



Evington Echo

Keeping you up to date with Evington's news

The newspaper of Friends of Evington Charity No. 1148649

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EVINGTON REMEMBERS

On 10th November, the service remembering fallen soldiers was organised by St. Denys Church.
On 11th November the Peace and Remembrance event was organised by Friends of Evington.
More information on page 2.



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The Echo

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EDITORIAL

TWO REMEMBRANCE SERVICES IN EVINGTON (CONTINUED FROM THE FRONT PAGE)

The Sunday service was organised by St. Denys Church and remembers all the brave soldiers who lost their lives fighting for their country. The theme was extended to all the Commonwealth soldiers from all over the world who sacrificed their lives for our tomorrows. The focus was then brought back to the local situation as all the names of soldiers on the War Memorial who died during both World Wars were read out. The Hamilton Air Cadets performed a drum ceremony and 19th Leicester Scouts were also on parade.

The Vicar, Anthony Lees-Smith had invited Friends of Evington to organise an event on the Monday, at the 11th hour of the 11th month. The event benefitted from speakers who came forward following an advertisement in the last issue of this magazine, the Evington Echo. After starting at the War Memorial, the many people gathered were invited to go back to St. Denys Church so the various talks could be heard more easily and comfortably.

Barbara Lewitt from 'Celebrate our Similarities' said, "We have more food, yet many go hungry. We have more wealth, yet many live in deprivation. We have more schools yet many remain ignorant and are stuck in a cycle of poverty. She said peace is not a definition, a wish or a prayer, it is a necessity like air, water and food and is at the core of our

understanding determination and clarity.

Abdul Bux brought his crocheted blanket with the flags of all the countries that fought in the First World War. He spoke about the pain and suffering of the World Wars, which were on an industrial scale.

Schools in Evington were represented by students from Oaklands, Linden, Mayflower and Judgemeadow. Oaklands students laid a wreath, and the other students read poems and spoke poignantly about peace and war in their own words.

Chris Hossack delivered a well researched speech about the suffering of Prisoners of War everywhere and localised his talk by describing his own father's suffering. He also mentioned that it was 75 years ago that the US 82nd Airborne Division stationed in Evington left for Operation Market Gardens and donated flags to St. Denys Church in gratitude for local hospitality.

Rev. Anthony Lees-Smith spoke about the Christian message of Peace, and about love and compassion. He was thanked for the hospitality of the Church for this occasion.

Allan Hayes reminded us that the war memorial recorded our failure to live in peace; that we must not now fail the even bigger challenge of saving humanity and life, and that Leicester's varied community living well together contributes to the success. Helen.

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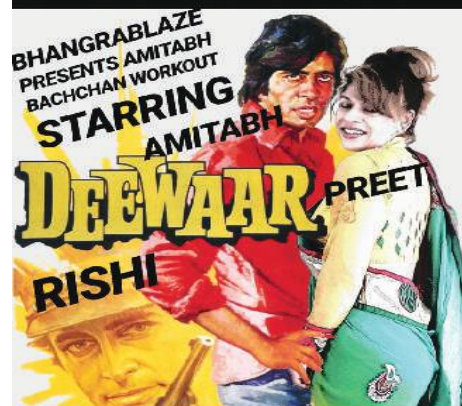
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GENERAL ELECTION 12TH DECEMBER 2019

MPs have responsibility to three main groups: their constituents, Parliament and their political party. For their constituents this includes helping and advising on problems and acting as a figurehead for the local area. MPs should be meeting constituents and local businesses as much as possible. In Parliament their duties include participating in debates and voting on legislation. Some have other roles. MPs usually support their parties.

The following candidates will be standing in Leicester East.

1. Bhupen Dave (Conservative)
2. Claudia Webbe (Labour)
3. Melanie Wakley (Green)
4. Nitesh Dave (Liberal Democrat)
5. Sanjay Gogia (Independent)
6. Tara Baldwin (Brexit Party)

I asked some Evington residents what they would like their new Leicester East MP to be like. They said they wanted this person to have: integrity, honesty, consistency, concern for the most vulnerable, purity of motive, recognised ability, mature experience, and understanding that politics serves all the people, responsive to individual needs and 'fit for the people' - not a career politician. S/he needs to be a unifying force.



Nitesh Dave is the Liberal Democrat candidate for Leicester East. He offers hope for a brighter future in Leicester East. He lives in the constituency and shares the concerns of residents here. He has dedicated his professional life to helping the most vulnerable in society, working as a special needs teacher. Nitesh has a strong track record in fighting to save our local libraries, children's centres and disabled school transport. A Liberal Democrat government would stop Brexit on day one. Nitesh is proud of the Liberal Democrats' commitments to invest in our schools, adult learning services and hospitals and the ambitious commitments to fight climate change.



Bhupen Dave is the conservative candidate for Leicester East. He has lived in Leicester and Leicestershire for 47 years. He is truly local. He was a Leicester City Councillor for 13

years. The problems that concern him are housing developments without first sorting out the infrastructure support like school places, traffic flow, GP surgeries, etc. Crime, and cyclists riding on footpaths are serious problems. If elected he will work hard to find solutions to these problems.



Claudia Webbe is the candidate for the Labour Party and will be campaigning for social justice and real change. She has been congratulated by her many supporters for being selected in her home town, where she was born and raised. She sees this election as a once in

a generation opportunity to tackle the crisis in living standards, including poverty, housing and jobs. Claudia believes this election is not only about Brexit but it's also about investing in our future, the NHS and education and tackling the climate emergency we all face. She will build on Leicester's strong diversity towards enabling a better quality of life for all.

ST. DENYS SHEEP TRAIL



As Christmas draws near we remember the story of Jesus' birth, and the different visitors who came to see him. Among the visitors were some shepherds with their sheep. Unfortunately the shepherds went shopping in Evington, and have lost their sheep who are hiding in the shop windows. There are sixteen sheep all with name tags to find, and a prize draw to enter for any children who help find them. You can collect an application form with further instructions and space to write the names of the sheep, from St. Denys church (2155500). You can start searching from the beginning of December.



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Letters

GROWING UP WITH GRANDMA

Dear Editor,

Everybody's Reading is a brilliant festival in October and I really enjoyed hearing Hamish Whiteley, a local author, present his book, 'Growing up with Grandma' which is a collection of short fictional stories inspired by real places and circumstances. Ten of the stories were broadcast on BBC Radio 4. I would recommend this book as an excellent read. ISBN 9 78-0-9552825-6-0.

Name and address supplied.

VOLUNTEERS REQUIRED FOR THE ACE HUB AT JUDGEMEADOW COMMUNITY COLLEGE

Are you a retired person or someone with some weekly spare time, whether it be 1 hour or several a week, who is looking to support and wishes to offer help to individual youngsters and small groups at Judgemeanow Community College. You will help build the confidence of these youngsters through communication and engaging with the individuals, sharing valuable knowledge in the following areas:

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Basic DIY skills

Health and Beauty

Animal care and the development of this area.

Keen interest in 'upcycling'

Health and safety awareness during activities.

If you feel you can be part of teaching important life lessons that will help them succeed beyond just school, then please get in touch for us to show you around the Ace Hub and this exciting venture.

Please contact Neil Lewis or Jas Kang in the first instance on 2411920 or by email at neil.lewis@judgemeanow.org.uk or jasvinder.kang@judgemeanow.org.uk



THE LION, THE WITCH AND THE WARDROBE (LWW)

During World War 2, four children were evacuated from London to Prof. Digory Kirke's country home. In this country house was a wardrobe through which you could enter a fantasy world called 'Narnia'. The story recounts the adventures that the four children had whilst in Narnia and a lot of the characters that they met. As Anthony Lees-Smith says in the production programme, "The story has many other layers: the cosmic battle between good and evil; themes of hope as spring follows winter; the deeper magic that brings life out of death and joy out of grief."

What an amazing production. I am finding it rather hard to type this as my hands are still stinging from the clapping that I did at the end of the show. Anyone who did not manage to see the show missed a real treat. I will not single out any one of the performers as they were all brilliant, and how well the children performed was just marvellous. All the people behind the scenes also did an excellent job. And how the large audience enjoyed it was

shown by their thunderous response at the end.

Thanks to everyone involved in the production for providing such brilliant entertainment for us to enjoy. Finally, what and when are St. Denys' actors going to provide us with another masterpiece for our enjoyment?
Howard.

THANK YOU

On behalf of everyone at St Denys, I'd like to say a huge thank you to all those in the community of Evington who have helped us to celebrate our 800th anniversary in style! From the couples who came back to renew their vows in February to the cast and crew of 'The Lion, the Witch and the Wardrobe', from the US 82nd Airborne re-enactors to the schoolchildren whose designs went into the stained glass project, you are all amazing and we really hope that the relationships built this year will continue for many years to come.

Do come and join us to celebrate Christmas if you can, and thank you again for making this year such a special one for the St Denys community. With thanks and prayers,
Anthony (Vicar at St Denys)

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FRIENDS OF EVINGTON SOCIAL CLUB.

A friendly group meet each Wednesday morning from 10.30 am to 12.15pm at Evington Park House for conversation and a variety of activities. Most are local residents who enjoy a pleasant time with others from the neighbourhood, and everyone is welcome.

Our morning usually begins with conversation, tea and coffee! Various activities then take place. These include: talks from local and national organisations; crafts demonstrated by both members and others from around the county and an opportunity to take part; card and board games; easy seated exercises - all for fun with no pressure to take part. If watching is preferred, we will still enjoy your company.

We are open to suggestions for other activities and hope to be able to arrange some outings when the better weather allows. We invite others to spend time with us, to join in with the activities, enjoy conversation and make new friends. Come and try us – the more who come along, the more activities can be arranged, and if you have a skill to share, we will really appreciate your help. There is no membership fee; we just contribute £1 when we attend to cover the room hire and first time is free! We look forward to your company.

EVINGTON SCRIBBLERS – EVERYBODY'S READING FESTIVAL



Once again Evington Scribblers took part in the Everybody's Reading festival. At Evington library activities included members and guests reading their own work followed by everybody writing an impression of objects brought by members. It was agreed that the meeting had been well worthwhile and enjoyed by those attending. The scribblers were very grateful for the help and support of the library staff.

Kevin Beint

BIG KNIT CHALLENGE



Age UK for Leicester, Leicestershire and Rutland have set a massive target of producing 80,000 little

hats for smoothie bottles, and need all the help they can get from local knitters. For each hat sold Age UK receives 25p and that money helps the Charity support older people who are facing later life alone.

Contact: 2237344 or
peter.ralps@ageukleics.org.uk



THE RUMMIKUB CLUB

This club meets on Friday afternoons from 1.30pm in Evington Park House (LE5 6DE) to play a number strategy game that has infinite variety. This game is played with 106 tiles in four different colours. If you would like to join the club do come along for a first meeting to see if it is for you. No previous knowledge needed. For more information tel. Marlene on 2417741.

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RECORD BREAKING ATTEMPT



Attitude4dance based at Evington Village Hall LE5 6FA took part in a Nationwide Record Breaking Attempt run by the Performers Project Team on Sunday 17th November. The attempt was to have the most amount of tap dancers dancing the same routine at the same time on the same day at

different venues. We had dancers from age 3 upwards taking part.

Attitude4dance has raised over £300 for Children in Need by supporting this charity Tapathon.

As principal of the dancing school, I am very proud of everyone.

It was a super day with a lovely atmosphere and lots of amazing dancing as always.

Nicola Braid.



Tapalong Dancers at Attitude 4 Dance

CANTAMICI COMES TO ST. DENYS CHURCH, EVINGTON

Cantamici, the 40-strong Leicester based choir who celebrated their 25th anniversary in 2019 are giving a concert at St Denys on Saturday March 7th at 7-30 pm.

Audiences are always delighted by their varied programme, featuring something for every musical taste.

Tickets can be bought on the door.

Do come and join us!



AFFIRMATION MEDITATION.

We all know how important self-care is but how many of us actually incorporate this in our lives? Here is a short affirmation meditation for you to take a few minutes out and enjoy this practice just for yourself.

Try this practice in the day in a quiet space when you know you won't be disturbed. You can be seated or lying down. Relax your body and loosen any areas of tension including face and mouth.

Begin by placing your attention on your breathing. No need to change this to make it deeper, slower or longer. Just observe your breath as it is in the natural flow. Observe how each breath feels as it passed through your nose, down your throat and into your lungs. Now follow it as it travels out of your body again. Spend some time just focusing on your breath.

I am going to give three affirmations, repeat each one silently for five breath cycles. After every inhale, repeat the affirmation silently on the exhale. Close your eyes during the five breath cycles. Open them briefly before proceeding to the next affirmation. After the third affirmation open your eyes and read your final instruction.

Affirmation one: I speak and think positively.

Affirmation two: I am my own unique self.

Affirmation three: All is well in my world.

Now close your eyes and continue to observe your breath as before; however let the affirmations come into your mind as you breathe in and out. When you are ready gently open your eyes and bring your awareness back into your space.

I hope you have enjoyed this short meditation. Don't forget to follow Indy Essence on Facebook (Indy Essence), Instagram (indyessence), Twitter (@EssenceIndy) & YouTube (Indy Essence)

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SELF CARE INFORMATION FROM NHS

Self Care Week was held from 18th to 24th November 2019, and was about supporting local people to manage and treat common illnesses. The Good Health Guide that supported this week can be downloaded from www.leicestercitycog.nhs.uk and includes topics on Vomiting bug, Blocked sinuses, Coughs, Sore throat, Colds and flu, Back pain, Chest infections, Children's breathing difficulties, Children's fever, Children's tummy upset, Children's accidents and Mental health.

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HEALTH AND SAFETY

Looking after your Ears at Work

Once upon a time, nobody had ever heard of health and safety, but now it has hit us big time and is a massive concern to all of us. The impact of it affects all our daily lives; one wonders how there was life before health and safety came along. Where would we be without it and how would we perform even the simplest of tasks? Health and safety rules are needed to protect us all in our everyday life and at work, but at times I think that they go a bit too far. Take this one, for example. A blind girl from Bristol was banned from using her walking cane as it was considered a trip hazard. Fortunately the Health and Safety Executive overruled this.

Well, as health and safety is the life blood of ever so many organisations, including councils and universities, I decided to ask my friends for some examples.

Chris said she had once been on a manual handling course. To you and me manual handling is generally referred to as lifting, but not in health and safety terms. Manual handling is a far grander title, don't you think? The course was based upon the Health and Safety Executive's book titled 'Manual Handling Regulations, 1992, as amended by the Health and Safety (Miscellaneous Amendments Regulations 2002)'. The guidance explains how to avoid, assess and reduce the risk of injury from manual handling. I was not prepared to spend £18 on this, even though I'm a great believer in thorough research. Chris said she did not benefit from this course as she doesn't do any heavy lifting anyway.

Helen, the Evington workdog, (Where would Evington residents be without her tireless efforts?) sent the following:

Officer: Before you do any activity, you have to think of all the reasons why it could go wrong, however unlikely.

Reply: Yes I understand that you need a risk assessment, but how many unlikely things do I need to write down?

Officer: Everything you could possibly think of that could go wrong, however unlikely.

Reply: Then what?

Officer: You will have a long list, so you can't do the activity because it is not safe.

Pippa sent me an email and asked if she could join Milo and Bobby and write for the Evington Echo. She then sent me details of a health and safety course held at a university.

Aims of the course: To qualify participants in the correct use of earplugs
Organisers: Health and Safety

Goals: At the end of the course participants should be able to insert earplugs correctly in the right (and left) apertures, move head around, remove and dispose of earplugs safely and legally. On passing the content test and practical, participants will be issued with a certificate of completion.

8.30 –	Day 1 Registration and coffee in Garendon suite
9.15	Plenary Session: 'The Earplug Throughout History' Speaker: Professor Simon Sharmah
10.00	Coffee
10.30	'Nooks, Crannies and Holes – a fresh look at your body' Speaker: Professor Blenkinsop, Professor of Aperturology
11.00	Breakout groups to discuss options
12.00	Plenary 'Decibels – friend or foe?'
12.30	Lunch
1.45	Plenary 'Choosing your equipment' Speaker Jim Blunt, MD Mouldex Video: 'Mind how you go with those things'
3.00	Breakout groups to discuss video
4.00	Reporting back
4.30	Tea
5.15	Do I need Gloves? - frequently asked questions and their answers (Session 1)
6.00	Plenary Demonstration – Practical Hints, Hazards and Consequences
6.30	Reform in pairs and practice
7.30	Feedback Session, debriefing and free samples*
	Assemble in Bar**
	Day 2
9.00	Assemble in Garendon suite
9.15	Plenary Session and Discussion: 'The Legal Position' Speaker: To be announced
10.00	Plenary Session and Discussion: 'The Comfiest Position'
10.45	Coffee
11.15	Do I need a course member for insertion? Frequently asked questions and their answers (Session 2)
12.00	Lunch
2.00	Reform in pairs and practice
3.00	Feedback session, debriefing and bandaging
3.45	Tea
4.15	Content and practical test
5.00	Debriefing and Signing the Official Secrets Act
5.30	Departure

*Course members are reminded to enter their samples in the Hospitality Diary, on-line.

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CELEBRATING THE ACHIEVEMENTS OF EVINGTON IN BLOOM VOLUNTEERS



Evington IYN groups receiving their awards from Cllr. Piara Singh-Clair. Chris Hossack on behalf of Piggy's Hollow, Babooji Odedra on behalf of The Burnaby Gardens and Lesley Vann on behalf of Friends of Evington Park. Also volunteers from Nurturing Roots.

This event at the City Rooms was organised by Leicester City Council's Parks Department to celebrate the work of 'It's Your Neighbourhood' groups and Leicester Environmental Volunteers, who help make areas in Leicester City better through environmental projects.

It's Your Neighbourhood groups received gift tokens from East Midlands in Bloom, as well as detailed reports and certificates.

Evington in Bloom received a silver plate for the best urban area in the East Midlands (see centre of picture above).

Graceworks received a special award because they won Leicester's LEV Volunteer project of the Year. Their aquaponics system was featured in the Britain in Bloom series on BBC 2 earlier this year.

Also vouchers and certificates were given to the following IYN groups in Evington:

Piggy's Hollow Nurturing Roots Graceworks The Burnaby Gardens Friends of Evington Park The Horston Hill Project Graceworks

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RS - AWARD CEREMONY 25TH OCTOBER AT THE CITY ROOMS, LEICESTER



The Aquaponic system at Graceworks



Volunteer Project of the Year
Craig Ward accepts the award
from Cllr. Piara Singh-Clair on
behalf of Graceworks

Evington in Bloom volunteers are all so pleased to be recognised by Leicester City Council* for their horticultural and environmental work. Many thanks go to East Midlands in Bloom's organising volunteers and the Royal Horticultural Society - (RHS) for sponsorship. East Midlands in Bloom judges give detailed evaluations, reports, vouchers and follow-up advice.

Thanks also go to Friends of Evington for developing a local structure for decision making**. Evington in Bloom is the project/campaign of Friends of Evington.

*If you would like to join Leicester City Council's volunteering scheme called Leicester Environmental Volunteers (LEV) then please use a search engine for 'Environmental Volunteering - Leicester City Council' to download the application form.

**If you would like to be part of the local decision making, then you can become a member of Friends of Evington for 2020. It is just £5 a year for individual membership. Contact friendsofevington1@gmail.com or by phone via the Editor of this magazine (see page 2 for Editor's contact details).



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Contributions are welcome. Send them to the Editor or take to Bennett's Hardware Store.



NOV/DEC 2019 WELCOME

Hello to the community of Evington. I would like to introduce myself and inform you that I am your new PCSO of the area. I am PCSO 6512 Bryony GRAY. I have come from a safeguarding background and enjoy helping people. If you have any problems or queries at all please do not hesitate to contact me on 101.

As we all know, in the following month we have a few festivities coming up including Bhodi Day, Pancha Ganapati, Christmas and many, many more. To help keep crime down in your local area please be mindful when visiting relatives to lock your windows and doors and keep a light on and possibly a radio or for those fellow whiz kids use Alexa (this way it will seem as if someone is still home). This is small yet very effective deterrent against burglars.

If you have any elderly neighbours, just keep an eye on them and make sure they are okay; it's the small little acts that help - for example just making sure they have heating on through these chilly nights could make a huge difference.

Social media is a large thing in everybody's day today lives and sometimes can be misused and leave you vulnerable. When buying gifts over the next couple of weeks and the day of, and after, your festivities if you are wanting to show friends and family what you have gotten just make sure your media has been made private; it leaves you open to be vulnerable to opportunists to take those gifts from you.

POLICE RECRUITMENT

Our Police Officer Recruitment is currently open and we are looking for talented people from across our communities to join. For more information and local events, please see www.leics.police.uk/joinus

CURRENT BEAT PRIORITIES

We are currently focusing on reports of anti-social behaviour in your local parks. We have been working with partner agencies and the council to help deter these issues, which has resulted in the gates to the park being locked in the evenings and a reduction in reports.

We are also tackling speeding, mobile phone and seat belt offences in this area.

IN YOUR COMMUNITY

Your opinions and concerns matter to us. Please get in touch to report in the following ways:

Phone:
101 (non-emergency) 999 (emergency)

Report issues online:
Contact us @leicestershire.pnn.police.uk

You can also follow us online:
Facebook @spinneyhillspolice
Twitter @LPspinneyWard

NEIGHBOURHOOD LINK

Neighbourhood Link is the community messaging system to keep local residents informed and up to date with news on appeals and crime prevention advice as well as information on policing matters that affect you. This is also where you can find information on any community events that your local policing team will be attending, where you can pop by to discuss any issues.

Please see
<https://www.neighbourhoodlink.co.uk/>

MOAT COMMUNITY COLLEGE AND CHURCH COLLABORATE FOR CHARITY



Charitable giving was transformed into a community event at Moat Community College with the collaboration of local footwear retailers, school teaching and support staff, students, parents and Free Churches in Knighton and North Evington. The school community collected 75 shoeboxes filled with gifts for struggling families in Europe. Knighton Free Church sent 250 shoeboxes through Blythswood Care* to its partnered church in Bicz in North East Romania. (Bicz is one of the poorest areas in Europe.) The beautifully decorated boxes contained life essentials such as toiletries, stationery, hats, gloves, scarves with some sweet treats for good measure. *Blythswood Care oversaw the gathering and distribution of 107,073 shoeboxes to Albania, Kosovo, Moldova, Romania, Serbia and Ukraine.

LEICESTER NEPTUNE

Leicester Neptune is a local swimming club based at Evington Pool, De Montfort University and Parklands Leisure Centre. We are actively seeking youngsters to swim in one of our teams next year! Entry criteria are for guidance only. If you know anyone who may be interested please contact on <http://lncs.org.uk/join-us/> we would love to hear from you!

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WHITEHALL'S MINDFULNESS GARDEN



Whitehall now has a lovely, new, outdoor space for quiet, relaxation and contemplation. After many years, the 'Quiet Garden' had become overgrown, tired and neglected; now it has been revamped into a multi-sensory oasis. A pergola and outdoor shelter are clad with colourful, recycled CDs and 'stained glass' panels; brightly coloured ribbons stream from the impressive oak tree, adding colour and movement. Wind chimes and rustling grasses soothe the ears and mind, as does the water feature. Coloured 'gems' form trails along the paths, weaving routes to follow through the shrubs and trees; ferns add interest with their crinkly, unfurling fronds. Recycled materials have been used creatively wherever possible: a lion is ready to pounce from the undergrowth and you suddenly stumble across fairy doorways – all beautifully carved from old tree stumps.

We hope that children and staff will all use this lovely space to be calm and relax; to contemplate nature - watching the colourful bulbs emerge and flower in spring through to the changing autumn leaf colours; even as just a beautiful space to read, or think and contemplate the world around us. We hope the classes will also use it as part of their learning.

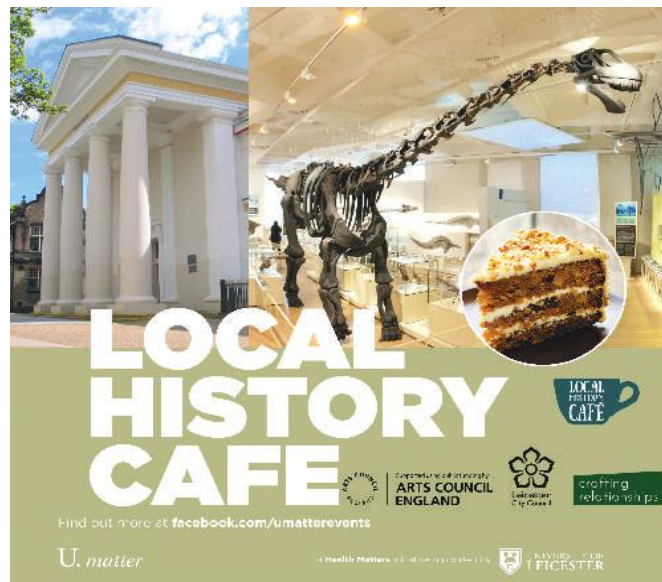
The project was designed and envisioned by Mrs Aneesa Adam, Eco Co-ordinator, the EcoWarriors and School Council, with the assistance and technical skills of the Leicestershire and Rutland Wildlife Trust. It was opened (on, sadly, a rather wet and blustery day) by the Assistant City Mayor, Elly Cutkelvin, who also spoke with students about the Connecting Classrooms Project which forms links with a secondary school in Nepal – our teachers are,

excitingly, going to visit the mountainous region on an exchange visit! She was also presented with a 'mayoral chain' of discs that they had designed themselves, based on our whole school ethics and values, manufactured using our fantastic new 3D printer!

The project has catapulted the school into the news – the garden and the Eco Warriors were featured in the Leicester Mercury and were even interviewed by Ady Dayman for his breakfast show on Radio Leicester!

The students are thinking of how they can add extra, handmade features to the garden, using reclaimed materials. We hope that this exciting, new resource will be enjoyed in all seasons, for years to come, along with other projects planned to promote outdoor learning.

Addy Tyler



If you are aged 50 or over, why not join us for a heritage and wellbeing get-together. It's the perfect opportunity to meet new people and learn more about New Walk Museum whilst enjoying a cup of tea and a slice of cake.

Venue: New Walk Museum Dates: 19th Dec. 23rd Jan and 30th Jan. Cost £3.

Places must be booked on 2254900 or through the website www.newwalkmuseum@leicester.gov.uk

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Tuesday 10th December 2019
Time - 10.00am - 12.00pm



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The Shama Women's Centre, 39 - 45 Sparkenhoe Street, Leicester LE2 OTD.

WORLD MENTAL HEALTH AWARENESS DAY - 10TH OCTOBER

Shama Women's Centre, 39 - 45 Sparkenhoe Street, LE2 OTD

A pin-up board for comments said:

- *Some mental health conditions are anxiety, depression, bipolar, personality disorder, OCD and schizophrenia
- *It can affect anyone, me, you, old, young rich and poor.
- *Accept it, don't fight it
- *It can show as a change in mood and change in behaviour
- *Asking for help is not a weakness; it is a strength.
- *For some it doesn't last for ever and is a short phase in life; for others it may become long term, but it is OKAY
- *Make your attitude Inclusive and accepting

The Shama Centre is open every weekday and you can join as a member to access many facilities including childcare, chat sessions, ESOL classes and many, many more classes including distance-certified learning. If you require a counsellor for individual support contact the centre where there is a procedure. All enquiries tel: 2514747.

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Manjula on 07448 732686 manjula.odedra.yoga@gmail.com
Suresh on 07974 306016 suresh.mistry1@ntlworld.com

A GUIDED TOUR OF EVINGTON 21ST SEPTEMBER 2019



Chris Hossack leads many tours in Evington for both school children and adults and his research is thorough and interesting.

This September he lead the annual history and heritage walk in Evington as part of Heritage Open Day. Heritage Open Days are national events that take place annually in September each year with many buildings open to the public for no charge. The scheme is now organised by the National Trust and supported by Leicester City Council.

His tour attracted many visitors; one visitor saw the publicity in Rugby Visitors' Centre!

The tour visited three buildings that were open - St. Denys Church, Evington Chapel and Evington House. (Evington House was only open because of the Health Fair on the same day, so the History and Heritage group benefitted from Friends of Evington's hire payment.) The group walked to Piggy's Hollow and through Evington Village.

If you are interested in local history talks, why not join the Evington Local History Group who meet monthly at the Parish Centre.

For more information tel. John and Pauline Sloan (secretary) on 241 2210 and see the events pages in this magazine (Pages 14/15)

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For further information contact: 0116 2412087



"We preach not ourselves,
but Christ Jesus the Lord"

THE DOG HOUSE

Bobby



Milo



Pippa



Lucy



Rollo



As much as they all loved living where they did, the dogs fancied a little independence and freedom. So Bobby, Milo, Rollo, Lucy and Pippa held a meeting and decided that they would get a place of their own.

Bobby just fancied the thought of being able to eat all day long.

Onkar was pleased that he would get rid of Bobby for a while. He found a four bedroomed house with three reception rooms and a large kitchen with a good sized garden.

A bedroom for Rollo had a full wall of mirrors, so he would be able to preen himself in front of them. A bedroom for Milo had the sun streaming in through a very large window. He could drift away into his own little world. The next bedroom had an upright piano for Pippa. Lucy was happy with her room and Bobby loved a downstairs room next to the kitchen.

As the dogs arrived with their belongings, their Mums and Dads helped them unpack. As Milo's rather flustered Mum unpacked Milo's food, Bobby watched. He didn't like the look of the bags full of kibble, but then he saw the tasty treats being stored away.

Then the five of them adjourned to the common room to talk about how the whole dog commune was going to work and who was responsible for what. Milo was one for routine, Bobby was a little, or a lot, more haphazard in his approach to life, if he had one. Lucy was more of a creature of habit, as was Pippa. As for Rollo, he just took things as they came - routine was not his thing, he was more

of a spontaneous kind of dog. Bobby put forward that he would be in charge of food. This did not go down too well. Bobby decided to back off and tried not to be too obvious about his intentions to eat as much as he could.

At the end of an hour boredom was starting to set in. The four of them were tired of Bobby and his ramblings, so they decided to have a chill time. Bobby thought that he would just have a quick look at the food cupboards. He had no intention of trying anything, he just wanted a little sniff of them to compare them with his own, not to be fancied, food. But the smell was just out of this world, so he decided to have a very little taste. Well one bite led to another and before he knew it, Bobby had managed to completely empty the whole container of Milo's treats. "Oops," Bobby thought, "How do I get away with this one?"

Milo entered the kitchen to find Bobby sitting there looking rather pleased with himself, but when Bobby saw Milo the pleased look changed to one of guilt. By now Lucy, Pippa and Rollo had gathered in the kitchen for their evening meal. By the looks of Rollo's magnificent quiff, it was not hard to guess how he had been spending his time. Bobby realised that he needed to act fast. He was just going to have to look dumb - that would not be too hard. Alternatively he could always say that he had this habit of sleep eating and that it had been going on for years.


Milo spotted the empty pot. Bobby decided that some diversionary tactics were needed. Bobby fired right from the hip, but without a

clue as to what he was going to say. He started off by saying that he was so pleased with the way things were going ... Lucy said that if Bobby had got anything to say he should get on with it or they would all go back to their evening meal. Bobby turned away. "I have got away with it this time" he thought.

After the meal it was TV time. Bobby took the remote control and decided to watch a rather violent TV programme. Lucy raised her objections to Bobby's choice of viewing and got no response. That was it, she had had enough, so she rather forcefully took the remote control from Bobby. Milo, a peace-loving dog, left, but Pippa and Rollo stood on the sidelines to see what would happen next. Bobby thought better of taking the matter any further and headed off to the kitchen to have something to eat to calm his nerves and make up for the humiliation he had just suffered. He did think about going into Lucy's food cupboard for a bite, but then thought the better of it. Instead he settled for one of Pippa's tasty snacks and boy was it good. In fact it was so good he went back and got some more.

The door bell rang. Milo, Pippa, Lucy and Rollo ran eagerly to open the front door. Bobby couldn't move. When the parents entered the kitchen, besides a very bloated Bobby, there were five food cupboard doors wide open. Bobby could not think of a way to explain this, so he told the truth for once. The dogs all announced that they were going home. Bobby had no choice. The commune was finished. Onkar was left to work out the cost of the whole fiasco. Uncle Howard.

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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.

10th Dec. Christmas Meeting. 'A Magic Carpet Ride.' Richard Adams.

21st Jan. Shaping and pruning in the garden. An illustrated talk by Stephen Ashpole.

LEICESTERSHIRE CALLIGRAPHERS

Third Saturday afternoon in month. Non-members £4.00 per meeting. Tel: 285 6436.

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.

Business run groups at the Village Hall:

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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.

AT EVINGTON PARK HOUSE LE5 6DE AND/OR IN EVINGTON PARK

(If you are new to an activity at Evington House and you find the front door is closed, just ring the door bell.)

ANYTHING GOES SOCIAL GROUP

Wednesdays. 10.30am - 12.30pm.

BILAL YOGA with Kausar Bux. Wednesday 2.00pm - 3.00pm. £1 a session. Mostly seated exercises.

THURSDAY YOGA GROUP

Thursdays 10.30am - 11.30am. £1 a session. This is a led session. Tel: 07952 775449.

CROCHET FOR ALL

Tuesdays 10.00am to 11.30am. With Abdul Bux. £1.50 a session.

ART IN THE PARK

Tuesdays 1.30pm - 3.30pm. Tel: 2126614.

AT EVINGTON LIBRARY

EVINGTON SCRIBBLERS

Evington Scribblers meet fortnightly in Evington Library on Thursdays from 10.30am to write poems, stories and articles. Enquire at library for dates of meetings.

EVINGTON PHILOSOPHY CLUB

Meet fortnightly at the same time as the Scribblers Club. Enquire at library.

EVINGTON TODDLERS GROUP Tuesdays from 10.00am - 12.00 noon.

READING BUDDIES (BUSINESS RUN)

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

Every Tuesday 9.30am - 11.30am.

AT ST. DENYS CHURCH / 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 except for November. Contact Chris Hossack on 241 5153, chris_hossack@yahoo.co.uk
12th Dec. Vince Holyoak. 'Hidden Histories - Leicester in World War II'. Background information about the Parachute Regiment stationed in Shady Lane.

MONDAY MEETS

1st and 3rd Mondays every month. 2.00pm - 4.00pm in the Parish Centre.

Tuesday 17th Dec. 7.00pm. Carols at The Cow and Plough.

Sunday 22nd Dec. 6.00pm. Festival of Nine Lessons and Carols by candlelight.

Monday 23rd Dec. 7.00pm. Radio Leicester 'Sing Christmas' at The Dove.

Christmas Eve. 4.00pm. Crib Service.

11.15pm. Midnight Communion.

Christmas Day 10.00am. Informal Family Communion.

New Year's Eve 11.45pm. Ringing in the New Year - short service with mulled wine and mince pies.

Sunday 5th Jan. 6.00pm. Informal Epiphany Carol Service.

For more details of St. Denys Church services, and group activities contact 2713812. www.stdenys.org.uk

AT ST JOSEPH'S CHURCH

www.stjoseph-leicester.btck.co.uk

ST. JOSEPH'S TABLE

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AT CHURCH OF GOD, DOWNING DRIVE CHARITY COFFEE & CHAT

Meets 10.30am - 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 at Goodwood Evangelical Church.

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

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If you would like to learn practical gardening skills and help in the garden then come along from 10.00am to 12.00pm on Tuesday morning.

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Mondays 6.00pm - 7.00pm (Ladies only). Tel: 07448 732696.

Wednesdays 6.00pm - 7.00pm (Ladies only). Tel: 07448 732696.

Saturdays 10.00am - 11.00am (Yoga for all). £2.50 per session. Tel: 07974 306016.

TAI CHI (BUSINESS RUN)

Thursdays 10.00am - 12.00pm. £7.50 per session. E-mail: larainetucker@icloud.com. Tel: Laraine Tucker on 07779434742.

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)

This group is meeting at St. Phillip's Church.

Tel: Peter Hardy on 276 0457.

HAMILTON AIR CADETS

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.

OTHER EVENTS

HEARING AID DROP-IN CLINIC - ACTION ON DEAFNESS

First and third Mondays of the month. 16th Dec onwards. St. Philip's Church LE2 1HN. 9.30 am - 12.00pm

WELLNESS WORKSHOPS WITH TOGETHER AGAINST CANCER.

You must register your place on events at www.eventbrite.co.uk then search 'Together Against Cancer' or Tel: 246 0195. Venue on Troon Way.

Cantamici Concert. Sat. 7th March 2020 at 7.30pm at St. Denys Church. Tickets on door.

SMALL ADS

Trade and professional rate £2.50 for a maximum of 25 words. All other rates; 50p for maximum of 25 words including telephone number, except for adverts selling items over £1,000, which will cost £5 for a maximum of 25 words. Please write clearly and leave your ad. with payment, in an envelope marked Small Ads at Bennett's Home and Garden Supplies, 30 Main Street.

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Please phone 0780 318 1140.

FOR SALE 17 JEWELLED SWISS MADE DIMATRON WIND UP WATCH

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FOR SALE - SINGLE BED STEEL BASE

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FOR SALE - SINGLE FUTON BEECH WOOD FRAME QUALITY MATTRESS

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