

Keeping you up to date with Evington's news

IN ELLINGTON

The newspaper of Friends of Evington Charity No. 1148649



At short notice, the BBC Repair Team contacted the Evington Echo and about 100 people came along to the Vintage 186 Café in Evington to show their special treasures. Steph Derham's story about her teddybear captured the scouting team's imagination. Story continued on page 2

Photographs by Graham Derham. Designed by Jason Chauhan

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#### THE REPAIR SHOP COMES TO **FVINGTON**

On Tuesday 17th December Evington was lucky enough to be chosen for a visit by the research team from BBC 1's "The Repair Shop". They were looking for those people willing to apply to be on the show with any damaged heirlooms, prized possessions or much loved items in need of some attention and restoration.

If you have never seen the show then you are missing a treat. In the programme, owners will take their treasured item into a large barn within the grounds of the Weald and Downland Museum in West Sussex where experts are on hand to discuss what can be done to repair and restore their precious possession whilst the cameras roll. This can be absolutely anything that is dear to its owner, from clocks to bicycles, teddy bears to jewellery, chairs to pottery and much, much more. The viewer is then shown the process the items go through to transform them back to, as near as possible, their original glory, depending on the owner's wishes.

And so, on a cold December afternoon, very close to Christmas, my husband, Graham. and I found ourselves in the Vintage 186 Cafe (on Main Street in Evington), who had kindly offered the use of their lovely premises. There was a fantastic turn out of villagers from Evington and surrounding areas and the cafe was full to the brim; with each person clutching their precious possession, keen to show it off and talk about its history. The two researcher ladies were lovely and friendly as they moved around the cafe spending time with each person, making notes and logging the treasures. They explained they would be feeding back the information gained to the show's producers, who would then have the say on which items they might be interested in putting forward to appear on the programme. The ladies explained that it can sometimes take up to a year for them to make contact.

We were told that there are four stages to the process and the event in the cafe was stage one. The next step is the producers selecting anything they may be interested in. The third stage is the owner being invited to send in a short two minute video showing their loved item, telling its story and explaining how it is damaged and their reasons and expectations for repair. If you are lucky enough to get through the first three stages then the last one is for the video to be shown to the expert restorer who will have the final say on whether it would be viable to repair.

Three days later, luckily, I received a phone call from the researcher who told me my precious item had captured the attention of the producers and I was asked to make a two minute video to send to them so that they could see more.

After a couple of days I received a further phone call from a senior producer who said she was thrilled that we wanted to appear and invited Graham and I down to Chichester. It was explained to us that we would be booked into a hotel the night before as we would need to look fresh the next day and not appear as if we had just driven the 175 miles from Evington. On 7th January at 11am filming began. We returned home later that day and waited for a further phone call to let us know when the repair had been completed so that we could go back again to collect it and complete the second part of the filming.

The producers gave us strict instructions not to give away too many spoilers about our item and the repairs that were needed, until the programme has been aired on TV and so I hope to be able to write an update in a future Evington Echo to include pictures.

The beauty about this programme is that no monetary value is ever discussed. It is not about how much an item is worth as cash in your pocket. It is about the memories and the sentimental importance of your most treasured possession. Each programme takes you on an emotional journey with the item and its owner. Stephen Fry, Richard Osman and Lorraine Kelly have all publicly announced that "The Repair Shop" is their favourite programme on TV and it attracts approx two million plus viewers each episode.

Although on a break at the moment it is due back for a new series in the Spring. Steph Derham



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#### **EDITORIAL**

Friends of Evington collaborated with Grace Works, The Wycliffe United Reformed Church and Hilltop Allotments to hold a very successful members/volunteers event on 11th January. It was a relaxed party with lots of talk and good

If you are interested in joining Friends of Evington as an individual member then it costs just £5 a year. (£10 for a group membership). The charity has been set up to benefit the people of Evington. This magazine is the newssheet of Friends of Evington, so priority goes to activities run by our affiliated groups or members.

The exciting new environmental projects we are developing are being led by our trustees Craig Ward and Paul Archdeacon at Hilltop Allotments. (See pictures and text).

Also on another part of the allotments, there will also be a large hut with solar panels, that will double as an educational Centre.

Ploughed ground with orchard trees ready for under sowing with grass containing pollinating flowers. On this land there will also be a shared toolshed, the Evington in Bloom polytunnel and starter plots.



The development of a Nature area. On this land there will be a Summer house, pond and perennial planting.



The Board of Trustees is very keen to see selfhelp groups thriving in Evington. You may like to get a few neighbours together to design a project in your street that will make it better. Or you may have an idea for something else. If you are interested in a gardening project, then we can get your group registered so the legal side is sorted quickly.

If you enjoy gardening, but just want to go along and learn more from experienced leaders, then registering with Leicester Environmental Volunteers would suit you very well. Just go online and follow the links. Don't forget that if you aren't online, a friend or staff at Evington Library may be able to get you a free email account so you can see the list of monthly activities.

This issue starts the first in a series of articles about Parks in Leicester, (see page 8). It also includes an article about knife crime and the usual reports and dates about events in Evington.

You may be getting the Evington Echo through your door and not be living in Evington ward. This is historical because the Evington Echo

started in 1981 and political boundaries have changed, but we have kept loyal to our original distribution areas. Therefore we don't all share the same Councillors or MPs representing us.

Also, if you are a good organiser and IT literate and would enjoy meeting and dealing with our advertisers, please do get in touch to discuss this volunteer job, which could suit someone

Could you help distribte the Evington Echo in one of the following areas?

- Part of Welland Vale Road and some roads off (120 copies six times a year).
- 2. Whitehall Road and Landscape Gardens (46 copies six times a year).
- 3. Part of Davenport Road (80 copies six times a year). Tel: Chris Hossack 2415153.

#### CHRISTMAS TREE IN **EVINGTON VILLAGE**



Many thanks go to Katie Sweeney, an Evington resident, for funding the cost of the Christmas tree and solar lights in front of Evington library. The decorations were provided by Bill Swinford, as they were in many previous years.

# **OPENING TIMES**

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# Letters

CHURNED UP VERGES



Dear Editor.

I am sending you these photographs of the verges on Walshe Road and Judith Drive. If the Council could put fencing around, then it would stop cars and lorries from parking there. Pamela Griffith

#### **Editorial comment**

Another resident has complained to the

Evington Echo about the same problem on an open space next to Welland Vale Road and Kingcliffe Crescent.





#### PAVEMENT PARKING



Dear Editor,

I was interested to read the article on this subject in Edition 248 for June/July 2019.

Unfortunately, the advice given by the police seems to be incorrect.

The appropriate legislation is contained within the various Road Traffic Acts, that is then shown in the Highway Code.

The Highway Code Section 243 clearly states the position relating to parking.

DO NOT stop or park:

\*near a school entrance

\*anywhere you would prevent access for Emergency Services

\*at or near a bus or tram stop or taxi rank

\*on the approach to a level crossing/tramway crossing

\*opposite or within 10 metres (32 feet) of a junction, except in an authorised parking space

\*near the brow of a hill or hump bridge

\*opposite a traffic island or (if this would cause an obstruction) another parked vehicle

\*where you would force other traffic to enter a tram lane

\*where the kerb has been lowered to help wheelchair users and powered mobility vehicles

\*in front of an entrance to a property

\*on a bend

\*where you would obstruct cyclists' use of cycle facilities except when forced to do so by stationary traffic.

Section 244 clearly states the position

relating to pavement parking.

You MUST NOT park partially or wholly on the pavement unless signs permit it. Parking on the pavement can obstruct and seriously inconvenience pedestrians, people in wheelchairs or with visual impairments and people with prams or pushchairs.

Law GL(GP)A sect 15

I have telephoned the police on numerous occasions to report offences – use of mobile phone whilst driving, parking on double yellow lines, outside schools, on roundabouts, on junctions, on bends and on pavements.

In truth, they are not the slightest bit interested even when an emergency vehicle could be delayed – you will have to wait for a catastrophe to occur before any action is likely to be taken.

Unfortunately, appeals to these drivers is a complete waste of time.

If you really want to resolve the problems, then let us take direct action and protest at the appropriate times.

Sincerely,

Julian Howell

Editorial note: There is now a 'camera car' operating, taking pictures of bad parking outside city and county schools.

# PARKING ALONG COLEMAN ROAD

Dear Editor,

Local residents complain that some General Hospital staff and even some other hospital workers in different hospitals (and using the hopper bus) park on Coleman Road outside the General Hospital in order to avoid the hospital's parking charges. Residents say that often they find that their driveways are blocked.

Radio Leicester have contacted the Leicestershire Hospital Trusts who say they are looking into the problem. Why can't the Hospital Trust allow their staff to have free permits and display these when they park inside the hospital grounds? Name and address supplied

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There have been many good initiatives by the police to halt the rise of knife crime, (In Leicestershire there has been the 'Drop the Knife and Live Your Life' Education campaign.) However, across England this senseless violence continues and we have seen a rise in the number of teenagers stabbed to death.

Scotland's Violence Reduction Unit (VRU) has seen some success because, instead of seeing this as just a police issue, it is seen as a public health issue which involves us all working together as partners across the NHS, education and social work.

In Evington we have a local resident called Kulbinder Rai, the Singing Policeman, who is also the Head of 'Crimestoppers' Events Team for Leicestershire and Rutland. He promotes this independent charity that gives people the power to speak up and stop crime. It is 100° 6 anonymous. Tel: 0800555111. Kulvinder also attends many of our events in Evington and there is a separate article about him on page 7.

Kohinoor krfm.co.uk (a community focussed radio broadcasting programme) have a campaign that is going viral saying 'Drop the knife and pick up the Dhol'. You can follow this on their website and facebook.

Claudia Webbe, MP for Leicester East, said that just over two years ago, Isaac Williams, her young cousin, was stabbed to death close to his home in Humberstone and left to die on a city street. She says that the government need to address the structural causes of this needless violence and put serious investment in every community. "Approaches are needed," she said, "that see the return of investment into youth clubs, children's mental health services, the community, after school provision and proper resources for families to cope." She said that it has been the faith and charity organisations that had ended up taking over many of these vital services that had been

formerly run by the Council. "Their achievement has been enormous" she said, "but it can't continue just like this." Leicester, like most local authorities is facing more funding cuts. As the new MP for Leicester East, Claudia Webbe commits to campaigning for a bright new future with exciting opportunities for all young people and will do what she can in Parliament to get the funding that communities need.

#### **Editorial comment**

Since this article was written, a ten-year-old boy has been stabbed in the Belgrave area of Leicester. Police are investigating. Claudia Webbe MP spoke on Radio Leicester and Radio Leicester have asked their listeners to phone in answer this question, responsibility do you think it is to keep our streets safe?" Evington Echo with your views.
ACTIVE ARTS RECRUITING

## ARTISTS FOR THEIR ART **EXHIBITION**

28TH FEB. 29TH AND 1ST MARCH

Active Arts are looking ahead to this year's Art Exhibition in Countesthorpe College, LE8 5PR on Friday, Saturday and Sunday, 28th February 29th and 1st March.

Entry forms are on the Active Arts web site https://www.activearts.info/artex2019 and artists are asked to fill one in and return it by 15th February please. All forms of media will be accepted, and indeed are encouraged, and if you have any queries please contact our Hotline 0753 1440365 and someone will get back to you, or email AA.Artex20@gmail.com or active.arts 2010@gmail.com.

The Art Exhibition will be open from 1.00 to 4:30pm on Saturday, February 29th and 10:30am to 4.00pm on Sunday, March 1st and your £2 admission will include a hot drink as you enjoy the works of art, and maybe arrange to buy one of the exhibits.

Patsy Paterson

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VICAR OF ST DENYS LICENSED

AS AREA DEAN FOR THE CITY

OF LEICESTER

On 8th January at Bishop's Lodge, Anthony

Lees-Smith was licensed by the Bishop of

The task of an Area Dean (or Rural Dean as

Today the task of an Area Dean is to work

closely with the Bishop to support and care for

clergy and congregations in a particular area

known as a deanery (in this case the City of

Leicester) and when called for, to speak on

their behalf. Anthony will take on this new

responsibility alongside his work as Vicar of St

Denys Church.

they are also known) is an ancient one. They

are first mentioned in a law made by Edward

the Confessor before the Norman Conquest.

Leicester as Area Dean for the city.

Photo (taken by Geraldine Moulden) shows left-right: Adrian Jones (Assistant Area Dean), Martyn Snow (Bishop of Leicester), Anthony Lees-Smith (Area Dean), Les Mitchelmore (Lay Chair of the Deanery)

#### **CONTACTING POLITICIANS**

For information about meeting the politicians in Evington ward, North Evington ward and Stoneygate ward Tel: 454 6360.







# CHRISTMAS AT ARBOR HOUSE

We were so lucky this year as we had a bumper calendar of activities planned in December to help the residents celebrate Christmas .

We started with students from Leicester University who came with Fiona from L4A to help the residents make some Christmas decorations. We then had 5, yes 5 Carol services at Arbor House. Thank you to St Denys Church, Whitehall Choir, Evington Chapel, Khala on the piano with friends and Rob on guitar with friends .

In addition we had the 'Our Flossie' Christmas show, and it was a real treat to see Flossie in costume as a Christmas tree, lights and decorations included!

Family and friends came to the Christmas Party and raffle with Mr Duncan providing the entertainment . Along with cracker jokes and a rip-roaring rendition of 'The 12 days of Christmas' with prompts by the Activity Coordinators to remind everybody of the words, it was hilarious.

Arbor House residents and staff would like to wish you a Happy New Year , and invite you to visit us in 2020.

#### CHRISTMAS DOGGY DO 2019 BY MILO

Milo regularly writes for the Evington Echo and was appointed Editor in Chief.

Finally, the day I've been waiting for and I'm literally oozing with excitement and anticipation. I dragged Dad, faster than he's ever walked in his life, and we flew into Evington House. There were noises coming from within the room: my friends were laughing and joking and I kicked myself for being late. I was already anxious as I'd heard, via WoofedApp. rumours, of how the girls were swooning over Rolo, Evington's very own Elvis Presley. To try and keep up with Rolo, my Mum had been out and bought me a new jacket for the day, but deep down inside I knew I'd need more than a jacket. I saw everybody in high spirits, and there was an air of fun, frolics and food - the party was in full swing. The wet,

muddy and cold weather didn't dampen the mood. Sharing, after all, is caring.

My dad was in his element making teas and coffees. Busy Auntie Nita was there playing the hostess with the mostest. Then there was my Mum who does what she does best and that is Chatting with a capital C. And on this occasion, she, like many others, took a moment not to forget my favourite Uncle Howard who was unable to attend the party. To this end, my Mum had created an 'Uncle Howard Corner'.

It was great to see Jimmy at the party as both he, and his grandmother, are a little nervous and needed coaxing and encouragement to enjoy themselves. My parkbuddy, Lily-Mae, who is a larger than life figure, oozed flair and confidence. She tried to get Jimmy involved in her networking but poor little Jimmy wasn't a hardened socialite and a little unsure about jumping in the deep end.

Next I saw my mum chatting with Simba's mum with Simba standing beside. Simba is such a cool, calm and collected individual, who like me enjoys dog watching, and the quieter moments of life.

Whilst I continued to work the room I saw one of the bigger dogs, a German Shepherd whom we hadn't seen before, and must say I got a little apprehensive, but I plucked up my courage and I strutted over to find the most gentle of giants by the name of Duchess. She, and her Mum, Sarah, had only recently moved to the area and were new to the scene. They both had found the move positive and their social life had really taken off. Duchess was an absolute joy who had never been to previous







Doggy Do's, but by chance had found out from her neighbour Florrie, a Spaniel, and together they had splashed through many a puddle to get to the event. My journalist senses were tingling, once again, and I was on the look-out for another potential story when I realised Stella was nowhere to be seen. It was sad Stella wasn't there because she had made arrangements to have her hair brushed and combed, even though she disliked this as her preference is for the ruffled and untidy look 'au natural' as you might say.

Just as the party was coming to an end, Bobby arrived with his parents, along with Gatsby and his mother. I was so glad that Gatsby was able to make the Doggy Do as he's such a live wire that any party without him would seem incomplete.

As for Bobby, I was wondering where he was, as it's not like him to miss out on all the food. All morning Bobby had been showing his undving love and appreciation of his Mum by not biting off any of her fingers. Bobby can be so kind and generous in that way. Sadly this only applies to his Mum! As Bobby was working his way towards the finger licking food, he wasn't quite as ready for what was in store. All manner of beings were there trying to touch and stroke him - In his excitement he may have given a few nips here and there. In his defence, Bobby does have a big polite notice warning everyone of his personality, so why he got told off and whisked away suddenly by his embarrassed Mum still baffles me.

The party was over and the whole morning had been a real blast

Milo, with a little help from Suresh





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# ANTI-BULLYING WEEK CAMPAIGN



Indy Samra (left) Director of the Anti-Bullying Week Campaign with Evington resident Kulbinder Rai, receiving his certificate

Kulbinder Rai, an Evington resident, works tirelessly in our local community. Kulbinder also goes under the name of the 'Singing Policeman' and supports many cancer charities as well. He is also the Events Organiser for Crimestoppers, a national independent charity, that is 100% anonymous, and this charity can be contacted on 0800555111.

The Anti-Bullying Week Campaign was held from Monday 11th to Friday 15th November 2019.

#### **ANTI BULLYING**

The transition from primary school to secondary school marks a significant turning point in a child's life and can be as daunting as it is exciting, especially with the added pressures of society today.

To make the process easier, The City of Leicester College has worked with the Diana Award to specially train young people as Anti-Bullying Ambassadors, there to spread the message of respect, equality and act as a person anyone can go to if they are ever feeling upset, uncomfortable, unsafe or just need someone to talk to.

Bullying in schools is a significant problem with 45° of young people experiencing bullying before the age of 18. In a society where technology is predominant, cyber bullying has become a major issue with 7 in 10 people aged 13-22 having been a victim. Our Anti-Bullying Team work closely with students, especially those in the younger years, to promote the importance of love, not just for oneself, but for all, and staying safe online.

During Anti-Bullying Week 2019, we wanted to show the importance of how a person's words carry a heavy weight and can have a meaningful impact on others and so we encouraged our peers to partake in our #BeKind Board by writing compliments to others, showing how a little kindness can go a long way.



As well as this, we also participated in Odd Sock Day, an opportunity for everyone to express themselves and appreciate their own individuality. We personally worked with the Year 7s in activities where we aimed to show them the different types and consequences of bullying including what it means to be an up-



stander and how to be there for others.

As a team, we've organised whole school fundraisers including, 'Sponge the Ambassador', amongst other events. Not only did this strengthen us as a team, it also brought us together as one student body, all proud to be contributing to such an important movement and spreading a message of peace and harmony along the way.

The positive reaction and response we received, not only from students but from outside visitors, gave us a new sense of purpose which influenced our desire to take things one step further and advertise the importance of anti-bullying and online safety in the local community through the use of leaflets and posters. Along with this, we aim to spread our message of the importance of anti-bullying further by helping those in primary schools and act as leading examples of respect for all by working with the older members of our community.

Whilst our Anti-Bullying Ambassadors Team works hard to maintain a safe environment, unfortunately bullying is a much wider issue and whilst we aspire to help as many people as we can, we can only do so much and so we urge you to help us in our mission of helping others to make the world a better place.

Together, we can create a safer environment for all and ensure that nobody ever feels upset, unsafe or uncomfortable. Even the smallest action can make the greatest difference.

Remember, change starts with us.

Thank you,
The Anti-Bullying Ambassador Team of The City



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#### THE PARKS OF LEICESTER - THE SEVEN GRADED SITES (MORE ARTICLES A

The January '20 presentation at the History and Heritage group welcomed Mick Eaton, Leicester City's horticultural adviser, who started his apprenticeship in Evington Park 43 years ago. He spoke about all the City Parks, their history, special features and environmental worth. This is the first instalment.

The seven sites Mick Eaton mentioned that are of historical importance are Leicester Abbey, Packhorse Bridge, Western Park, Castle Gardens, Piggy's Hollow, Raw Dykes and Castle Motte.

# Leicester Abbey – Grade 1 listed – In the grounds of (Abbey Park (82 acre site)



The picture shows the remains of an Augustinian abbey that was founded in the 12th Century and became the wealthiest religious establishment in Leicestershire. It was a refuge for Cardinal Wolsey, Henry VIII's cardinal, while he was heading towards London on a charge of treason.

# Castle Gardens, Leicester – Grade 2 listed – LE2 7BY – (4 acre site)



These gardens were set in the heart of the medieval city of Leicester and were the original site of Leicester Castle. The statue of Richard III was reinstated in Cathedral Gardens.

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Thursday 27<sup>th</sup> February Thursday 23<sup>rd</sup> April Thursday 25<sup>th</sup> June Thursday 27<sup>th</sup> August Thursday 22<sup>nd</sup> October

#### Castle Motte - Grad



This prob Willia overl cross redu Cent

Raw Dykes - Grad



The are 1 exca

Piggy's Hollow - Gra



Situated in the arboretum, this is a media Read more about Piggy's Hollow on page



Page 8 Contributions are welcome. Send them to the Editor or take to Bennett's Hardware Store.

## ABOUT PARKS OF LEICESTER WILL BE CONTINUED IN FUTURE EDITIONS)

#### le 2 listed – LE2 7BY

is just outside Castle Gardens. It was ably built in 1068 on the orders of am the Conqueror and would have looked the Saxon town and riversing. Only the motte remains and was ced in size at the beginning of 19th ury to make a bowling green.

#### e 2 listed – LE27JU

remains of a Roman aqueduct. There .00 metres of earthworks that vations show were constructed during ter the first century AD.

#### de 2 listed – LE5 6FH



eval site that has not been excavated. • 12 of this edition.

#### Western Park Leicester - Grade 2 listed - LE3 6HX



There is evidence of an early-Bronze Age henge site and burial mounds as well as evidence of Roman occupation in the 185 acre park. The tree known as 'Old Major' is thought to be the oldest tree in any of Leicester's parks.



#### Packhorse Bridge – Grade 2 listed – LE7

This was probably built in the 15<sup>th</sup> Century to create a dry route across boggy ground and the River Soar. It has eleven arches.

Future editions of the Evington Echo about the 'Parks in Leicester' will cover the following:

The Estate parks, how they started and their buildings.

How the only designed park developed from a flood relief swamp

Victorians and parks

Changes in maintenance of parks

Mick's working life

Planting the bedding flowers and bulbs

Protecting what is important

How do we know what people want from their parks?

Friends of Parks and User groups







#### FEB./MARCH 2020 WELCOME

Over the last couple of months my colleagues and I have been giving safety advice about locking your homes, keeping safe and checking on your neighbours.

Social media is now an important way of passing on information to everyone of all ages. However, I would like to remind you that If you ever want any extra information please speak to your local PCSO or Police Officer, or pop in to the police station. We are all friendly and will provide advice where we can.

Also, if you wish to discuss any concerns around child safety, we are here for you to speak to us. We work closely alongside the teachers and counsellors within the schools, including talks to make children aware of issues going on and what we want to try and prevent. This includes knife crime and county lines (drugs awareness).

We have unfortunately had a rise in thefts of catalytic converters on Toyota Prius, Toyota Yaris and Honda Jazz in the local area. We would advise you to be vigilant with your cars and where you are parking if leaving the vehicle for any length of time. Should you return to your car and hear a noise coming from the exhaust on starting to drive away, please check, as it may mean the catalytic converter has been removed and stolen. We would like you to report it using the simple on line form via the website or on 101. If you would like any other information contact 101 or visit our website www.leics.police.uk

# POLICE OFFICER 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 issues within senior schools and young people, and the thefts of catalytic converters. We are going into schools and doing talks with young people and this includes a pop up surgery to give more information in regards to the catalytic converter thefts.

#### 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 https://www.leics.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/s

# CUT AND DRIED - THE LATEST PRODUCTION BY THE CAST-OFFS DRAMA GROUP.

This 3 Act Play was set in a 1970's hair salon, on the stage of Mayflower Methodist Church Hall, by this drama group which was set up 4 years ago with adult and child members, who performed well to an enthusiastic audience at both the Friday evening and Saturday afternoon matinee performance.

The first act, in which the cast, taking on the roles of employees and customers of this hair salon, demonstrated its popularity and the audience were captivated by the performance especially that of the children dancing to Kate Bush's 'Wuthering Heights'.

However there was an announcement that this salon would be closing, with the complication that the student who lived in the flat above it would have to find somewhere else to live!

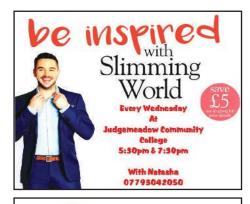
The second act introduced another regular customer who announced she had met a lovely man who she was going to get married to on Boxing Day and could the staff of this salon come in to prepare her hair for this event. The children appeared again, this time to have their hair done in readiness for their part in a play. This all was in addition to the student trying to organise a 'sit-in' to prevent their joint eviction!

The third act took place on the morning of Boxing Day, with the bridegroom having acquired a wig also needing assistance from the salon with getting ready for this wedding. Cue an amusing and successful effort to keep the happy couple distracted from seeing each other! An exciting series of events and twists in the tale concluded with a new lease of the premises for both the salon employees and the student's flat, so all ended up after this Boxing Day living 'Happily ever after!'





www.ajadkinsonandson.com





# ESSENCE THE MINDFUL PRACTICE OF GRATITUDE

The benefits of practising gratitude are truly magical. When regularly practised gratitude can create more positive emotions, sleep better and express more compassion and kindness.

In 2007, Robert Emmons began researching gratitude through a psychological lens. He found that expressing gratitude can improve mental and physical well-being.

How often do we pause and think about the things we are grateful for?

Here is a great gratitude practice to start the day.

As soon as you are conscious and realise you are awake, pause and take a deep breath and smile. If you have jumped up out of bed and forgotten to do this try to do it as soon as you realise. Pause and bring to mind three things you are grateful for. This could be members of your family, your health, home, the sunshine, the birds singing etc. Keep it simple and keep it positive. Try this practice daily and try to think of three different things you are grateful for.

Throughout the day take note of how this mindfulness exercise makes you feel. The things you are grateful for will bring you a sense of appreciation which normally would have been taken for granted. As you continue to go about your daily life, you will notice more things that you are grateful for.

If you enjoy this practice you can also start to write a gratitude journal. I was introduced to doing this some years ago. I sit quietly and begin each day on a new page of my journal with the sentence 'I am truly grateful for' and write ten things for each day I am grateful for.

I hope you do try the daily mindful practice of gratitude too.

Don't forget to follow Indy Essence on Facebook: Indy Essence Instagram: indyessence, Twitter:@EssenceIndy & YouTube: Indy Essence Tel: 07828 30243.



# WHAT IS FAZILA DOING NOW?



Fazila previously worked for the Evington Echo, first as a reporter and then as editor. She is most passionate community cohesion. She demonstrated this through her work on a social media platform for the Echo which ensured the magazine younger reached audiences. During her time at the Echo, she also ran a poetry

competition inviting local schools to write poems surrounding the theme of diversity in Leicester. The winners of the competition were invited to read their poems at the inter-faith event at Leicester Cathedral.

Fazila thoroughly enjoyed her time during the Echo. Since then, Fazila is now studying a full time, graduate Law degree. She does this alongside working part-time as an English/Maths teacher and private tutor!

On behalf of the Street Law project, Fazila has also featured on George Ballentyne's talk show on EAVA FM. She discussed her personal experiences and the fantastic work she is doing with the Street Law project.

The Street Law project is a small, student led, legal charity as part of the University of Leicester's Pro Bono charity. During her first year of University, Fazila began as a Street Law presenter where she was commended for her work by being awarded 'Presenter of the year for 2018-2019'.

This academic year, Fazila has progressed to Street Law Team Leader, with an interest in raising awareness of women's rights, developments in domestic violence and the new laws on coercive control, to help expand

the outreach.

Fazila continues to volunteer with the local Help the Homeless organisation in Leicester which Street Law now also works in collaboration with. Now, during the Help the Homeless food evening at Leicester Market, a Street Law team is regularly present offering information on local housing services, access to universal credit and raising awareness surrounding mental health.

Street Law proves that University students do not have to wait to graduate to put their skills and passions into practice. As a project of Pro Bono, Street Law comprises 28 compassionate and enthusiastic volunteers. These dedicated individuals strive to increase the accessibility and understanding of the law for all demographics of the community. Our primary goal is to close the gap between the law and the community. Street Law does this engaging through educational and presentations and workshops, which are individually tailored to their audiences. These sessions are available for all demographics and organisations within the Leicester area and cover a variety of legal topics. Such previous sessions have included: Stop and Search, Human Rights, Register to Vote Clinics, Discrimination in the Workplace, Pathways to Higher Education and Mock Trials.

Street Law also engages through a variety of different platforms. Every Wednesday 3.00pm – 4.00pm they host informative discussions of importance to our local Leicester students. Anyone can listen and anonymously add their perspective to these discussions via the University of Leicester Galaxy Radio website.

As stated by the charity's director, Gabrielle Porter, "Street Law strives to help people who can really benefit from a bit of legal understanding and knowledge in their day to day lives. It's just nice to use our expertise to do something constructive in the community".

Contact by email: probono@le.ac.uk Maisie Mayne



#### PIGGY'S HOLLOW

Have you managed to have a walk in the Arboretum over the Christmas holidays? If so, you may have seen the interpretation board about this medieval moated site. Getting the interpretation board in place has taken many years of discussion and shows our present knowledge of Piggy's Hollow.

In May 2019, Jo Instone-Brewer, from the archaeology department at the University of Leicester, organised a geophysical survey to search for building foundations, post holes, destruction debris and any evidence of burning. She found enough evidence that buildings were here from the stone and slate remains and she said, "if you have suspiciously old stones in your garden wall or in your house, it might be from this site.

In her talk to the Evington History and Heritage group, Jo said that this site was generally accepted as the location of Evington Manor, a 13th Century building with stone foundations and a slate roof and built by the French aristocratic family, the de Greys of Codnor, relatives of the de Greys of Ruthyn based in Newtown Linford, who established the deer park (Bradgate Park) and were ancestors of Lady Jane Grey, the nine-day queen of England.

The manor was first mentioned in official documentation in 1265. It passed through six generations of de Greys, but in 1502 the land was seized by the crown from Sir William Stanley (famous for his last-minute support of Henry VII at the Battle of Bosworth). Later Sir Stanley was convicted of treason and executed by Henry VII for admitting that he supported the pretender, Perkin Warbeck. The land then changed hands and was owned by the Earls of Huntingdon.

In 1617, a tithe map of Evington labels an



empty field as 'The Hall Yard'. Even later in Victorian times it was used for pig farming, hence the name 'Piggy's Hollow'.

Jo Brewer raised the question, "What was this site really for in the 13th Century?" She noted that there had been inconsistent labelling of moated sites throughout the country. In this case the moated site is within a deer park and called a Manor House. In Bradgate Park, the moated site is also within a



deer park and called Hunting Lodge. The other auestion is "Why had the site stopped functioning as a Manor House surrounded by a moat by 1617?"







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

## EVINGTON CHAPEL

(Baptist)

Welcome to our meetings

Sunday: I I am and 6pm Wednesday: 7.30pm

Other meetings as announced

www.evingtonchapel.org.uk

For further information contact: 0116 2412087

#### **COMMUNITY ORCHARDS**

Have you made a New Year's resolution to eat more local food, meet new people or spend more time outside? If so, you can fulfil it by joining Evington Community Orchards Group! We are looking for a few more people to help maintain our apple trees and soft fruit garden so that we can all enjoy the harvest. The group is run by the City Council's Head Gardener so training is always provided and we're a friendly group who always finish with a cup of tea and a chat. The next sessions are:

Sunday 8th March, 1000am: meet in the Arboretum car park and we will be pruning the apple trees.

Sunday 17th May, 1000 am: meet in the Arboretum car park and we will be removing self-sets.

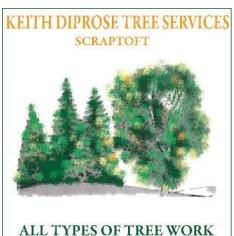
Saturday 20th June, 10 00am: meet outside Evington Park House and we will be tidying the fruit garden.

We also organise a community Apple Day in September or October with an apple press, games for children and a shared lunch for group members.

Hannah Wakeley h.r.wakeley@googlemail.com



A picture of the small orchard after it was first planted in Evington Park.



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#### VINCENT HOLYOAK TALKS TO FVINGTON'S HISTORY AND HERITAGE GROUP



VINCENT HOLYOAK Vince Holyoak, historian, was the speaker at the November meeting of the Evington History and Heritage Group and his topic was 'But For These Things - Leicester and its people in WWII'. Mr Holyoak spoke about little known WWII stories and facts.

When war broke out, Leicester lost many police officers and with the blackouts, burglaries increased by 80° 6 and theft became epidemic. Guns were commonplace - more like the Wild West. More people were killed in road accidents during blackouts and bad money was given to the conductors on trains and buses.

Leicester was originally reserved for the American black GIs and the white GIs came later when the 82 Airbourne Division moved to Leicester to refit and prepare for the Normandy landings in January 1944.



The landlord of the Three Cranes pub on Humberstone Gate was happy to serve black GIs, but following both the Detroit Race riots in

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America and the Bamber Bridge incident in the North West, where 32 black GIs were court marshalled, tensions between black and white GIs was heightened. When the white GIs saw black GIs being served and drinking at the Three Cranes, a fight broke out and racial tensions surfaced.

Mr Holyoak then went on to describe the death of 2 GIs at the Old Dixie Arms on Humberstone Road. Again, there had been a scuffle because of black GIs drinking. Vince's detailed research into the lives of the people involved in this tragedy pointed to poor management and racism as the fundamental

Vincent Holyoak's book 'But for these Things - Leicester and its people in WWII (ISBN - 10 1783064021) gives further details of these stories and others. He discusses the crime wave that swept the city during the war and the race disturbances that occurred during 1943-44. Balanced against these are stories of the gallantry and sacrifices of men, women and children of the city, the requisitioned factories and offices which from 1939 onwards became home to the Army's largest ever pay office, and the contribution made by the city's industry to the war effort. Vincent also explores what happened after the victory celebrations had ended.

The Three Cranes riot and the death of 2 GIs in the Dixie Arms are uncomfortable to hear about, but members of the History and Heritage Group applauded an interesting and thoroughly researched talk.

If you would like to be a member or guest at the meetings just come along, (see pages 14/15 for details of talks.) The meetings are held in the Parish Centre at St. Denys Church, Main Street. Membership costs just £20 a year and just £3 a session for guests. It is a wonderful way to learn about local history, and we have tea and biscuits afterwards with time to chat informally.

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#### **INTRODUCING SMIGGIE**



Smiggie came bounding into my like house tornado in full flight. It was as if it had been her home all along and she had never lived anywhere else. When her previous owner left, she did not even blink an

evelid: it was time for us to start our new lives together. It so happened that the fearless Rolo and his dad were visiting when Smiggie arrived. Well Rolo was daunted. He hid behind his dad and actually refused a gravy bone.

Smiggie arrived after I had used the allknowing Google and searched for cocker spaniels for sale. I still don't know why I did this but then up popped an advert for the most gorgeous puppy ever! There you are - I did give this massive decision the time that it deserved! It was meant to be. After a while Rolo took his dad off and it was just me and a maniac Smiggie. At that point I realised that I knew absolutely nothing about bringing up a puppy. What had I done, I wondered, or panicked! But Smiggie looked so confident that she could teach me. I just could not believe the amount of energy that one little dog could have. She did everything at one hundred miles per hour. Why walk when you can run was Smiggie's motto. Also, she had no fear; everything was fair game to her and everything needed to be examined. A cardboard box was everything from something that had to be jumped into, pulled around the room or shredded to pieces, and it was always in the wrong place in Smiggie's opinion and needed to be repositioned somewhere else.

In Smiggie's world everything needs a good chewing and that includes my flesh as well. My! Those baby teeth really are sharp as razors and I have the marks to show for it. (Part 2 to follow.)

Howard (or Uncle Howard to Milo, Bobby, Pippa, Lucy, Rollo and friends).



#### 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.

18th Feb. A Bee Friendly Garden. Gill Hadland.

17th March Pots, Tubs and Baskets for Summer. Angela Holland.

#### 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:

#### **BABY SENSORY**

Wednesdays 9.30am - 2.30pm. 07813203048.

#### **SILVER SWANS BALLET FOR OVER 50s**

Thursdays 10.00am - 12.00 noon. Tel: 07765407323.

#### ATTITUDE 4 DANCE DANCING SCHOOL

**BALLET, TAP** Ballet, Tap and Theatre craft for age 3 upwards. For all details contact Nicola. Tel: 271 6783.

**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. Tel: 07828 098602.

#### **THURSDAY YOGA GROUP**

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

#### **CROCHET FOR ALL**

Tuesdays 10.00am to 11.30am. With Abdul Bux. £2.00 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 PILGRIM GARDENS, GROCOT ROAD

Stretching exercises. Fridays 2.00pm - 3.00pm. £1 per session with Kausar Bux. Tel: 07828098602.

# 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.



# 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. Contact Chris Hossack on 241 5153, chris hossack@yahoo.co.uk

13th February Virginia Wright "Women of Leicester'.

12th March. Mark Gamble "Leicestershire Photographers 1844 - 1944'.

#### **MONDAY MEETS**

1st and 3rd Mondays every month. 2.00pm - 4.00pm in the Parish Centre. 3rd Feb. 17th Feb. 2nd March, 16th March and 6th April.

#### ST DENYS YOUTH CLUB

Fridays at 7.00pm. 14th Feb. 6th March. 20th March.

#### **CANTAMICI CONCERT**

Sat. 7th March at 7.30pm at St. Denys Church. Tickets on the door.

St. Denys also hold regular sessions for Bellringing practice, Mothers' Union, Men's Forum, and Ladies Group. See St. Denys' calendar on line at.:

www. st. denys.org.uk Tel: 2713812.

#### AT ST JOSEPH'S CHURCH

www. 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 EVINGTON CHAPEL

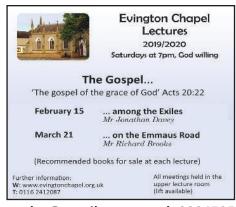
Lectures held in the Upper Meeting Room at 7.30pm (Stair lift available)

Sat. 15th Feb. The Gospel among the Exiles. Mr. Jonathan Davey.

Sat. 21st March The Gospel on the Emmaus Road. Mr. Richard Brooks. Tel. 2412087. www.evingtonchapel.org.uk

# 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.

YOUTH ACTIVITY Fridays from 7.30pm.

# AT CAFE BLENDS ON DOWNING DRIVE MY WORD POETRY GROUP

Tuesdays 4.00pm - 5.30pm.

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

(Between the Library and Linden Primary School.)

#### **GARDENING TOGETHER**

Every Tuesday 10.00am - 12noon. Enjoy gardening together and then stay on for lunch if you wish to.

#### A PLACE OF WELCOME every Tuesday

12.00pm - 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.

# 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

**YOGA** 

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. £8.00 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** Hamilton

Community College, Keyham Lane, LE5 1RT. For 13 - 17 yrs. Monday/Thursdays 7.00pm -

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. 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.

EVINGTON CARE HOME (Corner of Grocot Rd) 'OPEN AFTERNOONS'

Thursday 27th February 2.00pm - 4.00pm (See advert on page 8.)

PILGRIM GARDENS SPRING FAIR

Grocot Road Sat. 23rd May 10.00am - 1.00pm.

MAY DAY SALE - 8TH MAY 10.30AM- 3.30PM Evington Village Hall (See advert below).

# FRIDAY 8th MAY SPRING BANK HOLIDAY

# Evington Village Hall MAY DAY SALE EVENT

Open from 10.30am to 3.30pm

Tables £12 for arts / crafts / gifts For a stall holder's booking form email evingtoninbloom@gmail.com



Raising funds for flowers in Evington.

# GEORGE'S MARVELLOUS MEDICINE TALKS FOR THE FIRST HALF OF 2020.

All sessions are held in the Lecture Theatre, Clinical Education Centre, Leicester General Hospital

February 2020

Title: Living with Fibroids

Date: Thursday 20 February - 6.00pm to 7:30pm Speaker: Dr Neelam Potdar, Consultant Gynaecologist & Subspecialist Reproductive Medicine

March 2020

Title: Getting Fit for Surgery

Date: Thursday 26 March - 6.00pm to 7:30pm Speaker: Dr Andrew Packham, Consultant Anaesthetist

April 2020

Title: Moving and Shaking: Understanding

Parkinson's Disease

Date: Thursday 9 April - 6.00pm to 7:30pm

Speaker: Dr Victoria Haunton,

Consultant/Honorary Senior Lecturer Geriatric

Medicine

May 2020

Title: Children's Asthma

Date: Thursday 28 May - 6.00pm to 7:30pm Speaker: Dr Erol Gaillard, Associate Professor in Child Health and Honorary Consultant in

Paediatric Respiratory Medicine

June 2020

Title: Helping people to look after their kidneys

in the community

Date: Thursday 25 June - 6pm to 7:30pm Speaker: Dr Gang Xu, Consultant Nephrologi

#### **SMALL ADS**

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#### For Sale Single Futon beech wood frame.

Quality mattress. Little used. Buyer to collect. £50. Tel: 2415776.

#### For Sale Electric Heater,

free standing. Little used, as new. Length 81.5cm./32 in. Height 56cm./22 in. £35. Tel: 2415776.

#### CARER LOOKING FOR WORK LOCALLY

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Julie Tel: 241 3436 or 0758 457 7460.





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Breakfasts 9.00 - 11.30 7 days a week

Subs, Wraps and Jackets £6.95 'Mon. - Sat. 12noon - 5pm



Main dishes cost around £13

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Live sports and regular live entertainment in the bar

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