



# Evington Echo

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

Keeping you up to date with Evington's news  
Issue 289

The newspaper of Friends of Evington Charity No. 1148649  
April and May 2021  
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## Spring in Evington

*Photographs taken in Evington of early Spring  
flowering plants which help support insects and  
other pollinators.*



*Photographs by Harbhajan Lotay. Designed by Jason Chauhan*



## The Friends of Evington

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Aug./Sept	13th July	5th Aug.

## Farah Hussain



### Psychotherapist, Counsellor & Relationship Coach

I have over a decade of experience, helping individuals and couples to overcome their problems, distressful situations, mental health issues and relationship struggles. Whether it's:

- Anxiety
- Depression
- Stress
- Marriage/Relationship problems
- Trauma or Abuse
- Work-related issues

or something else that's causing you to feel stuck, helpless or hopeless - I offer both short-term and longer term therapy solutions in a safe, confidential environment.

**Contact me for a free initial consultation:**

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## Editorial

The first edition of the Evington Echo was in 1981 – nearly 40 years ago. The first article on the front cover started like this:

"A New Arrival .....

Is celebrating with the birth of the EVINGTON ECHO, our latest community baby.

This happy event has been achieved despite some 'pangs' and a slight shortage of staff on duty (!) but we are counting on the people of Evington to help with future productions."

The first issue included reports on local events and topics, profiles, a list of Evington organisations and spoke about continuing with a village diary and featuring special events, photographs, celebrations, a junior readers page, and letters for praise and criticism. It was set up with advertisers paying for the cost of production.

So how did this all come about? Angela Plowman (now Stephenson) who was involved from the start has explained that an innocuous note was pushed through some houses in Evington asking people to come to a meeting in Evington library about starting a community newspaper for Evington. The note was organised by a librarian and a community tutor, but when a handful of residents arrived at Evington library there was no one in charge. Everybody was about to go home, because no one had any experience of running a newspaper, but just as they started to leave, Betty Best said, "Wait, we might be able to make something of this." Betty had no experience either, but liked the idea. Two months later the first edition appeared.

It is a huge credit to the people of Evington that a community newspaper has kept going for so long. In June 2021 it will be 40 years. I think the paper survived for so long because of two things: a strong and selfless desire to serve the community and the flexibility to change with circumstances.

Angela's article in the first edition was called 'What does the word 'community' mean to you?'

1. Wartime community spirit?
2. A place where everyone is known to everyone?
3. Community help for our councillors and council?

In a large urban area and before lockdown, the last point is more realistic, but it is the most difficult. Angela points out that "a generation had grown up to take for granted the many services and commodities provided for us."

Angela's vision is that if everyone gives a little, it can work out for the Evington Echo.

The Echo has survived so far because the local community has helped out and now this is going against the trend for community newspapers as nowadays most community news comes from local radio stations or the internet.

So how has the Evington Echo survived?

I would say it was: (a) by holding on to the initial aims of the Evington Echo: (b) by computerising as early as 2002;; (c) by a chance combination of habitual practices and willingness to experiment; (d) by willingness to work with the Council but also scrutinise and criticise their plans and put forward alternative suggestions; (e) to

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continually want to get to know each other better; (f) by community projects ;and (g) by accepting nosey neighbours.

" Mrs X's curtains may always be moving wherever you step outside your front door, but don't forget she may also be the one who calls the police when she sees a stranger eyeing up your property. Any thief will tell you that the worst place to attempt burglary is a nosey neighbourhood!"

When the Echo started there weren't regular community projects. The Echo started a number: and we now have: The annual Evington Village Fete and Show, Evington in Bloom, the annual History and Heritage walk and the annual archaeological walk at Piggy's Hollow and in the past year, Evington Mutual Aid..

Finally, I believe that the Echo can have a chance of surviving through becoming a charity. It has never run as a business, but nowadays the structure needs to be clear. As a charity there can be scrutiny from the member volunteers and a democratic organisation of dedicated volunteers will stop outsiders wanting to take it over for different purposes. Helen.

### THREE MILE CIRCULAR COUNTRY WALKS FROM EVINGTON

From Evington across the fields to Houghton, Thurnby and back to Evington. This is about a three hour gentle walk.

From Evington across the fields to Thurnby, Bushby, Keyham and back. This is also a three hour walk.

Do follow public footpaths and bridleways.

## NORDIC WALKING IN EVINGTON PARK AND ARBORETUM



Nordic walking has been shown not only to burn more calories and fat, as well as tone the body better, than walking but also to be very beneficial to the heart and lungs. Due to the use of the poles, less strain is put on knee and hip joints making it a perfect exercise for those suffering from problems in those areas or recovering from sporting injuries. The social nature of the activity also leads to better brain function, keeps you motivated and provides better mental well-being.

Ministry of Nordic Walks Community Group aims to provide engaging, supportive and fun Nordic walking experiences at a low cost for anyone whatever their fitness level. Most walks are charged between £2.50 to £4.00 and include the hire of Nordic walking poles. They will be offering some FREE taster sessions as well as Zoom talks on the benefits of Nordic walking during April and May so please contact the group at [ministryofnordicwalks@gmail.com](mailto:ministryofnordicwalks@gmail.com) to find out more

and book your place.

MoNW Community Group has been providing Nordic walking lessons as well as leading Nordic walks around the Evington area over the past four years. Many of our walkers are local and have an excellent knowledge of the history, wildlife and horticulture of the area so we always learn something new! The group cannot wait to get going again in 2021 and is looking for new recruits to take advantage of early bird discounts on a range of Nordic Walking beginner lessons (aimed at those returning to exercise, those wanting to get fitter and stronger and those wanting to add new skills whilst walking) as well as just coming along on the wonderful local Nordic walks themselves.

All you need are a comfortable pair of walking shoes/trainers and suitable outdoor clothing as the special Nordic walking poles can be provided at each session.

We have worked with various local groups in the past such as the Women's Institute, University of the Third Age, Parkinson's UK and various young adults with learning difficulties and have the ability to help train and support volunteer Nordic walk leaders for those interested in developing their own Nordic walks.

Please contact the group at [ministryofnordicwalks@gmail.com](mailto:ministryofnordicwalks@gmail.com) or on 07502 576764 for further information or to register your interest.

### ABOUT THE FRONT COVER

The front cover shows some plants that are good for early in the season pollinators - snowdrops, crocuses and narcissi.



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# Letters

Dear Readers,

## EDUCATION

I have always taken the view that children's education is important and that keeping schools open should be a priority, particularly since it tends to be children and young people who are most disadvantaged to start with who are most adversely affected by school closures. This doesn't mean that schools should be kept open come what may, however, and they should be kept closed when the pandemic is out of control.

Various factors have contributed towards the situation we now find ourselves in, including the failures of our government's privatized test and trace system, and our government's failure to provide proper support, to allow people to isolate. Two major factors however, have been our government's regular reluctance to take prompt and decisive action to control the spread of the virus, when such action has clearly been needed; and their tendency to relax restrictions too soon, while infection rates have still been far too high. This has often been clearly driven by a desire to protect 'the economy'.

Although there are also other things that need addressing, it is clear that one major driver has been the spread of infection in schools and colleges.

It is important to combine acceptance of the need for restrictions on non-essential economic activity with demands for much better support for workers and small businesses who are adversely affected; and it is also important to combine acceptance of the need for some temporary school closures with demands for action to minimize and compensate for the impact of closures, particularly on the most disadvantaged. This needs to include things such as provision of free laptops and home internet access to all young people who don't currently have them; and provision of whatever additional funding schools need to provide good online learning. It should also include demands for ongoing compensatory provision, such as funding to reduce class sizes; continued funding for lap tops and home internet access for those who don't have them; much more funding for public libraries; and restoration of things such as free musical instrument tuition.

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## LARGE TREES IN A GARDEN

With reference to the article about 'Death of a Tree' in the Feb./March 2021 issue, referring to a tree in Church Road, I would like to make the following point about the facts and how decisions were taken:

There wasn't just one tree, but two trees intertwined and they were splitting. The trees were 65 years old and had originally been planted to spite a neighbour. The trees had grown to a height of 85ft and had 20ft more to grow. Over the last four years they had been monitored by the Council's tree surgeon and I was told that if these trees blew over in a wind or if large branches fell off it would cause a lot of damage and at worst kill someone. The trees could have fallen in two directions.

I consulted all the neighbours around and they were all in support of the decision to cut the trees down. In line with Leicester City Council policy, I have planted four more trees in my garden to compensate for the loss of these two entwined trees.

Mrs. Master

## A HIDDEN HEART CONDITION

My friend recently lost her brother, when he was found dead on his bedroom floor. He was only 24. He had been healthy all his life and never seemed to be ill. G. had an undetected heart condition called sudden cardiac death.

My daughter also suddenly became ill and it was thought to be a viral infection, but it was the same heart problem and fortunately she got to Glenfield Hospital in time and an operation saved her life.

There is a charity called 'Cardiac Risk in the Young' (CRY). This charity encourages young people to take advantage of heart screenings that are run by CRY for 14-15 year olds to 35 year olds. For more information go to [www.c-r-y.org.uk](http://www.c-r-y.org.uk) or call on 01737363222.

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## THE POLICE AND CRIME COMMISSIONER ELECTION 2021

This election was due last year, but postponed due to the coronavirus.

The election to appoint a Police and Crime Commissioner (PCC) for Leicester, Leicestershire and Rutland will now take place on Thursday 6th May. You will be able to vote in the polling stations, by post or by appointing someone you trust to vote on your behalf.

The easiest way to register to vote is online, but if you can't get online call 4542000.

These elections use a supplementary voting system where voters can choose a first preference candidate and a second preference candidate. On the first vote a winning candidate needs an overall majority to win. If this isn't achieved then second preference votes for the top two candidates are counted.



Mr. Rupert Matthews



Dr. James Moore



Cllr. Ross Willmott

The official list of candidates has not been published but is expected on 9th April.

The following three candidates will be standing:

1. Mr. Rupert Matthews (Conservative)
2. Dr. James Moore (Liberal Democrat) and
3. Cllr. Ross Willmott (Labour).

Police and Crime Commissioners are elected to hold the police to account.

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## TEACHERS: THE BACKBONES OF OUR FRONT LINE

An ode to teachers, by Simran Radia

It is no secret how much extra pressure has been imposed upon NHS staff during this last year, yet they have adapted brilliantly well to the stress and masses of extra patients a pandemic brings with it. Teachers, on the contrary, have not quite been on the front line but the absolute backbone of it. Their commitment is parallel to that of any other NHS worker.

Speaking from personal experience, I would say that the work my teachers do is life-changing: they have kindled a deep-rooted love for learning within me and deserve more praise than those of any other profession. Throughout my life, my teachers have played a pivotal role in shaping the person I have become. Firstly, at Linden Primary School, where it was the result of my teachers' encouragement that I was able to discover my love for reading and writing. This passion was further nurtured by the teachers at my current school, just when I thought it wasn't possible to love learning any more than I already do.

As I write this, teachers are being denied priority in the vaccine roll-out. This is quite frankly insulting and utterly barbaric, especially since it has emerged that teachers are more likely than any other key worker to catch the virus. Isn't it a well-known fact that due to their selfless natures, they will continue showing up for work, despite acknowledging that they are putting their lives at risk?

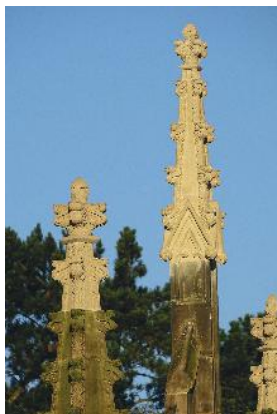
Why are there no pay rises for our teachers? Why is there no mental health support for them? Why, why have we turned a blind eye towards these valiant warriors without whom this fight would've been impossible? We have clapped for doctors, nurses, care home

staff, key workers as a whole, but never for just our teachers. What a gloomy reflection of the low value we as a society put on education and those who are dedicated enough to deliver it.

In spite of being forced to endure teaching mere initials on a screen, our teachers have maintained tremendous enthusiasm throughout. Even during the couple of days I have spent at school, I have seen that they have taken these countless new rules into their stride. Not once have they complained. No matter what has been thrown their way, our teachers have done it with unfaltering smiles etched upon their faces.

I speak on behalf of every single schoolchild in Evington when I say that if you are a teacher and are reading this, thank you.

## EVINGTON CHAPEL ROOF REPAIRS



The work on the roof and pinnacles to our Chapel in Main Street was completed on 8th March – one year and one month since high winds and heavy rain exposed the problems. We are very pleased with the result and thankful for the

safekeeping of all those who have been involved in the work. It's good to see the building again without the scaffolding. Ruth Pollington

## A CRIMESTOPPERS ACHIEVEMENT AWARD FOR KULBINDER RAI

Kulbinder Rai is always very busy holding many events and passing on information about Crimestoppers and how we can all work together to make our communities a safer place to live in.

He wrote: "I feel so blessed and honoured to be awarded the Crimestoppers achievement award as Head of Crime Stoppers Events Team for Leicestershire and Rutland."

Kulbinder would like to thank the Crimestoppers Team and everyone for all their love and support, without which he couldn't have achieved all this.



Kulbinder Rai with his Crimestoppers Award certificate

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## LOCKDOWN HOBBIES

By Simran Radia

Time: there's a lot of it now, despite online school or work. It's important to use it wisely; depending on what you do, you may never have so much free time for decades.

During the first of the three lockdowns, I was able to rekindle my love for reading. Online school meant that I had much more time on my hands, so I was able to read the most that I have ever read in my life. I started off with Markus Zusak's *The Book Thief* and moved on to read classics such as Charlotte Brontë's *Jane Eyre*. I was reading two, even three books a week and by the end of it all, I had read forty in total. Reading, for me, is a form of escapism and an escape is really what we needed then, and what we still need right now. I urge you to read; no matter what you find interesting - be it something utterly tedious, for instance, rocks, or something even worse such as insurance - there is a book for it. I am always willing to give recommendations, and I would therefore say that *A Thousand Splendid Suns* by Khaled Hosseini was the best book I read during the lockdown; it's not often that books move me so much. It is a story of intense beauty and strength buried under the surface of the cruel and capricious life imposed upon two Afghani women. After reading it three times, I can conclude that it is staggeringly beautiful but frightening, sad and infuriating at the same time. In other words, it will make you cry.

Another hobby I was able to nurture was writing. I have always kept a journal, but during the lockdown I was given the brilliant opportunity to become a journalist for the Evington Echo, where I was able to express my views on the fast fashion crisis in Leicester, which I felt really strongly about. The Evington Echo is always looking for pieces of writing to include in their issues, so I encourage you to send anything in. Alternatively, if you want to do some more private writing, you could keep a journal! It is normal to feel anxious or stuck as a result of the unfortunate events going on in the world at the moment, but instead of bottling these feelings up, you could put them into words. It's also interesting for me to look back at my old journals from years ago, when I thought I was going to be the next Anne Frank. I'm sure you're sick of this word by now, but we are indeed going

through unprecedented times, whatever you write now may be of some use in the future. It may even appear as a source in a history exam one day.

Now, during the third lockdown, once school is over, I spend time playing the piano and reading ridiculously long articles on black holes and human biology, continuing to read and write daily. I am also able to put more effort into my extra-curricular activities such as Indian classical dance and piano whilst completing masses of schoolwork at the same time.

It is important to take a break from online school or work every day. Hopefully, this has given you some inspiration for what you can take on during these breaks, instead of solemnly watching the news.

## THE SHADY LANE ARBORETUM IN EVINGTON



This has been described by a local gardening writer and BBC Radio Leicester presenter, Ady Dayman, as "one of Leicester's best kept secrets". However it is described in promotion literature as "one of the most popular open spaces on the eastern edge of the City that is well loved by visitors and local residents alike for its unique combination of recreational, botanical, wildlife and historical features."

It is next to the site called Piggy's Hollow, that now has a sign telling you all

about the moat and what it might have looked like in medieval times with a manor house and other buildings, a draw bridge, fishponds and a water mill. You can access Piggy's Hollow and the arboretum through a gate near St. Denys Church or through a gap on the boundary of the churchyard. Previous editions of the Evington Echo have told you all about geophysical surveys that have been done and the continuing question marks about this site and why it wasn't mentioned on the 17th Century maps.

But Piggy's Hollow is only a small part of the Arboretum, which Leicester City Council established in 1970 as the city's contribution to the European Conservation Year. The site covers approximately 10.5 hectares. (A perfect square of 100 metres by 100 metres is a hectare and an international rugby field is 1.0008 hectares.)

During the Second World War, the US

Army housed its 82nd Airborne Division there and later kept Prisoners of War on the land. After the war squatters moved in and occupied the camp until the council cleared the site. It was then used as a riding school right up until 1970. From 1970 to 1973, over 500 individual tree specimens were planted and many were donated by the public, local businesses and other organisations. The planting is mainly done in family groups, so that poplars and willows are found in the south west corner, towards Evington Brook. However, the planting was sometimes

randomised to make sure that strict patterns were broken up.

Do visit this site on your regular walks and enjoy seeing English Oaks, White Poplars, Hawthorns, Wellingtonias, Crab Apples, American Sweet Gum and Acers to name a few.

References:

Leicestershire Magazine Spring 2009  
Leicester City Council  
Past Evington Echoes

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## EVINGTON COMMUNITY NATURE RESERVE



Over thirty-five households in Evington have responded positively to a new initiative, designed to improve our local environment.

Imagine a square in your garden, measuring two metres by two metres - would you be willing to let that little bit of garden 'go wild' for nature?

That is what we are asking households in Evington to do this spring. The greater the number of people who

devote a small area of their garden to nature, the larger our nature reserve will be.

A lot of people in the Evington area already have lovely gardens, balconies and yards and that's not a bad thing. However, if we all make a small patch more environmentally friendly, we might get more bees, butterflies and birds visiting those lovely gardens. In other words, we'll improve our biodiversity – a very good thing.

To get the nature reserve started, Evington residents Jeff and Suzanne have leafleted over 200 households between Sedgebrook and Chatteris Roads, asking people to contribute four square-metres of garden and offering a pack of wildflower seeds to get them started. In a brilliant response, thirty-five households responded and have now received their seeds.

Anyone else willing to join in are very welcome and can claim a pack of seeds (while stocks last) by emailing [contact@littlegreenshoots.uk](mailto:contact@littlegreenshoots.uk)

For anyone unsure about how to make their garden, patio or balcony more nature-friendly, we have plenty of suggestions. Some methods are cheap and easy to do like sowing some wildflower seeds in spaces in flower beds, letting a patch of lawn grow freely until September, not cutting hedges or shrubs back until September and not using pesticides.

More ambitious projects include introducing a birdbath, water feature or pond, growing a native hedgerow and creating a kitchen garden. See [www.littlegreenshoots.uk/ecnr](http://www.littlegreenshoots.uk/ecnr) for more detailed ideas and information.



The days are getting longer and brighter so we are able to enjoy spending more time outdoors.

An Adventure Hunt is a great activity to get the whole family involved in and participate. This can be done in the garden or a park.

You will use some of the senses in this game which is a natural effortless way to practice some mindfulness too.

Have a pencil and sheet already prepared with various objects listed that need to be found or ticked off. Here are some examples of numerous items:

Something smooth, something red, something you can hear, something soft, something that has a smell, something bumpy, something the size of your hand, something to make a sound with, something with a pattern, something chirping, something flat, something brightly coloured, something silent, something you can eat and perhaps something that makes you happy.

You can always add your own to the list.

I am sure everyone will enjoy going on an Adventure Hunt. A superb and quality time spent with family.

I would love to hear any feedback from you when you have tried the adventure hunt. Contact me through Facebook or Instagram

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# THERE'S ROOM FOR PLANTS IN FRONT GARDENS IN EVINGTON



*Acaena microphylla*  
'kupferteppich'



*Ajuga reptans*



*Erodium x variable* 'Roseum'

## ROOM FOR PLANTS

If you have gravelled or paved your front garden to make space for parking a car, it doesn't mean there is no room for plants. During the lockdown many more people have enjoyed gardening. Here are a few spring front gardens in Evington.



*Eschscholzia californica* 'Dali'



*Geranium subcaulescens*

Perhaps you want some easy lower growing plants to edge your driveway. Here are some plants recommended by the Royal Horticultural Society that are good for our pollinators.



*Myosotis sylvatica* 'Bluesylva'

*Ajuga reptans* (Catlin's Giant) Good for bees.  
*Acaena microphylla* 'kupferteppich'. A tiny textural plant.  
*Erodium x variable* 'Roseum'. Related to hardy geraniums.  
*Eschscholzia californica* 'Dali'. Californian poppy.  
*Lysimachia nummularia* 'Aurea'. Creeping Jenny.  
*Myosotis sylvatica* 'Bluesylva'. Forget-me-not.  
*Geranium subcaulescens* Grey cranesbill.  
*Ophioglosson planiscapus* 'kokurya' Black mondo grass.  
*Sedum spathulifolium* 'Purpureum'. Star flowered succulent.  
*Thymus Coccineus*. Thyme.



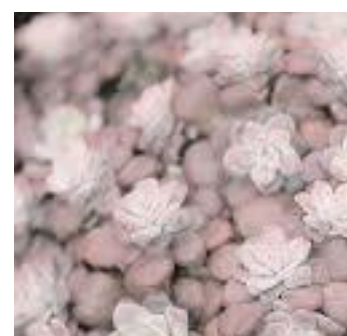
*Lysimachia nummularia* 'Aurea'



*Ophioglosson planiscapus* 'kokurya'



*Thymus Coccineus*



*Sedum spathulifolium* 'Purpureum'



# SOME FRONT GARDENS IN EVINGTON



## ENJOYING FRONT GARDENS

These photographs of front gardens were taken around the Downing Drive area. They show gardens where most of the owners have driveways but have still found room for plants either in containers on the driveway itself or plants in small spaces nearby.

A recent article in RHS (Royal Horticultural Society) news says that since 2015 the planting of front gardens has surged by nearly 25 thousand acres and that this will help bring far ranging benefits to people's health and wellbeing, to the environment and to wildlife. It helps improve air quality and water conservation and cooling our urban area in hot summer months.

If everyone does a little more to increase the diversity of plants in their front gardens and thinks about the small spaces that could be used, it would help our entry in the Evington in Bloom competition this year and support the country's expansion of gardens that help the environment.





## AN INTERVIEW WITH PAUL ARCHDEACON The chair of the Friends of Evington charity

By Simran Radia



Born in Manchester in 1960, Paul moved to Evington in 1988 and has lived here since. From a young age, he has always been interested in technology, making and taking things

apart to see what mechanisms are inside. Paul fondly remembers taking a watch apart at the age of six, out of sheer curiosity. At the time, however, his understanding was not quite as developed as it is now - much to his parents' dismay, he was unable to put it back together again.

Paul's interest in teaching was kindled as a result of a lesson he taught his mother's year four class as an eighteen-year-old. He chose to teach a lesson on the Liverpool to Manchester Railway, which led his mother to encourage him to consider teaching as a career. Coincidentally, he has taught mainly year fours since. His first teaching job was in British Columbia, Canada, in a high school which very interestingly catered for the indigenous people called 'Dakleh.' 'Dakleh' literally translates to 'people who travel by boat early in the morning'. Although it was quite a challenge teaching students about a history and culture that he knew nothing about, Paul took it completely in his stride.

Now, in his free time, Paul enjoys gardening, nurturing fruit and vegetables in his allotment, where notably, the soil is recycled. Furthermore, he enjoys making things from materials that would

otherwise be thrown away. For instance, he likes to turn wooden pallets into fences or repurpose old bricks into paths. Much to his wife's annoyance, he is reluctant to throw anything away. In fact, he claims that he returns from the tip with more than he goes with. In addition to this, Paul strives for sustainability. He believes that we must consider the impact of our throwaway society where new is always better; we need to stop behaving in a way that consumes the planet's finite resources, wastes energy, and can eventually lead to global warming as a result of greenhouse gas emissions.

At the Evington Echo, according to Paul, various steps are being taken to safeguard the environment. He outlines that the Echo is a part of the charity 'Friends of Evington', which is focused on the conservation, protection and improvement of the physical and natural environment in Evington. As previously seen, the Echo's articles often report on environmental initiatives in the community, such as schools' growing and ecology projects, many of which are supported by the charity. In the December issue, it was there was a report on the Mayflower School gardening activities which won the 'Growing Champion' award at the Leicester Sustainable Schools Celebration. The charity was able to support this celebration partly from Echo funds.

Paul points out that any surplus from the Echo go towards supporting community and environmental projects such as Evington in Bloom. Gardening services are usually supported by volunteers in the Evington area. Despite the restrictions caused by COVID-19, greening of the Evington area has continued. Gardens have been created on waste land the Garden of Hope, at the junction of Davenport Road and Gamel Road. Efforts have been made to brighten

up and beautify our environment by introducing flower beds along with plants, thus improving verges and pavements too.

Over the last thirty years, Paul has observed that there is increasingly a common vision and a sense of belonging for all communities in Evington. The diversity of people's backgrounds and circumstances is both appreciated and positively valued, causing strong relationships to be developed between people from different backgrounds and circumstances in the workplace, in schools, and in our neighbourhoods. He believes that this community cohesion is the very thing that makes our Evington community so unique and is proud to be the chair of a charity that supports such a thriving area.

## THE COVID-19 WALKERS AND TALKERS

How has lockdown been for you? We know this time has been very different, in comparison to previous years.

At the time of writing we are continuing walking, hopefully getting even fitter and continuing to comment on relationships that we have witnessed within our human 'walking community', that is, between siblings, partners, children and their parents.

**One parent, two parents and I.** One day we were wending our way home when V spotted a little person with their mother sitting on a wall. It was a warm morning. The little person looked very contented as he was receiving his mother's full attention. She was talking with him very lovingly and he seemed to be listening with equal care and attention. As we approached, we greeted them both and focused our attention on the little



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person who was cute beyond belief. We found out the name of the Little person, it was I. Little person was clearly observing us closely but didn't have time to say anything because he was busy tapping his toes in his sandals with his left leg up on the wall and his right leg dangling freely, he was the picture of bliss. To top it all, his mouth was filled with a big grape, it was like a gob stopper. We're sure that you remember those, therefore he could not speak. He was engaged in more meaningful activities! We had a very pleasant conversation with his mother, whose name we did not ask.

Roll forward several weeks! One morning we were returning home and several children and parents were on their way to school. We crossed the road to give them space. On the other side we noticed a little person in the process of abandoning his scooter to his father. Little person looked very cute wearing a trendy over-sized jacket, a beanie hat and suitably fashionable, yet functional, trainers. Needless to say we had to stop and talk to them, well it wasn't really talking to them as we were more interested in the little person. We were asking the little person about the scooter and his jacket. Little person wasn't saying anything but was clearly taking note of everything. V did comment to little person's father, that little person was speaking with both eyes. Towards the end of our conversation as we were bidding them both farewell, the father was trying to get little person to wave goodbye. You can imagine our shock and delight when father referred to his son by name. It was I. Oh my goodness, did we coo and cluck with joy because it was our little cutie who looked so different. We had not recognised him because he was taller, wearing a hat, his hair had grown and was now quite long. We were simply thrilled to see him and then told his father about our previous encounter with his son and

partner several weeks before. What a delightful encounter! It really made our day!

On another occasion, we were on the return leg of our walking route, approaching a corner, when we were greeted by what sounded like mayhem. There was a lot of wailing, not quite gnashing of teeth, but, clearly distress. We quickened our pace to get around the corner and saw an adult gently holding a wriggling child in his arms with limbs thrashing wildly. Said child looked as though they were having an almighty tantrum. Our pace slowed and we started talking to the little person knowing that distraction can have a calming effect. Gradually little person focused their attention on us and became more composed. Guess what? It was I! His father commented that since his son had become 2, he seemed to have the odd temper tantrum. We empathised with him, smiled sweetly at I and continued with our walk. We are now looking forward to watching I grow up and start going to nursery and school. What a little charmer, even when he is mid wail!

Val Fisher  
Suzanne Overton-Edwards

### ST DENYS CHURCH INSIDE OUT

If you go down to St Denys before the end of April, you will find an interactive churchyard trail telling the Easter story with a beautiful tableau and at least a dozen hand-decorated eggs hidden around for you to find. This has been the inspiration of Mark Batchelor, St Denys' latest "vicar in training", who has worked with many of the church family to create something which truly takes the church "inside out".

And it is just the beginning of a desire to build on St Denys' history of Welly Walks,

Eco Clubs and Walks with Wonder that encourage all of us to appreciate and look after our bit of creation.

Opposite the church, we are working on a community edible garden project with Sam Woods and Hannah Wakley, and we soon hope to have our Eco Church Award. Contact us to find out more – [www.stdenys.org.uk](http://www.stdenys.org.uk) or find us on Facebook, Twitter and Instagram.



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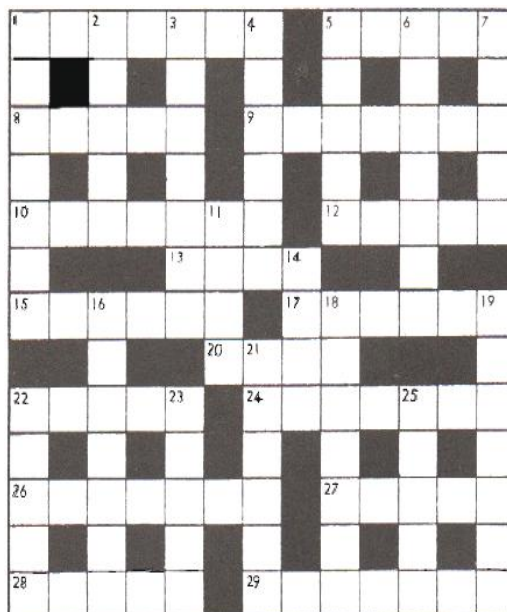


## REMEMBERING A CONCERT IN EVINGTON

To celebrate 40 years of the Evington Echo in this edition, I have chosen an article about James Sherard (1666-1738) that appeared in the 278th edition of the Evington Echo. James Sherard was a business man, apothecary, botanist, amateur musician and violinist. He also bought a significant estate in Evington from the Dukes of Devonshire and was buried in St. Denys Church.

But the story of historical research, cooperative working and exceptional talent is even more interesting, and this took place in Evington just over two years ago.

Chris Hossack led research about James Sherard and traced an original manuscript he had written back to an archive in Swindon.



ACROSS		
1	BELLY	(7)
5	FOLD	(5)
8	BALLADS	(5)
9	GET BETTER	(7)
10	AN ACID SALT	(7)
12	BAR	(5)
13	WENT ON HORSEBACK	(4)
15	DRINK OF THE GODS	(6)
17	SOAK	(6)
20	WOODY PLANT	(4)
22	SHREWD	(5)
24	MAKES CERTAIN	(7)
26	ISSUE	(7)
27	RECEIVER	(5)
28	DEAL WITH	(5)
29	STEEPLY	(7)
DOWN		
1	REFRAIN	(7)
2	MOVE TO MUSIC	(5)
3	EYE COSMETIC	(7)
4	FIXED	(6)
5	WRITING MATERIAL	(5)
6	WEARING AWAY	(7)
7	LOCK OF HAIR	(5)
11	LEGAL WRITING	(4)
14	BIBLICAL GARDEN	(4)
16	HOLLOW	(7)
18	SET ASIDE	(7)
19	PAST EVENTS	(7)
21	ALCOVE	(6)
22	SPLIT	(5)
23	FERMENTING AGENT	(5)
25	DETECTION SYSTEM	(5)

Compiled by R. Tracy  
Solutions p15

## POLITICIANS

There are three MPs in Leicester East, but the Evington Echo is only distributed in wards served by Claudia Webbe MP mostly (see advert below) and Jon Ashworth.  
jon.ashworth.mp@parliament.uk  
Tel: 02072193000 To contact councillors in your ward in Leicester City Tel: 4546360 or search [www.leicester.gov.uk](http://www.leicester.gov.uk) and use the search button for councillors. The City Council website will also give you the latest information on Coronavirus. If you aren't on the web then use the 111 on-line Coronavirus service to get help.



Then many local people got together and organised a concert, playing Sherard's Op 2 no. 6 in D Major at St. Denys Church on 31st March 2019.

It was the first time this music had been heard for 300 years. The quartet players were Amelia Young, Hannah Teasdale, Audrey Ridley and Bryan Evans. The research went further to explain Sherard's chamber music and how closely the musicians had kept to the original score.

I thought it sounded so good, if not better than anything the composer Handel had written.

It was amazing to realise that James Sherard was buried only a few feet away, but I was even more amazed and proud to live in Evington because of the concert itself and the seamless organisation behind the scenes.

This concert was also a celebration of the 800 years anniversary of St. Denys Church. HP.

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### STANDING UP FOR LEICESTER EAST





# DOWN MEMORY LANE

## MAIN STREET SHOPS IN EVINGTON



These photographs from the Evington Echo collection show some shops on Main Street Evington. From left to right: Ian Bairds, (Greengrocers), Cree patissiers and delicatessen, Bennetts, Excelsior Carpets, Evington House (Chinese takeaway), Lindens Hairdresser and a small Garage where Nisa is now. There was a dress shop where the restaurant Nazar's is now.

I remember the shops like this when I first came to live in Evington in 1981. 1981 was also the year when the Evington Echo was formed, 40 years ago.

Erington's garage isn't in the pictures but used to be where the newish flats are now.

Bennett's Hardware store has advertised in every edition of the Evington Echo except the very first edition. It is a successful family run shop that has always supported community activities and particularly the Evington Echo and Evington Village Fete and Show.

## RECOLLECTIONS OF ONE MILE LANE

(from Evington Echo, (Issue 3 October 1981) by E. E. Snow

As I came to live in this house in 1933, I think I can claim to have lived on Spencefield Lane longer than anyone else. Then it was merely a narrow, country lane - know as 'One Mile Lane' - with hawthorn hedges and ditches on both sides but no footpaths. There were very few houses and no mains drainage so cesspits had to be used.

For some years, until after the district was absorbed by the City in 1935/36, the postal address of the Uppingham Road end was Thurnby but the district came under the jurisdiction of Billesdon R.D.C.

There were no side roads between Uppingham Road and Evington until Whitehall Road was built, and opposite my house (where Davenport Road is now) was Coles Nursery with its wonderful rhododendrons.

Eastwards was a lovely view of the valley, looking over Charles' Lodge Farm towards Thurnby church and even as far as Billesdon Coplow. The church at Scraftoft and the spire at Houghton could also be seen. Beyond the road to the farm was a footpath to Thurnby and this path can still be picked up near to the City of Leicester School.

After the lane was absorbed by the City, houses were built to join with Evington, the road was widened and sewers were provided. But my end of the lane remained rather isolated from the village, the friendly Toone buses on Uppingham Road being the only public transport. These would stop and enquire if you wished to ride!

Before houses were built on Uppingham Road, snowdrifts were common in bad winters, possibly because I believe Spencefield Lane is the highest point within the City boundary.

### Editorial comment

Please write in if you have any more information to add to this article. Perhaps you know more about E.E. Snow or have researched the history of your own house on Spencefield Lane. Maybe you have some old photographs that you are willing to share.

Helen.

## SAVE OUR NHS LEICESTERSHIRE

Save Our NHS Leicestershire is currently renewing its affiliations and membership. It has been gratifying to see our affiliates continue to support us.

It's been around 30 months since our campaign was established and we have certainly made ourselves felt in that time. Search [bit.ly/sonhs1](http://bit.ly/sonhs1) to find the report of our first 18 months of existence.

Since this report was written, the world has been faced with an historic public health crisis. As a campaign, 'Save Our NHS Leicestershire' has risen to the challenge. In spite of various lockdowns and restrictions, in the past year we have, amongst many other things, published a whistle-blowers report from workers in the NHS; produced an analysis and set of demands around the pandemic; successfully campaigned to raise the alarm about lack of PPE and protections for care workers at a time when conditions in care homes and domiciliary care were not being given the attention they deserved; organised a public socially-distanced protest to demand better pay for NHS and care-workers, with extensive coverage in the local press; prevented the pandemic being used as a cover to close Feilding Palmer Community Hospital in Lutterworth; and led an extremely multifaceted and demanding campaign to challenge and raise concerns during a 12-week public consultation over £450million plans to reorganise hospital services in Leicester, Leicestershire, and Rutland, which include plans to close the General Hospital as an acute hospital and to close St Mary's Birth Centre in Melton.

Although the consultation period for this latter campaign is now over, the battle to save services at the General and elsewhere continues.

Of course, none of this could have been done without our supporters and our affiliate organisations.

If you would like to support this campaign please go online and check the links and then contact [secretary@saveournhsleicestershire.org](mailto:secretary@saveournhsleicestershire.org) for more information about joining as an individual or organisation.

<http://saveournhsleicestershire.org/20/20/02/12/save-our-nhs-leicestershire-why-you-should-get-involved/>

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## MUQARITZ PART 1

After missing Celebrity MasterChef, I managed to watch an even more riveting cookery programme. It was entitled 'Remarkable Places To Eat'. What a catchy little title! I thought this programme was going to broaden my viewing habits as it wouldn't be just about food. The show involved a chef, Fred Sirieix, getting another restaurateur to take him to a few of their favourite eating places. I wonder how many other Frenchmen are called Fred. Fancy getting paid for this kind of walking and talking work! The restaurateur with Fred was an ex-barrister, Nisha Katona, who was visiting Spain's mountainous Basque Country. There are more Michelin star restaurants in San Sebastian than anywhere else.

The first restaurant Nisha took Fred to was called Muqaritz, a place tucked away in the country and what seemed like miles away from anywhere. This restaurant was under the management of chef Andoni Luis Aduriz - a very different kind of chef indeed. It is reputed to be one of the finest dining establishments in the world.

Nisha was literally gushing with praise for the place and said she had never had food like it in any other restaurant. Poor Fred had to admit that he had never eaten there. He added that not everything he had heard about the place had been full of praise. In fact, he had heard some rather poor comments.

On arrival at the restaurant car park, which Fred did not like for some unknown reason, the pair were greeted by a member of staff and led to an outside seating area. The restaurant building was not the most remarkable of buildings I have seen, but it's the food that people go there for. Once seated, another member of staff appeared and instead of offering them a menu gave each of them two cards from which to pick their twenty courses. At £200 per head this place was certainly not cheap. Nisha seemed to be lapping it up while Fred seemed a little confused. One of the cards contained a drawing of a fish swimming and the other had a fish hanging from a balloon. As Fred said they were not giving much away about the food and what it was. Fred picked the flying fish while an ever-gushing Nisha went for the other option, saying that they

could always try each other's meals. They were then led into the restaurant and shown their table by yet another member of staff. I might not even like what is put in front of me and at £200 just think how fed up you would be, to say the least.

Well what can I say about the table, in what is one of the finest restaurants in the world? Sparse would be a bit of an overstatement. All that was on the table was a white tablecloth and two white objects that were not recognisable. Fred wondered how he was going to be able to eat without any cutlery. Also the table lacked any sort of glassware for the no doubt very expensive wine. Nisha was giving nothing away. A table was drawn up and placed next to theirs and then on it was placed a dish with what looked like two corks on it. One of the waiters then poured a liquid over the corks. It turned out that the corks were freeze-dried pate with reduced wine poured over them. Brave Fred took a bite. His comments were that it was like biting into an old cork but that the taste was delicious. He said that he thought that the chef was playing with their senses. In my opinion the chef was taking the mickey, at their expense. Two not so large mouthfuls and the corks were gone. If all the courses are the same the meal would consist of forty mouthfuls of food. By my reckoning that is £5 per mouthful; The next course looked most appetizing. It was raw meat mixed up with vinegar, oil and mustard. It was then covered with a sheet that had been soaked in penicillin. Penicillin? No way would I eat that! They had entitled the dish 'Vellus of Life'. The waiter-cum-chef said that the meal helped them to get closer to the customers. Two mouthfuls later and again the course was gone.

Nisha kept talking on until Fred very politely told her to shut up. He said that he wanted to concentrate on what was going

on in his mouth. So dear Nisha kept quiet for a very short period while Fred savoured his 'Vellus of Life'. Nisha was not one to hold a grudge and said that she understood what Fred meant and quite appreciated how this food made so many thoughts go around in one's head. At this point I wondered about changing channels and watching 'A Place In The Sun' but I didn't.

The next course was called 'Hold It'. This consisted of chocolate filled with pea and pistachio praline. Now that takes a bit of getting your head, or mouth, round! Well they seemed to enjoy their 'Hold It' - all two mouthfuls. At this point Fred was beginning to think that Andoni Luis Aduriz was messing with them. The far more experienced Nisha knew differently, as she had experienced Muqaritz before. Then Fred realised that even though they had picked different menus they were both being served the same food for each course. The next course was entitled 'Broken Portraits'. I do so wonder how the chef comes up with these titles. Anyway, what was presented to them was a very small glazed pig's head. They were told that the ingredients for this little masterpiece were chicken skin filled with chorizo foam.. Our game pair got stuck into their two mouthfuls of 'Broken Portraits'. You do have to admire their spirit of adventure - or pure stupidity! Both Fred and Nisha said that the dish made them smile. The two mouthfuls were gone in seconds and then they both commented on how delicious the course was. I think that these two would eat and enjoy anything that was put before them. Fred said that he would love to meet the chef behind these creations. An ever-grinning Nisha said how she would love to meet the mind behind the madness. That was where we left the pair and the rest of the twenty courses.

Howard

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## THE BIG KNIT



Age UK Leicester Shire & Rutland is fundraising through The Big Knit campaign and are calling on the knitters and crocheters to get their knitting needles out again to help raise urgent funds for local older people most in need.

The idea is that little hats sit on smoothie bottles. And for each be-hatted smoothie sold, Age UK receives 25p, which will help the Charity make a big difference to the lives of older people. The target is 74,000 miniature hats.

There are also six new hat designs for this year, including a rainbow, rabbit, cupcake, pom pom, fox and bird. These knitting and crochet patterns are available to download, to find out more visit: [www.ageukleics.org.uk](http://www.ageukleics.org.uk)

Contact Tracey Pollard Tel: 2992265. Or [tracey.pollard@ageukleics.org.uk](mailto:tracey.pollard@ageukleics.org.uk) or visit [www.ageukleics.org.uk](http://www.ageukleics.org.uk)

Whilst shops and resource centres are currently closed, please keep hold of your hats or drop them into our Head Office at Lansdowne House, 113 Princess Road East, Leicester, LE1 7LA.

## STOP PRESS

At the time of writing, all people over 50 are eligible to get their first injection against Covid 19.

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## WHAT'S ON PAGE

### NORDIC WALKS

There are Nordic Walks in Evington Park and the Arboretum every other week starting at 9.30am and finishing at 10.45am. If you would like to join this group, you need to book a place by contacting [ministryofnordicwalks@gmail.com](mailto:ministryofnordicwalks@gmail.com) or tel: 07502576764 for the date and more information.

### WANT TO TRY BOWLS?

Bowls is a game anyone can play. What could be nicer than spending time out in the open, learning a new game? Why not come along and give it a try at Evington Park Bowling Green.

Free open days and a chance to try the game either Saturday 29th May (2.00pm to 4.00pm) or Sunday 30th May (2.00pm to 4.00pm). All you need are some flat soled shoes - most trainers will do. Children under 16 should be accompanied by an adult.

This is part of a Bowls England initiative.

### ERRATUM IN FEB./MARCH 2021 EDITION

The garage that was demolished in High Street was South Leicestershire Garages, not Errington's. Errington's was on Main Street, next to the Betting Shop, which used to be Worthington's grocery store. The newish 3 storey flats are there now.

### CENSUS DAY WAS 21ST MARCH

If you haven't replied, go online at [www.census.gov.uk](http://www.census.gov.uk) or Tel: 2755855 (BYCS Main Office). Another telephone number is 07452921442 (Census Engagement Manager.).



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### SMALL ADS

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

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Tel: 259 3336  
Mobile: 0780 125 9687

### CROSSWORD ANSWERS - grid on page 12 Across

1. ABDOMEN, 5. PLEAT, 8. SONGS, 9 IMPROVE ,  
10. ACETATE, 12. RAILS, 13. RODE,  
15. NECTAR, 17. DRENCH, 20 TREE 22. CANNY  
24. ENSURES, 26. EMANATE, 27. RADIO, 28. TREAT,  
28. SHEERLY,

### Down

1. ABSTAIN 2. DANCE, 3 MASCARA, 4. NAILED,  
5. PAPER 6. EROSION, 7. TRESS, 11 TORT,  
14. EDEN 16 CONCAVE 18. RESERVE, 19. HISTORY,  
21 RECESS 22. CLEFT, 23. YEAST, 25 RADAR.



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## COVID-19 Vaccines

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Banner Health

VACCINE MYTH	VACCINE FACT
 It was rushed and isn't safe	 Researchers took no safety shortcuts. Large studies show the vaccine is safe.
 It changes your DNA	 It's impossible for the vaccine to change your DNA
 It can give you COVID-19	The vaccine doesn't contain a live virus strain
 It contains egg protein	It doesn't have egg proteins and can be given to people with egg allergies
 It causes severe side effects	For most, the vaccine causes mild side effects that resolve in a few days
 It makes women infertile	There is no evidence that the vaccine causes infertility

SOURCE: Safer Health

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- Wash hands often
- Have the vaccine



[leicester.gov.uk/coronavirus](https://leicester.gov.uk/coronavirus)



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