

WHAT'S ON THIS SUMMER



SUMMER 2024

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 2024.

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 5th – 7th August, this is a special event for all the family to enjoy. Please see pages 6 to 7 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 in Hinckley and Bosworth to bring our community together.

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

Mayor of Hinckley and Bosworth
Councillor Robin Webber-Jones
Children & Young People's Champion

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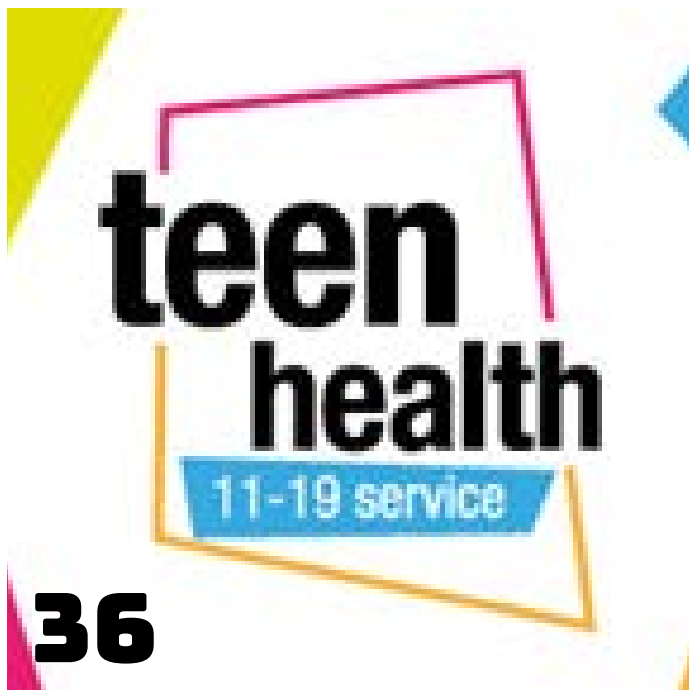
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Whilst every effort has been made to verify entries, Hinckley and Bosworth Borough Council cannot be held responsible for the accuracy of the data. Nothing referred to in this booklet should be relied upon as a recommendation or endorsement by the 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	www.hinckley-bosworth.gov.uk
Hinckley Leisure Centre	01455 610011	www.placesleisure.org/centres/hinckley-leisure-centre/
Hinckley Library	0116 3052500	Email: hinckleylibrary@leics.gov.uk
Hinckley & District Museum	01455 251218	www.hinckleydistrictmuseum.org.uk
Barwell Community House	01455 255941/ 01455 255942	https://www.hinckley-bosworth.gov.uk/info/200021/community_centres/652/barwell_community_house
Earl Shilton Community House	01455 255941/ 01455 255942	https://www.hinckley-bosworth.gov.uk/info/200021/community_centres/289/earl_shilton_community_house
Gwendoline Community House	01455 255941/ 01455 255942	https://www.hinckley-bosworth.gov.uk/info/200021/community_centres/290/gwendoline_community_house
The Meadows Community Centre	01455 255941/ 01455 255942	https://www.hinckley-bosworth.gov.uk/info/200021/community_centres/1402/the_meadows_community_centre
Markfield Community Sports Centre	01530 242240	https://www.hinckley-bosworth.gov.uk/info/200021/community_centres/286/markfield_community_sports_centre
Grobby Community Centre	01530 249964	https://www.hinckley-bosworth.gov.uk/info/200021/community_centres/1403/grobby_community_centre
Green Towers	01455 230468	https://greentowers.co.uk/
Family Hubs	0116 3055601	Email: hinckleyfamilyhubs@leics.gov.uk
Police non emergency	101	www.leics.police.uk
Community Safety at Hinckley & Bosworth Borough Council	01455 238141	www.hinckley-bosworth.gov.uk
Fire Service	0116 210 5555	https://leics-fire.gov.uk/ 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)



SNAP DRAGON CHILDREN & FAMILIES FESTIVAL

 Monday 5 to Wednesday 7 August
 Argents Mead, Hinckley  11am to 3pm



EVERY DAY FOR FREE:

Games Garden

Come and play giant jenga and other fun games.

Giant Sandpit

Part sponsored by Hinckley BID. Enjoy playing in the sand, relaxing in our giant deck chair or hook a duck.

Calm Corner

A quiet spot where you can chill out in one of our mini wigwams.

Tigby on Tour Tent

Join JoJo and Tigby, the big red crab who loves adventure, and local author Joanne at have a go workshops and storytime throughout the day.

Craft tent

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

Teddy Bears Picnic

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

Bandstand entertainment

Fosse 107 will be running the day, enjoy fu shows or join Snappy at his disco!

Plus at a small cost

Childrens fair ride - £2 pppr cash only



FOSSE 107
 YOUR LOCAL RADIO STATION
Just great music!!!
 Hinckley & Nuneaton - 107.9FM

SNAP DRAGON CHILDREN & FAMILIES FESTIVAL



MONDAY 5 AUGUST FLOWER POWER- CELEBRATING 50 YEARS OF HBBC

Litterpicking races ■ Junk modelling yard ■ Meet Leicestershire fire and rescue (subject to emergency call out) ■ The Ugly Bugs Puppetry Show ■ Bubble workshop* ■ And much more ■

**May be wait times*

TUESDAY 6 AUGUST GO FOR GOLD - CELEBRATING THE OLYMPIC AND PARALYMPIC GAMES PARIS 2024'

Obstacle track with mascot race ■ Olympic torch with Denise Shannon ■ Climbing Wall* ■ Olympic orienteering course ■ And much more ■

**£1 a climb, cash only (may be wait times)*

WEDNESDAY 7 AUGUST NATIONAL PLAY DAY - CELEBRATING A CHILD'S RIGHT TO PLAY

Pip and Posy ■ Circus skills workshop ■ Waterslide ■ Story telling with Tom the Tale Teller ■ Knight School* ■ And much more ■

**limited spaces available please pre-book a time slot and collect a wristband at the information stand, minimum age 5 years old'*

Please note that activities may be subject to change.





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 club for age 8 to 18 & activity centre for all ages. Facilities include climbing wall, sports halls, skate/BMX park, 3G pitches, youth area with table games, gaming and computers, music studio, fitness gym.

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

Youth club:

Monday to Friday 6pm to 9pm (Thursdays up to 11 year olds only) (Monday sessions for all the family 0-10- year olds) Youth club entrance is £1.50 for members and £3 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 guest are also welcome to use the gym for free.





SUMMER CLUB AUGUST 2024

Our Summer Club will run weekdays for 8-18yr olds from Mon 5 - Fri 23 August from 9am-12pm.

The sessions can be pre-booked by contacting us on 01455 230468 or by email

office@greentowers.co.uk £3 a session or £1.50 for Members. Booking opens **1st June 2024**, 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**

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!!



HOLIDAY ACTIVITIES & FOOD (HAF) CLUBS

Book your 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.

Holiday Activities & Food (HAF) clubs are funded by the Department for Education and organised locally by Leicestershire County Council and Active Together.



Book your child's
place by visiting



Book your child's place at leicestershire.gov.uk/haf

LEICESTER CITY IN THE COMMUNITY



LEICESTER CITY
IN THE COMMUNITY



PL KICKS

FREE COUNTY FOOTBALL SESSIONS | TERM TIME ONLY

MONDAY
HINCKLEY

GREEN TOWERS, LE10 0DZ

12 - 14 YEARS | 16:00 - 17:30

15 - 18 YEARS | 16:00 - 17:30

WEDNESDAY
LOUGHBOROUGH

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

12 - 14 YEARS | 16:00 - 17:00

15 - 18 YEARS | 17:00 - 18:00

THURSDAY
LOUGHBOROUGH

CHARNWOOD COLLEGE, LE11 4SQ

12 - 14 YEARS | 17:00 - 18:00

FRIDAY
SYSTON

WREAKE VALLEY ACADEMY, LE7 1LY

12 - 14 YEARS | 15:30 - 17:00



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

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

@LCFC_COMMUNITY

LEICESTER CITY IN THE COMMUNITY

@LCFC_COMMUNITY

@LCFC_COMMUNITY



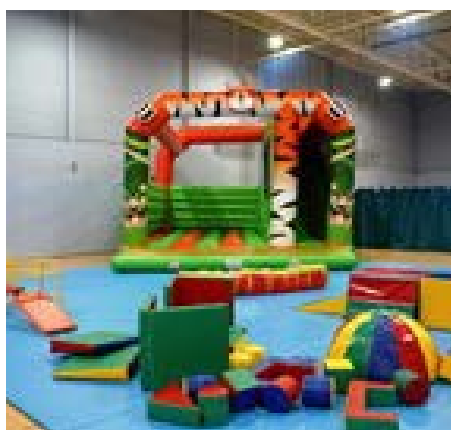
HINCKLEY LEISURE CENTRE

✉ enquiries@hinckleyleisurecentre.org

☎ 01455 610011

📍 Argents Mead, Hinckley, LE10 1FL

🌐 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 £3.60 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.
£6.10 per session.

HINCKLEY LEISURE CENTRE CONT

✉ enquiries@hinckleyleisurecentre.org

☎ 01455 610011

📍 Argents Mead, Hinckley, LE10 1FL

🌐 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!

Keep up to date with the latest open/activity times, online.

Facebook: @hinckleyleisurecentre



LIBRARIES

Saturday 6th July – 7th September

The Reading Agency is excited to announce the theme for this year's Summer Reading Challenge: Marvellous Makers! This year's Challenge aims to fire up children's imaginations and unleash storytelling and creativity through the power of reading. The annual Challenge is delivered in public libraries, and it's free to take part. From June to September, children taking part in 'Marvellous Makers' can discover new stories, join in with activities at the library, and explore their creativity – from junk modelling to music, dance to drawing and painting.

Reading sparks imagination and creativity, helping to expose children to new ideas, perspectives, and experiences that fire up their minds. The Summer Reading Challenge aims to harness these creative thinking skills and build confidence in young readers during the school holiday when they aren't in the classroom. Participation encourages children to read for pleasure, with books providing knowledge and giving children the tools and confidence to think originally, play with concepts, and express their creativity in unique ways.

This year's 'Marvellous Makers' theme will inspire children's inner storytellers, motivating them to be curious and to tell their own stories through various creative outlets.

HINCKLEY & DISTRICT MUSEUM

July - September 01455 251218

Lower Bond Street, Hinckley, LE10 1QU www.hinckleydistrictmuseum.org.uk

29
JUL

ROMAN DAY

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

10am – 3.30pm

05
AUG

VICTORIAN WASH DAY

Crafts, dressing up, and a 'wash day' with dolly tubs and scrubbing boards. A hands-on experience for children and adults.

10am – 3.30pm

12
AUG

STONE AGE DAY

Fun activities on a 'stone age' theme with John Webster. For children aged from five years.

10am – 3.30pm

19
AUG

TUDOR DAY

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

10am – 3.30pm

19
SEP

"The people and events that defined Hinckley in the civil war" **- Talk by Tony Yorke**

Hinckley Great Meeting Chapel. £1 to Friends of Hinckley & District Museum. Visitors welcome £5 at the door.

WHAT'S ON AT HINCKLEY & DISTRICT MUSEUM

HINCKLEY & DISTRICT MUSEUM

30 Lower Bond Street,
Hinckley, LE10 1QU

Open till end of October
Saturdays & Mondays
10am to 4pm
last admission 3.30pm.



Admission prices
£2 adults | £1 children
(under 5s free)

Event day admission
£2 age five upwards.

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



BURBAGE COMMON ACTIVITIES

 July - August  01455 255728
Burbage Common, Leicester Road, Hinckley | Meet at the visitors centre

Wild Play 2024

Tuesday 23 July – Minibeasts

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

Tuesday 6 August – Wild Art

10am to 11:30am and 12:30pm to 2pm
Get creative with natural materials to make large outdoor collages, clay leaf tiles and natural paint.
Ages 2 to 12 years

Tuesday 20 August – Dens

10am to 11:30am and 12:30pm to 2pm
Make a mini den for an animal or magical creature then create a large shelter with sticks, tarps and rope.
Ages 2 to 12 years

Children must be accompanied by a booked adult.

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

Cost **£6 per child** aged 2 to 12 years (max 20 available)
Booking essential. Places are limited, to book please visit <https://www.hinckley-bosworth.gov.uk/wildplay>
(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 SUMMER OF FUN

✉ info@hinckleybid.co.uk ☎ 01455 698494
 📍 76 Castle Street, Hinckley, LE10 1DD 🌐 www.hinckleybid.co.uk

Welcome to Hinckley, a thriving market town with so much to offer! Please visit our website 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 12,000+ 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

20 June, 18 July and 15 August
5pm to 8pm – Market Place

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!



Summer of Fun Events

Hinckley BID brings another FREE Summer of Fun to the town centre for 2024.

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 5th & 7th 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!



Dinosaur Invasion

Wednesday 17 July
10:30am to 3:30pm | Market Place

Hinckley BID's Summer of Fun events kick off with a loud roar as Dinosaurs invade Hinckley! The Nutty Professor and his team will delivery fun packed shows throughout the day and there will be opportunities to encounter a roaming Dinosaur following each show. Come and see the fun! Showtimes are 10.30, 12.00, 1.30, 3.00. **FREE to watch.**



Little Land Train

Wednesday 24 July
10:30am to 3:30pm | Market Place

The Little Land Train will be paying a visit to Hinckley and providing FREE rides between Market Place and Castle Street for children and parents/carers – "all aboard" for this fun ride!



Mini Zoo

Wednesday 31 July

10:30am to 3:30pm | Castle Street

The Mini Zoo is visiting Hinckley again with a wide array of little animals and creatures! From hissing snakes to lovable meerkats and lots of unusual creatures - come along and take advantage of some great photo opportunities. FREE to attend.



HBBC Snap Dragon Children and Family Festival

Monday 5 to Wednesday 7 August

11am to 3pm | Argent's Mead

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.

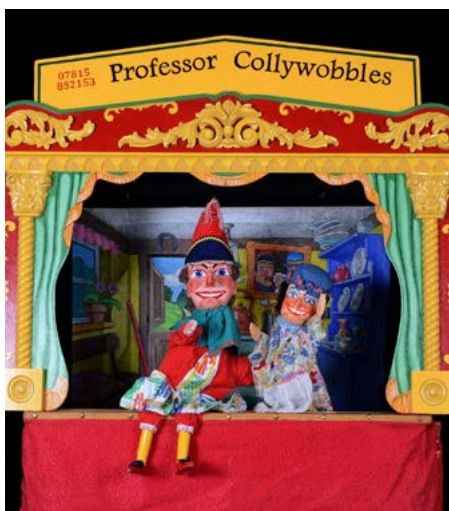


Sports Day

Wednesday 14 August

10:30am to 3:30pm | The Crescent

There will be a variety of fun, sporty activities where everyone gets to have a go! Plus, Crazy Golf return to The Crescent with lots of unusual obstacles, this 9-hole course will test your skill! All activities are FREE of charge!!



Seaside Fun

Wednesday 21 August

10:30am to 3:30pm | Market Place

Children of all ages will have the opportunity to make a Seaside model using eco-friendly materials to take home with them and a traditional Punch & Judy will provide fun shows at 11.00, 12.30, 2.00 & 3.00. All FREE of charge!!



AUTUMN EVENTS



Hinckley BID's 13th Annual Motor Show Sunday 15th 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. There is entertainment for the children, ice cream and face painting, making it a fantastic day out for all the family. 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 www.hinckleybid.co.uk, call us on 01455 698494 or email info@hinckleybid.co.uk



MUSIC IN THE MEAD

 Saturdays 1pm-3pm

 Argents Mead, Hinckley

 www.hinckley-bosworth.gov.uk



Enjoy an afternoon of free entertainment. Performances take place in Argents Mead on Saturday afternoons and will have a short interval in the middle.

Saturdays: 1pm to 3pm

6 July Jazzology 10-piece jazz band

27 July A Different Kettle of Fish popular rock, pop and country songs from the 1960s onwards

17 August Sam Southall covering favourite classics

31 August The Sounds of Swing Dean Thomas with all things swing

7 September Little Boy Blue acoustic duo performing soul, rock 'n' roll and pop classics

14 September Okapi a five-piece collective

Please check the councils online calendar:

[Events | Hinckley & Bosworth Borough Council](#) (hinckley-bosworth.gov.uk) 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.



HOLLYCROFT PARK EVENTS

 Sundays July - September

 Hollycroft Park, Hinckley  www.hollycroftpark.co.uk

Sunday 14 July - Jones Jazz Orchestra 3pm to 5pm

Sunday 28 July - AcSia 3pm to 5pm

Sunday 11 August - Sunday Funday 1pm to 5pm

Sunday 18 August - Equinox 3pm to 5pm

Sunday 1 September - The Rontones 3pm to 5pm

Sunday 15 September - JCC Alumni Big Band 3pm to 5pm

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

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

For further details: www.hollycroftpark.co.uk

We are always looking for volunteers to support and help at events.

Free admission



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** or call Community Safety on **01455 255784**

Hinckley & Bosworth
Borough Council

SCHOOL UNIFORM SWAP SHOP

School Uniform swap shop

Everyone
Welcome!

Donate or collect good
condition, clean school
uniform at your local swap
shop venue during the
summer holidays.



Scan for more info

Available during the
summer holidays

For more information please contact:
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



JAM MUSIC SCHOOLS

📅 Saturdays & Tuesdays

☎ 07786 605111

🌐 www.jammusicschools.co.uk

✉ 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

All ages catered for 8 to 108! Beginners to advanced.
FREE Taster must be booked please.
All JAM Staff are DBS checked.





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:
<https://www.goleicestershire.com/>

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

[Hinckley Shops, Pubs, Businesses, News & Events \(hinckleybid.co.uk\)](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

Web: www.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

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

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

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

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 - www.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

FAMILY HUBS

For information, advice and activities you can also visit:

www.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.

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 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 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 <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: <https://www.leicestershirehealthytots.org.uk/>

Healthy schools: <https://www.leicestershirehealthyschools.org.uk/>



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
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 <https://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 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/

'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/

'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 11-19 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
- Email address: teenhealth@leics.gov.uk
- Website <https://www.leicestershire.gov.uk/education-and-children/schools-colleges-and-academies/teen-health-11-19>

If you are aged 11 – 19 and live in Leicestershire and Rutland, but not in Hinckley and Bosworth use this link [Teen Health 11-19 Service - Leicestershire and Rutland](#) to be able to find the contact details for the Teen Health Service

If you live in Leicester please contact Healthy Together

For further information and support please visit [Teen Health 11-19 Service - Leicestershire and Rutland](#)



Summer Activities

Hinckley and Bosworth

Teen health are running summer activities in your locality. There will be a range of fun activities and people from different organisations you can speak with to see what you can access in your local area. The events are open to anyone who is 11-19 years old, and you can come along without a referral.

Please speak to the health and wellbeing officer in your school for more information or scan the QR code below.

WEEK 1

Healthy Lifestyles

Date: Friday 2nd August

Time: 11am-3pm

WEEK 2

Healthy Relationships

Date: Friday 9th August

Time: 11am-3pm

WEEK 3

Wellbeing

Date: Friday 16th August

Time: 11am-3pm

All sessions will take place at:

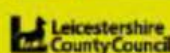
Hinckley Family Hub
Granville Road
Hinckley
LE10 0PP

Scan Me



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

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 Follow the team on X @BeyondLCC
- Family Lives **0808 800 2222** <https://www.bullying.co.uk/>
- NSPCC <https://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** <https://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](tel: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

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

emotional health advice for teenagers, parents and professionals

riseabove.org.uk

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

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

Welfare & Cost of Living Support

costoflivingsupport@hinckley-bosworth.gov.uk

01455 238141

- The cost of living increases can create challenges, particularly with our finances. It may seem overwhelming, worrying and something that you may have never experienced before, but help is out there for you.
- If your salary has been reduced, you could be entitled to benefits that supplement or replace your income such as Universal Credit which can lead to other benefits such as Council Tax Support or Discretionary Housing Payments. You might be entitled to some help with your water rates or energy bills and may even be able to get help with furniture too.
- There are ways to maximise your income and plan for the future but if it feels that things are already out of control there is help and guidance around managing finances and debt.
- Contact us to make an appointment

Hinckley & Bosworth
Borough Council

Welfare Support Service
Drop-in advice session
Every Wednesday 10am to 2pm
Hinckley Hub

No appointment necessary
Advice on benefits
Grant applications
Food bank referrals
Household Support Fund
Maximising your household income
Minimising your outgoings
Help with white goods

Hinckley & Bosworth
Borough Council



Just scan the QR
code for more
advice and
support from
organisations and
schemes that
could benefit you.



JOY



Leicester, Leicestershire
and Rutland



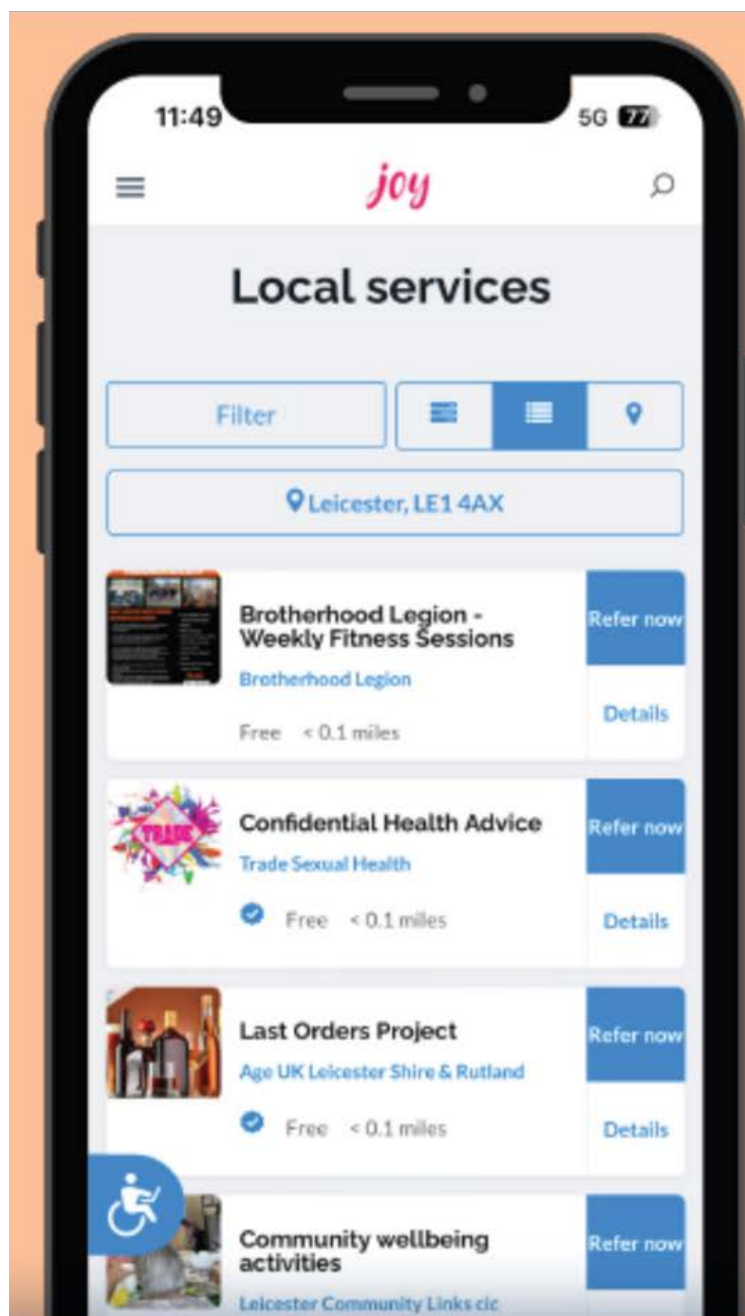
Find local support & activities

Find what matters to you at

LLRjoy.com

joy

WHAT'S ON THIS SUMMER 2024



Pick your
interests

Filter
by postcode

Find services
available

Joy is a new social prescribing website for people living in Leicester, Leicestershire and Rutland.

The aim of social prescribing is to improve your health, wellbeing and independence by linking you to groups, services and activities that suit your needs and interests, local to you.

LLRjoy.com

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!

Messy play

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 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

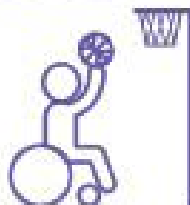
Daily Boost and
Daily Mile



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)

@ActiveLLR



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



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)

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 carers of those using drugs and alcohol

TALK TO FRANK, tel: **0300 123 6600** www.talktofrank.com.

Text **82111**.

Email 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 <https://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):
<https://www.turning-point.co.uk/services/drug-and-alcohol-support/leicestershire-alcohol-support-check>

My Turning Point (Drugs):
<https://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.

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

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, please 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 \(www.nhs.uk\)](https://www.nhs.uk/stop-smoking/e-cigarettes/)

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:

<https://leicestersexualhealth.nhs.uk/location/hinckley-health-centre-2>

It is appointment only, no walk- in's.

To book an appointment, call **0300 124 0102** or book online.

To access online services such as ordering an STI testing kit or emergency contraception please visit: <https://sh24.org.uk/leicestershire-rutland>

Emergency Contraception can also be obtained for free for under 25's at:

- Hollycroft Chemists LTD 1 Clifton Way, Hollycroft, Leicester, LE10 0XN, **01455 230825**
- Asda Pharmacy Hinckley Barwell Lane, Hinckley, LE10 1SS, **01455 896 719**
- Heathbrook Pharmacy 10 Arnolds Crescent, Newbold Verdon, Leicester, LE9 9LD, **01455 822779**
- Desford Pharmacy 1 High Street, Desford, Leicester, LE9 9JF, **01455 823548**
- Masons Chemists 24a Chitterman Way, Markfield, LE67 9WU, **01530 242836**
- Masons Chemists 10 Main Street, Ratby, Le6 0JG, **0116 2393139**

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:

- Hinckley East Children & Family Wellbeing Centre, Granville Road, Hinckley, Leicestershire, LE10 0PP
- Boots Pharmacy, 2 Britannia Centre, Hinckley, Leicestershire, LE10 1RU
- Holycroft Pharmacy, 1 Clifton Way, Hinckley, Leicestershire, LE10 0XN
- Harrowbrook Campus NWHC, Nuffield Road, Hinckley, LE10 3DT
- Hinckley Campus NWHC, Hinckley Road, Hinckley, CV11 6BH

To see other venues you can access the C-Card in Hinckley and Bosworth please visit:

<https://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 [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

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**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.



