



# Evington Echo

[www.EvingtonEcho.co.uk](http://www.EvingtonEcho.co.uk)

Keeping you up to date with Evington's news

The newspaper of Friends of Evington Charity No. 1148649

Issue 277

April and May 2019

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## Enjoy Spring Fairs in Evington



### PILGRIM GARDENS SPRING FAIR

Grocot Road, LE5 6AL

1st June 10.00am - 1.00pm

The Spring Fair at Pilgrim Gardens has many stalls including cakes, new goods, second-hand goods, books, clothes, music, free face painting, free refreshments and children's games with small prizes.



### EVINGTON IN BLOOM SPRING FAYRE

Village Hall, Church Lane, LE5 6FA

6th May 10.00am - 3.30pm

The May Day Fayre in Evington Village Hall has many stalls for plants, jewellery, books, clothes and children's activities. On the Village Green nearby you can join in with led sessions of Maypole dancing, starting on the hour from 11.00am.

Designed by Jason Chauhan



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## EDITORIAL

In December 2014, Friends of Evington received heritage lottery funding for special events around WW1. Leicester City Council funding refurbished the War Memorial and, through the Lottery Heritage Fund, our local charity paid for a special bench, a time capsule, two further events, and a special edition of the Evington Echo.

After four years of focus, what have I learned?

I am more aware of the horrors and devastation of this terrible war and its impact. I also appreciate the bravery of people who took part. But this was not just people from Europe but from many, many other countries. An estimate is that over three million Commonwealth soldiers served in WW1, a fact that is often forgotten and overlooked by history.

I would like to thank Abdul Bux for his commitment to the people of Evington for crocheting a new blanket to recognise the soldiers from all the commonwealth countries. I hope this work of art can be displayed effectively.

Please could you contact me (see contact details on the left) if you have any time and skills to help with any reporting or administration jobs with the Echo Helen.

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**Evington In Bloom**  
**MAY DAY SALE**  
**Evington Village Hall**  
**Monday 6th May**  
**10.30am - 3.30pm**  
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Greetings Cards Tarot Reader Second-hand Books  
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**REFRESHMENTS**

## EVINGTON VILLAGE FETE AND SHOW

This will take place on Saturday August 10th on the village green. Bookings are now being taken for stalls both inside and out. Please contact Michael White on: 2432042 mandwhite@btinternet.com

Show brochures will be available in May from Bennett's and other outlets in the village giving full details of all classes in the show. **www.evingtonvillagefete.org.uk**

If you have items you no longer require which may be suitable for the tombola, do take them to the Post Office / Chemists in Main Street, Evington.

Chris Hossack (Chairman of Village Fete Committee.)

## BOOKS TO SELL

I will be providing at least three bookstalls this year to fund worthy causes, and am therefore always in need of more books to sell. If you have a quantity, I can collect from you, or you can arrange to bring them to me, or drop off a few at the Post Office / Chemists in Main Street in Evington.

Bookstalls booked to date are: Monday 6th May - May Fayre at the Village Hall, the 1940's Garden Party in the St Denys Vicarage on 6th July and the Evington Village Fete and Show on Saturday 10th August.

Chris Hossack2415153.

chris\_hossack@yahoo.co.uk

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## EVINGTON ON THE TELLY



The second series of BBC2's 'Britain in Bloom' features Evington. The programme is due to go out on Thursday 11th April at 6.30pm.

The series of 15 episodes starts on Monday 25th March at 6.30pm on BBC2 and is presented by Chris Bavin who shares his passion for horticulture and meets an array of characters with personalities just as colourful as their blooms.

Britain in Bloom is the largest community gardening campaign in the UK, with more than 300,000 volunteers donating 11.7 million hours of their time every year to projects that benefit the wider community.

The Britain in Bloom film crew with Chris Bavin, travelled to Evington first to meet a group of elderly volunteers who look after the Burnaby Gardens and revived an area of Evington Park with a brand new planting scheme. Next an abandoned strip of land at Mayflower Primary School is transformed by the gardening club into a bee-friendly wildlife area.

Finally volunteers undertake an ambitious food growing project at Graceworks (behind the Wycliffe United Reformed Church) by turning an empty polytunnel into an innovative Aquaponic Farm, using fish to fertilise plants that aren't grown in soil.

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## LIFE AT ARBOR HOUSE - BREADMAKING

We have been so lucky in partnering with L4A and Michelle at Planet Leicester Bakers to run four bread making sessions in our home. After an afternoon of kneading, rolling and decorating, residents and staff enjoyed the lovely smells and tastes of freshly made bread over a cuppa and a chat.

But we do not intend to stop there. Myself and Chris, one of the residents, have been trained to run more sessions going forward and if there are any budding bakers out there ...why not join us?

If bread making is not your bag, then let us know what is as our residents are up for any challenge - cake making / singing / board games etc.

Thank you to Doreen, a local lady, who came in one Sunday and taught me and Tony, one of the residents, a new game - Rummikub. We really enjoyed it and Tony even managed to win the first game!

Please contact one of the Activity coordinators Sue or Alison on 273 9033 for dates for the bread making sessions, or if you want to join us for anything else. Thank you

Sue Mahmood, Activity Coordinator



**Pilgrim Gardens Spring Fair**  
**Saturday 1st June**  
**10.00am - 1.00pm**  
**All welcome**  
**Free entry**  
**And more...**  
**Bric-a-brac**  
**Free refreshments**  
**Free face painting**  
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**Books**  
**Free children's games with prizes**  
**Pilgrim Gardens, Hextall Road/Grocot Road, Evington, LE5 6AL**  
**For more information or to book a stall contact Mandy Smith 0300 303 8455**

**Evington Bicycles Club**  
For the 2019 session:  
**LEARN TO RIDE A BICYCLE (OR IMPROVE YOUR SKILLS) IN EVINGTON PARK**  
Meet in front of Evington House, Cordery Road, Leicester LE5 6DE  
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## FAREWELL TO ALISTAIR SLOAN

After 21 years service, Alistair left Bennett's on Saturday 11th February. He loved his job there and meeting Evington people, but he decided it was time to move on and do something he has always wanted to do, become a driver with First Bus. The training is for 6 weeks. To date, he has passed his test for a PSV licence and is now learning routes, customer care, etc. Now in his mid forties, it's a brave move!

Taking over from Alistair at Bennett's is Tim Russell. Tim has a wealth of D.I.Y. knowledge which he is keen to pass on to customers, many of whom already know him from his previous role as premises officer at Falmouth Road. Another new face at Bennett's is Wayne Golby. Wayne is also known to many customers from his time working at the University Sports and Gym facility in Oadby.



## THE NASIHAH CENTRE (Mayfield Road, Stoneygate)



This Centre is in a building owned by Leicester City Council and was formerly a Children’s Home and Home Start Centre. It was offered up by the Council for ‘community asset transfer’ as part of the Council’s Transforming Neighbourhood Services (TNS) programme. The Council were forced to close the former Children’s Centre because of huge cuts to their budget.

Assistant City Mayor, Cllr. Kirk Master said, “This is good news for the communities in this area because the building can remain open for local people, which was a crucial factor in making this decision.”

The new leaseholders are trustees of the Nasihah Centre, and they have taken on the legacy of ‘Sure Start’. Within a few months of taking on the building in November 2018, they have already set up a daily pre-school for 2 – 5 year olds, madrasa classes for older children to learn citizenship skills, and weekend



classes for community interest. They also support the Action Homeless Charity.

When I visited the Centre last Monday 4th March, the preschool classes for 2 – 5 year olds were in full swing and running in three large areas with good quality play rooms and a spacious outdoor area that the Nursery supervisors were keen to develop to also offer gardening experiences to young people.

I was told that the evening time, popular madrasa classes focussed on teaching children life skills so that they learn to be good practising citizens and have real opportunities to make a difference in their local communities. The children are involved with helping Action Homeless and a new project soon to start will involve Age UK and story sharing with older people in the community. “Young people need to learn what a valuable resource older people in the community can be. Even young children can make a difference to people’s lives and be pro-active in supporting older people tackle the old age problems of loneliness and isolation. This new project should empower the lives of both young and old.”

At the weekends the Centre is open to the public on Saturdays and Sundays and offers courses in Baking and Cookery, Henna, Art, Archery, and Sewing and Knitting. There has been a large take up already. At the weekend there are rooms for hire available to the local community.

Further plans at the Centre include more social events in the local community probably around the barbeque area, and more fundraising for gift boxes for Action Homeless.

If you would like more information or would like to attend further classes, see the advertisement on page 2 and contact the Centre on 296 6444, info@thenasihahcentre.

Helen Pettman.

## STUDENTS JOIN IN COMMUNITY LITTER PICK

Loaded with bag hoops and picking sticks a group of enthusiastic students and their teacher from Judgemeadow College joined regular volunteers for their monthly litter pick in the Newhaven Road area. They are members of the Downing Drive Friends and Neighbours group who go out every four or five weeks to boost the efforts of the council’s cleaning team.

The students who joined in the February session are members of the College Eco Club who meet after school and support recycling, growing and litter schemes within the school grounds.

When the students paused to admire a lovely garden, the resident popped out to thank the students for helping to clear the pavements of rubbish. She said, “I come out regularly to collect up packets and papers that have been dropped but there can be a lot of it. It’s great to see the youngsters caring enough to help out.”

Several adult volunteers set out on Thursday mornings once a month to litter pick along Downing Drive, Newhaven, Delaware, the park and around the shops.

At the end of a long session during these winter months the volunteers go into the café on Downing Drive to warm up with hot chocolate and coffees.

As supporters and part of the Evington in Bloom group the volunteers also do regular gardening sessions.

New volunteers are very welcome to come along to any of the sessions.

Sessions are always advertised in the dates pages of this magazine.

# Letters

## LEICESTER HEALTH WALKS

Leicester Health Walks is a free scheme which aims to encourage individuals to become more active to improve overall wellbeing and health. It is coordinated and run voluntarily by medical students and dedicated volunteers. The walks welcome all with open arms, irrespective of fitness level or age. It is a brilliant way to meet new people whilst steadily developing one’s health. The walks run every Thursday, Friday, and Saturday at varying lengths to tailor to the walkers’ interests. These walks are volunteer run to ensure that walkers are in a safe and friendly walking environment. This encourages a sociable and enjoyable walk, without compromising on health.

Leicester Health Walks wish to carry out a walk in Evington for residents. Routes include a steady stroll from Evington Library to Shady Lane Arboretum or through Evington Park.

For more information on the walks, check out <https://www.walkingforhealth.org.uk/> or contact one of our Leicester Coordinators: Sara Coy at [sara.coy@leicester.gov.uk](mailto:sara.coy@leicester.gov.uk) or call at 373 7589.

## SAVE OUR NHS LEICESTERSHIRE

Dear Editor,

Underfunding in the NHS is leading to inadequate long-term planning. This will have

Walk Name	Start Time	Starting Point	Day	Duration (hours)
Friday Lunchtime Walks from Town Hall	12:30pm every Friday	Leicester City Centre – Town Hall	Friday- Short Friday – Medium Friday - Long	0:30 1:00 1:30
LE3 Health Walks from BRITE Centre	12 noon every Thursday	BRITE Centre, Braunstone Avenue, LE3 1LE	Short Walk (First Friday of Month) Medium Walk Long Walk (Last Friday of Month)	0:30 0:45 1:00
Saturday Walks from Victoria Park	11am every Saturday	Main Gates of Victoria Park on London Road	Short Walks	0:30-0:45
The sessions listed in the chart are available for individuals to take part.				

serious long-term consequences.

Inadequate planning must be challenged. We need to campaign for proper levels of funding and local planning to ensure high-level health care now and into the future.

Part of this also means better looking after NHS staff. With a shortage of 40,000 nurses and 10,000 doctors, NHS staff face extremely high pressures. This must be turned around. Working conditions in the NHS urgently need improving.

Local NHS bosses plan to reorganise acute hospital services in Leicester, Leicestershire and Rutland. Their plans involve moving acute services away from Leicester General onto two sites – the Royal Infirmary and Glenfield – with a new maternity hospital at the LRI and a new treatment centre at Glenfield.

Sounds good? Think again! Although this is a long-term plan, it does not include an increase

## VAN PARKED ON GOODWOOD ROAD GREEN AREA



Dear Editor,  
This photograph shows a van parked on the green where local residents garden in order to make the area more attractive and biodiverse. I think it would be helpful if the Council could put a wooden fence like the ones outside Whitehall School along this area to stop parking on this green so it won’t get chewed up before someone can work on it.  
Name and address supplied.

in the number of beds - even though the population will grow significantly in the coming 20 or 30 years. Moreover, we already have a shortage of beds. Therefore there should be an increase in beds, not a standstill. The local NHS say that an expansion in community services and different pathways of care will offset the rising need for hospital care. But chronic underfunding across the NHS alongside cuts to local government spending mean that services in the community and social care are already under extreme pressure.

Britain is the 6th richest country in the world. We, ‘Save our NHS Leicestershire, (SONHSL) can afford a properly funded public health system. We need you to get involved in our campaign. If you are part of an organisation you can affiliate to us. To join as an individual member costs £5. If you can’t afford the fee, please get in touch.

Contact Jean on 0785 718 1854 for a membership form.

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# Letters

## HOMELESS MAN FOUND DEAD IN EVINGTON PARK; THE SHOCKING STATE OF UK WELFARE

Like many others, I was shocked and saddened to hear of the recent death of one of our local characters.

Alan, who regularly sat with his mate Andy outside Ethel Road Tesco, was found dead by a local dog walker, lying face down in the grass near the entrance of Evington Park on Sunday morning, March 10th. According to a report on the Leicester Mercury website, his death is being treated as unexplained, but not suspicious, and is believed to have happened suddenly as he was found lying face down, with his rucksack on his back and his hood still up. A friend, who saw him regularly, believes it was probably due to either a heart attack or pneumonia. He was not old; only believed to be in his thirties.

He had been sitting outside Tesco for at least the last two years; right through winters in the rain and snow. Not begging (asking for money is illegal), but gratefully accepting donations from kind-hearted passers-by who could tell he was down on his luck. If I asked him what I could get him from the shop, it was always something small; a cuppa (with three sugars!), a sandwich or a milkshake (but only one of the cheap ones). For whatever you gave him, even just a quid, he was always appreciative. And so polite. (Almost every comment on the Leicester Mercury article used that word. Polite. And cheerful - surprisingly for someone in his predicament, he was always upbeat. Or at least tried to be). One day, after not seeing him for a while, I tried to give him a fiver to make up for lost weeks - he wouldn't take it. "It's too much, babe," he said. He always called me 'babe'. We would frequently have big conversations about life, the universe and everything, and how he was getting on. He would tell me about his daughter and how much he missed her. He must have felt he

knew me well as he would often ask me to swap his small change into a tenner; I would end up with a purseful of shrapnel. He appreciated people taking time to stop and have a chat with him, as a real person, not just a homeless man. I appreciate that some local residents may have had some issues, and for their own reasons, may not share my views, but everyone I have spoken to knew him and had nothing but kind words to say about him, and were very shocked to hear of his death. One lady speaking to Andy was almost in tears.

He was always trying to scrape together £30 or so to spend the night in a bed-and-breakfast, rather than out on the streets. Sometimes he could spend a night at a friend's place, but usually he was outside; in a stairwell of the maisonettes, or in the park. He did have a tent there for a while but it was stolen. One kind lady let him sleep in her garage for a while, but mostly he was out in the cold.

Andy, visibly shocked and shaken, told me that Alan (and himself) had actually been sleeping rough for over five years. All the time I knew him, he was always down at the council trying to get a flat, but he never seemed to be of high enough priority. I often suggested places he could go to try to get help, or at least a hot meal, but no-one ever seemed able to help. How can the councils let people struggle for so long? Surely, with so many buildings lying empty in the city centre, they could find, or create, enough affordable housing, just even a tiny bedsit, to get these people off the streets, so they at least have a roof over their heads and a front door they can lock. And most importantly, an address. Without an address, you can't register with a doctor to keep yourself well, and can only seek medical help when you're at crisis point. Without somewhere to live, you can't keep yourself clean, and you can't get a job. Without a job, you can't afford an address...and so the vicious circle goes on... A roof could be the turning point to get so many people back on track.

On a recent evening in the city centre, I was

appalled to see so many people huddled up in sleeping bags in shop doorways, trying to survive the bitter cold. It is the same all over the country. Homelessness charities are working furiously to try to help, and projects like the Big Issue try to help people work their way out of poverty. But it needs much more; for the government and councils to stop cutting benefits and take care of those who really need help. The Welfare State? Really?

People say the homeless are a problem. No they're not. The problem is WHY these people are homeless, and why nothing is being done to help them out of their predicaments. OK, a few people asking for money are common, but would you sleep out on the streets, in sub-zero temperatures, unless you really had no other option? Most are just normal people, like you and me, who have found themselves in desperate times due to marriage breakups, battles with families, ex-servicemen and women who struggle to readjust to life back in the real world, bad choices leading to addictions (from which there is little chance of escape) and simply losing their jobs. Without a regular income, you can't pay the rent. The majority of people have little or no savings - most are only a few lost paychecks away from eviction. It wouldn't take much for any of us to fall on hard times.

Rest in peace Alan. It was good knowing you. Addy Tyler

## DESTROYING GRASS VERGES ON DAVENPORT ROAD

Dear Editor,

I was pleased to see the letters in the Evington Echo about the parking issues on Davenport Road and Gamel Road. The problem is particularly bad on Fridays. I have also complained to Leicester City Council about the way the verges are being churned up due to the parking issues, but there is no response about this from the Council. Something has got to be done, it is just a nightmare.

Name and address supplied.

## TOOLS FOR SELF RELIANCE

TFSR is a UK based charity working in African countries to help reduce poverty. Tools and training are provided to local organisations in Tanzania, Zambia and Sierra Leone enabling artisans to learn a skill and earn a sustainable living.

In Leicester, our group has a workshop in Evington Park House, provided by the council, where we sort and recondition the tools and sewing machines that are donated to us, before packing them into crates for shipping to Africa.

Our small friendly team welcome new volunteers to help with this satisfying work. Training is provided, along with tea/coffee and biscuits and we do like a chat!

If you would like to see what we do, please call at the workshop on a Monday morning or contact:

Gill 288 2745 gill.barradell@gmail.com  
or George 239 2913 g.c@talktalk.net

## IT'S YOUR NEIGHBOURHOOD AND IN BLOOM

Green Streets, Better Lives is a three year plan to transform the UK's grey and unloved sites into green havens for people and wildlife. Leicester City Council are supporting groups across Leicester to help them improve their neighbourhoods.

More than 30 volunteer groups in Leicester have already made a start. They have been creating displays of flowers on our streets, greening up neglected and disused patches land, growing edible produce and sharing it with the community. New members are always welcome. You can also get a group of four or more people together and you can start a new project. Any neglected space can be converted into a community garden, an alley transformed into a community meeting place, or get together to improve a front garden.

## VOLUNTEERING

### GIVE AND TAKE



This is a time-banking scheme with ambition to become embedded in society long term. It is made up of Care Givers and Care Receivers. Give and Take works with charities to deliver volunteer befriending support, encouraging one-to-one support visits, which can become long-term meaningful friendships.

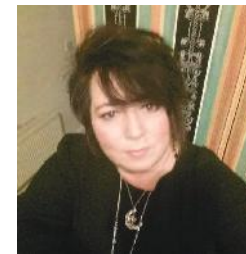
Central to the scheme is the Care Savings Account, a personal account where Care Givers record the hours of care they give to elderly people. In the future, when Care Givers reach age 60 they can become Care Receivers. For more information or to register your interest as a Care Giver, contact the Project Manager, Emily Cross on 2498851 / 07846516017 3rd Floor, Vista Floor, 16 New Walk, Leicester LE1 6UB. (A Leicester Ageing Together supported project.)

All registered groups have access to horticultural and funding advice from our experts. You will be invited to free informal meetings with guest speakers and gardening demonstrations where you can gain gardening knowledge and meet new friends. In July the Midlands in Bloom assessors and judges visit and give advice. Every group receives their RHS certificate at the annual awards ceremony.

If this sounds interesting, visit the national RHS Britain in Bloom and the East Midlands in Bloom websites for more information or call Leicester City Council for a no obligation chat. We are always interested to hear your ideas so please get in touch. We recruit up at the end of April for each current year.

Anyone living in the Evington area may also contact Evington in Bloom through the Evington Echo or call Helen on 2204525.

## LISTENING BENCH SESSIONS ARE NOW RUNNING IN THE SUN LOUNGE ROOM, EVINGTON HOUSE, EVINGTON PARK



Debbie Harris, Leicester Ageing Together Community Connector, is there to listen to you. Sometimes people can feel a bit lonely and isolated and just need to have a good chat with someone.

The aim of the Listening Bench is to help reduce loneliness and social isolation. Debbie also has lots of information on activities in your community and can signpost you, where necessary, to other services.

The Listening Bench is not a counselling service but it can offer a friendly ear, refreshments and some coaching techniques, if you feel it may be of some benefit to you.

Please come along for a chat. The sessions run on Thursday mornings from 11.30am to 12.30pm.

Leicester Ageing Together are also looking for 'Volunteer Listeners' to widen the 'Listening Bench' initiative. If you are interested in training as an 'Active Listener' and are happy to give a bit of your time in your community you can take part in some training we will be putting on after the Easter Break. If you would like to find out more information about the training and becoming an 'Active Listener' volunteer please come along to a 'Listening Bench' session on a Thursday morning in the Summer Room, Evington Park for a chat with Debbie or contact her on:- Tel: 07517 450726 deborah@leicesterageingtogether.org.uk



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As an academy we run every Saturday between 11-12 and the sessions are open to 5-13 year old boys and girls. We call the academy 'The football for all Judgemeadow academy' and we encourage players of all abilities to come along and give it a try, costing just £3 per session. There is no commitment needed and players can attend as and when they choose.

We have young people from all across the local community with players from all ethnic backgrounds.

We have between 70-80 players attending each week with our highly skilled and qualified team of coaches passing on the knowledge they need to become better players.

We also look at the social skills of our young people and positively encourage them to be part of the group, enjoying the interaction with other people they may have just met. We link with a partner club Stoneygate Lions and those people

that want to play competitive league football can do so. We have supported the growth of Stoneygate from 1 to 14 teams.

We also hold holiday camps with our next course on the 23rd-26th April, 9.00am-3.00pm daily. This is again open to 5-13 year olds.

For further information please contact Sam McMahon on 07540719302 Judgemeadow Football Facility Manager.

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## GET INTO ALLOTMENT GROWING IN EASY STEPS AT HILLTOP ALLOTMENTS



next generation and need to learn these gardening skills," said Craig.

A new plot of 300 square yards can be overwhelming for new gardeners, so Hilltop allotments offer half plots of 150 square yards and from May starter plots of between 60 and 75 square yards will be on offer. The starter plots will come with a small shed and fencing.

Having a finger on the pulse has meant rubbish stops accumulating explained Craig. Much clearing has been done with the help of donors, so the committee are particularly grateful to Croft Quarry for mill waste and BJB for a 10 day use of a digger at low cost.



Water bills can be very high for any allotment committee, so all plot holders are encouraged to recycle as much as they can. This picture shows large BJB containers that would collect enough rainwater from shed roofs to make plot holders self-sufficient. Recycling help is also available with communal composting and woodchip areas.

Hilltop allotments is next to Linden Primary School with entrances off Headland Road and Wakerley Road. In the last eight months it has undergone a make-over. New allotment holders – 25 so far – have inspired old plot holders. Family gardening and gardening for health are high priorities for the management committee. The hands-on dedicated site manager is Craig Ward, whose vision for the site is very clear. Craig works in cooperation with 'Payback' every weekend so that new allotment sites are prepared and extra help can be given to existing plot holders. If allotment holders receive help with extra work they are asked to give a donation to Rainbows Charity\*

Many allotment holders are quite elderly, so support with heavier jobs enables them to continue to enjoy gardening well into their 80s and 90s. "We also want to encourage children with their parents to garden – they are the

If you have a young family and want an interesting hobby for them, then why not take a plot on this supportive allotment site? If you are retired and know that good food will keep you well and active into very old age, then you could take an allotment plot too. For more information contact Craig Ward on 07985306342 or pop down on a Sunday morning 10.00 - 11.30am to come and have a look round - Wakerley Road entrance.



This photograph shows Craig Ward and Rosa Petko in Rosa's polytunnel where she uses all her own seed to raise plants for food. She has a variety of lettuce all year round.

\*Rainbows Hospice, based in Loughborough, provides care and support to life-limited children and their families. They only get 15% of their funding from Government sources and need to find the rest from donations, which is £6 million a year to stay open.

## INTERNATIONAL WOMEN'S DAY EVENTS AT THE SHAMA CENTRE

This event was celebrated around the official date all over Leicester. Its focal point is women's rights.

At the Shama Centre, for education, social and wellbeing services, 39 – 45 Sparkenhoe Street LE2 0TD, the Women's day event focussed on empowering women – mothers, sisters, daughters. The Shama Centre is the only women's organisation in Leicestershire and it has been running for 33 years. It brings women together from different backgrounds and different faiths and no faith beliefs. Sadaf Akhtar (organiser with Dimple Patel) said "We encourage women to be the best version of themselves."



This picture shows Arts and Crafts teacher Sandra Stanley, a former knitwear designer at De Montfort University, who started work at the Centre as a volunteer, then ran overlocking and lockstitching classes to help women get into work before she moved to the artistic side with her classes in Jewellery Making and Tapestry. On the table in front of Sandra you can see beads made of recycled paper and other jewellery from resin and polyurethane with dried flowers pressed in. Sandra's Tapestry classes start with basic stitches then move onto mixed media.



This picture shows Sadaf Akhtar at the Centre.

The event had many stalls for pampering, including head massage. There was also jewellery making, tapestry and cooking.



This picture shows the Strong Women Tree. A message says, "Strong women aren't simply born. We are forged through the challenges of life. With each challenge we grow mentally and emotionally. We move forward with strength that cannot be denied."

## THE FUNNIEST SCHOOL IN LEICESTERSHIRE



Hundreds of primary school children took part in a project that was part of Leicester Comedy Festival 2019 and The UK Kids' Comedy Festival. The team behind the festivals, registered charity Big Difference Company, produced 'Loving Laughing', a series of creative word play and joke writing sessions which enabled pupils to enhance their language and communication skills, and helped them to increase their confidence and self-esteem. The project culminated with an event at The Y, East Street, Leicester when the organisers presented a trophy to the 'funniest school in Leicestershire'.

The winners were: Mayflower Primary School who were crowned the funniest school in Leicestershire. Wasim, Umar and Dylan were awarded the winning trophy for their 'Posh Restaurant' sketch.

The young people from all the schools who took part wrote their own jokes on subjects they selected and took part in the finale, telling their jokes to a selected audience of children, school staff and family members.

Festival founder and Director, Geoff Rowe, said "We're delighted to have worked with so many great schools on the Loving Laughing project.

We know from experience that when young people are having fun they tend to learn more and we've been really encouraged by the response we have had from schools to take part."

Big Difference Company's General Manager, Helen Tomblin, said, "Comedy is great way to help young people grow in confidence, break down barriers, build friendships and find their voice. We are really proud of our work with children and young people and want to see it develop beyond the festival to have a positive impact on even more people across the region."

The Loving Laughing project and The UK Kids' Comedy Festival are supported by East Midlands Airport, Tui, Red Monkey and Leicester City Council. The festival is produced by Big Difference Company in partnership with Curve, Spark for Arts and The Mighty Creative.

## EVINGTON PARK BOWLING CLUB

The 2019 outdoor bowling season starts on Evington Park on Saturday April 13th, and runs until the end of September.

The club has men and women members making up mixed teams to play against other city parks and private clubs.

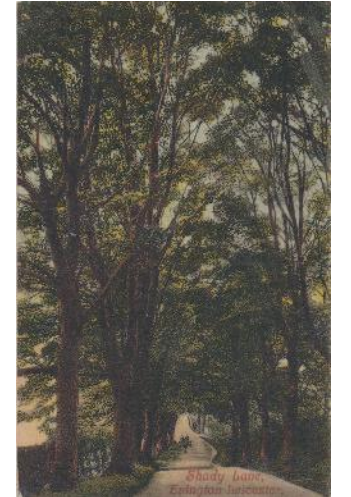
The club welcomes the addition of experienced players and beginners, as club members, with special tutoring sessions for those wishing to improve their game, or simply to start from scratch. Bowls, and equipment, are available for free on loan.

New members get their first year club membership subscription free.

Casual bowlers are also welcome whenever the bowling green is open for play. See the external club notice board for details.

Further information about the club is on its website [www.evingtonbowls.org.uk](http://www.evingtonbowls.org.uk) For membership and joining details phone Membership Secretary, Harry Pettman, on 2204525.

## A POSTCARD OF SHADY LANE



This postcard was posted on March 26 1907 from Earl Shilton and says:

Dearest E,  
Am going home tomorrow. Are not we having glorious weather? I shall be so thankful to have a rest. What are you staying in Cromer for, for Easter? Don't you remember the lovely walks we used to have at Eastertide years ago? Much love L.

## ON FIRE AT BHANGRA BLAZE!

I've just tried Bhangra Blaze at the Village Hall – it was a fantastic workout to great rhythms and beats. Dance-based, it was certainly good exercise for the thighs (mine were burning for a while – but recovered!) and definitely got pulses racing! It helps to have a little stamina and co-ordination (but no-one will judge if you haven't – everyone is friendly and busy having a good time!) Ever-smiling Preet always talks you through the routines and they're fun and easy to learn. Come along and give it a try. Just turn up on Tuesdays, 6.00 -7.00pm, at the Village Hall, or call Preet on 07525153284. Addy Tyler

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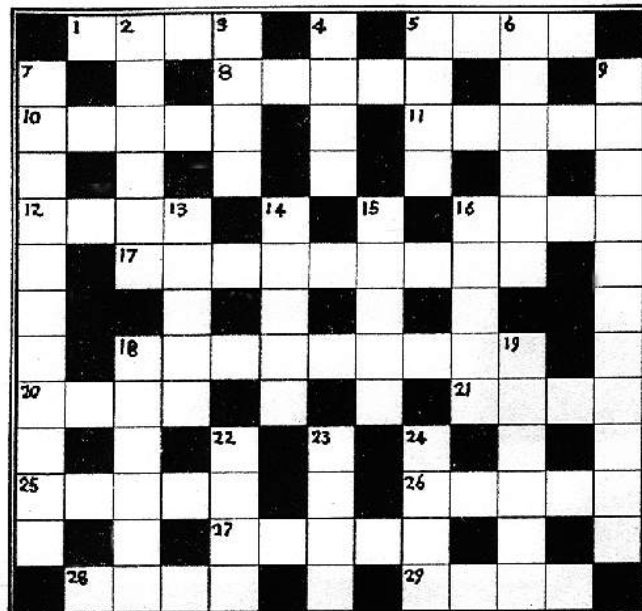
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8	GANGWAY	(5)	4	RUSSIAN RULER	(4)
10	PRECIOUS STONE	(5)	5	GAUNT	(4)
11	BENEFIT	(5)	6	INSINUATE	(6)
12	EMPLOYED	(4)	7	RESOLUTION	(11)
16	PRESENT	(4)	9	LARGE MANSION	(11)
17	DISHONEST	(9)	13	STOREHOUSE	(5)
18	CALAMITY	(9)	14	BOWLER HAT	(5)
20	SHIP SHAPE	(4)	15	SCRATCHY	(5)
21	MOAN	(4)	16	SEA BIRDS	(5)
25	ROPE FIBRE	(5)	18	TYPE OF HOUND	(6)
26	PHOTO BOOK	(5)	19	ACCOUNTABLE	(6)
27	ENDURES	(5)	22	PARTNER	(4)
28	REMAIN	(4)	23	OSCULATE	(4)
29	TINGES	(4)	24	NASTY CUT	(4)

Did you hear about the cross-eyed teacher? He couldn't control his pupils.

### DISCOVER YOUR LOCAL HERITAGE WITH THE FESTIVAL OF LEICESTERSHIRE AND RUTLAND ARCHAEOLOGY



Saturday 29th June – Sunday 28th July 2019. With over 80 events planned over four weeks, this year's event promises to be bigger and better than before.

Peter Liddle, Festival convenor, commented: "We are extremely pleased with this year's programme. There is something for all the family, from children's craft events at museums around the county to serious lectures.

"We are particularly proud of the guided walks programme that grows every year, giving people the chance to explore sites with a local expert who can explain its unique history."

From May, Festival leaflets will be widely available from your local museum, library or tourist information centre (and many other places across Leicestershire and Rutland). The programme will also be accessible to downloaded online at: <https://leicsfieldworkers.co.uk/festival-of-archaeology>.

To find out more about what is going on elsewhere during the nationwide Festival, visit <https://festival.archaeologyuk.org/>



### ST DENYS CHURCH ANNUAL SPRINGTIME WALK 2019

SATURDAY 11TH MAY

This annual event is a sponsored walk with a chance to enjoy springtime in the countryside, walking with old and new friends and with the great purpose of raising money for charity.

The sponsored walk is one of the many exciting events this year to celebrate the 800th anniversary of St Denys Church (1219 to 2019). Let's make it a good one.

The charity this year is Christian Aid and the monies raised in the sponsorship will be divided equally between Christian Aid and St Denys Church.

We meet at St Denys car park to start walking at 8.30am for a 10 mile route and the leader will be Roy Hammond.

There is also a shorter walk of 5 miles navigating the St Denys parish boundary and starting at 10.00am. Leader Anthony Lee - Smith. Both are circular routes, starting and finishing at St Denys with lunch in the Parish Centre.

Also, on checking my records, I find that this is the 10th year of leading and organising the walks. I have enjoyed the challenge.

Non walkers are also welcome to join us for lunch at a nominal charge.

The sponsorship forms and information can be collected from the rear of the church or contact myself [royhammond36@gmail.com](mailto:royhammond36@gmail.com) or 2881256. Roy Hammond



This is a UK-wide movement which brings together people in their 'third age' to develop their interests and continue their learning in a friendly and informal environment.

If you're wondering what we mean by 'the third age' - it is a time after you have finished working full-time or raising your family and have time to pursue your interests or just try something new.

There are several U3As in Leicester including the Oadby & Wigston U3A.

It has several different Interest groups, including: History, Languages, Music, Gardening and Birdwatching.

Recent talks have included 'The country railway station' by Brian Johnson 'Jam and Journalism' by Sandra Herbert 'A Butler to Royalty' by William J French

The next talk is on Wed. 24th April when Professor Gavin Murphy (Department of Cardiovascular Science) will talk about 'Cardiac Surgery Research'.

These talks on the last Wednesday of each month are held at Wigston Liberal Club, 82 Bull Head Street, Wigston LE18 1PA.

New members are welcome and further details are available online at: <http://www.oadbyandwigstonu3a.org.uk/page10.html>

or via the membership secretary on 2888365.



These free talks take place at the Clinical Education Centre, Leicester General Hospital from 6.00pm to 7.30pm on Thursdays.

25th April – Stroke Awareness When it comes to strokes, every minute counts. Would you know what to do if you suspected someone was having a stroke? If not, can you afford to miss this talk?

16th May – Mental Health – Dr. Fabida Noushad The benefits of good mental health in a busy world. Life is busy: Are you looking after yourself? This talk will give you ideas to introduce simple things to your day to day life that can make a big difference to your wellbeing. We will also be looking at some of the more common mental health conditions.

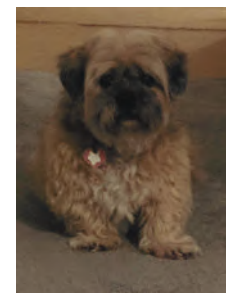
4th June – Eyes, what to look out for – Dr. Antonella Berry Brincat This talk will give a brief overview of the most common eye conditions including cataract, age-related macular degeneration and glaucoma. Learn to identify these conditions, when to seek help and how to prevent and control treatable eye conditions.

For more information tel: 2588592 or email: [Membershipsdesk@uhl-tr-nhs.uk](mailto:Membershipsdesk@uhl-tr-nhs.uk)

LEICESTERSHIRE HOSPITALS ANNUAL GENERAL MEETING Thursday 4th July at Devonshire Place, 78 London Road LE2 0RA. 2.00pm – 4.00pm Health and Information Fair 4.30pm – 6.30pm Annual Public Meeting with a chance to put your questions to a senior management team.

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### MY BAD HABITS - THE PHOTO STORY



That joker Howard sent my doting Mum, Kally, a text the other day with an attachment that contained a photo of my favourite biscuit, - a gravy bone biscuit.

Well, in her excitement, Kally showed me the photo

that was on the screen of her phone, and I began to dribble at the thought of eating my favourite biscuit; I could almost smell the thing.

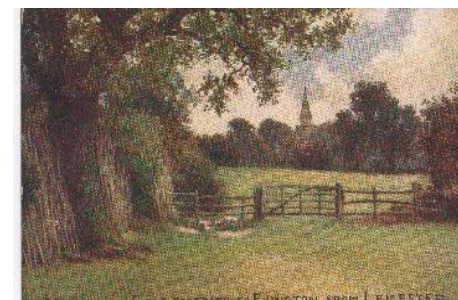
Oh for a gravy bone I thought. I had missed my not so early morning walk, when I normally meet Howard in Evington Park, who would give me some biscuits. I will not go into why I did not get my walk, but let's just say it had something to do with a hair dryer malfunction on Kally's behalf and a lack of interest on Onkar's behalf.

That photo was starting to send me into a frenzy; nothing unusual there. I had to have that biscuit somehow. I thought that it was really horrible of Kally to put a biscuit under my nose like that and not give it to me, I could report her to the RSPCA for this, it is doggy cruelty. Life is so unfair when all I wanted was a gravy bone; surely that was not too much to ask for?

I could not stand it any longer, I threw myself at Kally, who in her surprise dropped her phone onto the floor. I grabbed the phone, and then ran off with it and I sat down and I started chewing it. To my surprise bits of phone started to fly about the place, but there was no biscuit, what had Kally done with it? Well one shattered phone and a very angry Kally and still no dog biscuit. Life just is not fair, heaven help me when Onkar hears about this one. Oh dear, poor me. Bobby (With a little help from Uncle Howard)

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### VERDANT FIELDS OF EVINGTON



Almost 230 years ago, John Throsby, antiquarian, was enchanted by his visit to Evington. The year was 1790 and John Throsby came to the village "on the footway, or rather Steeple Road towards Evington (where) you have beautiful and extensive views. In places the enclosures appear like woods embellished with church, farm houses and verdant fields.

"This lordship is an enclosure in high cultivation. It belonged formerly to the Devonshire family and, it is said, was lost at cards or dice.

"Near the church is a piece of ground, moated, called 'Grange Close' and near it a place called 'The Hall Yard', most probably on the former stood a manor house.

This church is kept exceedingly clean; it has three aisles and three bells.

"On leaving this church, we were presented with an uncommon display of beauty ... considering it was only 28th February; a bank on the South aspect spread with daisies and crow-flowers in abundance and in their May-Day glory. The hawthorn was just peeping through its winter prison. This season will long be memorable."

This transcript was found by Wilfred Smith and shows a delightful picture of Evington in 1790. It was first published in the Evington Echo in 1981.

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## CLUBS, SOCIETIES, CLASSES AND EVENTS

### AT EVINGTON VILLAGE HALL LE5 6FA

Bookings at the Village Hall.  
Tel: 07517167048.

### EVINGTON GARDEN CLUB

Indoor meetings are held from 7.30pm until 9.15pm on the third Tuesday of the month in the Village Hall. Free adjacent car parking. Visitors to meetings £2. Tel: Peter Jackson for further information on 273 5487.

16th April Clematis and other Climbing Shrubs. Jeff Bates.

21st May Victorian Bedding. Mark Goddard.

18th June An evening visit to a Garden or Nursery.

### LEICESTERSHIRE CALLIGRAPHERS

We meet monthly, usually on the third Saturday afternoon, to practise the art of beautiful writing. Non-members are welcome for a fee of £3.50 per meeting. Tel: 285 6436 or email: leicscalligraphers@gmail.com

### BABY SENSORY

Wednesdays 9.30am - 2.30pm. Contact Anna Chaggar on 07813203048.

### SILVER SWANS BALLET FOR OVER 50S

Thursdays 10.00am - 12.00noon. Contact Vanessa Burzynski on 07765407323.

**MONDAY YOGA** 11.00am - 12.00 noon. Steph Yelts. 07525000511.

**TUESDAY BHANGRA BLAZE.** 6.00pm - 7.00pm. Preet Patel. 07525153284.

### SELF DEFENCE GROUP

Wednesdays 8.00pm - 9.00pm.

**INDIAN MUSIC GROUP** Tuesdays 3.45pm to 4.45pm. Tel: 07541888528.

**RECOVERY ASSISTANCE DOGS** Fridays 1.30pm - 2.30pm. Tel: 07932433148 or 2623946.

**RECORDERS** Meet twice a month on a Saturday afternoon 2.30pm - 5.00pm.

### AT EVINGTON PARK HOUSE LE5 6DE

*(If you are new to an activity at Evington House and you find the front door is closed, just ring the door bell and your group leader will answer it. Please make sure you are no more than 15 minutes early for your chosen group.)*

### ANYTHING GOES SOCIAL GROUP

Weds. 10.30am - 12.30pm.

**BILAL YOGA** For happiness and good health with Kausar Bux. Calming exercises and controlled breathing for people of all ages. Work at your own pace. Beginners welcome. Wednesday 2.00pm - 3.00pm. £1 a session.

### THURSDAY YOGA GROUP

Thursdays 10.30am - 11.30am. £1 a session. This is a led session.

### CROCHET FOR ALL

Tuesdays 10.00am to 11.30am. Learn to crochet with Abdul Bux. £1.50 a session. Just come along.

### LISTENING BENCH

10.30am - 11.30am. Confidential listening with Debbie. See article on page 7.

### ART IN THE PARK

Tuesdays 1.30pm - 3.30pm.

### BURNABY GARDENS, EVINGTON PARK LE5 6DE

### GARDENING FOR HEALTH IN EVINGTON PARK

Thursdays 11.30am - 12.30pm. All tools provided. Enjoy being outside with company and helping improve the park. Afterwards a light lunch and chat. Contact Helen on 2204525/07910431044 for more information.

### AT EVINGTON LIBRARY EVINGTON SCRIBBLERS

Evington Scribblers meet fortnightly in Evington library on Thursdays from 10.30am to write poems, stories and articles. New members are welcome and friendly feedback given. Enquire at library for dates of meetings.

### EVINGTON PHILOSOPHY CLUB

Meet fortnightly at the same time as the Scribblers Club. Enquire at library for dates of meetings.

**EVINGTON TODDLERS GROUP** Tuesdays from 10.00am - 12.00noon.

### READING BUDDIES

Every Saturday 11.00am - 1.00pm. A fun, free activity to help children aged 5-11 years with their reading. Operated on a first come first served basis.

### AT ST CHAD'S CHURCH AND PARISH HALL, COLEMAN ROAD

### ASIAN LUNCH CLUB

Wednesdays 11.00am - 2.00pm. Contact Suresh on 07801101308. Lifts may be available.

### PLACE OF WELCOME

Free tea, coffee and toast. Pop into the coffee stop. Every Tuesday 9.30am - 11.30am.

### AT THE PARISH CENTRE (CHURCH ROAD) EVINGTON LOCAL HISTORY AND HERITAGE GROUP MEETINGS

Meetings held from 7.00pm - 9.00pm on the second Thursday in the month at St. Denys Parish Centre. Contact Chris Hossack on 241 5153, chris\_hossack@yahoo.co.uk

11th April Jo Instone-Brewer. What might exist below the platform of Piggy's Hollow? Prior to conducting a geophysical survey in May, Jo comes to discuss her plans at this meeting.

13th June. Outing to Leicester Botanic Gardens for a guided tour with Peter Easton of the exterior of the three houses and to hear about their original owners. Meet at Glebe Road entrance by 7.00pm.

### AT ST DENYS CHURCH PARISH CENTRE

### MONDAY MEETS

1st and 3rd Mondays every month. 2.00pm - 4.00pm in the Parish Centre.  
Monday 15th April.  
Monday 6th May.  
Monday 20th May.  
Monday 3rd June.  
Monday Meet is a friendly group for anyone who would like some company. You are welcome to join however you are feeling and bring a friend. Come for ten minutes, the full two hours or anything in between. Enjoy a cup of tea or coffee in a relaxed atmosphere and meet others in a similar situation. Chat with trained volunteers or come and enjoy some time in which to relax.

### WELLY WALK

Saturday 13th April. Walking, activities and craft including refreshments. Bringing families together.

### STAINER'S CRUCIFIXION

Sunday 14th April (Palm Sunday). 6.00 - 8.30pm. A moving and poignant performance in St. Denys' 800th year, of The Crucifixion (Stainer) to mark Holy Week, the most important period in the Christian calendar, sung by members of choirs from across the region. Refreshments available. All welcome.

*For more details of St. Denys Church services, groups and events contact 2713812. www.stdenys.org.uk*

**AT ST JOSEPH'S CHURCH**  
stjoseph-leicester.btck.co.uk

### ST. JOSEPH'S TABLE

10.30am - 3.30pm every Tuesday and Wednesday. Hot and cold food available in the Parish Centre: light bites and home bakes, jacket potatoes, salads, cream teas and more.

### AT CHURCH OF GOD, DOWNING DRIVE

**CHARITY COFFEE & CHAT** Meets 10.30am -

*Evington House YOGA*

SPONSORED BY RESIDENTS OF EVINGTON  
At Mayflower Methodist Church, Ethel Road,  
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With Manjula (Ladies only)

● WEDNESDAY - 6.00 - 7.00pm  
With Manjula (Ladies only)

● SATURDAY - 10.00 - 11.00am  
With Suresh (Yoga for all)

● £2.50 per session

Contact:  
Manjula on 07448 732696 manjula.odedra.yoga@gmail.com

12.00 noon every Friday morning at The Church of God Annexe on Downing Drive. Come and relax with friends and neighbours and support good causes.

### NHS DOWNING DRIVE SURGERY COFFEE MORNINGS

Meets Monday mornings 10.15am - 12.00 noon. Church of God, Downing Drive.

### AT GOODWOOD EVANGELICAL CHURCH, GAMEL ROAD MESSY CHURCH

First Sunday of the month at 4.00pm. For further details contact Stephen on 079 0294 6004.

### THE ARK TODDLER GROUP

Evangelical Church, Gamel Road. Wednesday in term time. 9.30am – 11.30am. £1.50 per family per session. Tel: Stephen on 079 0294 6004.

**COFFEE MORNING** Thursdays 10.30am.

**KIDS ZONE** 5 - 11 yrs. Tuesdays 4.45pm - 6.00pm.

**YOUTH ACTIVITY** Fridays from 7.30pm.

### AT GRACEWORKS (WYCLIFFE UNITED REFORMED CHURCH, THE COMMON)

(Between the Library and Linden Primary School)  
A Place of Welcome. Every Tuesday 12.30pm - 2.30pm. Open for everyone. Come along for friendship and hospitality, a free lunch of soup and bread, someone who will listen and chat. Children's area/breast-feeding friendly. You will be made most welcome. If you would like to learn practical gardening skills and help in the garden then come along from 10.00am to 12noon on Tuesday morning.

### AT JUDGEMEADOW COMMUNITY COLLEGE

Monday. Yoga. 10.00am - 11.30am  
Gentle Yoga and relaxation - get your week off to a positive start with a friendly group and experienced tutor. Brenda Kirby. 07841 880 800.

### AT MAYFLOWER CHURCH COMMUNITY ROOMS

Evington House Yoga at Mayflower.  
Mondays 6.00pm - 7.00pm (Ladies only).  
Wednesdays 6.00pm - 7.00pm (Ladies only).  
Saturdays 10.00am - 11.00am (Yoga for all).  
£2.50 per session. For Ladies only contact Manjula on 07448 732696. For Saturdays contact Suresh on 07974 306016.

### DOWNING DRIVE FRIENDS AND NEIGHBOURS

Join us for litter picking sessions on the last Thursday of the month. Picking sticks provided. Meet outside Cafe Blends at 10.00am. ddfandn@gmail.com

### AT LEICESTER GENERAL HOSPITAL

Marvellous Medicine Talks:  
For more information contact 2588685. (See article on page 13.)

## YOUTH GROUPS

### SCOUT GROUPS

### 19TH LEICESTER, DAVENPORT ROAD

E-mail: enquiries@evingtonscouts.org.uk  
Website: www.evingtonscouts.org.uk  
Tel: Howard Sloan on 220 9017.

### 9TH LEICESTER, STOUGHTON ROAD

Tel: Pauline Burton on 273 6411.

### 24TH LEICESTER (ST. PHILIP'S AIR SCOUTS)

Evington Drive. Tel: Peter Hardy on 276 0457.

### HAMILTON AIR CADETS

Hamilton Community College, Keyham Lane, LE5 1RT.  
For 13 - 17 yrs. Monday/Thursdays 7.00pm - 9.30pm.  
Tel: 07968 159844  
Email: JoinUs@2502SqnATC.com  
Website: www.2502atc.com

### NEPTUNE SWIMMING CLUB

Evington Pool. Tel: Evington Leisure Centre 299 5575.

### CONTACTING POLITICIANS

*For information about meeting the politicians in Evington ward, North Evington ward and Stoneygate ward tel: 454 6360.  
For MP Keith Vaz tel: 266 8008.  
For MP Jon Ashworth tel: 262 7297.*

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### TOOLS FOR SELF RELIANCE - SEWING MACHINES

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Gill.- 288 2745 gill.barradell@gmail.com  
or George - 239 2913 g.c@talktalk.net

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