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“They went that extra mile”

The support Leicester Animal Aid has received from The Local Rock has been fantastic. They are great to work with and the articles have helped to raise Leicester Animal Aid's profile and to raise awareness of the work the Charity does to rehome cats and dogs in need.

We asked the team at short notice if they could include one of our residents that urgently needed a home due to health conditions and they went that extra mile to get something in. Supporters have also mentioned to us that they have seen our articles, which is brilliant.

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Animal Aid Christmas Appeal

A local animal rehoming charity's Christmas appeal is being spearheaded by two residents waiting to be adopted. Donating a sweet one-year-old cat and Niki, a two-year-old Corgi Cross cross, are hoping that kind-hearted folk will donate fish to buy a present for the animals who will be spending Christmas at Leicester Animal Aid in Burbage.



Top of all the residents' Christmas list is a safe and loving home, but until then L.A.A. is determined to make the festive season extra special.

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MP visits fresh produce store, Hamlett's Harvest, in Burbage

Dr Luke Evans, Member of Parliament for Hinckley and Bosworth, visited Hamlett's Harvest in Burbage to celebrate their first weeks in business and discuss the importance of buying fresh food and drink from local producers.

Tom and Lucy Hamlett opened Hamlett's Harvest, at 75 Brookside Road, Burbage, in October to provide people from across the area with a store dedicated to providing fresh, locally sourced produce where possible.

Speaking after the visit, Dr Evans said *"We have so much to offer in our area and Hamlett's Harvest is quickly becoming the perfect showcase for many local growers and producers."*

The local MP has been a champion of farmers and local growers since he was elected and successfully led the 'Buy British Button' campaign which called on supermarkets with online stores to implement a 'Buy British' tab on their websites to make it easier for people to buy homegrown food and support the nation's farmers. The UK's major supermarkets, including Asda, Tesco, Sainsbury's and the Co-op, launched a dedicated 'Buy British' section online following Dr Evans's campaign.

Customers can visit Hamlett's Harvest and find everything from store-baked bread and pastries to a selection of cheeses from Sparkenhoe Farm in Upton, milk from Middlefields Moo Juice which is on the road to Stoke Golding and even honey from Steve's Bees, also based on Brookside Road in Burbage.

There were even Christmas trees available to buy at Hamlett's Harvest from the Midland's largest Christmas tree grower, New Farm Christmas Trees in Cadeby.

Depending on the time of year other items in store, such as strawberries, may be from further afield given the seasonality of Britain's climate.

The local MP visited Hamlett's Harvest on 7th December as part of Small Business Saturday, an annual nation-wide celebration of local



businesses which aims to support a strong local economy and encourages shoppers to visit stores run by local people.

Tom and Lucy Hamlett, owners of Hamlett's Harvest, said *"Since opening our shop in October we have been thrilled with the amount of support from the local community. It was our aim to bring back an old fashioned greengrocers, providing the freshest produce along with excellent customer service and an inviting and warm place to visit."*

"We are enjoying being a part of the community, getting to know lots of families and looking after them. We thank you all for your continued support and wish you a happy and healthy New Year."

Dr Luke Evans, Member of Parliament for Hinckley and Bosworth, said *"It was a real pleasure to meet Tom, Lucy and the team at Hamlett's Harvest, to hear all about their first few weeks in business and what drove them to open a farm shop."*

"Villages and towns across Hinckley and Bosworth are blessed to have lots of small independent florists, butchers, farm shops and cafés right at our fingertips, Small Business Saturday is the perfect chance to recognise the contributions that small businesses make to our communities and is a great reminder to shop local."

"Hamlett's Harvest, with their emphasis on supporting local producers and growers, is exactly the type of business we want to see thriving in our community."

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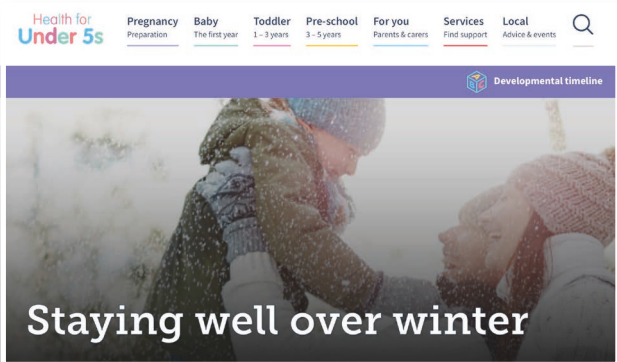
Keeping Kids Healthy Over Winter Months

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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Support Tub2Pub – and Macmillan!

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 Elmesthorpe 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!”*

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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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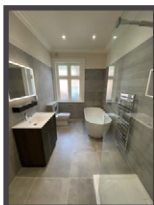
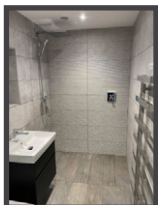
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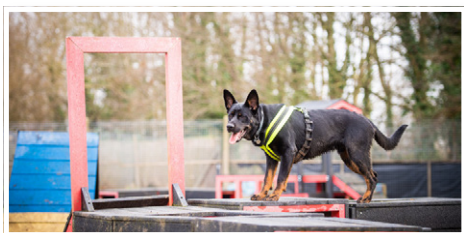
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Leicester Animal Aid

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, squeeze 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.

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Community Groups Urged to Apply for Grants

Community groups in Hinckley and the parishes of Hinckley and Bosworth are being encouraged to apply for their share of the Borough Council's Parish and Hinckley Initiative Fund – and have until 10 January to do so.

A total of £134,000 has been made available to support community projects. Grants are available for up to 50 per cent of the total project cost. The minimum total project cost for the scheme is £5,000 and grants cannot exceed 50 per cent of the total project costs. A maximum of £12,000 can be allocated to any one parish area and £10,000 is available through the Hinckley community initiative fund to community groups within the town of Hinckley.

Since 2005, over £1.9 million has been awarded to a total of 465 projects throughout the borough. Projects have included community building improvements, play area improvements, the installation of outdoor gyms, landscaping, habitat creation and community open space improvements.

To reflect the council's commitment to address the climate emergency and in line with its climate change and biodiversity strategy, projects which reduce carbon emissions or

improve biodiversity will be given priority when allocating funding.

Projects will be prioritised in the following order:

- Climate change/carbon reduction projects and conservation/biodiversity projects
- Play area improvements and community building projects
- Sports and fitness projects, footpaths, trails and historic features
- Landscaping projects and improvements to places of worship
- Others (schemes that meet the essential criteria but don't fall into any of the above categories)

Councillor Martin Cartwright, Executive Member responsible for Rural Communities and Environment at the Borough Council, said: *"Any project with a focus on climate impact reduction or carbon reduction measures as well as biodiversity all of which will help towards the council's ambitions to be carbon neutral by 2030 will receive extra points awarded in the overall scoring process."*

More information about the scheme and how to apply (hinckley-bosworth.gov.uk/pcis)



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Nominate your Active Community Sport Heroes

As a new year begins, so does awards season – which means nominations are now open and it's time to celebrate your community heroes across villages and towns in the borough of Hinckley and Bosworth.

This is a chance for you to nominate volunteers, coaches, clubs, schools and teams that go above and beyond to encourage and facilitate sport and wellbeing.

Have you been nervous about starting a class but felt welcomed by an instructor? Do you have a child who has made progress in their chosen sport thanks to an inclusive team environment? Or do you know someone who wakes up early every weekend to volunteer their time for a sporting group?

No matter who it is, let's celebrate their achievements and contributions to the community.

Categories for nominations are:

- Children and Young People Awards
- Active School Award
- Junior Club/Team of the Year
- Junior Sports Person of the Year
- Junior Unsung Hero
- School Team of the Year
- School Wellbeing Award
- Adult Awards
- Inclusivity Award
- Inspiring Instructor
- Outstanding Contribution
- Sports Club of the Year
- Sports Person of the Year
- Sports Team of the Year
- Volunteer of the Year

Deputy Leader of Hinckley and Bosworth Borough Council, Cllr Mark Boole, said: *"The aim of the awards is to recognise, promote and reward sporting and wellbeing achievements*



of clubs, teams and individuals across the borough.

"Whether it is someone you admire for their passion in sport, or someone who has inspired you, instilled great confidence in you or your child, or perhaps given up a lot of their free time to help in a sports club please take a minute and nominate them."

For all the details and how to nominate visit Active Awards or telephone for a nomination pack: 07795553467.

Deadline to apply is Wednesday 15 January 2025.



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Christmas Cracker

Hinckley and Burbage Lions recent Christmas Cracker Concert was a resounding success, with a packed St Mary's Church helping to raise over £2,500 on the night.

The fundraising event for the Lions and church will help to boost the Fighting Cancer fund the Lions are organising which hopes to contribute £3000 this year to help fight the disease.

Ecstatic Lions President Robin Wilson said: *'It is amazing the talent that is in this area and we thank Harmonic Voices, Burbage Community Choir, Tuxedo Junction and Pete Weston for their magnificent contribution for a great night enjoyed by all. And also thanks to the Local Rock, who very kindly gave us great publicity*

Saturday 23rd November - Christmas Cracker - Hinckley & Burbage Lions Club

Lovers of all kinds of music are being catered for when Hinckley and Burbage Lions Club unveil their 'Christmas Cracker'. The concert will feature the melodious sounds of Harmonic Voices, Burbage Community Choir, who specialise in the best of choral music from all musical genres.

Also on the bill is swing singer Pete Weston, who will bring the best of the Rat Pack roaring back to life, with his tribute to Sinatra, Martin and the rest, while Tuxedo Junction with their distinct barbershop harmonies, have won a legion of devoted fans familiar with their wonderful a cappella sounds. Lions President Robin Wilson said: 'This should be a great night of music, as well as boosting church funds and our Fighting Cancer Appeal, where we hope to raise over £3,000 before the year end.'

The Lions 'Christmas Cracker' is at Hinckley St Mary's Church on Saturday, November 23 starting at 7pm.

Funds raised on the night will be split between the church and the Lions 'Fighting Cancer Appeal'.

Tickets costing £10 are available at the church, through Lions members or online <https://donorbox.org/events/639935> under 12s are admitted free.



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prior to the sell-out concert.'

Half of the proceeds will go to the church, who kindly hosted the event and our half will help us significantly in hitting our charity target.

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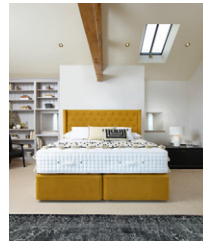
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They can also be taken to the tip. In Hinckley and Bosworth this is Barwell Recycling and Household Waste Site.

And your artificial tree? On average, artificial trees need to be used for at least ten years to be as environmentally friendly as real Christmas trees.

But if it is time for a change, if it's in good shape, don't throw it away.

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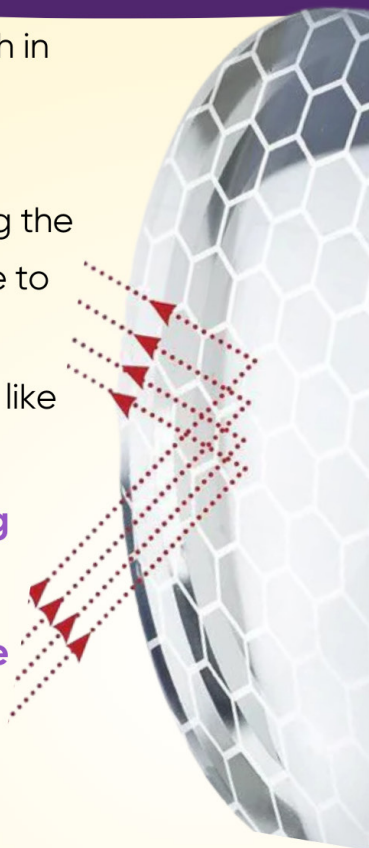
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