you to worry call **0800 11 11**. Open every day 7:30am to 3:30am
- **Samaritans** call **116 123**. Open 24 hours a day, seven days a week
- **The Mix** – helpline for people under 25 years old call **0808 808 4994**. Open from 4pm - 11pm, seven days a week



Useful websites:

- [www.startaconversation.co.uk](http://www.startaconversation.co.uk) - provides an online hub of information, services, advice, training and more, and aims to raise awareness of mental health/suicide locally whilst reducing stigma.
- [www.healthforteens.co.uk](http://www.healthforteens.co.uk) – health advice for teenagers
- [www.healthforkids.co.uk](http://www.healthforkids.co.uk) – learning website for children aged 4 to 11
- [www.youngminds.org.uk](http://www.youngminds.org.uk) – emotional health advice for teenagers, parents and professionals
- [www.kooth.com](http://www.kooth.com) – online counselling and support for children and young people aged 11 to 19
- [riseabove.org.uk](http://riseabove.org.uk) – lots of help and advice aimed at teenagers and young people
- [www.childline.org.uk](http://www.childline.org.uk) – regularly updated videos on a range of mental health and wellbeing topics

## Smoking

### Did you know?

- On average around 207,000 children start smoking in the UK every single year
- Children with parents or siblings who smoke are up to three times more likely to start smoking themselves compared to children of non-smoking households
- Children exposed to a smoky atmosphere are more likely to suffer from breathing problems, allergies and chest infections
- Smoking outside or in a different room does not make it safe for others in the home. More than 80% of smoke is invisible making it impossible to control

### Dangers of smoking

Smoking causes cancer, heart disease, stroke, lung diseases, diabetes, chronic obstructive pulmonary disease (COPD) and other health risks.

But did you know smoking also:

- Damages your physical fitness
- Causes shortness of breath
- Causes skin damage which can cause a greyish, wasted appearance to your skin, and cause more wrinkles
- Causes Halitosis (bad breath) and stains teeth and gums
- Negatively affects your sleep – smokers are 4 times more likely to feel 'unrested', which could affect your mental wellbeing, concentration and communication skills
- Damages your bank balance. Smoking is an expensive habit

So many reasons to give up, look better and feel better! You don't need to do it alone free help is at hand for support to stop smoking including free E-Cigarette starter kits and follow on nicotine liquids:

Text 'ready' to 66777 or call 0345 646 66 66

NHS choices (support and guidance to stop smoking) - [www.nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit/](http://www.nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit/)

## Drugs and alcohol

As young people are likely to start taking more risks, testing boundaries and experimenting, substance misuse is one of the most common risks to a young person's health and development.

The misuse of illegal drugs, prescribed drugs, alcohol and substances such as solvents and gases have the potential to cause harm, some can be addictive and mixing drugs can also increase risks.

The following services are available for advice and support:

- **Turning Point** Alcohol and Drug Support Service in Leicestershire  
tel: 0330 303 6000
- **TALK TO FRANK** tel: 0300 123 6600 web: [www.talktofrank.com](http://www.talktofrank.com)  
text: 82111 email: [frank@talktofrank.com](mailto:frank@talktofrank.com)
- **Drinkline Helpline** Drinkline is the national alcohol helpline. If you're worried about your own or someone else drinking, tel: 0300 123 1110

If you are worried about your child's use of drugs or alcohol, useful advice and information on where to get help can be found at [www.youngminds.org.uk/](http://www.youngminds.org.uk/)



**My Turning Point** is a digital treatment tool that provides online support to help manage drinking or drug use. There are two platforms both free to access: one for alcohol use and a second for drug use. Fully accessible on smartphone, tablet and computer, My Turning Point provides 24/7, unlimited access to a range of guided and self-help sessions that can help

## Drugs and alcohol continued

people understand and control their drug and alcohol use. My Turning Point has no sign-up obligation, which means that resources can be accessed freely at a time that is convenient and aims to empower people to think more about their alcohol and drug use as well as provide the tools to access information and support for a healthier lifestyle.

- **My Turning Point (Alcohol):** [www.turning-point.co.uk/services/drug-and-alcohol-support/leicestershire-alcohol-support-check](http://www.turning-point.co.uk/services/drug-and-alcohol-support/leicestershire-alcohol-support-check)
- **My Turning Point (Drugs):** [www.turning-point.co.uk/services/drug-and-alcohol-support/leicestershire-drug-support-check](http://www.turning-point.co.uk/services/drug-and-alcohol-support/leicestershire-drug-support-check)

## Young people and sexual health

You can access confidential advice on: contraception, emergency contraception, relationships, safer sex, pregnancy, abortion, implant fitting, HIV PEP and PREP and STI testing at:

**Choices Clinic - Hinckley Health Centre, Hill Street, Hinckley, LE10 1DS**

**Mondays: 3pm to 6pm.** To find out more please visit:

**[www.leicestersexualhealth.nhs.uk](http://www.leicestersexualhealth.nhs.uk)**

It is appointment only, no walk- in's these can be booked via their switchboard on tel: **0300 124 0102**. Phone lines are available:

**Monday to Thursday : 9am to 12noon & 1pm to 5:30pm,**

**Friday: 9am to 12noon & 1pm to 4pm and Saturday: 10:30am to 3pm**

For emergency contraception or to order a STI testing kit please visit:

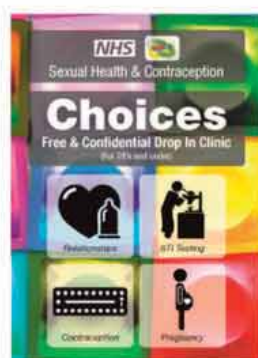
**[www.sh24.org.uk](http://www.sh24.org.uk)**

## Across Leicester, Leicestershire and Rutland you can access free condoms via the C-Card Scheme

The C-Card is a plastic card that gives anyone aged 13 to 24 quick and easy access to free condoms from a range of venues. It is a confidential service which also offers information and advice about sexual health and relationships.

You can get free condoms using your card anywhere you see the C-Card logo.

Registration takes about 10 minutes. You will be asked a few simple questions by the worker, how old you are, your postcode etc. All the information is confidential and will not be passed on to anybody else. To find out more please visit: **[www.leicestersexualhealth.nhs.uk/c-card](http://www.leicestersexualhealth.nhs.uk/c-card)**





## Young people and sexual health continued

### Health for Teens

[www.healthforteens.co.uk](http://www.healthforteens.co.uk)

You can text a health professional through the ChatHealth messaging service which runs **Monday to Friday 9am to 5pm**. If you go to school in Leicester City please text **07520 615386**, if you go to school in Leicestershire County or Rutland then please text **07520 615387**.

Please note that this site will not give out any medical diagnosis. If you require one-to-one support or advice contact your school nurse, GP or call **111**. Or in case of an emergency call **999**.

### Information for parents

There is now a text messaging service for parents/carers of children aged 0 to 19. Get advice from our public health nurses (health visitors and school nurses). Text **07520 615382**.



## Physical activity

In an ideal world each child and young person would be meeting the Chief Medical Officers' physical activity guidelines of a minimum of **60 minutes of daily physical activity** and adults ideally be active daily but should complete a minimum of **30 minutes of exercise 5 days per week**.

### Physical activity guidelines for Under-5s

#### Infants (less than 1 year):

- Infants should be physically active several times every day in a variety of ways, including interactive floor-based activity, e.g. crawling.
- For infants not yet mobile, this includes at least 30 minutes of tummy time spread throughout the day while awake (and other movements such as reaching and grasping, pushing and pulling themselves independently, or rolling over); more is better.

Note: Tummy time may be unfamiliar to babies at first, but can be increased gradually, starting from a minute or two at a time, as the baby becomes used to it. Babies should not sleep on their tummies.

#### Toddlers (1-2 years):

- Toddlers should spend at least 180 minutes (3 hours) per day in a variety of physical activities at any intensity, including active and outdoor play, spread throughout the day; more is better.

#### Pre-schoolers (3-4 years):

- Pre-schoolers should spend at least 180 minutes (3 hours) per day in a variety of physical activities spread throughout the day, including active and outdoor play. More is better; the 180 minutes should include at least 60 minutes of moderate to vigorous physical activity.



## Physical activity continued

### Physical activity guidelines for children and young people (5 to 18 years)

Children and young people (5 to 18 years) should:

- Engage in moderate to vigorous intensity physical activity for an average of at least **60 minutes per day** across the week. This could include: physical education, active travel, after-school activities, play and sports.
- Engage in a variety of types and intensities of physical activity across the week to develop movement skills, muscular fitness, and bone strength.
- Aim to minimise the amount of time spent being seated or inactive, and when physically possible should break up long periods of not moving with at least light physical activity.

### How are my family and I going to achieve these physical activity guidelines?

Focus on these three things:

- **Sitting less** – aim to be as active as possible, anything is better than nothing
- **Moving More** – all movement counts! Walking, jumping, cycling, climbing, dancing - it's all good
- **Spread your activity throughout the week** – aim for an average of 60 minutes per day across the week

Move with your family:

- Visit your local outdoor gym
- Visit your local playground
- Get out on your bikes
- Walking or walking the dog

## Health and Wellbeing Support Scheme

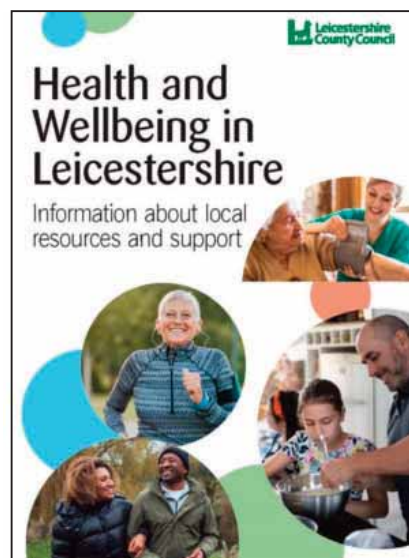
Hinckley & Bosworth Borough Council launched a new support scheme earlier this year, offering members of the public an opportunity to refer themselves for health and wellbeing support from our expert team of officers.

The referral form offers a list of topics, shown below, for which people can request support. We can then offer bespoke advice on the subjects chosen.

- Exercise referral
- Weight loss
- Physical activity
- Falls prevention
- Disability/inclusion
- Walking, cycling and running
- Activity for older people
- Diet and nutrition

If you'd like to refer yourself for support on any of these topics, please visit [www.hinckley-bosworth.gov.uk/healthandwellbeingsupport](http://www.hinckley-bosworth.gov.uk/healthandwellbeingsupport) for more information. There is a link to an online referral form.

When we receive your request, we will also email you a copy of the **LCC Health and Wellbeing Advice Booklet**, which contains tips and advice on every aspect of health and wellbeing.



## Hinckley and Bosworth Voice Forum

Are you aged between 11 to 19 years?

Would you like to have your voice heard?

Are you passionate about local politics and making a difference to the community you live in?

Come and join our voice forum on the first Wednesday of every month!

We discuss a range of topics such as:

- **Climate change**
- **Mental health**
- **Food poverty**
- **Crime and Anti-social behaviour**
- **CV opportunities – volunteering etc**

The voice forum will give you opportunities to be involved in projects relating to some of these topics, as well as speaking to local councillors and council staff.

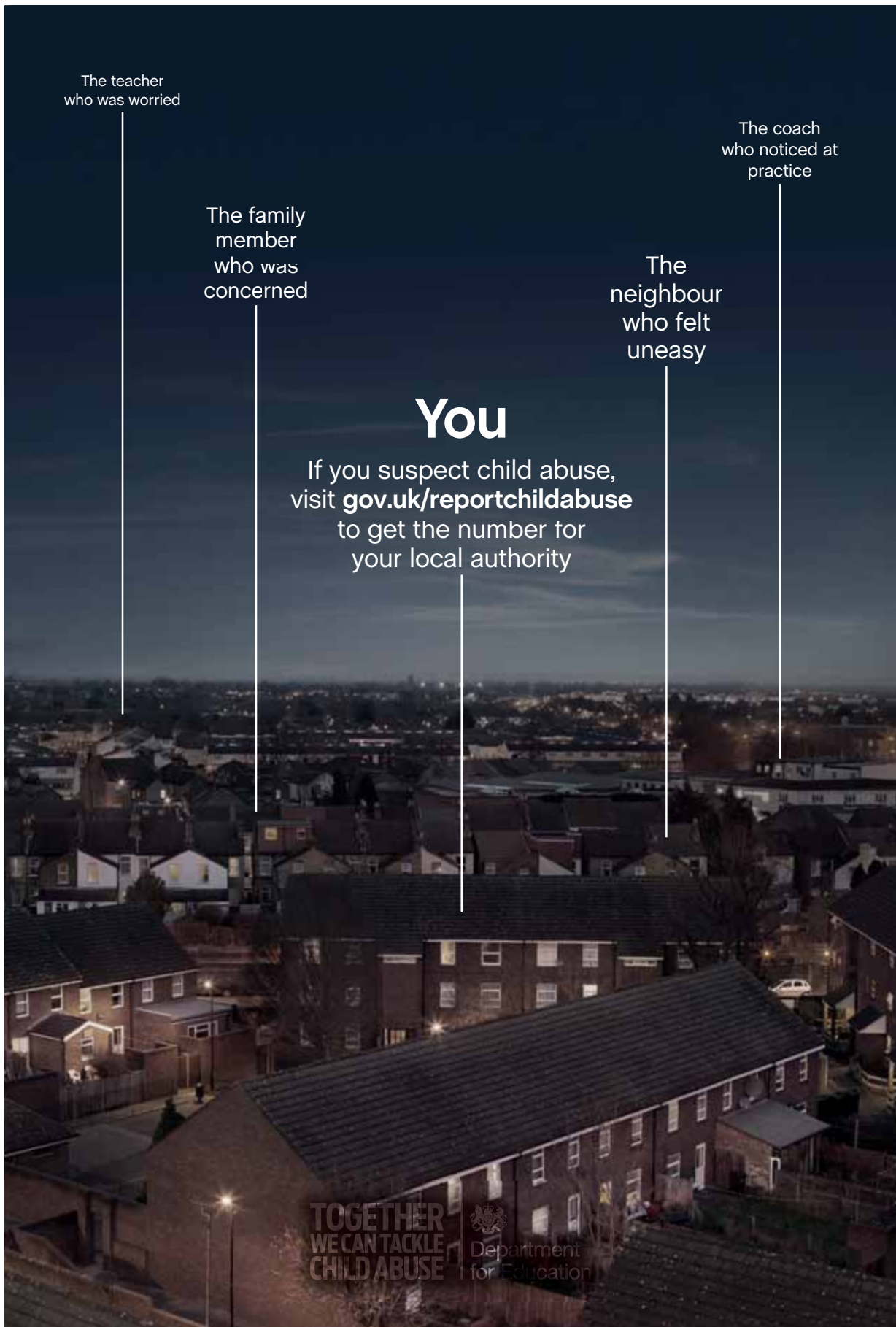
If you or someone you know is interested in getting involved all they need to do is get in touch via email: [Amy.casey@hinckley-bosworth.gov.uk](mailto:Amy.casey@hinckley-bosworth.gov.uk) or call **Community Safety** on: **01455 255746**



**Hinckley & Bosworth  
Voice Forum**



# Safeguarding children



The teacher  
who was worried

The family  
member  
who was  
concerned

The coach  
who noticed at  
practice

The  
neighbour  
who felt  
uneasy

## You

If you suspect child abuse,  
visit [gov.uk/reportchildabuse](https://gov.uk/reportchildabuse)  
to get the number for  
your local authority

TOGETHER  
WE CAN TACKLE  
CHILD ABUSE

 Department  
for Education

## Anti-social behaviour

Anti-social behaviour (ASB) can seriously affect the quality of life for residents living throughout our borough. Generally, ASB is defined as behaviour that causes, or is likely to cause, harassment, alarm or distress to another individual.

Some typical examples of ASB include:

- Intimidating groups
- Abusive language
- Nuisance neighbours
- Drunken behaviour
- Intimidating behaviour
- Noise
- Dog fouling
- Litter
- Graffiti
- Vandalism

## ENDEAVOUR

The Endeavour Team comprises of many agencies who work together to resolve emerging issues. The Police and Hinckley & Bosworth Borough Council work within this team to tackle ASB.

To report ASB contact:

- The ASB team at Hinckley & Bosworth Borough Council on **01455 238141**
- The police on **101**
- If you are at risk or need immediate assistance ring the police on **999**



## Fire safety

FACT: You're twice as likely to die in a fire if you don't have a smoke alarm that works. The 'Fire Code' is easy to remember and can save your life.

### Get Smart > Get Equipped > Get Out

#### Get Smart

Is your home safe?  
What are the risks?  
Ask these questions.  
Be prepared  
consider your  
escape plan.

#### Get Equipped

Fires kill silently, make sure your homes are well equipped. It doesn't have to cost to protect your home against fires. FREE safety checks carried out by the Fire Service are available to all homes in the borough, smoke alarms can be fitted for FREE. Contact us below for more details.

#### Get Out

What if there was a fire?  
Use your escape plan  
and GET OUT.

#### Always Remember

IN THE EVENT OF  
ANY EMERGENCY  
CALL 999, ASK FOR THE FIRE  
AND RESCUE SERVICE. GIVE FULL  
DETAILS OF THE LOCATION  
AND IF ANY PERSONS ARE  
INJURED OR KNOWN TO  
BE TRAPPED.

All 999 calls are free. You can make them from any phone, including mobile phones. Don't dial 999 if there isn't an emergency. All 999 calls are recorded and you are breaking the law if you make a hoax emergency call.

General enquiries:

Tel: 0116 210 5555

Fax: 0116 2271330

Email: [info@leics-fire.gov.uk](mailto:info@leics-fire.gov.uk)

Text: 07860 063686 (For Deaf, deafened and hard of hearing people only. Not to be used in an emergency)

<https://leics-fire.gov.uk/>

**LEICESTERSHIRE**  
FIRE and RESCUE SERVICE



## Water safety

### DYING FOR A SWIM?

A staggering 700 people drown in open water and quarries each year.

We have a number of quarries in the Hinckley and Bosworth area.

Some quarry lakes may look inviting on a hot summer's day, but there are a number of hidden dangers such as deep water, hidden currents, submerged machinery and car wrecks, dangerous algae, dead animals and rubbish.

**Please discuss the dangers with your children**

### Did you know?

Even on hot days, just below the surface, water can be icy cold, with fatal effects on strength and stamina.

