

Horsewell Lane Park



What can I do at the park?



Walking



Running



Children's Playground



Football



Oadby & Wigston
BOROUGH COUNCIL



**LEICESTER-SHIRE
& RUTLAND SPORT**
PHYSICAL ACTIVITY & WELLBEING



Activities for Families



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What can you spot in the park?

- Something orange
- A hedge
- Something to recycle
- A gate
- A window
- 5 leaves
- A bin
- A bench
- Smallest tree



Captain of the Ship

Choose a space in the park to play. Between the players, work out your directions. You will need Bow (back of the boat), Stern (front of the boat), Port (left) and Starboard (right). You will also need to add in some actions. These can include: Captain's coming (everyone salutes), scrub the deck (mime cleaning the boat), climb the rigging (mime climbing a ladder) or invent your own.

One person will need to be the Captain and call out the instructions, the rest of the players become the crew. The last person to do the instruction is either out or stuck on the spot for 20 seconds. Swap around the Captain as required.

Activities for Adults

Couch to 5K

Want to jog or run, but not sure where to start? Couch to 5K provides the perfect platform to help get you started. Couch to 5K is a free app provided by the NHS. To find out how to download it visit <https://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/>.

Spread across 9 weeks, Couch to 5K is designed to get you from complete beginner to running for 30 minutes non stop. Each week has 3 sessions

which you can repeat as many times as you want before progressing to the next week. The app provides you with prompts and can link into your own music to help keep you motivated.

Local running/athletics groups also run similar schemes if you want to be part of a group rather than running solo.

Contact us to find out more about your local groups
active.together@oadby-wigton.gov.uk

Distance around the park

0.43 miles or 0.70 kilometres

Address

Horsewell Lane, Wigston, LE18 2HR

Bus Stops

47, 47A, 48, 48A, 49, AD2

(Please note bus provisions may change, please check with local providers)

Parking

There is a free parking available.
(Please check restrictions when parking)

Facilities

- No public facilities are available.
- No café available onsite, but local businesses are around the park.

[Google map location](#)



@activeoadbywigs



@ActiveOadbyWigs

Information correct as of February 2021.

For more information about our other parks and how to get active visit <https://www.activeoadbywigston.org.uk/>