

Keeping you up to date with Evington's news

The newspaper of Friends of Evington Charity No. 1148649

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Walking through Evington Park

Living in Evington for the last seven years, Kate and I (Osy) have enjoyed walking through Evington Park most weeks in sun, snow and even a bit of rain. We have made lots of friends, both human and dogs admired lovely flower beds and seen many a squirrel and the odd fox - and rat (lol) - and, of course, enjoyed the birds.

One day last month month I looked up to a very distinct and unusual sound and was amazed by a large strange bird flying around in the sky. I managed to take a few pictures, and then improved one of the pictures. Checking on the internet, I thought I had spotted a Swallow-Tailed Kite, native to Peru, USA and North Argentina.

I did not know then how extremely rare this sighting was in the U.K. It was a mistake to crop and enhance one of the images and remove the others from my camera. The County

recorder wants to see the original, untampered pictures to check both the location and authenticity of the picture. Proof will be difficult, but WOW, if it can be identified as a swallow-tailed kite, then this is a fantastic sighting.

The Friends of Evington Trustee Officers

Paul Archdeacon (Chair), Helen Pettman (Secretary), Nilesh Chauhan (Treasurer), Jason Chauhan (Vice Chair), Richard Clarke, Jeff Henry and Suzanne Henry.

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A FRESH NEW LOOK FOR FRIENDS OF FVINGTON

You will notice that Friends of Evington, the charity which manages Evington in Bloom and publishes the Evington Echo has an updated logo (adjacent and below) to reflect its activities and operations. Based on the original tree outline the roundel has at its centre a stylised branching form with multi-coloured leaf 'figures' with outstretched arms to symbolise all members of our community living and working together. You will see it in different colours and guises over the year as seasons and celebrations come and go. We hope you like it and that as we restart our activities it will help refresh our plans for the future.

Paul Archdeacon, Chair of Trustees, Friends of Evington.

EDITORIAL

Many thanks to all our gardeners, partners and supporters for enabling Evington in Bloom to receive 5 awards from East Midlands in Bloom. They were: A Silver Gilt award for Evington in Bloom's entry.

* A judge's Special award for the Garden of Hope on Davenport Road.

A Wildlife and Conservation award for the Beeline on Goodwood Road

* A new Permanent Landscape award for the Cedar's public house.

A Winner's Overall award for the Best Spring Bulb display in the East Midlands at the Evington War Memorial. (For more information about this Best Spring Bulb award see page 12.)

The judging took place on 8th July and the judge was Julie Walker. She said:

"Evington in Bloom is back with oodles of enthusiasm, some great new ideas hatched during lockdown and a very healthy bank balance. They are working very much as a team to enhance this lovely urban community with its proud

The judge commented on the flourishing flowers in containers on Main Street, the Canna lilies everywhere, the Evington Community Nature Reserve, the maintenance teams at St. Denys Church, the Village Green and the Garden of Hope, the Evington Echo, Evington Park, the Beeline along Goodwood Road, Carers' Direct pond and garden and Piggy's Hollow. "Piggy's Hollow is a local treasure" she said. She also commented on the excellent working partnership between volunteers and the Council.

The judge finished by saying "Ensure you evaluate and record the economic impact and social value of all the wonderful things you are doing."

Friends of Evington/Evington in Bloom also organised two successful Heritage Walks working with the National Trust who manage Heritage Open Days. Many thanks to all involved. More about these projects in the next issue. Helen



Helen receiving the Best Spring bulbs award on behalf of Friends of Evington and LCC Park Services at the East Midlands in Bloom conference in Grimsby on 22nd September 2021.







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SMITA VADNERKAR: REVOLUTIONISING BHARATANATYAM AND REPRESENTING INDIAN DANCE By Simran Radia



Smita Vadnerkar started Nupur Arts with nothing but her love for Indian classical dance. This passion was all she brought with her after marrying, as moved she to Leicester from Vadodara, India. where her father

had ceaselessly encouraged her to take up an artistic hobby. And she chose Bharatanatyam.

Originating in Tamil Nadu, South India, Bharatanatyam is a popular Indian dance form known for its grace, elegance, and the narrative intertwined in its foundations. It flourished in the temples and courts of South India from as early as many thousands of years ago, making it the oldest Indian classical dance form. Its demand for discipline and expression makes it the perfect springboard for various other dance forms.

Despite her marriage, Smita decided to continue dancing, dismissing the norm of women focusing entirely on their family following their marriage. After eagerly demonstrating her proficiency in Bharatanatyam at an English class, her impressed English tutor encouraged her to perform at an assembly at Spinney Hills School. That is where she instantly caught the eye of an admirer. Fascinated, she too wanted to embark on learning this exquisite dance form that Smita effortlessly made look so elegant. That is where Nupur Arts began.

Slowly, Nupur Arts blossomed as Smita began teaching small dance classes at Spinney Hills School, Spinney Hills Centre Community and Belgrave Neighbourhood Centre with the help of former student and now-teacher Dimple. At a financial cost to her, Smita would organise showcases for her students at Haymarket Theatre, struggling to fill up seats but motivated by her insatiable Bharatanatyam desire to make recognised. This is exactly what she did; sacrifice and dedication revolutionised the way Bharatanatyam in Leicester today.

Now, Nupur Arts boasts several



hundred students, annual sell-out shows at De Montfort Hall and has evolved from its Bharatanatyam roots, teaching various other dance forms. Still, Smita humbly insists that she is unbothered about financial achievement but considers herself successful if she has given young people the platform to achieve their dreams and create a sense of community. She has been so successful that her former students return, but to teach, thanks to the thorough training and fervour for dance that the teachers of Nupur Arts kindle within them. As two teachers have turned into many, community halls turned into dance studios and three students turned into hundreds, Smita's vehemence for teaching young people dance has remained consistent.



Dear Readers,

As you are probably aware the Evington Echo is run under the banner of the Friends of Evington charity. As such none of the people who distribute or contribute to its writing receive payment. This is why we would like to take this opportunity to say a big thank you to all the people who give up their time to help us distribute the Echo to your homes.

We also hope you might be able to join this group. We are particularly looking for distributors in the following areas:

Davenport Road (part), Baden Road, New Way Road, Downing Drive (part), Gisbourne Court, Goodwood Road, Greystone Ave. and Walshe Road.

If you can help with these areas or are prepared to help with the distribution in a general way please contact Chris Hossack tel. 2415153 or by email to chris_hossack@yahoo.co.uk
The Distribution Team

LOCKDOWN POETRY 2020 BY FIONA HOSSACK

September Sonnet

September is my favourite month of all, When nature seems to grow to her perfection,

And keeps us holding on before the fall When one cold night can wreak a transformation.

Lush greens in fields and hedgerows and trees,

With here and there a touch of gold or red.

Late summer sun and early Autumn breeze

That stirs the clustered leaves from overhead.

The acorns drop in multitudes around And eager squirrels rush around in glee, Collecting nuts to bury in the ground In most peculiar places there can be. An early Autumn treat before November My favourite month, my birthday month, September.

Read more on the Evington Echo website.



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EVINGTON YOUTH CLUB ROOF APPEAL



Thanks to the excellent work of local roofing firm Just Roofing, Evington Youth Club now has a superb new roof with full insulation and clear, double-glazed skylights — a huge improvement! There is no doubt that without this new roof the club would have been facing closure.

All we need now is a full makeover and lots of volunteers to help carry it out. We are delighted that Rotary Club of Leicester has kindly offered to co-ordinate this effort for us so, if you have the time, skills and/or just the interest to get involved, please contact:

secretary.rcleicester@gmail.com to let them know. If you would like to help by providing paint too, that would be very welcome.

To help pay for the roof we have been very fortunate in receiving a number of grants and donations. We are very grateful to the Trustees of Charity Link Small Grants Scheme who have given us a very welcome £350. We are also very grateful to those of you who have made individual contributions through our JustGiving donation page and, recently, we were particularly surprised and overwhelmed by the kindness of an anonymous donor who popped an envelope containing £200 through my letterbox. We should like to say a special thank you to that person.

In spite of all this generosity, however, the club has had to take up the kind offer of an interest-free loan in order to pay for the work so we still have to raise a lot of money. The target now is £6,000. Contributions, however small, will be very welcome. If you wish to help in this very worthwhile effort, please go to www.evingtonyouthclub.com where you will find a link to our JustGiving page. Alternatively, contributions can be handed in at Bennett's Hardware Store in Evington village. The Trustees will be very grateful for whatever you can give.

At the same time, there is a further piece of good news which will make a huge difference to the club. Leicester City Council has agreed to grant the club a new lease of 20 years. We are extremely grateful for the huge support that we have received to achieve this from the City Mayor, himself, and all our local Councillors, particularly Sue Hunter. The new lease will make a huge difference to everything that the club will be able to offer the young residents of Evington and the surrounding area in the future. As soon as all the improvements are finished we are planning to expand our range of activities. We are already in discussion with Leicestershire County Cricket Club about establishing cricket sessions at the club and, in the New Year, we are planning to host a youth radio project run by Funkyarts. More information will be available later on our website about both these activities.

The Friday evening youth club is already open for various sporting activities. The

sessions run from 6.00 p.m. to 8.00 p.m. and are open to both boys and girls.

We welcome further suggestions about what other activities young people in this area would like to see organised. Please do contact the Youth Club if you have any ideas or questions about the activities.

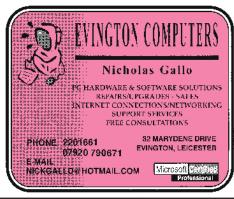
The email address is info@evingtonyouthclub.com.

Alternatively, you can ring Liz Warren on 2736859 for a chat about the possibilities.

Finally, please don't forget to check out our website www.evingtonyouthclub.com to get more information and to make a contribution, however small, through the link to our JustGiving page.













BENNETT'S HARDWARE & GARDEN SUPPLIES 50 YEARS IN EVINGTON



In the Autumn of 2021 Bennett's will have been serving the people of Evington and beyond for 50 years. The business has changed location once, having originally been at number 28. There have been a number of extensions and alterations to accommodate ever increasing stock ranges.

In the summer of 1971 we were looking for a retail business, somewhere in the Midlands, where we could live on the premises. After looking at a few other places we saw a business for sale in Evington. Approaching Evington for the first time from Shady Lane we were immediately taken with the area and decided to view the business which was then called Serval Stores and owned by a Mrs Townsley. After negotiating the price of the business and stock we moved there in September 1971 along with our two children, Carol aged three and Stephen aged one. It is hard to know now how we managed to run the shop and look after the children, as we had had no prior experience of shop keeping, but we kept going and were supported by a very low rent which was towards the end of a 25vear lease with no rent reviews over that time!

Originally the shop sold a lot of domestic hardware like pottery and glassware and we would travel up to Nottingham on our half day to purchase from a wholesaler there and also used cash and carry wholesalers in Leicester. However we fairly soon gave up a lot of the domestic hardware to concentrate on garden supplies and D.I.Y. Jim also started to service lawn mowers at the back of the shop which made a welcome boost to our income. Over the years this became a big part of the business and we became agents for Hayter lawnmowers, building up a good reputation for selling and servicing them.



Bennett's shop at no 28

In 1974 our second daughter, Sarah, was born, so we were now a family of five living above the shop. In 1977 we moved into number 30 when Seaton's the chemist moved over the road to the premises still occupied by J & A Pharmacy. This move provided us with a better lease and enabled us to purchase the property a few years later. Over the following years we extended the shop to the back and

added a lawnmower workshop. Steve joined the business after studying A Levels and in time ran the shop while Jim continued servicing the lawnmowers. He has expanded sales enormously and all stock is now delivered in bulk.

In 2013, we made the difficult decision to give up the lawnmower side of the business. This allowed us to devote more time and space to general sales and for Jim to begin slowing down towards retirement.

We have been lucky in having very good staff over the years, including Alistair Sloan who was with us for 23 years. When Alistair moved on Tim Russell joined the business as Assistant Manager, supported by part time staff Wayne Golby and delivery driver, Jim Clarke. Steve's wife, Linda, is also invaluable both in the shop and behind the scenes.

Looking back, it is hard to believe we have been in Evington for 50 years. We very much enjoy being part of the life of Evington and would like to thank our many loyal customers past and present for their support and friendship.



Jim and Ann Bennett





EVINGTON VILLAGE SHOW ONLINE 2021

There were 127 entries from 34 entrants.

There were 363 viewings on the flickr photo sharing website.

A small selection is shown below. There will be more to follow in the next issue

Thanks to all who contributed. John Pelmore



JULIA THISLETHWAITE



JOHN PELMORE



WAYNE ALDRED



CAROLE STURGESS



ANDY BAKER



JOANNA REGLEWSKA KING

LETTERS

MUNTJAC DEER

Dear Editor,

Regarding Gary Barnacle's report of a possible Muntjac deer spotted in the village in July - I had a very definite sighting of a Muntjac around 8.00am on the 5th April, running along the grass verge on Ethel Road with some speed from the Headland Road junction towards the Hospital Grounds or Evington Park. Presumably the same animal, who must be a long-term resident of Evington! The quieter traffic during the pandemic lockdown has encouraged a lot of wildlife to venture into the suburbs. Also the Golf Club are used to visits from Muntjac deer, who have a habit of eating the shoots of young trees the club have planted on their grounds. Anthony Yates

PHISHING SCAM

Dear Editor,

I nearly got caught out by a phishing scam that seemed to come from Hermes. There was a text message saying I had a missed delivery and that I needed to pay a redelivery fee.

I was filling in all the demands, then I realised that it was asking for too much information like date of birth, card details and bank account and sort code.

Asking too much information pricked warning bells, so I checked on line and indeed it was a very convincing phishing scam. I then just blocked the message and deleted it. Tony Rekhi

DON'T LET LITTER SPOIL DAVENPORT ROAD

Dear Editor.

I have lived on Oakside Crescent since 1960 and have always been very pleased how clean and tidy the surrounding areas have been. I have not been able to go out due to the restrictions but now am able to, I was shocked the last three weeks to see so much rubbish on Davenport Road between the Crescent and Gamel Road.

Some of it is caused when the yellow bags are put out on Wednesdays. If the bags were properly fastened up it would help. Also the bin outside the shop on Gamel Road is full and overflowing. Face masks should be disposed of properly not left on the verge. I would have picked up the rubbish myself but I have to use a mobility scooter so cannot do that. Please let's take some pride in the area again and clean it up. Joy Groom



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DEMANDING PAYMENT.

A mysterious white van (no company signage printed on it) has parked near the footpath on the side access road (off Uppingham Road, behind Jennett Close) and knocked on an old lady's door demanding payment for fixing her fence (which she never asked for). She sought her neighbour's help and he kindly visited all the houses around her. The neighbour also mentioned it isn't the first time he has seen the van Please be cautious, as these sounded like scammers. I told the man to request the lady not to pay up and maybe to alert the police. Please be careful and stay safe.

A LARGE POLICE CONSULTATION ACROSS LEICESTER LEICESTERSHIRE AND RUTLAND

The Police and Crime Commissioner, Rupert Matthews, has launched a large consultation across Leicester and the two counties to find out what local people want and need to make them safer. This survey will inform the commissioner's Police and Crime Plan over the next four years. Go to:

https://www.leics.pcc.police.uk/

ABOUT KNIFE CRIME

Commenting on a number of recent kniferelated incidents in Leicester, Claudia Webbe, Member of Parliament for Leicester East, said:

"Following a spate of recent kniferelated incidents in Leicester, including, in my own constituency of Leicester East, my thoughts remain with the victims and their loved ones.

"Going forward, the government must declare knife crime an epidemic so that we can respond to this crisis with the severity it demands.

"A minority of young people turn to a

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life of crime and violence when they do not have opportunities or a realistic hope for a better future. Only a large-scale investment in our communities will end this cycle of misery. Crime thrives amid poverty and lack of opportunity, and we need a serious injection of funding, including increased support for mental health, in every community to stem the growth of and ultimately to stop knife

"I will continue to lobby the government to raise these particular cases, to call for support for communities like ours, and to seriously address the scourge of knife crime."

GROW YOUR OWN GRUB



Congratulations to Nurturing Roots, an Evington 'It's Your Neighbourhood' group who garden on Ethel Road Allotments. They had an excellent entry in Leicester City Council's 'Grow Your Own Grub' competition. The picture shows how they grew everything in miniature inside a wheelbarrow, presenting a mini model allotment with a tiny shed, a tiny greenhouse, tiny water tank, tiny raised beds and even a tiny scarecrow. The Leicester Wheelbarrow Extravaganza is part of 'Grow Your Own Grub' competition for schools and other networks. After 2020 and the problems with the pandemic, it was good to see this happening again this year at Abbey Pumping Station.

PETER JAMES HOWKINS 1950 - 2021



An old Evingtonian and Linden School old boy who lived in Cordery Road, died on 8th July aged 71.

Peter was a keen sportsman and a

valued member of the highly successful Linden School Football team who were champion winner in the 1959/60 season.

To contact relatives go to J. Stamp and sons: 01853462524

Peter was living at Burrough on the Hill, Melton Mowbray.

BUS SHELTER INSTALLED THE WRONG WAY ROUND

Dear Editor,



The bus shelter that installed in the last couple of davs on Headland Road, Grocot near Road, Leicester has been installed the wrong wav

round. It leaves a narrow path and the seats now face the fence not the road as before. The back access panel is now right on the road. It looks stupid and without a doubt a complete blunder. When I first saw it I couldn't stop laughing. I have been mentioning this, but to no avail. You have to now go into the rain as you scurry round to make sure you don't miss a bus as it comes round the corner! I sent a note to First Bus, but no reply.

Robin Armitage (11th September)

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We support the community by connecting people to local support and information. We are a distribution hub for the Evington Echo.

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EVINGTON COMMUNITY NATURE RESERVE – AUTUMN PLANNING

Our project to devote more space to nature in Evington's gardens has been very successful. Over fifty people requested wildflower seeds to sow and many have reported their successes, with only a few wildflower no-shows!

In addition, we had a great response to our give-away of sunflower seedlings and seeds. We have seen many great examples of sunflowers smiling out from local front gardens.

Meanwhile, the wildflower embankment by the village green has been a qualified success with a lovely range of flowers growing across most of it.

So, what's next? Well, September to October is a brilliant time to sow seeds and plant bulbs, ready for flowering next spring. Very soon, we will be issuing more seeds and providing hints and tips for a successful spring flowering.

If you would like to make a pledge to devote space to nature in your garden and receive a free pack of wildflower seeds to help you along, please contact us through our website or email.

www.littlegreenshoots.uk contact@littlegreenshoots.uk

PRINCESS OF THE ARACHNIDS

In the November/December 2020 issue of the Evington Echo, Ketan wrote part 1 of his first short story about 'The Princess of the Arachnids'.

Part 2 continues this story, which is set on a different planet, but nine years later. Famine had wreacked havoc and there had been countless battles between humans and spiders. Astarya, a human brought up by the Queen spider, Rowan, was becoming Rowan's successor and leader.

"Two jumping spiders carried a human man soldier into a web. They presented the man to Rowan and Astarya. The man was astonished by the towering presence of Rowan, and mildly attracted to the outlandish appearance of Astarya's attire — dung beetle horns for shoulder pads, a crown of severed insect legs, twigs and leaves and two butterfly wings attached around her back, supported by her ragged human clothing which she had taken from former prisoners"

You can read both Part 1 and Part 2 of this completed story on the Evington Echo website. Go to www.evingtonecho.co.uk and on the home page search for any of the words in the title 'Princess of the Arachnids'.

AN ART EXIBITION IN A LOCAL GARDEN RAISES OVER £1,000 FOR MYELOMA UK



Jay Chauhan, a local resident, decided to start painting again during lockdown and enjoyed it so much that he converted his garage into a studio and has already held two exhibitions in July and

September this year raising money for Myeloma UK. Myeloma is a form of blood cancer.



An exhibition in Jay's garden



The financial side is managed by Lions International Charity. If you would like to donate or buy a picture to support Jay's fundraising for Myeloma UK please contact

07850204015. The donation to Lions International is: Sort code 56-00-55 Account 80038220.





A CYCLE RIDE THAT RAISED OVER £25,000 FOR MENTAL HEALTH AWARENESS



A group of volunteers from Evington-based Community Football Academy (CFA) at Judgemeadow Community College raised over £25,000 for Mental Health UK by cycling over 300 miles this summer. Setting off from Blackpool on Friday 13th August, the riders went to Colwyn Bay in Wales and then through Sheffield to reach Evington on Sunday 15th August. All ages and abilities of riders took part and enjoyed the challenge of raising money for such an excellent cause.

Editorial note:

1. To donate to Mental Health UK through this online fundraiser go to https://gofund.me and search for Ride for the future 2. Mental Health UK has an informative website that gives information and support, links to local support and much more.

2. Judgemeadow received Football Foundation support in 2004 to fund a £1.2 million Community Football Development Centre in partnership with Leicestershire and Rutland County FA and the local Football Partnership. This site in Evington was identified as a priority area for football within Leicestershire. It has 14 pitches which includes 4 full size grass pitches and 8 youth grass pitches, a full sized 3G rubber crumb pitch and a small 3G rubber crumb pitch.

For information about availability search the website 'Football Centre – Judgemeadow Community College' or contact Sam MacMahon (sam.macMahon@judgemeadow.org.uk) Tel. 07540719302.

THE CEDARS IS YOUR LOCAL PUB IN THE HEART OF EVINGTON VILLAGE



King Henry's Taverns, which has owned The Cedars since 1997, is a group of six pubs in the Midlands. The King Henry's website is updated regularly with menus and news. You can join our email club to hear the latest news first! The Festive Menus and Christmas Day menu are on the website if you'd like to take a peek or you can pick up a copy at the pub. Easy to book and such a great way to enjoy a stressfree family get together. Here's our website address: www.king-henrys-taverns.co.uk

There are two sides to our pub, the restaurant side to the right with its own entrance. This seats over 90 people in different areas and overlooks the garden and fish pond. A wonderful place for family get togethers, date nights, celebrating anniversaries as well as being able to cater for larger events such as christenings, weddings and wakes; celebrating life events.

There is also the lounge side, with the entrance on the left, where you can relax with a drink and a few tapas and enjoy a game of pool.

King Henry's Taverns prides itself on offering good food at sensible prices and at the moment has a super lunchtime meal deal menu as well as an 'all day, every day menu' to suit all tastes. The most popular offer, which we have been doing for 32 years, is Two Steaks and a Bottle of Wine. This offer now includes various meal choices and is a bargain at £18.99!

The garden has seating too and many people who drive by do not know what a fabulous garden we have. You can quite happily while away a few hours in our garden and enjoy the calm atmosphere created by the trees and pond.

The Cedars supports Friends of Evington and their environmental project called Evington in Bloom. You may have noticed our wonderful planters at the front of the pub. We support local 'not for profit' groups and local charities.

A warm welcome awaits you no matter whether you're popping in for a meal or a drink. We're open Monday to Saturday 11.30am to 11.00pm and Sunday midday to 10.30pm. Food served all day until 10.00pm.





Advertisement feature www.king-henry-taverns.co.uk Main Street, Evington LE5 6DN Tel: 0116 2730482

HELPING THE FUTURE GENERATION OF EVINGTON



Meet Sarah, St Denys Church's Youth and Community Worker. Hailing from Wales, Sarah has been here for two and a half years now, and her work involves supporting young people of all faiths and none in Evington.

Since arriving in Evington, Sarah has built up excellent relationships with the young people in St Denys', other

places of worship, and in the various schools in the community. She has been busy making links with St Paul's Catholic School and the Oadby Youth Project, and hopes to work with more secondary schools in the local area.

"I have found the Sarah says, community of Evington to be very friendly and welcoming, and it has been a joy to get to go into some of the local schools and meet more of the young people from

Sarah has also helped to create a youth resource for peer-to-peer mental health support, and co-wrote a five-part mental health resource for the young people from St Denys' and the Oadby Youth Project. This was so successful that it was trialled by the Bishops Youth Council and made available for use across the whole Leicester diocese!

Sarah says, "Mental health is something that I feel extremely passionate about. Young people have been through a lot during the pandemic and I hope that my training as a youth mental health first aider and my studies in counselling will allow me to offer support to the young people of Evington."



You can also find Sarah at the St Denys Sunday Services which she is involved in planning and at which she leads the worship on guitar and with her beautiful singing voice.

"We offer a mix of groups that take place at the church. Some based around faith, some not. So, whether you want to come and sing some contemporary worship songs in a relaxed setting, or just want to come and play some table tennis and drink hot chocolate, then there's something for you."

During lockdown, Sarah particularly helped to support young people through their struggles with anxiety, lack of selfesteem and loneliness. As you can imagine, however, there is a still a lot of work to be done as a lot of these projects had to be put on hold.

To read more about Sarah's work and how you can help her to continue supporting young people in the community, please visit the St Denys Church website www.stdenys.org.uk.

NORDIC WALKING

Do you want to improve your mental as well as your physical wellbeing? Would you like to socialise and chat to others at the same time as actually working out? Well you can do all this if you join a local community group who Nordic walk at Evington and the surrounding area!

Ministry of Nordic Walks began in 2016

and since then have taught hundreds of people the correct techniques to allow them to get the most out of their Nordic walking whatever their fitness level. The community group have a plentiful supply of the special Nordic poles needed for this sociable exercise so there is no need to buy any expensive equipment. All you need are a pair of trainers or walking

Nordic walking has been shown to burn more calories than simply walking and is comparable to jogging when done at a reasonable walking pace but without any of the stress on hips, knees or ankles.

One of the group's main aims is to make Nordic walking an inclusive activity and welcome everyone.

Please contact them at: ministryofnordicwalks@gmail.com or call their Nordic walking instructor Penny on 07502 576764 to learn more and book your free taster session.

A CRICKET MATCH IN **EVINGTON PARK**

On 30th August bank holiday Monday, Khara Wad organised a day's cricket in Evington Park. They had 8 of their own teams with each team playing 2 games (2 overs). All the teams had a link with the city of Daman in India. This was the first time the group has organised a get-together of all their members. They hope to repeat the event and for it to be even better next year.





Cricket in action on Evington Park (left) Children enjoying playing nearby (right)

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RALPH'S JOURNEY

Ralph Ireland was an Evington Echo proof reader for two years 2019 - 2021. He lived with his wife Maureen in one of the self-contained flats in Pilgrim Gardens. Unfortunately, Covid-19 stopped his volunteering. Here is Ralph's story called 'On a Journey'.

"On Sunday 17th January 2021 I began a journey, which I didn't initiate. The heroine, Hamza, of this short record did.

Hamza was one of Maureen's carers. She had just put Maureen to bed, and was aware that my speech was slurred. I gather my face was very red — I was running a temperature. She said I should call Emergency. I did as she suggested.

Not long afterwards I continued my journey in an ambulance, wearing an oxygen mask. I don't know if Maureen had a companion that night; it certainly wasn't me:

Of one thing I am sure: if Hamza had not done what she did, I would not be alive today. I am deeply grateful to her. God was watching over me.

The ambulance took me to the Leicester Royal Infirmary. I was there for the night. Tests taken showed next morning that I had Covid19 – and I had never left our flat in months!

The morning of the 18th I was taken to Leicester Glenfield Hospital, the local hospital for all things related. Covid19 had given me pneumonia in one lung, for example.

I have always had a great respect for the NHS. That respect was magnified enormously during my time at Glenfield

which lasted until 9th of February.

They treated me with great respect and care. Nothing was too much for them, from the lowliest employee to a professor there. The latter came to see me often. He said we had something in common — a concern for humanity, I think it was. I think John had made him aware of my long involvement in linguistics and Bible translation, without seeking gain. I never discovered just what his concerns were.

The professor was very frank with me. He said there was only a 2 or 3 percent chance of keeping me alive, but they would work hard to do so. I appreciate honesty in such things — even if the truth can be painful. Perhaps he was giving me some incentive to work hard for my survival, not that I had a clue how to do so.

In fact I went into a dark place. I asked such questions as 'How do you die gracefully?' What am I supposed to do when on the edge of eternity?' As a Christian I knew there were treasures untold in heaven, and a Sovereign Saviour who loved me. Even so I started to worry about my family, whom I loved. 'What was I to do for them?' 'How should I prepare them?' - and many more such questions. I even (briefly) considered the question, 'Would it help if I could help speed up my death?'

I was desperate. I had never been anywhere like this before. I called my Pastor Paul. Despite Covid rules he was able to see me the next day. He vigorously, and rightly disabused me of such non-Christian ideas. I was being restored to sanity, and to a more balanced worldview.

Unexpected visits from our children. I was so confused at this time, I barely

recognized them! Full PPE didn't help. I must have seemed very ungrateful. My brain and my memory were rather dysfunctional then. Philip, of course, could not come, but he did a fantastic job of gathering distant friends to pray for me. Several were distant in time as well as distance, including some I hadn't seen in decades. Talk about Friends Reunited!

There were a number of problems arising from Covid19. Due to a problem – peripheral neuropathy – that I already had, my ability to walk (certainly without pain) was diminishing rapidly. Covid-19 seemed to make walking impossible.

One possible benefit – if you can call it that – was that this pain was not very frequent during the time Covid was treated, but that was probably due to the regular oral morphine I received. This pain has returned since leaving hospital.

After another important procedure had taken place I was discharged from Glenfield and taken to the Evington Pilgrims Home to which Maureen had already been moved. We were (almost) reunited, living just four doors away!

I have a way to go.

Two physiotherapists came to help me begin to walk again. That is quite a job as those days in bed had reduced my ability below what it was. I expect to get such help but it is not clear how often that will be.

I sensed there was considerable pressure (not verbalized) to free a bed for another Covid patient — and I had what amounted to a private room.

Ralph Ireland

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EAST MIDLANDS AWARD FOR BEST SPRING BULBS

THE WAR MEMORIAL IN EVINGTON

The War Memorial was bought through public funds in 1918. It moved to a more visible part of the land donated to the people of Evington and was laid out by following Gertrude Jekyll's designs.

It was refurbished in 2014 through Evington in Bloom and Park Services with grants from Heritage Lottery and LCC. Now (as part of the environmental project to encourage more bees and other pollinators particularly early on in the season when there are less flowers around,) the formal and informal areas have been planted with spring bulbs.



THE 22 BUS

From 22nd August, this service will just operate between the City Centre and Evington every 10 minutes.

Buses to Rushey Mead will be operated by service 4 from the Haymarket Bus Station every 10/12 minutes.



BALL OF A KIND



Smiggie is a ball magnet. I don't know how she does it but whenever we go out for a walk, or in her case, run, she will invariably find at least one ball. She is not selective about the type of ball she finds or the condition it is in. She has

found brand new cricket and tennis balls, but I think her favourite is a well-worn filthy ball. Whenever she finds a ball she always looks so pleased with herself, one could almost say that she is smiling at her latest conquest. The ball that we originally set out with is then promptly ignored to be replaced by this new-found trophy.

Over a short period of time Smiggie has managed to find at least ten cricket balls in various degrees of repair. This must be costing the cricket players a small fortune as a cricket ball can cost at least ten pounds. Some good comes from Smiggie's cricket ball finds as they are donated to The Leicester Animal Rescue who resell them on. The proceeds that they get go to helping rescued dogs and cats. So well done Smiggie on helping your fellow animals.

One day Smiggie surpassed herself in her quest to increase her ever expanding collection of balls. We got to the park fairly early and did our normal round of the cricket pitch. As we headed for home we met up with Nita who was taking her new companion, Fudge, for her walk. At this point in time Smiggie was on her lead to stop her in her efforts to extend her walk. I foolishly decided that I would go back to the cricket pitch and let Smiggie have a short run around with Fudge so that they could get better acquainted. By this time a couple of people had started playing tennis, something that Smiggie had observed and I had not. Once we got a reasonable way into the cricket pitch I decided it was safe to let Smiggie off the

about with Fudge. Smiggie had other ideas of her own. No way was Smiggie going to play with Fudge when there were balls on offer. Like a bolt of lightning off she headed back to the tennis courts with me in slow pursuit calling her name and telling her to come to me. No chance. Smiggie was wise to this and made her way towards the wide-open gate and into the courts. Once in there she was spoilt for choice. Smiggie ran around picking up one ball up after another. Even offering her a treat did not put her off her quest to gather all the balls up. Eventually I managed to get hold of her, much to her displeasure. That was it I put her back on her lead apologised to the tennis players and marched her off home. Fortunately for the pair of us the two tennis players found the whole thing very amusing and we left on good terms. Phew, got away with that one!

I will be so glad when I am able to enrol Smiggie onto a dog training course. A final point about Smiggie's ball obsession is that her balls are all over the house.



Heaven knows what Health and Safety would make of this. Howard

J. & A. PHARMACY





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LAUNCH OF LEICESTER'S BIODIVERSITY ACTION PLAN



The Biodiversity Action Plan (BAP) for Leicester was launched on 27th July 2021 when volunteers from LEV (Leicester Environmental Volunteers), officers and politicians gathered together on the wonderfully diverse roadside verge by Troon Way. The volunteers took part in helping to record the wildlife species they observed and also helped by pulling out unwanted species like thistles and docks, which if left, can swamp other flowering plants.

The City Mayor, Sir Peter Soulsby with Assistant City Mayor, Adam Clarke, came along to view the LEV activities, acknowledge the dedicated support of officers and volunteers and launch the plan.

Tackling Biodiversity emergency has just taken another giant leap forward in Leicester with publication of the Council's Biodiversity Action Plan (BAP) which provides a long-term vision to help conserve habitats and animals living in the city.

Dr Helen O'Brien, Senior Nature Conservation Officer at Leicester City Council and author of the BAP explained, "This document provides the rationale, aims, objectives and most importantly the actions that are necessary to safeguard the habitats and species associated with Leicester. It sets out clear targets to achieve over 10 years (to 2031) and beyond and for the first time includes action plans for species such as Peregrines, Swifts, Water vole and Hedgehog that have suffered serious declines in recent years".

Leicester's legacy of environmental action dates back to the 1980s and resulted in the Leicester Ecology Strategy published in 1990. Sir Peter Soulsby, Mayor of Leicester said, "I was involved in

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This picture includes Neil Harris (LCC LEV leader and horticultural adviser - 1st left) Nicola Holt (LCC Environment Engagement Manager - 4th left) Helen Pettman (Volunteer - 5th left) Adam Clarke (Deputy Mayor for Environment and Transportation - 6th left) Peter Soulsby (City Mayor - 8th left) Helen O'Brien (Senior Conservation Officer - 2nd right) Ben Davine (Senior Conservation Officer - 1st right). Other people in the picture are volunteers or officers.

endorsing our first Strategy and it gives me great pleasure and hope to support the new plan going forward. Much has been achieved in the city since our first plan and we now have more wetlands, meadows and woodland across our nature reserves and parks. Water quality in the river has improved immensely so we now get Otters and Egrets in the heart of the city".

Sir Peter Soulsby, Mayor of Leicester continued, "With this plan, which is about public engagement and letting people have access to nature, it will mean future generations can enjoy what we have grown up with."

The BAP will support some of the key actions in Leicester's Climate Emergency Strategy, not only to help wildlife to cope with extremes of weather, but also to help capture carbon in the soils, reduce temperature levels to avoid the detrimental impacts of heat in the city and improve air quality wherever possible. Deputy Mayor Cllr Adam Clarke said, "The issues around climate change are very much in our thoughts. The BAP is one of a suite of documents that will drive forward the actions necessary to tackle the impacts of climate change in the city. We have already seen great progress made with nearly 4000 trees alone planted at Aylestone Meadows and Knighton Park earlier this year. Not only will these trees absorb carbon, but they will provide valuable woodlands to support wildlife in

brown roofs alongside our new wetlands and sustainable drainage systems have started to make a positive impact and provide a rich mosaic much needed to support a diverse range of species to cope with climate pressures".

Ben Devine, recently appointed Senior Nature Conservation Officer at the council

the future. Natural wetlands created as

part of new development, green and

Ben Devine, recently appointed Senior Nature Conservation Officer at the council added, "It is an exciting time to have joined the council now and to contribute to helping wildlife in the city. In developing this action plan we recognise the critical role that nature plays within the sustainable development of the city, and the huge value biodiversity brings to everyone in our society. Together with the people of Leicester, the City Council is committed to protecting and enhancing biodiversity, putting nature into recovery and securing sustainable healthy ecosystems for future generations."

Group volunteering restarted on 17th May with Leicester Environmental Volunteers (LEV). For more information go to www.leicester.gov.uk/parks-volunteers. E-mail: lev@leicester.gov.uk You will be able to find out about the many opportunities to help with more wildflower planting on roadside verges, the restoration and creation of new hedgerows, more tree planting and the continuation of work to improve the city's riverside, and lots more.





COVID WALKERS AND TALKERS

Exercise

Hello, we hope that you have been keeping well since the last time that we were in contact.

Casting our minds back over the last 542 days we have seen many people exercising individually, in pairs, bubbles of 3 and a family of 4. Some do it with their bike, their dog or dogs, occasionally with their baby or the whole family. Some do it whilst talking, others do it whilst deep in thought.

Young man. There's a young man who we have observed walking and cycling. He is always 'plugged in' often singing, very quietly, from time to time conducting and, now and then, both. We have never spoken with him but what we know is that he is devoted to music!

Little people. You may have guessed from previous articles that we love little people. When they are out and about with their parents, being taken for a stroll, we just feel compelled to stop and talk with them, even if they are babes in arms.

We often think that the parents welcome the distraction, other adults to talk to perhaps. Certainly the little ones look intrigued by the two unknown women talking with them like old buddies; it often makes them smile.

With school-aged little people, the conversation is kept brief because they need to get to school on time. A few questions might be asked and comments are made which definitely include at least one about working hard and learning as much as possible during the day.

Runner guy and gym. Although we have seen him on numerous occasions, we don't know his name, yet. We're slipping up here and need to get back on track.

However, there is a reason and that is that he runs quite fast, never stops and is often a little distance away from us. He seems to prefer to run on grass. There was a rare occasion on which we saw him at much closer quarters. We commented that we had not seen him for a while and had hoped that he was alright. He told us that he had returned to his indoor training as gyms had reopened. Don't worry, we haven't forgotten about his name!

Our boys, Evington. This is a group that we have seen, not from the beginning of the lockdown, but probably they appeared in the summer of 2020. They walk at a brisk pace, as a group, and it's almost as though their characters can be observed through their style of walking

One is very quiet, has a sauntering swagger and has noticeably lost weight over the months. One frequently looks amused by the banter and shenanigans. Val likes to tease people and so will often hide behind a car so the spriteliest of the 3 is left asking where she is. They know that if they see one of us the other will be close by. They know what time we walk and 'Mr Spritely' will comment on whether we are early or late. We turn the tables on him when his walking partners are hanging around on the street corner awaiting his arrival and further on our walk we find him sauntering in their direction. This leads to much tapping of the arm, by us, indicating that he is late, should have got up earlier, needs to walk faster and stop dawdling. Our interactions are always delivered with great humour which is wonderful at anywhere between 06.00-07.00 in the mornings.

2 elders. There is mutual interest and respect. We have seen them about three times per week. Val has said that this couple have walked together for several years. Early on, we asked them if they needed any form of support, e.g. shopping, but they seemed to be well catered for although we continue to check that they are alright. It is lovely to see them out so regularly always looking happy and contented. We have grown very fond of them and had offered to take them out for tea. However, after due consideration over a few days, they very politely declined our offer.

Understandably they are still concerned about the Covid-19 virus, hence their reluctance to be anywhere that they are not familiar with. They explained to us, clearly and succinctly, why they could not accept our offer, they did not wish to cause offence and they had thought about it extremely carefully. We completely understood and appreciated their concerns. They continue to walk and we talk with them.

Val Fisher Suzanne Overton-Edwards

DRIVE 2050

In the last Echo, I wrote of my plan to drive with a self-imposed speed limit of 50mph on major roads where the national speed limit applies.

As I will describe below, this proved successful, so I also began to look for opportunities to drive at 20mph when the limit was 30 or 40 – imagine that...

My primary aim was to reduce fuel consumption and, in future, extend the range of any electric vehicle I might buy. Secondly, I hoped to reduce wear and tear on tyres and brake pads.

What I did not want to do was to impose my speed limit on other drivers. So, in situations where I might hold people up, I was careful to 'go with the flow' and drive to the speed limit of the road.

Successes included a clear reduction in petrol consumption. On longer journeys where I would typically record 65 mile per gallon, I found 72-75mpg was achievable with lower speeds. Popping to town and back would usually cause a lower rate of around 60mpg and, with more driving at 20mph, I found myself hitting 63-70mpg, depending on how much stop-starting was involved.

Another big bonus was a big increase in how chilled I felt while driving. For example, at 50mph on a motorway or dual carriageway, I was rarely called upon to overtake. Less need to keep checking mirrors or over shoulder; less need to wait for that right moment to accelerate to the speed of the lane; less angsting over when to return to the inside lane to avoid cruising down the middle...

On the negative side, I needed to be more alert - particularly at motorway junctions - to the possibility of being in the way of other vehicles entering the road. I found myself speeding up to move out one lane or slowing down to let the other driver in ahead of me.

I've twice been hooted by lorry drivers who seemed miffed to have to overtake me – sorry folks.

All in all, I'm pleased with saving a little bit of money and burning a little less fossil fuel when driving.

Jeff Henry







EVINGTON GARDEN CLUB

Complying with Covid regulations, the Garden Club reopened in August and the first two programmed meetings were successfully undertaken.

Please find below the next two scheduled meetings. Our meetings are usually held on the third Tuesday of the month at the Village Hall starting at 2.30pm, not in the evenings as previously.

19th October – Wild Flowers and Waterways by Mary Matts.

16th November – My life as a Gardener Designer by Karen Gimson.

Doors open at 2.00pm. Existing members' subscriptions are carried forward. Our Christmas event is called 'Who wants to be by the Seaside?' by Felicity Austin. More details in the next Evington Echo.

WOMEN'S INSTITUTE

12th October Evington Village Hall 2.00pm to 4.00pm.

We would like to invite you to join our friendly group being held once a month on the second Tuesday afternoon.

Each month we have a speaker and various topics are covered. Come along and be welcomed by our friendly group. We always end the meeting with a friendly cuppa or soft drink and a chat. Come and give us a try. Barbara Garlick. 07713804407.

EVINGTON VILLAGE FETE AND SHOW AGM

The Evington Village Fete and Show AGM will be on Wednesday November 17th in the Parish Centre attached to St Denys church. All are welcome, come with ideas and offers to help; we need you! Chris Hossack. Chair.

EVINGTON LOCAL HISTORY AND HERITAGE GROUP

Autumn Programme

October 14th. The Village of Ibstock in NW Leicestershire. Dr Pam Fisher.

November 11th. The Old Vicarage in Rectory Gardens. Rod Dawes.

December 9th. The Women's Land Army (World War I and II). Cynthia Brown.

Members Free, Visitors £3 on the door.

We meet in the Parish Centre attached to St Denys church at 7.00pm. Parking in the church car park available. Refreshments.

COFFEE MORNING - CHURCH OF GOD DOWNING DRIVE

From 10.30am to 12.00noon on the first and third Friday of each month. All welcome.

FRIENDS OF EVINGTON AGM

The Friends of Evington AGM will be held on Sunday 7th November at 3.00pm at Carers' Direct (the old Co-op building, 50 Main Street). In order to give priority to our members, it may be necessary to restrict entry to non-members. Non-members who wish to attend please contact Helen Pettman (Contact details on page 2.) Paul Archdeacon - Chair

RUMMIKUB CLUB

Mondays 10.30 – 12.30noon. £1.50 a session. Evington Park House. Enjoy this game of luck and skill. Non players and experienced players welcome. If you would like to join this club contact Lesly

CROCHET FOR ALL

Tuesdays starting 12th October. 10.00 – 11.30am.

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BILAL YOGA

Wednesday 2.00 – 3.00pm. Evington Park House.

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teacher, Kausar Bux.

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£1 a session.

REMEMBRANCE

Thursday 11th November at 10.45am at Evington War Memorial led by Anthony Lees-Smith, Vicar of St. Denys Church and Area Dean for the City of Leicester.

Sunday 14th November at 10.45am. A parade service at the War Memorial. (A service will also be held at the same time in St. Denys Church.)

ST DENYS CHURCH THURSDAY DROP-IN

9.00am to 12 .00 noon every Thursday. Coffee and free Wi-Fi available in the parish centre.

The church will also be open during this time with brief prayers said at 9.00am and just before midday. A short communion service will be held at 10.00am. Pastoral support and a listening ear available throughout.

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LEICESTER MARVELLOUS MEDICINE TALKS

These are now online talks for the rest of 2021. They take place at: https://www.leicestershospitals.nhs.uk/m embers/marvellous-medicine/ To enrol as a member contact: patientengagement@uhl-tr.nhs.uk

20th October 6.00pm to 7.30pm. Talk: Sudden Cardiac Death in Young People. Speaker: Dr Harshill Dhutia, Consultant Cardiologist.

17th November 6.00pm to 7.30pm Talk: Learning from Deaths in Leicester: UHL's ground-breaking new Medical Examiner System. Speaker: Professor Peter Furness, Consultant Pathologist and Lead Medical Examiner.

December (Date to be announced). Skin Conditions. Speaker: Dr Manisha Panchal, Consultant Dermatologist.

EVINGTON CHAPEL'S SERIES OF SATURDAY EVENING LECTURES AT 7.00PM LE5 6FM

The theme is 'Names of Jehovah'.

23rd Oct. The Lord who Heals – Jehovah Rapha. Mr. David Cooke. 20th Nov. The Lord our Righteousness – Jehovah Tsidkenu. Mr. Timothy Martin.

11th Dec. The Lord our Peace – Jehovah Shalom. Mr. Paul Watts.

29th Jan. The Lord our Banner – Jehovah Nissi. Mr Roland Burrows.

19th Feb. The Lord who Sanctifies – Jehovah Kadesh. Mr. Jonathan Davey 26th Mar. The Lord is there – Jehovah

26th Mar. The Lord is there – Jehoval Shammah. Mr. Richard Brooks.

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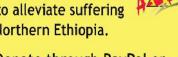
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