

WHAT'S ON THIS SUMMER 2026



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

**Hinckley & Bosworth
Borough Council**



HELLO

Here comes the summer!



We are delighted to present 'What's on this summer' 2026.

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 3-5 August, a special event with activities for all the family to enjoy see page 6 for further details.

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

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

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

WHAT'S INSIDE

- 05 Useful contacts
- 06 Snapdragon Festival
- 07 Hinckley Club 4 Young People
- 08 Summer Club August 2026
- 09 Holiday Activities & Food clubs
- 10 Hinckley Leisure Centre
- 12 Libraries
- 13 Book Exchange
- 14 Hinckley and District Museum
- 15 Burbage Common activities
- 16 Hinckley BID's Summer of Fun
- 19 Music in the Mead
- 20 Hollycroft Park Events
- 21 Youth Voice
- 22 Welfare Support
- 23 Domestic abuse support
- 24 Local tourist attractions
- 25 Things to do, places to go
- 26 Adventure
- 26 Animals
- 26 Heritage and history
- 27 Nature and wildlife
- 28 Sports
- 28 Water
- 29 JAM music school





- 30 Family hubs
- 32 Useful information
- 34 Useful health websites
- 35 Teen Health 11-19 Service
- 37 Bullying
- 38 Mental health
- 40 Tellmi
- 42 Joy
- 43 Physical activity
- 51 Smoking
- 52 Vaping
- 53 Drugs and alcohol
- 55 Young people and sexual health
- 56 Anti – social behaviour
- 57 Fire safety
- 59 Water safety



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	www.hinckley-bosworth.gov.uk/info/200021/community_centres/652/barwell_community_house
Gwendoline Community House	01455 255941/ 01455 255942	hinckley-bosworth.gov.uk/info/200021/community_centres/290/gwendoline_community_house
Peter and Ann Hall Community Centre	01455 255941/ 01455 255942	www.hinckley-bosworth.gov.uk/info/200021/community_centres/1402/the_meadows_community_centre
Groby Community Centre	01530 249964	www.hinckley-bosworth.gov.uk/info/200021/community_centres/1403/groby_community_centre
Green Towers	01455 230468	www.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	www.leics-fire.gov.uk/ Email: info@leics-fire.gov.uk Emergency SMS (Deaf and hard of hearing) 07860 063686



Scan to find out more



**3-5
AUG**
11AM to 3PM

SNAP DRAGON

BOOK
exchange
available

Children & families FESTIVAL

Hinckley BID
Fancy dress
swap shop
every day



Garden Games

Giant Sandpit

Calm Corner

Teddy Bears Picnic

Bandstand Entertainment

Craft Tent

Giant Drawing Pad

Snappy Disco

**MON
3 AUG**

MYTHICAL MAGICAL MOMENTS

- Magical musical rainbow tent
- Tom the tale teller with spellbinding tales
- Magic school - make a wand and potion
- Meet GDA Elite's - The fairies of Argents Mead
- Dragon Flow workshop

Dress up in a magical costume



**TUES
4 AUG**

TRY IT TAKEOVER

- Tiny Tot's Tent for ages 5 and under
- Tomahawk Throwing and Balance Bikes
- Mascot Race
- Sporty have a go sessions
- Fire engine visit (subject to emergency call out)

active
HINCKLEY & BOSWORTH
TAKEOVER



**WED
5 AUG**

ONCE UPON A NATIONAL PLAY DAY supporting The National Year of Reading

- Leicester poet Laureate Akshay Sharma performs
- Story Time Tent
- Role play village
- Circus Skills Workshop
- GDA Elite's Princesses read the winning stories from HBBC's Story writing competition

Dress as your favourite book character



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

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



National Year of Reading 2026



Hinckley & Bosworth Borough Council



HINCKLEY CLUB 4 YOUNG PEOPLE

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

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



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

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

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

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



Activity centre:

Mon to Fri 9am to 9pm

Saturday/ Sunday open for bookings.

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



SUMMER CLUB AUGUST 2026

Summer Club running weekdays for 8-18yr olds from Monday 3 August – Friday 21 August. Various activities – Breakfast and Lunch included.

Time: 9am -12pm

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

Contact: 01455 230648 or office@greentowers.co.uk

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

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



HOLIDAY ACTIVITIES & FOOD (HAF) CLUBS

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

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

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

**Book your child's
place NOW! ▶▶**



Book your child's place at <https://eequ.org/leicestershirehaf>

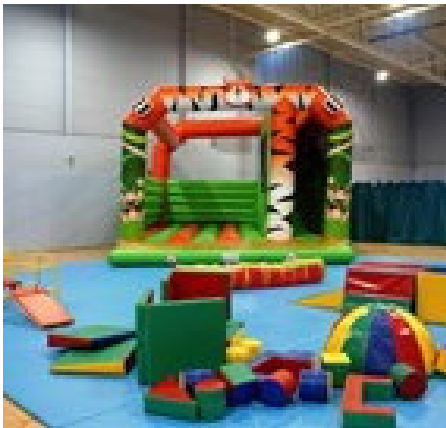


HINCKLEY LEISURE CENTRE

🌐 www.placesleisure.org/centres/hinckley-leisure-centre/

☎ 01455 610011

📍 Argents Mead, Hinckley, LE10 1FL



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 £3.90 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.
£6.55 per session.

HINCKLEY LEISURE CENTRE CONT

🌐 www.placesleisure.org/centres/hinckley-leisure-centre/

☎ 01455 610011

📍 Argents Mead, Hinckley, LE10 1FL

Badminton

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

Contact reception to book a court.

Swimming and lessons

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

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

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

Swimming - Inflatable

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

Parties

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

Basketball

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

Football

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

Pickleball

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



LIBRARIES

The 2026 Summer Reading Challenge – Read to the Beat

Saturday 4 July to Saturday 12 September

Leicestershire Libraries are getting ready to turn up the volume with The Reading Agency's Summer Reading Challenge: Read to the Beat.

Delivered by The Reading Agency in partnership with public libraries and powered by Universal Music UK, this year's Challenge celebrates the joy of music and the power it has to move, inspire, and connect us.

Children can simply sign up at their local library to join the adventure and discover how music and stories make the world come alive. Throughout the summer, they can borrow and read library books, collecting stickers and extra rewards as they go. Those who complete six reading goals will earn a medal and certificate to celebrate their achievement.

All reading counts – from picture books and information books to e-books, audiobooks, comics, poetry and graphic novels. The main Challenge is aimed at children aged 4–12, with a Mini Challenge for 0–3-year-olds so even the youngest readers can take part. The Challenge is free to join, with a packed programme of events, activities, themed book collections and rewards running throughout the summer. In Leicestershire, children taking part can also get free entry to Bosworth Battlefield and Heritage Centre, and 1620s House and Gardens.

Find out more by visiting your local library or the Leicestershire Libraries website – and help children discover where reading can take them, one beat at a time.

Visit your local library to find out more or go to our website leicestershire.arena.axiell.com/summer-reading-challenge/.



Hinckley & Bosworth
Borough Council

No need
to donate
to take!

BOOK exchange

Bring a book

Take a book

Available at all
Hinckley & Bosworth
Borough Council town
centre events

Find our events at:
www.hinckley-bosworth.gov.uk/ourevents



HINCKLEY & DISTRICT MUSEUM

📅 July - September ☎ 01455 251218

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

2026 EVENTS

VIKINGS DAY

31 July | 10.30am – 3.30pm

Crafts on a Viking theme for children.

10.30am – 3.30pm.

Admission: children 5 and over £2. Adults £4.

ENGLISH CIVIL WAR DAY

7 August | 10.30am – 3.30pm

Themed crafts on an English Civil War theme for children.

Admission: children 5 and over £2. Adults £4.

INDUSTRIALISATION OF HINCKLEY AND DISTRICT

14 August | 10.30am – 3.30pm

Themed crafts for children

Admission: children 5 and over £2. Adults £4.

HISTORICAL GAMES

21 August | 10.30am – 3.30pm

Crafts on games and toy theme for children.

Admission: children 5 and over £2. Adults £4.

See [website](#) for details of opening hours, displays and other events during the year.





WILDLINGS PLAY

For ages
2 - 12
years

Dress
for being
outside

Children's Activities 2026

10-11.30am and 12:30-2pm

Burbage Common, Leicester Road, Hinckley, LE10 3DD

Meet outside the Visitors Centre

28 July

Forest Games

Can you beat nature's athletes?
Obstacle course, scavenger races,
cooperative challenges

4 August

Minibeasts

Bug hunting, games
and crafts

11 August

Woodland Adventure

Building dens plus tracks
and trails

18 August

Wild on Art

Big and small makes inspired by
nature's colours and patterns

Booking Essential : £7.50 per session

(max 20 spaces available for each session)

Visit www.Hinckley-bosworth.gov.uk/wildplay

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

scan me



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



Wildlings
PLAY

Hinckley & Bosworth
Borough Council



HINCKLEY BID'S SUMMER OF FUN

✉ info@hinckleybid.co.uk 🌐 www.hinckleybid.co.uk
📍 Hinckley Leisure Centre, Argents Mead, Hinckley, LE10 1FL

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

On our website you will find:

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

And, much more besides...

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





Colour the Town Art Trail

Throughout June in Hinckley town centre

Hinckley will burst into colour this June as a brand-new Art Trail transforms the town centre. Vibrant installations will brighten every corner, with a curated trail guiding visitors to each creative display.

Hinckley BID's Classic Vehicle Meets

18 June, 16 July, 20 August | 4pm to 8pm

Castle Street, Hinckley

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



Hinckley BID's Summer of Fun Emergency Services Day

22 July | 10am to 2pm

The Crescent

Come along and meet Hinckley Police and Fire Service, alongside other emergency services teams too. Vehicles and uniformed officers will be on display and available for photos and engagement on the vital services they provide to our community. FREE of charge!



Hinckley BID's Summer of Fun, Bike Spectacular

12 August | 10am to 2pm

Argents Mead

Bringing you BMXtras' jaw-dropping stunt show, free family fun for the school holidays, plus expert bike, security and wellbeing advice from B Page & Sons, Hinckley Police, Active Hinckley and the Wellbeing Riders. An unmissable day of thrills, skills and community spirit.



13th Annual Motor Show

20 September | 10am to 3pm

Hinckley Town Centre

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



MUSIC IN THE MEAD

 Saturdays 1pm-3pm

 Argents Mead, Hinckley

 www.hinckley-bosworth.gov.uk



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

4 July - The Beat Thieves

Bringing fresh life to crowd-favourite hits

25 July - Charlotte Emily Beaver

Beloved favourites with charm and emotion

15 August - Different kettle of fish

Bringing uplifting tunes and strong vocals

22 August - Rachel Ball

Timeless classic hits from across the decades.

5 September - Timepieces duo

Timeless crowd-pleasing classics

19 September - Arden Quintet

Classical, jazz, pop and west end favourites



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

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



EVENTS IN THE PARK 2026

— HOLLY CROFT PARK | HINCKLEY —

- | | |
|---------|---------------------------------|
| Apr 18 | Plant Sale / swap 10am-12pm |
| May 3 | Take it from the Top 3-5pm |
| May 17 | High Pressure 3-5pm |
| May 31 | Acsia 3-5pm |
| June 6 | Proms in the Park 5pm-8.30pm |
| June 14 | Junction 21 3pm-5pm |
| June 28 | The Rontones 3pm-5pm |
| July 12 | Dean Thomas 3pm-5pm |
| July 26 | Jones Jazz Orchestra 3pm-5pm |
| Aug 9 | Lutterworth Town Band 3pm-5pm |
| Aug 23 | JCC Alumni Orchestra 3pm-5pm |
| Aug 29 | Pride in the Park 12pm-6pm |
| Sept 6 | Ratby Brass Band 3pm-5pm |

**Admission
free!**

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

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



Hinckley & Bosworth
Borough Council

WHAT'S ON THIS SUMMER 2026

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



Welfare Support Service

Support and advice on:

- Benefits
- Grant applications
- Help with food or food support
- Maximising household income
- Minimising outgoings
- Help with white goods

Get advice
via email,
telephone or
at one of
our drop in
sessions



Drop in sessions:

First Wednesday of every month
Hinckley Hub, 10am to 2pm
No appointment needed

✉ costoflivingsupport@hinckley-bosworth.gov.uk

☎ 01455 238141



Domestic abuse can affect anyone



Help is out there

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

How to get support

☎ 01455 238141 or
07966 202181

✉ DomesticAbuseOutreachService
@hinckley-bosworth.gov.uk

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

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

Hinckley & Bosworth
Borough Council



LOCAL TOURIST ATTRACTIONS

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

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

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

For information about our tourism offer please visit our website:

richardiicountry.com

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

hinckleybid.co.uk



THINGS TO DO, PLACES TO GO

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.

Web: 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: 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.

Tropical Birdland, Lindridge Lane, Desford, LE9 9GN.

Tel: 01455 824603

Email: info@tropicalbirdland.co.uk

Web: 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.

Drayton Manor Resort

Near Tamworth.

Megazone Laser Tag Leicester

Gower Street, Leicester.

National Space Centre

Exploration Drive, Leicester. Tel: 0116 261 0261

Disco Bowl Nuneaton

Bermuda Park, Nuneaton. Tel: 02476 370555

Animals

Broombriggs Farm and Windmill Hill (opposite Beacon Hill)

Beacon Road, Woodhouse Eaves. Tel: 0116 305 5000

Twycross Zoo

Burton Road, Atherstone.

Heritage and History

Ashby de la Zouch Castle

Leicestershire. Tel: 01530 413343

Ashby Woulds Heritage Trail

Measham, Swadlincote.

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

Bosworth Battlefield and Visitor Centre

Sutton Cheney, Nuneaton. Tel: 01455 290429

Great Central Railway

Loughborough. Tel: 01509 632323

Hinckley and District Museum

Lower Bond Street, Hinckley. Tel: 01455 251218

Market Bosworth Country Park

Market Bosworth, Nuneaton.

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

Tel: 0116 305 5000

Stapleford Miniature Railway

Melton Mowbray - fsmr.co.uk

Nature and Wildlife

Billa Barra Nature Area

Markfield. Tel: 01455 238141

Bradgate Park

Newtown Linford, Leicester.

344 hectare deer park with ancient ruins.

Tel: 0116 236 2713

Brocks Hill Country Park and Environment Centre

Washbrook Lane, Oadby.

Tel: 0116 288 8961

Burbage Common and Woods

Leicester Road, Hinckley. Tel: 01455 238141

Conkers

Ashby-de-la-Zouch, Derbyshire.

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

Tel: 01283 216633

Diana, Princess of Wales Memorial Woodland

Donisthorpe, Leicestershire.

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

Tel: 01283 551211

Fosse Meadows Country Park

Sharnford. Tel: 0330 333 3300

Hill Hole Quarry and Country Park

Markfield. Tel: 01455 238141

New Lount Nature Reserve

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

Ratby Burroughs, Pear Tree and Martinshaw Woods

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

Salterford 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.

The Tower Climbing Centre

Beaumont Leys, Leicester. Available all year round (booking required) Bouldering wall, tower hall, 'the bloc'. Different climbs for all abilities.

Water

Ashby Boat Company

Canal cruises and boat trips from Sutton Cheney Wharf. Tel: 01455 212671

Foxton Locks

Market Harborough.

Groby Pool

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

Moira Furnace Museum and Country Park

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

Rutland Water

Oakham. Tel: 01572 770651

Staunton Harold Reservoir

Ashby de la Zouch - 58-hectare reservoir with many natural attractions.

Tel: 01332 865081

Thornton Reservoir

75-acre reservoir farmland and woodland. Tel: 01332 865081



JAM MUSIC SCHOOLS

📅 Saturdays & Tuesdays

☎ 07786 605111

🌐 www.jammusicschools.co.uk

✉ jam@jammusicschools.co.uk

Learn, Play, Perform Sessions

Weekly music lessons with an exciting difference!

LEARN guitar, drums, bass, keyboards or singing*

PLAY together with other learners

PERFORM LIVE at our specially organized gigs throughout the year!

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

**Saturdays 9.30am to 12.30pm at
St Peters Primary Academy, Market Bosworth, CV13 0NP**

**Tuesdays 5.30pm to 8.00pm at
St Francis Community Centre, Hinckley, LE10 0EQ**

30-minute session **£17.50 weekly**

Promotional offers usually available, please visit our website'

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

FREE Taster must be booked please.

All JAM Staff are DBS checked.



FAMILY HUBS

For information, advice and activities you can also visit:

[facebook.com/HinckleyBosworthCFWS/](https://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 Bumps, Babies and Beyond groups. These can start at antenatal stage and lead right through the first two years of your child's life. They 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.

The Hubs are also Best Start in Life centres, you can get information advice and support around all areas of Early Years Development.

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), 1001 critical days, learning opportunities, benefits, health concerns you may have or advice on parenting or just coping day to day with being a new or experienced parent.

We also run a variety of groupwork programmes including Parenting support, SEND Parent support group, Dads Group and advice and support drop in sessions. The Targeted part of the service (referral only) works with the whole family, including extended family and networks when needed, to help you to make long term positive changes. We are a multi-disciplinary team with staff providing both short and long term support. We will help to link you with specialist services who can offer you the right dedicated support and help you to become more connected to your community by letting you know what's going on locally.

FAMILY HUBS

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

We have a fully equipped Sensory Room which is available for bookings, just give us a call on 0116 305 5601 for details.

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 Tuesday and Thursday mornings 10-11am and Friday afternoons between 2-3pm. You don't need to book in, you can just drop by and collect some items of food or toiletries. We can't guarantee what we have in stock as every item comes to us via donation but we will do our best to assist anyone who is in need of that extra bit of help. You can find details of any additional open hours on our Facebook page: Hinckley Community Fridge.

Volunteering

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

How can I get in touch with my local centre?

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

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: leicestershirehealthytots.org.uk/

Healthy schools: 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
@NHSHealthyStart

Healthy Together

You will be contacted by your Public Health Nursing team between 28 – 36 weeks pregnant and then after your baby is born. There will be a series of contact made as your child grows and develops. 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.

For local information on child and family health, wellbeing, advice, updates, activities and events why not follow our new Facebook page! Simply follow the link or scan the QR code below

www.facebook.com/profile.php?id=61578623769957



USEFUL INFORMATION

Keep Your Smile Healthy This Summer

Summer often brings changes to daily routines, making it a good time to refocus on oral health. Keeping your teeth and gums healthy doesn't have to be complicated. A few simple habits can make a big difference for both children and adults.

First and foremost, make regular dental visits part of your routine. Don't wait until there's a problem, seeing a dentist early helps prevent issues before they start. NHS dental care is free for children up to the age of 18, so take advantage of this and visit as often as your dentist recommends.

Visit the dentist regularly, don't wait until you're in pain

NHS dental care is free for children under 18

Good brushing habits are essential. Teeth should be brushed twice a day, once in the morning and again last thing at night using a fluoride toothpaste. For children under 3, use just a smear of toothpaste; for those aged 3 and over, a pea-sized amount is enough. After brushing, remember: spit out the toothpaste, don't rinse to keep the fluoride working longer.

Brush twice daily with fluoride toothpaste

Use a smear of toothpaste for under 3s; a pea-sized amount for over 3s

Spit, don't rinse

For extra protection, ask your dentist about fluoride varnish. This quick and simple treatment helps strengthen teeth and prevent tooth decay, and it's free on the NHS for children aged three and above.

Ask about free fluoride varnish for children aged 3+

Diet also plays a big role in dental health.

Try to reduce sugary foods and drinks, especially between meals. Plain water is the best drink choice, it contains no sugar or acid and helps keep your mouth healthy. Fizzy and fruity drinks, even sugar-free ones, can still damage teeth due to their acidity. And water is always a free option!

Cut down on sugary foods and drinks

Choose plain water, it's tooth-friendly and free

If you need help finding a dentist, visit the [NHS website](#) or contact your local Healthwatch on **0116 257 4999**. If you don't have a dentist and need urgent care, call NHS 111. This service is available 24 hours a day, 365 days a year, and calls are free from both landlines and mobiles.



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

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

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

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

Scan me



Prevention and early intervention support

Supporting and improving Emotional Wellbeing with a focus on:

- Improving self esteem
- Improving body image
- Building resilience

Supporting Healthy Relationships:

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

Supporting Young People to make Healthier Choices:

- Reducing substance misuse particularly cannabis misuse
- Reducing alcohol consumption



teenhealth.org.uk

Scan me





Going off to a new school can be an exciting time and you will have lots to think about. We understand you may have mixed emotions, concerns and questions about moving onto a new secondary school. Managing change can be tricky, but it's a normal part of growing up!



Teen Health have created this booklet to help you to feel more prepared and confident. It focuses on lots of different things you might need to know and do and will give you useful information, activities and tools to help you. Throughout the booklet you will find top tips from other young people that have been on this journey too. They once stood where you are!



This can be accessed independently or with support, either digitally or via printed copies, downloadable via the Teen Health website. The booklet encourages you to work at your own pace. Each section has a range of tasks and activities to support engagement, with a 'activity log' at the end of each section.

Leicestershire County Council
www.teenhealth.org.uk

To find out more about Teen Health scan the QR code to look at our website.



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** 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](tel:999).

5 ways to wellbeing

Connect - build and maintain positive relationships with the people around you.

Take notice - be more aware of the present moment and what is happening around you.

Give/help others - help others and show kindness, which can improve your own sense of purpose and wellbeing.

Be active - take part in physical activity to support both physical and mental health.

Keep learning - try new experiences and continue developing skills and interests.

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
- 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

www.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

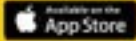
www.myselfreferral-llr.nhs.uk/

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

www.lgbt.foundation

LGBT Foundation offers confidential health, wellbeing, and support services for the LGBTQ+ community

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

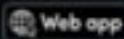
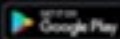
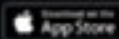
Abandoned

Ignored

Left Out

?





Scan the QR code to see what a Tellmi Therapy session is like



Tellmi Therapy is different. Very different.

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

Suitable for children aged 11+ and adults.

Schedule sessions at times that suit you.

No assessment and no restrictions on the number of sessions.

75% of people feel better after a single session.

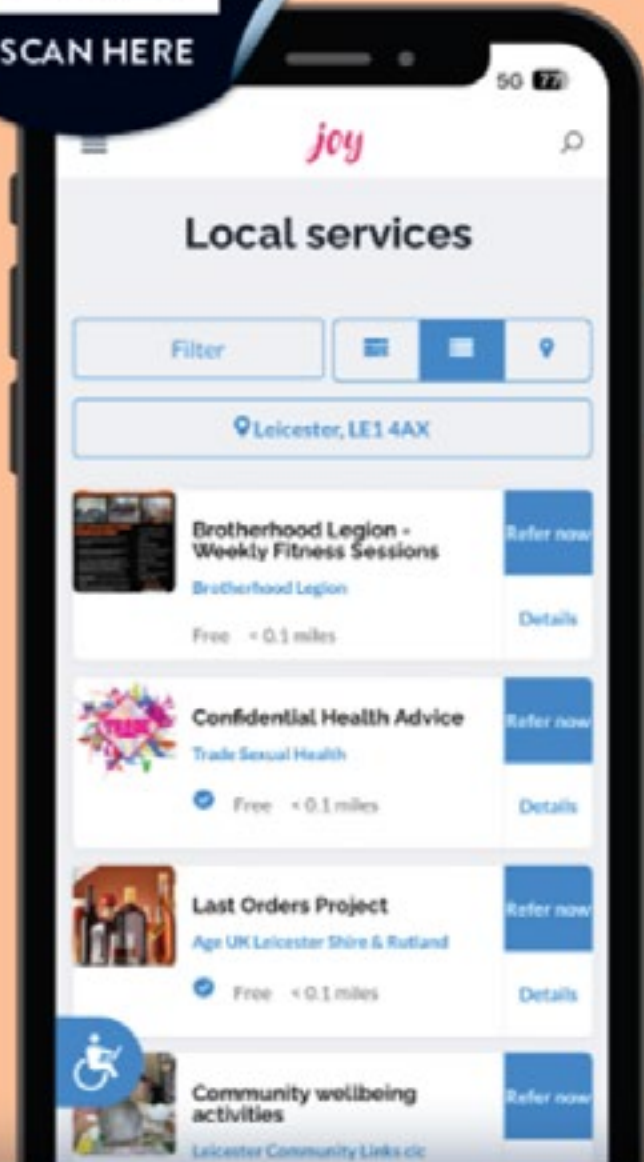
Try it today.



When you can't tell anyone else



SCAN HERE



Pick your
interests

Filter
by
postcode

Free
services
available

Find local support & activities

Find what matters to you at

LLRjoy.com



PHYSICAL ACTIVITY- UNDER 5s

PHYSICAL ACTIVITY FOR UNDER 5s

LET'S
GET
MOVING

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



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

@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



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



Balance activities or yoga



Play some outdoor / garden games

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](#)

**Leicestershire, Leicester
& Rutland**

SPORT WELFARE OFFICER



Gillian Haluch
Sport Welfare Officer
Active Together

LET'S GET MOVING

Book a call



- Advice & guidance
- Support for club welfare officers
- Events & training



SPORT WELFARE

Free support and guidance for sports clubs available from Active Together's Sport Welfare Officer. Funded by Sport England, their role is to promote good practice and safe sport for children, young people and adults, and add capacity and expertise at a local level. Book a call or visit to find out more.

SMOKING

Did you know?

- About 400,000 11- to 15-year-olds in England have tried smoking at some point and about 100,000 smoke now.
- More than three 15-year-olds out of one hundred smokes more than once a week.
- Children with parents or siblings who smoke are up to three times more likely to start smoking themselves compared to children of non-smoking households.
- Children exposed to secondhand smoke/ passive smoke are more likely to suffer from breathing problems, allergies and chest infections.
- Smoking outside or in a different room does not make it safe for others in the home. More than 80% of smoke is invisible making it impossible to control.

Dangers of smoking

Smoking can cause:

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

But did you know smoking can also:

- Damage your physical fitness
- Cause shortness of breath
- Cause skin damage
- Cause Halitosis (bad breath) and stains teeth and gums
- Negatively affects your sleep – smokers are 4 times more likely to feel 'unrested', which could affect your mental wellbeing, concentration and communication skills
- Damage your bank balance - Smoking is an expensive habit

So many reasons to give up, look better and feel better!

You don't need to do it alone free help is at hand for support to stop smoking including free E-Cigarette starter kits and follow on nicotine liquids –

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

NHS choices (support and guidance to stop smoking)

nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit/

QuitReady Young Person Stop Smoking Service

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

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

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

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

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

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

VAPING

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

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

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

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

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

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

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

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

DRUGS AND ALCOHOL

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

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

The following services are available for advice and support:

Turning Point Alcohol and Drug Support Service in Leicestershire for young people and adults tel: **0330 303 6000**. Also supports families and carers of those using drugs and alcohol

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

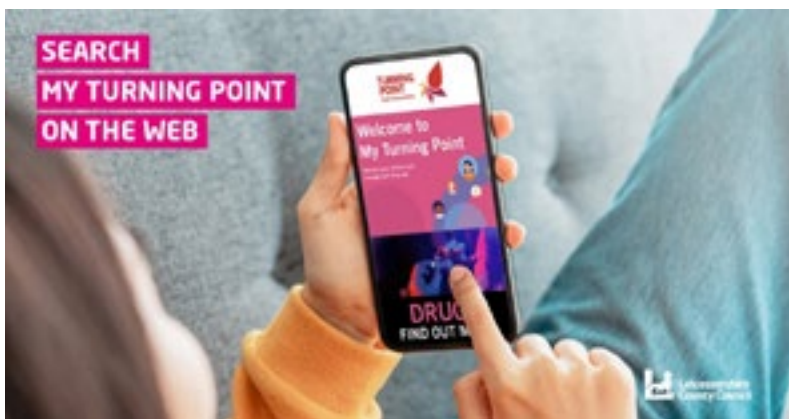
Text **82111**.

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 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 and drugs):

[Online Support for Drug and Alcohol use | Turning Point](#)

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 \(www.gov.uk\)](http://www.gov.uk)

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, pot, hash, grass, draw, dope, skunk, weed and resin
- Ecstasy pills or MDMA powder also known as E, molly, mandy, crystal, dolphins and superman
- Synthetic cannabinoids also known as black mamba, clockwork orange, devil's weed, spice, K2 and Amsterdam gold
- Nitrous oxide also known as balloons, chargers, hippie crack, laughing gas, noz and whippits

YOUNG PEOPLE AND SEXUAL HEALTH

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

Leicestershire and Rutland Sexual Health Hub

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

Tel: 0300 247 0068 | Email: HCRG.LRSexualhealthhub@nhs.net

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

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

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

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

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

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

ANTI-SOCIAL BEHAVIOUR

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

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 \(hinckley-bosworth.gov.uk\)](#)
- The police on 101 [Report antisocial behaviour | Leicestershire Police \(leics.police.uk\)](#)

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

ENDEAVOUR



WORKING SMOKE ALARMS SAVE LIVES

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



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



Test alarms regularly - at least once a month



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



Scan to book your free Home Fire Safety check



LEICESTERSHIRE
FIRE and RESCUE SERVICE

FIRE SAFETY **OUTDOORS**



Scan to learn about Fire
Safety Outdoors

LEICESTERSHIRE
FIRE and RESCUE SERVICE



**SAFER
PEOPLE
SAFER
PLACES**

WATER SAFETY

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

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

Please discuss the dangers with your children

Did you know?

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



