

# WHAT'S ON THIS SUMMER 2025



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

Hinckley & Bosworth  
Borough Council





# HELLO

## Here comes the summer!



We are delighted to present the 'What's on this summer' brochure 2025.

This year's brochure is full of activities and events for children, young people and their families in Hinckley and Bosworth this summer. The brochure also has

information and guidance on a variety of different topics which we hope you find useful.

The annual Snap Dragon Children and Families Festival in Argents Mead will return 4 - 6 August, a special event with activities for all the family to enjoy see page 6 for further details.

As the Children and Young People's Champion it is great to see the wide variety of events available for children, young people and their families happening in Hinckley and Bosworth.

We hope that you find this brochure of interest and have a fun, safe and happy summer. Enjoy!

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



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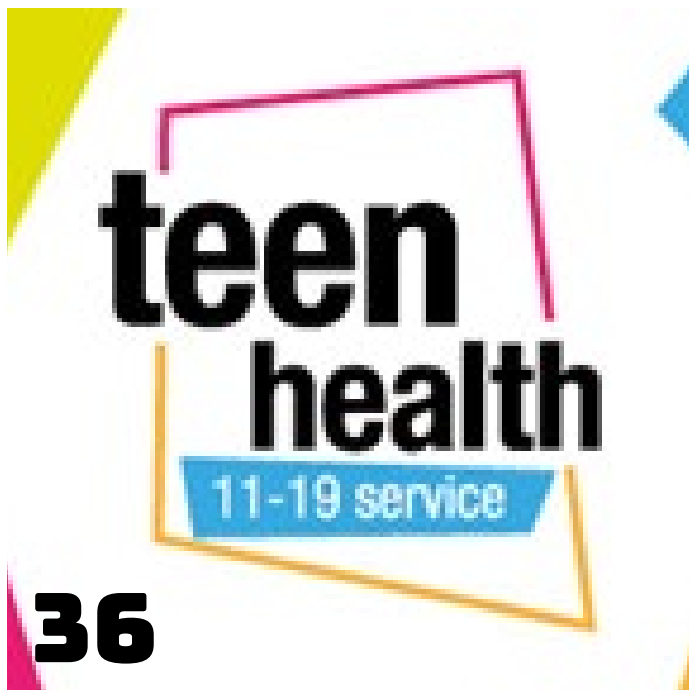
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Whilst every effort has been made to verify entries, Hinckley and Bosworth Borough Council cannot be held responsible for the accuracy of the data. Nothing referred to in this booklet should be relied upon as a recommendation or endorsement by the council of the nature or quality of services or facilities.

For more information contact:  
Community Safety 01455 238141





# 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 3052500	Email: <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	01455 255941/ 01455 255942	<a href="http://www.hinckley-bosworth.gov.uk/info/200021/community_centres/652/barwell_community_house">www.hinckley-bosworth.gov.uk/info/200021/community_centres/652/barwell_community_house</a>
Earl Shilton Community House	01455 255941/ 01455 255942	<a href="http://www.hinckley-bosworth.gov.uk/info/200021/community_centres/289/earl_shilton_community_house">www.hinckley-bosworth.gov.uk/info/200021/community_centres/289/earl_shilton_community_house</a>
Gwendoline Community House	01455 255941/ 01455 255942	<a href="http://hinckley-bosworth.gov.uk/info/200021/community_centres/290/gwendoline_community_house">hinckley-bosworth.gov.uk/info/200021/community_centres/290/gwendoline_community_house</a>
The Meadows Community Centre	01455 255941/ 01455 255942	<a href="http://www.hinckley-bosworth.gov.uk/info/200021/community_centres/1402/the_meadows_community_centre">www.hinckley-bosworth.gov.uk/info/200021/community_centres/1402/the_meadows_community_centre</a>
Grobby Community Centre	01530 249964	<a href="http://www.hinckley-bosworth.gov.uk/info/200021/community_centres/1403/grobby_community_centre">www.hinckley-bosworth.gov.uk/info/200021/community_centres/1403/grobby_community_centre</a>
Green Towers	01455 230468	<a href="http://www.greentowers.co.uk/">www.greentowers.co.uk/</a>
Family Hubs	0116 3055601	Email: <a href="mailto:hinckleyfamilyhubs@leics.gov.uk">hinckleyfamilyhubs@leics.gov.uk</a>
Police non emergency	101	<a href="http://www.leics.police.uk">www.leics.police.uk</a>
Community Safety at Hinckley & Bosworth Borough Council	01455 238141	<a href="http://www.hinckley-bosworth.gov.uk">www.hinckley-bosworth.gov.uk</a>
Fire Service	0116 210 5555	<a href="http://www.leics-fire.gov.uk/">www.leics-fire.gov.uk/</a> Email: <a href="mailto:info@leics-fire.gov.uk">info@leics-fire.gov.uk</a> Text: <b>07860 063686</b> (For Deaf, deafened and hard of hearing people only. Not to be used in an emergency)





**4-6  
AUG**  
11AM to 3PM



# SNAP DRAGON

## Children & families FESTIVAL

Garden Games • Giant Sandpit • Calm Corner • Teddy Bears Picnic • Bandstand Entertainment • Craft Tent • Role Play Village • Tuff Tray Stations

**MONDAY  
4 AUG**

### Musical Mash-up

- **BeatFeet Drumming Workshops** opening with a live drumming performance! Then it's your turn!
- **Musical Tunes Tent** - Explore a selection of instruments.
- **Silent Disco**
- **Musical Performances** from The Lee Academy of Dance and Drama and many more
- **Obstacle Course**
- **Police Car**

**TUESDAY  
5 AUG**

### Let's Get Moving - Active Hinckley and Bosworth take over

- **Tiny Tots Tent** - For under 5's to learn how to get moving!
- **Sporting demonstrations**
- **Litter picking races**
- **Have a go sessions** - try your hand at a wide variety of sports
- **Mascot tug of war competition** featuring Filbert the Fox

**WEDNESDAY  
6 AUG**

### National Play Day

- **Story Time Tent** - Chill out with a book - donated by Hinckley Library
- **Knight School** limited spaces available please pre-book at info stand. 5 years+
- **Waterslide**
- **Tom the Tale Teller**
- **Fire engine visit**^
- **Fancy dress competition: 12:30pm**
- **Child-friendly tomahawk throwing**

Hinckley BID  
Fancy dress  
swap shop  
every day



**FREE ENTRY\* • ARGENTS MEAD • HINCKLEY • LE10 1BZ**

^subject to emergency call outs

\*all activities advertised above are free to have a go at, further activities available on the day may be chargeable including children's fair-ground rides, cost as advertised on the day. Photos and video may be taken during our events and used for publicity purposes in newspapers, the internet and social media. If you do not wish to be photographed or filmed please let us know on the day on the event.



Hinckley & Bosworth  
Borough Council





# HINCKLEY CLUB 4 YOUNG PEOPLE

📍 Green Towers Activity Centre, Richmond Park, Hinckley LE10 0DZ

☎ 01455 230468 ✉ office@greentowers.co.uk 🌐 www.greentowers.co.uk



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 for age 8 to 18 and activity centre all ages':

Monday to Friday 6pm to 9pm (Thursdays up to 11 year olds only) (Monday sessions for all the family 0-10-year olds) Youth club entrance: £2 for members, £4 for guests.

## Activity centre:

Mon to Fri 9am to 9pm

Saturday/ Sunday open for bookings.

Coffee morning every Friday 10-12 for over 50's, free tea, coffee and biscuits as well as entertainment on the last Friday of the month. Coffee morning guests are also welcome to use the gym for free.







## SUMMER CLUB AUGUST 2025

Summer Club running weekdays for 8-18yr olds from Monday 4 August – Friday 22 August. Various activities – Breakfast and Lunch included.

Time: 9am -12pm

Cost: £2 Members, £4 Non-Members, free with HAF code (per session)

Contact: 01455 230648 or [office@greentowers.co.uk](mailto:office@greentowers.co.uk)

Bookings open 20th May, spaces will be limited on a first come first serve basis. Please supply the following information: -

- **Date(s) you would like to book**
- **Full Name**
- **D.O.B**
- **Medical Conditions**
- **Membership No. (if already a member)**
- **Emergency Contact Details**
- **Can your child leave the club alone? Y/N**



## SUMMER FAYRE AUGUST 2025

Our annual Summer Fayre taking place on Saturday 9 August - Climbing Wall, Bouncy Castles, Roller Skating, Craft Stalls, Face Painting, Hot & Cold Food and Drinks and more...

Time: 12pm - 3pm

Cost: £1 entry for adults

Contact: 01455 230648 or [office@greentowers.co.uk](mailto:office@greentowers.co.uk)



# HOLIDAY ACTIVITIES & FOOD (HAF) CLUBS

## Book your child's free HAF holiday club place this summer!

Exciting free sessions are available across Leicestershire for children and young people aged 4-16 who are eligible for benefit-related free school meals.

HAF holiday club sessions offer a fantastic mix of fun activities, including sports, music, arts and outdoor adventures and other opportunities to build confidence and new skills – plus a nutritious meal each day.

**Book your child's  
place NOW! ➡➡**



Department  
for Education



Leicestershire  
County Council



ACTIVE  
TOGETHER

Book your child's place at [leicestershire.gov.uk/haf](https://leicestershire.gov.uk/haf)



# LEICESTER CITY IN THE COMMUNITY

FREE

## PREMIER LEAGUE KICKS



SCAN ME

FREE CITY FOOTBALL SESSIONS | TERM TIME ONLY

### MONDAY

**HINCKLEY, GREEN TOWERS, LE10 0DZ**

SCHOOL YEARS 7 – 9 | 11 – 14 YEARS | 16:00 – 17:00

SCHOOL YEARS 10 + | 15 – 18 YEARS | 17:00 – 18:00

### WEDNESDAY

**LOUGHBOROUGH, CHARNWOOD GOLF &  
LEISURE COMPLEX, LE11 5AD**

SCHOOL YEARS 7 – 9 | 11 – 14 YEARS | 16:00 – 17:00

SCHOOL YEARS 10 + | 15 – 18 YEARS | 16:00 – 17:00

### THURSDAY

**LOUGHBOROUGH, CHARNWOOD COLLEGE,  
LE11 4SQ**

SCHOOL YEARS 7 – 9 | 11 – 14 YEARS | 17:00 – 18:00

### FRIDAY

**SYSTON, WREAKE VALLEY ACADEMY,  
LE7 1LY**

SCHOOL YEARS 7 – 9 | 11 – 14 YEARS | 15:30 – 17:00

SCHOOL YEARS 10 + | 15 – 18 YEARS | 15:30 – 17:00



**LEICESTER CITY**  
IN THE COMMUNITY

FOR MORE INFORMATION EMAIL [KICKS@LCFC.CO.UK](mailto:kicks@lcfc.co.uk)

SIGN UP AT [LCFC.COM/KICKS](https://www.lcfc.com/kicks)



LEICESTER CITY IN THE COMMUNITY



@LCFC\_COMMUNITY



@LCFC\_COMMUNITY



@LCFC\_COMMUNITY

WHAT'S ON THIS SUMMER 2025





# HINCKLEY LEISURE CENTRE

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

☎ 01455 610011

📍 Argents Mead, Hinckley, LE10 1FL

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



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!

**Friday 10:00-11:00 & 11:00- 12:00 £3.75 per session**  
**0-6 months £1.00**



## 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.  
**£6.30 per session.**



# HINCKLEY LEISURE CENTRE CONT

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

☎ 01455 610011

📍 Argents Mead, Hinckley, LE10 1FL

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

## 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 always in action on Saturday. Test your skills on our giant platform and see if you have what it takes to complete the course!

## 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

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

## Football

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

## Pickleball

Tuesday 4pm-5pm. Learn the skills and how to play pickleball, with our fully qualified pickleball instructor. This course is suitable for all abilities and those aged 5-14 years old. Booking is required in advance.



# LIBRARIES

## The 2025 Summer Reading Challenge – Story Garden

### Saturday 5 July to Saturday 6 September

Story Garden – Adventures in Nature and the Great Outdoors is the enchanting theme for the 2025 Summer Reading Challenge. Created by The Reading Agency and delivered in partnership with public libraries, this year's Challenge encourages children to explore the connection between storytelling and nature.

Story Garden aims to inspire curiosity, creativity and connection to the natural world — building reading confidence while promoting wellbeing.

The main Challenge is for children aged 4-12, but we don't want little ones to miss out on the fun so we have a special Mini Challenge for 0-3 year olds.

It's **FREE** to join!



Leicestershire Libraries are all set to blossom from Saturday 5 July, and are eagerly awaiting children to join them on an adventure in nature. With events, activities, book collections, incentives and more, there's plenty for children to explore. Join us this summer and step into the magical world of Story Garden.

Visit your local library to find out more or go to our website [leicestershire.arena.axiell.com/summer-reading-challenge/](https://leicestershire.arena.axiell.com/summer-reading-challenge/).



# HINCKLEY & DISTRICT MUSEUM

 July - September       01455 251218

 Lower Bond Street, Hinckley, LE10 1QU       [www.hinckleydistrictmuseum.org.uk](http://www.hinckleydistrictmuseum.org.uk)

Open to the end of October on Saturdays and Mondays 10am – 4pm with the last admission 3.30pm

## STONE AGE DAY

**28 July, 10.00am – 3.30pm.**

Fun activities on a Stone Age theme with John Webster. For children aged from five years.

## ROMAN DAY

**4 August, 10.00am – 3.30pm**

Dressing up, writing, mosaics, and other fun activities on a Roman theme with Jed Jaggard. For children aged from five years.

## TUDOR DAY

**11 August, 10.00am – 3.30pm.**

Dressing up, crafts and other fun activities on a Tudor theme with Jed Jaggard. For children aged from five upwards.

## VICTORIAN WASH DAY

**18 August, 10.00am – 3.30pm.**

Crafts, dressing up, and a 'wash day' with dolly tubs and scrubbing boards.. A hands-on experience for children aged from five upwards and adults too. With Jed Jaggard.

Admission prices: Adults £4. Children £1 (under 5's free).

Event day admission prices: Adult £4. Children £2 age five upwards.

Events run continuously. Join in at any time during the open hours.



# WILDLINGS PLAY

Dress  
for being  
outside

## Children's Activities 2025

10-11.30am and 12:30-2pm

Burbage Common, Leicester Road, Hinckley, LE10 3DD

Meet outside the Visitors Centre



27 May

### Sticks and Leaves

(5 to 11 years)

Make jewellery, decorative items,  
and learn more about the trees  
around us.

22 July

### Woodland Adventure

(2 to 11 years)

Building dens plus tracks  
and trails

5 August

### Wild at Art

(2 to 11 years)

Big and small arty makes inspired  
nature colours and patterns

19 August

### Minibeasts

(2 to 11 years)

Bug hunting, games and crafts

### Booking Essential : £7 per session

(max 20 spaces available for each session )

Visit [Hinckley-bosworth.gov.uk/wildplay](https://hinckley-bosworth.gov.uk/wildplay)

(A non- refundable payment will be taken on booking)



scan me



**Minimum of 1 adult per 3 children.** All children must be supervised by a parent or carer throughout the session. (Children must be accompanied by a booked adult. Non-activity younger/older siblings can attend but no resources will be provided) No dogs allowed at Wild Play sessions. Please come dressed for being outside - waterproof jacket and boots, sun cream and sun hat for children and adult accompanying.



**Wildlings**  
PLAY

Hinckley & Bosworth  
Borough Council





## HINCKLEY BID'S SUMMER OF FUN

✉ [info@hinckleybid.co.uk](mailto:info@hinckleybid.co.uk) ☎ 01455 698494 🌐 [www.hinckleybid.co.uk](http://www.hinckleybid.co.uk)  
 📍 Hinckley Leisure Centre, Argents Mead, Hinckley, LE10 1FL

Welcome to Hinckley, a thriving market town with so much to offer!  
 Please visit [www.hinckleybid.co.uk](http://www.hinckleybid.co.uk) for details of 400+ great businesses and a variety of exciting Town Centre events.

On our website you will find:

- Contact details and a host of useful information for each of 400+ businesses in four sectors:
  - Food, Drink and Entertainment
  - Shops and Boutiques
  - Health and Beauty, and Service Businesses
- Details of more than 50 businesses who currently have a Loyalty Card offer on presentation of our FREE Hinckley BID loyalty card. If you are not one of the 15,000+ who currently holds one, please click on the Loyalty Card tab on our website to apply
- Details of all the forthcoming events, many of which are FREE, that are taking place in the town centre
- Car Park Locations and information
- Vacant Commercial Premises listing

And, much more besides...

Should you have any questions at all, please contact us.





## Hinckley BID's Classic Vehicle Meets

19 June, 17 July and 21 August | 5pm to 8pm

Castle Street, Hinckley

Returning this year by popular demand. Anyone with a classic vehicle of any kind who would like to pop along would be most welcome. Entrance will be from Station Road. Free to enter and visit. Please spread the word to any enthusiast you may know!

## Hinckley's 14th Soapbox Derby

29 June | 11am to 2pm

Castle Street, Hinckley

A tremendously fun, family event for the teams and spectators alike. Comprising both a jump or a chicane, it is the driver's choice as they steam down the 200m Castle Street hill cheered on by the crowds. Free to visit, to enter a Soapbox visit [hinckleybid.co.uk](http://hinckleybid.co.uk)



## Hinckley BID's Summer of Fun Seaside Fun

23 July | 11am to 3pm

Market Place, Hinckley

Punch & Judy shows at 11am, 12, 1pm, 2pm with eco-friendly make and take crafts from 11am to 3pm.



## Emergency Services

30 July | 11am to 3pm

The Crescent, Hinckley

The Police and Fire Service will be at The Crescent with vehicles and equipment on display. Eco-friendly crafts are also available.





## Bike Spectacular

13 August | 11am to 3pm

Argents Mead, Hinckley

BMXtras will provide BMX stunt shows in Argents Mead at 11am, 12pm, 1pm & 2pm. Northside Bikes will provide a bike maintenance workshop and Active Hinckley will be there with balance bikes available for the younger children to have a go.

## Allstars Show

20 August | 11am to 3pm

Argents Mead, Hinckley

Children's performing arts schools and music schools from Hinckley town centre will showcase their talent in Argents Mead. There will be plenty of opportunity for children to have a go and perhaps learn a new skill.



## 13th Annual Motor Show

21 September | 10am to 4pm

Hinckley Town Centre

For Classic Vehicles and Vehicles of Special Interest. More than 800 vehicle owners from all over the Midlands and beyond filled Hinckley Town Centre and Argents Mead on a Sunday last year to show off their beautiful and carefully restored machines to a crowd of several thousand people. Plus, the Police and Fire Service will be there to display their vehicles too! Many of the town's fabulous cafes, bars and shops will be open for your enjoyment too. If you attend one motor show this year, make sure it's this one! FREE to exhibit and FREE to attend. For more information on any of these events visit [hinckleybid.co.uk](http://hinckleybid.co.uk), call us on 01455 698494 or email [info@hinckleybid.co.uk](mailto:info@hinckleybid.co.uk)







## MUSIC IN THE MEAD

 Saturdays 1pm-3pm

 Argents Mead, Hinckley

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



Enjoy an afternoon in the summer sunshine whilst listening to local music artists perform jazz, rock, swing, pop and everything in between around the bandstand in Argents Mead. Free to attend performances are held on Saturdays between 1-3pm. Free Bike Parks will also be available at some of the Music in the Mead events.

**5 July Jazzology** the big band perform various jazz hits

**26 July Dean Thomas** all things swing and jazz (Free bike park available)

**16 August Sam Southall** covering your favourite classics (Free bike park available)

**30 August Ukulele Boxvox Duo** a fresh twist on pop covers

**6 September Julie Sings** tunes from the 1950's onwards (Free bike park available)

**20 September Take it from the top** classics from Elton John and Tina Turner (Free bike park available)

Please check the councils online [calendar](#) and social media channels for the latest information.

Please be aware the photography and video may be taken at council events, which may be published on social media, promotional material and on websites.







# EVENTS IN THE PARK 2025

— HOLLY CROFT PARK | HINCKLEY —

Apr <b>26</b>	Plant swap   10-12
May <b>4</b>	Ratby Mid Band   3-5pm
May <b>18</b>	Park 90th birthday Junction 21   3-5pm
Jun <b>7</b>	Proms   6-8.30pm
Jun <b>15</b>	AcSia   3-5pm
Jun <b>29</b>	Rontones 3-5pm
Jul <b>13</b>	Jones Jazz Band   3-5pm
Jul <b>27</b>	High Pressure   3-5pm
Aug <b>10</b>	Sunday Funday   1-5pm
Aug <b>31</b>	Take it from the Top   3-5pm
Sept <b>14</b>	JCC Alumni Band   3-5pm
Sept <b>21</b>	Enderby Wind Band   3-5pm

**Admission  
free!**

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

Community café in the pavilion, held on the first and third Wednesday of each month, 10am to 12:30pm from February to the first week in December.



Hinckley & Bosworth  
Borough Council

# YOUTH VOICE



**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 youth voice group to have your say on a range of topics such as: **Climate and environment, health and wellbeing, crime and safety, food poverty, and more.**

You will have opportunities to be involved in consultations relating to some of these topics. Also advice and information will be available about careers and volunteering.

If you or someone you know is interested in getting involved get in touch via email:  
**[Amy.casey@hinckley-bosworth.gov.uk](mailto:Amy.casey@hinckley-bosworth.gov.uk)**  
or call Community Safety on **01455 255784**

Hinckley & Bosworth  
Borough Council



# Uniform swap shop



**YOU DON'T NEED TO DONATE TO TAKE**

Donate and/or collect  
**clean, good condition,  
school uniform** at your  
local swap shop venue  
during the Summer  
holidays.



*< Find out more*

For more information contact:  
[costoflivingsupport@hinckley-bosworth.gov.uk](mailto:costoflivingsupport@hinckley-bosworth.gov.uk)



**Hinckley & Bosworth  
Borough Council**

In partnership with  
**Central**   
**The co-operative food**  
Part of the Heart of England Co-operative



Hinckley & Bosworth  
Borough Council

hinckley-bosworth.gov.uk

# Welfare Support Service Advice

**We are always available to offer  
support and advice on:**

- Benefits
- Grant applications
- Food bank referrals
- Household Support Fund
- Maximising your household income
- Minimising your outgoings
- Help with white goods

✉ [costoflivingsupport@hinckley-bosworth.gov.uk](mailto:costoflivingsupport@hinckley-bosworth.gov.uk) ☎ 01455 238141

Drop in sessions:

First Wednesday of every month

Hinckley Hub, 10am and 2pm

No appointment necessary

>  
scan to find  
out more



**BILLS**



**DEBT**





# Domestic abuse can affect anyone



## Help is out there

Hinckley & Bosworth Borough Council's Domestic Abuse Outreach Service offers free 1-1 confidential advice, emotional and practical support, signposting to relevant services and therapeutic groups.

### How to get support

☎ 01455 238141 or  
07966 202181

✉ DomesticAbuseOutreachService  
@hinckley-bosworth.gov.uk

☎ 0808 802 0028  
Free from Violence and Abuse  
(FREEVA) Helpline

[hinckley-bosworth.gov.uk  
/domesticabuse](https://hinckley-bosworth.gov.uk/domesticabuse)

Hinckley & Bosworth  
Borough Council





## 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:

[richardiicountry.com](http://richardiicountry.com)

For more information about the shops and boutiques, health and beauty, food, drink and entertainment and businesses in Hinckley please visit:

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





## THINGS TO DO, PLACES TO GO

### Twycross Zoo

Discover over 100 animals at Twycross Zoo, It features the Gruffalo Discovery Land, animal experiences, soft play and more. Twycross Zoo, (on the A444) Burton Road, Atherstone, Warwickshire, CV9 3PX.

**Tel: 0844 474 1777**

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

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

### Boating on the canal

A week or short break boating holiday or day hire is 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, Stoke Golding, CV13 6EY.

**Tel: 01455 212671**

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

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

## Adventure

### **Beaumanor Hall**

Woodhouse, Leicestershire. Outdoor activity centre for groups. Tel: 01509 890119

### **Calke Abbey**

Ticknall, Derby, Derbyshire.

Tel: 01332 863822

### **Cineworld Cinema**

The Crescent, Station Road, Hinckley, LE10 1AW.

Tel: 0330 333 4444

### **Drayton Manor Resort**

Near Tamworth. Tel: 01827 287979

### **Megazone Laser Tag Leicester**

Gower Street, Leicester. Tel: 0116 243 6947

### **National Space Centre**

Exploration Drive, Leicester. Tel: 0116 261 0261

### **Disco Bowl Nuneaton**

Bermuda Park, Nuneaton. Tel: 02476 370555

## Animals

### **Broombriggs Farm and Windmill Hill (opposite Beacon Hill)**

Beacon Road, Woodhouse Eaves. Tel: 0116 305 5000

### **Twycross Zoo**

Burton Road, Atherstone. Tel: 0844 474 1777

## Heritage and History

### **Ashby de la Zouch Castle**

Leicestershire. Tel: 01530 413343

### **Ashby Woulds Heritage Trail**

Measham, Swadlincote. Tel: 0116 305 5417

### **Battlefield Line Railway**

Shackerstone. Tel: 01827 880754

### **Beacon Hill**

Woodhouse Eaves, Leicestershire. The summit is the second highest point in Leicestershire. Tel: 0116 305 5000

### **Belvoir Castle**

Grantham. Tel: 01476 871001

### **Bosworth Battlefield and Visitor Centre**

Sutton Cheney, Nuneaton. Tel: 01455 290429



### **Great Central Railway**

Loughborough. Tel: 01509 632323

### **Hinckley and District Museum**

Lower Bond Street, Hinckley. Tel: 01455 251218

### **Market Bosworth Country Park**

Market Bosworth, Nuneaton.

Historic 35 hectare park with children's adventure playground and lake.

Tel: 0116 305 5000

### **Stapleford Miniature Railway**

Melton Mowbray - fsmr.co.uk

## **Nature and Wildlife**

### **Billa Barra Nature Area**

Markfield. Tel: 01455 238141

### **Bradgate Park**

Newtown Linford, Leicester.

344 hectare deer park with ancient ruins.

Tel: 0116 236 2713

### **Brocks Hill Country Park and Environment Centre**

Washbrook Lane, Oadby.

Tel: 0116 288 8961

### **Burbage Common and Woods**

Leicester Road, Hinckley. Tel: 01455 238141

### **Conkers**

Ashby-de-la-Zouch, Derbyshire.

Family-friendly centre in the National Forest with play areas, discovery zones and an amphitheatre.

Tel: 01283 216633

### **Diana, Princess of Wales Memorial Woodland**

Donisthorpe, Leicestershire.

Specially planted woodland created as a tribute to Diana, Princess of Wales.

Tel: 01283 551211

### **Fosse Meadows Country Park**

Sharnford. Tel: 0330 333 3300

### **Hill Hole Quarry and Country Park**

Markfield. Tel: 01455 238141

### **New Lount Nature Reserve**

Lount. 19.5 hectares with wide range of habitats. Tel: 0116 305 5000

### **Ratby Burroughs, Pear Tree and Martinshaw Woods**

Ratby, Leicestershire. Woodlands Trust Sites Tel: 0330 333 3300

### **Saltersford Valley Picnic Area**

Oakthorpe. Tel: 0116 305 5000

### **Sence Valley Forest Park**

Ibstock. Tel: 01889 586593

### **Swithland Wood Country Park**

Roecliffe Road, Leicester. Tel: 0116 236 2713

## **Sports**

### **Hinckley Leisure Centre**

Argents Mead, Hinckley. 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, ice skating, climbing and swimming. Tel: 03448 000011

### **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 279 3686

### **Groby Pool**

Largest area of natural water in Leicestershire. Tel: 0116 305 5000

### **Moira Furnace Museum and Country Park**

Lock Trips – boat trip options along the Ashby Canal. Tel: 01283 224667

### **Rutland Water**

Oakham. 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





# JAM MUSIC SCHOOLS

📅 Saturdays & Tuesdays

☎ 07786 605111

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

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

## 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 **£17.50 weekly**

Promotional offers usually available, please visit our website'

All ages catered for 8 to 108! Beginners to advanced.

FREE Taster must be booked please.

All JAM Staff are DBS checked.



# FAMILY HUBS

For information, advice and activities you can also visit:

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

Family Hubs 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 five Family Hubs across Hinckley and Bosworth: Hinckley, Barwell, Earl Shilton, Bagworth and Hinckley Library.

## 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. Sessions are delivered from the Family Hubs in Hinckley, Barwell, Earl Shilton and Bagworth.

You can access information via the Family Hubs website which has useful information for Parents, carers, professionals, children and young people

[Welcome | Family Hubs Leicestershire](#)

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.

Family Hubs 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.

We also run a variety of groupwork programmes from Parenting support, SEND Parent support group, Dads Group to recognising and changing conflict in relationships.

The service works with the whole family, including extended family and networks 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.



# FAMILY HUBS

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.

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 Family Hubs.

Family Hubs 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 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. You can find details of any additional open hours on our Facebook page: Hinckley Community Fridge.

## 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 [leicestershire.gov.uk/education-and-children/social-care-and-supporting-families/children-and-family-wellbeing-service-cfws](https://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

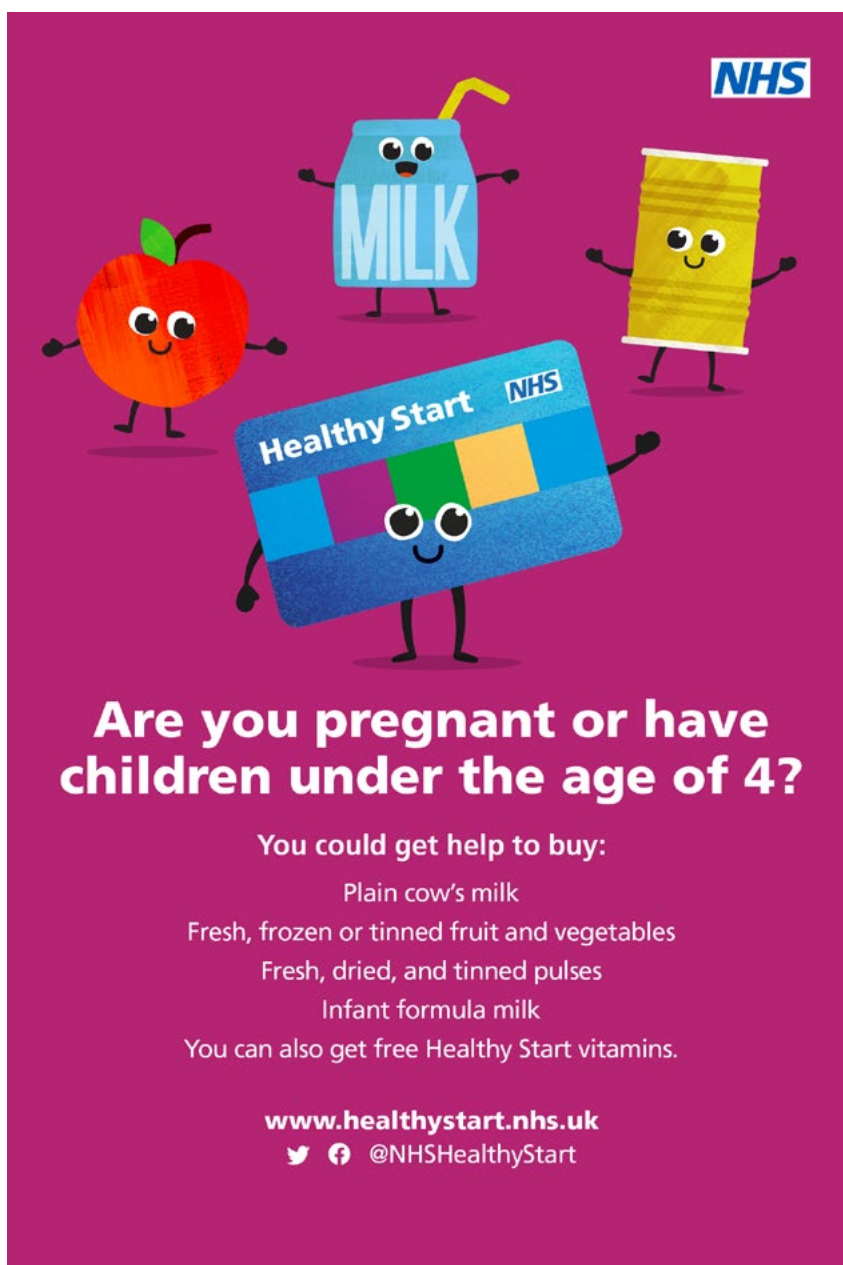
## Help with childcare costs for parents.

Whether you have toddlers or teens, you could get support. To check if you are eligible visit [www.childcarechoices.gov.uk](http://www.childcarechoices.gov.uk).

For more information on health and wellbeing please visit:

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

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

A graphic for the NHS Healthy Start campaign. It features four cartoon characters on a magenta background: a red apple, a blue milk carton with a straw, a yellow tin of pulses, and a blue Healthy Start card. The card character is holding a list of items. The NHS logo is in the top right corner.

**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)  
Twitter Facebook @NHSHealthyStart

## 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 nurse in Leicestershire text **CHAT health 07520615382** or telephone Healthy Together helpline **0300 300 3001**.

Calls are answered from

9am – 4.30pm on weekdays, excluding bank holidays.



# 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, its free on the NHS for children aged three and above!

To find your local NHS dentist, visit NHS Choices website at [nhs.uk/service-search/find-a-dentist](https://nhs.uk/service-search/find-a-dentist) 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 nought 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. There is a section for 'Kids; and a section for 'Grown -ups'. The Kids section is 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.





Teen Health is a team of caring and dedicated Health and Wellbeing Officers who work across Leicestershire to provide health and emotional wellbeing advice and support. We focus on young people in secondary schools or college 11-19, working hand in hand with you either at your school or college or within your local community.

At Teen Health, our aim is to help young people in Leicestershire live healthier and happier lives. We provide support through a range of options such as drop-in sessions, group work, and one-to-one support. The team can also help you get in touch with other services if you need.

You can refer yourself to the teen health service or ask someone to refer for you.

For more information on the service, online self-help and how to refer, please visit: [www.teenhealth.org.uk](http://www.teenhealth.org.uk) or scan the QR code or visit your health and wellbeing officer directly in your school or college.

Scan me



## Prevention and early intervention support

### Supporting and improving Emotional Wellbeing with a focus on:

- Improving self esteem
- Improving body image
- Building resilience

### Supporting Healthy Relationships:

- Building positive relationships
- Reducing violence in intimate relationships
- Promoting positive sexual health and wellbeing

### Supporting Young People to make Healthier Choices:

- Reducing substance misuse particularly cannabis misuse
- Reducing alcohol consumption





# TEEN HEALTH SUMMER!



Have some fun this summer with Teen Health! Spend time chilling out, get involved in our activities or take the chance to have a chat with our wonderful wellbeing officers.

ACTIVITIES	EVENT DATE
<ul style="list-style-type: none"><li>• Arts and Crafts</li><li>• Games &amp; Activities</li><li>• Snacks</li><li>• Information and advice</li><li>• Meet up with friends</li><li>• No referral needed!</li><li>• Open to all aged 11-19</li></ul>	<p>THURS 14TH AUG 12-3PM</p> <hr/> <p>HINCKLEY FAMILY HUB GRANVILLE RD HINCKLEY LE10 0PP</p>

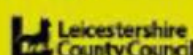
**FREE!**

Speak with your school's health and wellbeing officer to find out more, or visit our website using the details below:



For more information or to make a referral to the Teen Health 11-19 Service visit

[www.teenhealth.org.uk](http://www.teenhealth.org.uk)





# 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 hurt someone, make them feel upset, scared or ashamed and they do it more than once.

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, phone calls, posts, images and videos

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 X @BeyondLCC
- Family Lives **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
- Shout text **SHOUT to 85258** for young people struggling to cope. Shout provides 24/7 text support [www.giveusashout.org](http://www.giveusashout.org)

# 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 other – be kind to others
- Be active – exercise
- Keep learning – try a new hobby



## Helplines for advice:

- 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.

Web: <https://harmless.org.uk>

- Childline – confidential helpline for children and young people for any issue that is causing you to worry call **0800 11 11**. Open every day
- 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
- NHS Central Access Point – Call **0808 800 3302** (24/7) for urgent but not life threatening situations
- SHOUT – text **85258** (crisis 24/7)



## Useful websites:

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

Start A Conversation Provides an online hub of information, advice, local and national service signposting, resources and training and aims to raise awareness of mental health/suicide locally whilst helping people care for themselves and others.

[www.youngminds.org.uk](http://www.youngminds.org.uk)

Emotional health advice for teenagers, parents and professionals

[www.riseabove.org.uk](http://www.riseabove.org.uk)

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

[www.myselfreferral-llr.nhs.uk/](http://www.myselfreferral-llr.nhs.uk/)

A self referral process to support your mental health with resources and a pathway to accessing NHS support

Free, safe, anonymous support.  
Download the app today.



## Feeling

Anxious

Depressed

Angry

Bored

Worried

Scared

Embarrassed

Alone

Unconfident

Hopeless

Low

Isolated

Rejected

Miserable

Paranoid

Ashamed

Confused

Nervous

Insecure

Self-Conscious

Defeated

Demoralised

Powerless

Discouraged

Misunderstood

Pessimistic

Uncertain

Detached

Excluded

Withdrawn

Disconnected

Abandoned

Ignored

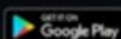
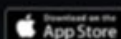
Left Out

?



**NHS**  
Leicester, Leicestershire  
and Rutland





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Therapy session is like



# Tellmi Therapy is different. Very different.

It's free, confidential and  
text-based. Designed to  
help you to find solutions.

Suitable for children aged  
11+ and adults.

Schedule sessions at times  
that suit you.

No assessment and  
no restrictions on the  
number of sessions.

**75% of people feel better  
after a single session.**

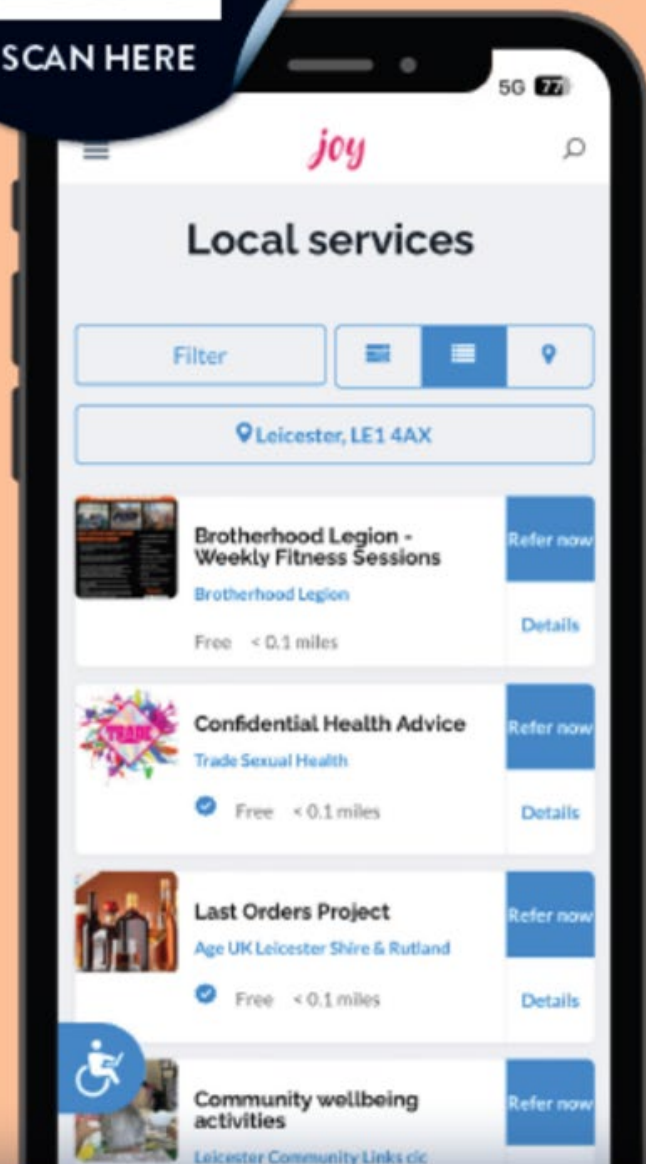
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Find local support &amp; activities

Find what matters to you at

LLRjoy.com

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# PHYSICAL ACTIVITY- UNDER 5s

## PHYSICAL ACTIVITY FOR UNDER 5s



### HOW MUCH PHYSICAL ACTIVITY SHOULD UNDER 5s BE DOING?



Under 1s - At least 30  
minutes across the day  
(Tummy/floor time).



1-5 years  
180 minutes (3 hours)  
per day.

### 6 key benefits of moving more:



Develops strong  
bones, muscles  
and heart



Builds social and  
emotional skills



Improves sleep quality



Supports balance  
and coordination



Helps to maintain a  
healthy weight



Boosts learning and  
development

### MORE IS BETTER

#### 3 top tips

1

#### Moving more together

Leading by example means children are more  
likely to copy you

2

#### Break it up

Make sure you break up long periods of sitting,  
such as in a car seat

3

#### Positivity and praise

Saying well done and showing encouragement  
for active play to boost their confidence

**GO! Turn over for activity ideas**

# PHYSICAL ACTIVITY- UNDER 5S

## EVERY MOVEMENT MATTERS

Encourage little ones to move more with these fun activity suggestions...

### TRY THESE AT HOME



Tummy time, reach and roll for their favourite toys



Blow some bubbles to chase and pop



Move and dance to their favourite songs!

### MOVE AS A FAMILY

Family swimming classes



Join a local activity group



Plan a nature walk

Log movement on our 'Family Activity Tracker'

### GREAT FOR OUT AND ABOUT

Move using balance bikes, tricycles and scooters!



Visit the local park

Sensory play and exploration



Scavenger hunt in your local park

[active-together.org/letsgetmoving](https://active-together.org/letsgetmoving)

@ActiveLLR





# PHYSICAL ACTIVITY 5-18 YEARS

## PHYSICAL ACTIVITY FOR CHILDREN AND YOUNG PEOPLE (5-18 YEARS)

LET'S  
GET  
MOVING

### HOW MUCH PHYSICAL ACTIVITY SHOULD CHILDREN AND YOUNG PEOPLE BE DOING?



Aim to be active for at least 60 minutes per day, every day of the week. These activities should make young people breathe faster and will help develop movement skills and increase muscle and bone strength.

### 6 key benefits of moving more:



Develops social skills



Helps strengthen bones and muscles



Helps to maintain a healthy weight



Improves concentration and learning



Boosts mood and self-esteem



Improves motor skills, balance and coordination

### MORE IS BETTER

#### 3 top tips

- 1 Bitesize chunks**  
Try to avoid long periods of inactivity
- 2 Move more**  
Remember, every movement matters
- 3 Find what's fun**  
Get involved in feel good activities

**GO! Turn over for activity ideas**

# PHYSICAL ACTIVITY 5-18 YEARS

## EVERY MOVEMENT MATTERS

Build physical activity into a daily routine with these fun activity suggestions...

### TRY THESE AT SCHOOL



Breakfast, lunchtime  
and after school clubs

Daily Boost and  
Daily Mile



Playground activities



### MOVE AS A FAMILY



Go on a dog walk



Visit a playground  
or park



Log movement on our  
'Family Activity Tracker'

Dance to music

### GREAT FOR HOME

Take part in an  
online activity or  
workout



Join a local club

Play some outdoor /  
garden games



Try the fun NHS  
'10 minute shake  
up' games

[active-together.org/  
letsgetmoving](https://active-together.org/letsgetmoving)

@ActiveLLR





# PHYSICAL ACTIVITY 5-18 YEARS

## PHYSICAL ACTIVITY FOR DISABLED CHILDREN AND YOUNG PEOPLE (5-18 YEARS)

LET'S  
GET  
MOVING

### HOW MUCH PHYSICAL ACTIVITY SHOULD DISABLED CHILDREN AND YOUNG PEOPLE BE DOING?



Aim to be active for 20 minutes per day, every day of the week.

Do challenging but manageable strength and balance activities 3 times a week.

### 6 key benefits of moving more:



Builds new friendships



Improves mood and self-esteem



Improves motor skills, balance and coordination



Helps good mental health



Makes you feel proud



Helps to maintain a healthy weight

### MORE IS BETTER

#### 3 top tips

1

**Find what's fun**

Get involved in feel good activities

2

**Take part**

Get involved in accessible and inclusive activities

3

**Bitesize chunks**

When starting out, ask 'Can I do this today? How do I feel?' Then go for it!

**GO! Turn over for activity ideas**

# PHYSICAL ACTIVITY 5-18 YEARS

## EVERY MOVEMENT MATTERS

Small amounts of physical activity are good for you as well.  
Start building in bitesize chunks of activity into your daily routine...

### GREAT FOR SCHOOL

Daily Boost and  
Daily Mile



Playground  
activities

Breakfast, lunchtime  
and after school clubs

Wheelchair sports



### MOVE AS A FAMILY

Go for a local walk



Get out on your bikes  
and scooters



Play at your local park  
or playground

### TRY THESE

Dance to music



Adapted sports



Balance  
activities or  
yoga



Play some outdoor /  
garden games

[active-together.org/  
letsgetmoving](https://active-together.org/letsgetmoving)

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# MUMS ASSEMBLE!

Are you pregnant or a new mum?

Do you want to improve your physical and mental wellbeing?

Join Leicestershire's Active Mums Club Community!



Working with a wide range of instructors and partners, we have a range of activities and events suiting a range of levels, budgets and pregnancy stages including:

Aquanatal • Pilates • Yoga • Walking Groups • General Fitness • Buggy Groups • Back to Sports  
Online Sessions • Social Media Community • Monthly Newsletters • Trusted Advice • Much More

We want to empower you to be active, not just to give your baby the best start but to make sure you are doing something for yourself too.



Connect with us

JOIN THE CLUB



SCAN ME

[activemumsclub.org](https://activemumsclub.org)



To join the club click here: [Home | Active Mums Club](#)

# SMOKING

## Did you know?

- About 400,000 11- to 15-year-olds in England have tried smoking at some point and about 100,000 smoke now.
- More than three 15-year-olds out of one hundred smokes more than once a week.
- 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 secondhand smoke/ passive smoke 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 can cause:

- Cancer
- Heart disease
- Strokes
- Lung diseases
- Diabetes
- Chronic obstructive pulmonary disease (COPD)
- and other health risks

### But did you know smoking can also:

- Damage your physical fitness
- Cause shortness of breath
- Cause skin damage
- Cause 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
- Damage 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)

[nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit/](https://nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit/)



## QuitReady Young Person Stop Smoking Service

QuitReady Young Person Stop Smoking Service works across Leicestershire and Rutland to support, advise and educate young people on the risks of smoking and vaping to their health.

The service is free and confidential and so are the conversations that can be had with the Young Person Stop Smoking Specialist. Permission will always be asked before any information is shared, unless they feel someone is at risk from harm, then information may be shared to ensure everyone is kept safe.

The friendly Young Person Stop Smoking Specialists will support on a weekly basis either in:

- 1-1 advisory sessions in school,
- Support over the telephone, text messaging, webchat, or email.
- Additional contact can be offered if needed too

They can provide Nicotine Replacement Therapy as well as help and advice on how to make the change to being a non-smoker.

For more information and support or to self-refer into the service, click here: [quitready.co.uk/young-persons-service/i-am-a-young-person/](https://quitready.co.uk/young-persons-service/i-am-a-young-person/)

## VAPING

Vaping among under 18's is a growing concern due to the number of young people who are using vapes for recreational purposes. Vaping is intended for adults who are trying to quit smoking, and it is illegal for under 18s to purchase vaping products.

Vaping is not without risks. Some of the chemicals in vapes can be harmful, including nicotine and flavourings and there is a risk of developing health problems which can include:

- Nicotine which is addictive and can have negative effects on brain development.
- Flavourings, including glycerine, can be harmful if inhaled in large amounts.

If you are under 18 and thinking about vaping, please talk to a parent or another trusted adult.

If you are concerned about vaping, there is a new vaping support service for under 18s within the QuitReady service in Leicestershire.

[Using e-cigarettes to stop smoking - NHS](#) | Text 'ready' to **66777** or call **0345 646 66 66**.

You can also talk to your GP. They can help you understand the risks and make informed decisions about your health.

For more information visit: [Using e-cigarettes to stop smoking - NHS](#) (nhs.uk)

# 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 for young people and adults tel: **0330 303 6000**. Also supports families and carers of those using drugs and alcohol

TALK TO FRANK, tel: **0300 123 6600** [talktofrank.com](http://talktofrank.com).

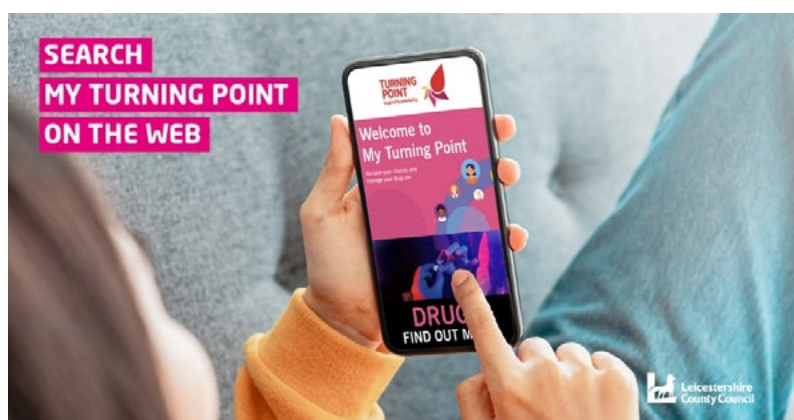
Text **82111**.

Email [frank@talktofrank.com](mailto:frank@talktofrank.com)

Drinkline is the national alcohol helpline. If you're worried about your own or someone else drinking, call **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 [youngminds.org.uk/](http://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. My Turning Point provides 24/7, unlimited access to a range of guided and self-help sessions that can help people understand and control their drug and alcohol use. My Turning Point provides the tools to access information and support for a healthier lifestyle.



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

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



## The Misuse of Drugs Act

The legislation categorises drugs as class A, B and C and each drug is allocated to a class based on the harm it is considered to cause.

The maximum penalties for drug possession, supply (selling, dealing or sharing) and production depend on each class.

**Class A** drugs include heroin, cocaine, methadone, crack cocaine, ecstasy (MDMA), LSD, magic mushrooms and crystal meth.

**Class B** drugs include amphetamines, barbiturates, cannabis, codeine, ketamine and synthetic cannabinoids.

**Class C** drugs include anabolic steroids, benzodiazepines (diazepam) and nitrous oxide (laughing gas)

Temporary class drugs, the Government can ban new drugs for one year under a 'temporary banning order' while they decide how the drug should be classified. More information can be found at [Drugs penalties - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/topics/drugs-and-substances/drugs-penalties)

There are many street names for the drugs but here are a few examples for some of the more familiar drugs:

- Cannabis also called marijuana, hash, grass, draw, dope, skunk, weed and resin
- Ecstasy pills or MDMA powder also known as beans, brownies, crystal, dolphins and superman
- Synthetic cannabinoids also known as black mamba, clockwork orange, devil's weed, spice and Amsterdam gold
- Nitrous oxide also known as balloons, chargers, hippie crack, laughing gas, noz and whippits

# YOUNG PEOPLE AND SEXUAL HEALTH

You can access confidential advice on: Sexually Transmitted Infection (STI) testing and treatment, Condoms, Contraception, Emergency contraceptive pill (morning after pill), Pregnancy testing (under 18's only), HIV PEP and PREP, Sexual Violence, sexual health information at:

## **Leicestershire and Rutland Sexual Health Hub**

Hinckley Health Centre, Hill Street, Hinckley, LE10 1DS.

Tel: 0300 247 0068 | Email: [HCRG.LRSexualhealthhub@nhs.net](mailto:HCRG.LRSexualhealthhub@nhs.net)

To access free online services such as ordering: an STI testing kit, emergency contraception, contraception and condoms please visit:

<https://sh24.org.uk/leicestershire-rutland>

To find your local sexual health clinic or pharmacy please visit:

[Sexual Health Experts | SH:24](#)

If you are able to access a Teen Health officer in your school, they will provide you with sexual health advice.

[Contraception and Condoms - information and support — Teen Health 11 - 19 Service](#)

# 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 [Report anti-social behaviour | Hinckley & Bosworth Borough Council \(hinckley-bosworth.gov.uk\)](https://www.hinckley-bosworth.gov.uk)
- The police on 101 [Report antisocial behaviour | Leicestershire Police \(leics.police.uk\)](https://www.leicestershire.police.uk)

If you are at risk or need immediate assistance ring the police on 999

## ENDEAVOUR





## WORKING SMOKE ALARMS SAVE LIVES

The easiest way to protect your home and family from fire is with working smoke alarms.



Fit at least one smoke alarm on every level of your home (not minor near kitchens or bathrooms)



Test alarms regularly - at least once a month



Vacuum your smoke alarm every three months to remove dust, which can cause false alarms.



Scan to book your free Home Fire Safety check



**LEICESTERSHIRE**  
FIRE and RESCUE SERVICE

# **FIRE SAFETY OUTDOORS**



Scan to learn about Fire  
Safety Outdoors

**LEICESTERSHIRE**  
FIRE and RESCUE SERVICE



**SAFER  
PEOPLE  
SAFER  
PLACES**



# WATER SAFETY

We have a number of quarries in the Hinckley and Bosworth area. Hill Hole quarry and Argents Mead Moat are of particular concern.

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.





