What’s going down? 2014
Activities for children and young people 0 - 19 years old

Hinckley & Bosworth Local Strategic Partnership
TOWARDS A BETTER BOROUGH

www.hinckley-bosworth.gov.uk
Welcome to 2014 ‘What's Going Down’ in Hinckley and Bosworth.

This booklet lists the activities available for children across the area over the summer. I’d like to especially highlight the return of our Snap Dragon Children and Families Festival, which is a special week of activities for all the family to enjoy. Throughout the summer you could check with the venues included in the booklet for additional activities and days out.

We hope, whatever you do, that it's fun, happy and safe.

Mathew Hulbert
Children’s & Young People’s Champion

Bill Cullen
Deputy Chief Executive
Hinckley & Bosworth Borough Council

For more information contact:
Rebecca Ball tel 01455 255937

The design of this What’s Going Down 2014 booklet was based on an idea of a snakes and ladders theme by Jack Denny from John Cleveland College after the Youth for You group were consulted.

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.
Play sessions

Rural Play
Mondays 10.00am - 12noon & Wednesdays 2.00pm - 4.00pm
Thornton, Stoke Golding, Barlestone and Market Bosworth
Every child has the right to play and should be given the opportunity to play freely in their local areas. In open spaces in these rural locations the Borough Council playworkers are going to provide a range of exciting play opportunities during the summer holidays. So come and join in the fun and games.
For more information tel: 01455 255908

Barwell Lunch Club
28 July and 4, 11 and 18 August 12noon - 2.00pm
If you’re looking to have fun in Barwell then get down to the Barwell Methodist Church for a jam packed play session accompanied by a free healthy meal (free meals are only eligible for children on free school meals in Barwell).
For more info contact Tariq on 01455 255908
Minibeast Hunt
Tuesday 15 July • 11.30am - 12.30pm & 1.30pm - 2.30pm
£2.50 per child • Age: 5 - 12 years
Discover what creepy crawlies we can find at Burbage Common.

Den Building
Tuesday 29 July • 11.30am - 12.30pm & 1.30pm - 2.30pm
£2.50 per child • 5 - 12 years
Learn how to make a den and have a go yourself

Pond Dipping
Tuesday 5 August • 11.30am - 12.30pm & 1.30pm - 2.30pm
£2.50 per child • Age: 5 - 12 years

Natural Art
Thursday 21 August • 11.30am - 12.30pm & 1.30pm - 2.30pm
£2.50 per child • Age: 5 - 12 years
Create your own art using natural materials

Children must be accompanied by an adult. Places are limited so please call 01455 255829 to book.
For all ages and families.
£1.00 per person or £5.00 per group/family

Last Friday of every month  4.00pm - 5.00pm
Hollycroft Park (meet at bowling green)

Every Saturday throughout June/July 11.00am - 12noon
Burbage Common (main entrance)

Explore the park, find the markers, complete the challenge and have fun together. Xplorer is a fun challenge aimed at young children and their families. It is an outdoor navigational challenge to enjoy and involves a mix of activity and decision making. Young children must be accompanied by an adult and dogs must be kept on a lead.

New for 2014 – find the hidden wildlife using a simple, fun map. No experience of map reading needed. A safe friendly environment and encourages parents to get involved.

For more information contact:
Emma Hopkins  tel 01455 255875
email emma.hopkins@hinckley-bosworth.gov.uk
**Wash Days at Hinckley & District Museum**

**Mondays - 4, 11, 18 & 25 August • 11.00am - 3.00pm**

Hinckley & District Museum, Framework Knitters’ Cottages, Lower Bond Street, Hinckley, LE10 1QU

Come and experience old-fashioned wash days using dolly tubs and scrubbing boards. Learn about the equipment from the costumed washerwomen. We supply the ‘dirty’ washing. Hands on experience for all ages.

50p per person. Suitable for all age groups

For more information:

**Phillip Lindley** tel **01455 251218** (on open days)
email **hinckleymuseum@hotmail.co.uk**
The George Ward Centre

**Activity** | **Description** | **Day** | **Time**
---|---|---|---
G.W.C Youth Group | Youth Club for ages 7 - 12 years old • £1.00 per session | Monday | 5.30pm - 7.00pm
Little Georges | Fun learning for 2 years + £2.00 per child includes refreshments | Tuesday | 1.15pm - 3.00pm
Tots Time | £1.50 a child, additional children 50p • Come and meet us - parents/carers & children | Wednesday | 9.00am - 11.00am
Stageworks | The Centre’s resident amateur dramatics group, with the youth theatre & adult groups both rehearsing at the centre | Wednesday | 7.00pm - 9.00pm
LCC Youth Club | Ages 13 - 17 years • Pool, Wii, arts & crafts, cooking | Thursday | 6.30pm - 8.00pm
Roller Disco | £3.00 • Bring own skates & safety wear | Saturday | 10.30am - 12.30pm

£1.00 - £3.00
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
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<tr>
<td><strong>Saturday 14 June</strong></td>
<td><strong>Proms in the Park</strong></td>
<td><strong>6.00pm - 9.00pm</strong></td>
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<tr>
<td><strong>Sunday 29 June</strong></td>
<td><strong>Redmoor High School</strong></td>
<td><strong>3.00pm - 5.00pm</strong></td>
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<td><strong>Saturday 5 July</strong></td>
<td><strong>WorldFest</strong></td>
<td><strong>2.00pm - 9.00pm</strong></td>
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<td>Adults <strong>£5.00</strong>, accompanied children <strong>FREE</strong></td>
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<tr>
<td><strong>Saturday 12 July</strong></td>
<td><strong>Volunteer gardening</strong></td>
<td><strong>10.00am - 12noon</strong></td>
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<td><strong>Sunday 20 July</strong></td>
<td><strong>Alan Sanders - jazz quartet</strong></td>
<td><strong>3.00pm - 5.00pm</strong></td>
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<td><strong>Sunday 3 August</strong></td>
<td><strong>Phoenix Blues Band</strong></td>
<td><strong>3.00pm - 5.00pm</strong></td>
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<td><strong>Saturday 9 August</strong></td>
<td><strong>Volunteer gardening</strong></td>
<td><strong>10.00am - 12noon</strong></td>
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<tr>
<td><strong>Sunday 17 August</strong></td>
<td><strong>Wigston Silver Band</strong></td>
<td><strong>3.00pm - 5.00pm</strong></td>
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<td><strong>Monday 25 August</strong></td>
<td><strong>Electrified</strong> (local band event)</td>
<td><strong>1.00pm - 5.00pm</strong></td>
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<td><strong>Saturday 13 Sept</strong></td>
<td><strong>Volunteer gardening</strong></td>
<td><strong>10.00am - 12noon</strong></td>
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<tr>
<td><strong>Sunday 14 Sept</strong></td>
<td><strong>St Mary’s Gospel Choir</strong></td>
<td><strong>3.00am - 5.00pm</strong></td>
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<td><strong>Saturday 11 Oct</strong></td>
<td><strong>Final gardening session</strong></td>
<td><strong>10.00am - 12noon</strong></td>
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**Admission free** unless stated above
For further details see: [www.hollycroftpark.co.uk](http://www.hollycroftpark.co.uk)
Monday 4 to Friday 8 August
This is a new and exciting festival for all the family to come and enjoy…
Most of the activities are free, although there may be a small charge for some. Please also note that activities may be subject to change. For more information call Rebecca Ball, Children and Young People’s Strategic Co-ordinator, on 01455 255937

Monday 4 August

**Hope Tree**
10.00am - 4.00pm • Argents Mead
Come down and hang your hopes and dreams for the future on our hope tree. All hopes and dreams will then be published into a booklet in commemoration of World War One.

**Hinckley Children and Family Trail**
10.00am - 4.00pm • Information point
Come and collect your family trail sheet from the information point any time between 10.00am - 4.00pm.
Take an exciting trip around the town finding clues and information. Once you have completed your sheet drop it in at Hubbard’s Toy Cupboard to be entered into the prize draw – prize kindly donated by Hubbard’s Toy Cupboard. Small prize for everyone who enters.

**Creative Play**
10.00am - 12noon and 2.30pm - 4.30pm • Argents Mead
Come down and get your hands dirty making fun, creative and interesting items from the crafts we have available, as well as participating in a variety of fun games.
Xplorer Orienteering
10.30am - 11.30am • Hollycroft Park
Fun challenge aimed at young children and families. Outdoor navigational challenge to enjoy and involves a mix of activity and decision making.

St. Mary's Hall • 10.30am - 12noon
Family messy craft activities. £1 each child, 50p adults - drinks provided.

Wash Day at Hinckley Museum
11.00 - 3.00pm • Cost 50p
Experience old-fashioned wash days using dolly tubs and scrubbing boards. Learn from the costumed washerwomen. We supply the ‘dirty’ washing. A hands-on experience for all ages.

LIZZIE RUSHBY
12noon - 2.00pm • Argents Mead Bandstand
Singer, entertainer and Vintage Sweetheart will be serenading us with some World War classics.
Snap Dragon Children and Family Festival
Tuesday 5 August

Circus Skills
10.00am - 12noon • Argents Mead
Try your hand at juggling or stilt walking.

Face Painting
12noon - 2.00pm • Argents Mead
Face painting from Funtastic Faces (there will be a small charge).

Junk Modelling
1.00pm - 3.00pm • Argents Mead
Ever wondered how artists are born? Come down and model junk into famous pieces of art or just have fun making cardboard into grand Pirate ships!

Peepboards
10.00am - 3.00pm • Argents Mead
Come down with your children or family and take some fun photos for your memory box for free.

Xplorer Orienteering
6.00pm - 7.00pm • Hollycroft Park
Fun challenge aimed at young children and families. Outdoor navigational challenge to enjoy and involves a mix of activity and decision making.
Snap Dragon Children and Family Festival
Wednesday 6 August

**Professor Shell - ABRACADABRA**
Performances 11.00am, 12noon, 1.00pm, 2.00pm and 3.00pm

Market Place
You are invited into the magical world of Professor Shell with magic, his best friend Peter the puppet rabbit and lots of audience participation ideally suitable for the very young at heart!

**NATIONAL PLAY DAY**
12noon - 4.00pm • Argents Mead
An annual celebration of a child’s right to play, come and enjoy a really exciting and fun packed day out.

**New for 2014 - water fight**
1.30pm - 2.00pm under 8yrs and 2.30pm - 3.00pm over 8yrs
No water pistols or guns but you are welcome to bring an empty washing up liquid bottle.

**Play Activities**
12noon - 4.00pm • St Mary’s Church
Play activities free. All welcome. Church coffee bar open - come and try homemade cake.
Snap Dragon Children and Family Festival
Thursday 7 August

**Pitch and Putt**
10.00am - 8.00pm • Hollycroft Park
There is a charge for this activity.

**Young People’s Music Festival Day**
12noon - 8.00pm • Hollycroft Park
Come down and bring a picnic for a musical extravaganza... showcasing young musical talent from across the district. Sponsored by JAM Music Schools.

**Roller Disco**
1.00pm - 3.00pm • Hinckley Leisure Centre
There is a charge for this activity.

**Creative Play**
2.00pm - 4.00pm
Hollycroft park
Come down and get your hands dirty making fun, creative and interesting items from the crafts we have available, as well as participating in a variety of fun games.

**Xplorer Orienteering**
6.00pm - 7.00pm • Hollycroft Park
Fun challenge aimed at young children and families. Outdoor navigational challenge with a mix of activity and decision making.
Snap Dragon Children and Family Festival

Friday 6 August

Friday Games
10.00am - 12noon • Argents Mead
Everyone likes to have fun on Friday. Come down and play fun games which you can all take home with you.

Dance and Do-dance extravaganza
10.00am - 3.00pm • Argents Mead
Watch some great dancing enjoy the music then have a go yourself. Performance and Workshops from Mys2dio, TKT Cheerleading and The Arts Academy of Dance.

Xplorer Orienteering
10.30am - 11.30am • Hollycroft Park
Fun challenge aimed at young children and families. Outdoor navigational challenge with a mix of activity and decision making.

Meet Snappy!
12noon - 1.00pm • Castle Street
Come and meet Snappy on Castle Street.

Face Painting
12noon - 2.00pm • Argents Mead
Face painting from Funtastic Faces (there will be a small charge).
Spartans Kickboxing Academy

Sessions are held at:
The Academy • Southfield Road • Hinckley LE10 1UA

For 4 years + and first session is FREE then sessions £5 pay as you go there after.

Children’s beginner class takes place on **Mondays 5.15pm - 6.15pm**
Alternative classes are available should that not be suitable.

Equipment needed:
Jogging bottoms and t-shirt, we train in bare feet and water is always handy.

Spartans Academy is the only pay as your train Martial Arts facility in the area, run by former multi World and European Champion Kerry Clarke who as a mother herself, guarantees a family feel from the minute you walk through the door!

Contact: Kerry.spartansacademy@gmail.com  Tel: 07590 441927
Hinckley Flyers

Aged 5 – 16 years?
Want to improve your cycling and have fun?

**Hinckley Flyers** - junior section of Hinckley Cycle Racing Club

*2.00pm - 3.00pm on every other Saturday throughout the year*

£2.00 for non-members, £1.00 for members of Hinckley Flyers which is free for under 12s to join & £5.00 for 12 – 16 years old

No experience necessary as long as you can ride your bike. Our sessions will increase your confidence and skills making you a better bike rider. We provide varied activities in a traffic-free environment including regular race events where the young riders can put their bike handling skills to the test. The emphasis is on taking part, having fun and enjoying cycling as a sport.

Riders will need a parent (at least for the first session to complete the information and parental consent forms, any form of bike but one that is in good working order, a helmet (no helmet, no ride I’m afraid), a drink and suitable comfortable clothing depending upon the weather.

Our skills sessions are in the main car park at **Triumph Motorcycles, Normandy Way, Hinckley, LE10 3BZ**. We also try and have visits to other cycling clubs and Hicks Lodge Trail Centre near Ashby-de-la-Zouch every now and then.

Contact:  
**Eleanor Mather 01455 446862**  
**Elspeth Brimley 02476 384 770**  
**www.hinckleycrc.org**  

£1.00 - £5.00
GreenTowers Activity Centre, Hinckley Club 4 Young People
Richmond Park, Richmond Road Hinckley LE10 0DZ
Youth Club for age 8 to 19 & 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 Pitch, table games, gaming and computers, music studio, fitness gym, function suite, family room and bar.

Youth Club:
Monday to Friday 6.00pm to 9.00pm
Saturday 12noon to 3.00pm

Activity Centre:
Monday to Friday 7.30am to 9.00pm
Saturday 9.00am to 7.00pm
Sunday 11.00am to 7.00pm

Youth Club £1.00 entrance
Hired cost activities outside Youth Club hours from £10.00 per hour

Summer programme: please contact for more details

e-mail: Office@greentowers.co.uk
tel: 01455 230468
web: www.greentowers.co.uk
Hinckley BID brings you a FREE summer of fun. All the events are free to attend and will be in and around Hinckley Town Centre.

**Wednesday 16 July - Van Buren Spectacular**
Performance times: **1.00pm, 2.00pm & 3.00pm** or as directed on the day. The variety show is a unique mix of the visually highly entertaining & magically baffling to grab your attention & be entertaining for the whole family.

**WEDNESDAY 23 July - What Apalava!**
Performance times: **11.45am, 12.45pm & 2.30pm** - 2 Bed of Nails & 1 Fire show
Thrills, spills, danger and stupidity! 262 six inch nails, 1 cauliflower, 2 concrete paving slabs and 14 laughs! The other show is The Fire Show with fire eating, fire breathing, fire juggling - frighteningly funny! Do not try this at home.

**WEDNESDAY 30 July - Dr. Zoolittle brings the Zoo to You!**
Performance times: **10.00am - 4.00pm**
Wildlife presentation with animals and insects to delight children! All the animals (except the meercats) can be held and photographed. Questions and answers by expert staff from the Wildlife Display Centre for a truly all day event!

**WEDNESDAY 6 August - Pro. Shell Children's Entertainer**
Performance times: **11.00am, 12noon & 3.00pm**
ABRACADABRA! The magical world of Professor Shell with magic, Peter the puppet rabbit and lots of audience participation for the very young at heart!

**WEDNESDAY 13 August - Ye Olde English Travelling Show**
Performance times: **Throughout the day**
Sensational family variety show appealing to all ages. Very colourful evoking memory of years gone by with magic, juggling, uni-cycling, balance & illusion.

**WEDNESDAY 20 August - Titan the Robot**
Performance times: **11.30am, 1.00pm & 2.30pm**
Appearing at Britannia Centre. Back by popular demand, truly awesome & has appeared all over the world.

For more details tel: **01455 698494**
Summer Reading Challenge 2014 – Mythical Maze

Children aged 4-12 years can take part in a mythical adventure, an exciting reading challenge, at their local library this summer.

Sign up for FREE. Read six books throughout the summer that will introduce you to fantastical creatures from the world of legend and mythology. Children will collect stickers and incentives including a glow in the dark wristband as they read their books and be rewarded with a certificate and medal when they complete the challenge.

Children taking part are entitled to free admission to Snibston Discovery Museum and Bosworth Battlefield by showing their Mythical Maze sticker poster at reception (one child per full paying adult).

Events happening in Hinckley and Earl Shilton libraries:

29 July • 10.30am - 11.30am • Earl Shilton Library • Lion Learners: Meet exotic and familiar animals and celebrate the Summer Reading Challenge • £3.00 per child, pre-booking essential tel 0116 3058392 email: earlshiltonlibrary@leics.gov.uk

29 July • 2.00pm - 3.00pm • Hinckley Library • Lion Learners: Meet exotic and familiar animals and celebrate the Summer Reading Challenge • £3.00 per child, pre-booking essential tel 0116 3052500 email: hinckleylibrary@leics.gov.uk

15 August • 10.30am - 11.30am • Hinckley Library • Dragon Stew: Celebrate the Summer Reading Challenge with this fantastic story and craft event, based on the Steve Smallman book 'Dragon Stew' • £2.00 per child, pre-booking essential tel 0116 3052500 email: hinckleylibrary@leics.gov.uk

For more information about Mythical Maze call in at your local library or visit the website www.leics.gov.uk/mythicalmaze
Summer Holiday Play scheme  
Monday 14 July - Friday 22 August

**Outdoor sports • Woodland Avenue recreation ground, Burbage**  
Every day •10.00am -11.00am and 2.00pm -3.00pm  
(weather permitting)

**Cookery • Community Rooms, 7 The Meadows, Burbage**  
Wednesdays 10.00am -12noon

**Craft sessions • Community Rooms, 7 The Meadows, Burbage**  
Wednesdays 1.30pm - 3.30pm

**Dance and Drama • The Millennium Hall, Burbage**  
Tuesdays and Thursdays 10.00am -12noon

**Water Sports • Wharf pit, Coventry Road, Hinckley**  
Fridays 10.00am -12noon and 2.00pm - 4.00pm

For more information contact:  
Ann Crabtree  **01455 450785**  
Ann Harris  **01455 635717**  
Angie Webster  **01455 613136**  
Irene Ashton  **01455 617180**
Everyone Active Activity Camps
Monday 14 July to Wednesday 27 August
Monday to Friday (except bank holidays)
8.30am - 5.30pm (full day) £18.00  8.30am - 12noon (half day) £7.00
For children aged 5 - 13 years. Offering a range of physical activities and educating children to lead healthier lifestyles. Including sports, crafts and outdoor pursuits with themed activity weeks and competitions with Bee Active.
Everyone Active is the premium Holiday Camp provider in the area. The camps provide children with fun, engaging and stimulating activity and the parent/guardian with a safe, flexible and great value holiday camp.
The programme of a range of physical activities, art and craft development will be based around developing key fundamental skills.
Parents are advised to pre-book to secure their child’s place. Lunch is not provided. Sports kit will be needed.
For details ask at reception or tel 01455 610011
web www.everyoneactive.com
Redmoor High School • Wykin Road • Hinckley

Redmoor holiday activities provide a wide range of activities designed to stimulate creativity and imagination as well as a range of sports activities designed to boost skills and stamina.

Most activities run from 10.00am- 4.00pm Monday to Friday

Activities range in price and targeted age group but there is something for all ages.

For each school holiday different programmes are run and parents are encouraged to keep an eye on school events section of the academy website:  www.redmooracademy.org

For more information please contact:
Nigel Roberts or Claire Hame  tel 01455 230731

Holiday Bible Club

A Fisherman’s Tale
Mount Road Baptist Church, Hinckley
Monday 4 - Friday 8 August • 9.30am - 12.15pm
Ages 5 - 13 • Free of charge • Tel 611423 for further details
iGirls

If you never challenge yourself, you won’t know what you are capable of!
Do you want to have fun, make new friends, try new things, do your own planning?

IGirls started in September 2009. It has always been our aim to provide a safe and happy environment for the girls to thrive in and as adults/leaders we demonstrate patience, understanding and commitment to the girls and always strive endlessly to build good relationships with the girls and their parents.

For girls 9 - 14 years (only)
Hastings High School - Thursdays 7.00pm - 9.00pm (including holidays)

As for the crafts, activities and games, these are all age appropriate. IGirls go on outings throughout the year which the girls choose for themselves from Clothes Show Live to Alton Towers.

The girls also run their own evenings ‘Theme Nights’. IGirls believe that the girls are capable of running their own programme & making their own decisions without too much intervention from adults. This allows us to bring a fun and varied 21st century programme to the girls.

IGirls has an annual membership subscription of £144 which is paid in 12 equal instalments (£12 month).

Members must be insured therefore we require a yearly payment of £10 to make sure members are fully insured.

For more information contact: IGirls UK Leicestershire
mobile 07825 545710  email igirls@btinternet.com
Rock and Pop Academy

For 8 to 16 years old. Monday - Wednesday 10.00am to 4.00pm
St Peters Primary Academy, Market Bosworth, CV13 0NP
Full day £25.00, half day £12.50

A hands-on school holiday musical activity, for beginners to advanced, which focusses on confidence building. Offers singing, or playing of electric guitar, bass, keyboards or drums. Learning rock & pop songs which are then performed live to parents/carers. Sibling discounts. Possible assisted places. CRB/DBS Checked staff. Mid session drink and snack included.

A range of workshops such as songwriting, instrument techniques, forming a band and visits by industry professionals. Strong focus on confidence building.

All equipment supplied for session but possible to bring own instrument. Own lunch required.

Activity run by Dave Carter of JAM Music Schools tel 07786 605111
JAM - The Saturday Sessions

For 6 to 16 years old. Saturdays 9.30am to 12.30pm
St Peters Primary Academy, Market Bosworth, CV13 0NP
30 mins £12.00 and 60 mins £19.00

Guitar, bass, keyboard, drum and singing lessons. Choice of 30 or 60 minute sessions. Beginners to advanced. Learn how to play and sing, then take part in fabulous LIVE jam sessions. Option to perform in our regular gigs with a REAL audience! FREE Taster, must be booked.

All equipment supplied for session, but possible to bring own instrument.

Activity run by Dave Carter of JAM Music Schools tel 07786 605111
email jam.music@live.co.uk
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, choice of places to visit when it’s raining, and places to visit when it’s sunny. Choices of food and drink from many countries – choices of cycle and walking routes, choices of hassle free town centre shopping and a myriad of choices if you want to stay over. All choices to suit most budgets – with special family deals at attractions such as Twycross Zoo and Bosworth Battlefield.

Hinckley and Bosworth offers the perfect choice for variety - and you will know that you’ve had a good time!

For information about events taking place over the summer please visit our website [www.visithinckleyandbosworth.co.uk](http://www.visithinckleyandbosworth.co.uk) or pick up a copy of our Visitor Guide.

Contact [info@visithinckleyandbosworth.co.uk](mailto:info@visithinckleyandbosworth.co.uk)
**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. Since May ‘Himalaya’ has opened. It features a 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. New all-inclusive ticket includes children’s rides, keeper tales and tours.

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 Trust**

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 Trust, Wellsborough Road, Market Bosworth, CV13 6PD.  
Tel 01455 291876  
Email: info@bosworthwatertrust.co.uk.  
Web: www.bosworthwatertrust.co.uk

**Wildkidz Indoor Play Centre**

Wildkidz indoor play centre in Hinckley is open seven days a week from 10.00am to 6.00pm. Children up to 12 years of age are catered for in two large, separate play areas. Refreshments and food are available and it makes a great venue for birthday parties.

Wildkidz, 18-20 New Buildings, Hinckley, LE10 1HW. Tel 01455 251769  
email info@wildkidz.co.uk  web www.wildkidz.co.uk
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 Boats, 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: rhopper@tropbird.demon.co.uk
Web www.tropicalbirdland.com
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<td><strong>Ratby Burroughs, Peartree &amp; Martinshaw Woods</strong></td>
<td>nr Ratby - Woodlands</td>
<td><strong>Tel 01476 581 111</strong></td>
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<td><strong>Saltersford Valley Picnic Area</strong></td>
<td>Oakthorpe - 7 hectare site in the National Forest</td>
<td><strong>Tel 01530 411767</strong></td>
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<td><strong>Sence Valley Forest Park</strong></td>
<td>Ibstock -                                                                             <strong>Tel 01455 290429</strong></td>
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<tr>
<td><strong>Swithland Wood Country Park</strong></td>
<td>60 hectares of ancient woodland</td>
<td><strong>Tel 0116 236 2713</strong></td>
</tr>
<tr>
<td><strong>New Lount Nature Reserve</strong></td>
<td>19.5 hectares with wide range of habitats</td>
<td><strong>Tel 01530 278444</strong></td>
</tr>
<tr>
<td><strong>Billa Barra Country Park</strong></td>
<td><strong>Tel 01455 238141</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Bradgate Park</strong></td>
<td>Newtown Linford - 344 hectare deer park with ancient ruins</td>
<td><strong>Tel 0116 236 2713</strong></td>
</tr>
<tr>
<td><strong>Brocks Hill Country Park &amp; Environment Centre</strong></td>
<td></td>
<td><strong>Tel 0116 2714514</strong></td>
</tr>
<tr>
<td><strong>Burbage Common &amp; Woods</strong></td>
<td></td>
<td><strong>Tel 01455 633712</strong></td>
</tr>
<tr>
<td><strong>Conkers &amp; National Forest</strong></td>
<td>Over 100 interactive exhibits and 120 acres of trails, habitats and sculpture</td>
<td><strong>Tel 01283 216633</strong></td>
</tr>
<tr>
<td><strong>Desford Tropical Birdland</strong></td>
<td>over 85 species of birds from the forest</td>
<td><strong>Tel 01455 824603</strong></td>
</tr>
<tr>
<td><strong>Diana, Princess of Wales Memorial Wood</strong></td>
<td>specially planted woodland created as a tribute to Diana, Princess of Wales</td>
<td><strong>Tel 01283 229 494</strong></td>
</tr>
<tr>
<td><strong>Hill Hole Quarry &amp; Country Park</strong></td>
<td></td>
<td><strong>Tel 01455 255707</strong></td>
</tr>
<tr>
<td><strong>Fosse Meadows Country Park</strong></td>
<td></td>
<td><strong>Tel 0116 2727703</strong></td>
</tr>
<tr>
<td><strong>Open Air Summer Concerts</strong></td>
<td></td>
<td><strong>Tel 01909 476592 or 01909 544917</strong></td>
</tr>
</tbody>
</table>
**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** 01530 413343
- **Bosworth Battlefield and Visitor Centre** - **Tel** 01455 290429
- **Battlefield Line Railway** • Shackerstone - **Tel** 01827 880754
- **Ashby Woulds Heritage Trail** - pedestrians, cycles & horse riding **Tel** 01530 278444
- **Beacon Hill, Woodhouse Eaves** - 2nd highest point in Leics - **Tel** 01509 890 048
- **Stapleford Miniature Railway** • Melton Mowbray www.fsmr.org.uk
- **Great Central Railway** • Loughborough • Leics - **Tel** 01509 632323
- **Belvoir Castle** - www.belvoircastle.com **Tel** 01476 871002

**ADVENTURE**

- **Drayton Manor Park and Zoo** • Near Tamworth - **Tel** 01827 285551
- **Odeon Cinema** • Bermuda Park • Nuneaton - **Tel** (Film Line) 0871 224 4007
- **Snibston Discovery Park** • Coalville - **Tel** 01530 278444
- **Capital FM arena** - **Tel** 0843 3733000
- **National Space Centre** • Leicester - **Tel** 0116 261 0261
- **Megazone Laser Game Centre** • Belgrave Gate Leicester - **Tel** 0116 2531153
- **Lakeside Superbowl** • Bermuda Park • Nuneaton **Tel** 02476 370555
- **Beaumanor Hall** - Activity weeks for 12-16 year olds. Residential - **Tel** 01509 890119
- **Bumpi’s Big Adventure** • Braunstone • Leicester - **Tel** 0116 282 5822
- **Calke Abbey and Park** • Ticknall, Derby, Derbyshire - **Tel** 01332 863822
### Things to do, places to go

#### HERITAGE AND HISTORY

<table>
<thead>
<tr>
<th>Location</th>
<th>Details</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Rutland Water</strong></td>
<td>Tel 01572 770651</td>
<td></td>
</tr>
<tr>
<td><strong>Staunton Harold Reservoir</strong></td>
<td>Ashby de la Zouch - 58 hectare reservoir with many natural attractions</td>
<td>Tel 01322 865081</td>
</tr>
<tr>
<td><strong>Thornton Reservoir</strong></td>
<td>75 acre reservoir farmland and woodland</td>
<td>Tel 01332 865081</td>
</tr>
<tr>
<td><strong>Moira Furnace Lock Trips</strong></td>
<td>boat trip through the Moira Lock to Conkers, lasts 1 hour 30 mins</td>
<td>Tel 01283 224667 or 07976 637858</td>
</tr>
<tr>
<td><strong>Ashby Boat Company</strong></td>
<td>Narrowboats for hire</td>
<td>Tel 01455 212671</td>
</tr>
<tr>
<td><strong>The Ashby Trip</strong></td>
<td>Canal cruises and boat trips from Sutton Cheney Wharf</td>
<td>Tel 01455 213838 or email <a href="mailto:sue@ashbytrip.co.uk">sue@ashbytrip.co.uk</a></td>
</tr>
<tr>
<td><strong>Bosworth Water Trust</strong></td>
<td>50 acre Leisure Park, lakes for sailing &amp; fishing and crazy golf course</td>
<td>Tel 01455 291876</td>
</tr>
<tr>
<td><strong>Foxton Locks</strong></td>
<td>Market Harborough</td>
<td>Tel 01908 302 500</td>
</tr>
<tr>
<td><strong>Groby Pool</strong></td>
<td>Largest area of natural water in Leicestershire</td>
<td>Tel 01455 633712</td>
</tr>
</tbody>
</table>

### ANIMALS

<table>
<thead>
<tr>
<th>Location</th>
<th>Details</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Twycross Zoo</strong></td>
<td>1,000 animals, seals &amp; penguins feeding time</td>
<td>Tel 0844 474 1777</td>
</tr>
<tr>
<td><strong>Broombriggs Farm and Windmill Hill</strong></td>
<td>(opposite Beacon Hill) - Mixed arable and stock farm with marked trail</td>
<td>Tel 01509 890 048</td>
</tr>
</tbody>
</table>
### Things to do, places to go

#### SPORTS

<table>
<thead>
<tr>
<th>Location</th>
<th>Contact Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Hinckley Leisure Centre</strong></td>
<td>Tel 01455 610011</td>
</tr>
<tr>
<td><strong>Hollywood Bowl</strong></td>
<td>Meridian Leisure Park • Leicester 0844 8261463</td>
</tr>
<tr>
<td><strong>Leicester City Football Club</strong></td>
<td>Tel 0870 0404444</td>
</tr>
<tr>
<td><strong>Leicester Outdoor Pursuits Centre</strong></td>
<td>Tel 0116 268 1426</td>
</tr>
<tr>
<td><strong>Leicester Tigers Rugby Club</strong></td>
<td>Tel 0844 8561880</td>
</tr>
<tr>
<td><strong>Mallory Park</strong></td>
<td>car and motorcycle race circuit</td>
</tr>
<tr>
<td><strong>Hinckley Equestrian Centre</strong></td>
<td>Mill Lane • Earl Shilton Tel 01455 842931</td>
</tr>
</tbody>
</table>

#### EXTREME SPORTS

<table>
<thead>
<tr>
<th>Location</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Snowdome</strong></td>
<td>Tamworth • Staffordshire - ski, board, blade, tube, toboggan, ice skate and snowmobiles - <a href="http://www.snowdome.com">www.snowdome.com</a></td>
</tr>
<tr>
<td><strong>The Tower Climbing Centre</strong></td>
<td>Leicester - available all year round (booking required) Bouldering wall, tower hall, 'the bloc'. Different climbs for all abilities - <a href="http://www.thetowerclimbingcentre.co.uk">www.thetowerclimbingcentre.co.uk</a></td>
</tr>
<tr>
<td><strong>Ride the Hill Centres</strong></td>
<td>Surrey, Derbyshire &amp; Chester - Art of mountain boarding - <a href="http://www.ridethehill.com">www.ridethehill.com</a></td>
</tr>
<tr>
<td><strong>Hill62</strong></td>
<td>centre near Milton Keynes - welcoming to new riders - <a href="http://www.hill62.com">www.hill62.com</a></td>
</tr>
<tr>
<td><strong>Grass</strong></td>
<td>Malvern • Herefordshire - Runs for all abilities learners slope, slopestyle and boarderX. Open school holiday (except Tues) <a href="http://www.outtograss.com">www.outtograss.com</a></td>
</tr>
<tr>
<td><strong>Out door Pursuits</strong></td>
<td>Leicester's local outdoor pursuits centre with outdoor climbing on a tower, canoeing, quad biking, archery, bell boating, fencing, air rifle shooting -<a href="http://www.lopc.co.uk">www.lopc.co.uk</a></td>
</tr>
<tr>
<td><strong>BMX</strong></td>
<td>Leon Cycles • Unit 3 • Sunnyside Park • Wheatfield Way • Hinckley - BMX Specialists, custom builds, spares, sales, repairs. Mon - Sat 9.00 to 5.30pm Email <a href="mailto:leoncycles@btconnect.com">leoncycles@btconnect.com</a> Tel 01455 619499</td>
</tr>
</tbody>
</table>

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### 32 summer 2014

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SureStart Children’s Centres

Children’s centres offer lots of advice and support to parents and carers. They are there to help you give your child a really good start in life. They’re also somewhere you can go together 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 seven SureStart children’s centres across Hinckley and Bosworth: three in Hinckley, one in Desford, one in Barwell, one in Earl Shilton and one in Bagworth.

**What’s on offer at children’s 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, Home-Start, 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.

Children’s 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, learning opportunities, benefits, health concerns you may have or advice on parenting or just coping day to day with being a new parent.

cont’d next page...
What if I can’t get to a children’s centre regularly or I don’t live near one?

You needn’t miss out. Our programme operates across the Hinckley & 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. So you might attend one of our sessions at your local community centre or church hall. Sometimes we can help with transport too. Some examples of places we offer activities in are Thornton, Markfield, Newbold Verdon and Market Bosworth.

How can I get in touch with my local children’s centre?

To find out more –including details of what’s on locally that you may like to try - call the Family Information Service on 0116 305 6545 or call the Business Support Team at Hinckley East Children’s Centre, on 0116 305 5601.
Are you aged 11 to 19 years old?
Do you want to have your voice heard on matters that affect you?

There is an exciting project to enable young people across the borough to have a voice. The new structure for voice and participation will be inclusive, flexible and outcome focused. Young people who sign up to get involved will receive regular updates, exciting opportunities, projects, training and celebrations of achievements.

If you or someone you know is interested in getting involved all they need to do is either email youthforyou@hinckley-bosworth.gov.uk Or contact Rebecca at Youth for You tel 01455 255937
Prospects are here to help young people sort out their next steps after year 11, 12 and 13. Free careers information, advice and guidance for young people, who don’t have their options fixed up is available throughout Leicestershire. We also provide Sexual Health Services during the school holidays.

Call in at Prospects:

**51 Castle St, Hinckley LE10 1DA Tel 01455 632719**

We are open Monday to Friday all year. Opening Hours:

**Monday, Tuesday & Wednesday 9.00am - 4.30pm  Thursday & Friday 9.00am - 4.00pm**

If you don’t have anything set up, come and see us at one of our offices in Hinckley and Loughborough, or at one of our outreach venues at various locations in the county, or you can see an adviser in Leicester City centre. Just give us a call to make arrangements:

**Hinckley 01455 632719 or Loughborough 01509 214002**

**Are you 16 after 31.8.13 ? Your Future is Changing**

All young people who complete year 11 this summer will have to remain in some form of learning until their 18th birthday. If you need help- Prospects are here to let you know what is on offer.
**Next Generation** is a unique service within Hinckley & Bosworth for young people aged up to 25 to access information, support and advice on issues such as:

- **Drug and alcohol services** - assessments and needle exchange
- **Sexual Health** - condoms, pregnancy testing and Chlamydia
- **Self esteem and confidence building**
- **Employment and training**
- **Housing and resettlement**

**Based at:** 108 Castle Street • Hinckley • LE10 1DD
**Tel** 01455 632984
**Opening Hours:** Monday – Thursday 9.00am - 5.00pm & Friday 9.00am – 4.00pm
Anti-Social Behaviour can seriously affect the quality of life for residents living throughout our Borough. Generally, Anti-Social Behaviour is defined as behaviour that causes or is likely to cause harassment, alarm or distress to another individual. Some typical examples of Anti-Social Behaviour include:

**NUISANCE NEIGHBOURS**
- Loud music
- Constant dog barking
- Seriously untidy gardens

**VEHICLE NUISANCE**
- Excessive noise
- Excessive vehicle repairs and maintenance carried out in gardens

**ENVIRONMENTAL ANTI-SOCIAL BEHAVIOUR**
- Fly tipping
- Storing rubbish in gardens
- Abandoned vehicles
- Dog fouling

**YOBISH BEHAVIOUR**
- Graffiti/vandalism
- Verbal/physical abuse
- Intimidation/harassment
- Motor bikes on public footpaths
- Misuse of fireworks

**CYBER BULLYING**
- Think about how your behaviour can affect other people.
- Enjoy the summer and remember the RESPECT you give will be the RESPECT you get.

Fearless consists of the website, fearless.org, where young people can get information about crimes that affect them. The Fearless website also contains information about the two ways young people can pass on information about crime anonymously: http://www.fearless.org/
'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 to smoke, meaning that it is an offence if caught in possession of or smoking it.

**Classification**

<table>
<thead>
<tr>
<th>Classification</th>
<th>Types</th>
<th>Possession</th>
<th>Supply</th>
</tr>
</thead>
<tbody>
<tr>
<td>CLASS A</td>
<td>Cocaine, Heroin, Ecstasy, Crack, LSD, Magic mushrooms and amphetamines (if prepared for injection).</td>
<td>7 years</td>
<td>LIFE</td>
</tr>
<tr>
<td>CLASS B</td>
<td>Amphetamines, Cannabis, Methylphenidate (Ritalin), Pholcodine</td>
<td>5 years</td>
<td>14 years</td>
</tr>
<tr>
<td>CLASS C</td>
<td>Tranquilisers, some painkillers, Gamma hydroxybutyrate (GHB), Ketamine</td>
<td>2 years</td>
<td>14 years</td>
</tr>
<tr>
<td>LICENSED</td>
<td>You may buy these drugs/substances if you are old enough</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>Solvents Cigarettes Alcohol</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>Alcohol</td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>

You may not know: You could be arrested for possessing or supplying ANY class A, B or C drug.

Further information about drugs can be obtained through:

- Drug & Alcohol Advice Centre, Leicester tel 0116 222 9555
- New Directions tel 0116 222 9522
- Next Generation, Hinckley tel 01455 632984
- Connexions, Hinckley tel 01455 632 719
- TALK TO FRANK tel 0800 77 66 00 [www.talktofrank.com](http://www.talktofrank.com)
- Drinkline Helpline tel 0800 917 8282

Check out these websites!

- [www.portmangroup.org.uk](http://www.portmangroup.org.uk)
- [www.drugscope.org.uk](http://www.drugscope.org.uk)
- [www.alcoholconcern.org.uk](http://www.alcoholconcern.org.uk)
- [www.adfam.org.uk](http://www.adfam.org.uk)
- [www.release.org.uk](http://www.release.org.uk)
BeatSafe is the youth section for Leicestershire Police. It has a Facebook and twitter account as well as a bespoke website away from the Leicestershire Police Force website. Beastsafe provides information to keep young people safe from being a victim of crime and raises awareness of the potential consequences of offending. It also signposts to relevant partner agencies for young people.

https://en-gb.facebook.com/beatsafe

Twitter - @leicsbeatsafe

www.beatsafe.co.uk
What is bullying?

Bullying is when someone makes you unhappy by being nasty on purpose, this could be at school, in the street, at clubs and activities or on the internet.

If you are being bullied, don’t be afraid to tell someone, this could be your mum or dad, a teacher or youth worker.

Don’t keep it secret because the bullying won’t stop until you tell.

Remember no one is allowed to bully you.
Health Issues

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

**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.

**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 **0800 0224332**

**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.

**Emergency Contraception**

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 72 after unprotected sex.

**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.lampdirect.org.uk

**Sexual Health**

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

- Hinckley Health Centre
  - Hill Street
  - Hinckley
  - Tel: 01455 441857
  - Mondays 6.00pm - 8.00pm
  - Appointments only (can be made on the same day after 4.00pm)

- GU medicine • Leicester Royal infirmary
  - Tel: 0116 2585208
  - Provides free and confidential advice and screening for all sexually transmitted infections including HIV

Walk in clinics available:

- Mon - Sat 9.00am - 12noon and 2.00pm - 7.00pm on Mon and Wed evening
Hinckley Sexual Health Service
Hill Street, Hinckley LE10 1DS

They offer confidential advice and support on:
- Contraception
- Emergency contraception
- Relationships
- Safer Sex
- Pregnancy
- Abortion
- Implant fitting
- STI tests

To book an appointment or for more information call 0800 318 908 or 0300 124 0102 Lines are open Monday – Friday 9am-8pm Saturday 9am-12noon

POP Text
For information on relationships and sex, advice, support and local service details straight to their phone.

Text POP 07814 877859

Real information – safe choices www.facebook.com/TakeTheRISC

For information on service and tips for talking about relationships and sex parents can visit the partnership website: www.letstalktp.org.uk
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 often 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 for parents, relatives or friends to be 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 may tell parents or friends that you are distressed or unable to cope, or you may try and hint that you are and hope they speak to you. This can lead to the support you want. Often though, you may find you show distress through acting differently, with more intense moods or behaviour, either at home, at school, or with friends.

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.mindfull.org
www.youngminds.org.uk
www.rethinkyourmind.co.uk
When having a **tattoo or piercing** make sure you have the procedure carried out in a safe and hygienic manner at a registered business or studio where checks are carried out to make sure that correct standards are provided for both health protection and safety. All businesses or studios that carry out tattooing, ear piercing or body piercing within Hinckley & Bosworth have to be **registered**.

Equipment used for tattoos and piercing must be sterile and the procedure used must provide and maintain a high level of hygiene. If you visit a business or studio that is not registered there could be health problems which include **Aids, HIV, Hepatitis B and C, scar tissue and infections resulting in pus**.

Please note that it is a **criminal offence** to tattoo any person under the age of 18.

Personal health conditions should be discussed with your GP or GP practice nurse before you have a tattoo or piercing as having a tattoo or piercing may not be appropriate for you. Aftercare information should be provided following the tattoo or piercing.

*continued next page ...*
There are dangers associated with illegal tattooing and piercing.

If you want a tattoo or piercing please go to a registered studio, tattooist or piercer.

If you go to have a tattoo or piercing at a business that is not registered there could be no infection control or safe practices. Needles and equipment may be reused as there may be no understanding as to why equipment or needles shouldn’t be reused.

Tattoo machines used by people in their homes can have problems with imported inks being contaminated with heavy metals and bacteria.

**Don’t attempt to tattoo or pierce yourself!** Correct training and supervision is needed for any person to tattoo or pierce.

**Remember** to discuss any **pre-existing medical conditions** with your GP or GP Practice Nurse and to inform the Tattooist or Piercer **before** you have the procedure carried out. A young man, aged 17, developed septicaemia and died after having his lip pierced.

To check a business or studio is registered for tattoos, ear piercing or body piercing contact:

**Environmental Health: Commercial** on 01455 255944

or email

esadmin@hinckley-bosworth.gov.uk
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 287 2241
Fax: 0116 2271330
Email: info@lfrs.org
www.leicestershire-fire.gov.uk
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!**

**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!**

**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!**

**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