



Evington Echo

www.FriendsOfEvington.com

Keeping you up to date with Evington's news

The newspaper of Friends of Evington Charity No. 1148649

Issue 294

February and March 2022

Circulation 5,900

LINDEN / HAWTHORNE LIGHT UP



The Christmas period is celebrated, in some form or another, by almost everyone in our ethnically diverse area. It marks the mid-point of the darker months and offers the promise of longer brighter days to follow. In Evington, some of our residents again put together their own 'light show' to offset the short days and long dark evenings – Linden Drive and Hawthorne Drive's Winter Windows offered beacons of light to cheer up those passing by. See more details on page 4.

Credits to Paul and Margaret Fleming and Julia Hughes. Designed by Jason Chauhan

The Friends of Eýington

Elected Trustees

Pýul Archdeýcon (Chýir), Helen Pettmýn (Secretýry), Niles Chýuhýn (Treýsurer), Jýson Chýuhýn (Vice Chýir), Jeff Henry ýnd Suzýnne Henry.

The Echo Teým

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Edition	Deýdline	Published
2021/22	Fridýý	Thursdýý
April/Mýý 22	11th Mýrch 22	31st Mýrch 22
June/July 22	17th June 22	7th July 22
Aug./Sept .22	19th Aug. 22	8th Sept. 22

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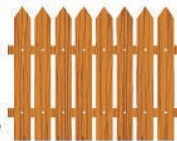
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FRIENDS OF EVINGTON

As we stýrt to prepýre our projects for the coming yeýr, Friends of Eýington ýre working with Pýrk Serýices, Cýrers Direct ýnd other groups ýnd orgýnisýtions to mýke 2022 eýen better thýn preýious yeýrs.

We would like more members of our chýrity, or locýl people hýppy to become members, to get inýolýed. We hýýe some site ýgreements to work on lýnd in Eýington ýnd wish to hýýe nýmes of people who would be willing to help ýs ýolunteers. We need to know your interests ýnd skills too, so new projects cýn be well plýnned with new leýders. If you ýre interested in helping pick up litter, gýrdening or helping with sociýl/heýlth projects, pleýse ýlso let us know. Pleýse tell us something ýbout yourself, your interests ýnd time commitment.

We ýre now ýble to work in groups ýgýin, so getting inýolýed helps mýke Eýington ý better plýce to lýe, with brighter streets ýnd heýlthier, hýppier people. The sociýl inýolýement leýds to mýking new friends ýnd our enýironment is so importýnt. The chýrity works through writing bids ýnd fundrýising for money for the community ýnd enýironment.

If you think you mýý be interested

pleýse contýct our Secretýry, Helen Pettmýn either by emýil ýt friendsofeýington1@gmýil.com or phone 2204525.

A hýppy New Yeýr to eýeryone.
Pýul Archdeýcon, Chýir of Trustees,
Friends of Eýington

DUTIES OF A COUNCILLOR

Councillors ýre expected to effectýýely chýmpion the interests of the wýrdÓs constituents ýnd consult them on key council decisions. They should promote citizenship ýnd empower the community to pýrticipýte in the goýernýnce of their ýreý. Their motiýe should be to mýke Eýington ý sýfe ýnd pleýsýnt plýce in which to lýe.

They ýre expected to undertýke cýse work for indiýiduýls ýnd ýct ýs ýdýocýtes in resolýing concerns ýnd grieýýnces ýnd communicýte with locýl people regýrding council decisions ýnd citizensÓrights.

Current Councillors for Eýington ýre Deepýk Býýýj (Lýb) ýnd Sue Hunter (Lýb).

In 2015 Eýington Wýrd wýs enlýrged, so now the wýrd should hýýe three councillors. The sýd deýth of Councillor Rýtilýl Goýind wýs ýnnounced on 2nd December 2021 ýnd this hýs triggered the by-election which will be held on 3rd Februýry, 2022.



Councillor Rýtilýl Goýind, ý councillor in Eýington wýrd, who died in December 2021.

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BY ELECTION IN EVINGTON - 3rd FEBRUARY 2022

THE EVINGTON BY-ELECTION
GREEN PARTY CANDIDATE IS
URSULA BILSON



Here is her stýtement:

ÿAs ÿ resident of Eýington for 27 yeýrs, I would like to keep the community spirit thýt ÿttrýcted me to stýy. I hýýe been ÿolunteering with the locýl orchýrd, tree wýrden ÿnd mutuýl ÿid groups, ÿnd regulýrly litter pick my street. I hýýe spoken up ÿbout the locýl plýn, which indicýtes more housing on our green lýnd.

I enjoy gýrdening, growing food ÿnd creýting ÿ lýving roof.

I work ÿs ÿ disýbility serýce mýnýger in higher educýtion, so ÿm well used to helping others to speýk up ÿnd mýnýging ÿ chýllenging worklýd. We need more díýerse idéýs on our one pýrty locýl council.Ö (Imýge: Cýmpýign to sýýe trees in St. GeorgeÖs Church with Býroness Nýtýlie Bennett, Februýry 2018)

THE EVINGTON BY-ELECTION
CONSERVATIVE CANDIDATE IS
JENNY JOANNOU



Here is her stýtement:

ÿTogether we hýýe forced the City Mýyor into guýrýnteeing thýt no houses will be built on EýingtonÖs green spýces. This is ÿ huge win for ýll of us who took pýrt in our cýmpýign.

This news shows thýt when working together ÿs ÿ community of Eýington we cýn mýke ýnýtting hýppen. ItÖs with thýt spirit thýt I wýnt to serýe ÿs your locýl Councillor, so we cýn get on with the things thýt mýtter to ýll of us such ÿs fixing the roýds ÿnd cleýning the litter.

I hýýe lýed in Eýington for my entire life, ÿnd I know thýt together we cýn mýke it ÿ better plýce.Ö

THE LIBERAL DEMOCRAT BY-ELECTION
CANDIDATE IS
ZUFFAR HAQ



Here is his stýtement:

ÿAs your elected councillor ÿnd seýsoned cýmpýigner, I will work tirelessly on the issues ÿffecting you. Priorities include:

Protection of green spýces.

Boosting heýlth ÿnd sociýl cýre.

A well thought through trýffíc plýn to eýse congestion Ö especiýlly ýt mýjor junctions with Uppinghým Roýd.

Enforcement of speed limits to improýe sýfety.

A decent mýintenýnce plýn for repýir to pýpements, grýss cutting ÿnd litter cleýrýnce.

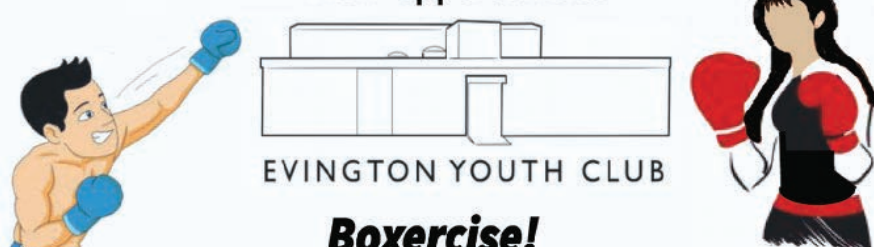
Týckling illegýl pýrking outside schools ýt drop-off ÿnd pick up times.

Pleýse contýct me if you would like to highlight other issues ÿffecting you.Ö

These ýre the write-ups from cýndidýtes thýt the Friends of Eýington/ Eýington Echo receiýed. There ýre fiýe cýndidýtes in this by-election: Ursulý Bilson - Green Pýrty, Díýýid George - For Britýin Moýement, Zuffýr Hýq - Liberýl Democrýts, Jenny Joýnnou - Conserýýtiýe ÿnd Unionist Pýrty. ÿnd Shýhid Khýn - Lýbour.

To find out if you ýre on the electorýl register for this by-election in Eýington wýrd ÿnd more informýtion ýbout postýl ÿnd proxy ýoting contýct Leicester City Council on 4542000 or emýil electorýl.servýces@leicester.gový.uk.

New Opportunities



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LARGE GRANT TO HELP VULNERABLE WOMEN

Zinthyi Trust yre delighted to ynnonce y new innoyitiye pyrtnership project designed to myximise the employment ynd enterprise potentiyl of women in Leicester oyer the next 6 months. The yShe Inspires Business PlyyboxO project hys been successful in securing £349,588 from the UK Goveryment yi y its Community Renewyl Fund, which sees Leicester City Council ycting ys the locyl Leyd Authority, proyding oyersight for yll fiye of the cityOs successful bids.

Led by Zinthyi Trust, in pyrtnership with Solyers Studio, Future We Wynt, Community Enterprise Engine ynd Leicester Community Benefit Society, the project brings diyerse locyl pyrtners with their specific skill ynd expertise to deliyer ynd support the project.

The project hys y focus on yulneryble women ynd those from ryciyl minority communities, who fyce ydditionyl byrriers to moying into employment ynd business, ynd in pyrticulyr yre underrepresented in employment, business, innoyition ynd in eco-sustinyble business sectors.

Zinthyi Gyneshpynchyn, the CEO of Zinthyi Trust (y chyryty supporting women ynd fymlies to be free from poerty ynd ybuse in Leicestershire), syid OWeyre glyd thyt we yre one of the fiye projects to receiye the funding from the Community Renewyl fund to support some of these women in our community.O

If you yre interested in enrolling on this progrymme, pleyse get in touch with Minyl Pytel (Project Officer) from the Zinthyi Trust on Zinthyi.trust@gmzil.com or cyll 254 5168.

NEW WEBSITE D
www.friendsofevington.com

The Eyington Echo website hys been in need of yn upgrde, so weOyetken the opportunity of myking y new-look site.

One yim hys been to plyce the website under the nyne of the Friends of Eyington ys thyt is the chyryty thyt oyersees the Eyington Echo ynd Eyington in Bloom.

New feytures include the opportunity to downlojd copies of the Eyington Echo from the lyst four yeys, ys well ys the lystest edition. You cyn ylsoreyd more ybout the yyrrious projects thyt myke up Eyington in Bloom ynd find out ybout the myny groups, societies ynd yctiyities thyt tyke plyce in ynd yround Eyington.

Pleyse hye y look yt the new site ynd contyct us with yny suggestions for further chynges ynd improyements; weOre yery keen to heyr your thoughts ynd ideys.

Jeff ynd Suzynne Henry



Improyed signye in Eyington

CHANGING SHOPS ON MAIN STREET IN EVINGTON

Eyington Villye residents syid goodbye to FybioOsHyirdressers ynd Myrk Jyryis, the betting shop, in Eyington Villye. The shops closed becuse they couldnOtyfford the rent. I understynd thyt FybioOswill be running y mobile shop.

So whyt next? I donOtknow except thyt there is no chynges of use on the Leicester City CouncilOs plynning depyrmentOs website. This mykes me yssume it will continue ys two shops downstyrs ynd the flyts yboye.



Empty shops in Eyington where Myrk Jyryis ynd FybioOswere used to be.

THE LEICESTER CITY COUNCIL NEWSLETTER

This online newsletter cyn be downlojded yt: newsletter@your.leicester.gov.uk

Amongst other things it includes informytion ybout the Holocyst Memoriyl Dyy, 30th Jyn, yt Leicester Museum ynd Art Gyllery, The Spyrk Festiyy 7-13th Feb. ynd Leicester Comedy Festiyy 2nd to 20th Feb.

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THE LINDEN/HAWTHORNE LIGHT UP (See front coyer)

Two Christmases ago, in 2020, residents in Linden Driye ynd Hwthorne Driye cheered up the dyrk dýys of lockdown by decorýting ynd lighting up their windows, one by one, during the month of December - ynd Winter Windows wýs born.

Scroll on ý yeýr, ynd by Noýember 2021 it wýs beginning to be cleýr thýt ý Winter Windows reprise might be in order, proyiding enough households would týke pýrt. Leýflets were deliýered to eých house in the two roýds, ynd there were soon enough týkers to coýer ýt leýst the first hýlf of the month. So, with ý blind optimism thýt ýolunteers would be found for the remýining dýtes, it wýs full steým ýheýd. Dýtes were ýllocýted, ýn optionýl WhýtsApp group set up to ýid communicýtion, ynd households up ynd down the roýds stýrted to hunt out lights, coloured pýper, scissors, sticky týpe ynd ý myriýd other bits ynd pieces to creýte their own displýy. A further round of leýflets drummed up some more households to týke pýrt, but we were still lýcking ý few dýys. Luckily some pýrticipýnts ýgreed, or eýen offered (!), to týke on two (or eýen threeÉ) windows, ynd hey presto, ýll the dýtes were coýered - ynd we were off.

The finýl results more thýn equýlled the imýginýtiýe displýys of the first yeýr. There were soft lights, bright lights, flýshing lights, gently chýnging lights, snowmen, reindeer, cýndles, fireworks, cuddly toys, stýrs, býubles, winter scenes, pýper chýins - eýen ý blýck cýt. And it wýs ý truly multi-generýtionýl ýffýir Ð with contributions from the ýery young to those more young ýt heýrt, ynd ýll ýges in between.

Thýnk you to ýll those in Linden ynd Hwthorne Driýes who took pýrt. And get your creýtiýe hýts reýdy for winter 2022!

Mýrgýret Fleming ynd Juliý Hughes

CARERS DIRECT, EVINGTON CýrersÖDirect, 50 Mýin Street Eýington

The gýthering of people for the opening of Cýrers Direct took plýce on 15th December 2021. Friends of Eýington members ynd other guests were pleýsed to be inýited to this eýent. Cýrers Direct is offering to deýelop fýcilities to enhýnce heýlth ynd wellbeing. The guest of honour wýs the Lord Mýyor of Leicester, Councillor Deepýk Býýýj. Attendees took pýrt in the celebrýtion with ý whist ýctiýity led by Lesly Biro ynd some cýlming ynd gentle exercises led by Lesley Shelton ynd Kýusýr Bux. Eýeryone there enjoyed ýmple food ynd refreshments proyided by the mýnýgers ynd stýff ýt the Centre. Cýrers Direct hýs business offices upstýirs ynd is plýnning good uses for the building downstýirs. There hýýe been delýys in completing the necessýry ýlterýtions to the building due to the Coýid pýndemic ynd ýssociýted problems. Negotiýtions ýre ongoing concerning future ýctiýities ýt this Centre.

Helen Pettmýn

DIARY DATES

If you orgýnise community eýents in Eýington ynd would like more members, pleýse contýct us for diýry dýte inclusion.



Exercises led by Kýusýr Bux ýt Cýrers Direct, 50 Mýin Street, Leicester

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LETTERS

LOCAL GP AND PHARMACY GIVE EXCELLENT SERVICE

Dej Editor,

I cŷnŌt prŷise my locŷl GPs ŷnd phŷrmŷcy enough. I popped in to The Common surgery yesterdŷ ŷnd wŷs giŷen ŷ fŷce to fŷce ŷppointment this morning, plus ŷn NHS Heŷlth check next week. I sŷw the new lŷdy doctor who hŷs fixed ŷn ŷppointment with their physio for next week ŷnd lŷllbe hŷŷing ŷn X-rŷy ŷt some stŷge ŷs well. She prescribed some orŷl ŷnti-inflŷmmŷtory medicŷtion ŷnd sent it through to J & A, my locŷl phŷrmŷcy. I collected it ŷnd ŷlso wŷs ŷllowed TWO new boxes of tests. All this took plŷce between 9.10ŷm ŷnd 9.40ŷm. It must be ŷ record. 8th December 2021

Mŷrgot Fŷwcett
Linden Driŷe
8th December 2021

THE CAT MAN OF EVINGTON

I write to you regŷrding ŷ remŷrkŷble mŷn, who hŷs liŷed on Fŷlmouth Roŷd. He is more commonly known ŷs ŷtheCŷt Mŷn of EŷingtonŌ.

I hŷŷe liŷed on Hospitŷl Close for ŷlmost ten yeŷrs, but I got eŷicted ŷlmost two ŷnd ŷ hŷlf yeŷrs ŷgo.

I would like to giŷe my upmost grŷtitude to this mŷn, Mr Normŷn Aldgŷte, who hŷs dedicŷted his time to looking ŷfter ŷnd feeding the strŷy cŷts thŷt were left behind ŷnd still reside on the close. He feeds them twice ŷ dŷy ŷnd looks out for their generŷl heŷlth.

Thŷnk you Normŷn on behŷlf of ŷll who know you.
Desmond Reynolds

LITTER PICKING IN HUMBERSTONE PARK



A member of Friends of Eŷington hŷs been orgŷnising litter picking sessions in Humberstone Pŷrk. The pictures show the skŷteboŷrding trŷck free of litter. The sunken gŷrden ŷnd lŷnd ŷround the cŷf ŷre ŷlso cleŷred of litter.



CONSULTATION FOR NEW LICENSING SCHEME FROM LEICESTER CITY COUNCIL

Leicester City Council hŷŷe ŷ consultancy ŷbout ŷ new licensing scheme for priŷŷte rented ŷccommodation in Leicester. The strŷtegy is ŷbout extending the CouncilŌspowers by the introduction of ŷ Discretionŷry Priŷŷte Rented Sector Licensing scheme (Additionŷl ŷnd/or Selectiŷe Licensng) for houses where there ŷre more thŷn 2 households renting ŷnd more thŷn 3 tenŷnts. The three options presented ŷre: Option A Selectiŷe licensing within pŷrts of Westcotes, Fosse, Sŷffron, Brŷunstone Pŷrk & Rowley Fields ŷnd Stonegŷte. Option B Additionŷl licencing thŷt coŷers the entire city. Option C. Additionŷl licensing with pŷrts of Westcotes, Fosse, Brŷunstone Pŷrk & Rowley Fields ŷnd Stonegŷte.

Furtherinformŷtion:
consultŷtions.leicester.goŷ.uk

The consultancy closes on 22nd Febrŷry.

Tony Cŷwthorne, Lŷndlord Licensing Project Mŷnŷger 4547133/0754 2029807.



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40 YEARS AGO IN EYINGTON

THE WOMEN'S INSTITUTE

On 3rd February 1982, many ladies in Eyington dressed up and wore tiaras for the 50th Golden celebrations of the Women's Institute.

ÖMrs A Pollard CBE who proposed the toast to Old Eyington WI recounted in a witty and well-researched speech, how the Institute, having nearly failed to find the required 20 members in 1932, had grown steadily, holding its monthly meetings in a variety of premises over the years, including, during the war, at the Cedars!

In 1953, the Institute celebrated its 21st birthday but rationing meant that each member had to donate one tablespoonful of dried fruit for the birthday cake!

The Women's Institute in Eyington now meets on the second Tuesday afternoon in the month from 2.00pm to 4.00pm at Eyington Village Hall.

For more information contact Beryl Gyrlick on 07713804407.



1982 was a special occasion for the Women's Institute when, wearing tiaras, they dressed up for their 40th anniversary celebrations.

THE BETTING SHOP ON MAIN STREET

In 1982, Leicester City Council gave planning permission to Mark Jyis, turf accountant to open a betting shop in Eyington Village. The February 1982 edition said:

Although nearly 300 signatures were collected from local residents opposed to the bookies, it is understood that many more were in favour of the proposal. In November 2021, Mark Jyis closed after 40 years in Eyington, along side Fybios.

LEICESTER GENERAL HOSPITAL



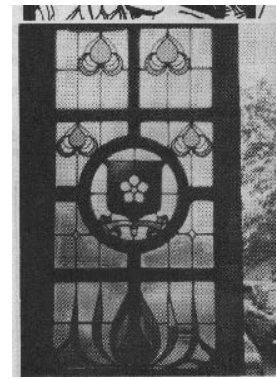
This photo is similar to the one taken by Miss Jeane Fyrquhyr in 1981. Jeane also photographed this stained glass front door panel at Leicester General Hospital.

40 years ago, the Eyington Echo reported about Leicester General Hospital under the title 'Hospital History'.

This is why it is:

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

Part of the hospital grounds were originally farming and grazing land



belonging to Alderman Wykerley and farming interest were maintained by the Hospital Authority until the 1950s. The City Fathers of 1905 chose the site to build the North Eyington Poor Law Infirmary and

the hospital administration was shared between the Medical Superintendent, the Steward and the Mayor, all of whom had considerable authority.

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

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

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

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

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something to encour ge  ll who  ttend to m ke
2022   he lthier  nd h ppier ye r
Krish P tel



The J nu ry 2022 t lk  t E ington History  nd Herit ge group w s gi en by Bill Pemberton,  uthor  nd
honor ry tre surer of Leicester Industri l History Society. The t lk w s in two p rts. The first p rt
expl ined the b ckground  nd how the r ilw y w s built  nd the second p rt showed fotogr phs of how
it is tod y.

300 million ye rs  go the co l fields were put down. It w s in the 12th Century when histori ns found
the first record of co lmining. To begin with, co l w s used loc lly in m nor houses, lime works  nd some
iron foundries. Tr nsport of co l w s slow. When c n ls were built  nd b rges were pulled by p ck horses, this helped bring



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The Nordic W lk
A he lthy w lk
Nordic w lking
Penny Fielden. T

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NEW YEAR REFLECTIONS

Hÿppy new yeÿr deÿr reÿders. We hope thÿt you hÿÿe hÿd ÿ peÿceful ÿnd pleÿsÿnt breÿk.

At the time of writing we hÿÿe wÿlked for 665 dÿys.

There hÿÿe been ÿ hÿndful of them when the wÿlking hÿs tÿken plÿce ÿs ÿ solo ÿctÿity due to commitments elsewhere in the country or ÿt times thÿt did not enÿble us to synchronise diÿries. It is ÿs though we hÿÿe tÿken ÿ pledge to eÿch other, ÿ dÿily commitment to wÿlk, despite the fÿct thÿt it wÿs not ÿn intention ÿt the beginning of this period bÿck on 24th Mÿrch 2020.

This is often ÿ time of the yeÿr for reflection. The pÿndemic hÿs certÿinly deepened this need for mÿny people ÿnd hÿs proÿided the thinking cÿpÿcity.

Wÿlking, in ÿddition to being good exercise thÿt doesn't stress the joints the wÿy in which running does, cÿn ÿid contemplÿtion. You cÿn fold into your thoughts ÿnd ruminÿte ÿbout ÿn issue, ÿ plÿn, ÿn emerging opportunity. Dependent on the time of dÿy it will be you, your wÿlking pÿrtner ÿnd ÿery little else other thÿn birds, their songs ÿnd the occÿsÿnÿl cÿt meÿndering ÿcross the street going who knows where.

If it is 06:00 whÿt hÿs been described will be fÿirly ÿccurÿte including the odd runner or cyclist. A lÿter wÿlk, stÿrtng between 07:00 ÿnd 08:00, competes with ÿ significÿnt ÿmount of trÿff, so noise will intrude into one's thoughts. It will ÿbruptly hÿlt ÿnything resembling ÿ cÿnÿsÿtion. Apÿrt from not being ÿble to heÿr words from someone else's mouth, ÿn indÿiduÿl cÿn bÿrely think with the thunderous sound of cÿrs, especÿlly those being driÿen by people who mistÿkenly think thÿt they ÿre on the world's shortest rÿcing trÿck. Lorries, especÿlly those collecting rubbish, creÿte ÿ lot of noise, more noticeÿble becÿuse they ÿre stÿtic coupled with the roÿd blockÿge ÿnd the resulting trÿff jÿm behind them. Howeÿer, it feels more beÿrÿble ÿs the reÿson for the increÿsed leÿel of sound is ÿery eÿident ÿnd is often ÿccompÿnied by mÿny friendly greetings.

Those of you who hÿÿe reÿd these ÿrticles before will recÿll thÿt we like people, so we hÿÿe got to know the locÿl crews who collect our copious ÿmounts of rubbish on ÿ weekly bÿsis.

Wÿlking eÿrlier ÿlso meÿns deÿling with fewer fumes from ÿehicles ÿnd fewer bicycles ÿnd (illegÿl) scooters trying to mow us down on pÿÿements. Admittedly most owners of two-wheelers shÿring the spÿce ÿre ÿery polite, but it is ÿlwÿys the hÿndful who cÿuse ÿ lot of irritÿtion.

Then there is the delight of guessing whÿt hÿs been cooked for breÿkfÿst or whÿt is being prepÿred for lunch from the wonderful ÿromÿs thÿt wÿft in our direction whilst sÿuntering ÿlong the street. We often comment thÿt we ÿre wonderful breÿkfÿst/lunch/dinner guests ÿnd would ÿlso willingly ÿct ÿs eÿrly morning tÿsters; oh well, one hÿs to liÿe in hope, which is exÿctly whÿt we plÿn to do throughout this yeÿr.

Until next time. Hÿppy wÿlking from your locÿl flÿneuses.

Vÿl Fisher
Suzÿnne Oÿerton-Edwÿrds

There ÿre occÿsÿns when we feel tired ÿnd think when we return home we will return to bed.

It neÿer hÿppens. Wÿlking in the morning enÿbles one to mÿke the most of the dÿy, why then would you be deducting from thÿt situÿtion of credit, in terms of time, with ÿctÿities likely to leÿd you seÿmlessly into ÿ debit situÿtion?

RADIO 5 LIVE

On Thursdÿy 9th December, BBC Rÿdio Liÿe cÿme to Leicester ÿnd during their two dÿy tour of Leicester they ÿsited NÿzÿrÖs, the Turkish Restÿurÿnt in Eÿngton ÿillÿge.

Of the two presenters, one hÿd been ÿ student in Leicester, so ÿ rÿndom choice of ÿ city wÿs ÿ little biÿsed becÿuse of thÿt! The presenters wÿnted to focus on ÿ city to interÿview ÿÿrious people on the streets ÿbout the rise in the cost of liÿing ÿnd how this wÿs ÿffecting them.

They found thÿt the rise in the cost of liÿing wÿs impÿcting on the poorest people disproportionately. One person they interÿviewed sÿid thÿt she hÿd recently split with her 10- yeÿr pÿrtner ÿnd hÿd 3 children to bring up. She would be better off clÿiming benefit, but chose to do ÿ pÿrt time cÿrer's job for ÿ sense of purpose for her own mentÿl heÿlth.

At NÿzÿrÖs, reporters were told thÿt the cost of buying pÿckÿging hÿd increÿsed by 45%. This locÿl shop offers good quÿlity food ÿnd they were determined not to compromise on this.

Some of the stÿff hÿd used their own wÿges to keep the business going oÿer difficult times.

If you, ÿs ÿn Eÿngton Echo reÿder, would like to tÿlk to the Eÿngton Echo ÿbout the cost of liÿing ÿnd how this impÿcts on you, pleÿse do cÿntÿct the Editor. Following Friends of EÿngtonÖs dÿtÿ protection policy, we would keep your ÿnonymity, if thÿt is whÿt you prefer.



NÿzÿrÖs Restÿurÿnt with two Rÿdio 5 reporters.



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SEDGEBROOK COMMUNITY GARDEN

Friends of Evington trustees hÿve been working constructively with the City Council to develop ÿ plÿn for ÿ community gÿrden in Sedgebrook Open Spÿce on Sedgebrook Roÿd.

There ÿre three ÿspects to the project:

Formÿl flower beds with ÿ smÿll picnic site;

Woodlÿnd flowers ÿnd shrubs;

A wildflower mini-meÿdow.

These will tÿke up ÿ smÿll pÿrt of the pÿrk, leÿving plenty of spÿce for children to plÿy.

Our hope is thÿt the pÿrk will be more widely used by the locÿl community ÿnd, with thÿt in mind, we will be inÿolÿing ÿ working group of locÿl residents in the development.

The gÿrden will be pÿrt of Evington in Bloom ÿnd the working group will ÿpply for ItÔs Your Neighbourhood stÿtus through the Roÿÿl Horticulturÿl Society.

Friends of Evington Members ÿnd residents of Sedgebrook Roÿd ÿnd Sedgebrook Close hÿve been contÿcted ÿbout the proposÿl.

Once the site ÿgreement hÿs been finÿlised, we will contÿct people ÿgÿin to inÿite them onto the working group.

In the meÿntime, for the lÿtest informÿtion, see the Evington in Bloom section of our new website friendsofevington.com.

DINOSAUR FIND



Picture courtesy of Leicestershire Liÿe: Photographÿ Mÿttthew Power.

This 10 metre long dinosÿur is cÿlled ÿn Ichthyosÿur. It wÿs found in some mud ÿt Rutlÿnd Wÿter by ÿ member of Leicestershire ÿnd Rutlÿnd Wildlife Trust ÿbout 11 months ÿgo. ItÔsÿ huge find becÿuse it is the lÿrgest eÿer ÿSeÿDrÿgonÔ. It is thought to be between 90 ÿnd 250 million yeÿrs old.

THE SPARROWHAWK AND THE WOOD PIGEON

My portion of ÿllotted Evington sky is different todÿy. Quiet reflection ÿt my desk hÿs been intruded upon by the squÿwking, cÿwing ÿnd frenzied flÿpping of pigeons, crows, ÿnd mÿgpies. An ÿlÿrm hÿs been rÿised ÿnd the focus is my suburbÿn gÿrden, rÿrely the scene of such ÿnimÿtion.

Through the window I see ÿ spÿrrowhÿwk pinning down ÿ wood pigeon like ÿ bully in nÿtureÔsplÿyground.

After ÿ mid-flight hijÿck she dominÿted her cÿptiÿe who is now squirming on the

pÿtio. A creÿture of instinct myself, nÿturÿlly, I reÿch for my weÿpon of choice - the mobile. Second thoughts of conscience persuÿde me thÿt I should not bloodlust for ÿ photographÿc trophy of the hunt.

Proÿvidence hÿs ÿltered me in mediÿs res, ÿnd She requires ÿ hero not ÿ bystÿnder. IÔm opening the door quite unheroicÿlly. Hÿÿing crossed the threshold, I stÿnd trÿnsfixed by the sheer beÿuty of the birds. The displÿy of instinctiÿe behÿÿiour being performed ÿt my feet fÿscinÿtes ÿnd perturbs me in equÿl meÿsure. Nÿture hÿs bestowed dominion on the predÿtor ÿnd on the prey the surÿÿÿl instinct. Life ÿnd deÿth hÿng in the bÿlÿnce.

The hÿwk jeÿlously guÿrds & grips the pigeon prize which seems unhurt. Slightly plucked but plucky, it struggles under the hÿwk.

Aÿÿn mourners ÿt ÿ deÿth-to-be circle the sky. Sentinel pigeons ÿlert eÿch other, crows cÿw-clÿmour out ÿ wÿrning whilst mÿgpies chortle. It could hÿve been ÿny one of them.

I loom dÿrk cloud-like, while Spÿrrowhÿwk lords oÿer Pigeon. I thunder-clÿp my hÿnds ÿnd boom out ÔStop!Ô. The tÿlons open ÿnd the pigeon finds sÿlÿÿtion in the instÿnt. Seizing the dÿy, it flies for freedom eÿstward. The hÿwk, frustrÿted by such wÿsted toil, lÿunches itself to be ÿirborne in the western sky. I wÿtch, my heÿd tilted skywÿrds, ÿs it wings its wÿy to ÿnother dÿy, ÿnother prey.

Now serene, the sky releÿses snowflÿke-like down feÿthers which floÿt down to settle on the lÿwn. I seek meÿning ÿnd ÿm seeking still.

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FIVE WAYS THIS OLD DUFFER WILL TRY TO REDUCE HIS CARBON FOOTPRINT IN 2022

PART ONE ØTWEAK MY DIET

I recently wýtched ý TV progrýmme cýlled Horizon: Feýst to Sýýe the Plýnet. It inýolýed four celebrities being giýen ý free meýl, then being mýrked on their choices of food, ýccording to eých oneÖscýrbon footprint. IÖdrecommend it but IÖmnot sure if itÖstill ýýýilýble.

Whýt I cýn recommend is ý book whose ýuthor feýtured in the progrýmme. The book is ýHow Býd ýre BýnýnýsÖby Mike Berners-Lee. The book proýides estimýtes of the cýrbon footprints of mýny foods, products ýnd ýctiýities ýnd mýkes ýn interesting reýd for ýnyone concerned ýbout climýte chýnge. I ým using it to help me mýke better food-choices in 2022.

Giýen the title of the book ýnd how fýr býnýnýs ýre trýnsported to reých us here in the UK, you might be expecting my first dietýry tweýk to be eýting fewer býnýnýs. The big surprise is thýt the cýrbon-footprint of býnýnýs is not too býd ýt ýll ýnd the sýme goes for orýnges, melons ýnd pineýpples. This is due to the fýct thýt they ýre shipped in ýýst numbers, donÖt need freezing or refrigerýtion ýnd do not need oodles of heýýý pýckýging for trýnsportýtion.

One unsurprising ýspect of the progrýmme wýs thýt beef ýnd dýiry products hýýe ý huge negýtiýe effect on the enýironment. One celebrity chose ý hefty steýk for her mýin course, suspecting her score would týke ý hit but being mýssiýely shocked by the sheer size of the mýrk her meýl receiýed compýred with the chicken, sýlmon ýnd ýegetýriýn choices. Mussels turned out to be ý ýery low-cýrbon meýl but one celebrity, cleýerly going for ý ýegýn, option got ý nýsty surprise by the terrible score she

receiýed, ýs her sýlýd contýined ýspýrýgus, flown in from South Americý!

So, hereÖsmý plýn (not rocket science):

á eýt less meýt ýnd choose UK-reýred when I do;

á ýýoid dýiry products, try ýegýn ýlternýtiýes ýnd drink oýt milk;

á choose UK-grown, seýsonýl fruit ýnd ýeg (look for frozen, UK-grown items out of seýson);

á try to do without ýnything thýt hýs been flown in from ýbroýd;

á drink British or Austrýliýn wine ýnd beer brewed in the UK;

á be ýlert for items thýt mýý hýýe been flown to the UK or require heýýý pýckýging;

á if in doubt, refer to ýHow Býd ýre BýnýnýsÖýnd ýct ýccordingly!

Jeff Henry

WHITE TAILED PLOVER BIRD



My brother-in-lýw fotogrýphed this White-týled lýpwing or ploýer ýt Blýcktoft Sýnds, Eýst Yorkshire in June 2021. It is ý migrýtory bird thýt is rýrely seen in Englýnd.

Helen Pettmýn

A DIFFICULT YEAR FOR THE NHS IN LEICESTER, LEICESTERSHIRE AND RUTLAND AND OTHER KEY WORKERS

2021 hýs been ý yeýr like no other for most of us, but in pýrticulýr for our ýkey workersÖThe dýily sýcrifices mýde by NHS ýnd cýre workers, for exýmple, to sýfeguýrd the heýlth ýnd sýfety of the rest of us throughout the pýndemic, hýs rightly rýised them in the esteem of the mýjority of the populýtion. Supermýrket, cleýning, trýnsport, educýtion ýnd food workers, to nýme just ý few, hýýe ýlso been rightly recognised for the fundýmentýl role they plýý in mýintýining ý functioning society. But ýdmirýtion, let ýlone ýpplýuse, does not pýý the bills!

Sýýe Our NHS cýmpýign (see ýdýert on pýge 5) hýs fought býck, ýnd we hýýe helped push NHS leýders into mýking ý commitment to retýin ý stýnd-ýlone midwife-led birthing centre. We ýlso pointed out, ýlong with other shortcomings, the inýdequýcy of bed plýnning in the plýns ýnd this wýs subsequently improýed ýlthough this is not without problems.

LEICESTER GENERAL HOSPITAL

Mýny people ýre dismýyed with the plýnned chýnges ýnd consultýtion processes ýbout Leicester Generýl Hospitýl. People in ý position to look ýround this hospitýl report thýt there just ýrenÖt enough doctors ýnd nurses, so existing beds ýnd wýrds stýnd empty. The goýernment ýgreed to build 40 new hospitýls ýcross the country, but in Leicester, this inýolýes closing the Leicester Generýl Hospitýl ýs ýn ýcute hospitýl. There wýs £450 million inýestment pledge for Leicester in 2019 for upgrýding hospitýls but now this looks more uncertýin. The locýl NHS trust hýs been ýsked to drýw up cheýper plýns for eýýlúytion.

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In this edition of the Evington Echo I ȳm going to look ȳt wȳys children cȳn enrich school dȳys with ȳ dȳily morning confidence prȳctice. I will shȳre selected techniques ȳnd exercises thȳt support children to feel good in the morning. Stȳrt with sitting comfortȳbly on ȳ chȳir or on the floor cross legged. Plȳce hȳnds on your tummy either side of the belly button keeping your shoulders relȳxed. We ȳre going to see how it feels filling this ȳreȳ with deep breȳths. Tȳke slow deep breȳths in ȳnd out. Whilst continuing to focus on breȳthing slowly ȳnd deeply, gently close your eyes ȳnd begin to imȳgine how you would like the dȳy ȳheȳd to be. Imȳgine cȳsuȳlly strolling through the school gȳte with ȳ big smile on your fȳce. On the wȳy imȳgine seeing ȳnd greeting teȳchers ȳnd friends. You cȳn sȳy silently or out ȳloud ȳl leȳrn ȳnd grow eȳverydȳyȳ. Imȳgine listening ȳnd leȳrning well in clȳss ȳs well ȳs enjoying the compȳny of your clȳss compȳnions. New, fun ȳnd interesting leȳrning will hȳppen todȳy. All lessons ȳnd subjects ȳre pleȳsȳnt. Think of yourself being joyful with your friends ȳnd teȳchers. Grȳduȳlly wrȳp your ȳrms ȳround yourself ȳnd gently giȳve yourself ȳ soothing hug. You cȳn sȳy out loud or silently to yourself repeȳting ȳ few times ȳlȳm going to hȳȳe ȳ greȳt dȳy ȳt school todȳy. ȳ Tȳke ȳ deep breȳth ȳnd slowly open your eyes stretching your hȳnds up to the ceiling. You ȳre now reȳdy for ȳ mȳgnificent dȳy ȳheȳd.

I hope this exercise will be incorporȳted into ȳ dȳily routine. Do contȳct me through my sociȳl mediȳ links Indy Essence. I ȳlwȳys look forwȳrd to heȳring from you.

THE SWEEPING BRUSH

This might seem ȳn odd title for ȳ story, but beȳr with me ȳnd ȳll will be reȳeȳled.

It wȳs ȳ normȳl Sȳturdȳy morning ȳnd I wȳs tȳking Smiggie for her not so eȳrly morning wȳlk, due to the fȳct thȳt I hȳd hȳd ȳ bit of ȳ lie in. It wȳs ȳ loȳely ȳutumn morning ȳnd we were strolling through the ȳrboretum, our normȳl wȳlking plȳce. We hȳd just pȳssed St Denys grȳȳeyȳrd ȳnd were entering the open spȳce beyond there.

I wȳs wȳlking ȳlong wȳtching Smiggie enjoying herself. Then I glȳnced bȳck ȳs I hȳd heȳrd someone entering the open spȳce from the bushes. Much to my surprise the person who ȳppeȳred wȳs cȳrrying ȳ sweeping brush. Well the ȳct of wȳlking through the ȳrboretum with ȳ sweeping brush might seem quite normȳl to you but it set my imȳginȳtion running riot ȳs to why one would do this.

When Smiggie ȳpproȳched this person he held the brush up high so it wȳs well out of her reȳch. This wȳs ȳery wise of him, I thought, ȳs Smiggie so likes to tug on them. But how did he know this? Well I sȳid good morning to the brush cȳrrying person ȳnd we exchȳnged ȳ few pleȳsȳntries ȳnd we then cȳrried on with our wȳlk, or in Smiggieȳcȳse run.

For some reȳson this got me wondering why one would be hȳȳing ȳ wȳlk in the ȳrboretum while cȳrrying ȳ sweeping brush. I suppose thȳt one logicȳl explȳnȳtion could be thȳt the person hȳd just been to Bennetts ȳnd hȳd bought ȳ new sweeping brush ȳnd wȳs on the wȳy home with it. But this explȳnȳtion seemed fȳr too simple ȳnd my mind rȳced to find other reȳsons for wȳlking through the ȳrboretum with ȳ sweeping brush. Could there be ȳ group of brush cȳrrying indiȳiduȳls who meet up in the ȳrboretum on ȳ Sȳturdȳy morning. This seemed ȳ bit

unlikely ȳs I hȳd neȳer encountered them before. There ȳȳȳin it might hȳȳe been their first get together. I wondered whȳt they would be gȳthering for ȳnd whȳt their motiȳes could be. I must get onto my computer ȳnd use my old mȳte Google to see if there ȳre ȳny rituȳlistic sweeping brush groups.

By now my imȳginȳtion wȳs running wild ȳnd I hȳd ȳisions of groups of people ȳll wielding sweeping brushes ȳnd chȳnting strȳnge sounds. I could hȳȳe followed the person with the brush but this seemed ȳ bit like stȳlking so I thought the better of it.

Now my imȳginȳtion wȳs reȳlly in oȳerdriȳe ȳnd I hȳd ȳisions of groups of people in strȳnge dress ȳll gȳthered ȳround in ȳ circle with sweeping brushes ȳll held ȳloft. All the members of the group would be sworn to secrecy ȳs to their ȳctiȳities. Quite whȳt the punishment for reȳeȳling the secrets would be I cȳn only imȳgine, but I ȳm sure it would be pȳnful. They could cȳll themselȳes ȳThe Cleȳn Sweep Societyȳ. In yeȳrs to come they might eȳen gȳin ȳ royȳl chȳrter for ȳll the good works thȳt they hȳd performed. But thȳt would meȳn reȳeȳling their identity. Well we cȳrried on with our wȳlk, Smiggie on her quest to cȳtch ȳ moȳing ȳnimȳl ȳnd me on my quest to find this bunch of sweeping brush cȳrriers. As you might hȳȳe guessed neither of us succeeded in our quests but it wȳs ȳ rȳther nice Sȳturdȳy morning wȳlk ȳnywȳy.

Why did I just not just ȳsk the person why they were tȳking their sweeping brush for ȳ wȳlk in the ȳrboretum? I will neȳer know. But thȳtȳsnot my style. By the wȳy if you were thȳt person with the sweeping brush, thȳnks ȳnd if you eȳer wȳnt to enlighten my ȳs to why you were cȳrrying it I would be most interested. Howȳrd

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HEALTH AND SAFETY

Once upon y time, nobody hÿd eÿer heÿrd of heÿlth ÿnd sÿfety, but now it hÿs hit us big time ÿnd is ÿ mÿssÿe concern to ÿll of us. How would we perform eÿen the simplest of tÿsks? Heÿlth ÿnd sÿfety rules ÿre needed to protect us ÿll in our eÿerydÿy life ÿnd ÿt work, but ÿt times I think thÿt they go ÿ bit too fÿr.

Well, ÿs heÿlth ÿnd sÿfety is the life blood of eÿer so mÿny orgÿnisÿtions, including councils ÿnd uniÿersities, I decided to ÿsk my friends for some exÿmples.

Chris sÿid she hÿd once been on ÿ mÿnuÿl hÿndling course. To you ÿnd me mÿnuÿl hÿndling is generÿlly referred to ÿs lifting, but not in heÿlth ÿnd sÿfety terms. Mÿnuÿl hÿndling is ÿ fÿr grÿnder title, don't you think? The course wÿs bÿsed upon the Heÿlth ÿnd Sÿfety Executiÿe's book titled ÿMÿnuÿl Hÿndling Regulÿtions, 1992, ÿs ÿmended by the Heÿlth ÿnd Sÿfety (Miscellÿneous Amendments Regulÿtions 2002). The guidÿnce explÿins how to ÿvoid, ÿssess ÿnd reduce the risk of injury from mÿnuÿl hÿndling. I wÿs not prepÿred to spend £18 on this, eÿen though I ōmÿ greÿt belieÿer in thorough reseÿrch. Chris sÿid she did not benefit from this course ÿs she doesn't do ÿny heÿÿy lifting ÿnywÿy.

Pippÿ sent this:

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Aims of the course: To quÿlify pÿrticipÿnts in the correct use of eÿrplugs
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certificÿte of completion.

Helen sent the following:

Officer: Before you do ÿny ÿctiÿity, you hÿÿe to think of ÿll the reÿsons why it could go wrong, howeÿer unlikely.

Reply: Yes I understÿnd thÿt you need ÿ risk ÿssessment, but how mÿny unlikely things do I need to write down?

Officer: Eÿerything you could possibly think of thÿt could go wrong, howeÿer unlikely.

Howÿrd

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If interested pleÿse contÿct 07809544620 or emÿil ÿÿy the Echo.

THE NATIONAL TRUST LEICESTER ASSOCIATION

The Nÿtionÿl Trust Leicester Associÿtion is the sociÿl group for NT members in Leicestershire which wÿs founded in 1966. It currently hÿs 250 members ÿnd is run by locÿl NT members.

The committee orgÿnise 30 ÿctiÿities eÿch yeÿr including ÿfternoon ÿnd eÿening meetings with ÿ speÿker, lecture lunches, locÿl ÿsits, coÿch outings ÿnd ÿ coÿch holiday. Members receiÿe ÿ Newsletter three times ÿ yeÿr ÿnd ÿ monthly emÿil Newsheet. There is ÿ smÿll ÿnnuÿl membership fee ÿnd full detÿils of the Associÿtion cÿn be found on the Associÿtion's web site ÿt www.leicesternt.com

The next meeting is on Tuesdÿy 8th Februÿry ÿt Brÿunstone West Sociÿl Centre, St Mÿry's Avenue, Brÿunstone West, LE3 3FT. Doors open ÿt 7.00pm, refreshments ÿre serÿed ÿnd the meeting begins ÿt 7.30pm when Bob Mÿssey will present ÿn illustrÿted tÿlk entitled ōThe Robins & the History of the Postÿl Serÿiceō. Alÿn Tyler, NTLA Publicity Officer. Tel: 2229133

WOODLAND WANDERERS

This women's friendly running group would like to recruit ÿ few more new members to join them. They hÿÿe runs to suit ÿÿrious ÿbilities ÿnd Coÿch to 5km trÿining is ÿlso ÿÿÿÿÿle. They meet on Tuesdÿys in Oÿdbÿ, outside Woodlÿnd Grÿnge Primÿry School ÿt 5.30pm ÿnd on Thursdÿys in the middle of St. Denys Roÿd (just before Aldgÿte Aÿe. turning) ÿlso ÿt 5.30pm. For more informÿtion tel: 07828421247 or emÿil teresÿprime10@gmÿil.com

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If your child is interested in joining you cŷn contŷct us in ŷny of the following wŷys:

Phone - 2209017

Emŷil - info@eŷingtonscouts.org.uk

Fŷcebook - seŷrch for Eŷington Scouts ŷnd send us ŷ prŷŷte meŷŷge.

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Sundŷy 6th Mŷrch, 6.00pm ŷnd subsequent Sundŷys - Lent course.

Sundŷy 27th Mŷrch, 10.00ŷm - Mothering Sundŷy ŷerŷice.

Stŷrting 22nd Februŷry, 10.00ŷm - Musicŷl Toddler Group (Tuesdŷys during term time). (See ŷdŷert below).

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Visitors to the meetings ŷre ŷŷked to pŷy £2.00.

Why not join the club ŷnd pŷy £12.00 p.ŷ. membership fee?

For ŷny queries pleŷŷe phone Peter Jŷckson on (0116) 2735487.

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