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CONTENTS:

- 5 New Hospital School in Hinckley
- 7 Keeping Kids Healthy Over Winter Months
- 9 Reflecting on a Hinckley Christmas Highlight
- 11 Public chooses Hollycroft Park, Hinckley as one of country's top 10
- 13 Local MP Raises Concerns
- 15 January – the Fresh Start Effect
- 16 Leicester Animal Aid
- 17 Bring on Burns Night!
- 19 Support Tub2Pub – and Macmillan!
- 21 Christmas Day Cheer to the Town's Hospital

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New Hospital School in Hinckley

A new school has opened in Hinckley which helps young people return to their mainstream school.

The Children's Hospital School has launched The Phoenix Learning Centre at the Atkins Building.

The centre offers 12-week placements for young people aged 11-16 who have been unable to attend school for health reasons, mostly anxiety and other mental health conditions.

Children who are inpatients at the Leicester Royal Infirmary and the Beacon Adolescent Inpatient Unit at Glenfield Hospital are also taught by the school.

The new base has been established because of increasing referral numbers in the area. It means children referred in Hinckley and Bosworth will no longer have to travel to Leicester for their education.

It improves students' chances of successfully reintegrating back to their school if they remain in their community. A base in Hinckley also reduces travel times, costs and associated impacts on the environment.

Stephen Deadman, Executive Headteacher at The Children's Hospital School, said: *"We are delighted to open a new learning centre within the Atkins Building to support those from the local area who are unable to attend their school due to physical and / or mental health*



issues.

"The Children's Hospital School has supported young people from across Leicester, Leicestershire and Rutland for many years and having a centre locally means that students are able to remain within their community which we know increases a successful transition back into school.

"We are grateful for the welcome we have received and look forward to seeing the Phoenix Learning Centre grow over the coming years."

Cllr Mark Bools, Deputy Leader of Hinckley & Bosworth Borough Council, said: *"The Phoenix Learning Centre will be of great benefit to children across Hinckley and Bosworth as they work towards getting back into their regular school."*

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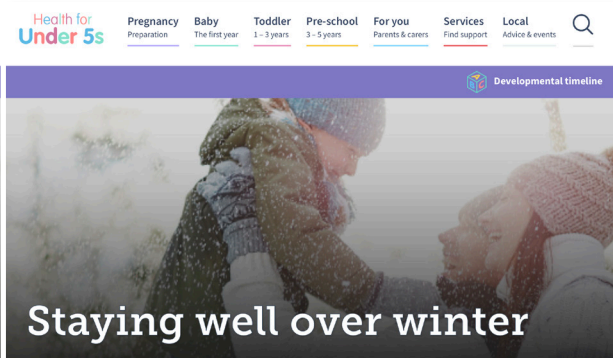
Keeping Kids Healthy Over Winter Months

Local health organisations in our area are encouraging parents and carers to get in the know about the best ways to prevent pesky bugs from making their little ones poorly this winter.

With coughs, colds and tummy bugs in infants and children on the rise at this time of the year, Leicestershire Partnership NHS Trust, the Leicester, Leicestershire and Rutland Integrated Care Board (LLR ICB) and Leicester Hospitals have teamed up to create new online winter wellness hubs on the Health for Under 5s and Health for Kids websites.

The hubs have lots of articles and advice on how to avoid getting ill and when and where to go for help if kids do become unwell. What's more, all the content has been put together by trusted NHS health professionals, including doctors and nurses and contains advice on how to find local support.

Dr Louise Ryan, GP clinical lead for children and young people for LLR ICB, said: *"We know how worrying it is when your child gets ill."*



"We want to help parents and carers to easily find the advice they need and feel confident about when to seek further medical help if it's needed, especially as it can also be a really busy time of year in GP practices and hospitals."

"There are so many things you can do to reduce the likelihood of getting poorly; things like prioritising vaccinations, adopting healthy habits, and encouraging good hand hygiene all help."

To view the children's winter wellness hubs, go to: <https://healthforunder5s.co.uk/leicestershire/collections/staying-well-over-winter/> for advice



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Reflecting on a Hinckley Christmas Highlight

Looking back over Christmas in Hinckley, there was certainly a host of highlights – among them the Festive Feast at Hinckley's Christmas Market.

Hundreds of Christmas shoppers and food lovers enjoyed the annual food and craft market, which returned to Market Place, selling a selection of hot and cold food plus crafts, collectibles and gifts.

There were over 45 stallholders at the event, offering a range of goods including street foods, warming mulled wine and cider, crafts, gifts, collectibles.

Visitors were also able to enjoy live music from Richie Phillips, as well as musical entertainment while they browsed.

Cllr Mark Bools, Deputy Leader of the Borough Council, said: *"Thank you to everyone who*



turned up to celebrate the Christmas spirit and get their festive shopping done.

"There is always something for the whole family to enjoy at this event, and it was good to see so many smiling faces enjoying tasty treats, warming drinks, or picking up Christmas crafts and gifts."

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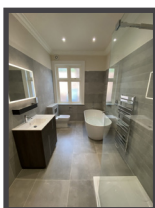
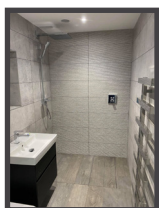
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Public chooses Hollycroft Park, Hinckley as one of country's top 10

Park users across the country have once again voted for Hinckley's Hollycroft Park as one of their most impressive green spaces in the 2024 People's Choice Awards – a Top 10 park in the country.

Research shows that for parks to be able to contribute to improvements in health and wellbeing, they must be accessible, well-managed and maintained, and offer something for everyone within the community.

This year, Hollycroft Park was one of 2,227 UK parks and green spaces which met the standard of the Green Flag Award, the international quality standard managed by Keep Britain Tidy which recognises and rewards well-managed parks and green spaces.

Now communities have revealed the park is among their top ten favourite Green Flag Award parks in the 2024 People's Choice Awards.

Cllr Lynda Hodgkins, the Borough Council's Executive Member for Street Scene Services, Parks and Open Spaces said: *"The news that Hollycroft Park has for the third time been voted in the top 10 nationally is testament to the hard work and dedication of the team that make the park a great space that everyone can enjoy. I must also thank our fabulous team of volunteers 'Friends of Hollycroft Park, who are a tremendous support, we couldn't do it without them and finally thank the residents and visitors who have so obviously enjoyed visiting the park for voting."*

Commenting on the results, Green Flag Award Manager Paul Todd MBE said: *"Parks are a crucial part of this country's green infrastructure, providing free opportunities to access physical and mental health benefits even*



in the most built-up urban environments.

"We believe everyone, wherever they live, should be able to access and enjoy safe, high-quality green space, so to have achieved this recognition from the public is testament to the tireless work by the thousands of parks staff and volunteers up and down the country to make their parks and green spaces wonderful places everyone can benefit from.

"We'd like to congratulate to our worthy winners on their incredible achievement."

For more details about the awards and the winners, visit www.greenflagaward.org

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Local MP Raises Concerns

Dr Luke Evans, Member of Parliament for Hinckley and Bosworth, has again spoken in Parliament about the failure of Liberal Democrat-run Hinckley and Bosworth Borough Council to implement an up-to-date Local Plan, which is now compounded by the Labour Government's imposed 59% increase to local housebuilding targets.

Dr Luke highlighted that this seems “*unfair*” to people in rural areas when transport connections and amenities are already in place in cities, such as Leicester.

The Housing Minister responded that Local Plans are the “*best way for communities to control development in their areas,*” and said that he would work with the local MP to ensure Hinckley and Bosworth Borough Council can secure an up-to-date Local Plan.

A Local Plan provides the necessary protections for infrastructure in our area, such as roads, GP surgeries and school places.

The GP-turned-MP has been campaigning for stronger protections for Neighbourhood Plans, which he says are the “*next best way to protect villages*” from overbuilding but are “*ridden roughshod over*” when areas such as Hinckley and Bosworth don't have an up-to-date Local Plan in place.

Dr Evans has been able to secure an increase to the statutory period at which a Neighbourhood Plan needs to be reviewed, from two years to five years.

Dr Luke Evans, Member of Parliament for Hinckley and Bosworth, said “*Under the previous Government I successfully*



campaigning for the housebuilding algorithm to prioritise brown field sites and cities with infrastructure, such as Leicester, over green field sites which can be used for agricultural purposes.

“So I have been disappointed to see the Labour Government reverse this necessary change, with housebuilding in Hinckley and Bosworth set to increase by 59% and in North West Leicestershire by 74%, while targets for Leicester City fall by -31%.

“The new Government’s changes to the planning framework increases pressure on rural areas like ours and makes little sense. We should be building on brown field sites and in areas that already have good transport connections and services.

“This is compounded by the fact that Liberal Democrat-run Hinckley and Bosworth Borough Council have failed to implement an up-to-date Local Plan over the last five years.

“Not having an up-to-date Local Plan places even more pressure on our infrastructure and means that Neighbourhood Plans, made by local people who have given their time to formulate them, are ridden roughshod over.”

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January – the Fresh Start Effect

It's January and, as always for many, that means lifestyle changes. Many new-year's resolutions involve getting fit, losing weight and changing eating habits.

It is all down to the fresh-start effect - people believe choosing a set point, such as a new year, will help motivate them to reach a particular goal.

But research suggests this does not always work, particularly for fitness.

The first month of a new year is seen as a transition point and has been adopted as a time that marks a new beginning.

Findings suggest that of those making these resolutions, a third had given up after a month - and after six, most had.

A lot of this comes from trying to recover from the *"excess food and alcohol"* consumed over the Christmas period, which, when coupled with less movement during colder days, leaves some feeling sluggish and in need of change.

Many choose, running, the gym or group exercise classes as the place to kickstart a health journey - 12.5 million people took part in this type of activity last year, according to Sport England.

But typically, workout spaces are a lot busier in January.

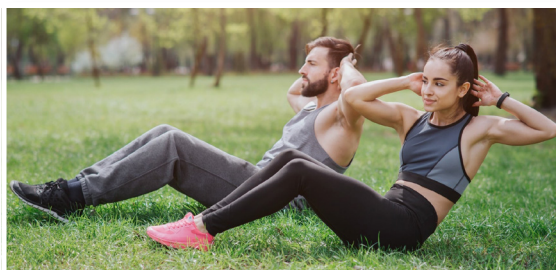
So, there are a lot of obstacles to fulfilling your health resolution in January. Here are some tips to help stop you being a quitter when it comes to getting fitter:

Have an induction when joining a gym - most offer them and it will help work out where everything is.

Go in with a plan - lots of free resources are available online to help structure a workout

Bring a friend to a workout - it will increase confidence, especially if they are more advanced.

Try out a class and turn up early to speak to the instructor.



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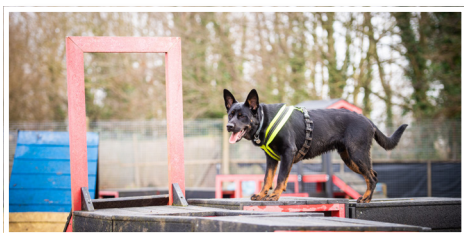
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Leicester Animal Aid

Those who visit Leicester Animal Aid in search of their next four-legged friend often ask staff at The Charity whether the end of lockdown caused a surge in animals given up for adoption. The answer is a bit more complex than just numbers and it may surprise you.

Since the pandemic, The Charity has seen an increase in stray dogs admitted to the Centre via the dog warden. An even bigger trend is that dogs who come into Charity's care, because their current owners can no longer look after them, are under-socialised and more anxious than ever before.

Enrichment is an important part of animal rehoming, and it can really help a dog (or cat) to settle. The term 'enrichment' simply means putting training plans, fun activities and positive interactions (both human and animal) in place to make an animal's life fulfilling and rewarding. Laying special scent trails for dogs and doing Free Work (where a dog explores interesting objects like snuffle mats, Kongs and even upturned cardboard boxes) can help to build a dog's confidence. It also makes the most of their natural curiosity. Cruz (pictured below) is a two-year-old, male, German Shepherd/Rottweiler who has been particularly responsive to training due to the intelligence of his breed and his strong bond with kennel staff.



All dogs are different, of course, and encouragement in the shape of a tasty treat or two can make all the difference. The Charity is grateful for support from the local community but not everyone thinks of treats as something that is needed and used daily. High value treats in the shape of hot dog sausages, squeazy cheese,

meat snacks and pate really make training easier and more rewarding for animals.

Could you help? The Charity gratefully welcomes donations of training treats and wet food. They have a wish list available on their website at leicesteranimalaid.org.uk/wishlist The Charity also has an Amazon Wish List where kind supporters living further afield can request



items to be delivered to the Centre from the comfort of their own homes.

For animals like Cruz, these kind donations from animal-loving supporters make all the difference.

COMPETITION WINNER

We would like to congratulate
Joan Morson from Nuneaton
on being our lucky winner to our latest competition in conjunction with Stone and Ivy Restaurant at Weston Hall, Bulkington, Nuneaton.



We hope you enjoy a Three course meal for two courtesy of Stone and Ivy Restaurant.

If you would like to be a lucky winner in 2025, please look out for our next Competition and as they say, you have to be in it to win it !

Bring on Burns Night!

January may feel like a bit of an empty month after all the December festivities of Christmas and New Year.

But for those with any kind of Scottish roots (or just those who want something to celebrate), then Burns Night is coming on Saturday, January 25 – so get your haggis, bagpipes and tartan ready!

The Scottish important national cultural day celebrates the life and work of Robert Burns, a famous poet who is known all over the world.

Burns Night is often celebrated with a Burns supper which usually includes haggis, neeps and tatties.

Haggis is like a big crumbly sausage, neeps are better known as swedes, and you might have guessed that tatties are potatoes!

A good haggis made by brands like Macsween, Grants and Simon Howie can be purchased at local supermarkets including Aldi, Tesco and M&S.

During this supper, parts of Burns' poetry will be recited too.



A Burns supper consists of lots of different parts, and there are bits that most people include, although everyone will have their own variations.

The 'Selkirk Grace' usually opens the meal, after the host has welcomed everyone and said a few words.

The main event, the haggis, will arrive to a flurry of bagpipes, after which 'Address to a Haggis' is usually recited before it's eaten.

Other bits of Burns' poetry may get recited as the night goes on, and the Auld Lang Syne can be sung at the end.



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Christmas is over and, by now, you're sure to have some, perhaps many, empty chocolate tubs sitting around the house just waiting to clog up your bin.

Well, we're all guilty of indulging in chocolate, sweets and crackers over the festive period, and in the UK we are buying tens of millions of these plastic tubs every year.

So why not simply pop them down to your nearest Greene King pub to get them recycled for charity?

If you live in or near Elvesthorpe there's the Wentworth Arms which will take your tubs – or the Hansom Cab on Brookfield Road between Hinckley and Burbage.

You could also drop them off at the Hinckley Knight on Watling Street.

This year make sure your tubs don't go to waste and bring your clean, empty plastic confectionery and cracker tubs to any Greene King managed site up until 16 Feb 2025 to be recycled.

Simply leave your tubs with a Greene King staff member at the bar or welcome station within one of their locations.

All tubs will be collected and taken to a plastic reprocessing centre where they're shredded, before being sold onto plastic manufacturers to use in place of virgin plastics.

MACMILLAN CANCER SUPPORT

All money raised from the sale of Tub2Pub plastics will be given directly to Macmillan Cancer Support.

A Greene King spokesperson said: *"Tub2Pub 2024 saw us collect over 150,000 tubs raising £12,600 for Macmillan Cancer Support. With your help, we can beat that record in 2025!"*

Greene King pubs, restaurants, and hotels will accept your clean and empty Confectionery tubs, Biscuit tubs and Cracker tubs.

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Christmas Day Cheer to the Town's Hospital

Members of Hinckley and Burbage Lions Club brought a little extra Christmas Day cheer to patients and staff at the town's hospital.

In a long-established tradition, the club provide festive gifts for patients and staff alike on the big day and to ensure to make the day even merrier they were joined by Father Christmas who took time out of his busy day to bring a smile to the proceedings.

Hinckley and Burbage Lions President Robin Wilson said: *'For many years, we have used part of our fundraising proceeds to ensure that anyone who has to be in hospital, whether a patient or staff member, has a little something to help bring a bit of cheer to their day.'*

And this year, we decided to reward the volunteers who give their free time throughout the year a little something too.'



Judging by how well we were received and the photos taken with Santa by both staff and patients it was obviously a great success' the President added.

✂ Cut me out to keep ✂

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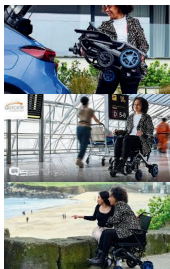
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