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www.localrock.co.uk

“Burbage Parish Council has been grateful for the support of The Local Rock for more than 16 years”

The Local Rock team does more than just provide space for the Council to promote its work maintaining and enhancing facilities across the parish, it takes a genuine interest in the Council's efforts on behalf of the community. When The Local Rock heard recently that trees planted by the Council to mark the platinum jubilee of the late Queen Elizabeth II had been vandalised, it made space on a page just as the magazine was going to print, to allow the news to be included at the earliest opportunity. It is this shared concern for the community that makes the Parish Council and The Local Rock such good partners.



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Daniel The Jewellers Competition Winner

Congratulations to Mrs Winters of Nuneaton for winning the competition. Thank you to James the owner of Daniel The Jewellers based in Abbey Gate Centre, Nuneaton for picking the winner. James was overwhelmed by the response of competition entries he received. Thank you to everyone who entered!



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Local GP Launches Book to Help with Mental Health

A locum GP living in Hinckley has written and released a book about dealing with mental health struggles.

DR Sarah Mayo launched the book, called 'Images of Hope for Your Mental Health: Finding Diamonds in the Darkness' and published by YouCaxton Publications, at a special event at The Epicurean on Hinckley's Castle Street.

Whilst working as a junior doctor, Dr Sarah Mayo experienced a severe mental health crisis. As part of her recovery, she found visual images to be both accessible during the darkest moments and helpful in glimpsing a better future.

Sarah has successfully used these images to help countless patients and has put this wealth of experience into the book.

Written in her trademark informal and chatty style, she combines numerous hand drawn images with practical advice.

Using these images, she is able to bring a glimmer of hope in the darkness.

In short, easy to read sections this book neatly fills the gap between expansive self-help books, and books that just explore a single image, forming a toolkit of ideas and themes that you can refer back to time and again – everything your GP would like to say, but doesn't have time for in a 10-minute consultation!

Images of Hope for Your Mental Health



*Finding Diamonds
in the Darkness*

Dr Sarah Mayo

Edited by Marina Dudenhoefer

Dr Sarah Mayo is a locum GP working in west Leicestershire, and also works as a clinical ADHD specialist. She lives in Hinckley, with her husband, daughter, cat and black dog.

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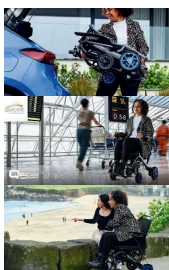


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Bringing the community together with The Local Rock

If you want people in the local area to know about your business, organisation or event – then it pays to be seen in The Local Rock.



For instance, in the last Hinckley edition of your number one community magazine, we promoted a charity music festival taking place at The Speakeasy Bar in Druid Street.

The event took place on Saturday, 27 June – and it raised nearly £500 for the local Air Ambulance.

Afterwards, The Speakeasy team said: *“A very kind thank you to The Local Rock for featuring us, bringing extra awareness to the event.”*

And that’s exactly the point. Be honest – how many times have you heard about something after the event and thought: *“I’d have gone to*

that if I’d known about it.”?

Well, one tried and tested way of letting people know, and of people finding out, is The Local Rock.

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Bronze Award for Parish Council

The village of Stoney Stanton is celebrating after its parish council won a national award.

Stoney Stanton Parish Council has received a Bronze Award from the National Association of Local Councils (NALC).

In a letter to parish clerk Roiz Ward Iain Hamilton, chair of the NALC, said: *"It is with great pleasure that I confirm that Stoney Stanton Parish Council has achieved the Bronze Award."*

"Receiving the Bronze Award is an excellent achievement showing that your parish council achieves good practices in governance, community engagement and council improvement."

"Furthermore, this award shows that your council has gone above and beyond the legal obligations; you lead your community and

continuously seek opportunities to improve and develop even further. Therefore, the council is to be congratulated immensely."

"I want to express my sincere thanks to you Roz Ward, for your hard work submitting the Bronze Award application and the additional work throughout the assessment process."

"My expression of thanks is also given to Stoney Stanton Parish Council. Your service to your community and supporting your Local Council Award Scheme application are recognised and reflected in your achievement. Your council has shown its commitment to continuous improvement and development."



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Jet Propelled with Kimberley House Riding for the Disabled

13 young people who attend the Kimberley House Riding

RDA



for the Disabled (RDA) weekly sessions, were invited by The Mount RDA group to ride Jet, their electric horse or equestrian simulator as it is formally known. Jet can operate via a range of programmes so 3 of the more experienced members rode a walk and trot dressage test while others new to riding in recent months were able to experience a canter. Some chose to ride in the sea, others through a zoo or in the woods which required concentration and the ability to steer Jet around obstacles and through arches.

All were able to concentrate for their 15 minute ride and managed the physical exertion too. For some, whose physical ability is limited, riding at trot and canter for 15 minutes is a significant achievement. There were some wobbly legs afterwards. On their return to riding at the horses at Witham Villa improvements in the young people's balance and position in the saddle was noticeable.

The Mount Group RDA are based at Almond Equestrian, Baggrave Hall Estate, Hungarton, Leicester and Kimberley House would like to thank Di, their coach, Alex and the other volunteers there for their efforts to make it such an enjoyable day for all. Funding for the ride came from one of the volunteer's employers. Claire Haywood's nominated the RDA and Smurfit Westrock the leading global paper and packaging solutions provider donated £2,000 to the group. This funding has also enabled the group to purchase new hats and boots so that the riders meet safety requirements.

Up to 15 young people attend the group weekly in term time, learning to ride and some basic horse care. They are aged between 12 and 18 years and attend either Ash Field Academy in Leicester, a school for pupils who have a range of disabilities which can be combined with one



or more needs of a sensory, communication, learning, medical or behavioural nature or Fusion Academy in Barwell for young people with autism and/or communication and interaction needs who do not have a learning disability.

The Kimberley House Group are based at Witham Villa Equestrian Centre in Broughton Astley and the RDA Committee are very grateful to Verity Saul and her staff there for allowing the use of their indoor school and hiring the horses and ponies. The group could not function without the 25 volunteers who help make the sessions a success.

If you are interested in volunteering the group meets on Thursdays between midday and 3pm in the school term. Many volunteers only commit to one of our sessions during those hours. Experience of horses is not necessary as training is given. For more information please contact Sarah Smith sarah.smith68@icloud.com

During the year many of the young people have taken part in Special Olympics competitions. These are confidence boosting and provide a target to work towards in their riding.

Sarah Smith Chair of Kimberley House RDA said " *It has been a successful year with a marked increase in the confidence of the young people, not only in their riding but in the interaction with the horses and the volunteers.*"







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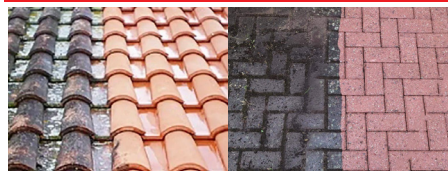
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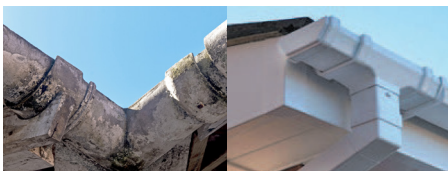
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MON - SAT 9:00 - 4:00



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Burbage Parish

Meetings for the month ahead

Council meetings are usually held on Mondays at Burbage Millennium Hall and members of the public are welcome to attend. Agendas are published three working days ahead of each meeting and can be viewed on the Council's website. At the time of printing, the following meetings, **starting at 6.30pm unless otherwise indicated**, were scheduled

- **Parish Council**
July 13
- **Planning**
July 20, August 10
- **Environment**
August 3

Contact us ...

The parish office, at Millennium Hall on Britannia Road, is usually open from **9am to midday**, Monday to Friday.

The best way to make contact is to email info@burbageparishcouncil.gov.uk or to call **01455 637533**.

Follow us ...

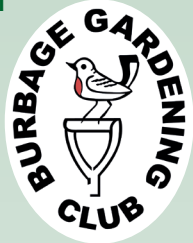
For more news, updates, and links to useful sites, please visit:

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-  [Burbage Parish Council](#)
-  [@burbage_pc](#)

Show time for Gardening Club

Burbage Gardening Club's **78th annual open show is to be held at Hastings High School on Saturday August 15**, with doors opening to the public at 4.30pm and donations invited towards the club's chosen charity, Loros.

The **Parish Council has donated £200**, which is being used to sponsor the Floral Art classes and the show's renowned Dahlia Championship, while the **Burbage Parish Council Annual Challenge Cup** is to be presented for the best exhibit in the preserves classes of the Homecrafts section. **Show schedules can be picked up from the foyer at Millennium Hall.**



On the Beat

Parish Councillors are grateful for the continued work with and support for the parish that **Burbage PCSO Darren Stretton** gives. PCSO Stretton will be holding a beat surgery, with crime prevention items for sale at **Three Pots Post Office on Wolvey Road from 3pm to 4.30pm on Tuesday July 14** which is open to all parishioners.



Big Summer Bash hits the spot

Organisers of the first Burbage Big Summer Bash, held in association with the Parish Council, have thanked everyone who helped to make the event on June 28 such a success and all the residents who went along to enjoy the day. The venture was the first to be led by the newly formed **Burbage Events Group** burbageevents@gmail.com

Farmers' Market

The next Farmers' Market will be held on **Saturday August 1, on Burbage Methodist Church car park, Windsor Street, from 8.30am – 12.30pm.**

If you can't stand the heat...

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More Ambulances for Leicestershire

Millions of pounds is being invested in the ambulance service right here in Leicestershire to increase the number of vehicles and crews responding to emergencies.

The £26 million additional investment into East Midlands Ambulance Service (EMAS) between 2026 and 2029 will be used to permanently grow the number of ambulances and crews available to respond to emergency calls.

By 2029, this will mean up to 400 additional patient-facing staff working on around 40 additional ambulances.

Recruitment is already well underway, with plans to welcome almost 200 additional staff to EMAS by October 2026, and another 200 in 2027.

Among the jobs currently being advertised are qualified technicians and urgent care assistants to join the frontline response as well as qualified mechanics, to maintain the new fleet of



ambulances.

Will Legge, Deputy Chief Executive at EMAS, said: *"This investment will make a real, positive impact to the service we provide our patients."*

"We now employ over 5,000 staff at EMAS. This continued growth will help us meet the challenge of growing demand for our service and create hundreds of new career opportunities."

"We're looking forward to welcoming new passionate, caring colleagues to our EMAS team in the coming months."

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Helping Our Young People

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The workers provide specific one-to-one sessions for children with emotional challenges.

This includes children impacted by domestic abuse, living in households where parents have poor mental health or issues around anti-social behaviour.

Group support within schools is also provided if a number of similar aged pupils are experiencing issues.

This includes six-week workshops which form the Healing Together Programme, devised by trauma experts to help children understand their thoughts and feelings, deal with emotions and build coping strategies.

Referrals to the service come from schools, organisations, individuals or other council teams who are concerned about a child's welfare.

The service is available to any child aged five to



eighteen years who lives or goes to school in the District.

Feedback from the children involved is positive, with comments such as *"It is enjoyable"* and *"You are kind and I will use the techniques for feelings and calming down"*.

Teachers and guardians also react favourably, noting *"He is a lot calmer and it's had a positive impact on him, thank you"*, *"He really benefited from the support and school saw this too"* and *"Thank you for the support you have given her...she has really enjoyed her sessions with you"*.

For more information on the children's support service visit: <https://www.blaby.gov.uk/leisure-health-and-community/support-and-advice-for-residents/childrens-support-service/>

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Get Involved and Help Wildlife Thrive



Nature lovers throughout villages and towns in Leicestershire are being invited to get involved to help local wildlife thrive across the county.



100 Indicator Species have been identified to help track the state of nature across the area, and these can show a lot about how well local habitats are working and how they're responding to conservation efforts.

Leicestershire County Council is leading the Local Nature Recovery Strategy for Leicestershire and these species have been carefully selected to reflect the variety of habitats covered by the LNRS.

A wide range of species are covered, including

mammals, birds, fish and plants, with the full list and how to log any sightings, is available on the NatureSpot website www.naturespot.org/ indicator-species

When these species are doing well, it is a sign that habitats are thriving. When numbers drop, it can point to where more support and action are needed.

Councillor Adam Tilbury, cabinet member for environment & flooding, said: *"Anyone can take part by recording sightings to NatureSpot. People of all backgrounds and levels of experience are encouraged to get involved, whether they are farmers, planners, conservationists or enjoy spending time outdoors. This is a really positive step in helping us understand how nature is doing across Leicestershire, Leicester and Rutland. It shows how everyone can play a role in nature recovery, simply by keeping an eye out for wildlife and sharing what they see. This is citizen science in action, and every record counts."*



Cut me out to keep

What's In Guide

SAVE THE DATES



Monday 3 August 2026

Coffee For Carers

Going forward it will be held at the first Monday of each month. Time 10am - 12pm. A warm and friendly welcome awaits you at The Blacksmiths Arms, Chapel Street, barwell, LE9 8DD. A place for carers to come and chill, share stories, learn from each other, help each other, talk, play cards, dominoes, pool, or just sit back with tea, coffee, biscuits or a sneaky pre lunch drink. A chance to ask about the things you are not sure about. People living with dementia also welcome. Everyone welcome. Parking behind the Conservative Club.



Saturday 8 August 2026

Cadeby Fete & Fun Dog Show

Held at Market Bosworth Rugby Club on Cadeby Lane, starting at 2pm. Fete admission will be £1 for adults, with accompanied children free, plus free on-site car parking. Entries to classes for the popular dog show cost £2 each. There will be the traditional stalls and side-shows, including Cadeby pre-loved clothes and jewellery, white elephant, home-made cakes, books and games, a raffle with a top prize of £100 cash, and teas served in the clubhouse, where the Rugby Club will also be running a bar. All money raised will help to keep Cadeby Church well cared-for and open daily for all.



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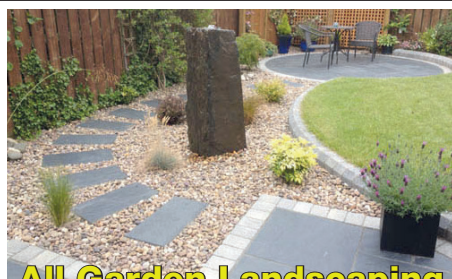
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Cool Spaces, Warm Welcomes

With stiflingly hot weather likely to become a regular feature of the summer, residents across Hinckley and Bosworth are reminded that they can find a cool space with a warm welcome.

This is through the extensive network of Community Welcome venues, offering warm, friendly spaces to meet others, enjoy refreshments, access support services and take part in activities throughout the year.

From April to September, many of these venues continue to operate as Community Welcome sessions, providing friendly spaces for people of all ages to meet, relax and take part in activities.

During warmer weather, several locations also offer cool spaces where visitors can stay comfortable on hot days.

There are venues throughout the area, including Barwell, Burbage, Earl Shilton, Higham on the Hill, Hinckley and Stoke Golding.

The list of Community Welcome venues is updated regularly to ensure residents have access to the latest information on locations and session times.

Organisations with a suitable venue in Hinckley and Bosworth that would like to join the initiative are encouraged to complete the Warm



Find a cool space
At a community venue* near you

Over the summer months, many community venues* are offering a **cool space** for you to relax, hydrate and stay comfortable during the warmer weather.

*Not all community welcome venues are Cool Spaces. Check the online directory for details.

Hinckley & Bosworth Borough Council

All ages welcome!
Drop in and see what's on offer!

Welcome contact form on the council website and help expand the network of welcoming spaces available to local residents.

By bringing people together and providing accessible support, the Community Welcome initiative continues to play an important role in strengthening community connections and promoting wellbeing across the borough.



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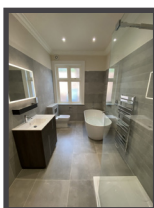
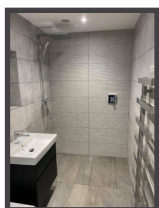
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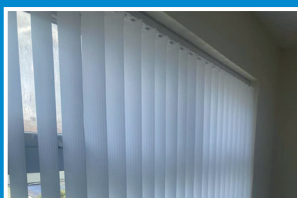
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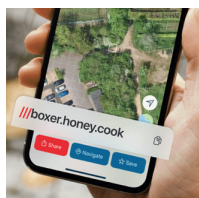
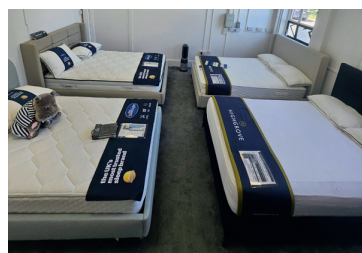
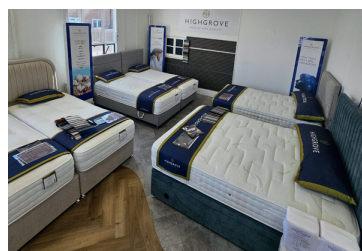
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