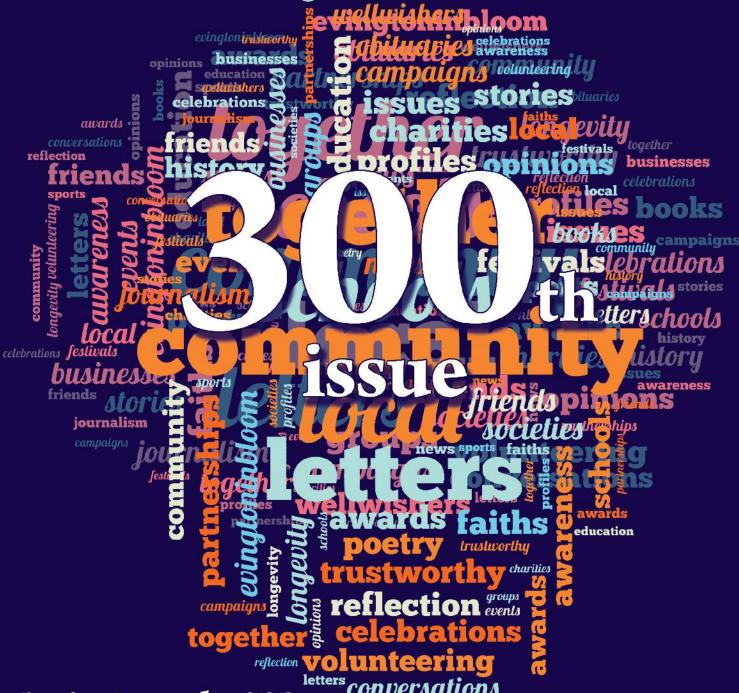


Keeping you up to date with Evington's news Issue 300

EvingtonEcho.uk
The newspaper of Friends of Evington Charity No. 1148649 Circulation 6,000

February and March 2023

evingtoninbloom



#evingtonecho300

Designed by Jason Chauhan

The Friends of Evington **Elected Trustees**

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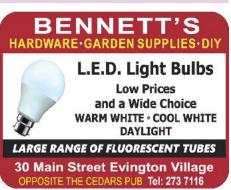
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Dec./Jan 24	10th Nov. 23	30th Nov. 23







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This advertisement appeared in the very first edition of the Evington Echo in June 1981.

We wish to congratulate the Evington Echo on their 300th edition.

Karl Ramsey (General Manager). Tel: 273 0482.



GLOBAL FLAGS

Thanks to the Evington family on Sedgebrook Road who heartily entered into the spirit of the World Cup with their bunting of global flags.

As I struggle to identify all the countries at least I am reminded about how this international tournament has brought together the global family of footballing nations. Like any other family there have been the usual differences of opinions, controversies, and high drama. Social and political contrasts were starkly unveiled. However, one can hope that some good will come out of the experience; coming together despite differences is always more constructive than isolationism.

Harkesh Farma evingtonecho9@gmail.com

VERY WELL DONE!

Congratulations to the Evington Echo on their 300th edition. We are honoured to have supported this helpful and informative magazine continuously since October 1981.

Stephen Bennett Bennett's Hardware, Garden Supplies & DIY Supplies Lynne Davies Davies Materials & Tools Ltd





Editorial

EVINGTON PARK HOUSE AND RECENT CHANGES

By the end of 2022, every user in Evington House had been asked to remove their belongings and move out. This included not only the user groups, but park staff users and groups with permanent offices. The Parks Development Manager, who previously managed Evington House, is moving to Abbey Park and the Parks Community Development Manager has been finding new venues for the community groups that previously used Evington House (see page 15).

WHAT WILL HAPPEN TO EVINGTON PARK HOUSE?

Friends of Evington trustees would like to see Evington House changed from mainly a space to let out for offices, into a house that is used fully for community benefit. The Friends of Evington have registered an expression of interest to the City Mayor for an asset transfer for community use. The mayor has replied saying "if it were to be transferred into community use, then we would all need to know that in doing so we would ensure a viable and sustainable future."

CAN YOU HELP?

The Friends of Evington trustees, Helen Pettman and Val Fisher will be setting up a Board, called 'Evington Community Eco Board' and through this article they are inviting readers to join them who can offer expertise in: *Retrofitting an old building *Legal advice *Checking surveys (The

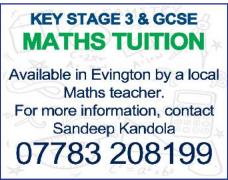
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Council will do a full survey of the house) * Organising a consultation *Writing a business plan *Bid writing * Project management *Reporting *Fundraising. *Managing a gardening project on the land behind the house. If you are able to help please reply to helenpettman@gmail.com (2204525/07910431044.) The building and associated land itself will suggest options, but a sustainable plan that can benefit the local community is the vision. First the Board will need to brainstorm all the possibilities for running this house and land to capacity, then set up consultation meetings and questionnaires to see what local interest there is. A business plan will need to show the project is viable. Once ideas are drafted, we would only then be in a position to negotiate with Leicester City Council and move forward with this possible transfer.

TRAINING FOR TRUSTEES AND SENIOR MANAGERS 2023

There is a trustees' training programme run by Reaching People for existing trustees and senior managers in the local voluntary community and social enterprise sector.

The daytime course takes place on Wednesdays from 15.30 to 18.30 at 3 Oswin Road, Leicester LE3 1HR and the Zoom drop-in meetings are Mondays from 16.00 to 18.00. If this interests you because you would like to be a Friends of Evington trustee, please get in touch with Helen. (Contact details are on page 2)...





If you are already a trustee or senior manager then email:

<u>leadership@reachingpeople.co.uk</u> for an application pack.

Helen Pettman

COME TO AN EXHIBITION TO CELEBRATE 300 ISSUES OF THE EVINGTON ECHO

Friends of Evington/Evington Echo are inviting all helpers and readers to come to an Evington Echo exhibition the **Documentary Media Centre 14-**Northampton Street. Leicester LE1 1PA. (Northampton Street is off Charles Street). It's easy to reach on a 22 bus from Evington.

Dates:

Friday 17th February
10.30am - 3.30pm
Saturday 18th February
1.30pm - 4.30pm
Friday 24th February
10.30am - 3.30pm
Saturday 25th February
1.30pm - 4.30pm
The exhibition is hosted and organised by John Coster.





LEICESTER LOCAL PLAN 2020 – 2036

The Council, following feedback from the previous consultation, have now progressed consultations to the next formal stage known as Regulation 19. Regulation 19 is the Local Plan that will be submitted to the Planning Inspectorate for examination in public. It is the version that the Council seeks to adopt, subject to examination, as the future framework for decision making on planning.

You can view the local plan at the City Council's Consultation Hub: consultations.leicester.gov.uk/sec/local-plan

The consultation ends on 27th February.

AGE UK

AGE UK (Charity no. 146649) have a number of projects aimed at helping the elderly (over 50).

Warm and Wise to help reduce your bills: Tel. 261 4604. Email:

warmandwise@ageukleics.org.uk

Benefit Advice Services Advise on a range of issues and help in applying for your entitlement.

Home Care

The team can provide care and support for domestic tasks, personal care, respite care, getting out, and about and personal assistance.

Information, Advice and Advocacy

The Advice line on 2992278 is open between 9.00am and 1.00pm on weekdays.

Age UK are launching an urgent winter appeal in order to provide the above vital information, support and advice to older people. To donate to the 'Cost of Cold'.https://fundraising.ageukleics.org.uk/donation. Alternatively you can send a cheque payable to Age UK Leicester Shire and Rutland to 113 Princess Road East, Leicester LE1 7LA. Ref: 'The Cost of Cold'.

FEATURING JUDGEMEADOW COMMUNITY COLLEGE



In 2016, a series of unfortunate circumstances meant that Judgemeadow Community College received the lowest grade of 'inadequate' when inspected by Ofsted.

Since then, a new school leadership team has been supported by the Lionheart Educational Trust, which was founded by Beauchamp College in 2013 and became a multi-academy trust in 2014. This Trust supports 14 Leicester and Leicestershire schools from primary through to sixth form. For more information: https://lionhearttrust.org.uk/our-schools/our-schools/

When the old Judgemeadow Community College was built in the early 70s, it was the time Ugandan Asians were coming to Leicester as refugees. The school was adapted to care for the educational needs of many of these refugee children.

In 2010, after 30 years, it was time for a new building and the Evington Echo reported on this and on the outstanding Ofsted that took place around the same time.

Now, we are delighted to report on a good Ofsted inspection in October 2022.

The Ofsted report praised the safeguarding measures in place, noting the culture of care, where students feel safe within school and staff work with a range of other agencies, including police and social care, to support pupils and their families. "Safeguarding leaders take swift actions when concerns are raised."

The curriculum supports pupils in understanding how to keep themselves safe. Readers can access the full Ofsted report at https://www.judgemeadow.org.uk/about-us/ofsted-results/ofsted/

Jason Smith, Principal of Judgemeadow Community College, said "We are immensely pleased that the good work of staff and students at Judgemeadow Community College has been recognized by the Ofsted team.

"Our community can now say, what we've known for some time, 'Judgemeadow is a Good School."

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ADDY TYLER ECO CHAMPION



Addy Tyler, teaching assistant at Whitehall Primary School, has been granted the 'Leicester Sustainable Schools' Litter Champion' Award. A ceremony at City Hall celebrated the hard work done by staff and students throughout the city, for igniting the spark in the next generation to protect the planet, for gardening and wildlife projects and other environmental and sustainability projects in schools.

Addy was nominated by Shay Bahadur who said, "She is always helping the children to pick up litter and she explains why it is important to do so. As the Eco Lead, I could not do this role without the passionate support of Addy who cares so deeply about our planet and the impact of litter on our environment."

As well as volunteering with the Eco-

Warriors group and running the Gardening Club for many years, Addy is passionate about things not being wasted and ensuring that surplus equipment goes to charity rather than landfill. She loves helping children to get creative with recycled materials.

Congratulations from the Echo Editorial Team and thanks to Addy for many years of service as a proofreader and distributor.

Harkesh Farma

EVINGTON YOUTH CLUB CHESS CHALLENGE



The Chess Challenge held at Evington Youth Club on the 10th December was a huge success.

Nine would-be Kasparovs challenged local expert, Louis Marshall, and, of those, three managed to beat him at their first attempt: Sathsara Dissanayake, Nibraz Khan and Eshan Sheikh.

Sathsara won the champion's shield following a knockout match, while Nibraz and Eshan received winners' trophies.

Muhammad Zain Dakri and Uzair Patel won silver medals and Aryana Sheikh and Sana Dakri won the bronze medals.



All the young challengers received small prizes for their courage in taking on the expert and the whole event was thoroughly enjoyed by all the young people and their parents alike.

Liz Warren









e: George@homemoveEA.co.uk

MICHAEL DALLY 1934 - 2022



Michael had a lifelong association with Evington village.

Born in 1934 to Welsh parents Bill and Rose, Michael grew up in Main Street, opposite The Cedars, briefly at Number 12 before the family home was established at Number 20. He attended the village school and enjoyed his wartime childhood which provided vivid memories that staved with him throughout his life. Michael witnessed the tragic 1941 air crash at Evington when an RAF Hampden bomber crashed with the loss of the crew and a village bystander. He was also singing in the St Denys Church choir on the occasion of the special service held in August 1944 when the US 82nd Airborne Division, who were stationed in the village, presented their battle flag to the church. 75 years later Michael was thrilled to attend the celebrations that marked the anniversary of the service in 2019. He could also recall the final days of the Horse and Groom pub which stood where the row of shops stand today opposite the Chapel, as well as the early days of The Cedars as a public house.

Michael's parents were popular and active members of the village community. Rose was a member of the WI for many years, and Bill served as a sidesman at St Denys Church and was caretaker at the village hall. They were also keen members of the Evington Bowls Club where Bill served as President.

After leaving Evington School Michael attended Moat Boys School where he passed his School Certificate and went on to study at Brooksby Agricultural College. This led to work on local farms including the Co-Op owned farm based at the site of the Cow and Plough on Gartree Road. Michael's career took a different direction when he was called up for National Service with the Leicestershire Regiment. He spent much of his army career stationed in Germany and reached the rank of Lance Corporal.

Shortly after leaving the army Michael met the love of his life, Pamela Cox, when they both worked at Faire Brothers in Leicester. They married in 1958 and after a short time living in St Stephens Road in North Evington, they made a family home in St Denys Road. There they raised their first two children, daughter Joanne, and son Andrew. Michael settled into a successful career in sales at Wadkin Limited on Green Lane Road. In 1973 the family moved out of the village settling in St Swithin's Road off the Uppingham Road, where they welcomed their third child, daughter Lisa.

Michael's parents continued to live at number 20 Main Street until Rose passed

away in 1980 and Bill in 1982.

Michael was a keen fan of Leicester Tigers and had a season ticket for many years. He also had a lifelong love of wildlife, the countryside and rural life. Listening to Jazz music was a great pleasure, and he loved comedy, particularly The Goons and Spike Milligan. Michael's work life took him on many overseas trips including visits to India which he remembered fondly.

Michael and Pamela spent their early retirement years in Houghton on the Hill before returning to Evington in 2014 when they moved into Hawthorne Court on Hawthorne Drive. The return rekindled Michael's interest in the history of the village, and he became a keen and active member of the History and Heritage group. He occasionally gave talks and led walks in the village where his memories of village life in the 1930s and 1940s were much appreciated. Despite his increasing frailty Michael loved to revisit old haunts in the village on foot, always happy to walk in the park and arboretum, and visit the church and Piggys Hollow.

Michael's last years were a challenge as he coped with physical frailty and dementia, but he never lost his keen interest in history, and sharing his boyhood memories of the village were a great comfort and consolation to him and the rest of the family.

Michael passed away in hospital in Sheffield on November 24th 2022. He is survived by Pamela, and their three children Joanne, Andrew and Lisa. Andrew Dally





THE OIL LAMP

The year was 1939 when a poor family welcomed into the world a little boy who arrived after the stillbirth of several siblings. Grief morphed to joy in the poor Punjabi village of his birth. Their humble home became animated with neighbours' visits to greet this new son of the village. Congratulations to the parents and blessings upon the child were heard amidst the excited chatter under the peepul tree in the courtvard.

With every day the boy became stronger, and his parents dared to hope that he would not only survive but thrive despite the hardship. Love would be the new currency where money was scarce. would be their solace and comfort in old

The years flew swiftly by, and the son grew into a diligent teenager. Wise beyond his years, he took on responsibilities to alleviate his parents' burden. He attended the village school and helped with chores. He assisted in his father's haberdashery; tailoring being their ancestral trade. His father had an interest in natural medicine and so among the drapery was a makeshift dispensary for herbal medicine. When an educated but impoverished customer entered the shop there was an exchange of herbal preparations for lessons for the boy. He soon surpassed his peers and showed early academic promise.

The young schoolmaster (who knew something of the world beyond the village) knew also that he would soon outgrow his birthplace. He spoke about the march of progress abroad about which he had read in his Hindi newspaper. He urged the parents to let their son spread his wings under distant skies over a land of opportunity. It was out of the question: they needed him and besides how could they afford the air fare? After all, sons are not born to poor families such as theirs to be sent away. For the time being the matter was postponed.

Routines continued in much the same way as they had for decades but now signs of urban encroachment were felt on the village outskirts. Cities exclaimed louder to some than they did to others. Many promising young men heeded the calls and so the villages lost them forever to the cities. When there is no money to save, planning and progress are impossible. Plentiful only was the gratitude that subsistence covered life's essentials.

Every morning after a simple breakfast his mother pressed a coin into his palm and for a moment mother and son exchanged a loving gaze. The coin had to cover the day's expenses which included the purchase of oil for his lamp. It was by lamplight that he studied long into the night. Every night the running out of the lamp oil and the flame's demise was the signal that study must cease and rest commence. With the morning came the purchase of the new day's lamp oil.

The filling, lighting and refilling of the lamp was repeated during many years of struggle. In time, however, and with the power of his labour, he made good, improved his lot and advanced. Youth had faded and he was a man now, albeit of middling means. A young man of promise who sees a distant bright horizon is always drawn towards it. He thought it was necessary for him to leave India to progress even further. The much postponed topic of his flight from poverty was raised again.

The first time he left his village was to travel to the capital city. Then he left not just his country but his continent. It was as if he was deracinated from the rich rural soil of his birthright to be replanted in a strange land of seeming opportunity. Emigration naturally meant separation from loved ones, but he saved enough from his earnings to support his aged parents. He settled in a city in the English MIdlands where work was plentiful for those prepared to stand the searing heat of the foundry or the din of an engineering works. After a decade, affluence ignited a desire to move to the suburb where he met his future wife. A brief courtship led to marriage and the birth of a son.

The new father had brought over from Punjab the oil lamp as a reminder of his past. The salutary tale of the coin in the palm, the nightly demise of the flame and the new morning oil was related from time to time, passed on from father to son like one lamp flame lighting another. In time, the father's settled understanding of opportunity seized not squandered became the son's new realisation. In time, the father's oil lamp became the son's.

For the family, as for all, Life's flame flickered for as long as Time fuelled the Light.

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When the 504th Parachute Infantry Regiment was based in Evington, it seems a number of the medical officers had .a meeting group, a sort of unofficial club, in the home of Eric Baines. Does anyone have any recollections of Eric Baines? His family woul love more information.

Contact Adam Berry at: lxtccbook@gmail.com or telephone the Editor, see details on page 2.

EVINGTON LITTLE LIBRARY



Evington Mutual Aid and their partners have organised this book swap in Evington village.

CAROL SINGERS AT THE CEDARS

.This event was organised by St. Denys Church.

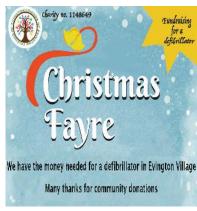


CHRISTMAS FAYRE AT THE CEDARS

This fayre, organised by Friends of Evington trustees was to raise money for a defibrillator in Evington Village. It was a very cold day, but our stallholders, with many home-made items, filled all the available space and Santa and his elf came to help and give presents to the children.



Santa and his elf



Target met





Stalls at the Cedars showing many home-made gifts.

The event raised £120 net. Afterwards, donations from well-wishers, who do not wish to be named, raised the money to put a defibrillator outside the Cedars. Thank you to the Cedars for hosting this event and thank you to Santa and his elf.







Page 8

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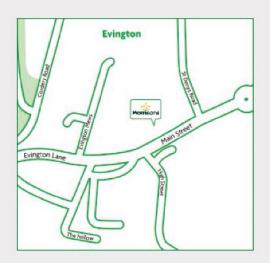
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ELAINE HUNT 1927 – 2022



Readers will be sad to learn that Elaine Hunt, who lived in Evington for almost 60 years, has died. She passed away peacefully at South Lodge Care Home on 20th November 2022, three days after her 95th birthday.

Elaine was (among other things) an inspirational Yoga teacher, story-teller, wordsmith and cryptic-crossword-solving genius.

As a qualified British Wheel of Yoga teacher, she taught adult classes at Judgemeadow Community College for nine years – and, even in her 80s, would stand in for the regular tutor at short notice, if needed. She also ran exercise sessions at Vista (the Resources Centre for the Blind) for 16 years, and – in her late 60s and early 70s – gave highly-praised talks on 'the value of exercise and relaxation in retirement' to Voluntary Action Leicester's pre-retirement courses

at Leicester Adult Education College.

Elaine had a life-long passion for playing with words - and in her 40s, she turned her love of the English language into a mid-life career as a freelance writer. From 1973 to 1982 she contributed articles to many national publications, including The Lady, Popular Gardening, and Yoga Today - for which she wrote extensively and learnedly on Yoga topics. Teenage girls' magazines, such as Jackie and Diana, published several of her stories as 'Readers' True Experiences', and her travel articles occasionally graced the pages of The Daily Telegraph. She also wrote many feature articles for the Leicester Mercury, and even devised a word puzzle for the paper that she supplied every day for ten years; that's over 3,000 puzzles in total!

Elaine was born in November 1927 to John and Margaret Johnson, and spent her early childhood in Humberstone. After secondary school, she trained as a teacher at the newly-opened City of Leicester Teacher Training College, where she was in the first group of students to take the course.

Having gained her teaching certificate, Elaine taught at Heathfield Primary School in Nottingham from 1947 to 1955 – an experience she recounted in a series of hilarious stories. During that time she met her husband, John, and they married in 1952. Their two children, Warwick and Rebecca, were born in 1956 and 1959 – and in 1962, the family moved to Evington and settled in Ingarsby Drive.

John and Elaine were both keenly involved

in the launch of the *Evington Echo*; John (who died in 2003) was a faithful distributor of the newsletter for many years, while Elaine wrote a series of articles about 'Friends and Neighbours' for the early editions.

A Quaker-style celebration of Elaine's life was held at Great Glen Crematorium on Friday 16th December 2022, when family members, longstanding friends, neighbours, Quakers and yoga colleagues shared fond memories of Elaine – and the warmth, wisdom, spirit and good humour she brought to our lives.

Warwick Hunt

LEICESTER MARVELLOUS MEDICINE TALKS

The 2022 on-line talks have been both interesting and helpful to the public.

For 2023, the February talk is about 'Fibromyalgia – a complete puzzle'.

Thursday 9th February from 6.00pm - 7.30pm online via Microsoft Teams.

The March talk is about 'Why are some sick children difficult to spot'. Monday 13th March 2023 Speaker Professor Daman Roland . 6.00pm – 7.30pm.

To book for these sessions and any more advertised sessions, search for 'Leicester Marvellous Medicines' and follow the links.

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AN INTERVIEW WITH JOHN COSTER

Director of the Documentary Media Centre, on Northampton Street, Leicester.



This small building called the Documentary Media Centre has rooms that house a darkroom, café space, a small independent museum of much digitally archived material with both a physical and online library, and two rooms that house exhibitions.

John explained that the documentary media centre can be different things to different people, but, like entering the old Fenwicks building, you come to the same place but through different doors. Or you can come to a place where you can be helped to shape your own narrative. John explained that it is an ongoing, developing and changing project with the aim of helping people to be able to talk about their culture, set up their own museums and develop in their own way.

The documentary centre will house the Evington Echo 300 exhibition, which will be open on Friday 17th February from 10.30am to 3.30pm, Saturday 18th September from 1.30pm to 4.30pm, Friday 24th February from 10.30am to 3.30pm and Saturday 25th February from 1.30pm to 4.40pm. All Evington Echo readers are invited to come and look around. Please come.

John explained that you can have corporate coms, which tell you where things are going on and where to go, but that you can also have community coms, which is about knowing people and finding people and inviting them to talk about their own culture.

The idea for this centre has developed with the passions of John and his partner, Tina. John has travelled, been in the army and has organised many events and hubs.

In 2008 he formed Citizen's Eye and for seven years had 20 volunteer-led newsagents and was the first beacon hub in the UK. Every Tuesday he held community reporting sessions in the many cafes around Leicester to train community reporters. It wasn't in competition with the Leicester Mercury and at one stage John had six desks in the Mercury newsroom.

He found as things developed that showing films in community settings helped bring people together and that documentary films were good at engaging people. John was running events and giving people access to that information. So when Citizen's Eye closed in 2015, new opportunities arose to archive material and develop the documentary media stories of the past and move on to new documentary stories. The building in Northampton Street was taken on three years ago and over the past year John has been evaluating the projects. He said the whole process has been one of constantly readjusting and going with what works, so he doesn't end up going down a dead end.

Last year John was involved in his international work and over the Covid period ran 24 newsrooms as part of his Parallel Lives project linking with 120 countries around the world and making documentaries. Locally John is developing Heritage Community coms, encouraging people to tell their narratives and have equity in the production of the media and helping them tell their stories in exhibition spaces. For more information search for Doc Media Centre.

SAVE OUR NHS

Helen Pettman







Yasmin Murphy 1953 – 2022



Yasmin reverted to Islam in 1990, over 30 years ago and this was to change her life for ever. Previously she had found herself in a difficult situation and prayed for something to change; she prayed for a sign. It wasn't long after that she met her future second husband, Omar Farook at a gathering. She wasn't free to mix with him socially but took up the opportunity to learn about Islam from him. Once she fully understood, she converted and Islam became an integral part of all her actions.

Yasmin previously worked as an English teacher for over 30 years, this gave her the skills to organise, bringing people together from different cultures for unity and charity events and be promoting peace and justice. She was also an advocate of organic food and natural remedies.

Yasmin had three children, Josie-Aisha and then twins Saffia and Khadijah. She also leaves four grandchildren , three

grandsons and a great grand daughter.

In 2007 Yasmin's daughters were involved in a serious car crash which left her daughters disabled, two with brain damage and the other with long term trauma. Yasmin managed to keep going through this tragedy and build up enough strength to continue to lead a positive life.

Khadijah Murphy

CAMPAIGNING TO SAVE ASH FIELD ACADEMY RESIDENTIAL DEPARTMENT

Around 60 people gathered outside of Leicester City Hall on Friday January 6 to demand that the City Council drop its proposal to defund the residentiall department at Ash Field Academy, a school for children with special educational needs and disabilities in Evington.

The protest was called to mark the end of the public consultation, which closed on January 9, and to deliver a petition to the City Council, which had been signed by around 3,500 people.

Chants like 'Save Ash Field Resi' were led by students who use the service. Many of these students were unable to attend, however, so they sent wonderful homemade placards instead.

Leicester City Council is consulting on plans to withdraw the funding for the residential department at Ash Field Academy, a school for children with special educational needs and disabilities. Tom Barker, the UNISON Steward based at the school, said:

"The residential unit at Ash Field provides outstanding education for the children that use it and greatly improves outcomes for some of the city and the county's most vulnerable residents.

"The City Council justifies its proposals by saying that the service is 'not equitable' because it is only open to the students who attend the daytime school.

"This approach is wrong on so many levels. The way to make services more equitable should be to create more services, not to cut what little already exists in a race to the bottom.

"We understand that the government has withheld funding and prevented Local Authorities from topping up the budget for High Needs using General Reserves.

"But after more than a decade of austerity, our communities simply cannot take any more cuts. The City Council must work with us to campaign for genuine solutions to this funding crisis, because the city's education system is nearing collapse."

Speaking to ITV Central who covered the protest, Penny Allsopp, a parent of a child who uses the service, said: "This is essential bespoke education for our children. They can't access this anywhere else."

Her son, Leo (17), was asked what resi meant to him. He said: "It's very heartwarming. It gives you a sense of safety and it really helps with our confidence.

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11 Main Street, Evington LE5 6DN Please call 0116 2490789

Facebook: Vintage 186 Evington E-mail: Vintage186leic@gmail.com



"It's a good place to be."

A decision on the outcome of the consultation is expected in the next two months. In the meantime, staff, students and parents say they will not relent in their campaigning.

Tom Barker





Indy Samra is the founder of Apnapan Cancer Support Group. Apnapan is a welcoming and compassionate space for anyone who has been impacted by cancer Indy is multilingual in Panjabi, Hindi and English, this will confidently encourage certain communities to join where language and cultural understanding may have deterred them from previously attending support groups.

Apnapan symbolises unity, togetherness and support.

Email ourapnapan@gmail.com





LAUGHTER IS THE BEST MEDICINE

We hear that laughter is the best medicine however how often do we self-medicate this for our own positive wellbeing?

Laughter releases endorphins, this hormone is boosted during pleasurable actions and is considered a natural pain killer as it minimises discomfort. It also can reduce stress, anxiety and improve the mood.

So it really is beneficial to laugh, so take some time to discover what makes you laugh and have these triggers handy.

This could be video clips, captioned images or memes from social media as a quick fix saved on your smart phone. Call up or meet that friend you know who always makes you laugh out loud. Another great way is to have an uninterrupted movie date with your favourite comedy flick.

Don't hold back on the belly laughs, I'm sure the neighbours won't mind hearing you, it might even make them smile too.

On average a child laughs 300 times a day, whereas on average for adults its 17 times only.

Laughter really has so many benefits, perhaps I shall share more of these in the next edition.

For now I am going to set you two assignments, the 1st being to collect some quick fix triggers in a folder on your phone

for you to refer back to when needed. And the 2nd is to call or meet that one friend who really does make you laugh out loud.

I'm looking to expand my quick fix happy triggers folder on my phone, so feel free to share some of yours with me via social media

Indy Essence.

SCHOOLS AND PARKING

Angela Lonsdale, Office Manager at Whitehall Primary School, has written to parents about the parking situation in the area. The Echo Editorial Team thinks the matter should be brought to the attention of Evington residents more widely. We therefore publish an edited version with the consent of the school.

Dear Parents/Carers,

Unfortunately, we must write to you again about the parking situation around the school area. Recently, residents from the locality have been calling the school to complain about inconsiderate and hazardous parking.

One lady was unable to access her own property and she also reported dangerous parking on corners which impeded visibility for drivers and pedestrians. Furthermore, school staff observed that cars parked on grass verges were getting stuck requiring help to get back onto the road. Children have been noticed not wearing seat belts in the back seats of cars.

Polite request

Please be considerate when parking and do not block access to properties. Imagine how you would feel if it happened to you.

We urge you to always park safely. Please do not compromise your own safety and that of your children. You should not be parking on the grass verges at any time. We thank you for your cooperation and support in this matter.

Angela Lonsdale Office Manager, Whitehall Primary School.



"We preach not ourselves, but Christ Jesus the Lord"

EVINGTON CHAPEL

(Baptist)

Welcome to our meetings

Sunday: I I am and 6pm Wednesday: 7.30pm Other meetings as announced

www.evingtonchapel.org.uk

For further information contact: 0116 2412087

HELPING PEOPLE WHO ARE LONELY AND ISOLATED

Ivan Browne, Director of Public Health and Chair of the Incident Management Tream (IMT), has asked groups, including Friends of Evington, to find out about the following:

- *People who are isolated, for example those who are older or live alone
- *Those who have been shielding and are nervous about re-joining the world
- *Those who do not have large or supportive social networks to help them.

The reason for this interest is because people described as above could be struggling in silence due to potentially being less familiar with what services are available and how to access them at this difficult time

If you have anything to say on this topic and how data could be collected, please contact the Editor, Helen Pettman, details on page 2.

Forthcoming Elections
2nd May Leicester City elections for City
Mayor.

4th May Leicester City elections for local councillor.

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INDIAN CLASSICAL MUSIC CONCERT

Sunday 19th February
4.00pm - 5.30pm
Local Sikh Temple
106 East Park Road
An afternoon with
Sadar Satwinder Pal Singh
Free admission
Donations welcome

Rummikub Club

We are a group of retired people wishing to keep our brains working and have a social life. We meet on a Monday morning at The Cedars In Evington at 11.00am. and we play the game Rummikub.

Rummikub is a tile based game with elements of the card game rummy and mahjong which can be played by 2-4 players.

If you are looking for something to do please come along and join us. If you don't know how to play, that isn't a problem because we can teach you. Cost £1.50.

For further information please contact Lesly on 2419096.

St. Denys Church LE5 6FA

'Monday Meet' meet every first and third Monday in the month, 2.00pm – 4.00pm in St. Denys Parish Centre. All welcome for chat, friendship, and refreshments.

'Coffee, Cake and Fellowship' meet every third Tuesday in the month, 10.00am – 12noon in St. Denys Parish Centre. All welcome to meet socially for a time of chat, friendship, and refreshments.

Cruse Bereavement Group meet every Tuesday evening, 7.30pm – 9.30pm in St.

Denys Parish Centre and the church. Counselling and comfort offered in a friendly environment.

Youth Club alternating with Youth Music Group meet every Friday during term time, 7.00pm – 8.30pm in St. Denys Parish Centre and Church respectively.

Monthly pattern of Sunday Worship at St, Denys Church:

1st Sunday, 10.00am, Matins with organ and hymns.

2nd, 3rd, 4th Sundays, 10.00am, Traditional Holy Communion with hymns and organ. Every Sunday, 3.00pm, Cafe Church in the Parish Centre with Holy Communion on the 1st Sunday in church.

Every 3rd Sunday, 6.30pm, Evensong followed by pub night in the Cedars!

Holy Week/Easter Services at St. Denys Church:

Palm Sunday 2nd April, 10.00am, Family Communion with the Reading of the Passion and liturgy of the palms. This is the only service taking place today.

Monday 3rd and Tuesday 4th, 6.00pm, Compline Wednesday 5th, 6.30pm, Music and Readings for Holy Week and Easter, including excerpts from Handel's Messiah, with full choir and organ.

Maundy Thursday 6th, 10.00am, BCP Holy Communion (Said)

Good Friday 7th, 2.00pm, service for The Last Hour.

Easter Sunday 9th, At Dawn, Holy Communion. Easter Sunday 9th, 10.00am, Traditional Holy Communion

Easter Sunday 9th, 3.00pm, Cafe Church in the Parish Centre.

For further details, please contact the Administrator by emailing: office@stdenys.org.uk or telephoning: 07803

Evington

Social

828454



Florentina Burton



All donations gratefully received to help 5yr old Florentina who is suffering from an aggressive childhood cancer NEUROBLASTOMA, to get her on a clinical trial for the BIAVLENT VACCINE in New York. This vaccine will greatly improve her chances of survival

Follow us on Facebook & Instagram for updates on Florentina's journey through her cancer treatment at GREAT ORMOND STREET HOSPITAL & hopefully progresses onto the vaccine.



AMOUNT NEEDED: £250,000

AMOUNT RASIED TO DATE: £207,704

TARGET DATE: Spring 2023







FORENTINA
Follow Florentina's Footsteps on Instagram and facebook

If Florentina is unable to use the funds for the vaccine-it will be used for other treatment options or will be gifted to another family on this same journey xx



Why not come along and join us!

When: Every Wednesday 11:00am - 1:00pm

For games and lots of conversation and refreshments

Cost: £1.50 per person

Location: The Cedars, Main Street, Evington, LE5 6DN

Contact: Renuka 07514 202579

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: 2760457

Email: chrisandpeterhardy@btinternet.com

Evington Youth Club (EYE)

Open Saaturday mornings from 10.30am - 12.30pm to all young people between 8 and 19 years. Table tennis, Chess club, Boxercise, etc. Cost/contribution £2 per session.

Girls Can is on Tuesdays from 3.30pm - 4.30pm. evingtonyouthclub.com/new-activities

Evington Local History and Heritage Group

The local history group's next meeting is on Wednesday 15th February and then monthly on the third Wednesday of the month between 2.30pm and 4.00pm. Note the new time but same venue - St. Deny's Church Parish Centre LE5 6FA. Free parking available. Membership £20 a year for 10 meetings, £3 for visitors per session. For more information contact John and Pauline Sloan . Tel: 2412210. email: jandpsloan@gmail.com

Evington Garden Club

For an interesting and entertaining afternoon the club meets on the third Tuesday of the month, in the Village Hall, starting at 2.30pm until 4.15pm.

Doors open 2.00pm. Free parking in the adjacent car park.

The first three meetings for 2023 are:21st February – 'Jobs to be done after
Winter' with Helen Osbourne.
21st March – 'Gardening for all-year-round
interest' with Neil Harris.

New membership would be most welcome. Visitors £2. Annual Membership £12. For any queries please phone Peter Jackson on (0116) 2735487.

Exercise Sessions in the Portacabin at Evington Leisure Centre

The Calming and Gentle exercise group with yoga used to meet in Evington Park House. Now they are meeting in the portacabin which is at the rear of the Leisure Centre.

This group are looking for a few more members. They meet on Thursdays between 11.00am and 12noon. Sessions cost £2.

If you are interested in coming to a taster session with the view to becoming a full member, please contact Mary on 07952 775449. Places are limited.

Leicester u3a Learn Laugh Live For more information about Leicester u3a contact publicity@leicesteru3a.org.uk

Evington Village Fete and Show 2023
This is planned to take place on Saturday 12th
August 2023 on Evington Village Green from
12noon to 5.00pm.

Evington Library

Quilling and Crafts

This group now meet in Evington Library on Thursdays from 2.00pm to 4.00pm. Pop in to see what they do.

Walk in Parent and Toddler group. Tuesdays from 10.00am to 12noon.

Women's Institute in Evington Village

Humberstone Heights and Belgrave Women's Institute (WI) are now back after the Christmas holidays and hold their meetings on the 2nd Tuesday of the month from 2.00pm to 4.00pm at Evington Village Hall. Everyone is welcome with a view to joining. A very friendly welcome awaits you. For more information contact Josie Rowles Tel: 0792 220577.

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

Mondays 6.00 - 7.00pm with Manjula (Ladies only)

Wednesday 6.00 - 700pm with Manjula (Ladies only). For more information tel: Manjula on 07448 732696. manjula.odedra.yoga@gmail.com

Nordic Walking

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

Bhangra Classes

Penny on 0750 2 57 6764.

Mondays: At Judgemeadow Community College for adults and children.

Saturdays: at Hamilton Community. College for adults.

Tel: Preet on 07525153284 for more information.

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

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.

Evington Family History Group

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. Beginners welcome. For more details contact Judith Walmsley on 2764409.

Whist - Is there any one out there who can play whist and wants a game? Please contact Lesly on 0116 2419096

Goodwood Evangelical Church Gamel Road Leicester LE5 6TD

11.00am. Sunday Service. All Welcome. 4.00pm on the first Sunday of each month -Messy Church. All ages. Wednesdays 9.30am - 11.30am. The Ark.

Parents, carers and pre-schoolers. Thursdays 7.45pm Prayer Meeting. For further details contact Stephen Taylor on

079022946004. www.goodwoodevangelicalchurch.org.uk

Evington Leisure Centre Call in to see the range of fitness and swimming activities taking place.

A roller disco at Evington Leisure Centre Sk8 2-U is a mobile roller disco company operating at Evington Leisure Centre. The disco is for all ages and encourages families and friends to come together. It is an alternative to gaming and other screen activities.

When? Fridays from 7.15pm until 9.15pm Where? Evington Leisure Centre Cost? £3 for skating and £1 for skate hire. Contact: Email: info@sk8-2-u.co.uk

Instagram: info@sk8-2-u.co.uk

Evington Village Hall

Monday - Yoga - 11.00am - 12.00 noon Tuesdays - Sweaty Mama - Mums and Babies/ Toddlers. 9.30 10.30 am Women's Institute. 2nd Tuesday in the month. 2.00 pm - 4.00pm Garden Club. 3rd Tuesday in the month. 2.00 pm - 4.00 pm

Thursday - Silver Swans 9.00am – 12.00 noon

Wing Chun Practice Club - 8.00pm – 9.00pm

Friday - Tai Chi - 9.00 – 10.00am

Polly Pockets Music Class. Mums and

Babies/Toddlers. 10.30am - 11.30am

Groups that have moved from Evington Park House

Evington Friendship Group now meet at Evington Village Hall.

The two exercise groups have amalgamated and now meet in the portacabin at Evington Leisure Centre.

The Rummikub Club meets at the Cedars. The Evington Social Group meet at the Cedars. Quilling and Crafts meet in Evington Library.

My Word Poetry Group

This friendly group meet on Tuesdays at Blends Cafe Downing Drive 4.00pm to 5.30pm Tel: 0780 449 5527 for more information. All welcome.

SMALL ADS

Trade and professional rate £2.50 for up to 25 words. All other ads. 50p for maximum of 25 words including telephone number. Please write clearly and leave your ad., with payment, in an envelope marked Small Ads at Bennett's Home and Garden Supplies, 30 Main Street.

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