

EvingtonEcho.uk

The newspaper of Friends of Evington Charity No. 1148649
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1926 - 2022

The Friends of Evington would like to pay tribute to Queen Elizabeth II. Her Majesty was someone who was special to so many people and a symbol of steadfast duty. We offer condolences to all the people who have lost their beloved Queen.

Evington Village

Fete and Show



The horticultural and craft exhibitions have been the centrepiece of Evington Village Fete & Show since it started on Evington Village Green 20 years ago. This year, after two years of Covid restrictions, it was back, and what a multi-faceted and joyous celebration! This front cover shows a winning children's entry in the Show, the Bakanalia Border Morris dancers, the Friends of Evington stall, a winning flower arrangement entry, a Caribbean folk singer, the Willow weaving stall, a plant stall with bouncy castles beyond, the Loughborough Town Band, a view inside the marquee and the Punch and Judy Show.

More photographs inside.

Photographs by Helen Pettman
Designed by Jason Chauhan

The Friends of Evington Elected Trustees

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Editorial

Evington in Bloom results

It is with great pleasure that I write to thank all the volunteers from the 'It's Your Neighbourhood' groups and all the other many volunteers who have helped Evington in Bloom get a GOLD award from East Midlands in Bloom/the Royal Horticultural Society.

The judges' special award went to a young person, Grace Davidson, for the Jubilee bed in the St. Denys Church grounds. Jeff and Suzanne Henry won a Silver Gilt award for their residential front garden. The Cedars won a Silver Award in the pub competition. Our two school entries were from Mayflower Academy and Judgemeadow Community College. Mayflower was judged the best fruit and vegetable garden in the East Midlands; Judgemeadow came a close second with others.

In the Evington in Bloom report the judges gave separate marks for horticultural achievement (we got 31 marks) environmental work (we got 27 marks) and community work (we got 29 marks) with a total of 87° 4

Leicester City Council are putting on a special event for Bloom and IYN (It's Your Neighbourhood) on 7th October. We have five IYNs in Evington and there are 22 in the City.

In Evington, the Friends of Evington and the Vintage Cafe have sponsored a discussion meeting about IYN groups. Discussion has been about Climate Change issues and how this particular branding, supported by the Royal Horticultural Society, could help bring people and environmental work together. We have called this a Village Meeting and plan to have more Village Meetings. We are making podcasts and have been helped with the technology side by Rob Watson from Decentered Media and Leicester Stories.

A Civic Statement by the Editorial Team of the Evington Echo

It is the duty of all Leicester citizens to refrain from aggression and hostility and to uphold the law. Violence against the police force is never acceptable. They are public servants who seek to protect us and to promote order in our city. Keep the peace and help the police by passing on any information which might help to prevent a crime. It is our civic duty to do so.

We must all strive to be ambassadors of reconciliation. We urge our fellow citizens in Leicester East to think constructively, speak responsibly and act decisively to help restore calm to the city. Our predecessors built strong bridges between us in those early days of learning to live together. Let us hold fast to their legacy.

We are Leicester citizens first and foremost and religious adherence is a secondary choice for many but by no means all. The secular voices of reason should not be ignored or drowned out by the chants of religious division.

We must not allow extreme identity politics to predominate. What we have in common far exceeds in importance the attributes that we do not share.

We call on religious, political and community leaders to reach out to young people and to lead by example

with a unity march. There is much bridge-building to be done but it is not beyond us. We, at the Evington Echo, pledge to work with others to promote harmonious community relations.

After all, readers, we are one Leicester.

Sites for housing development in Evington

Some 7 sites in Evington and North Evington have been earmarked for developments, including some green open spaces. The developments are all outlined in a city masterplan mapping out housing, employment and more, for the next 15 years. The full list has been published in the Leicester Mercury and we have extracted the information relevant to Evington and North Evington with thanks to the Leicester Mercury.

Evington Valley Road, former Dunlop Works (Spinney Hills) - the former factory site could be transformed into a 45 home project with some of the site used for employment.

Land North of Gartree Road, Evington. Another green space which could see 30 homes constructed.

Spence Street (North Evington) 19 homes could be created on this street.

Land adjacent to Evington Leisure Centre, Evington. 13 homes are suggested for this green space.

Helen Pettman





Friends of Evington (Charity no. 1148649) are holding their Annual General Meeting from 6.00pm to 8.00pm at Evington Village Hall LE5 6FA on Tuesday 1st November 2022

This meeting will discuss our 21/22 projects which have been the Evington Echo and Evington in Bloom and look at future plans of integrating our gardening and environmental responsibilities with the Echo publicity. We will also report on our discussions about 'It's Your Neighbourhood' groups as one way of remodelling bringing people together for gardening and environmental responsibility on pockets of land and streets in Evington. Further ways we can get together to share our knowledge or put on training courses will also be on the agenda as well as our financial report.

The meeting is open to our members, who receive updates of our activities, supporters and any interested individuals who would like to get involved or just learn more.

Please do let the secretary, Helen, know if you are coming to this meeting. Tel: 2204525 or 07910431044 or email friendsofevington1@gmail.com



The Cedars

This new noticeboard is colour coded orange for 'Changing Times'. The Cedars used to be a private house built in the 1830s and has been the home of prolific novelist, Edward Phillips Oppenheim. It changed into a public house in 1938. This and the many other boards are part of 'the Story of Leicester'.

History panel by Leicester City Council (Visit Leicester).

Cllr. Deepak Bajaj

Councillor Deepak Bajaj (Former Lord Mayor - May '21- May'22) and Labour councillor for Evington since 2005, has now moved to become a member of the Conservative Party. He continues to be a Councillor for Evington ward.

Poetry Please

Friends, locals, writers,
where ever you reside,
all are warmly welcomed
to the Vintage Cafe fireside
to hear, intoned, spoken sung
three books of poems newly sprung
from poets, Lesley, Wayne and Liz
so come along, share, peruse
the tidings of their prompting muse,
accompanied by some festive fare
and if you too would like to read
we'll find a space to feed your need.

Wednesday 14th December 6.30pm to 8.30pm at the Vintage 186 cafe, 11 Main Street, Evington.

DISTRIBUTORS WANTED

Dear Reader,

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 Walsh Ave.

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

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LETTERS

Dear Readers,

I was extremely, deeply saddened to hear the news of Her Majesty's passing away. Our thoughts and prayers are with the royal family. Undoubtedly she was the greatest monarch in history. Throughout her life she served our country with remarkable commitment and dedication. Her selflessness and sense of duty has been an inspiration to us all.

Zuffar Haq

QUEEN'S PUDDING

Serves 4

Half a pint of milk, 2 eggs separated, 2oz castor sugar, 1 lemon, rind only, 2 tablespoons of jam, knob of butter or half an oz, 2oz of breadcrumbs or cake crumbs.

Heat the milk until warm, grate the rind of lemon. Mix breadcrumbs with lemon rind, butter and egg yolks. Pour milk over breadcrumb mixture, leave to stand for 20 minutes. Cook (Gas 4 180oC) in a 1-pint pie dish for 25 minutes. Whisk egg whites until firm, whisk in 1oz of sugar and fold in 1oz of sugar. Carefully remove pudding from oven and spread with jam, cover with meringue. Turn oven down (Gas 2, 150oC) Cook for 30-40 minutes until the meringue is golden-tipped.

Vanessa



The Common,
Evington, Leicester LE5 6EA
Charity no. 521447



We have activities for 8 year olds upwards. 8+ meet on Sunday mornings, 8 to 13 year olds meet on Saturday mornings and 14 to 19 year olds meet on Friday evenings.

New opportunities are coming soon with specialist coaching in fitness, cricket, table tennis, girls' football and boys' football.

Visit the club's website for further information about the Club's mission statement, history and regular updates at www.evingtonyouthclub.com.

To express interest and ask for further details contact us at:

info@evingtonyouthclub.co.uk.

LOCAL POLICE AT EVINGTON VILLAGE FETE AND SHOW



This picture shows our local police officers John Oleh and Georgina Cook who are Community support officers in the Evington area. If you have minor concerns you can contact them on john.oleh@leics.police.uk or John 07976614327 or Georgina on 07870833340 during working hours. If it is a major incident then you need to phone 999 or 101.

PAVEMENT PARKING



Dear Editor,
I was under the impression that pavement parking was now illegal but

this unthinking driver takes the biscuit. The vehicle was on the footpath in High Street during the recent fete and a pedestrian pushing someone disabled was unable to pass safely without using the road.

Name and address supplied

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ROWLATTS HILL ALLOTMENT SOCIETY OPEN DAY

For the first time in 3 years, we held our annual open day this August at Blakenhall Road, and what a fab day was had by all.

There was the fabulous food cooked by Paulene, with a variety of dishes, a lot of them made using our own allotment produce. We had various stalls, including a well stocked plant stall, and for the first time we also had a craft stall. Our shop looked glorious with all of the fresh produce for sale. The green goddess fire engine was very popular with everyone, and our local musician Bryan had several people up dancing and singing during the day. The children all had fun with Focus, the local charity site, and enjoyed lots activities and games.

Look out for next year's events, which will be even better and we already have ideas for extra stalls which will include some fun and games for all to enjoy

Bev Martin (Chair of the Allotment Society Committee)



THE INTERNATIONAL DAY OF PEACE WAS CELEBRATED WITH A CONFERENCE

A Peace and Wellbeing conference for the International Day of Peace was organised by the charity 'Celebrate Our Similarities' (COS) at De Montfort University (DMU). This was an appropriate venue because the DMU is the International Hub for Sustainable Development Goal (SDG) 16 for Peace, Justice and Strong institutions.

The speakers at this conference discussed the complexities of the word 'Peace' which isn't just an absence of war or fighting, but also a state of mind. COS partners explained how they have worked in prisons to understand and empathise with an individual's situation and help them turn their lives around through Peace education training.

This conference also reflected on the Net Zero targets as we face challenges brought about through climate change. It also discussed the assets of the National Health Service (NHS) and more people locally enjoying life. One suggestion was to help with the Canal and Riverside Trust! There was more sharing of personal stories from local people, local politicians, and community and business groups. Here are some quotes: "Social prescribing needs to help with inner peace and wellbeing". "We have threat multipliers that destabilise Peace, we need the opposite, Peace multipliers to build a more stable environment". "Peace in the World starts with Peace in Yourself" "Let's all learn from each other", "We need to develop road maps to get there", "There are lots of local initiatives – let's find a way to 'join the dots'".

To find out more contact 'Celebrate our Similarities' through Facebook, You-tube or Twitter or tel: 07486 568715.

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TWO EID PRAYERS IN DAVENPORT PLAYING FIELDS



As a part of the Islamic tradition, to mark the end of Ramadhan, the Eid Al-Fitr prayer took place in an open field – the Davenport Road Playing Fields – on Monday 2nd May 2022, corresponding to the 1st Shawwal 1443, of the Islamic Calendar.

Masjid Mu'adh ibn Jabal, the local Goodwood Mosque, organised the special prayer outdoors, which is a practice that has been ongoing since the time of the Prophet Muhammad (peace be upon him). At least a thousand attendees were present, that included men, women and children, to witness the first outdoor Eid prayer within the locality. This Eid is the first of two in the Islamic Calendar, which is celebrated to conclude the accomplishment of fasting in Ramadhan, resulting in one attaining closeness to the Almighty.

I joined a group of around fifty volunteers with my dad, as we helped steward the event efficiently, due to a cricket event taking place later that morning. Not only did the event run smoothly, the sunny weather also aided everyone who attended. The proceedings entailed a lecture, delivered by our local Imam, Mufti Asim Patel, followed by the congregational Eid prayer.

Just over two months later, on Saturday 9th July, the Eid Al-Adha prayer also took place in the same location. This date corresponded to the 10th Dhul Hijjah 1443 of the Islamic Calendar. I was yet again given the chance to volunteer in a similar way to the former Eid, and another Imam of Masjid Mu'adh ibn Jabal, Maulana Muhammad Patel delivered the sermon. The congregation was reminded of the importance of the second of the two Eids in the Islamic Calendar: to commemorate the sacrifices made by the Prophet Ibrahim (Abraham), and his son Ismail (Ishmael), may the Almighty's peace be upon both of them.

Both were very successful events, and we hope that the Eid prayers next year will share a similar outcome.

Yahya Musa

A TON OF APPLES



Thanks to all the Evington residents who answered the appeal in the last Echo edition to donate apples and other fruit to food banks. This project was coordinated by Zuffar Haq, who is pictured here picking apples.

Leicester Stories

At a Community media zoom drop-in, the topic was 'the need to decarbonise our society and economy and how it could be facilitated through different community media outlets'. We talked about encouraging conversations to bring about change within our neighbourhoods. We agreed that to reconnect with nature we need to be able to tell our own stories in the same way that gardening groups need to be able to make their own plans together and then action them.

Opportunities for dialogue are needed and then we need to share our discussions through community media and not leave them in the room.

The IYN (It's Your Neighbourhood) scheme is a remodelled way of bringing people together through gardening and is a scheme that has been supported by Friends of Evington/ Evington in Bloom since 2012. This year there are 5 IYN groups in Evington and there is a LCC coordinator for volunteers as well.

We have been holding discussions in Evington called Moot meetings to explore the IYN concepts and other topics. The inspiration and recording was done by Rob Watson from Decentered Media, but the meetings were self run.

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THE NEW INTEGRATED CARE BOARD FOR THE NHS LEICESTERSHIRE, LEICESTER AND RUTLAND

Early in September, I attended a Primary Health Care Meeting at Leicestershire County Cricket Club on Grace Road, Leicester. I was there to learn about the changes to our NHS with this new board and their vision for managing Primary Care.

We were introduced to about 20 professionals working on the Board and given the opportunity to ask the Board what they are doing about the backlog for operations, why it takes so long to get through to our GPs on the telephone, why people without English as their first language are disadvantaged, how the clinical model is changing and many more questions.

This new 2-month old Integrated Care Board, explained how they are working hard to make a real difference to the lives of the people and communities they serve despite the context of the looming cost of living crisis, more health inequalities and the fear that greater numbers of people will be driven into poverty.

They will work to take partners on board with them and set up a system where people feel empowered to raise their concerns and have them answered. The two main speakers were the Chief

executive, Andy Williams and the Chief Operating GP, Neal Sangani. They said that probably only 1 in 20 people who contact their local service really need to see a GP. Repeat prescriptions, management of long-term conditions, etc. could be seen by a widening range of health professionals. It's about being able to organise so that people can see the right person in the right place at the right time. It's about plotting out the new pathways.

They spoke about rolling out System 1. With the NHS app. 75% to 85% of people can get smartphone access and of the 134 GP practices in Leicestershire, Leicester and Rutland, most are now developing their Patient Participation groups to be able to support each practice and communicate with the community.

The new Integrated Care Board has already started to set up:

- * The expansion of crisis cafes offering drop-in support for people struggling with their mental health.

(www.leicsprt.nhs.uk/service/crisis-cafes)

- * Tackling health inequalities in cancer screening – what are the reasons behind poor uptake of cancer screening in some parts of the community?

(www.nhs.uk/conditions/nhs-screening)

- * Virtual wards, so people stay in their own homes. It is hoped these wards will

be set up and running by the end of this year. The plan is for around 120 staff to work across 14 virtual wards.

- * Supporting young victims of violent crime: The Violence Intervention Project (VIP) will have a team of support workers based in Leicester Royal Infirmary's Emergency Department to work with young victims to identify the support they might need. (This project is administered by the charity 'Turning Point'.)

- * Artificial intelligence speeding up skin cancer diagnosis: There are 3 sites in Hinckley, Melton and Leicester City all outside a major hospital setting.

- * Supporting refugees to explore their hidden talents. The team was launched in April and working to establish links in the local community and raise awareness of the career pathways available to them. Those without the 'right to work' status can be helped through work experience to support their journey into future paid employment. A package of support including English language skills is developing.

- * Project Launch Fund Scheme: Money raising to help finance a wide range of improvement schemes and tackle health inequalities.

Helen Pettman

(Reference: is also from LLR Health&Care E-Zine Autumn.pdf)



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Richard and Lynn would be pleased to hear your feedback
about your Morrison's experience and any products that you love

Some Stalls at Evington Village Fete and Show



The Aquafarm stall was also labelled 'Leicester's Freshest Secret' and was selling microgreens which they say are 40 times more nutritious than mature plants. They already supply an allotment on Green Lane Road and will be supplying Richard and Lynn's shop in Main Street, Evington. For more information contact 07478745034.



Gemini Craft stall at the Fete and Show During lockdown Jayne and her twin sister started to make various fabric items using their sewing machine and a new embroidery machine. They loved it so much they turned their hobby into a business. You can contact Gemini crafts on jaynejana@hotmail.co.uk and browse their website at www.geminicrafts.org



Leicestershire and Rutland Blood bikes This organisation supports the NHS teams in Leicester, Leicestershire and Rutland with a free volunteer transport service this is 'out of hours', roughly 7.00pm to 6.00am. Blood bike volunteers transport blood, blood products, pathology samples, patient notes, x-rays, patient scans, surgical equipment and donated breast milk to directly benefit patient care. For more information check on the website www.IRBLOODBIKES.org.uk or tel: 2963515.



Margaret Bramley-Brown had a stall full of Osborne books. She also sells from home and can arrange parties. For more information contact Margaret on 0772 6283288.



Addy's Stall at the Fete and Show Addy makes 'reverse 'tie dye' t-shirts in an array of bright colours and patterns. Her unusual rhubarb leaves are good for bird baths, fruit bowls, planters and more. Contact Addy on 0795 298 2131.



This was the very first time Enes and Nur Ostoprak had showcased their Home Fragrance Stall. The variety of fragrances was amazing, and visitors could also sniff some pleasant smells of New York, Istanbul and London. Tel: 0739 162 4140.



Scottish Country Dancing We took this opportunity to promote our society and all the benefits of Scottish Country Dancing and were delighted with the interest shown. If you are looking for a new way to keep fit and improve your wellbeing come along and try Scottish Country Dancing.

We meet regularly on a Wednesday 10.00 to 12.00 noon and Thursday evenings at 7.30pm to 10.00pm at St. Andrews Parish Hall, Aylestone, Leicester, LE2 8ND.

No need for a partner – Suitable for all ages – Soft shoes and trainers – Casual clothing. A warm welcome awaits you. Contact Stella More, our secretary, on 07890519539. E-mail stella@rscdsleicester.org.uk or go to our website www.rscdleicester.org.uk

We look forward to seeing you soon.



Sandra Barker has had a stall at Evington Village Fete and Show for at least 10 years. She sells bags, jewellery and scarves. You can contact Sandra on 07773073582.



Mirandhi is a regular visitor at Evington Village. She makes her hobby into a business called Miradhi Plants. She sells on line.



Evington Village Fete and Show 13th Aug.2022.

After two years shielding from Covid it was great to be back again on the Village Green.. Show entries were down a little this year but the standard was very high. If you did not enter this year do think about taking part next year. You could be a winner.

Despite the heat, the Lutterworth Band were able to play under the trees, and the Morris Dancers took to the arena, which was very noble, and gave of their very best.

Sadly the Silver Swans had to take the very wise decision not to perform this year due to the heat. Aunty Ange, our Caribbean folksinger was very popular. The Punch and Judy and Magic Show were terrific, the Falconry and Willow Weaver were a delight along with the many varied stalls. Many people found the church appealing, both for refreshment, staying cooler, Calligraphy, Family History and a full church for Evensong sung so beautifully. The Baptist chapel had many visitors to their exhibition of Old Evington.

Food in the Village Hall supplied by the Community of Grace went down a treat, and both Tombola and Raffle produced many happy faces. Our thanks again to our many supporters and friends who enabled all this to happen.

So many people were just so pleased that we were back again, and we look forward to welcoming you all again next year 2023.

Chris Hossack

Show Prizes - Evington Village Fete and Show 2022

Children aged 5 and under
Winner: Aoife Burdett:

Children aged 6 to 11 years
Joint winners: Esme and Ted Barnes

The Scarecrow Competition
1st Isobel Berndt
2nd Tesco

Floral Art
Winner: Janette Pearson

Cut Flowers
Winner Liz Siddons

Pot Plants (The Gillian Farrow Memorial Cup)
Winner: Emily Angrave

Fruit
Winner: Jackie Newman

Vegetables
Winner: A Baker

Bakery (Cllr. O'Brien's Cup)
Winner Freda Neill

Preserves/Wine (Cllr. Johnson's Cup)
Winner: I Berndt

Art (Cllr. Bajaj's Cup)
Winner: Janette Pearson

Photography (The Morton Photography Cup)
Winner: Kaye Axon

Handicrafts (The Wallet's Handicrafts Cup)
Winner: Janette Pearson

Floral Art (The Barbara Raven Floral Cup)
(Floral Art and Cut Flowers)
Winner: Liz Siddons

The Co-op Horticultural Cup
(Fruit and Vegetables)
Winner: A. Baker

Best in Show
Winner Judith Pollock

Winners in each section as the Judges choices were:

Floral Art: Janette Pearson
Cut Flowers: Hannah Wakley
Pot Plants: Lesley Woods
Fruit: Julia Thistlethwaite
Vegetables: Lesley Woods
Bakery: Freda Neill
Preserves/Wines: V Thomson
Art: Jack McConnachie
Photography: Kaye Aon

Novice Challenge Cup
Winner: Jack McConnachie

The Sheila White Memorial Trophy
Winner: A Baker

Evington in Bloom
Best Front Garden competition (Best Front Garden Shield)
Winner: Chris Harrison
2nd: Daxa and Subhas Patel
3rd: Helen Coyne

Best Container competition
Winner: Kishor Nathwani
2nd: Kartik Chauhan

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Mr. and Mrs. Gillain
The Village Fish Bar, Evington
Vintage 186 Cafe



Art in the Show



A long view of exhibits in the marquee



Some more embroidery in the show



Best front garden display in the show

Please mention the Echo when replying to advertisements

Joyce Ella Reece
1928 – 2022



Joyce Ella Allen was born in Enderby on 23rd March 1928 to Winifred and Ernest Allen, being one of three, having a sister named Ursula and a brother, Ronald. Their father was a policeman, so the family would move wherever he was stationed. One of Joyce's favourite places was a little village called Buckminster, near Melton Mowbray. Sadly Joyce lost her parents while still in her twenties.

From a very early age Joyce loved dressing up and going out in her fur coats and glamorous outfits dancing at the Palais de Dance in Leicester and other venues such as the White House, Scraftoft.

Her first job was in the office of a hosiery company as an administrator. There she met her husband Francis Reece, who happened to own the company, so now they would run the firm together. Francis and Joyce enjoyed travelling all over the

world. They also enjoyed hiking and rock climbing with friends in Wales. They had one daughter, Heidi.

Sadly in 1967, Joyce and Francis divorced, so Joyce took up another position in the office of a hosiery distribution factory in Leicester. Joyce moved around and lived in numerous places around Leicestershire, making lots of friends. These friends would become good travelling companions for all her holidays.

Then Joyce left the hosiery factory and took a position with Leicester County Council in social services as an administrator. This would be Joyce's last job before retirement. On her retirement Joyce wasn't the type to just sit around; she had many volunteering jobs mainly being an assistant in charity shops, in particular in animal charities because of her love of animals. Joyce was also a volunteer driver for the Red Cross, taking elderly people to appointments and shopping. With her passion for travel, she also became a volunteer agent for Saga Travel. In between her voluntary work, Joyce would spend lots of time with her sister going out for meals and holidays together with their two beloved dogs.

After moving around many places in Leicestershire, Joyce acquired a flat in Evington Village in High Street, which would be her last place to live. She would say "of all the big houses and places I have lived, this is my favourite".

Joyce was a very sociable person. She loved to go out around the village shopping and chatting to people. She was also a frequent visitor to The Cedars pub,

where she would be seen often having a meal and drink with a group of friends.

Joyce was very much an outdoor person spending hours in the garden just sitting or gardening. She really looked forward to the annual Village Fete and Show. She would always enter one of the competitions, winning one year the best garden border outside her flat.

She also loved entertaining - the more the merrier. So during and after the Fete and Show, Joyce would put on a spread of sandwiches, cakes and drinks in the little communal garden where she lived, inviting friends and anyone she would meet at the Fete. So people would trot off from the Village Green over to the garden and would be greeted by Joyce in her own distinctive voice "Hello Ducks".

A new hospital to ease operation backlog

This proposed new one storey building is to ease the waiting list for elective surgeries. It would be built in the grounds of the General Hospital. A planning application was submitted to Leicester City Council on 20th July 2022 for 'Construction of a single storey modular healthcare building, including operating theatres and ancillary accommodation (pre-op and post-op beds for patients) with roof top plant room and associated works'. The application was submitted on behalf of the University Hospitals of Leicestershire NHS Trust. The proposed site is a car park next to the Brandon Unit. The Leicester Mercury reports that a second phase in the plan would bring the Brandon Unit back into use.

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Casablanca Café
186 Uppingham Road LE5 0QG
(An advertorial article)



The Evington Echo welcomes Sanae and Ali, the new proprietors and managers of Casablanca Café at 186 Uppingham Road. I had a convivial chat with Sanae over a steaming cup of Moroccan mint tea served, in the traditional way, from a silver teapot placed on a little silver tray. "An essential part of Moroccan hospitality is to honour and receive guests and to serve them with grace", she explained. I was certainly made to feel most welcome and, as I sought to know more about the family business, Sanae's chatty friendliness soon indicated that I had an enthusiastic interlocutor. This would be a smooth interview I thought.

Our conversation flowed like warm honey as Sanae informed me that the café in its present form and location had been open since July 2022. Previously Sanae made patisserie to sell in their other concern, a Middle Eastern grocery store, which is just across the road from Casablanca. Both husband and wife have connections with France and Italy and they are both multilingual, speaking French, Arabic,

Italian and of course English.

"Our café has a very multicultural ambience because of the international clientele. For example, in one day I can speak to people from India, Pakistan, France, Italy and from the Maghreb and the wider Middle East. We are popular too with English folk and our menu caters for several tastes – from the traditional English breakfast to authentic Moroccan meals."

As well as serving the local area around Uppingham Rd they have visitors from Evington, Syston, Leicestershire and even from the West Midlands. It has become part of a social ritual to travel in specially to meet friends and to sample authentic Moroccan and English food in a convivial ambience. If you visit alone and you want some company staff and customers are happy to strike up a conversation with you. If you prefer some quiet downtime here, that's fine too.



The best-selling item on the extensive menu is the ubiquitous Moroccan mint tea. It is the first thing offered to guests in the Moroccan home. The tagine is a slow-cooked meat or vegetarian stew. It also refers to the terracotta

cooking vessel that the tagine is baked in. Every Jumma (the Muslim holy day of prayer on Fridays) Moroccan families cook couscous as it's a great dish for sharing with invited and unexpected guests who may visit after the Friday sermon (or

khutbah.) Couscous is a Maghrebi dish of steamed granules of rolled durum wheat that is often served with a stew spooned on top.

The Lavazza coffee, which originates from Milan, is made from a delicious blend of Arabica and Robusta coffee beans. It is very popular with everyone and Casablanca has regular orders from staff working in the local businesses on Uppingham Road.

They have some regular informal groups who use the cafe as a social meeting place. They are planning coffee mornings and tagine cuisine demonstrations where all ingredients will be provided. The aim is for participants to prepare and cook an authentic tagine which they can take home. They can even return home with the actual tagine cooking vessel as a souvenir of the experience.

If you would like a quieter time at Casablanca Sanae recommends you visit at 9.00am or at 3.00pm. If you enjoy the hubbub reminiscent of a souq, then come at lunch time. The opening times are Tuesday to Saturday 8.00am to 6.00pm and Sunday 9.00am to 5.00pm.

Take this advertorial to Café Casablanca to claim your free Moroccan mint tea.
Harkesh Farma



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Age UK Leicester Shire & Rutland Celebrating 70 years of promoting the dignity, privacy, and independence of senior citizens.

Age UK been supporting the people of Leicester, Leicestershire & Rutland for 70 years, but it has also grown to be the largest independent charity supporting older people in England. The demand for services has grown exponentially

Beginnings

After the Second World War it was clear that changes to the Poor Law were needed. In 1971 The National Old People's Welfare Committee became independent of government funding and local groups took on the charity name of Age Concern or Help the Aged.

In 1984 the first Help the Aged shop opened selling second hand goods. In the 2000s - Age Concern groups came together to work as a federation. The local Age Concern / Help the Aged groups remained independent and autonomous. In April 2009 - Age Concern England and Help the Aged joined forces to create a new charity dedicated to improving later life for everyone and a year later, in April 2010, the merged charity was rebranded as Age UK.

Lockdown

As lockdown began the charity set up a 7-day a week helpline and food bank.s. The amazing work of their dedicated staff and volunteers meant that 18,000

telephone calls were made, 750 food parcels were hand delivered and over 3,000 prescriptions collected during the pandemic.

There are over 20 different volunteer roles including befrienders visiting the ill and housebound, charity shop assistants, minibus drivers, helpers in Day Care centres, support for carers, helping at memory cafes for people living with dementia, and, during COVID, emergency support volunteers and telephone befrienders, to name a few.

During lockdown the demand was challenging when older people reported feelings of deep loneliness, isolation and low mood. Some felt suicidal.

Today's Initiative

Warm and Wise is a 70th birthday initiative to provide affordable warmth information, advice, and support to Leicestershire residents over the age of 50+.



Three wishes

To celebrate its 70th birthday, The Evington Echo granted three wishes to Age UK Leicester Shire and Rutland. This is what it wished for:

To become a more age-friendly society where older people's needs are considered, "where age is not a barrier to living well and where the environment,

activities and services support and enable older people to have opportunities to enjoy life and feel well, participate in society and be valued for their contribution."

To have the resources to help every older person in need, so they can enjoy life to the full no matter what their age or situation.

For everyone to know that Age UK is a family of local, Age UK charities serving their local communities. Age UK LS&R must raise all its own funds to provide services but this means that all money raised in Leicester stays in Leicester.

Feel free to contact the evingtonecho (See details on page 2) to share your experiences of how Age UK Leicester Shire & Rutland has helped you. We will publish your letters, anonymously, if you wish. Alternatively, pop a note into the post box in the Vintage Café – no stamp required! H Farma

Reference: Kat Coggan, Head of Marketing at Age UK (Leicester Shire & Rutland)
<https://www.ageuk.org.uk>
Tel: 2706049.



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AN INDIAN SUMMER FESTIVAL IN LEICESTER

Nupur Arts were BACK with their outdoor Holi performance for 'An Indian Summer Festival' and it was an amazing event held on 20th and 21st August at Orton Square and Humberstone Gate.

They also had talented performances from their amazing Junior, Youth & Bharatanatyam groups throughout the day as well as performances at the Leicester Belgrave Mela.

Smita Vadnerkar is the Artistic Director of Nupur Arts and she can be contacted on 07801365779 Nupur Arts Dance Academy
Website: www.nupurarts.org.uk
Twitter: @NupurArtsDA
Facebook: /NupurArts
Instagram: @NupurArts



WHO ARE YOU & WHY DO YOU LOVE SWEATY MAMA?

Amie is 31, and is originally from Essex, but has been living in Leicester with her partner Shane, and her little girl Mila, for the past year. She adores being a mum and spending her days with her 'little bestie', but moving to Leicester, at the same time as becoming a first-time mum, she realised how isolating it can be bringing up a baby, and how hard it is to find normality at such a life-changing time. When Amie discovered Sweaty Mama and realised she could meet other mamas in her area, whilst being able to spend quality time with Mila and focus on her love for fitness at the same time, she decided to take the leap and launch Sweaty Mama classes in her local area. She said "I'm really passionate about health, fitness, and wellbeing having lost 8 stone myself previously."

Sweaty Mama is an upbeat session choreographed to music which focuses on the key areas to help a Mama gradually rebuild her fitness as well as re-strengthening the pelvic floor and core muscles and realigning posture. Amie encourages Mamas to undertake the suitable level for their own fitness journey offering a range of exercise options to suit them and also the age and development of their child. Classes are focused on having fun and bonding with the child whilst also enhancing their cardiovascular fitness, strength and tone in the key areas after birth through aerobic, resistance led and floor work. The children are able to benefit from social interaction with the other children as well as having the security and closeness from their Mama.

WHAT AGE CHILDREN IS SWEATY MAMA SUITABLE FOR?

Sweaty Mama welcome all babies & children, including older children when school is out! Younger babies are more suitable in a carrier as this allows them to stay close to Mum, however older children may be free-held or held for only part of the workout. You may find you get more out of the workout as you can use your upper body also. The workouts are easily adapted to suit the age and weight of the child.



Sweaty Mama can be suitable for pregnant women too.

Classes will be starting at Evington Village Hall, Church Road, Evington LE5 6FA every Tuesday morning at 9.30am starting on 18th October. It's £40 for a 6-week course and this can be booked online or with Amie Lumbard directly. (Franchise Owner – Sweaty Mama Leicester South /Sweaty Mama UK) Email: amielumbard@sweatymama.com or telephone 07799522111.

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LEICESTER CARIBBEAN CARNIVAL



Leicester Caribbean Carnival took place on Saturday 16th August with the theme 'Our Culture, Our Roots'. It reminds people that the emancipation of slavery in the West Indies also took place in August (1st August 1834).

It returned to the streets after a year of cancellations and a 'go digital' event in 2021.

The Carnival queen cut the ribbon at the start and the streets again became full of music, steel pans and colourful costumes. There were live music stages, a variety of performances at Victoria Park and then a procession of bands and floats travelling to the City Centre.

THE BARRIER ALONG DAVENPORT ROAD, EVINGTON

The residents who do not wish to see the barrier on Davenport Road are asking the Council to rethink this and remove it. Residents say that the traffic problems along Davenport Road occur at the school drop off and pick up times and not at other times. They say that a 24/7 barrier on Davenport Road will only push the traffic onto other roads in the area and not do anything to stop the motorists using their cars or encourage them to walk or cycle.

Dropping children off outside schools has been an issue all over the country and I expect the Council to be talking to Headteachers in the many schools in Evington to encourage more local solutions in specific cases to stop this unwanted parking. With good consultation from a wider range of stakeholders I believe more ideas to help solve the problems would come forward and it would be a good collaborative approach.

Helen Pettman.



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STOUGHTON VILLAGE FETE

The annual Stoughton Village Fete and Show took place on Saturday 10th September. There was a very wide selection of stalls and games, music, play areas and lots more. There was a one-minute silence at 1.00pm to remember Queen Elizabeth II.



By-election in North Evington

A by-election has been requested for the North Evington ward of Leicester following the resignation of Councillor Vandevi Pandya (Labour). If the election is contested the poll will take place on Thursday 13th October 2022.

Musical Toddler Group

Tuesdays 10am

starts
22nd
Feb

In the Parish Centre

St Denys Church

Evington

LE5 6FA

weekly
during
term time

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19th Leicester (Evington) Scout Group

We have three sections according to age: Beavers for ages 6 to 8, Cubs for ages 8 to 10, and Scouts aged 11+. You can contact us in any of the following ways:
Phone - 2209017
Email - info@evingtonscouts.org.uk
Facebook - search for Evington Scouts and send us a private message.

24th Leicester (St Philip's) Air Scout Group

We welcome new members, both boys and girls, to our group of Beavers, Cubs and Scouts. We meet on Monday evenings at St. Philip's Church Hall. For more information, please contact:
Phone: 2760457
E-mail: chrisandpeterhardy@btinternet.com

Evington Family History Group

Do you want to know who your ancestors were and what they did for a living? Did they serve in the forces? Are you interested in their social history? If so, a group has been set up so that we can explore our family history and offer mutual support when we come up against those brick walls.

We welcome beginners and more experienced researchers and can offer guidance to beginners. The group is self-financing so there will be a small charge, payable six weeks in advance.

Meetings are at St. Denys Parish Centre, Church Road, Evington, Leicester, LE5 6FA every Wednesday 10.00am to 12.00 noon. Car parking is available in the Church Car Park opposite the Church.
For more details contact Judith Walmsley on 2764409.

Evington Local History and Heritage Group

The local history group's next meeting is on Thursday 13th October at 7.00pm at St. Denys Church Parish Centre LE5 6FA when Peter Liddle will be speaking about the Deserted Villages of Leicestershire. Free to members, £3 visitors.

Evington Garden Club

15th November - '360 days of colour in the garden' with Karen Gimson.

20th December - 'A Seasonal Camera' with Richard Adams.

The club meets on the afternoons of the third Tuesday of the month in the Village Hall, starting at 2.30pm.

Doors open 2.00pm

Visitors £2. Annual Membership £12.00.

To ensure continued meetings of the club, new members are urgently required.

For any queries please phone Peter Jackson on (0116) 2735487.

Tai Chi

Thursdays 10.00-11.30am.
Mayflower Methodist Church. £8.25 per session. For further information, contact Laraine on 0777 943 4742.
Email: larainetucker@icloud.com

St. Denys Church LE5 6FA

The Musical Toddler group takes place weekly on Tuesday at 10.00am in the Parish Centre during term times. See advert on p.14.

Monday Meets take place on the 1st and 3rd Mondays every month from 2.00pm to 4.00pm.
Come for ten minutes or the full two hours.

Thursday mornings are Open Church.

The Faith and Friendship group meet monthly usually on the 2nd Saturday of the month at 3.00pm or the 4th Saturday of the month at 11.00am. Next meetings are:
8th Oct. at 3.00pm, 22nd Oct. at 11.00am, 12th Nov. at 3.00pm, 26th Nov. at 11.00am and 10th Dec. at 11.00am.

Concerts at St. Denys

Saturday 8th Oct. 7.30pm. Violin Concert with Amalia Young. Amalia is an outstanding violinist and former Evington resident. She performs Telemann's 12 Fantasia for solo flute. Tickets on door. £8.

Sunday 9th October at 3.00pm. Penny Campling and friends offer a relaxed afternoon of music for piano and voice following the Parish lunch to mark St. Denys day. Free.

My Word Poetry Group

Tuesdays at Blends Cafe Downing Drive 4.00pm to 5.30pm Tel: 0780 449 5527. All welcome.

Silver Swans Ballet Classes

(Over 55's) for Beginners through to Advanced. Thursday mornings at Evington Village Hall. For details please contact Vanessa on 0776 540 7323.
iebeeballet@hotmail.com

Evington Women's Institute

Second Tuesday in the month 2.00pm - 4.00pm. This group meet in Evington Village Hall. For queries please contact Barbara Garlick on 0771 380 4407.

Humberstone Heights and Belgrave WI Women's Institute are holding a Coffee morning on 22nd October at 10.00am to 1.00pm. Cake stall, raffle and more stalls. Everyone welcome. M: 0771 380 4407.

Nordic Walking

Walking using these long poles is a great way to improve your mental and physical wellbeing. Contact: ministryofnordicwalks@gmail.com or phone Penny on 0750 2 57 6764.

Bhangra Classes

Mondays: At Judgemeadow Community College for adults and children.
Saturdays: at Hamilton Com. College for adults.
Tel: Preet on 07525153284 for more information.

Evington Rummikub Club

Mondays from 10.30am to 12.30pm in Evington Park House. £1.50 per meeting.
Rummikub is a tile based game for 2 to 4 players combining elements of other games. It can be easily taught.
For more information contact Lesly Biro on 2419096.

Goodwood Evangelical Church Gamel Road Leicester LE5 6TD

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www.goodwoodevangelicalchurch.org.uk



We had a stall at the Evington Village Fete and Show promoting our church activities. We would love to meet you. For more information contact Stephen (pictured here) on 07902946004.

Evington Social Club

Wednesdays 10.15am to 12.15pm. Evington House, Evington Park. Tel: 0751 4302570. All welcome.

Evington House Yoga at Mayflower Methodist Church Ethel Road, Leicester LE5 5E

Mondays 6.00 - 7.00pm with Manjula (Ladies only).
Wednesday 6.00 - 7.00pm with Manjula (Ladies only). For more information tel: Manjula on 07448 7332696.
manjula.odedra.yoga@gmail.com

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