



ACTIVE TRAVEL Newsletter

October 2026

Physical Activity

To maintain a basic level of health, the Chief Medical Officer recommends that children and young people aged 5 to 18 take part in an average of at least 60 minutes of physical activity per day. Taking part in physical activity has many benefits for children and young people, including improving fitness, increasing concentration, building a stronger heart, strengthening bones and developing healthier muscles. Being regularly physically active can also improve self-esteem, reduce stress and encourage a better night's sleep. The NHS has further information [here](#).



Active Travel Month

Active Travel Month takes place throughout October and we want as many pupils as possible to get involved! Actively travelling to school can increase mental alertness, energy, positive mood and self-esteem, as well as reducing stress and anxiety. It helps children & young people feel more alert and ready for the day! Cycling, walking or scooting to school also increases awareness of road safety as well as supporting the environment.

Half Term Challenge

Looking for some fun, fresh-air activities to keep the whole family entertained this half term? We've got two fantastic challenges for you to enjoy! Become a Park Explorer and see how many local parks you can discover in our Local Park Bingo challenge! Put your exploring skills to the test with our Park Scavenger Hunt! For more information about where to find local parks across Harborough, Lutterworth, Blaby and Oadby & Wigson and to download your scavenger hunt resource, click [here](#)!





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Stay Active For Less!

There are lots of fun, free ways for the whole family to stay active! Click on the logos to find out more.



Active Together and our local partners are here to help you find a range of physical activity, sport and wellbeing opportunities across Leicestershire, Leicester and Rutland. The Get Active Search Engine enables you to find local parks/open spaces, clubs, community groups and their activity sessions near you. Click [here](#) to find out more!



World Mental Health Day

World Mental Health Day takes place every year on the 10th October.

The theme for 2026 set by the World Federation for Mental Health is "Lived experiences heard: real voices, real change" Find out more about World Mental Health Day and resources [here](#)



Mental Health Support

There are lots of support services available if you or a loved one is experiencing poor mental health. Click on the logo to head straight to the website.



University Hospitals of Leicester
NHS Trust



YOUNGMINDS

LET'S GET SOCIAL!



South Leicestershire School Sports Partnership
Health | Well-being | School Sport | PE | Physical Activity



Health | Well-being | School Sport | PE | Physical Activity
Supporting South Leicestershire Schools to provide opportunities for all young people

South Leicestershire Community Board

Baby & Toddler Roadshow

Wednesday 14 October | 10:30am–1:00pm Parkland Leisure Centre

Do you have questions about having a baby or becoming a new parent? Having a baby can be an exciting but sometimes daunting time, and our Baby and Toddler Roadshow brings together local experts and support services to help you feel informed, supported and confident. This free event is open to expectant parents, new families and families with children aged 0–4 years.

What to expect

Come along to meet and chat with:

- Local midwives and health professionals
- Baby and toddler groups
- Family support organisations
- Doctors providing infant first aid demonstrations

You'll also have the opportunity to share your experiences of maternity and neonatal services and find out how you can help shape and improve local services for families.

Fun for little ones too! Children attending the event can enjoy free access to Parkland Leisure Centre's Soft Play, giving them plenty of space to explore, play and burn off some energy while you chat with local services and professionals. There will also be free activities for children throughout the event, making it a great opportunity for the whole family to enjoy a fun and informative morning. Whether you're expecting your first baby, finding your way through life with a newborn, or keeping up with a busy toddler, we'd love to welcome you!

Booking is required.

Contact Jane Hunt – 07473 375602 or MNVP@valonline.org.uk

Please remember to include the number of children attending when you reserve your place.

teen health
11-19 service

The Moving On Up!
guide from Teen Health is packed with tips, activities and advice from young people to help you feel confident about the transition to Secondary. Download the booklet [here!](#)

MONTHLY DROP-INS AT YOUR GP SURGERY

Bringing Health, Wellbeing and Community Support Together. Helping You To Find The Right Help At The Right Time.

Meet your Local Area Coordinator (LAC) and other helpful teams at your surgery, every month.

WHEN AND WHERE

First Friday of the month:

Oadby Central

Croft Medical Centre

Last Monday of the month:

Oadby Severn Surgery

Last Tuesday of the month:

South Wigston Medical Centre

Last Wednesday of the month:

Two Steeples Medical Centre, Wigston

For more details, please ask at Reception or contact your Local Area Coordinators:

Louise Monk – LAC for Oadby – 07526 927372

Mary Flynn – LAC for South Wigston – 07834 177 175

Safina Jamal – LAC for Wigston – 07834 177 184

Local Area Co-ordination

Free ADHD Support for Parents/Carers, Children and Young People

For families living in Leicestershire County

Workshops for parents / carers of children and young people under 19

Suitable for any stage of the ADHD journey, THRIVE workshops focus on understanding ADHD and applying this knowledge to real life struggles.

Workshops for children and young people under 19 who have an ADHD diagnosis

THRIVE workshops help children and young people to understand what ADHD means for them.

Peer Support Groups for parents / carers

CONNECT groups are held monthly in each borough or district of the County, and are suitable for any stage of the ADHD journey. Meet other families, learn and share with people who 'get it'.



Scan this QR code or visit our website to find out more and book your place

headsupleicester.org.uk/ADHD

Leicestershire County Council



Supporting families through life's challenges

