



# Evington Echo

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

Keeping you up to date with Evington news  
Issue 283

The newspaper of Friends of Evington Charity No. 1148649  
April and May 2020

Circulation 2950

## LEICESTER GENERAL HOSPITAL TO BE DOWNGRADED



Aerial photo



## Two-thirds of land to be sold off in two phases

See article on pages 4 and 5 and on the Echo website



## The Friends of Evington Trustees

Mokhtar Hussein, Helen Pettman Kanti Solanki, Craig Ward, Paul Archdeacon, Jason Chauhan, Samantha Woods and Gurpreet Kaur

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## EDITORIAL

At the time of writing this editorial, events that encourage close contact among people are discouraged and local events are being cancelled. The usual list on pages 14 just gives you the contact details of clubs, so users can contact for mutual support.

It now looks unlikely that any of the events planned in Evington will go ahead this year.

This is probably the biggest existential threat in our lifetime and we must look after each other and keep safe. If someone knocks on your door and says there are from the Evington Echo or another organisation, and offers to buy essential items for you, please take precautions:

1. Only buy essentials in this manner, so the amount of money required is minimal.
2. Do not hand over a bank card, use cash only.
3. Ask for an ID or verify their identity by calling the organisation they say they are from.

It is sad to hear of scams. People knocking on doors offering a doorstep test for Coronavirus and obviously for a hefty sum. Don't fall for it. They cannot do this.

Many of us already belong to organisations that are helping with vulnerable people in this crisis. If you

don't then I would recommend listening to BBC Radio Leicester who wish to help coordinate volunteer efforts by putting people who need help in touch with those able to provide it. This is part of their remit to 'Make a Difference'. The point of contact is [marsha.ramroop@bbc.co.uk](mailto:marsha.ramroop@bbc.co.uk). Her mobile is 07912981327. The main number to call is 08081001049. They have set up the Mutual Aid website, but for those not online, use the numbers above. Also look on page 10 for more information about Leicester City Council's response.

## FOODBANK HELPING OUT

The following foodbanks are working as hard as they can, and could do with more voluntary help:

The Peace Centre on Thurncourt Road (10.00am - 7.00pm) are setting up Coronavirus Self-Isolation support in Leicester and also looking for volunteers.  
[www.peacecentrefoodbank.co.uk](http://www.peacecentrefoodbank.co.uk)  
Tel: 07999271536.

Open Hands Trust in Highfields Street.  
[www.openhandsleicester.org.uk](http://www.openhandsleicester.org.uk)

FairShare does corporate fundraising to help charities and community groups who wish to help with distributing food.

## EDUCATIONAL WEBSITES FOR CHILDREN

For children off school, here are some good websites with home-education resources.

Edition 2020	Deadline Friday	Published Thursday
June/July	15th May	4th June
Aug/Sept	See website or enquire	See website or enquire

## POSTPONED EVENTS:

8th May -Evington in Bloom Sale and Maypole Dancing  
23rd May Spring Fair at Pilgrim Gardens  
8th Aug. Evington Village Fete and Show  
19th Sept. Friends of Evington Health Fair  
19th Sept. History and Heritage walk

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<https://www.homeducation.org.uk/resources.htm>  
[schoolgardening.rhs.org.uk](http://schoolgardening.rhs.org.uk)  
<http://mailchi.mp/project-everyone/were-in-this-together=4af840a8bb>

## SOME MORE USEFUL CONTACTS

Guardian article with postcode finder for mutual aid groups:

<https://amp.theguardian.com/world/2020/mar/16/covid-19-mutual-aid-how-to-help-the-vulnerable-near-you>

Trussell Trust Food Banks-  
<https://www.trusselltrust.org/get-help/find-a-foodbank/>

Mental health and Emotional Support  
<https://pennyappeal.org/appeal/At-Home/listeningline>

Covid 19 Mental health and emotional support Facebook group  
<https://www.facebook.com/groups/143854436951002/?ref=share>

Listening helpline  
<https://pennyappeal.org/appeal/At-Home/listeningline>

NHS and government advice  
<https://www.nhs.uk/conditions/coronavirus-covid-19/>

<https://www.gov.uk/coronavirus>  
 Asthma UK  
<https://www.asthma.org.uk/advice/triggers/coronavirus-covid-19/>

Diabetes UK-  
<https://www.diabetes.co.uk/>  
 British Heart Foundation-  
<https://www.bhf.org.uk/informationsupport/heart-matters-magazine/new/coronavirus-and-your-health>

## DISTRIBUTION OF THE EVINGTON ECHO

For 39 years, the Evington Echo has been distributed through doors through approximately 80 volunteers. We are grateful to so many people for their help with this.

Unfortunately, with the present crisis, we are unable to do this any more. Many

people are self-isolating and most people I speak to expect that there will soon be a clamp down. Also many Evington Echo distributors are now elderly. Over 70s are likely to be told to stay at home.

Our main distribution shop will be Nisa Local on Main Street in Evington Village. Other shops with Evington Echoes will be:  
 J & A Pharmacy, Main Street (as before)  
 Glenton Chemists and the Cooperative shop - Downing Drive  
 Rowlands Pharmacy - Ethel Road  
 Thiara Convenience Store - Gamel Road.

## FRIENDS OF EVINGTON TRUSTEES

Friends of Evington welcome Samantha Woods and Gurpreet Kaur as new trustees, bringing the total to eight. See list of trustees on page 2.

Friends of Evington works with many organisations, particularly environmental organisations to promote our community and environmental aims. This year we had plans to set up a base at Hilltop allotments, developing a suitable sustainable community hut for teaching and events while supporting schools with their gardening projects.

Our partners at Graceworks have held two events this year

(1) In January, a climate change consultation to respond to Leicester City Council's Emergency Consultation.

A twenty-page response from 47 Evington people asked the Council to consider swift measurable change and impact assessments on clear targets with completion dates. The consultation group thought that the review of targets and aims must be open to public scrutiny and that the climate emergency sustainability plan MUST cut across all council policies, departments and actions.

(2) A day's course about 'One Planet Living' This is the start of thinking about living in a world where everyone everywhere lives happy, healthy lives within the limits of the planet, leaving space for wildlife and wilderness.

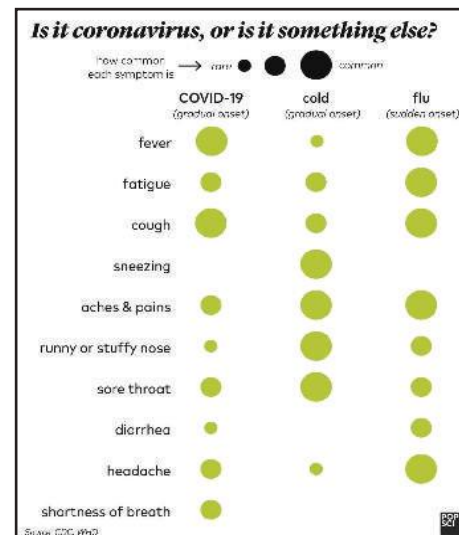
Globally we are living as if we have more than one planet. The consumption in the Western Europe has been estimated to need

three planets!

One Planet Living has created a sustainability framework with ten principles and detailed goals and guidance. The framework can help developers and housebuilders, businesses, local authorities, schools and community groups create a 'One Planet' action plan.



I hope we will be able to continue with the magazine and celebrate the Echo's 40th birthday next year, but these are extremely difficult times! Please read more about the City Council's response to this pandemic and the need for voluntary help and discussion on page 13.  
 Helen



## ALLSIDES

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## Bereavement Support in Leicester

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Tel: 0115 880 0280 or [bereavement.leics@tomorrowproject.org.uk](mailto:bereavement.leics@tomorrowproject.org.uk)

**Shama Women's Centre:** These offer bereavement counselling tailored for women. Tel: 0116 251 4747

**Cruse Bereavement Care:** Tel: 0116 288 4119.

**Bereavement Advice Centre:** Helpline offering support. Tel: 0800 634 9494

**Let's Talk Wellbeing:** Counselling service. Tel: 01509 561 100





## THE GENERAL HOSPITAL – THE FUTURE?

For several years now there have been questions raised about the future of The General. The managers of University Hospitals Leicester NHS Trust have regularly emphasised their desire to concentrate their main specialist activities and all acute clinical services on two sites – Glenfield and the Infirmary area – while saying little about their plans for The General other than that it will be downgraded to some kind of Primary Care Hub without any in-patient beds. They have indicated that they will make final decisions about what will remain after the public has been consulted.

### What could remain?

The Diabetes Centre, GP imaging (for example x-rays), primary urgent care treatment, observation area, diagnostic service providing appointments for people to have a test or simple procedure, community outpatients services and potentially extra primary care capacity to provide family health care to people living in the east of the city.

Significantly, they want to test out

the viability of establishing a new stand-alone midwifery-led unit on the site. They indicate that they will try it for one year only. At least 500 babies will have to be born in the unit for it to be considered viable; if fewer babies are born there during that year, the unit will be closed without further consultation.

**In the meantime, all maternity and neo-natal specialist services will be moved from the General to a new maternity hospital which is to be built on the Infirmary site.**

### Background information which could be relevant:

\*Previously, the Leicester Hospitals' bid was for £367 million. Recently, it has been reported that they have been granted £450 million.

\*To achieve this funding, the Trust had to identify land that it no longer requires so that it can be considered for housing. The UHL NHS Trust managers have identified 70 acres of land at the General Hospital site.

\*Concerns have been raised about

the number of in-patient beds which the Trust is planning to provide. The managers have raised the number slightly but, given the expansion of housing in the Leicester area (in Evington alone 585 more houses are planned), the number of beds proposed appears totally inadequate. Worryingly, the Trust managers base their calculations on the HOPE /ASSUMPTION that the problems of community care provision will have been solved and the community will be able to make up for a shortfall in the number of beds.

\*Recent events have also highlighted the fact that hospitals need to have plenty of spare capacity in order to provide isolation wards to cope with problems such as Coronavirus.

\*There have been many complaints for several years about the difficulty of actually getting to the Infirmary, with roads sometimes grid-locked near the site and parking well-nigh impossible at times. This problem will only be made even worse if the new maternity hospital is located on the Infirmary site. I doubt if many expectant mothers would choose to have their



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baby born in an ambulance – or a car!

\*A recent investigation by the Department of Health has found that NHS Trusts may be disregarding NICE guidelines with regard to the information they should be giving to expectant mothers about pain relief.....that if they choose to give birth at home or in a midwife-led unit, they may have to be transferred if they want an epidural, because a doctor would then be required. Transfer would also be needed, of course, if any complications arose. It would seem advisable, therefore, to locate the midwife-led unit as close to the main hospital as possible, ideally on the site currently designated for the new maternity hospital. The new maternity hospital itself could then be located on the General Hospital site where it would also be more accessible for women who choose to

give birth at home but later find that they need to transfer. This arrangement would seem to cater much better for the needs of expectant mothers.

### Consultation:

NHS bosses have talked about consulting the public about their plans but, as yet, we have received no information about how, where, and when this consultation will take place.

### What can we do?

\* We must try to get as much information as possible – a valuable source is the Save our NHS Leicestershire website:

[www.saveournhsleicestershire.org](http://www.saveournhsleicestershire.org)

\* Keep in touch. We are unable to hold a meeting at present.

\* Complete the NHS consultation document when it is published. N.B. Save our NHS Leicestershire will offer ideas about how to respond.

\* Raise concerns.

### \* CAMPAIGN FOR THE NEW MATERNITY HOSPITAL TO BE BUILT AT THE GENERAL!!

If necessary, campaign for spare land to be found elsewhere!

Liz Warren



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# Letters

## KNIFE CRIME

Dear Editor,

I was interested in your article about knife crime (Issue 282 p. 5).

Following a 2018 UK wide ballot of 1.1 million young people aged 11 to 18, knife crime was declared their biggest concern. A special committee (in anticipation of the Government's response) makes the following main recommendations:

1. Look at the injustices that make some young people vulnerable to the draw of violence and gangs.

2. Follow this with a long term funding plan (at least 5 years) of effective ways of reaching these vulnerable people at risk.

If we want to stop the causes of the rise of knife crime, we must improve the difficult circumstances some young people are facing.

Editorial comment

Please send in your suggestions for how our local schools could, with government funding, help with tackling knife crime among young people. If you are a young person, please, please write in.

## CONFINED TO YOUR HOME

At the time of writing all local clubs have all closed down for at least twelve weeks.

For the next few weeks or months many of us are likely to be working from home and/or deciding to self-isolate. If we follow Spain's programme, then we all may be confined to our homes. We may all get bored.. Why not take a look at the home education resources at [www.home-education.org.uk](http://www.home-education.org.uk). Also do look at the gardening resources at [www.schoolgardening.rhs.org.uk](http://www.schoolgardening.rhs.org.uk)

## DOG MESS

Dear Editor,

As a responsible dog owner, I am disgusted by the state of Evington's streets caused by the amount of dog faeces that is not cleared up by their inconsiderate owners. The mess is horrible to see and unhygienic, blighting our village that many are working hard to improve. Judging by the size of the 'evidence' left behind, it is primarily those with particularly large dogs! The problem is especially bad along Spencefield Lane and surrounding areas. I'm sure that if I allowed my dog to leave its mess directly outside those owners' properties, they would certainly complain! Please be responsible and clean up after your dog!

Name and address supplied

## "WHOOPIE!"

(a light-hearted comment on the dog mess problem)

My master lets me off the lead  
When we are in the park  
So I can do a "whoopsie"  
And leave my little mark.

Then I chase some other dogs  
And sometimes people too.  
In and out of flower beds  
Is what I love to do.

I bark at people sitting down  
And let them know that I'm around  
And children playing, that's the thing!  
Wish I could go upon a swing!

It's time to go - we reach the gate,  
I look around to see the state;  
I've "whoopsied" here and "whoopsied" there  
Now own up Master, you just don't care!

To make the park all nice and bright  
Please 'bin' my "whoopsie" - out of sight  
Control me better and you'll see  
That all the people will love me!

## HELPING THE PLANET - ONE CRISP AT A TIME...

Well maybe a few more than one...



Here I am, attempting to squeeze our latest crisp packet mountain into its rather large parcel - don't ask me how, but we got them all in! Whitehall's commitment to 'zero waste' raised £62 from its first three deliveries to Terracycle - donated to orangutan conservation and tree planting in Indonesia and Borneo - this last consignment should enable another worthwhile donation! Thanks to local residents for adding theirs too.

It's been quite exciting at Whitehall so far this year; students reached the national final of a Lego innovation challenge and, as part of the Connecting Classrooms project, we had a visit from Anju, a teacher from our partner school in Kathmandu, with two of our teachers returning home with her to Nepal!

The crisp packets made an appearance again during her visit; she helped our pupils create an enormous piranha from shredded crisp packets devouring a bottle-top Earth! Pictures and more details next issue!  
Addy Tyler

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## POLICE AND CRIME COMMISSIONER ELECTIONS ARE CANCELLED



Elections for the Police and Crime Commissioners for England and Wales due to take place on 7th May have been cancelled because of the Coronavirus epidemic. Some Evington residents may have received a leaflet for the Leicestershire PCC job. DO NOT GO AND VOTE. These elections will not take place until May 2021.

All politicians have agreed that in view of the Coronavirus pandemic it is best to cancel.

**WHAT DOES THE POLICE AND CRIME COMMISSIONER DO FOR YOU?**

\*Funds crime prevention services to address issues such as drug and alcohol misuse, youth crime and anti-social behaviour to keep your communities safe.

\*After consulting local people, publishes a Police and Crime Plan to identify local priorities and how they plan to meet them.

\*Works with national and local policing and Criminal Justice partners to reduce crime and help make communities safer.

\*Works with local authorities, health and education services, plus the voluntary sector and local businesses to create a joined-up response to local problems.

\*Sets the police budget, decides how much you pay towards policing from your council tax, to add to the funding from central Government, and decides how that combined money is spent.

\*Appoints the Chief Constable who runs the operational side of policing in your force area.

\*Holds the Chief Constable to account for delivering an effective and efficient police service.

The PCC is elected every four years to represent your views on policing and crime locally. He/she is directly accountable to you, the public.

### 15TH APRIL - THE FIRST ANNIVERSARY OF JO'S MANAGEMENT AT THE VINTAGE 186 CAFÉ IN EVINGTON VILLAGE

Jo Banner took over running the Vintage 186 Café a year ago. She had been working in Care for 26 years, but after the death of her husband she decided to take on a completely new venture for something to do.

Jo loves talking to people who visit and she loves getting involved with the community. She helped with the refreshments for the Evington Village Fete and Show, ran a Macmillan coffee morning, hosted the BBC Repair Shop event, the Celebrate our

Similarities Peace course and the Harmony Scarf. Inside the café there is an eclectic mix of items for sale from 35 different stall holders.

Mandy, a customer, said, "This is a very friendly and accommodating café. I enjoy brunch on Saturdays and a breakfast cob on my way to work. I also like to browse the stalls and pick up a birthday card or gift."

Pat, a customer, said, "I love it. I come three times a week and so it feels like a permanent home because it is such a good meeting place for my friends. We need this café in this area and it is conveniently situated on a bus route." Paddy said "It's nice food, nice staff and in a nice area."

During April the following events were planned and will not happen now:

1st April - 30th April. Easter afternoon teas.

5th April Easter Crafternoon from 12.00noon to 3.30pm. £12 a child, which includes lunch, make your own Easter card, Easter bonnet, paint an Easter egg and decorate a basket for your eggs, a free raffle ticket and an Easter egg.

Then to celebrate the anniversary, Jo was inviting her customers to a special birthday tea and cake party on 15th April.

Tel: 2490789.





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## A SECRET SPORT!



When you walk into Evington Park from the Car Park the first thing you see will be the tennis courts and I suspect some readers may remember playing football at the top of the Park and many

may have played or watched the Cricket matches. But there is a fourth Sport played in Evington Park. As you continue your walk from the car park turn left past the tennis courts and you will see some low wooden buildings and a high yew hedge. Behind the hedge, on two greens, the sport of lawn bowls is played.

These two greens were built in 1952 and Evington Park Bowls Club has been in action since then. The club welcomes new bowlers and had planned two open days this year on Saturday 2nd May and Sunday 14th June, open between 10.30am and 3.00pm with four qualified coaches for support. Family groups were welcome. Other dates for having free introductory sessions are available Coronavirus allowing! We now know that Coronavirus will not allow these events to happen, but do hope to see you when the pandemic is all over.

Looking to the future, this year the Club has raised a grant that means one of their changing rooms has been refurbished and improved – you may have seen the work going on at the start of March and it should be finished in April. Also one of the greens is to be renovated this year - an exciting prospect for the members.

Want a closer look? Try the Clubs web site [www.evingtonbowls.org.uk](http://www.evingtonbowls.org.uk)

## EVINGTON KARATE CLUB



Around 15 years ago I founded Evington Karate Club after 10 years karate experience and reaching the level of 2nd Dan Black Belt. I was born in Evington more years ago than I

would like to mention and lived there all my life. I started the club because I always had a strong connection with Evington and thought it was a shame that when my son wanted to start martial arts I had to travel out of Evington to find a good class. The club was originally based at the General Hospital Sports and Social Club for several years. We then moved briefly to the Evington Boys Club before settling at our present training venue the Evington Leisure Centre.

The aim of Evington Karate Club has always been to train students of all ages independent of gender, religious beliefs or ethnic background.

At Evington Karate we teach a form of karate called Wado which I feel is possibly the most comprehensive style as it has the most in depth syllabus. We teach the basics of punching, blocking, pad work, sparring, throws and ground work but also the traditional katas and pair work that many clubs don't.

Although Wado karate is an old traditional style, I find the moves are still very relevant today not only as a good solid self defence system but also for fitness and flexibility.



Although karate is all

about kicks and punches, we build our training around self defence with emphasis on how to avoid violence and evade strikes. Along with the obvious benefits of training in martial arts we also find our students benefit from the disciplined classes and the way we build confidence in our students.

I believe in teaching karate in a disciplined but also friendly way: I find that relaxed but motivated students learn a lot quicker.

I don't believe in wasting a student's time doing ridiculously hard exercises during a karate lesson. Of course fitness is important but good technique and timing are far more important.

We are a family friendly club with parents training alongside children and teenagers. Each student is helped to reach their personal best by working to their own capabilities.

Karate has been a hobby for me for over 25 years and I was determined that when I started Evington Karate it would be a club and not a business. This means we keep the joining costs as low as possible, and ongoing expenses such as yearly licences, karate uniforms and grading costs to a minimum. Too many clubs are all about how much money they can make and push students through expensive gradings every few weeks. I believe students work best at their own speed and will learn at a different pace, so our students only grade when the instructors and more importantly, when the student feel they are ready. Our gradings are not easy, nothing worth having is easy, but with the right training and personal commitment they are achievable. All our instructors are very experienced 3rd Dan black belts, DBS checked and qualified first aiders; we take the health and safety of our students very seriously.

At Evington Karate Club we are very open about what and how we teach. Our classes are open to anybody who feels they may be interested in karate. Ask me as many questions as you like.

John Broughton Tel: 07729 411242  
Email: [jhbroughton@outlook.com](mailto:jhbroughton@outlook.com)  
Web site: [www.midlandwado.com](http://www.midlandwado.com)



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## SHAMA WOMEN'S CENTRE



On their tour of Leicester on Tuesday 11th February, the Prince of Wales and the Duchess of Cornwall visited this centre, which is a women's charity established in 1983 to empower women to become more active educationally, economically and socially.

The photos below show the 27th February Market stall event.



## THE CAST-OFFS DRAMA GROUP

The Cast-Offs drama group was founded in 2015 and have two performances over one weekend a year. Rehearsals begin early summer, and enquiries about joining this group for their next production can be made by phoning 07522 574836.



## EVINGTON ECHO COMPETITION TIME

Calling all young people under 15 years of age.

Write a story about your pet. If you haven't got a pet, make one up. Your story needs to be between 300 and 700 words and be received before Friday 15th May 2020.

1st Prize: A book called 'A Tail of Two Dogs' about Bobby and Milo and a £10 voucher.

2nd Prize: A Bobby and Milo mug and a £5 voucher.

Email your story to [evingtonecho@gmail.com](mailto:evingtonecho@gmail.com)

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## WOMEN OF LEICESTER



*Elizabeth Frisby MBE, suffragette, arsonist, councillor, JP and Lord Mayor*

The Parish Centre at St Denys was packed on 13th February for an illustrated talk by renowned local historian and guide Virginia Wright on 'Women of Leicester' to the Evington History and Heritage Group.

A surprise opening was to discover just how long ago the first of these Leicester women made her presence felt. A neatly-grafted shard of Roman Samian-ware pottery, unearthed in 1854 near the Jewry Wall, tells of the love of actress Verecunda and gladiator Lucius. More well-known is the history of Alfred the Great's impressive daughter Æthelflæd, the Lady of the Mercians, who from her base at Tamworth drove the Danes from Leicester in 918. Her much-stolen bronze statue is now sheltered in the courtyard of Leicester's Guildhall. In Georgian times Birmingham-born Mary Linwood ran a school for young ladies in Belgrave Gate that was to

retain her name for more than a century, but she was better-known for striking reproductions of Old Master paintings in embroidery that won international acclaim, especially in Russia. She met most of the crowned heads of Europe and dined with Napoleon. Victorian Mary Royce was Leicester's first female doctor, practising in Saxby St. from 1890.

Leicester's women were in the forefront of the struggle – often physical – for Women's Suffrage in the years before the First World War. Factory worker suffragette Alice Hawkins has finally been rewarded with a statue in the remodelled Leicester Market Place. Ellen Sherriff and Elizabeth Frisby were radicals believing in direct action, from pouring ink into pillar-boxes to the burning down of Blaby railway station. Miss Frisby was to remain involved in public affairs her whole life. She served time in Holloway Prison for protests outside Parliament in 1910 and 1911 but received the MBE in 1918 for both funding and staffing refreshment facilities for the troops. She would go on to become a magistrate, a Conservative Councillor and eventually the first female Lord Mayor of Leicester in 1941.

Mary Attenborough was not just the mother of two of Leicester's most famous sons but in the 1930s was the prime mover in housing first Basque refugee children from the Spanish Civil War and later German Jewish girls at Evington Hall.

Very close to our own time, Leicester was the birthplace of two pioneering female journalists: Mary Stott and Claire Hollingsworth. Mary went straight from Wyggeston Girls' School to the Leicester Mail but was best known as a long-serving editor of the Womens' Page in the Guardian, moving such writing away from recipes and knitting-patterns to modern discussions of issues affecting women. Claire Hollingsworth, recently deceased aged 105, was the reporter who spotted the massing of German troops on

the Polish border in September 1939 and broke the news to the world in the Daily Telegraph. After many years service as a War and Defence Correspondent, she became the Telegraph's China Correspondent, retiring to Hong Kong.

An informative and entertaining evening bringing some of our local heroines into the limelight.

The History and Heritage group will not meet again until September.

Anthony Yates

## EVINGTON VILLAGE FETE AND SHOW

Due to the coronavirus outbreak, Evington Village Fete and Show will not be held this year. The health and safety of all who take part has to be our highest priority and while we do not know how long we shall be under restrictions, we cannot risk setting it all up, only to have to cancel at the last minute. Chris Hossack

## EVINGTON IN BLOOM

I'd like to thank you for your support of the Bloom May Sale this year, but unfortunately we feel it necessary to cancel the event because of the uncertainty of being able to proceed with such events in the near future. If you have sent me the fee for a table, I will be refunding you as soon as possible. I wish you good health over the coming weeks.

Diane Bell

## CROSSWORD ANSWERS - grid on page 15

### Across

1. PLUM, 5. LAID, 8. AISLE, 10. TOPAZ, 11. ASSET, 12. USED, 16. GIFT, 17. DECEITFUL, 18. BOMBSHELL, 20. NEAT, 21. SIGH, 25. SISAL, 26. ALBUM, 27. LASTS, 28. STAY, 29. HUES.

### Down

2. LAPSED, 3. MAZE, 4. TSAR, 5. LEAN, 6. INSTIL, 7. STAUNCHNESS, 9. STATELY HOME, 13. DEPOT, 14. DERBY, 15. ITCHY, 16. GULLS, 18. BASSET, 19. LIABLE, 22. ALLY, 23. KISS, 24. GASH.

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## BODY AWARENESS SCAN

Body awareness scan is when we pay attention to parts of our body in a gradual sequence from feet to top of the head by mentally scanning each area. This practice is done by you by bringing your awareness to parts of the body in sequence.

Body awareness scan helps to relieve stress and strengthens the link between the mind and the body.

Practice this laying down on your back, feet slightly apart relaxed and arms by your side palms facing upwards and relax the whole body. I personally prefer to do the body awareness scan just before I fall sleep, this helps my body and mind to be in a complete relaxed state. Start off by softly closing your eyes, slowing the breathing down, letting your abdomen expand and contract with each breath, nice slow deep inhales and exhales for a minute or so.

Start the body awareness scan from the feet, pausing for a few seconds before moving onto the next part. Up to ankles, calves, knees and so on and so forth all the way up to the top of your head. Scan your entire body. Are there any areas that have discomfort, aches, pains or tension? If there are any areas with this continue to breathe into these areas and visualise it leaving your body through your breath into the air. Move on to the next when you feel you are ready.

When you have completed releasing bring your awareness back to your breath, nice slow deep inhales and exhales for a moment or so to end the body awareness scan practice.

I hope you enjoy doing this practice and do give me your feedback.

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

## SITES FOR HOUSES

The Leicester City Council has identified 83 Leicester sites where thousands of new homes could be built. This list has been narrowed down from 240 suggested two years ago.

City Mayor, Sir Peter Soulsby, says this is the start of a conversation about how the city grows and will focus on other key future issues such as transport, retail and tackling the climate emergency. The land in Evington that has been earmarked is as follows:

### Leicester General Hospital

The NHS trust says there is just over 70 acres of brownfield land surplus to requirements. 532 homes could be built. (See further articles in this issue on pages 4 and 5.)

### Judgemeadow Community College Playing Fields

Another part of the school playgrounds earmarked for 9 homes.

### Linden School Playing Fields

The Evington school could get 17 homes built where the grounds front onto Headland Road.

### Sedgebrook Road Open Space

An Evington site that could take 14 houses.

### Land adjacent to Evington Leisure Centre

15 homes could be built on a plot of land facing Downing Drive.

### Land North of Gartree Road

An Evington site where 30 homes are proposed.

### Land between Coleman Road and Goodwood Road

A greenfield site in Evington where eight homes could be built.

### Kingscliffe Crescent open Space

11 homes could be built on this Evington site.

For the full list go to:

<https://www.leicestermercury.co.uk/new/leicester-news/83-leicester-sites-council-bosses-3874734>

## JEAN KHOTE (1943- 2020)



Jean was the Labour councillor for North Evington Ward from 2011. A fellow councillor, Diane Cank, said "Jean was a lovely lady, extremely generous, warm and funny and one of the hardest working councillors around, but she never stood for any silly stuff."

She always listened to the concerns of her constituents and had dedicated her life to politics, coming first from South Africa during the apartheid days, then to London as a councillor before moving to Leicester.

Abdul Osman said "she was passionate about her politics and her policies. She was interested in International politics and would recount stories of her time in South Africa".

Jean was a feminist and carried the flag for women's rights. She supported the Muslim Women's Network, UK, which campaigns for women to be heard and empowered within the Muslim community. Jean was also the disability officer for Leicester East Labour and campaigned for carers (mostly women) because they got a rough deal and needed better pay and working conditions.

Even in hospital, Jean arranged for food donations to be delivered to a food share scheme.

The Leicester-based Federation of Muslim Organisations said, "Her selfless contribution for the community was immense". She leaves a husband, son, daughter and grandchildren.

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# VINTAGE 186, J & A PHARMACY, FABIO'S AND BENNETTS BY MILO (THE CUTEST LITTLE DOG EVER)



What a Wednesday it turned out to be. At first I was a bit reluctant to go out that day, I felt a bit tired after having our grand- daughter stay for a week. Had I known what was in store for me, I would have been busting a gut with excitement at the events that were to unfold that morning. Mum put my rather tight jacket on; I really must do something about my expanding waistline, and then she loaded me into my carrier and we set off for what I thought was Evington Park.

Well imagine my excitement when we stopped in Main Street and I heard Howard's voice from outside the car. I could not get out of the car quick enough to see him. Once down on the ground, Howard made a huge fuss of me and I gave him a couple of kisses. Howard said we were going to Vintage 186 Café.

On the way there we passed J & A Pharmacy, a place of many wonders. Howard went in to get a birthday card for a friend. Reluctantly I agreed as I was rather keen on the thought of the food to come. When he finally emerged he apologised for being so long, but said that there was such a selection he was spoilt for choice. Also he said that the ladies in there were so nice he had to have a chat with them. One of the ladies had featured in a recent edition of the Echo and Howard said that he had congratulated her on her new found fame.

Finally we set off again for Vintage 186, I just could not wait to get there. This was a first for me, going to a cafe, as normally I have to wait outside as not many cafes allow dogs inside them. How proud I felt sitting on my Dad's knee and watching what was going on and how friendly everyone was to me. The owner of the cafe even came up and welcomed me, which I thought was such a nice thing to do.

Mum and Howard went off to order the food and drink while I continued to admire the scenery and watch all the people. A lot of people came up and had a chat. After placing their order Mum and Howard came back to the table and sat down and had a natter. A nice young man delivered our drinks and then the food arrived. If I had wanted a drink there was a bowl of water just outside the front door; how dog friendly this place is. Howard had a bacon bun, what a surprise, and boy did it smell good. Mum had a vegetarian sausage sandwich. I fancied Howard's food the most. He did feed me some bits of bacon. Yes I will come here again tomorrow, I thought. After the food was finished Mum browsed at all the things that were for sale. Then it was time to go. The end of my first cafe visit, and how I enjoyed it.

Once we got outside of Vintage 186 Howard said something to Mum and Dad and then we crossed the road and we were outside my favourite hairdressers, Fabio's. That's where Howard has had his hair done for many years. I

often pull my Dad here when we have a walk but as yet he has not cottoned onto the fact that I want to go in and see the lovely girls who work there. When I was staying at Howard's house once he took me to Fabio's and introduced me to them, and how nice to me they all were. To my great joy we went in and I got to meet the girls again and how they fussed over me. A lady was having her hair washed and she recognised me from the photos in The Evington Echo. I am always getting recognised in Evington because of these photos. It is really nice being recognised. I feel a bit like a celebrity. What a brilliant morning this was turning out to be. I did not think that there could be any more surprises in store, but there were.

After leaving Fabio's we headed into the village and then to my great surprise we stopped outside Bennetts hardware store. What an interesting shop it looked. I had never been in a hardware store. It looked fascinating in there. Mum and Howard started to put some bulbs in some bags. Howard just bought some daffodils whereas my Mum bought some tulip bulbs, some onion bulbs and a garlic bulb.

Mum is determined that she is going to grow some vegetables this year. I think that she has been inspired by Howard, who grows a lot of his own vegetables. Mum has even challenged Onkar to see who can get this vegetable growing lark off the ground. Onkar has yet to start, so by buying the bulbs Mum is at least off to a better start. She really is inspired as she then moved onto the pots section and bought a couple of those. We then went inside Bennetts shop. My, they seemed to have everything imaginable in there. Everyone in the shop seemed very friendly and glad to see me; I even got a few pats on my head. Mum went to pay for the bulbs and the pots and while doing this she ordered some compost that they would deliver to our house. What a great service they provide. It was good to get home and remember this great day. Mum planted her onions.

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"We preach not ourselves,  
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## MUTUAL AID SUPPORT TEAMS - A NATIONAL AND LOCAL RESPONSE

Community action COVID-19 Mutual Aid ward teams are working to help distribute leaflets and provide offers of help to support the most vulnerable.

Contacts are all set up in the seven wards in Leicester East.

In Evington ward, the contact is Hannah Wakely at:

<https://chat.whatsapp.com/kmSIH2OE9WGktLP218aC> If you have a mobile phone it is free to download 'What's app.' Please join and help this effort.

You may also wish to join Leicester East COVID support group. This is a mutual aid group working closely with the National Mutual Aid group. To join this Leicester East group go to:

<https://chat.whatsapp.com/LrW1IKqZVqJdpEsLIJfbo>

You may also find the following helpful in guiding the work of local groups by giving the resources that are available nationally for COVID19 Mutual Aid groups:

<https://covidmutualaid.org/resources/>

There are other mutual aid groups across Leicester and Leicestershire. A list will be on the Evington Echo website and updated regularly.

The latest information from Leicester City Council can be found by searching for Leicester City Council information about the Coronavirus.

The latest information from University Hospitals, Leicester which cover our own Leicester General Hospital can be found at [leicestershospitals.nhs](http://leicestershospitals.nhs) Information about Coronavirus is then easy to find by scrolling.

For anyone who wants to volunteer to help support front line and community support services, a Leicester Community Response Group has been established and a volunteer form can be found here:

<https://tinyurl.com/lcrvolunteer>

The webpage for this coordinated effort is: <http://www.leicestercommunity.co.uk>

Mohammed Lockhat and all at The Peace Centre, Thurncourt Road, Thurnby Lodge, Leicester are working around the clock to support our community to volunteer with them. Please go to [www.peacecentre.org.uk](http://www.peacecentre.org.uk) and follow the links. Tel: 07999271536. Volunteers are needed.

For Help the Homeless, Arif can be contacted directly on 07771123440.

When providing help, please remember COVID-19 or Coronavirus is contagious, presently there is no cure. Please maintain social distancing. Please avoid physical contact (2 metre distance) even with other volunteers. Wash your hands regularly. Items for delivery should be left on doorsteps.

### BOBBY



On 2 March 2020 Bobby, a well known Evington Park dog, and regular park walker, sadly passed away.

He will be missed by many park walkers and children as he was such a character.

We wish all the best to Kally and her family at this sad time. Goodbye Bobby.

## LEICESTERSHIRE WARDEN SCHEME

Cleaning up our streets and countryside currently costs the taxpayer almost £800 million a year and so maximum on-the-spot fines for dropping litter have been increased to £150 - in order to deter and punish the anti-social minority who continue to drop rubbish. The law has also changed in that the registered keeper is responsible for ANYONE who litters from their car and it is them who will receive the £150 fine.

Leicester City Council is working with all the other Leicestershire Councils on a joint campaign to raise awareness of these changes and to do targeted enforcement in hot spot areas.

The offence is now civil not criminal which means if anyone has any dashcam or CCTV footage and are willing to give a statement so we can do a DVLA check (not a statement to go to court) then we can collect this and use the footage. You can contact the City Warden service at [Leicester.gov.uk/myaccount](http://Leicester.gov.uk/myaccount) or [City.warden@leicester.gov.uk](mailto:City.warden@leicester.gov.uk)

### Editorial Comment:

The City Wardens were shortlisted for 2 awards in the Waste Performance of the Year category and Outstanding Service Delivery Award in Keep Britain Tidy's annual awards, and won the award for Outstanding Service Delivery. It followed a successful 9 month-long campaign to tackle flytipping, side waste, bins on the street and other waste issues in the city's Fosse ward in 2019, which involved inspecting 117 businesses, 16 of which were issued with fines totalling £4,800.

The work led to an 18 percent reduction in flytipping and a nine percent increase in people using council services, such as bulk waste collection, compared to the same period in 2018. The Keep Britain Tidy awards celebrate the very best councils from across the UK, highlighting those who are making significant improvements to the local environment in communities.

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## CLUBS, SOCIETIES, CLASSES AND EVENTS

Due to the Coronavirus pandemic events have been postponed. This page includes a list of clubs and telephone numbers, so that you can make contact with leaders you know and keep in touch about future meetings and support groups.

### AT EVINGTON VILLAGE HALL LE5 6FA

Tel: 07517167048.

### EVINGTON GARDEN CLUB

Please check with Peter Jackson, as closure is expected. The following was booked:  
21st April Garden Herbs. Richard and Sian Price.  
19th May Roses. Ann Bird.  
June Evening visit to a Garden or Nursery.  
Tel: Peter Jackson 2735487.

### LEICESTERSHIRE CALLIGRAPHERS

Third Saturday afternoon in month.  
Tel: 285 6436.

**RECOVERY ASSISTANCE DOGS** Fridays  
1.30pm - 2.30pm. Tel: 07932433148 or 262 3946.

### 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

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 MAYFLOWER COMMUNITY ROOMS

Ladies only Yoga. Manjula 07448 732696.  
Yoga for All. Suresh 07974 306016.

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

#### ANYTHING GOES SOCIAL GROUP

Wednesdays. 10.30am - 12.30pm.

**BILAL YOGA** Tel: 07828 098602. Postponed.

#### THURSDAY YOGA GROUP

Thursdays 10.30am - 11.30am.  
Tel: 07952 775449.

#### CROCHET FOR ALL

Tuesdays 10.00am to 11.30am. With Abdul Bux.

#### ART IN THE PARK

Tuesdays 1.30pm - 3.30pm. Tel: 212 6614.

#### AT EVINGTON LIBRARY

No events at Evington Library

#### AT PILGRIM GARDENS

No events at Pilgrim Gardens  
Stretching exercises. Fridays 2.00pm - 3.00pm. Tel: 07828098602.

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

#### ASIAN LUNCH CLUB

Wednesdays 11.00am - 2.00pm. Contact Suresh on 07801101308.

### AT ST. DENYS CHURCH / PARISH CENTRE (CHURCH ROAD)

#### EVINGTON LOCAL HISTORY AND HERITAGE GROUP MEETINGS

Contact Chris Hossack on 241 5153, chris\_hossack@yahoo.co.uk Postponed until September 2020.

#### MONDAY MEETS

**ST DENYS CHURCH COMMUNITY EVENTS**  
www.st.denys.org.uk Tel: 2713812.

#### AT CHURCH OF GOD, DOWNING DRIVE

**CHARITY COFFEE & CHAT** Meets 10.30am - 12.00 noon every Friday Tel. 2218473.

#### NHS DOWNING DRIVE SURGERY COFFEE MORNINGS

Monday mornings 10.15am - 12.00  
Tel: 2218473.

### AT GOODWOOD EVANGELICAL CHURCH, GAMLE ROAD

#### MESSY CHURCH

#### THE ARK TODDLER GROUP

#### COFFEE MORNING

#### YOUTH ACTIVITY

Contact Stephen on 079 0294 6004. for Goodwood Evangelical Church.

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

#### GARDENING TOGETHER

Every Tuesday 10.00am - 12noon.

#### A PLACE OF WELCOME

every Tuesday 12.00pm - 2.30pm.

Tel: 07985306342.

## 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.  
Tel: 07968 159844

#### NEPTUNE SWIMMING CLUB

Evington Pool. Tel: Evington Leisure Centre 299 5575.

#### EVINGTON BOWLING CLUB

Tel: Harry Pettman on 2204525.

#### EVINGTON IN BLOOM

Tel: Diane Bell on 2100831 or Helen Pettman on 2204525.

#### EVINGTON VILLAGE FETE AND SHOW

Tel: Chris Hossack on 2415153.

#### EVINGTON HEALTH FAIR

Tel: Lesley Vann on 2704765

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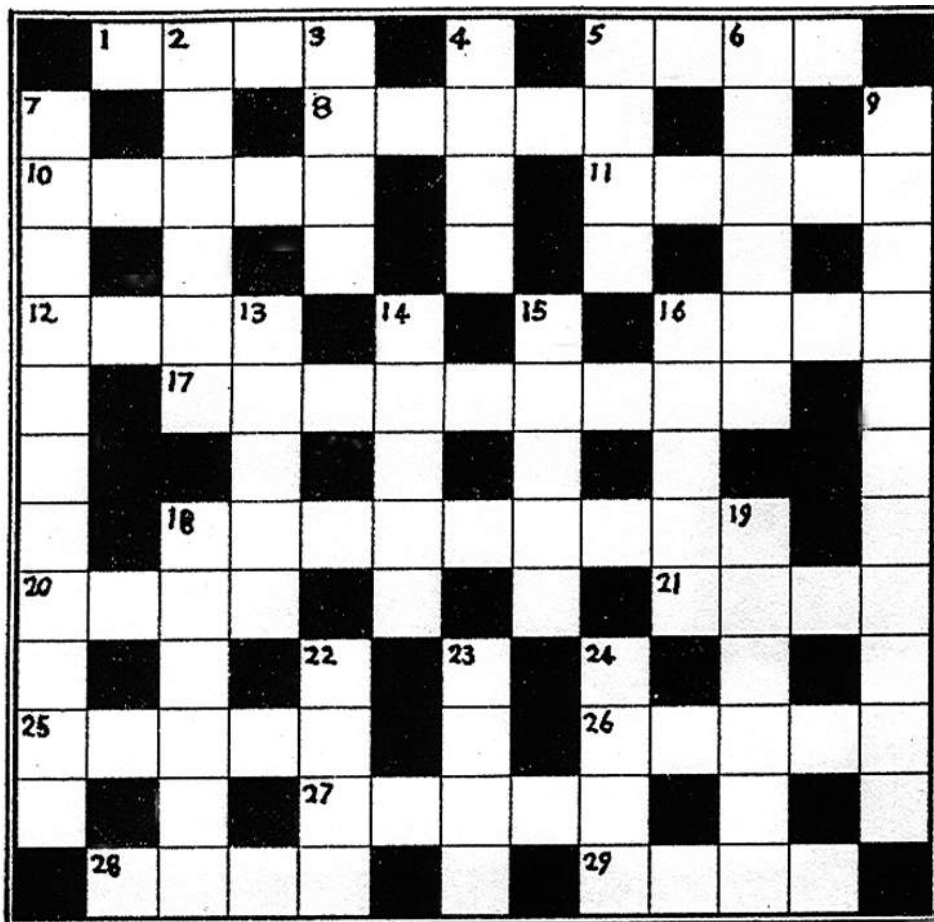
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07885468457  
annacareathome33@yahoo.com





#### ACROSS

- 1 STONE FRUIT (4)
- 5 PRODUCED AN EGG (4)
- 8 GANGWAY (5)
- 10 PRECIOUS STONE (5)
- 11 BENEFIT (5)
- 12 EMPLOYED (4)
- 16 PRESENT (4)
- 17 DISHONEST (9)
- 18 CALAMITY (9)
- 20 SHIPSHAPE (4)
- 21 MOAN (4)
- 25 ROPE FIBRE (5)
- 26 PHOTO BOOK (5)
- 27 ENDURES (5)
- 28 REMAIN (4)
- 29 TINGES (4)

#### DOWN

- 2 DISCONTINUED (6)
- 3 LABYRINTH (4)
- 4 RUSSIAN RULER (4)
- 5 GAUNT (4)
- 6 IMPART GRADUALLY (6)
- 7 RESOLUTION (11)
- 9 LARGE MANSION (11)
- 13 STOREHOUSE (5)
- 14 BOWLER HAT (5)
- 15 SCRATCHY (5)
- 16 SEA BIRDS (5)
- 18 TYPE OF HOUND (6)
- 19 ACCOUNTABLE (6)
- 22 PARTNER (4)
- 23 EMBRACE (4)
- 24 NASTY CUT (4)

Compiled by the late R. Tracy Answers on page 10

### SPRING FLOWERS IN EVINGTON



Evington Village display looked after by Malcolm Toon



Evington Park

### MORE NOTICES

#### Evington in Bloom Best Front Garden Competition

It may not be possible to run our usual Evington in Bloom Best Front Garden Competition, but if you are interested, please let me know. Helen Pettman. (See contact details on page 2).

#### Leicester City Council Covid-19 support

The City Council are working hard to set up Coronavirus support through their 21 wards in Leicester. Eventually there should be support and coordination in every street, and volunteers helping vulnerable people should be given the equipment they need to stay safe. The Evington group which is forming is called Evington Mutual Aid.

#### Next Evington Echo

Please help to develop the next issue of the Evington Echo which is due out in June. (The final date for copy date is 15th May).

Please write in about your personal experiences of this pandemic and also please send in your usual letters about anything that would be of interest or importance to our readers.

Helen (see contact details on page 2)

#### 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.

#### DON'T MOAN ABOUT MOWING

Contact:- J.B. GARDEN SERVICES  
(Large & Small Lawns & Other Gardening Jobs). TEL: 259 3336 MOBILE: 0780 125 9687.

**FOR SALE Large Exodus Roof Box (Black).** £50.00ono. Tel: 07914040874.

**FOR SALE Nissan Micra Car 998cc.** 52 Plate grey 3DR Hatch. 41,000 miles. 10 months MOT. Winter check service. Sunroof. £600. Tel: 249 0241.

#### CONTACTING POLITICIANS

For information about contacting the politicians in Leicester wards Tel: 454 6360.

Please mention the Echo when replying to advertisements



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## CORONAVIRUS COVID-19

# Social Distancing

### AVOID

- Group gatherings
- Visits to bars/restaurants
- Sleep overs
- Playdates
- Visiting the elderly with children
- Crowded retail stores
- Gyms
- Visitors to the home
- Non essential workers in the home

### USE CAUTION

- Visits to supermarkets
- Visit to pharmacy
- Visit to GP
- Traveling
- Check on friends and family safely
- Public transport

### SAFE TO DO

- Go for a walk
- Jogging
- Working in the home
- DIY in and around the home
- Reading
- Going for a drive
- Video calls
- Phone calls

Just some of those who are vulnerable that these measures could help:  
Patients who are elderly, history of lung illness, cancer patients, immune suppressed patients, immune compromised and those with varying underlying conditions.

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