

What's Going Down? 2020

Information and guidance for
children, young people and families



Hinckley & Bosworth
Borough Council



www.hinckley-bosworth.gov.uk

What's Going Down 2020

We are delighted to present the 'What's Going Down' Brochure 2020. It comes to you in very strange times and is, therefore, slightly different this year. We still have many exciting things going on across the borough that you can enjoy. Sadly, our fantastic Snap Dragon Festival is unable to go ahead as usual but we will be doing pop up events throughout the summer right across the borough. So keep a look out for our Play Team who will be out and about giving away free 'bags of fun and games' that you can collect and enjoy safely at home.

The brochure is also packed with other safety tips and ideas to help keep you all safe this summer.

As the Children and Young People's Champion it has been amazing to see how young people and children across the borough have engaged during the period of lockdown - from being involved in home schooling, to undertaking remote activities with their friends, to volunteering and engaging in local communities. It has been brilliant to see. This brochure is designed to provide you with more useful information and activities.

As lockdown eases the borough will continue to engage with as many people as possible. We are setting up online discussion forums to talk to children and young people about issues important to them, as well as doing what we can within the guidelines to support a range of creative and fun activities for everyone.

Stay safe, and if you have any ideas for things we could do then please get in touch with us."

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



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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. Due to the Covid-19 pandemic, please check with individual attractions before travelling.

For more information contact: **Rebecca Ball** tel **01455 255937**

Useful Contacts

Organisation	Telephone	Website / email
Hinckley & Bosworth Borough Council	01455 238141	www.hinckley-bosworth.gov.uk
Hinckley Leisure Centre	01455 610011	www.placesleisure.org/centres/hinckley-leisure-centre
Hinckley Library	0116 305 2500	hinckleylibrary@leics.gov.uk
Hinckley Museum	01455 251218	www.hinckleydistrictmuseum.org.uk
Community Houses	Barwell 01455 844884 Earl Shilton 01455 255951 Gwendoline 01455 255942 or 610115	www.hinckley-bosworth.gov.uk/communitycentres earlshiltoncommunityhouse@hinckley-bosworth.gov.uk
Green Towers	01455 230468	www.greentowers.co.uk
Children and Family Wellbeing Centres	0116 305 5601	www.leicestershire.gov.uk/education-and-children/early-years-and-childcare/childrens-centres
Police non emergency	101	www.leics.police.uk contactus@leicestershire.pnn.police.uk
Community Safety	01455 255746	communitysafety@hinckley-bosworth.gov.uk
Fire	0116 2872241	https://leics-fire.gov.uk/

The Community Houses

Summer Activities



Earl Shilton Community House

**Peggs Close, Earl Shilton tel 01455 255941 email:
earlshiltoncommunityhouse@hinckley-bosworth.gov.uk**

Barwell Community House

43 Bradgate Road, Barwell tel 01455 844884

Gwendoline Community House

50 Gwendoline Avenue, Wykin tel 01455 255942

This year our activities will be available for you to collect from a community house and do at home at a time to suit you; we will have craft and cooking kits available, all packaged individually along with instructions and videos for you to follow!

Starting **Monday 3 August** there will three activities available each week for four weeks and all will be FREE!

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

To get in touch, please contact the community house, email or send us a message via Facebook.



Hinckley Club 4 Young People

**GreenTowers Activity Centre, Hinckley Club 4 Young People
Richmond Park, Richmond Road Hinckley LE10 0DZ**

**Please visit our website for up to date
information during the Coronavirus pandemic**

Youth club for age 8 to 19 and activity centre all ages

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

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

Youth club:

**Monday to Friday 6pm to 9pm
(Thursdays up to school year 9 only)
Saturday 12noon to 3pm
(sessions for all the family)**

Activity centre:

**Monday to Friday 9am to 9pm
Saturday 9am to 6pm
Sunday 11am to 5pm**

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

Contact the office **tel** 01455 230468

email office@greentowers.co.uk

website www.greentowers.co.uk

find us on Facebook Twitter Instagram



Hinckley Leisure Centre

We look forward to welcoming you back very soon. The centre is currently closed until further notice.

As What's Going Down goes live we are awaiting confirmation from the government of the date when indoor leisure and fitness facilities are permitted to open. Hinckley Leisure Centre's operators, Places Leisure have already implemented measures to create a safe, hygienic and reassuring environment for its customers in preparation for a reopening. Places Leisure and organisations like them contribute significantly to the health and well-being of the nation and most specifically support the improved cardio-respiratory fitness of communities.

Everyone at Hinckley Leisure Centre is poised to welcome its customers back and play its role in supporting the very good health of our borough as soon as it is able to do so.

Keep up to date with the latest on reopening via the following means:

web: www.hinckleyleisurecentre.org

facebook: [@hinckleyleisurecentre](https://www.facebook.com/hinckleyleisurecentre)

email: enquiries@hinckleyleisurecentre.org

tel: **01455 610011**

address: **Argents Mead, St Marys Road
Hinckley LE10 1FL**



JAM Music Schools

Learn, Play, Perform Sessions

Please visit our website for up to date information during the Coronavirus pandemic.

Weekly music lessons with an exciting difference!

LEARN guitar, drums, bass, keyboards*

PLAY together with other learners

PERFORM LIVE at our specially organised 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 6pm to 8pm at The Atkins Building, Hinckley, LE10 1QU

30 minute session £12 weekly

60 minute session £19 weekly

All ages catered for, from six to 106! Beginners to advanced.

FREE taster, must be booked please.

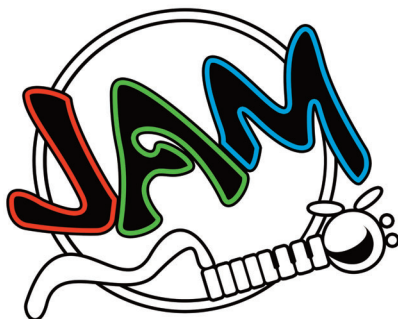
All JAM staff are DBS checked.

Contact us: **FREE** phone **0800 233 5266**

or the JAMphone **07786 605111**

email: **jam@jammusicschools.co.uk**

website: **www.jammusicschools.co.uk**



Libraries



The Reading Agency and Libraries Present

SILLY SQUAD

Summer Reading Challenge 2020

sillysquad.org.uk



Summer Reading Challenge 2020

Leicestershire Libraries are Going Digital!

Silly Squad

Leicestershire Libraries are delivering the all-new Digital Only Summer Reading Challenge from The Reading Agency this summer so that they can reach as many children and families as possible.

Meet the Silly Squad and celebrate funny books!

- Check out a host of launch events at www.facebook.com/SummerReadingChallengeUK on Friday 5 June with authors and celebrities
- Children sign up to www.sillysquad.org.uk from Friday 5 June onwards to create a profile.
- Read any amount and any type of book that makes you happy, from digital to print. As you read, unlock videos, games and online badges and get a downloadable certificate at the end!
- Download brilliant eBooks and eAudiobooks from Leicestershire's Digital Library (Leicestershire.gov.uk)
- Collect digital activities, competitions, games and rewards along the way.
- Look out for extra special Leicestershire online activities in July and August.

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

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



Things to do, places to go

Due to the Covid-19 pandemic, please check with individual attractions before travelling.

Twycross Zoo

Over 1,000 wild animals from across the world are on view at Twycross Zoo, the centre for conservation, education and family fun. It features a Gibbon Forest, Explorers Kids Zone, wading bird aviary and a restaurant with views of the naturalistic snow leopard exhibit. Family tickets are available, the zoo is open 364 days a year.

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

Tel: 0844 474 1777

email: info@twycrosszoo.org

web: www.twycrosszoo.org



Bosworth Water Park

50-acre leisure park. The lake is used for sailing, windsurfing, kayaking and available to group bookings and fishing. Ideal for a family activity weekend, day & season tickets available.

Bosworth Water Park, Wellsborough Road, Market Bosworth, CV13 6PD.

Tel: 01455 291876

Email: info@bosworthwaterpark.co.uk

Web: www.bosworthwatertrust.co.uk



Things to do, places to go

Boating on the canal

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

Ashby Boat Company Limited

Canal Wharf

89 Station Road

Stoke Golding

CV13 6EY

Tel 01455 212671

Email: sales@ashbyboats.co.uk

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 10.00am to 5.30pm.

Tropical Birdland, Lindridge Lane, Desford LE9 9GN

Tel 01455 824603 Email: info@tropicalbirdland.co.uk

Web www.tropicalbirdland.com

Things to do, places to go

NATURE AND WILDLIFE

Ratby Burroughs, Peartree & Martinshaw Woods • nr Ratby - Woodlands Trust Sites - **Tel** 0330 333 3300

Saltersford Valley Picnic Area • Oakthorpe - 7 hectare site in the National Forest - **Tel** Tel 0116 3055000

Sence Valley Forest Park • Ibstock - **Tel** 01889 586593

Swithland Wood Country Park - 60 hectares of ancient woodland - **Tel** 0116 236 2713

New Lount Nature Reserve - 19.5 hectares with wide range of habitats - **Tel** 0116 3055000

Billa Barra Nature Area - **Tel** 01455 238141

Bradgate Park • Newtown Linford - 344 hectare deer park with ancient ruins - **Tel** 0116 236 2713

Brocks Hill Country Park & Environment Centre • Oadby **Tel** 0116 2888961

Burbage Common & Woods - **Tel** 01455 238141

Conkers & National Forest - Over 100 interactive exhibits and 120 acres of trails, habitats and sculpture - **Tel** 01283 216633

Desford Tropical Birdland - over 85 species of birds from the forest - **Tel** 01455 824603

Diana, Princess of Wales Memorial Wood - specially planted woodland created as a tribute to Diana, Princess of Wales - **Tel** 01283 551211

Hill Hole Quarry & Country Park - **Tel** 01455 238141

Fosse Meadows Nature Area - **Tel** 0330 333 3300



Things to do, places to go

HERITAGE AND HISTORY

Hinckley & District Museum - (Sat, Sun & Bank Holiday Mon only)
Tel 01455 251218

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

Ashby de la Zouch Castle • Leics - **Tel** 0370 333 1181

Bosworth Battlefield and Visitor Centre - **Tel** 01455 290429

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

Ashby Woulds Heritage Trail - pedestrians, cycles & horse riding
Tel 01283 551211

Beacon Hill, Woodhouse Eaves - 2nd highest point in Leics -
Tel 0116 3055000

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

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

Belvoir Castle - www.belvoircastle.com **Tel** 01476 871001

ADVENTURE

Drayton Manor Park and Zoo • Near Tamworth - **Tel** 01827 287979

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

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

Baumanor Hall • Activity weeks for 12-16 year olds. Residential - **Tel** 01509 890119

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

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



Things to do, places to go

WATER

Rutland Water - Tel 01572 770651

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

Thornton Reservoir - 75 acre reservoir farmland and woodland
Tel 01332 865081

Moira Furnace Lock Trips - boat trip through the Moira Lock to Conkers, lasts 1 hour 30 mins - Tel 01283 224667

Ashby Boat Company - Narrowboats for hire - Tel 01455 212671

The Ashby Trip - Canal cruises and boat trips from Sutton Cheney Wharf -
Tel 01455 213838

Bosworth Water Park - 50 acre Leisure Park, lakes for sailing & fishing and crazy golf course - Tel 01455 291876

Foxton Locks • Market Harborough - Tel 0116 2793686

Groby Pool - Largest area of natural water in Leicestershire -
Tel 0116 305 5000

ANIMALS

Twycross Zoo - 1,000 animals, seals & penguins feeding time - Tel 0844 474 1777

Broombriggs Farm and Windmill Hill - (opposite Beacon Hill) - Mixed arable and stock farm with marked trail - Tel 0116 3058790



Things to do, places to go

SPORTS

Hinckley Leisure Centre - Tel 01455 610011

Mallory Park - car and motorcycle race circuit - Tel 01455 502214

EXTREME SPORTS

Snowdome • Tamworth • Staffordshire - ski, board, blade, tube, toboggan, ice skate and snowmobiles - www.snowdome.co.uk tel **0344 800 0011**



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 such as Bosworth Water Park. 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. Special family deals can be had at attractions such as Twycross Zoo and Bosworth Battlefield.

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

For information about our tourism offer please visit our website:

www.goleicestershire.com/Hinckley-and-Bosworth

Due to the Covid-19 pandemic, please check with individual attractions before travelling



Children and Family Wellbeing Centres

Children and Family Wellbeing Centres are currently closed to the public, however advice can be gained via telephone during office hours 9am to 5pm. (see next page). For information, advice and activities you can also visit: www.facebook.com/HinckleyBosworthCFWS/

Children and family wellbeing centres within Hinckley and Bosworth offer many things to families including advice and support to parents and carers of children aged 0 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 go to make friends and learn new skills in a relaxed place. Parents living in the same area get to meet other parents and to hear from staff about what else is going on nearby that you may be interested in.

There are four Children and family wellbeing centres across Hinckley and Bosworth: Hinckley, Barwell, Earl Shilton and Bagworth.

What's on offer at the centres?

In Hinckley and Bosworth we offer information and support to lots of families, particularly when life is stressful or you have a lot to deal with. Our programme offers services that are open to all such as baby weighing clinics and Family Learning opportunities. We work closely with the local toy library, local health teams, and other providers to offer a comprehensive programme of support services for local families. Other professionals, like your health visitor, will be able to talk to you about what is on offer.

Many of the activities are free and open to parents of under-fives. We offer all parents the chance to use these services to help them make contacts with other parents living in the area and to find out about local community activities they could attend. We also offer extra support for those families who need it most.

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. *cont'd next page...*

Children and Family Wellbeing Centres

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

We also run regular 'Solihull' Parenting Courses which will support behaviour and understanding your child and offer support with parental mental health by way of one-to-one home visits or groups support.

What if I can't get to a centre regularly or I don't live near one?

You needn't miss out. Our programme operates across the Hinckley and Bosworth area. As well as offering services in the centres our workers also take services out into more rural communities, giving parents easier access to information and support. This may be through one-to-one work to support a family to access services. Sometimes we can help with transport too to specific groups.

How can I get in touch with my local centre?

To find out more, including details of what's on locally that you may like to try, please feel free to pop into your local centre,

ring the Business Support Team at
Hinckley East Children's Centre on

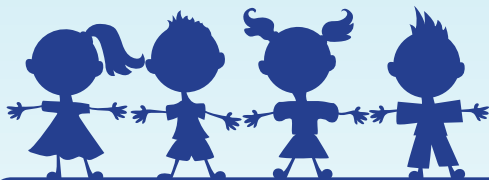
0116 305 5601

or the Family Information Service on

0116 305 6545



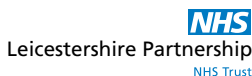
Useful information



UP TO **30 HOURS** of free childcare
for working parents of **3 and 4 year olds**

Check to see if you are eligible

To check if your child is eligible for next term visit
www.childcarechoices.gov.uk



Your child is entitled to a health review when they are 2-2½ years old as part of Leicestershire's Healthy Child Programme

The review is an opportunity to discuss your child's development and needs.



Toileting



Eating habits



Growth



personal-
social,
behaviour
and play



Listening



Sleeping



Talking



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



Dental Care



Visit the dentist!

NHS dental care is **FREE**
until the age of 18

Visit the dentist **regularly**,
not just when in pain

Ask your dentist to brush
on **fluoride varnish** for added
protection against tooth decay
(for children aged 3 and above)

- IT'S FREE!

To Find Your Local NHS Dentist:

Visit NHS Choices website at
www.nhs.uk/dentists

Or call your local Healthwatch
on **0116 2574 999**

If you do not have a dentist & require
urgent dental care please



NHS 111 is available 24 hours a day, 365 days a year.
Calls are free from landlines and mobile phones.

Make brushing your teeth fun!

For a **FREE**, NHS approved,
award-winning Brush DJ app
go to www.brushdj.com

Or scan in the QR code below 

Brush DJ:

- Plays 2 minutes of music to encourage brushing for an effective length of time
- Allows users to set reminders to brush twice a day
- Reminds you when next to see your dentist or hygienist.



Dental Care

The infographic features several elements: a red 'X' over a sports drink, Fizzy Pop can, and Diet Cola bottle; a girl giving a thumbs up; a water dispenser; a girl with a water bottle; two boys playing soccer; and a glass of water with a green checkmark. Speech bubbles and text boxes provide key messages.

Water has NO calories, acid or sugar

Water is CHEAPER than any other drink

Water is best DURING and AFTER exercise

Water is KIND to your teeth

Water STOPS you feeling thirsty

ALL sports and fizzy drinks (including diet drinks) contain acid and can damage teeth.

Useful health websites

www.healthforunder5s.co.uk/

'Health for Under 5s' offers advice and information to parents and carers of 0 to 5 year olds. The website is structured into six main categories: pregnancy, baby, toddler, pre-school, for you and getting support.

Topics covered on the website include preparing for parenthood, which includes a series of brand new antenatal videos, feeding, learning and play, health and getting ready for school, plus lots more. All content is written by NHS professionals and is designed to portray the important messages in an easy to digest manner



www.healthforkids.co.uk/

'Health for Kids' is a fun and interactive resource for primary school age children to learn about health. Split into four different 'worlds', children can explore subjects including how to stay healthy, illness, their feelings and where to get help. A newly launched Games area provides access to a variety of games to help their learning journey around oral health, expressing their feelings and digestion plus much more.

Our new grownups area provides an array of content to support parents and carers of primary school aged children, featuring articles and videos 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 11-16 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 and sexual health, with the information presented in a variety of ways such as articles, listicles, quizzes and videos.

Tailored news and information based on location is also available, where teens can access contact information for local support services as well as how to get in touch with their public health nurse (school nurse). All content is written by NHS professionals and is presented in a blog style to make reading and digesting the content quick and easy whether using a desktop computer or mobile device.

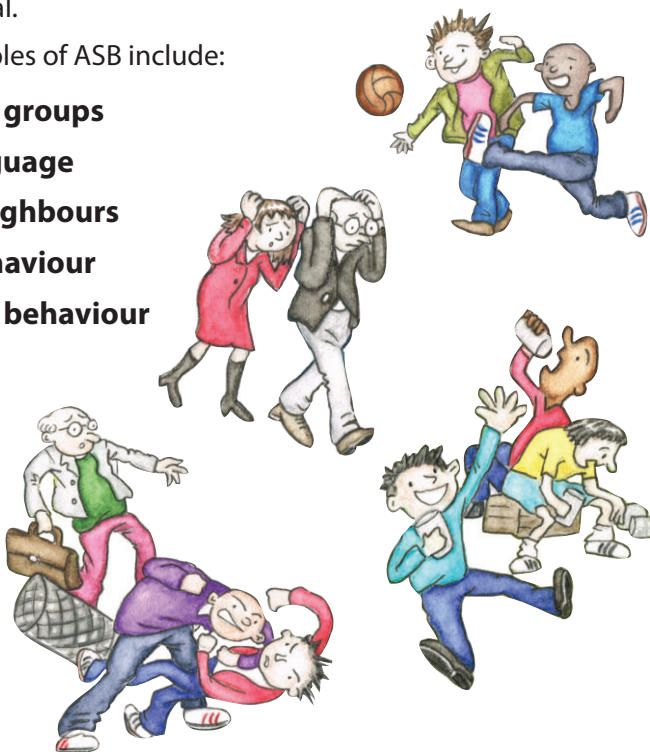


Anti-Social Behaviour

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

Some typical examples of ASB include:

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



ENDEAVOUR

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

To report ASB contact:

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

ENDEAVOUR



Bullying

Leicestershire anti-bullying advice

From time to time, children and young people have disagreements and friendship fall outs. This can be really upsetting and sometimes it takes an adult to help sort it out, but it's not bullying.

Bullying is:

Several
Times
On
Purpose



Start
Telling
Other
People

Bullying can be:

Physical – kicking, hitting, pushing, taking belongings

Verbal – name-calling, taunting, mocking, making threats
Emotional – excluding people from groups, deliberately ignoring, gossiping or spreading rumours.

Cyber bullying – hurtful text messages, emails, phone calls, social networking sites and through wider use of technology.

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

Young people, parents & carers and staff can find further information and advice on Leicestershire's anti-bullying online hub:

www.beyondbullying.com

Follow the team on twitter @BeyondLCC

Fire Safety

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

Get Smart > Get Equipped > Get Out

Get Smart

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

Get Equipped

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

Get Out

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

Always Remember

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

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

General enquiries:

Tel: 0116 210 5555

Email: info@leics-fire.gov.uk

Fax: 0116 2271330

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

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

LEICESTERSHIRE
FIRE and RESCUE SERVICE

Health Issues



It is important to keep healthy when you are young. Here are some things to consider.

Leicestershire County and Rutland
Community Health Services

Exercise

Try and get 1 hour of exercise daily. This can be something that just gets your heart beating. Try a brisk walk or cycling, or even join a local sports team.

Protecting mental well being

Top tips include... keeping active, eating well, value yourself & others, talk about your feelings, care for others & keep in touch with friends and loved ones. More information available at www.mentalhealth.org.uk or www.lampadvocacy.co.uk/

Water & Sun Awareness

Make sure you drink plenty of fluids during the summer, even more so if you are exercising. It's the THS code; T-shirt, Hat & Sunglasses! Sun protection is important both at home and abroad.

Smoking

If you want help to stop smoking then you can take the first steps by calling smokefree on **0300 123 1044**

Sexual Health

Confidential contraception advice, free condoms and pregnancy testing are available from the following drop-in clinics, no appointment needed:

Hinckley Health Centre
Choices Clinic
Hill Street, Hinckley
Tel: 01455 441857

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

(under 25's)

Queue and wait clinic

C-Card registration and distribution

St. Peters Health Centre, 2nd Floor, Sparkenhoe Street, Leicester LE2 0TA provides free and confidential advice and screening for all sexually transmitted infections including HIV.

Walk in clinics available

For clinic times visit:

<https://leicestersexualhealth.nhs.uk/>

Alcohol

Hot weather speeds up the effects of alcohol so if you do have a drink, take care. Alcohol will lead to dehydration so make sure that you alternate alcoholic drinks with water or fruit juice.

KNOW WHAT YOU'RE DRINKING - NEVER LEAVE A DRINK UNATTENDED

Emergency Contraception (morning after pill)

If you have unprotected sex or the condom split you are at risk of becoming pregnant. Emergency Hormonal Contraception is available free to under 25s from most pharmacies (when the trained Pharmacist is available). Emergency Contraception can be taken up to 5 days or 120 hours after unprotected sex.

Hinckley & Bosworth Voice Forum

Hinckley & Bosworth
Borough Council

AGED BETWEEN 11 AND 19?

WANT TO HAVE A SAY ON ISSUES?

Discuss with decision makers

An exciting project to enable young people across the borough to have a voice and take part in the new Hinckley & Bosworth Voice Forum!



If you or someone you know is interested in getting involved all they need to do is call or get in touch via email:

Amy.Casey@Hinckley-Bosworth.gov.uk

Contact Amy on **01455 255784**



Hinckley and Bosworth Young People's Voice Forum

Mental Health

Young people can experience a range of mental health problems. Childhood and teenage years are a time when you are usually changing rapidly and developing all the time.

You also have to cope with many different situations and unfamiliar challenges like exams, relationships and the other pressures of growing up. While often it's possible to talk to parents or carers about feelings, you may find it hard to do so. You might express how you feel through being moody, getting in trouble at school or home or by becoming angry easily. Some people also get odd aches and pains that can happen when you're not able to say what you're feeling.

If you're able to carry on your usual life and don't experience lasting unpleasant feelings the best help is to have parents, relatives or friends available to listen, to talk things through and to support you where they can.

More rarely, you may experience difficulties that are more severe or long lasting, or you may find yourself reacting to setbacks in a more extreme way. You might show distress through acting differently, with more intense moods or behaviour, either at home, at school, or with friends. You may tell parents or friends that you are distressed or unable to cope, or you may try and hint that this is how you feel and hope they speak to you. This can lead to the support you want.

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 may need immediate support. If this sort of feeling continues for some time it is a particular clue that you might need to look to get help to cope with your mental health.

Useful websites:

www.startaconversation.co.uk - supporting people of any age in Leicester, Leicestershire and Rutland

www.healthforteens.co.uk – health advice for teenagers

www.healthforkids.co.uk – learning website for children aged 4 to 11

www.youngminds.org.uk – emotional health advice for teenagers, parents and professionals

www.kooth.com – online counselling and support for children and young people aged 11 to 19

www.childline.org.uk – regularly updated videos on a range of mental health and wellbeing topics

riseabove.org.uk – lots of help and advice aimed at teenagers and young people

Safeguarding Children

LEARN THE UNDERWEAR RULE



AND YOU'VE GOT IT COVERED!



P PRIVATES ARE PRIVATE

A ALWAYS REMEMBER YOUR BODY BELONGS TO YOU

NO MEANS NO

TALK ABOUT SECRETS THAT UPSET YOU

SPEAK UP, SOMEONE CAN HELP



ChildLine
0800 1111

ChildLine is a service provided by the NSPCC.
Registered charity numbers 218401 and SC037717.

NSPCC
Cruelty to children must stop. FULL STOP.

Safeguarding Children

LEARN THE UNDERWEAR RULE

TALK PANTS AND YOU'VE GOT IT COVERED!

P RIVATES ARE PRIVATE

Parts of your body covered by underwear are private. No one should ask to see or touch them. Sometimes doctors, nurses or family members might have to. But they should always explain why, and ask if it's OK first. No one should ask you to touch or look at parts of their body that are covered by underwear.



A LWAYS REMEMBER YOUR BODY BELONGS TO YOU

It's your body, no one else's. No one should make you do things that make you feel embarrassed or uncomfortable. If anyone tries, tell an adult you trust.



N O MEANS NO

You have the right to say 'no' – even to a family member or someone you love. Remember, you're in control of your body and your feelings are important.



T ALK ABOUT SECRETS THAT UPSET YOU

Secrets shouldn't make you feel upset or worried. If they do, tell an adult you trust. You will never get into trouble for sharing a secret that upsets you.



S PEAK UP, SOMEONE CAN HELP

Talk about stuff that makes you worried or upset. An adult you trust will listen, and be able to help. It doesn't have to be a family member. It can be a teacher or a friend's parent – or even ChildLine.



ChildLine is a service provided by the NSPCC.
Registered charity numbers 218431 and 50337717.



Safeguarding Children



The teacher who was worried

The family member who was concerned

The coach who noticed at practice

The neighbour who felt uneasy

You

If you suspect child abuse, visit gov.uk/reportchildabuse to get the number for your local authority

TOGETHER WE CAN TACKLE CHILD ABUSE

Department for Education

Savings, loans and budget accounts

Clockwise Credit Union

safe savings & affordable loans

Save today for whatever tomorrow brings



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Clockwise Credit Union Ltd is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority. We subscribe to the Financial Ombudsman Service and are members of the Financial Services Compensation Scheme.

What's Going Down 2020

Did you know?



Children breathing in second-hand smoke results in **300,000** GP visits and **9,500** hospital admissions for children every year.

Children exposed to a smoky atmosphere are more likely to suffer from breathing problems, allergies and chest infections

Smoking

The amount of poisonous Carbon Monoxide in a smoky car is up to **three times higher** than on a busy rush hour road. Smoking in cars with children inside was banned in 2015



Smoke hangs around for **two and a half hours** after a cigarette is put out and it sticks to people and their clothing. Smokers are advised to wash their hands and change their clothing especially before holding or hugging children



Smoking in the home doubles the chance of **cot death**

85% of smoke is **INVISIBLE**

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

Make

2020

the year you Quit for good

QuitReady
Leicestershire



Free stop smoking support including E-Cigarette starter kits and follow on nicotine liquids.

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

www.quitready.co.uk



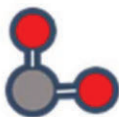
Smoking

What happens when you quit? You can see benefits in just days!



After 20 minutes

Your pulse returns to normal



After 8 hours

Blood levels of nicotine and carbon monoxide are reduced by more than half and your oxygen levels should return to normal



After 24 hours

Carbon monoxide is eliminated from your body and lungs start to clear



After 2 days

Your sense of taste and smell start to improve



After 3 days

Your energy levels increase and you can enjoy breathing more



Within 2 weeks

Blood circulation improves



After a month

You will have saved over £300



After 12 months

Risk of heart disease is half that of a smoker and you will have saved almost £4,000

Substance Misuse

'Substance misuse' is the use of illegal drugs and the inappropriate use of prescribed drugs, alcohol and substances such as solvents/gas. Just a reminder that CANNABIS is illegal, it is a CLASS B drug meaning that it is an offence if caught in possession of, supplying or smoking it. The maximum penalties for drug possession, supply (dealing) and production depends of what type of class the drug is.

Classification	Types	Possession	Supply
CLASS A	Cocaine, heroin, ecstasy (MDMA), crack, LSD, magic mushrooms, methadone crystal meths, amphetamines (if prepared for injection).	Up to seven years in prison and an unlimited fine or both	Up to Life in prison and an unlimited fine or both
CLASS B	Amphetamines, cannabis, methylphenidate (ritalin), synthetic cannabinoids, Ketamin, barbiturates, codeine, methedrone	Up to five years and an unlimited fine or both	Up to 14 years and an unlimited fine or both
CLASS C	Tranquilisers, some painkillers, gamma hydroxybutyrate (GHB), ketamine, anabolic steroids, Khat	Up to two years and an unlimited fine or both	Up to 14 years and an unlimited fine or both
LICENSED You may buy these drugs/ substances if you are old enough	Solvents, cigarettes, alcohol, caffeine	-	-

The following services are available for advice and support for substance misuse:

- Hinckley & Bosworth Borough Council's Community Safety Officer
tel: 01455 255746 provide short term interventions such as information, advice and signposting
- Turning Point Alcohol and Drug Support Service tel: 0330 303 6000
- TALK TO FRANK, tel: 0300 123 6600 www.talktofrank.com
- Drinkline Helpline, tel: 0300 123 1110

Tattoo or Piercing



If you are thinking of getting a Tattoo or Piercing make sure you do some research first on the studio or person you are going to! **Every** Studio and artists must be registered within the Hinckley & Bosworth Borough area.

This means that an inspector has visited the premises carried out an inspection and has made sure the environment and equipment being used is suitable, well maintained and they have high levels of Health & Safety and hygiene procedures in place for your safety.

The last thing you want to do is to visit a premises for a tattoo or piercing that has no controls or safe practices in place and to come away with a blood borne disease or severe infection. **Aids, HIV, Hepatitis or any permanent disfiguring.**

*****Please note it is a Criminal Offence to tattoo any person under the age of 18*****

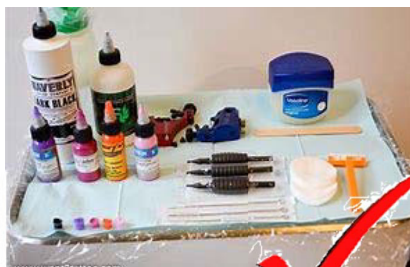
You cannot give Parental Consent under 18 for a Tattoo

continued next page ...

Tattoo or Piercing

Unregistered Premises:

Tattoo machines used by people in unregistered premises come with huge risks! In the industry they are known as '**Scratchers**' they are usually far cheaper than many high street studios, they may carry out the work in a kitchen, living room or bedroom; and the equipment they use will not be from a reputable supplier – so the ink they use for instance may be heavily contaminated with bacteria or other liquids.



Procedures:

Each studio/artists should go through a 'Customer Consent' form with you prior to any treatment. This is for your safety as well as theirs. You must ensure you declare any health issues as this may impact on whether you can have a tattoo or piercing safely. You may need to consult with your GP prior to having any treatment.

The artist should discuss with you aftercare treatments/methods, so that you don't end up with any infections or problems.

****Some procedures known as 'Body Modification' are now becoming very fashionable however, even with customers consent they may be deemed to actually require a surgical procedure. And therefore be illegal practices. If you have concerns about any premises/artist carrying out any of these procedures please contact us.****

To check if we have a business or a person registered please contact:

Environmental Health Commercial team

01455 255944



Water Safety

The sunny weather allows us to explore the countryside and open spaces, we want you to take care when out and about near inland water. **FACT** In the UK more than 400 people die in accidental drownings each year. In Leicestershire, the emergency services attend about 15 water related incidents each year. **ALWAYS WEAR A BUOYANCY AID OR LIFEJACKET WHEN ON OR NEAR THE WATER.**

Think!

Check for notices

Notices warn of dangers particular to the area that you are visiting, there maybe a safety information notice. Know what the signs mean and be sure to follow their advice.

Never swim in water which is not a designated swimming area. Ponds and lakes may contain hidden dangers that can often trap or injure a swimmer, flowing water such as a river often contains strong currents which can carry even expert swimmers far from shore.

Think!

Go equipped for the conditions

Check out the area when you arrive. Check out where the points of help are, look for safety information and advice.

Think!

Keep together

It seems pretty obvious but keep in groups or with an older person.

Explore the area, point out the dangers and know your bearings. Make sure others at home know of your whereabouts and what you are planning to do.

Think!

Learn how to help

Always get help, shout for help and send someone to ring 999. Do not jump into water to rescue someone, leave the rescue to the emergency

Services. Have you thought about getting some basic first aid training? Interested? Speak to your Youth Worker at school.

Think!

Sport & Leisure Activities

The water is there to enjoy too and doesn't have to be a danger! People can enjoy a variety of leisure experiences as diverse as narrow boats on canals, sailing on lakes, scuba diving, windsurfing, canoeing and rafting. It is impossible to give prescriptive safety advice for each activity, but there are some basic safety points common to all activities:

- Get some training in the activity that you are planning to do.
- Once trained, know your limitations, build up experience.
- Join a recognised club to gain further experience and enjoyment with others.

For more information:

www.nationalwatersafety.org.uk

Young People and Sexual Health

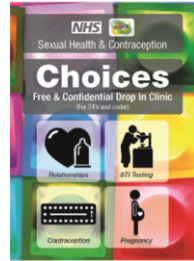
You can access confidential advice on: contraception, emergency contraception, relationships, safer sex, pregnancy, abortion, implant fitting and STI test at:

Choices Clinic - Hinckley Health Centre, Hill Street
Hinckley, LE10 1DS
Mondays: **3pm to 6pm**

Please be aware that in order to best meet demand clinics will sometimes be appointment led, this will then affect the number of walk-in patients we can see in that session.

If we are unable to meet your needs on the same day our staff will endeavour to find another clinic you can be seen at within 48 hours.

Please call **0800 318 908** or **0300 124 0102** for more information and appointments, phone lines are available: Monday to Friday: 9am - 6:30pm and Saturday: 11am - 1:30pm



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

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

You can get free condoms using your card anywhere you see the C-Card logo. Registration takes about 10 minutes. You will be asked a few simple questions by the worker, how old you are, your postcode etc. All the information is confidential and will not be passed on to anybody else.

To find out more please visit: www.leicestersexualhealth.nhs.uk/c-card

HEALTH FOR TEENS

www.healthforteens.co.uk

You can text a health professional through the ChatHealth messaging service which runs **Monday to Friday 9am to 4pm**. If you go to school in Leicester City please text **07520 615386**, if you go to school in Leicestershire County or Rutland then please text **07520 615387**.

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

Information For Parents

We now have a text messaging service for parents/carers of children aged 0-19. Get advice from our public health nurses (health visitors and school nurses). Text: 07520 615382



This publication is fully supported by:

**Hinckley & Bosworth
Borough Council**

