



Evington Echo

www.EvingtonEcho.co.uk

Keeping you up to date with Evington's news
Issue 285

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ECHO DELIVERY ROUNDS

Could you take on an Evington Echo delivery round on Alcester Drive (40 copies), a round on Colebrook Close, Colebrook Walk, Buckfast Close, Teignmouth Close and Tavistock Drive (91 copies) or a round on Wakerley Road (88 copies)

This would involve delivering the Echo six times a year. All Covid-19 safety precautions will be taken well into the future.

THANK YOU TO ALL THE VOLUNTEERS

(CONTINUED FROM THE FRONT COVER)

The front cover illustrates how volunteers help with: 1. Fundraising 2. Covid-19 and Evington Mutual Aid 3. Gardening to look after streets and allotments 4. Telephoning and social media 5. Networking to delivering food parcels and local news 6. Litterpicking and 7. Campaigning.



1. **FUNDRAISING TO HELP OTHERS:** Many groups in Evington have been fundraising to help those that struggle. The last Evington Echo highlighted some groups and people making a difference, but there have been plenty more.



2. **EVINGTON MUTUAL AID PROJECTS AND OTHER COVID-19 PROJECTS** The Evington Mutual Aid project has 74 volunteers who are affiliated to Mutual Aid UK and will help local people who need emergency food because they are self-isolating, chat to people, do unusual requests and look out for and help individuals. They gave a car load of food, nappies and other items to the travellers who came to Evington for a short while. Many volunteers also help with the Peace Centre which runs a food bank. This help may be given directly through volunteering or fundraising through their smaller groups.



3. **GARDENING TO LOOK AFTER STREETS AND ALLOTMENTS** Evington in Bloom volunteers have been looking after the shopping streets in Evington Ward including Main Street, Downing Drive and Gamel Road/Davenport Road and the developing Peace Garden there. Hilltop Allotment projects have been put back because of difficulties with the lockdown, but the strategic planning has gone on to develop a Nature garden and facilities where older

people can still be part of the allotment family even after they need to give up their plots. Leicester City Council have thanked all the people involved with Evington in Bloom and say there are too many now to name all the individuals. (See article on page 8/9.)



4. **TELEPHONING AND SOCIAL MEDIA** The network of help set up by various groups means that we hope nobody in Evington needs to be alone. The Evington Echo magazine and website list lots of contact details. If you are not on social media and want help, please ask through any contacts you can. A full copy of the latest Evington Echo has been available to view on a noticeboard in Evington Village

5. **NETWORKING TO DELIVER FOOD PARCELS AND LOCAL NEWS.** Networks in Evington that help with this are Evington Mutual Aid, Next Door, (an on-line local information service where people can make requests for information and others can respond. Nextdoor.co.uk) and of course the Evington Echo, which is run by the charity Friends of Evington.

6. **LITTERPICKING** Many members of Friends of Evington/Evington in Bloom do a lot of litterpicking and are covered by Friends of Evington's risk assessments if they register. Volunteers were able to join Leicester City Council's LEV (Leicester Environmental Volunteers) until lockdown stopped this. Many other volunteers help with litterpicking at their own risk during their daily walks.

7. **CAMPAIGNING** Friends of Evington/Evington Echo are campaigning with Save Our NHS to stop the downgrading of Leicester General Hospital by selling off land and getting rid of acute services. See the petition on page 4.



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EDITORIAL

All of us will have faced challenges during this extended lockdown. I hope you, a reader, have managed to stay safe and virus free, and like so many people in Evington and Leicester have done things that make a difference. Radio Leicester have a 'Make a Difference' slot within all their programmes and the number of people working hard within their communities just goes on and on. Even in Evington, the list is too large to write about everyone, so the front cover has been generalised, but I hope you can relate to it personally. On page 9 Penny Brown, the volunteer coordinator for Leicester City, who with her team promotes environmental and community work in Leicester, has commended Evington in Bloom (where many groups have clubbed together) for their gardening work and taking part in Leicester's 'Grow a Rainbow' challenge 2020.

Thank you to local shops in Evington who have kept going during this pandemic to put food on our tables and provided other essentials. They have adapted one-way systems and other safety measures. I particularly commend our Evington Echo advertisers, Nisa Local, J&A Pharmacy, Glenton Chemist and Bennetts Hardware store.

Again, this issue comments on the big topics during lockdown. An article on page 5 comments on modern day slavery in Leicester. On page 4 you are asked to join the campaign to stop the downgrading of Leicester General Hospital. You are also invited to join the 'Save Our NHS' campaign on page 12.

A thank you goes to all the readers who have written in with comments and articles about what is happening where they live or what they have been doing during lockdown. We are grateful for this: it keeps the Evington Echo going. Over 39 years the Evington Echo has painted a picture of our area in Leicester and what we think about all the things that happen. Collectively, we have sometimes been able to make a difference.

Finally, I would like to thank Douglas Gillain for everything he has done for the Evington Echo. His skill with finance has literally kept us going. We couldn't have done it without you, Doug. Doug was our accounts examiner and then in 2005 he became our treasurer giving up a small fee as an examiner of accounts to take on a voluntary role. In recent times he has seen us through the recent transition to make the Evington Echo the newspaper of the charity, Friends of Evington. Thank you Doug and have a happy retirement. Helen.

MALCOLM TOON

In 1992, Evington was one of the first groups to enter East Midlands in Bloom competition and Malcolm was a key worker when they won the regional award then.

Malcolm Toon has lived in Evington for many, many years. He was a builder by career, but now is well known for his dedicated work for Evington in Bloom. He continued to look after the flowers in the village and came back in force to support the newly established Evington in Bloom group in 2012. Evington won the regional competitions in 1992, 2016, 2018 and 2019.

Malcolm has built many of the wooden containers you see, painted signs and maintained borders around the village. When Evington won the silver gilt award in 2018, the judges said that the circular container that Malcolm maintained in the village was of gold standard.

Malcolm has done his whack of big works. We hope to see him about in the village tending plants when he can, but not taking on the bulk of the work. Evington people owe him a great big thank you.



'OZY' RUNS A MARATHON



On July 19th, his 71st birthday, Osy Waye ran a Virtual Marathon. His reward was THE WORLD'S LARGEST MEDAL.

When not helping to deliver the Evington Echo, Osy Waye loves to run a marathon or two. In total OSY has run 155 marathons, all over the world, from the South Pole, and for his 100th it was at the North Pole. He has run on all continents and in Great Britain, and a couple of times he ran in the Leicester Marathon.

Now, during Covid-19, OSY has found and run quite a few what are called 'Virtual Runs'. He finds an event on line, runs it and then sends in a picture of his distance and time, and earns a lovely medal.

For his 71st Birthday this July, OSY could not resist running a Marathon around Leicester and at the end he got the WORLD LARGEST MEDAL. "It sure is 445mm high, 17mm thick and weighing in at over 8lbs." he said. "It's a good job I did not have to wear it until after the run!"

It's been over a year since OSY ran his last full marathon, which was The Charnwood Marathon. "It's not the running I like that much, but I can do it, it's achieving, the lovely medals, and running all over the world."

EVINGTON VILLAGE VIRTUAL SHOW

The link to view the horticultural photos is given below.

This should be available from Saturday 8th August.

Any problems please contact John Pelmore at jmpelmore@yahoo.co.uk or 270 9881

<https://www.flickr.com/photos/188381346@N03/>

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STOP THE DOWNGRADING OF LEICESTER GENERAL HOSPITAL

petitions at: <http://chnng.it/NP8YYQRVh5>
and saveournhsleicestershire.org

Two-thirds of the land at the General Hospital site is being sold off, meaning that the hospital will no longer have any acute services.

450 million pounds of funding received by the University Hospitals of Leicester NHS trust from the government is intended to be used for reorganising Leicester's acute hospital services. This money will be used to close the General Hospital as an acute hospital and consolidate acute services onto two sites – Leicester Royal Infirmary and Leicester Glenfield Hospital.

This isn't ideal, especially due to the Coronavirus taking its toll on Leicester; the number of beds proposed for the new General Hospital is certainly inadequate. We are already in a social care crisis and this will only, therefore, place the vulnerable in Leicester East under further risk.

We want to stop the downgrading of Leicester General Hospital and real funding with decent pay and conditions for its staff. We would like our local community to have representation in the consultations through this petition organised by Friends of Evington. (Charity no.1148649.) Please use the link above and sign the petition.

More information is available at:
www.evingtonecho.co.uk/coronavirus-crisis-highlights-error-in-downgrading-Leicester-General-Hospital-by-Claudia-Webbe-MP/

The easiest way to find articles on this website at www.evingtonecho.co.uk is to use the search button on the very top right hand side and type in a relevant search word like 'coronavirus' or 'Leicester General Hospital'.
Simran Radia



PARAKEETS IN EVINGTON

Mr. Champa Payne sent in this photograph of Indian Ring Neck Parakeets. He said that on one of his walks in early June he had seen six in one day. The following few days he saw three, two males and one female.

THE LEICESTERSHIRE FESTIVAL OF ARCHAEOLOGY

This year it's a virtual festival. The first part of this took place in July, but it will happen again in October.

ULAS (University of Archaeology Services) are asking people for ideas for digital talks. Any ideas?

Contact peter.liddle51@gmail.com

Meanwhile do have a look at the website at <https://leicsfieldworkers.co.uk>. You can view information about six amazing discoveries which includes Roman Leicester in 2020, the Story of the Enderby Shield and Hallaton's Lost Pilgrims Chapel.

TO BOOK A TEST FOR CORONAVIRUS

Online at nhs.uk/ask-for-a-coronavirus-test
Tel: 119

If you test positive for Coronavirus, you must stay at home for at least 7 days and the people you live with should stay at home for 14 days.

CROSSWORD ANSWERS - grid on page 14

Across

1. HALF, 5. ARMS, 8. ICING, 10. QUEER, 11. ORGAN, 12. EATS, 16. GOBI, 17. SCAPEGOAT, 18. ALBATROSS, 20. ICED, 21. YOGA, 25. NOISE, 26. LATHE, 27. ALIAS, 28. CLAM, 29. OGRE.

Down

2. ALERTS, 3. FIRE, 4. LIMP, 5. AGOG, 6. MAGGOT, 7. EQUESTRIANS, 9. ANTICIPATED, 13. SCALD, 14. SPEAK, 15. AGGRO, 16. GASSY, 18. AERIAL, 19. SOFTER, 22. BEAM, 23. MAIL, 24. ALSO3.



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IT'S AN OPEN SECRET: EVERYBODY KNOWS, BUT NOBODY CARES

Modern day slavery in Leicester
By Simran Radia

Since we cannot leave our homes, we must bring fashion to us, often from websites that have fuelled the UK's addiction to fast fashion and are renowned for being so affordable.

Fast fashion is the mass production of cheap, low quality clothes that are trendy. The alleged dark factories in Leicester help to provide it. Due to the quality of fast fashion clothing, the average garment is only worn ten times before it is thrown away. It's not only highly unsustainable, but increasing demand for cheap, trendy clothing means that factory workers are forced to work long hours with low pay allegedly some as low as £3.50 an hour, just so these 'big name' fashion companies with well known labels can make a profit. After all, how do you sell a dress for £4 or less and make a profit?

According to 'Labour Behind the Label', a non-profit organisation that campaigns for the rights of workers in the UK, most of Leicester's garment workers are from ethnic minority groups, with 33.6% being from outside the UK. It is likely that they are more vulnerable to abuse due to their lack of English language skills, immigration status and integration in the community, making them a target for exploiters.

The higher COVID-19 death rate for those from ethnic minorities, factories not practising social distancing and the high percentage of ethnic minority factory workers is a lethal combination, especially in Leicester. Despite the health risks imposed at the workplace, workers have reported that they do not dare stay at home, even if they display coronavirus symptoms; they are at the risk of losing their job if they do so, therefore spiralling back into the vicious cycle of poverty. Often their

personal details are also with their employers, who may threaten their employees with the prospect of preventing them from getting a job from somewhere else if they were to leave this job.

Claudia Webbe, MP for Leicester East, has commented on this issue as follows:

"Leicester's diversity is our strength. Yet we know that racial and class inequalities, coupled with inadequate government support, mean that working-class people, migrants, and minority ethnic communities are at greater risk both of being exposed to Covid-19, and suffering its worst effects.

As Leicester East is one of the most ethnically and culturally diverse places in the UK, and has high levels of in-work poverty, we disproportionately suffer from these issues. The virus itself may not discriminate, but our economic and social system certainly does."

Claudia Webbe MP now calls for an end to the garment industry's exploitation of garment workers in Leicester and across the UK. She has coordinated with 40 parliamentarians, representing seven political parties, and written a letter addressed to Prime Minister Boris Johnson highlighting longstanding instances of employer malpractice which have endangered workers during the coronavirus pandemic.

The letter goes on to urge the government to ensure that all employees, including undocumented workers and those with no recourse to public funds, can afford to stay safe during the continued lockdown in Leicester. She says there have been multiple reports over the past ten years of workers' human rights abuses and reports from at least two select committees that have been ignored or rejected. Claudia explains that many of her constituents have reported first hand experiences of exploitation and this also includes employers seeking to avoid detection by pretending their factories are shut whilst

workers file in through back entrances, unwell employees being told to keep their symptoms secret from colleagues, false payslips which do not reflect real hours worked; being paid far less than the minimum wage and many more instances of cruel mistreatment.

There are many ways you can help stop fast fashion companies, for instance, shopping at ethical, sustainable clothing sites. While they may be expensive, the price only reflects the true cost of using materials that are less damaging to the planet, made in factories that are safe to work in, have better eco-credentials and pay fairer wages to their employees. The quality of these garments is also significantly better, causing you to save the money that you would've spent buying and replacing your poor-quality fast fashion clothing. Another way of shopping sustainably, but cheaply, is shopping at vintage or charity shops; the average customer transaction is £4.05 at a charity shop. It is, therefore, highly budget friendly.

Roshni, an Instagram influencer who is constantly promoting the importance of avoiding fast fashion, has commented as follows: "I am not a fan of fast fashion. I don't like the ethos behind mass production or what it says about us as humans that all we want to do is consume and consume." Roshni continues, "The social and environmental cost of treating apparel as disposable is horrific. There has to be a shift so that it's quality over quantity, so that we buy things we will love for a long time, things we will want to repair and keep."

It will be difficult to eliminate fast fashion in a world dependent on it, but the first step would be to stop purchasing cheap clothing. Only when demand is absent, these companies will stop. If you do continue to shop from them, you are essentially supporting the exploiters. This so-called 'open secret' has always been out in the open, and now, you must care. There is nothing darker in these dark factories than ignorance.

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Letters

HELP SOLVE A PUZZLE RESULTS

Dear Editor

Thank you so much for publishing the letter from Mrs Neal headed "Help solve a puzzle" in your June and July issue about a postcard sent in 1965 that had just been delivered to her address. I am glad to tell you that it has finally reached its destination!

I was the Miss L M Rastall to whom the postcard was sent. I used to live at 146 Spencefield Lane and Sarah, who sent the card, was a schoolfriend, then at Liverpool University. Thanks to Mrs Neal and our former neighbour at 148, the postcard has finally reached me. Sarah now lives in Australia. Although I did not reply to the postcard in 1965, we have kept in touch over the years and I am pleased to be able to tell her that it has now arrived!

It is good to have an amusing story to tell in these troubling times.

With thanks

Lesley Exton (née Rastall)

LETTER ABOUT CYCLING INFRASTRUCTURE

I work for the BBC News website and I am working on an article about the new cycling infrastructure being introduced across the UK since lockdown. I'm looking to speak to people who have taken up cycling during lockdown about how things like pop-up cycle lanes have helped them. I was wondering if anyone here has been using the new pop-up cycle lanes in Leicester? I would be particularly interested in hearing from any key workers who have been using them to commute to work. If anyone would be happy to chat to me about their experiences please drop me an email at becky.morton@bbc.co.uk. Thanks!

NOISE NUISANCE

Dear Editor,

Could you please share this with your readers, as I feel we need to build a campaign to tackle the noise/air pollution caused by the a local Aero Club. I have complained to both the club and the Civil Aviation Authority about the noise, but also the safety concern of having such low flying aircraft flying over urban areas; it's disappointing that the Aero club have continued to fly throughout the lockdown. The Aero club informed me that they have been flying for over 60 years and have never previously had a complaint from Evington (something I find hard to believe). The Aero club have a noise abatement section on their website which has Evington Village marked in red, so pilots are supposed to avoid these areas, whereas in fact there can be 1,500 flights over Evington Village on a weekly basis; the number of flights and the power of the planes has increased markedly over the years.

Loud overhead noise effects the ability of our children to study peacefully, there are more people working from home, even reading the children bedtime stories, is affected by the plane noise. Note we are already on the flight path for the East Midlands airport which is now the busiest pure cargo airport in the UK.

It was only recently during a conversation with an elderly couple living on Marydene Drive that I realised that we need to campaign together. They told me of a story where they were overjoyed to see their family for the first time since the lockdown in March, however they couldn't hold a conversation together with their family in their garden because of the loud and incessant noise of overhead aircraft from the local Aero Club, who can fly over every minute.

We are living in challenging and stressful times, our homes and gardens are environments which we should protect. I have

written to our local MP, but would implore others to either contact our MP claudia.webbe.mp@parliament.uk or complain directly to the Aero Club.

Please contact the Editor (evingtoncho@gmail.com) or other contacts for her listed on page 2, and she will put you in touch with me.

Name and contact details supplied.

THANK YOU, LOVE LEICESTER



On 28th May, Russell went on his regular dog walk across the golf course and arboretum and was cross to find all this litter, including barbeque waste around the seat. He had cleared two big armfuls of litter the day before, so this was too much! It was reported to Love Leicester using the app. which is easily downloaded onto a smart phone. The next time Russell went for a walk, the litter had gone.

ON-LINE BANKING

Please be warned that fraudsters are creating fake websites for banks. When accessing your on-line banking account don't use a search engine or a search engine advert, always type in the full address in your address bar.

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LET'S HELP KEEP THE VINTAGE CAFÉ OPEN



The Vintage Café in Evington Village, under the management of Jo Bonner, was due to celebrate a year of trading in April, but lockdown took over.

The café was such a great resource for Evington people to have somewhere to meet, chat, browse and share food and tea/coffee together. Just as the shop was ready to reopen again following all Government guidelines, lockdown hit again in Leicester from 17th July and the Vintage Café can only continue to open as a take-away. This is after hours and hours of preparation to make it ready to open following the new Covid rules

I hope by the time you read this the café will be open again. Please support. We need to get through these hard times together.

A THANK YOU FROM DOWNING DRIVE SURGERY TO ITS PATIENTS

(An Assistant Practice Manager shares insights into working under pressure in Covid times.)

During this unprecedented time, we at Downing Drive Surgery have remained positive and very quickly adapted new and innovative ways of providing patient care. We have had to make many changes to ensure our patients were still getting treated so we are consulting via video calls, telephone calls and face to face where necessary. Our main priority is patient care and keeping our patients and staff safe.

The pandemic has put us under enormous

pressure but it has taught us new things and indeed made us and our services stronger and more resilient. Our team has really come together during this crisis which has brought out the best in all of us. Our Doctors, nurses the admin staff, have adapted to using new technology in record time and our admin staff are handling the increased office workload well.

The Flu season is fast approaching and we encourage all eligible patients to be vaccinated. We are planning how to deliver this safely and efficiently for you.

We would like to take this opportunity to thank all our patients for their kind compliments, patience and understanding during this pandemic and we are here for you.

Please visit our website for details of all the services we provide
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CITIZENS ADVICE

In March and lockdown, Citizens Advice moved more than 100 staff from offices in Leicester City and equipped them to deliver advice remotely from their own homes. Citizens Advice is now a registered charity rather than a government service. Today its technology would be unrecognisable to post-war Britain, but despite these huge changes, many problems people come to Citizens Advice for remain the same. Lack of food and fuel, housing and employment issues are some of the biggest advice areas, the same as it was 75 years ago. Advice is delivered over the phone and online. It is constantly updated and verified. The Covid-19 pandemic has complicated systems that were already suffering. Ring on 0300 3301025 or 0300 3302111 or fill out a form on the website

(<https://citizensadviceleicestershire.org/getadvice/>)

HOUSING DEVELOPMENT

Dear Editor,

As you may be aware, two new housing estates are going up on Gartree Road, 310 homes and the potential of another 500 cars in the morning and evening, where the local infrastructure won't be able to cope and the local services will be maxed out. How has this gone ahead? Why and how? How are they going to keep the traffic moving? Are there going to be extra schools and services to accommodate? Is the proposed bypass from Shady Lane to London Road going to be finally built? How did the Council manage to pass this?

Next door Evington member

Editorial comment: Please could readers write in about how road safety could be improved from the mini roundabout, along Church Road and Shady Lane to the T junction with Gartree Road.

HOW TO CONTACT YOUR LEICESTER EAST MP AND LEICESTER SOUTH MP DURING LOCKDOWN

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Pilgrim Homes and Pilgrim Gardens during lockdown. People in the homes are fine, but they say they miss their visitors, including their community exercise group.

WRAP RAGE

How packaging really annoys me, I often feel that the designers of certain packaging are either having a laugh or are just out and out sadists. Take today, I decided to treat myself to a tasty Spam sandwich for lunch - well whoever designed that tin was a genius. First you have to use that ring pull thing to peel back a very sharp metal lid. Assuming you have not cut yourself, you then have to try to get the very tightly packed Spam out of the tin. In my case this involves inserting a knife blade between the tin and the Spam and then trying to force the stuff out. Usually in this process this ends up with Spam flying everywhere. After this delicious sandwich washed down with a cup of tea I decided that I would clean the work surface. I thought that I would use a drop of bleach on the surface so as to give it a really good clean. Well whosoever invented the child proof lid deserves to be shot. I do appreciate that we do not want children to consume too much bleach, but did they have to make the removal of the top so very difficult. This push down and turn lark takes some doing. - surely there must be a better way of making the bottle child proof?

Look around your kitchen and see how many difficult things there are to open. Take that pack of ham in it's really useful resealable packaging? Ninety nine times out of a hundred you fail and resort to the good old scissor method. Then there is the jam jar. I appreciate that these jars need to be air tight but do they need to screw the lids on that tightly? How many times have you nearly given yourself a hernia trying to get the lid off? Then there is cling film, tin foil and the Brillo pad container, I could go on and on.

My good friend Google, the font of all knowledge, tells me this is a huge problem: the subject has featured in *Which* magazine and there has even been a BBC Watchdog programme made about it. Wikipedia calls it 'Wrap Rage', also known as 'Package Rage' and they have defined it very well. "Wrap rage is the common name for heightened levels of anger and frustration resulting from the inability to open packaging, particularly some heat sealed plastic blister packs and clamshells." Well there you have it - just try to resist getting out your pneumatic drill.

The tools that have been used are razor blades, box cutters, snips, hammers, and there was even a case of someone who got injured using an ice pick; the mind boggles. Who has an ice pick handy? Clamshell packaging receives the most complaints.

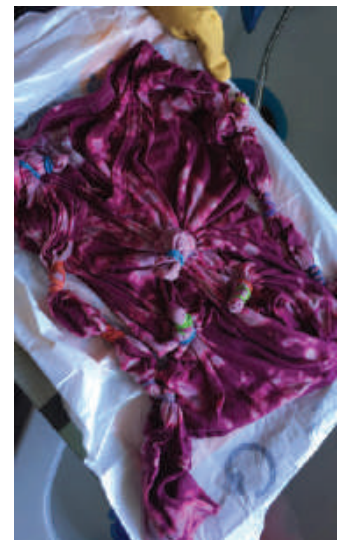
I consider this to be something that should be looked into and action taken and these package designers should be held accountable. I will end with one of the most ironic forms of packaging that was brought up by the *Which* magazine. This was about a pair of scissors being sold in clamshell packaging by WH Smith, and no doubt a lot of other retailers. The *Which* spokesman said, "The scissors are held in place under the moulded plastic by a cable tie, which means you will actually need to use the scissors to cut your scissors free". A bit of a Catch 22 situation don't you think?

Howard Edmunds

BUSY DURING LOCKDOWN

Addy and Sam Tyler have been getting creative during lockdown, carefully using a bottle of bleach to 'reverse tie-dye' t-shirts.

Have you been learning a new hobby or getting crafty during lockdown? Seeing as you can't show them off at the Fete, why not send us a picture for the next Echo?





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LEICESTER GROW A RAINBOW CHALLENGE 2020

For years, community groups have clubbed together under the protective wing of Evington in Bloom in their quest for horticultural excellence and blooming beauty throughout the village. Undeterred by the cancellation of the Royal Horticultural Society schemes due to Covid19, our intrepid volunteers from the Evington Ward continue in adversity.

Rainbows have become an important symbol during these challenging times. In the absence of the Bloom scheme this year, we are thrilled that Evington in Bloom support Leicester Grow a Rainbow Challenge 2020. In July, flowering displays have reached their pinnacle of glory, so volunteers have taken photographs of individual flowers in the tubs and gardens. The images are grouped together in this rainbow of flowers. These achievements of Evington in Bloom will be recognised and showcased by the Leicester Environmental Volunteering team at Leicester City Council.

Although some projects have been delayed due to the current circumstances, individual households have been contributing to outdoor public displays whilst observing the pandemic guidelines, to ensure that a rich tapestry of colour around Evington continues to bring smiles to all who pass by.

The flower displays in Evington Village have been looked after by volunteers since 1992 and the tubs and containers continue to increase in number, variation and scale to this day. When you step onto the village green from the main road, the herbaceous bed and borders, which are beautifully tended by Evington in Bloom volunteers, offer colour and form throughout the year. The village hall front gardens continue to evolve and grow in splendour, as do the gardens that surround St Denys Church.

Moving away from the centre of the village towards the City boundary, volunteers look after a Peace Garden on Gamel Road. Just around the corner, the flower displays on Downing Drive and Landscape Drive continue to be looked after by residents and are often included in the East Midlands in Bloom judges' route when they visit.

Although the focus of this article is flowers, I also wish to mention those who look after wildlife gardens, promote and support the heritage of the village and acknowledge the volunteers who litter pick the surrounding streets and open spaces, encouraging us to recycle.

The Evington in Bloom scheme also reaches out to the allotments at Ethel Road and Hilltop, offering Mayflower Primary School additional space to grow flowers, edible produce and learn about wildlife gardening. This passion for gardening and hydroponics continues at Graceworks to spectacular effect.

I am sure the volunteers' flower displays around the Evington Ward over the years have delighted many people. Leicester City Council wishes to acknowledge your wonderful contribution and urges those who may have considered helping to get involved. You would be made most welcome and your weeding, dead heading and watering for a couple of hours a week would support their dedicated team. Whilst it is not possible to mention everyone here and all the projects, you know who you are and you are all immensely valued, thank you.

With grateful thanks to Helen and the Friends of Evington team for all your dedication over the years.

Penny Brown, Volunteer Co-ordinator, Leicester City Council.



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HOW MARCUS RASHFORD STEPPED IN



We all know by now that the virus has impacted the whole nation, and for families that were already struggling financially, it became even more difficult. Because of this, the government gave out free school meal vouchers worth £15 a week for the children who were eligible for free school meals due to financial difficulties. However, it soon became evident that once the school year was over, the voucher scheme would also come to an end.

However, The Manchester United football star and England international, Marcus Rashford, quickly stepped in and penned an emotional open letter to the government to make a 'U turn' on that decision, as well as stating how important free school meals were to him growing up. Marcus Rashford then describing his fears about child poverty as it was "only going to get worse" once the furlough scheme finishes.

In the letter, Rashford revealed how difficult it was for him growing up with three siblings and a single parent. He went on to explain that soup kitchens weren't alien to him and that his family relied on breakfast clubs, free school meals and the kind actions of neighbours and coaches.

It is very clear to see that Marcus Rashford had written this letter from the heart, as it is a matter which is very personal and close to him due to the fact that he knows how it feels to be hungry.

Although Rashford is receiving a lot of praise for his act, there are still some who believe what he has done is wrong and he should not rely on the government to ensure food security for children who are vulnerable.

Despite it being a fair point, Rashford has been doing charitable acts since the start of his career. Even in the beginning of lockdown, Marcus realised that this could be a problem for families who need support, which led him to partner with the food distribution charity called Fare Share in which he helped raise over £20 million and currently supplies over four million meals per week.

This situation has caused great amounts of stress, pain and pressure on parents as well as the children across the nation.

In a recent poll by the charity the food foundations, it has been discovered that 200,000 children are now missing meals. This is severely detrimental to their health. According to the figures obtained by the Leicester City Council (through the freedom of information act), in the Evington Ward the number of children on free school meals is 457 out of 2856 children, which represents 16% of children using free school meals as of 25/6/20. This number will most likely increase over the course of the pandemic.

Although this may seem like a small amount of people, it's much more than it should be.

Due to Marcus Rashford's amazing campaign, it means that many children in Evington and across the nation now have a chance to be fed.

David

MINDFULNESS MEDITATION FOR FOCUSED LISTENING.



This brief meditation lets us focus our attention on the sounds around us. The beauty of this practice is that you do not need silence. I find this practice helpful when needing a short time out. You may like to set a soft sounding alarm for 5 minutes before you begin.

Often, we use the sensation of the breath as an anchor in meditation. However, focusing on the sounds around you can also be a comforting way to ground yourself. Try this guided practice to gently focus awareness when in need of a moment of calm.

Sitting comfortably, shoulders relaxed softly close your eyes. Breathing should be at a normal rhythm. Start by bringing your attention to the sounds you can hear wherever you are. Is a clock ticking? An open window bringing in sounds from the outside. Birds singing perhaps, a car passing by, muffled voices etc. Take a few moments to really listen to your surroundings.

If any other thoughts arise whilst doing this practice that is okay, that is what minds do. It is perfectly natural. Let the thoughts come and go and bring your awareness back to the sounds you can hear.

Keep going, listening to what is happening around you.

Once the alarm sounds gently wriggle your fingers and toes and gently open your eyes bringing your awareness back into the room.

I hope you enjoy doing this practice and do give me your feedback through the Indy Essence social media links.

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JOHN SERGEANT 1935 – 2020



John moved to Evington with Dorothy, his third wife, in 2003. They lived in a bungalow in Marydene Road enjoying time together travelling and learning.

Together they joined Evington's 'Art in the Park' group and got to know many local people.

Sadly Dorothy died in 2012 and John struggled for a while, but by maintaining a positive outlook, he continued to keep in touch locally, joined Friends of Evington and got a rescue dog, Jess, which gave him a new purpose. John was lucky that his local contacts found Pam, who became first his domestic helper and then his carer when he developed dementia. As his illness progressed he was helped by Julie, Jaya and Nazman. John died in hospital of Coronavirus.

John led an interesting life. He joined the RAF in 1953, specialising as an electrical engineer and armaments fitter. He finished National Service in 1956, but signed for a further four years training in Aldermaston, working on weapons. He lived first in Reading, but moved to Brighton, Carmarthen, Braunstone and Evington.

John and his first wife Rita raised a family of four children. When that marriage broke up, John later married Veronica in 1983.

Together they bought a pub in Nantgaredig, Camarthen. This was initially a success, but rising interest rates made the business unprofitable and they gave it up and pretty well lost everything. They were helped by Veronica's children.

For a time they made a home in the basement of Rob and Sylvie's house, with John using his practical skills to refit the basement as a home. They enjoyed watching Gareth grow up. Sadly Veronica died suddenly in 2001.

John was an important part of three different families and made friends wherever he went and was always happy in the company of others. He was a practical man, building and making things, full of energy and laughter. His interests included building and making, rugby, his pets, family and friends. Written by family and friends

POLICE REPORT

Both the Leicestershire Police Crime Commissioner, Lord Willy Bach, and the Chief Constable, Simon Cole, have met Black Lives Matter and Leicester Against Racism campaigners and have pledged to work in partnership to stamp out discrimination and social injustice.

Lord Willy Bach said, "I am fully behind the campaigners and their fight for justice. We've come a long way in society and in policing, but there is so much more to do."

Contact information: Sallie Blair, Better Times Tel: 01283821012 or 07702 541401 or e-mail: sal@bettertimes.co.uk.

CONTACTING THE POLICE

The Police postcode checker for lockdown is <https://www.leics.police.uk/advice/advice-and-information/c19/coronavirus-covid-19/local-lockdowns/>

Please only contact the police if you think there is a serious breach of the rules. This site gives (1) lockdown postcode checker, (2) Leicester City Council coronavirus advice and (3) Leicestershire County Council coronavirus advice.

MOHINDER'S WAR



Bali Rai's latest novel is called 'Mohinder's War'. It is a thrilling World War II adventure set in occupied France. Thirteen year old Joelle Brenton comes across Indian-born FRA pilot Mohinder Singh when his plane crashes. It's up to her and her parents to hide him from the Nazis.

Local author Bali Rai was born in Leicester and was a former student at Judgemeadow Community College. Bali has written over 40 novels about teenagers and children.

VE DAY IN EVINGTON 8TH MAY 2020



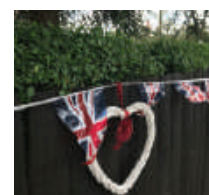
REMEMBERING THE RETURN OF THE AMERICAN SOLDIERS TO EVINGTON IN 2009



This special day made me think back to the 2009 reunion when some former members of the 82nd US Airborne Division came back to Evington.

These are a few of the American soldiers who were living in a tented village in Evington by Shady Lane during the 2nd World War and left for the D-Day invasion of France on 6th June 1944. In 2009, you will notice that these men are in their 80s. An honorary member of the regiment, Daryk Wills, organised their tour. They saw the American flag in St. Denys Church that they had left as a gift 65 years earlier. They all told me how they had enjoyed their time in Evington and were delighted to be back. They mentioned their friends who were killed in the war and said that due to old age, this would be their last visit.

Helen Pettman



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INDEPENDENT ADVICE ABOUT LIFETIME TRUSTS

I had an interesting conversation with a local resident last week who contacted me with regards to setting up a lifetime trust to avoid the possibility of having to pay for care fees in the future. The gentleman had been approached by a canvasser in a supermarket, promoting the use of 'Asset Protection Trusts', whereby a property is conveyed into a trust whilst the person or a couple are alive. The gentleman had seen my details in the Evington Echo and wanted independent advice as to the pros and cons of such a trust. He went on to tell me that he is in his late 80's and that himself and his wife are particularly concerned that if they were to go into care, their home would be used to pay for the care fees.

I admitted that there are many companies promoting Asset Protection Trusts as a means to avoid care home fees, on the basis that if the property is transferred in to such a trust, you no longer own the property and as such it cannot be taken into account in respect of paying for care costs. However, I explained that if this is the main motive behind setting up the trust, then there is a real danger that the Local Authority will regard this as 'deliberate deprivation of assets'. There is also a common misconception that if the property was transferred over 7 years ago it cannot be taken into account. Unfortunately, this is not the case, as there is no time limit. In such circumstances the Local Authority can treat you as if you still own the property!

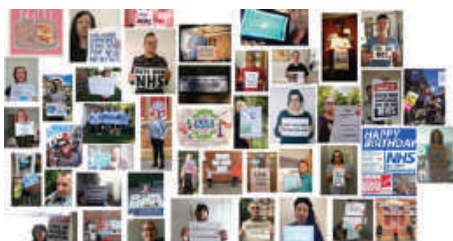
I made it clear that there are many reasons why you might consider using lifetime trusts, for example to avoid the need for probate in respect of assets held in the trust, protecting from 'sideways disinheritance' or preventing children from inheriting at the wrong time, for instance if they are going through a divorce. Such a trust may be beneficial in respect of care fees if it is arranged at a time when the person is in good health with no immediate need for care and no foreseeable need in the future.

I am pleased to say that the gentleman concerned thoroughly appreciated my comments and thanked me for my honesty in explaining the facts to him. It is great to be appreciated, but surely it is our duty to clearly advise clients of the options available and explain the pros and cons of each, so that they can make informed decisions themselves, based on a proper understanding of the facts!!

If you would like any advice in respect of Wills, Will trusts, lifetime trusts or Lasting Powers of Attorney, please give me a call on 07905 748073.

Gerard O'Halloran of Gerard James Estate Planning Ltd

SAVE OUR NHS



After the ongoing and traumatic experience of the coronavirus pandemic the central importance of our NHS has never been clearer. It is appropriate, therefore, that its 72nd birthday was celebrated with a weekend of events, from vigils to remember the dead, car-cavalcades, to socially distanced protests organised under the banner of 'Our NHS Deserves Better'.

But while the rest of the country returned to some semblance of normality, people living in Leicester City have been forced to endure at least another two weeks of lockdown because of a spike in the number of infections.

So instead of hitting the streets, Save Our NHS Leicestershire organised a virtual show of solidarity with the NHS and its workers, by asking people to send images of themselves with a message to the NHS.

Build a public health and social care system by:

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Bring back all Social Care under public control and accountability.

Better pay for all staff! Bring all Social Care staff under the same pay and conditions as the NHS. Bring back the Nurses Bursary.

No backdoor NHS trade deals.

An immediate proper public enquiry into the crisis. Power to act following the enquiry.

There should be a fully democratised and accountable NHS and Social Care System which caters for all our health needs.

HOSPITAL HISTORY

(Taken from Evington Echo February 1982)

The 'City General' is so much a part of local life that we seldom question how this hospital came to be built, but its 77 year history makes interesting reading.



This picture shows part of the General Hospital. In the February 1992 edition it showed a black and white picture with the caption 'Photo of the Leicester General Hospital facade taken by Miss Jean Farquhar'.

Part of the hospital grounds were originally farming and grazing land belonging to Alderman Wakerley and farming interests were maintained by the Hospital Authority until the 50s. The City Fathers of 1905 chose the site to build the North Evington Poor Law Infirmary and the hospital administration was shared between the Medical Superintendent, the Steward and the Matron, all of whom had considerable authority.

One entry in the Matron's monthly report to the Board of Guardians states 'Some nurses are refusing to polish the floors'. Perhaps they felt that nursing and domestic chores were worth more than their annual salary of approximately £20.

Over the years the hospital has progressed through many changes from a Poor Law Institution to part of the newest Medical School in the country. In 1928, under the Leicester Corporation Act, it became the City General Hospital and in July 1948, on the inception of the National Health Service, it acquired its present title of Leicester General Hospital.

It has always been a nursing school, at first in its own right and now as part of the Charles Frears School of Nursing, an Area training school on London Road.

Much could be written about the splendid, caring work done on this farmland site and we should be proud that Leicester is helping to train medical staff to standards equal to any in the world.

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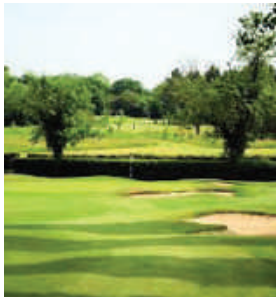
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THE COVID-19 WALKERS AND TALKERS

We are sure that you will remember the day when BJ (Boris Johnson) announced that our country would go into lockdown. We were in our respective homes on that evening of 23rd March. V was in her sitting room eagerly awaiting the announcement whilst trying to relax by flipping between reading a novel and researching information about viruses. S was packing to go to Suffolk with a friend for a mini break. And then the bombshell hit! We had expected it but not until later in the week. So, that was the end of those plans. Fortunately we are women who are flexible, seeing life through glasses that are definitely half, if not three quarters, full. Crestfallen, we decided to make the best and most of it. We had done occasional morning walks but to comfort ourselves we decided to walk and talk about the situation on the morning of 24th March. That was the beginning of the COVID-19 Walkers and Talkers. We have walked every single morning since then, which, at the time of writing, 12th July, is 110 times.



Evington Golf Club

The lockdown period has been kind to us because the weather, generally, has been good, making walking more of a pleasure. We have had the opportunity to explore the golf course, arboretum, University of Leicester's redundant outdoor running track and Victoria Park, to name but a few. We have roamed the streets of Leicester with a wonderful sense of freedom and serenity. There have been many positive aspects to our walking trips and a minority of negatives.

Things that disturbed us have included discarded PPE (personal, protective equipment), fast driving and inconsiderate

cyclists and runners. We could have made a rainbow to celebrate the NHS with the discarded latex gloves that we have seen littering our city. That was quickly followed by seeing face masks of all descriptions on the verges. In the mornings Evington Road is a disgrace because of litter. Our wonderful refuse collectors work their way from the top of Evington Road to the end of the long parade of shops picking up every single bit of rubbish in sight. They do this with great cheer and pride and leave the area in pristine condition only to have to start all over again with the piles of debris the next morning. We have got to know them and greet them whenever we walk that way.

Evington Lane in the eyes of a few motorists has been converted into a racetrack for the duration of the lockdown. It has demonstrated a dangerous and uncaring attitude in stark contrast to the good deeds that so many of our citizens have displayed in this challenging time.

This pandemic has predominantly brought out the best within our communities. Neighbours have come together to clap on Thursday evenings for our amazing health and care staff, those who have kept our shops stocked with food, or have delivered goods to our doors, have cleaned our streets and kept other public spaces in excellent condition. We continue to thank them when we meet them and thank them in our hearts.



Evington Arboretum

“walking community”. Some of them are walkers who we will see in different parts of the city, some are only ever seen on certain streets or in certain parks. We always wave cheerily and greet them with a hearty hello or good morning. Over time, we have engaged

them in conversation and always check to find out how they are feeling and coping. There is the elderly couple who are often tending their front garden as we pass by. Then there is B who we often see walking like a man on a mission heading to the shops for his daily supplies and walk. We shared his disappointment when he was no longer able to look forward to a long-awaited meal and drink with his friends at The Cedars because of the extension to Leicester's lockdown. We kept talking with him until he began to smile again and we saw the smiley B who we had grown fond of.



Victoria Park

There have been numerous occasions on which we have seen Mystery Man in Victoria Park. We have always thought that he looked troubled and initially he would not respond to our greetings. However, after several attempts, he finally gave us a mechanical hello.

If anyone had suggested to us on Tuesday 24th March that we tried to walk every day for 110 days, we would have laughed loudly, but look at what we have achieved without even trying and we have had so much fun on the way. We have made friends, we have seen unusual things, we have learned a lot and we have definitely talked a lot. Most importantly we are physically fitter. We will continue to walk and talk even when Leicester's extended lockdown comes to an end. Who knows, we might see you one morning. Please stop and say hello.

Val Fisher
Suzanne Overton-Edwards

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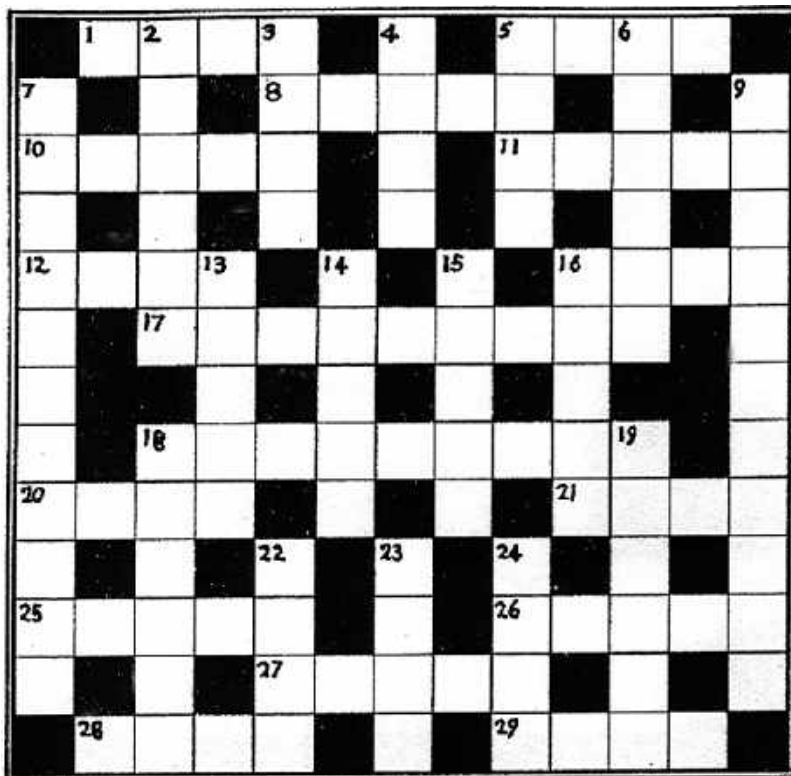


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- 1 50° 6' (4) 26 MACHINE FOR TURNING (5)
 5 LIMBS (4) 27 NOM-DE-PLUME (5)
 8 CAKE TOPPING (5) 28 EDIBLE MOLLUSC (4)
 10 PECULIAR (5) 29 MONSTER (4)
 11 CHURCH INSTRUMENT (5)
 12 CONSUMES (4)
 16 DESERT (4)
 17 FALL GUY (9)
 18 LARGE SEABIRD (9)
 20 FROZEN OVER (4)
 21 SYSTEM OF MEDITATION (4)
 25 DIN (5)

DOWN

- 2 FOREWARNS (6) 19 QUIETER (6)
 3 BLAZE (4) 22 RAY (4)
 4 HOBBLE (4) 23 POST (4)
 5 EXCITED (4) 24 AS WELL (4)
 6 GRUB (6)
 7 HORSE RIDERS (11)
 9 FORESAW (11)
 13 BURN WITH LIQUID (5)
 14 UTTER (5)
 15 HOSTILITY (SLANG) (5)
 16 FIZZY (5)
 18 ANTENNA (6)

Compiled by R. Tracy
 Answers on page 4.

PARKS OF LEICESTER – VICTORIA PARK

The January '20 presentation for the Friends of Evington and History and Heritage group welcomed Mick Easton, Leicester City's horticultural adviser, who starting his apprenticeship 43 years ago. This is the third Evington Echo article from that talk.

Victoria Park was originally common land and there were 600 acres of fields for grazing animals and allotments. It later became a racecourse called 'Leicester Racecourse' until that was moved to its present site in 1883. Following this a smaller area of land (69 acres) was designated as a park. After racing, the sport uses over the years have included a cricket ground, a roller skating rink and football grounds. The Leicester Fosse Football Club played there during the 1880s before moving to Filbert Street in 1891 and becoming Leicester City F.C. Today it is still a sporting park with tennis courts, a skatepark, basketball and children's play areas.

Victoria Park has been home to a number of

events including Leicester Caribbean Carnival, the Leicester Marathon and the City's Remembrance Day Parade. Also there used to be a musical event called 'Summer Sundae' until it closed in 2012. Some big acts included Amy Winehouse in 2004, Patti Smith in 2005, Elbow in 2006 and Mumford and Sons in 2010.

During World War II it was bombed and the old pavilion, which was previously the grandstand for the racecourse, was partially destroyed. The current pavilion replaced it in 1958.

Victoria Park is famous for its memorial Arch, which was designed by Sir Edwin Lutyens. The arch is positioned so that the sun rises through its centre on Armistice Day. There is also a commemorative stone to the American 82nd Airborne Division who had a tented encampment in Evington before leaving for the D-Day invasion of France in 1944. The main gates were given by Sir Jonathan North who was Mayor of Leicester during WW1. He had them made in memory of his wife. Victoria Park has a Peace Walk with formal planting, but it chiefly supports sports facilities.



The Memorial Arch designed by Sir Edwin Lutyens. Also in the picture is the formal gardens that make the Peace Walk



The main gates to Victoria Park



The old pavilion before WW2

ON LINE MEMORIAL

<http://not-another-number.com> is the international COVID-19 Online Memorial - built by the people, for the world.

This is my interview with LeedsTV about why I started Not Another Number.

"I've seen a lot of very moving memorials and read a lot of kind messages in the past week. I want to raise awareness of this project as I think a lot of us that have lost someone are feeling the same way - while people talk of going back to normal, we don't have a normal anymore.

This crisis should never be forgotten. These people should never be forgotten."

Everyone can view the memorials at <http://not-another-number.com> and anyone can add a memorial to their loved one at <http://not-another-number.com/add-memorial>.

This project is constantly evolving and trying to find new and unique ways to pay tribute to all of the victims.

THE GREAT STRAWBERRY COMPETITION

I did not know what I had started when I had the idea of giving Aaryan, Rueben and Skye a strawberry plant each. I painted their names on each pot, in bright pink letters, so that there could be no cheating. I just thought that it would be a good task for them to look after the plants and see who would be the first to yield a strawberry. I must admit I did not expect them to pursue this activity for very long. But no, to my great surprise the three of them took the whole thing very seriously, even reading up on how to grow strawberries from their gardening books. Aaryan did tend to over water his, but he was determined that his plant would produce the first strawberry.

Each day they would be out there with their rulers measuring how much each of their plants had grown. They would even count the leaves on the plants to see who was winning. Each of them were determined that their strawberry plant would be the first to produce fruit. Skye even drew a picture for her little plant in the hope that it would encourage it to grow faster. Rueben was tempted to tamper with the competition, but then thought the better of it, being a bit worried about the repercussions that might follow. Aaryan in his efforts to make his strawberry grow faster could often be heard singing.

The next time we met, I asked the three children who was winning. Rueben shouted that he was and then Skye said she was. Poor Aaryan sat on his bike looking a little crestfallen.

Back at home I started to think about Aaryan and how crestfallen he had looked. I wanted to find a way that would make him feel proud of his slowly performing strawberry. Then it came to me I would dig up a far larger strawberry plant and put it in a pot with his name on it. I would then need to enlist the help of Kally and Onkar in switching the original plant for the new much larger version. I phoned Onkar to

ask him to take a photo of Aaryan's plant so that I could make the substitute one the same.

Armed with all the information I needed I set about my task of producing a far larger strawberry plant, with some baby strawberries on it, for Aaryan, in an identical pot to the original. Now all I had to do was to deliver it without the children seeing it. In order to make this happen I made up three portions of plant feed and water. I would tell the children that this would make their strawberries grow quicker.

When I arrived, I put the bag containing the strawberry plant where the children would not see it. Onkar opened the door and the three children appeared not long after. I handed the magic potion over to them and told them to use it sparingly as if they used too much the strawberry plants would explode. At that the three of them dashed off to give their plants some of the liquid.

Kally then arrived just as Onkar was saying that she would sneak out in the dead of night and switch the plants. Kally just glared at Onkar and then asked why it had to be her. Onkar said that she was more skilful at these things and that he would probably only mess it up.

Eventually it was agreed that Kally would do it. With that I handed over the bag with the strawberry plant in it and left. Kally obviously managed the switch as quite early the next morning I received a text message from her. The one thing I had not factored into my plan was that of a torrential downpour the following morning. Kally said that there was no way she was going outside in this weather and the children didn't want to either.

The well laid plan seemed to be going to hell in a handcart.

Then Onkar had a brain wave. He fetched his mobile phone and took a photo of the three plants that were standing out in the rain. He then showed the photo to three very stunned

children, in fact so stunned that at first they could not talk. The first to make a sound was a very triumphant Aaryan who whooped with joy and laughed at his brother and sister and announced that he was the winner. Reuben was the next to speak and he said that it was not a proper full-grown strawberry so he had not won. Then a very perceptive and slightly tearful Skye said that Aaryan had not won as that was not his plant. She added that there had been a switch. How on earth did she know that? None of this tempered Aaryan's joy. Even when Kally tried to explain to him what had happened he would not accept it. As far as Aaryan was concerned he was the winner.

In order for me to get back in favour many bars of chocolate had to be purchased. Chocolate always wins in the end with the three of them.

Howard Edmunds



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CLAUDIA WEBBE MP BRINGS A MESSAGE OF SUPPORT

Hello Evington Echo readers,

With the continued lockdown in Leicester, my colleagues and I (Jon Ashworth MP (Leicester South) and Liz Kendall MP (Leicester West) and myself, Claudia Webbe MP (Leicester East), as the Members of Parliament for the City of Leicester, have come together in unity to bring a video message of support for all residents affected by Coronavirus.

The message of the video is clear; that the extended period of lockdown has been a real challenge for all of us, yet when we stand united, there is nothing that we cannot accomplish. By standing together, rejecting those who seek to divide our communities, and following all the health advice - we will defeat this virus, and a brighter future will be in reach.

The video is available with subtitles in a range of languages and it would be appreciated if you were able to share on your platform in order to spread the message of support, unity and togetherness far and wide.

Videos with subtitles in English, Arabic, Bengali, Gujarati, Hindi, Polish, Punjabi, Slovak, Somali, Tamil and Urdu are available to download from a link on the Evington Echo facebook page and website.

Best wishes

Claudia Webbe MP

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