

Hinckley and Bosworth Information Sheet

Local Council Information and Support

Hinckley and Bosworth Borough Council
Hinckley Hub, Rugby Road, Hinckley, Leics LE10 0FR
Phone: 01455 238141
24hr: 01455 251137
Opening Hours: Mon to Thur 8:30 am – 5pm. Fri 8:30am – 4:30pm
<https://www.hinckley-bosworth.gov.uk/>

Supermarkets and Food Deliveries

Morrisons - 3 Clover Field, Normandy Way, Hinckley LE10 1YA
Phone: 01455 230322

Opening Hours:

Friday	7am-8pm
Saturday	7am-8pm
Sunday	10am-4pm
Monday	7am-8pm
Tuesday	7am-8pm
Wednesday	7am-8pm
Thursday	7am-8pm

Asda - Barwell Ln, Hinckley LE10 1SS
Phone: 01455 636145
Opening Hours: Mon to Sat 8am – 10pm. Sun 10am – 4pm

Sainsbury's - 20 Rugby Rd, Hinckley LE10 0QG
Phone: 01455 266300

Opening Hours:

Friday	8am-8pm
Saturday	8am-8pm
Sunday	10am-4pm
Monday	8am-8pm
Tuesday	8am-8pm
Wednesday	8am-8pm
Thursday	8am-8pm

Foodbanks

Food banks are designed to provide short-term, emergency support with food during a crisis. Their aim is to relieve the immediate pressure of the crisis by providing food, while also providing additional support to help people resolve the crises that they face.

Hinckley area food bank - Deveron Way, Hinckley LE10 0XD
Phone: 01455 697390
Hours: Fri 1:30pm to 3:30pm

When you contact a foodbank direct, inform them you are a PA Housing resident. We have agreements with many foodbanks and it may assist them in deciding whether they can help you.

The Trussell Trust covers approximately 75% of the Foodbanks across the UK. If the local numbers can't provide the help and support you need, try the Trust at <https://www.trusselltrust.org/coronavirus-food-banks/> or on 01722 580180. It may help find foodbanks near to you and give you contact details to see what they are offering local residents.

Local Pharmacies

Bosworth Pharmacy - 9 Main St, Market Bosworth, Nuneaton CV13 0JN
Phone: 01455 290424
Opening Hours: Mon to Fri 9am – 4pm. Sat 9am – 12pm

HBS Pharmacy - Tilton Rd, Burbage, Hinckley LE10 2SE
Phone: 01455 615944
Opening Hours: Mon to Sat 7am – 10pm. Sun 12pm – 10pm

Hollycroft Chemists: 1 Clifton Way, Hinckley LE10 0XN
Phone: 01455 230825
Opening Hours: Mon to Fri 8:30am – 6:30pm.

Hinckley Station View Pharmacy - Station View Health Centre, Southfield Rd, Hinckley LE10 1UA
Phone: 01455 637765
Opening Hours: Mon to Fri - 8:30am – 6:15pm.. Sat 8am – 11am.

Other Essential Shops and Surgeries

All Dentists, opticians and vets are open as usual.

Local Banks and Banking

Main banks in Hinckley and Bosworth appear to be keeping regular hours.

Online and phone banking normal but obviously busy.

Local Support

Citizens Advice Service – Hinckley Hub, Rugby Road, Hinckley LE10 0FR

Phone: 0300 330 2111

Website: <https://www.citizensadvice.org.uk/>

Women's Aid - Campbell St, Leicester LE1 1AA

Phone: 0116 283 2225

Mon to Sat – 8am – 8pm

Health and Wellbeing

Here are some contacts that may help with a number of health and wellbeing issues

General health: www.nhs.uk or call 111

Support for mental health issues: www.mind.org.uk/information-support/coronavirus
or www.mind.org.uk or call 020 8519 2122

Senior citizen's support: www.ageuk.org.uk or
<https://www.ageuk.org.uk/information-advice/coronavirus/> or call **0800 678 1602**. –
open 8am to 7pm, every day of the year.

Daily Meditation – online app providing support through meditation, sleep and
movement exercises: www.headspace.com or <https://www.headspace.com/covid-19>

Alzheimer's Support - advice for people living with dementia: Call 0333 150 3456 or
www.alzheimers.org.uk

Online Counselling – Cognitive Behavioural Therapy: www.iesohealth.com or call
0800 074 5560

Domestic abuse advice: www.womensaid.org.uk or call 0808 2000 247 (women)
0808 801 0327 (men), www.refuge.org.uk and www.mankind.org.uk or call **01823
334244**

Citizens Advice England www.citizensadvice.org.uk/ or call 03444 111 444

Gyms, libraries, council healthy walks and fitness classes are closed however here are some exercises you can do at home:

Over 70s Sitting exercises	https://www.nhs.uk/live-well/exercise/sitting-exercises/	Home Keeping Fit - Online only
Gym free exercises	https://www.nhs.uk/live-well/exercise/gym-free-exercises/	Cheap and fun gym-free activities to improve health and fitness.
CBeebies	https://www.bbc.co.uk/cbeebies/grown-ups/fun-exercises-to-do-at-home-with-kids	Fun exercises to do at home with kids
World Stories with Kids	https://worldstories.org.uk/	Stories available in numerous languages: https://worldstories.org.uk/library
CBBC	https://www.bbc.co.uk/cbbc	Games, quizzes and puzzles
BBC	http://www.bbc.co.uk/scotland/brainsmart/games/	Brain games for adults
Games online	https://www.chess.com/ https://www.roalddahl.com/shop/gifts-toys-and-games/roald-dahl-monopoly	Chess Monopoly (for adults & kids)
Mind	https://www.mind.org.uk/need-urgent-help/how-can-i-distract-myself/games-and-puzzles/	Distraction when you're in crisis
NHS	https://www.nhs.uk/conditions/nhs-fitness-studio/pilates-for-beginners/	Free Pilates for beginners
British Heart Foundation	https://www.bhf.org.uk/information-support/heart-matters-magazine/activity/yoga/yoga-poses	Chair based yoga