

What's on this summer 2023



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



Introduction

We are delighted to present the 'What's on this summer' brochure 2023.

Featuring activities and events for children, young people and their families in Hinckley and Bosworth this summer, this year's brochure is full of activities, information and guidance.

The annual Snap Dragon Children and Families Festival at Argents Mead 2 to 4 August, is a special event for all the family to enjoy 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's Champion it is great to see the wide variety of activities and information available for children, young people and their families in Hinckley and Bosworth.

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. 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

Contents

Useful contacts	4 & 5
Snap Dragon Festival	6 - 8
Hinckley Club 4 Young People	9 & 10
Holiday Activities & Food (HAF) clubs	11
Leicester City in the Community	12
Hinckley Leisure Centre	13 - 15
Libraries	16
Hinckley and District Museum	17
Hinckley Medieval Fair	18
Burbage Common activities	19
Hinckley BID's Year of Fun	20 - 24
Music in the Mead	25
Hollycroft Park events	26
Hinckley and Bosworth Voice Forum	27
JAM Music Schools	28
Local tourist attractions	29
Things to do, places to go	30 - 35
Children and Family Wellbeing Centres	36 - 38
Useful information (child care, health advice, dental care)	39 - 40
Useful health websites	41
Teen Health 11 to 19 Service	42
Bullying	43
Mental health	44 - 47
Physical activity	48 - 53
Smoking	54
Drugs and alcohol	55 & 56
Vaping	57
Young people and sexual health	58
Anti-social behaviour	59
Fire safety	60 & 61
Water safety	62

 Activities and summer events

 Information and guidance

Useful contacts

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

Useful contacts continued

Organisation	Telephone	Website / email
Police non emergency	101	www.leics.police.uk Email: contactus@leicestershire.pnn.police.uk
Community Safety	01455 238141	www.hinckley-bosworth.gov.uk
Fire Service	0116 2105555	www.leics-fire.gov.uk/ Email: info@leics-fire.gov.uk

Snap Dragon Festival

Argents Mead, Hinckley • Wednesday 2 to Friday 4 August

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

Every day for FREE:

Games Garden

Play giant jenga or noughts and crosses.

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.

Sports Zone

Have a go at a variety of different sports each day from tennis to welly wanging, accessible sporting opportunities available. To be run by Hinckley & Bosworth Sport and Health Alliance.

Well-being Woods

Come and meet our HBBC health ambassadors to learn about the 5 ways to well-being or chill out with a book in our wigwams.

Craft tent

Make and take crafts run by the United Reformed Church to fit with the theme each day.

Bandstand entertainment

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



Snap Dragon Festival continued

Plus also for FREE: (apart from those marked with an *)

Wednesday - National Play Day

Dhol Percussion & Bhangra Dance workshop with BeatFeet

Punch and Judy Show

Role play village

Story tent with Tom the Tale Teller

Tuff Tray Corner

Meet Leicestershire Police with one of their vehicles for children to look at

Climbing wall * to be run by Hinckley District Scouts (minimum donations of £1 - cash only, per person per climb - all donations go to the scouts)



Thursday - Play, re-use & recycle

Willow weaving workshop with Wayside Willow

Hoop Guy show

Junk modelling yard

Litter picking races

Meet HBBC's waste team with a fun recycling activity to test your knowledge

Build a bug box to take home *

Build a bug box with our green spaces team (limited availability, charge £5 - cash only, per box per person)



Snap Dragon Festival continued

also for **FREE**: (apart from those marked with an *)

Friday - Snappy's 10th birthday party

Circus workshop with Guiding Sparks Circus

Magic show and fancy dress competition

Walk about entertainment

Waterslide (bring your swimming costume)

Facepainting (for children age 3 & over,
queue will close at 2pm)

Meet leicestershire Fire & Rescue Service
with their fire engine for children to look at
(subject to emergency call outs)

Children's fairground rides*

cost £2 per person
per ride (cash only)



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

www.hinckley-bosworth.gov.uk/ourevents tel 01455 255893



@hinckandbosbc



@hinckandbos_bc



@hinckandbosbc

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 Club 4 Young People

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

Youth club for age 8 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

Monday sessions for all the family 0 to 10 year olds

Thursdays up to 11 year olds only

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

Coffee morning every Friday 10am to 12noon for over 50's.

Free tea, coffee and biscuits and entertainment on the last Friday of the month. Coffee morning guests are also welcome to use the gym for free.

Contact the office tel **01455 230468**

email: office@greentowers.co.uk

website: www.greentowers.co.uk

find us on Facebook Twitter Instagram



Hinckley Club 4 Young People continued...

Summer Club August 2023

Our Summer Club will run weekdays for 8 to 18 year olds from
Monday 7 August - Friday 25 August from 9am to 12noon

The sessions can be pre-booked by contacting us on: **01455 230468**
or by email at: office@greentowers.co.uk

£3 a session or **£1.50** for members

Booking opens **1 June 2023**, 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
- Date of birth
- Medical conditions
- Membership no. (if already a member)
- Emergency Contact Details
- Can your child leave the club alone? Y/N

Activities include:

Football, cricket, skate/BMX park, roller skating, pogo sticks, crafting, animals, bouncy castles, water play, gaming, pool, table tennis, basketball, table football, dancing, climbing wall, air hockey, tuck shop, badminton, tennis, dodgeball and more!

**Green Towers, Richmond Road,
Hinckley, Leicestershire. LE10 0DZ**



Holiday Activities & Food (HAF) clubs

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

A range of fun, free sessions are available in Leicestershire for children and young people aged four to 16 who are eligible for benefits-related free school meals.

HAF holiday club sessions will be delivered at venues across Leicestershire and will offer a variety of fun activities, including sports, music, arts, and other opportunities to learn and develop new skills, alongside a nutritious meal each day.



Book your child's place by visiting



Book your child's place by visiting www.leicestershire.gov.uk/haf

Leicester City in the Community



LEICESTER CITY
IN THE COMMUNITY

PL KICKS

FREE COUNTY FOOTBALL SESSIONS | TERM-TIME ONLY

MONDAY
GREEN TOWERS HINCKLEY
CLUB 4 YOUNG PEOPLE,
RICHMOND RD, LE10 ODZ
12 - 14 YEARS | 16:00 - 17:30
15 - 18 YEARS | 16:00 - 17:30

WEDNESDAY
CHARWOOD GOLF & LEISURE
COMPLEX, LOUGHBOROUGH,
LE11 5AD
12 - 14 YEARS | 16:00 - 17:00
15 - 18 YEARS | 17:00 - 18:00



FOR MORE INFORMATION PLEASE EMAIL JOE.MCSHARRY@LCFC.CO.UK

 @LCFC_COMMUNITY  @LCFC_COMMUNITY  LEICESTER CITY IN THE COMMUNITY

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!

Friday 10am to 11am & 11am to 12noon
£3.50 per session, 0 to 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.

£6.00 per session

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.



Hinckley Leisure Centre cont'd

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 and Wednesday during the school holiday. 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.



Hinckley Leisure Centre cont'd

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 to 14 years and all abilities!



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

Web: www.hinckleyleisurecentre.org

Facebook: @hinckleyleisurecentre

Email: enquiries@hinckleyleisurecentre.org

Tel: 01455 610011

Address: Argents Mead, Hinckley, LE10 1FL

Libraries

Summer Reading Challenge 2023– Ready, Set, Read!

Starting Saturday 1 July

With an exciting theme around games, sports and play the partnership between The Reading Agency and the Youth Sport Trust aims to keep children's minds and bodies active over the summer break, empowering young people to forge new connections with others and unleash the power of play, sport and physical activity through reading.

They will join a superstar team of characters and their marvellous mascots as they navigate a fictional summer obstacle course brought to life with illustrations by children's writer and illustrator Loretta Schauer. They will be rewarded for their reading with free incentives including stickers



Hinckley and District Museum

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

31 July - Victorian Day 10am to 3.30pm

Craft and other activities on a Victorian theme including old-fashioned wash days using dolly tubs and scrubbing boards.

Admission all ages 5 and over: £2

7 August - Stone Age Day with John Webster 10am to 3.30pm

Stone Age themed activities for children aged from five years.

Admission all ages 5 and over: £2

14 August - Roman Day with Eddie Smallwood 10am to 3.30pm

Dressing up, crafts and other fun activities on a Roman theme for children aged from five years.

Admission all ages 5 and over: £2

21 August - Tudor Day 10am to 3.30pm

Dressing up, crafts and other fun activities on a Tudor theme for children aged from five years.

Admission all ages 5 and over: £2

See website

www.hinckleydistrictmuseum.org.uk

for details of opening hours, displays and other events during the year.



Hinckley Medieval Fair

Hinckley Medieval Fair

Saturday 22 & Sunday 23 July - 10am to 5pm

Argents Mead, Hinckley

Medieval fun and frolics on Argents Mead as Hinckley High Street Heritage Action Zone presents free entertainment for all the family:

Medieval music and Have a Go Dancing

10am, 12noon, 2pm & 4.30pm

Barber Surgeon and Children's Battle of Bosworth

10:30am & 2.30pm

Richard III play: The Crown and the Quill

11am, 1pm & 3pm

Exciting performance by a Medieval Jester

11.30am, 1:30pm & 3:30pm

Medieval Hinckley Archaeology Talk

11.30am, 1:30pm & 3:30pm

**Medieval Knights
in Combat**

12.30pm & 4pm

Free entry

For all ages

www.hinckley-bosworth.gov.uk/events



supported by Hinckley High Street Heritage Action Zone



Historic England

Hinckley & Bosworth
Borough Council

**REVITALISING
YOUR HISTREET**

Burbage Common activities

Burbage Common, Leicester Road, Hinckley

Meet at the visitors centre

Wild Play 2023

Tuesday 25 July - Ponds & Water

10am to 11:30am and 12:30pm to 2pm
Pond dipping and boat making plus land based water play. **Ages 2 to 12 years**

Tuesday 8 August - Minibeasts

10am to 11:30am and 12:30pm to 2pm
Hunting for minibeasts, crafts, quiz trail and games. **Ages 2 to 12 years**

Tuesday 22 August - Fire

10am to 11:30am and 12:30pm to 2pm
Fire lighting, toast marshmallows, story.
Ages 4 to 12 years



Children must be accompanied by a booked adult. 1 adult per family group up to a maximum of 3 children.

For activities for 2 to 12 years old, non-activity younger/older siblings can attend but no resources will be provided.

For activities 4 to 12 years old, no accompanying younger siblings under 4 years.

Cost **£5 per child** aged 2 to 12 years (max 20 available)

Booking essential. Places are limited, please call **01455 255728** to book (a non-refundable payment will be taken on booking)

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.

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

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 & Entertainment, Shops & Boutiques, Health & Beauty and Service Businesses.
- Details of more than 60 businesses who will give a special deal/discount to anyone showing our FREE Hinckley BID loyalty card. If you are not one of the 10,000 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), details of 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 have any questions, please contact us:

Tel 01455 698494 Email info@hinckleybid.co.uk

Visit www.hinckleybid.co.uk

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

Summer Events

Hinckley BID's Classic Vehicle Meets

15 June, 20 July and 17 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 2023.

There will be outdoor activities and entertainment 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 2nd & 4th August, the BID will be sponsoring the sand play zone at HBBC'S Snap Dragon Children and Family Festival in Argents Mead. Be sure to come along and join in the fun!



Summer events at a glance

- Pirate themed crafts, Jolly Roger balloons and Swashbuckling fun
- The Little Land Train
- HBBC Snap Dragon Festival
- Pete's Suitcase Circus
- Dr Zoolittle
- Crazy Golf



Pirate themed crafts, Jolly Roger balloons and Swashbuckling fun!

Wednesday 19 July • Market Place • 10:30am to 3:30pm

Batten down the hatches, Hinckley has been overrun with Pirates! Great fun for children of all ages, come along and make & take home some Pirate themed craft items. Meet Captain Spatch Cock, Pirate Pupp and Portside Clyde and enjoy some balloon modelling fun with the Jolly Roger.

Hinckley BID's Year of Fun continued

The Little Land Train

Wednesday 26 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!

HBBC Snap Dragon Children and Family Festival

Wednesday 2 to Friday 4 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.



Dr Zoolittle

Wednesday 9 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!

Pete's Suitcase Circus

Wednesday 16 August • 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.

Hinckley BID's Year of Fun continued

Crazy Golf for all ages

Wednesday 23 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!

Autumn Events

Hinckley BID's 12th Annual Motor Show

**Sunday 17 September - 10am to 4:30pm -
Hinckley Town Centre**

The UK'S biggest and best FREE town centre Motor Show 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 or call 01455 698494



Hinckley BID's Half Term Treasure Hunt

16 to 20 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 Events

Hinckley BID & HBBC's Festive Family Fun Run

Sunday 3 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. Free to enter.

Hinckley BID's Year of Fun continued

Hinckley BID's Santa's Surprise

16 to 20 December

All the way from Lapland, Santa and his helpers will be visiting Hinckley town centre for a magical 'Santa Surprise' experience! Enjoy a festive family outing with activities, treasure hunts and memorable moments for visitors, young and old. For more details nearer the time please visit www.hinckleybid.co.uk or call 01455 698494



All events FREE (*small charge for Santa's Surprise for aged 3 and over)

For more information on any of these events visit www.hinckleybid.co.uk, call us on **01455 698494** or email info@hinckleybid.co.uk

Music in the Mead

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

All performances will take place from **1pm to 3pm**, with a short interval in the middle. Performances:

1 July - Tuxedo Junction - an award-winning barbershop chorus

8 July - The Bandicoots Blues Connection - perform blues, R & B and soul

12 August - Hometown - male vocal trio perform old and new covers

19 August - The Sounds of Swing - Dean Thomas, a one-man tribute to all things swing

2 September - Click - four-piece covers band performing ELO, Pet Shop Boys, Travelling Wilburys, The Moody Blues, Bryan Adams and more

9 September - Covernote - 10-piece covers band

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 for details of any changes nearer the time.



Hollycroft Park events

Events in Hollycroft Park, Hinckley - admission is free

Sunday 16 July - Misterones 3pm to 5pm

Friday 21 July - Variety Night 7pm to 9pm

Sunday 30 July - Mind the Gap 3pm to 5pm

Sunday 13 August - Sunday Funday 1pm to 5pm

Sunday 27 August - Jigantics 3pm to 5pm

Sunday 10 September - Take it from the Top 3pm to 5pm

Sunday 24 September - Ratby Brass 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:

www.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 above, facebook page or speak to one of us at the events.



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 or call **01455 238141** and ask for **Community Safety**.



**Hinckley & Bosworth
Voice Forum**



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 8 to 108! 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

Website: 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

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



Things to do, places to go

Twycross Zoo

Discover over 400 animals 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

Web: 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

Web: 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

Web: 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 • 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 243 6947

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

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

Animals

Broombriggs Farm and Windmill Hill • (opposite Beacon Hill) - Beacon Road, Woodhouse Eaves. Mixed arable and stock farm with marked trail
Tel 0116 305 5000

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

Things to do, places to go continued

Heritage and History

Ashby de la Zouch Castle • Leics - **Tel** 01530 413343

Ashby Woulds Heritage Trail • Measham, Swadlincote

Battlefield Line Railway • Shackerstone - **Tel** 01827 880754

Beacon Hill • Woodhouse Eaves, Leics - The summit is the second highest point in Leicestershire - **Tel** 0116 3055000

Belvoir Castle • Grantham - **Tel** 01476 871001

Bosworth Battlefield and Visitor Centre • Sutton Cheney, Nuneaton - **Tel** 01455 290429

Great Central Railway • Loughborough, Leics - **Tel** 01509 632323

Hinckley & District Museum • Lower Bond Street, Hinckley - **Tel** 01455 251218

Market Bosworth Country Park • Historic 35 hectare park with childrens adventure playground and lake - **Tel** 0116 3055000

Stapleford Miniature Railway • Melton Mowbray **web** www.fsmr.org.uk



Things to do, places to go continued

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 & Environment Centre • Washbrook Lane, Oadby - Tel 0116 288 8961
Burbage Common & Woods • 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 Wood • 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 & Country Park • Markfield - Tel 01455 238141
New Lount Nature Reserve • Lount - 19.5 hectares with wide range of habitats - Tel 0116 3055000
Ratby Burroughs, Pear Tree & Martinshaw Woods • Ratby, Leicestershire - Woodlands Trust Sites - Tel 0330 333 3300
Saltersford Valley Picnic Area • Oakthorpe - 7 hectare site in the National Forest - Tel 0116 3055000
Sence Valley Forest Park • Ibstock - Tel 01889 586593
Swithland Wood Country Park • Roecliffe Road, Leicester - 60 hectares of ancient woodland - Tel 0116 236 2713

Things to do, places to go continued

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, 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 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

Children and Family Wellbeing Centres

For information, advice and activities you can also visit:

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 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 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. 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 <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

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.

For more information on health and wellbeing please visit:

Healthy tots: www.leicestershirehealthytots.org.uk/

Healthy schools: 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**

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 www.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/

'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/

'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/

'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 11 to 19 Service

Teen Health - Health and Wellbeing Officers are here to help with a wide range of issues such as Emotional Wellbeing, Healthy Relationships, Sexual Health, Alcohol and Cannabis use.

If you go to a Secondary school in Hinckley and Bosworth and would like to talk to your own Health and Wellbeing Officer please contact:

- Your school reception
- Tel: **0116 305 8727**
- Email: **teenhealth@leics.gov.uk**
- Web: **www.leicestershire.gov.uk/education-and-children/schools-colleges-and-academies/teen-health-11-19**

If you are aged 11 to 19 and live in Leicestershire and Rutland, but not in Hinckley and Bosworth use this link:

www.healthforteens.co.uk/leicestershireandrutland/find-help/?service=feelings

to be able to find the contact details for the Teen Health Service.

If you live in Leicester please contact Healthy Together.



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
Follow the team on twitter @BeyondLCC
- Family Lives 0808 800 2222 www.bullying.co.uk/
- NSPCC 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/ 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



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. **Tel: 0115 880 0280**



- **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: www.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



Useful websites:

- **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.youngminds.org.uk** – emotional health advice for teenagers, parents and professionals
- **www.kooth.com** – online counselling and support for children and young people aged 11 to 19
- **riseabove.org.uk** – lots of help and advice aimed at teenagers and young people
- **www.childline.org.uk** – regularly updated videos on a range of mental health and wellbeing topics

NHS - Mental health support for young people

An illustration for a poster. At the top left, a white cloud contains the NHS logo and the text 'Providing NHS services'. Below it, a hot air balloon with orange and blue wavy patterns floats. In the center, a large, smiling yellow sun with rosy cheeks is visible. To the right, another hot air balloon with blue and orange wavy patterns carries two stylized figures, a man and a woman, who are holding hands. The background is a light blue sky with white clouds, and the foreground consists of rolling orange hills. The bottom section of the poster has a white background with a vertical line on the left side.

Free, safe and anonymous mental health support.

Your local NHS is providing free counselling, group support and self-help tools for young people through [kooth.com](https://www.kooth.com). It's completely anonymous and you can sign up without any referral.

kooth

NHS - Mental health support for young people



Chat with a professional

Our friendly team of professionals provide anonymous support through live, online chat. Chat through whatever is on your mind there's nothing too big or small.



Relate to similar situations and connect with others by sharing experiences and gaining valuable self-care tips through our discussion boards.



Read self-help articles

Helpful articles, personal experiences and tips from both the community and our professional team.



Try a wellbeing activity

Set personal goals, write in your journal, or try a wellbeing activity from our mini-activity hub.



We don't need to know who you are.



You don't need any sort of referral.



We're BACP accredited.*



scan me to get started
or visit [kooth.com](https://www.kooth.com)

Professional support from 11pm - 10pm (weekdays) and 6pm - 10pm weekends.
Everything else is 24/7.

*This means we're met all the standards of the British Association of Counselling and Psychotherapists. We're an accredited service, and our practitioners are either BACP accredited or working towards it. You're in safe hands.

Physical activity for 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

Every Movement Matters

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

Messy play



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

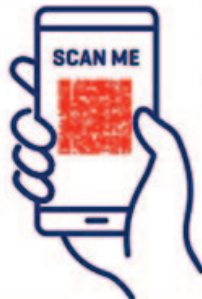
Sensory play and exploration



Scavenger hunt in your local park

active-together.org/letsgetmoving

@ActiveLLR



Physical activity for children & young people

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

Every Movement Matters

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



Log movement on our 'Family Activity Tracker'

Visit a playground or park



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://letsgetmoving.org/)

@ActiveLLR



Physical activity for disabled children & young people

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



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

Every Movement Matters

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



Breakfast, lunchtime and after school clubs

Playground activities

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



Balances activities or yoga



Play some outdoor / garden games

active-together.org/letsgetmoving

@ActiveLLR



Follow us on: facebook: www.facebook.com/hblsha/
Twitter: www.twitter.com/sportalliancehb
Website: www.activehb.org.uk/



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, strokes, 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
- 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/

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 carer of those using drugs and alcohol.
- **TALK TO FRANK** tel: **0300 123 6600** web: www.talktofrank.com text: **82111** email: 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/



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

Drugs and alcohol continued

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):** 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

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. Class A is the most serious and has the most serious punishments and fines.

There are many street names for 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

Vaping

Vaping among under 18's is a growing concern due to the number of under 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, heavy metals, 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.
- Heavy metals, such as lead and arsenic, can damage the heart, lungs, and kidneys.
- 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, please talk to your GP. They can help you understand the risks and make informed decisions about your health.

For more information visit:

www.nhs.uk/live-well/quit-smoking/using-e-cigarettes-to-stop-smoking/

Young people and sexual health

You can access confidential advice on: Sexually Transmitted Infection (STI) Screening and Treatment Service, Free Pregnancy Testing, Contraception, Emergency Contraception, HIV PEP and PREP, Psychosexual Counselling, Sexual Violence, Domiciliary Services and C-Card at:

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

Mondays: 5pm to 8pm. To find out more please visit:

www.leicestersexualhealth.nhs.uk

It is appointment only, no walk- in's. To book an appointment, tel: **0300 124 0102** or book online.

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

www.sh24.org.uk

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

The C-Card is a card which offers free and easy access to condoms and lube in a range of venues, including some clinics, schools, colleges and pharmacies. In Leicester, Leicestershire and Rutland the C-Card is available to those aged 13+. The C-Card service is confidential and trained workers can offer friendly advice on sexual health.

Registration takes about 10 minutes. You will only be asked for a few simple details like your name, postcode and date of birth. 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**

Some venues that you can access the C-Card in Hinckley are:

- Boots Pharmacy, 2 Britannia Centre, Hinckley
- Hinckley East Children and Family Wellbeing Centre, Granville Road, Hinckley
- Hollycroft Pharmacy, 1 Clifton Way, Hinckley

To see other venues you can access the C-Card in Hinckley and Bosworth please visit: **www.leicestersexualhealth.nhs.uk/clinic-and-service-finder**

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 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.

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, in particular those
properties over 10 minutes from the
nearest fire station. You may also be
eligible for a FREE smoke alarm.
Contact us below for more
details.

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.

Use your smartphone camera to book your free home fire safety check by scanning the below QR code and complete the form.



LEICESTERSHIRE
FIRE and RESCUE SERVICE

Fire safety continued

General enquiries:

Tel: 0116 210 5555

Email: info@leics-fire.gov.uk

Text: 07860 063686 (for Deaf, deafened and hard of hearing people only.

Not to be used in an emergency)

www.leics-fire.gov.uk/

LEICESTERSHIRE
FIRE and RESCUE SERVICE



LEICESTERSHIRE
FIRE and RESCUE SERVICE

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 in or 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 

leics-fire.gov.uk

Follow @LeicsFireRescue
     

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. 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.

