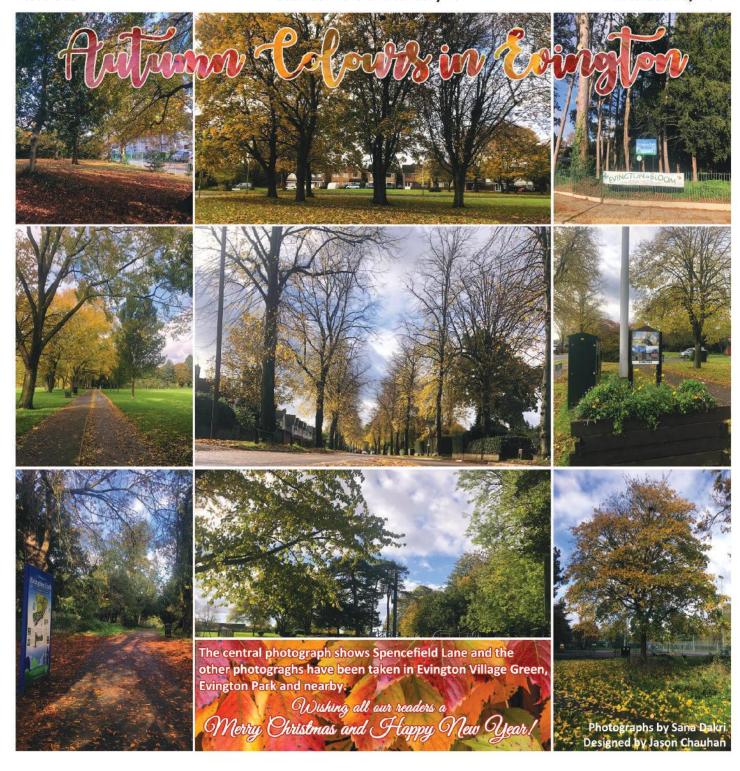


Keeping you up to date with Evington's news Issue 305 Decem

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Editorial





The Friends of Evington are pleased to announce that the late October AGM agreed to the resolution for the charity to be a C.I.O. (Charitable Incorporated Organisation). This gives trustees more powers of negotiation and a better legal structure for pursuing its environmental and community objects. To find out more about the constitution go to the website www.evingtonecho.uk/friends-of-evington

The charity has also been planning community reporter training, which will continue with a session on 5th December at the Eden Café Bar, 11 Main Street from 5.00pm to 7.00pm. If you missed this year's sessions there will be more ways to get involved or learn more at the Heritage Fairs (see article on page 8/9).

In the last few weeks we have seen some changes to our local shops. Cooperative Society shop on Downing Drive is changing into a Tesco Metro.

Cllr. Jenny Joannou asks if residents would like this shop open until 11.00pm every night or not. On Main Street there has been a management and name change to the café at 11 Main Street. Also the Village Stoore is under new management. The former betting Shop and Fabio hairdressers is now to be Mains Estates, a business for sales, lettings, commercial management and finance. There is a new hairdressers behind the Barber's shop on Main Street. (see advert on page 4).

The online calendar at the Evington Echo lists affiliated and other not-for-profit groups and their activities in Evington. It isn't comprehensive at present, but I intend, with your help, to make this so. All groups listed must be focussed on benefitting the local community. To see more on the calendar go to 'About' then 'Calendar' on the home page of the Echo website.

I hope you enjoyed the festive season of Diwali and will have a good Christmas. Helen Pettman.







THE COMMUNITY HARMONY SCARF

Clare Lawrence-Sims is dedicated to the value of making Community Harmony Scarves.



This picture shows Clare and Sharon knitting community scarves.

From an initial start at Oadby Youth Centre, she then knitted at the Vintage 186 Café on Main Street when Suzy was there. Jo took it over in 2018 and continued to support this project. The COVID lockdown hit us all. Now Suzy is back again running this café and it is renamed 'Eden Café Bar'.

I caught up with Clare and Sharon at the Café early in November and wanted to know why Clare wanted to make a Community Scarf here as well as continuing the project in her new home in Cornwall.

Claire explained how this project, now a hobby, helps her as a supply teacher.

"I can ask any child who gets disruptive to help me sort out the ribbons and roll them up" and I can talk about how taking part by choosing a ribbon, means you are also part of something much bigger than yourself. I explain that you don't need to be rich and famous to take part – ordinary children, ordinary adults, people struggling and unnoticed can also be part of something much bigger and be contributing. It's about doing something relaxing, creative, if you want, but slowing down the pace so there is time to talk and listen. Everyone contributes in life to the bigger whole.

"The looseness of the knitting is also relaxing and aids conversation. When people start to talk it can help them see how amazing they are.

"My dream is to get everyone in the world to have a ribbon in a harmony scarf. I have 4,000 metres already. Of course it is the process that matters – a process about improving mental health by talking. A process where you can dip in and dip out. A connection that can make someone's day. It is these moments that matter.

"People are complicated, life is too fast, we need to play and listen, slow down and be uncomplicated for a bit. The scarf may look chaotic but that reflects how our life is"

There is a box at Eden Café Bar with knitting needles and a few ribbons and trims. Is anyone interested in helping with ideas on how Clare's project can be sustained at Eden Café Bar? Please contact Clare on email: clarity.relaxation@gmail.com. If you aren't on email phone Helen on 2204525/07910431044 to pass on a message to Clare.

Please drop off any ribbons, trims or unusual wool that is thick to Eden Café Bar, 11 Main Street, Evington.

Interview written by Helen Pettman.

CHRISTMAS IS AROUND US

The signs of Christmas are all around us—and have been for some time. The shops are festive; the lights are up and the amount of hours in the day seem to be reducing in every sense!

It's all too easy in the middle of all this to lose sight of what it's really all about.

The Christmas story sends a message of hope and the Christian message is about Faith, Hope and Love.

Given the state of the world that we're living in, knowing this is something we really need to hold on to.

Goodwood Evangelical Church are holding Carols by Candlelight on 17th December at 5.00pm and their Christmas Day Service is at 11.00am on 25th December.

Visit their website at www.goodwoodevangelicalchurch.org.uk

EVINGTON BOWLING CLUB



This photograph shows Evington Bowling Club's annual dinner at the Leicester College this November. Here £1,148 was handed over to support the Leicester Samaritans, who provide telephone counselling support 24 hours a day and 7 days a week. The money the Bowls Club has raised is sufficient to provide training for 15 new volunteers.

The Bowling Club is now in Winter recess, but is looking forward to starting next April '24.







LETTERS

CAR NEAR CHILDREN

Dear Editor,

I saw a car driver mount a pavement and drive across inches from children. It is going to take a serious incident before anything is done.

From a resident in Thurnby Lodge.

REPORT FROM COUNCILLOR ZUFFAR HAQ (CLLR. FOR EVINGTON) ABOUT WORK HE UNDERTAKES ON BEHALF OF RESIDENTS

I attend Saturday surgeries, supported by my team, Nitesh Dave and Farida Patel at 11.00am at Eden Café in Evington. I also attend Council meetings at the Town Hall and the City Hall.

I am a member of the Education Scrutiny committee at the council and attend these meetings, which gives a voice to local people and enables me to challenge, where appropriate, decisions being made by the Council which could adversely affect residents and schools.

I have accepted an invitation to sit on the Licensing Hearing Panel.

I attend Surgeries for residents at Evington library and Coleman Neighbourhood Centre. Myself, Cllr. Bajaj and Cllr. Joannou were pleased to meet some of our local residents and listen to their concerns and answer questions.

I give support for local schools through attendance at their events, congratulations when due and liaison with the Council to resolve problems. For example Linden Primary School needed liaison help with connecting their solar panels. I was honoured to be asked to present recognition awards at the University Hospitals of Leicester and to support the hospitals' Falls Awareness Week.

I attended the Janam App launch event which showcased the University Hospitals of Leicester's maternity equality strategy.

I am working on the following issues: *Safety issues on Shady Lane

*Complaints about the Centrebus service

*Ways to improve school traffic issues

*Safety at the junction of Evington Lane and Wakerley Road/Stoughton Drive

*Challenging the Council at an Education Scrutiny meeting about the closure of Ash Field Academy's residential unit, as this unit needs to remain open. The decision to close the unit hasn't been changed completely but the council have agreed to a gradual reduction of funding and to work with the school to find other ways of raising funds.

VALUING THE WORK OF VOLUNTEERS

Dear readers,

I would like to bring to your attention that the distribution of the Echo is undertaken on a purely voluntary basis. Therefore, should you not require a copy, please be polite.

Whilst delivering on my regular patch of Falmouth Road, I was confronted in an abrupt manner. The resident opened the door and thrust the copy into my hand whilst pointing to a notice on her door reading "NO JUNK MAIL". I politely asked her if she considered the Echo to be junk at which point she rudely responded "Yes, I do!" and slammed the door in my face.

It is quite evident that some residents in Evington do not wish to be informed over issues in their local community and possibly have little interest in being part of our society.

Name and address supplied.

EVINGTON FAMILY HISTORY GROUP

This group was established in 2018 and aims to provide peer support for researching. It's a self-financing, not-for-profit group that meet at St. Denys Parish Centre, Church Road, every Wednesday from 10.00am to 12.00pm (see dates on page 15).



Many existing members have been coming along since the group started. They all explained how fascinating it was to build up a picture of their ancestors. Barbara, like others, found that there were many large families in Victorian times and some sad stories because of social conditions at that time. Ian has traced his family roots on both sides back to the late 1700s. Sue has done the same. Kevin and Alan enjoy family stories and finding forgotten relatives. Jenny has traced her family tree on her mother's side back to 1564.

There are a few more spaces for anyone who wants to start researching or is already researching. Why not pop in and see if this group offers the support you might need to start or continue this hobby?

For more information telephone Judith on 2764409.









THANK YOU FOR DONATING YARN FOR KNITTED GOODS

I would like to give an update to those of you who kindly donated yarn to me.

23lbs (10.50 kilos) of knitted goods - baby clothes , blankets, knitted toys and adult hats and gloves are now on their way to Ukraine/Maldova to help those in need.

So thank you for helping me to keep helping others.

Lesley Biro (2419096)

HEARING LOSS

RNID, the charity supporting people who are deaf, have hearing loss or tinnitus is looking for volunteers to support their vital work in Leicester.

Volunteers could become involved in providing information to local organisations and community groups, helping people get the most out of their hearing aids, or giving a friendly welcome to everyone who passes through the door at one of our support sessions.

Many of our volunteers have hearing loss themselves or in their family, and volunteering with us is a great way to meet new people, gain new skills and experience and make a valuable difference to people who are deaf, have hearing loss or tinnitus.

What are you waiting for?

For more information, visit www.rnid.org.uk/volunteering or contact 0808 808 0123.

You can also text us 07360 268 988

RNID Royal National Institute for Deaf (People)New name: Action on Hearing Loss.

NEW TENNIS COURT REFURBISHMENT IN EVINGTON PARK

Work has begun to renovate Evington Park tennis courts. The refurbishments are part of a city-wide initiative to renovate seven of the city council's parks-based tennis courts, with a scheme worth £420,000. The city council is working in partnership with the Lawn Tennis Association to bring about the improvements, which will include new asphalt surfacing, replacement nets and net posts, fencing repairs, court re-painting and new entrance gates. The project is part of a nationwide investment by the Government and Lawn Tennis Association to refurbish public tennis courts across Great Britain and open the sport up to many more people.

When all seven courts have been renovated, the council will appoint a tennis operator to provide a new booking and membership scheme, and a range of activities across the park sites, including tennis coaching and weekly organised free sessions for people of all ages, where rackets will be provided. Courts will be bookable at a cost of £42 a year for a family of six, or on a pay and play basis at a cost of £6 per court. The same concessions on offer in city council leisure centres will apply, meaning that city residents with disabilities, or who are on means-tested benefits will receive free access to the courts. Income from the booking system will go back into the maintenance of the courts to ensure they remain well maintained into the future. Works at Evington will be completed by Spring 2024.



This picture shows the recently renovated tennis courts at Abbey Park. They will provide a flavour of what to expect at Evington next year. For any further questions on the project please contact the sport on parks team at sportonparks@leicester.gov.uk

Vicky Ball, Service Manager, Sport and Active Recreation





FOUR ROTARY CLUBS ARE UNITING TO HOLD A FUNDRAISING DUCK RACE IN KNIGHTON PARK ON BANK HOLIDAY SUNDAY, MAY 26, 2024. It is the first time the clubs – Blaby,

It is the first time the clubs – Blaby, Leicester De Montfort, Leicester Novus, and Oadby – have collaborated on such an ambitious project. At least 10 per cent of the money they raise will go towards End Polio Now https://www.endpolio.org/

That's the global campaign which Rotary launched in 1985 when the crippling disease was endemic in dozens of countries with 365,000 new infections being diagnosed every year. That's 1,000 lives cut short or wrecked every day.

Since then, along with partners including the World Health Organisation, UNICEF and the Bill and Melinda Gates Foundation, Rotary has helped immunise more than 2.5 billion children against polio in 122 countries. Cases have been by cut 99.9 percent and now the disease is endemic in only Afghanistan and Pakistan. So far this year, there have been seven new cases in those two countries.

But the work – and the fundraising – has to go on until even those countries have been declared polio-free by the World Health Organisation for three years. Until then, there is a risk that a single infected passenger could fly into a polio-free country and start a new epidemic.

Each of the four participating clubs will choose other charities — some local to Leicester — to benefit from the four or five duck races to be held in Knighton Park next May.



Friends of Evington trustee, Jason Chauhan, was one of three Novus Rotary members who staffed a stall at a promotion show for the duck race. He is in the photo guiding a Leicester City fan having a go at the hook a duck event.

In addition to the races, the family fun day will include stalls, sideshows, food outlets and other competitions.

In a series of races, hundreds of ducks will be released at the top end of the brook running through the park. The flow of the brook will carry 200 ducks in each race to the weir around the right-hand bend between the football and events area. Spectators and owners will be able to cheer on the ducks from the banks and bridge over the brook. The 'owner' of the winning duck in each race will receive a

substantial cash prize.

Jim Matthews, President of the Rotary Club of Leicester Novus says: "All four clubs thank the Friends of Knighton Park and Leicester City Council's parks department and its events department for their wholehearted support so far. All four clubs are fully committed to making this event develop into an unmissable event on the area's social calendar, just like the Friends of Knighton Park's Show."

Rotary members from the four clubs, aided by family and friends, planted thousands of purple crocus bulbs in Knighton Park on World Polio Day, Tuesday, October 24th.

Why Purple? Because when Rotarians and others have travelled to polio-endemic countries to put a drop of vaccine on the tongue of children, they give them toys or pens. The youngsters are often keen to have more so come back for a second gift. Their little fingers — their 'pinkies' — are dipped in purple ink so they can be easily prevented from having someone else's vital vaccine.

To find our more about End Polio Now, please follow this link https://www.endpolio.org/

If you want to help plant crocus bulbs to beautify Knighton Park while raising money and awareness of End Polio Now, please visit the Facebook page Rotary Duck Races at Knighton Park, Leicester or follow the links to any of the participating Rotary Clubs.

You can find more information on line by searching: Blaby Rotary Club, Leicester De Montfort Rotary Club, Leicester Novus Rotary Club or Oadby Rotary Club.

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A pdf copy of this magazine is on-line at www.evingtonecho.uk

WE ARE AN UNDEFEATABLE SCHEME AT SCRAPTOFT HUB





A new initiative will be introduced at The Hub, Malmesbury Avenue, Scraptoft to encourage more people living with long term health conditions to increase their activity levels during 2024.

With the support of Scraptoft Parish Council providing hall hire for free, Ministry of Nordic Walks Community Group will be offering some January dropin information sessions about the scheme that hopes to see people become more active over a six week period and lead to participants being able to join in longer Nordic walks and other activities offered at Scraptoft and nearby areas including Evington.

The new programme, inspired by the We Are Undefeatable events hosted by Active-Together, hopes to combine inperson AND online half hour sessions available four times a week, making it easier for people to participate in a way that best suits them. Family and friends are very welcome to come along to support those taking part. The main aim of the scheme is to benefit both the physical and mental health of those living with long term health conditions. It is hoped that this can be achieved by bringing people together to socialise as a group, increase

people's ability to move more easily and therefore do more in everyday life. As the weather improves, the outdoor areas around the village of Scraptoft will also be used to bring even more benefits to those taking part.

Mary Green, welfare officer for Ministry of Nordic Walks said, "We will be offering a programme that can be easily adapted to most people's level of fitness and that will hopefully see them improve over the six week period. Having indoor facilities gives people greater confidence to begin with, but once their activity levels improve we can offer time outdoors using the specially adapted Nordic walking poles that provide stability and support".

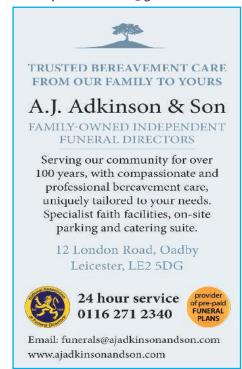
The group, which began a Nordic walking group at Evington in 2017, has experienced first hand what a difference the use of Nordic walking poles can make for some of those living with physical conditions such as Parkinson's, diabetes, osteoporosis, cancer etc. as well as those with mental health conditions such as anxiety and depression. The Nordic walking poles offer stability as well as improve posture and therefore help to take pressure off the lower limbs and back. Pushing through the poles also

increases the pace, improves the gait and helps with walking endurance and stamina as technique is improved.

There are up to twelve places available on the scheme which will start in February and all ages over 18+ are invited. Those living within a three mile radius of Scraptoft will be given priority.

The free drop-in information and introductory sessions will take place at Scraptoft Hub 10 - 11 am, Monday, 15th and 22nd January and 1 - 2 pm Wednesday, 17th and 24th January 2024.

More information can be found by emailing the group at ministryofnordicwalks@gmail.com







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sanae.ellebbar@outlook.com

KS CLEANING SERVICE



ARMISTICE DAY IN EVINGTON – 11TH NOVEMBER 2023

Friends of Evington were there at the War memorial in Evington to lead on the traditional two minutes' silence. Their new PO system helped people hear what was said. They later invited those present to join them with refreshments at the Cedars, just along the road. They were joined by Evington councillors, Cllr. Deepak Bajaj, Cllr. Jenny Joannou and Cllr. Zuffar Haq as well as the vicar and curate at St. Denys Church.

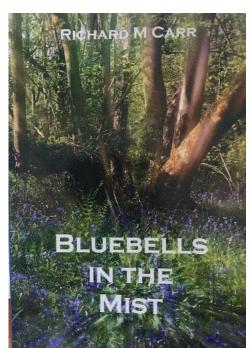
The host and speaker, Baljit Singh, quoted an engraving on an unknown grave in the State of Kentucky USA which said, "War is death. Destruction follows in its wake. War is misery, hunger and disease. War is all of this and more. So I ask you, my friend, why still does man make war?"

"Never again" should be our view of war! Ned Newitt described the loss of life during the 1st World War from the Spanish Flu, because the war effort had to go on in ammunitions factories, etc. without social distancing and lockdown.

Helen Pettman described the local V.A.D (Voluntary Aided Detatchment) hospital in Evington Park and the dedicated work of local volunteers who gave everything they could to helping the wounded and sick.

A podcast of these talks is on-line at https://evingtonecho.uk/friends-of-evington-remembrance-and-peace-event-2023/

BOOK REVIEW – BLUEBELLS IN THE MIST BY RICHARD M. CARR



The main character in this psychological thriller lives in a flat in Evington near Evington Park.

The story starts when Thomas wakes up from a coma after being found unconscious at the bottom of some rocks in Charnwood Forest.

This was an intriguing story that is beautifully written. I didn't guess the ending and I couldn't put the book down. Richard is a local author who knows the history and mythology of Leicestershire particularly well.

Richard has written many books that are a culmination of his knowledge of British mythology, history, genealogy, folklore, magic and nature

To purchase a copy go to:

https://www.etsy.com/shop/Witcherman 's Books or search Richard's name on-line for more information. The ISBN number for this book is 978-1-8384237-9-7.

REMEMBRANCE SUNDAY IN EVINGTON - 12TH NOVEMBER 2023

The St. Deny's Church Remembrance Sunday (12.11.23) started with a service at the War Memorial remembering both the local soldiers in the 1st and 2nd World Wars and soldiers in all wars. Then there was a parade along Church Road with the Air Cadets and the 9th Leicester Scouts followed by a second service in St. Denys Church. Following this the congregation moved into the churchyard to gather around the Garden of Remembrance there. Refreshments afterwards were served in the Parish Centre.







Please support your local businesses

HERITAGE FAIR - 28TH OCTOBER 2023









Heritage Fairs — Organised by John Coster from Documentary Media Centre

This is a new series of free city heritage events to support and encourage an independent Heritage network. Besides providing a meeting point, these heritage fairs are also open to the public to enjoy free talks, showcases and screenings.

The first Heritage Fair was held on 28th October '23 at the Adult Education Centre, Belvoir Street, LE1 6QL.

The wide-range of exhibitors included, Museum of Community Media, Media Archive for Central England (MACE), At Risk War Memorials Project, the Leicestershire & Rutland Family History Society and Decentered Media Leicester Stories and more.

John Coster said, "if you or your community group are in the early stages of developing a heritage collection or maybe thinking about growing an existing collection, then the Saturday Heritage Fairs are for you. We have people interested in heritage generally and those specifically interested in their own community, but whatever your reason for attending, I'm sure people will enjoy discovering how someone is turning their collection into a registered small independent museum and enjoying it!"

The photos adjacent left and from top to right show:

- (a) the Exhibition hall
- (b) the cafe area
- (c) the Evington Echo and Leicester Stories banners. In front of these banners are Helen Pettman (left), Cllr Zuffar Hag and Dr. Rob Watson (right)
- (d) the Documentary Media banner with Rob Watson, a trustee of Friends of Evington who is collecting stories of people's experiences of arriving or belonging to Leicester. His collection will be shared on social media and Leicester Community Radio.

The Evington Echo was invited to attend and joined Dr. Rob Watson on his Decentered Media stall.

The dates of future Heritage Fairs are published in the Dates section on page 15.

The next event, when Rob will be collecting stories and discussing community reporting, helped by three Evington Echo trustees, will be on Tuesday 5th December at the Eden Cafe Bar on Main Street in Evington Village. If you would like to attend please contact 07910431044.

INDIAN CLASSICAL MUSIC

St Deny's church was recently the perfect acoustic space for a concert of Hindustani classical music. It was a splendid conclusion to the St Denys Music Festival.





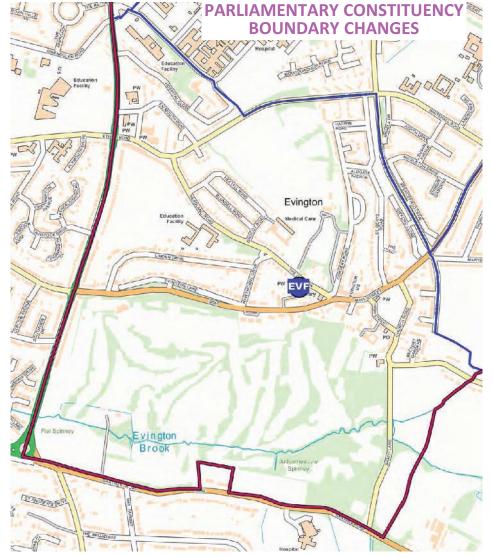
Pictured are sarangi virtuoso Sandeep Kandola and tabla master Harkiran Singh. There were interesting questions from an appreciative audience, some of whom approached the dais to handle the traditional instruments and to converse with the exceptionally gifted musicians.

Sandeep and Harkiran are students of renowned sitarist and teacher Ustad Dharambir Singh. Ustadji recently performed in a concert at the Guildhall to celebrate Diwali. It was titled Music and Light and was a collaboration between the Sitar Music Society and Leicester Cathedral.

Next year's Diwali concert will return to the newly refurbished cathedral.

There will be another opportunity to discover Indian classical music in Evington as part of the 2024 St Denys Music Festival.

Harkesh Farma (Photo by Stephen Shenton)



This map shows an area in Evington that has been moved to Leicester South called EVF polling district (shaded yellow). This means that the people living in this area are represented by the MP Jon Ashworth (Labour) and not the MP Claudia Webbe (Independent). The people living in this area still have the same councillors as the rest of Evington ward, which are: Zuffar Haq, Jenny Joannou and Deepak Bajaj.







SILVER SWANS BALLET DANCE IN EVINGTON AND AT THE ROYAL ACADEMY OF DANCE



We were really pleased to finally be able to perform at this year's Summer Fete, thankfully the weather was kind and we all thoroughly enjoyed dancing for such an appreciative audience.

On 1st October, ten of our lovely 'Swans' were lucky enough to perform a dance at Royal Academy of Headquarters in London at the very first Silver Swans Celebration. Over 200 'Swans' from around Europe attended the event including Silver Swans. Ambassador, Angela Rippon was there and she gave a welcome speech and watched from the front row. Our 'Swans' different classes Leicestershire, and with various amounts of ballet training (two of them only joined us last year as complete beginners!), enjoyed a ballet class together and workshops before performing. Despite a few understandable nerves they danced together beautifully and said it was an experience they felt very fortunate to have and one they will never forget.

Vanessa Burzynski

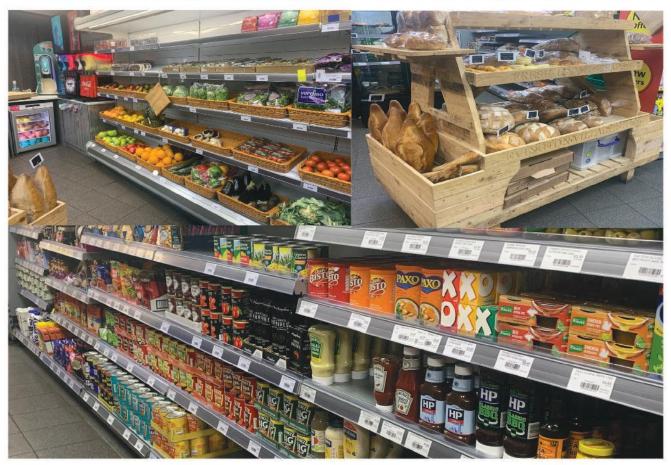
For more information about classes in Evington Village Hall see page 15.



SPAR (A) EVINGTON Grand Opening in early December

Also in store are: Hambleton Bakery Joseph Morris Butchers' Meats

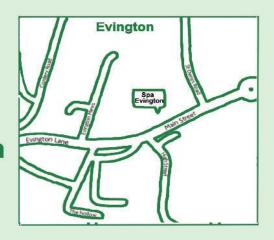
Local fruit and vegetables supplier Fresh Italian bread from Secchi



A warm welcome from Richard and Lynn Kent

Find us at 38-40 Main Street
Evington, Leicester LE5 6DN
We are open:

Monday - Saturday 6pm - 10pm Sunday & Bank Holidays 7am - 10pm



MEMORIES OF JEFF HENRY

27TH FEBRUARY - 28TH JULY 2023

I am one of many who were privileged to have known Jeff Henry as a friend, a fellow trustee of Friends of Evington and deeply committed environmental champion. His fellow Sedgebrook Community Garden group members referred to him as 'quietly inspirational' and their thoughts and memories of him and his recent projects are recorded below:



Jeff at Sedgebrook Community Garden.

Jeff was a lovely man who had time for everyone. He came across as quiet, intelligent, calm and friendly. Jeff had a vision for the Sedgebrook Road Open Space, which with typical hard work, inspiration and clarity of purpose, he managed to achieve with the help of his wife, Suzanne, and a small band of local volunteers and some funding from the Friends of Evington's 'People and Pollinators' grant from the 'Awards for All' Lottery Fund.

Jeff's vision was to improve the appearance and usage of the park in a variety of ways. These included: digging and planting up flower beds to surround a picnic table and bench, which it is hoped will soon be installed; creating a wild flower area; planting a variety of native woodland and hedgerow flowers and trees in the wooded areas and mowing paths through the grass in order to encourage activity and exercise.

Jeff also did a lot of work behind the including leafleting local households; setting up the Little Green Shoots website, with articles and advice about creating nature-friendly areas in our gardens; negotiating with representatives of the City Council and others and bringing together volunteers from local households to help with the practical work involved

Many people from this area and beyond have commented favourably on the 'Community Garden' and improvements made under Jeff's vision and inspiration. The garden has also garnered a Level 5 "Outstanding" Award under the Britain in Bloom, East Midlands 'It's Your Neighbourhood Scheme', 2022 and posthumously in 2023: a fitting tribute to an exceptionally public-spirited, energetic and creative person.'

Jeff and Suzanne had been actively involved with the Catholic community based at Holy Cross Priory in the centre of Leicester since their student days in the early 1980s and so it was fitting that his requiem mass should be held there on 17th August. It was attended by some of the many who knew Jeff as a fellow parishioner, science teacher in a local school, volunteer in a range of community projects, supportive neighbour and devoted husband and father of three. The burial followed at Scraptoft Natural Burial Ground, a setting Jeff would undoubtedly appreciate with its wildflower meadows and woodlands, having worked so hard to conserve and develop such areas in his own neighbourhood. Jeff was a song writer, musician and a keen real ale enthusiast, so it was fitting that he was given a lively send off by fellow band members at the Cow and Plough pub well into the evening.

Jeff was truly an inspiration to all who met him and led by example, directing his energies in real and practical ways for the benefit of Evington residents and the wider community, encouraging others to find ways of enriching our environment and addressing ecological issues which affect us all. I urge readers to continue his work in whatever ways you can "To promote for the benefit of the public the protection conservation, improvement of the physical and natural environment in the Evington suburb of Leicester and the surrounding area." (Constitution of Friends of Evington). You can read all of Jeff's articles in the Echo https://evingtonecho.uk/rememberingjeff-henry-through-evington-echoarticles/

Paul Archdeacon.

ARE YOU ELIGIBLE FOR **ENERGY EFFICIENCY GRANTS?**



WITH SUPPORT FROM LEICESTER CITY COUNCIL, VULNERABLE AND LOW-INCOME HOUSEHOLDS CAN SAVE MONEY ON ENERGY **BILLS, STAY WARM AND REDUCE THEIR CARBON FOOTPRINT.**

Energy Projects Team, Leicester City Council. Tel: 454 3780. Energy.enquiries@leicester.gov.uk www.leicester.gov.uk/energyefficiency/

If you have a long-term health condition or disability and your gas heating is broken or faulty then the Warmer Homes Greener Homes Scheme could help with funding. The eligibility criteria: are (a) Live in the city of Leicester (b) Own the home you live in (c) Your heating system is broken, faulty or non-existent (d) The household is on a low income (you don't need to be in receipt of benefits) (e) The household has little or no savings. This scheme can help with repairs or replacement of Gas boilers, full central heating systems, hot water tank, new radiators or additional radiators and unheated or underheated habitable rooms.

If you are on a low-income household, or receiving benefits then ECO4 and ECO4 Flex could help. This government national scheme is delivered by independent private installers who must be TrustMark registered. To find an installer go to: https://w.trustmark.org.uk/homeowner/f ind-a-business

This scheme provides a package of improvements including lots of different types of insulation, heat pumps, boilers, electric storage heaters, solar PV panels high performance external doors window glazing and draught proofing. The installer will apply to the Council to see if you are eligible.

If you use electricity, LPG or solid fuel as your main heating source then the Home Upgrade Grants (HUG) scheme could help. Hug can provide insulation or renewable heating systems. A technical survey will determine a property's suitability for a measure. You are eligible for this grant if your gross annual income is less than £31,000 and you live in EPC rated D, E, F or G properties. To apply for HUG call E.ON on 0333 202 4820 or go to their website at eonenergy.com/energy-efficiencygrants/green-homes-grant.htm

Energy means Performance Certificate. You can find out how to get a rating on www.gov.uk

Leicester City Council's role is to assess the eligibility of a household against criteria. The Council is not responsible for funding, issuing the appointing contractors or installing the works.

Complaints resolutions are first through the company who installed, but if problems persist, go to the Citizens Advice Consumer Helpline or OFGEM's website or www.gov.uk.



"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

RESPIRATORY TRACT **INFECTIONS**

With the arrival of cold weather, respiratory tract infections become more common. As a pharmacist, encountered various respiratory illnesses, and I'm here to share some essential advice.

Respiratory tract infections encompass a wide range of conditions, including colds, flu, COVID-19, and pneumonia. They often share similar symptoms. Pneumonia is usually bacterial in origin, while other infections are typically caused by viruses.

When dealing with coughs and colds, there's a variety of cough syrups available. Some can be purchased over the counter, including herbal remedies. However, for stronger medications, it's important to consult with a pharmacy staff member. Stronger cough medicines may contain multiple ingredients that could interact with your current medications or be unsuitable for certain medical conditions.

Throat sprays, soothing lozenges, and pain relievers like ibuprofen and paracetamol are also accessible. Keep in mind that while these are common remedies, they may not be suitable for everyone.

Home remedies can be effective as well. For a sore throat, warm water with lemon and honey provides soothing relief. Gargling with salt water is another effective home remedy. If you have a cold or flu, staying well-hydrated is crucial.

Avoid taking antibiotics unless prescribed by a healthcare professional. Most chest infections, such as colds and the flu, are viral, and antibiotics won't treat them. Misusing antibiotics can lead to antibiotic resistance.

Vaccination is a powerful tool in





preventing respiratory infections. Your local pharmacist can help you schedule a COVID-19 or flu vaccination. It's important to get vaccinated annually, as the strains may change, making last year's vaccine less effective against this year's variants.



Hana Husain (Pharmacist) Instagam: @pharmadrama

MESOTHELIOMA UK

This charity supports people suffering from Asbestos Exposure Cancer. This normally is fatal within about six months of diagnosis.

Henry, who was environmentalist, leading the Sedgebrook Community Gardens project and also being a leading member of the Evington Branch of the Labour Party, died in July 2023 of this cancer.

Since then, I have become aware of two other acquaintances who also suffered the same fate. In fact, in the UK, it claims 2,500 victims each year.

I am starting a campaign on 1st October by taking part in RUN LEICESTER's HALF MARATHON.

I have a link through JUST GIVING EAMON'S **FUNDRAISE**





MESOTHELIOMA UK

If you want to help the sufferers of this terrible disease go to: https://www.justgiving.com/page/eamon -furey-1695047975264 THANK YOU



EVINGTON VILLAGE THEN AND NOW



This photo was probably taken in the early 1930s. The Cedars (left) was a private house then and changed to a pub in 1938 The library was a cottage known as Mrs. Smalley's cottage.



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A CLOSURE AND A CHEQUE

On the 28th September the Trustees of Evington Youth Club were overjoyed to be presented with a donation of £4,910.00 from the Trustees of Crown Hills Cricket Club



Sadly, Crown Hills Cricket Club has been forced to close down, having been very badly affected by the COVID 19 pandemic and by a shortage of volunteers. Previously, the club had been very active across a wide range of age groups, including U17s, U15s, U11s and U10 teams, with a membership of approximately 70 young people.

The club had made significant contributions in offering support to underprivileged children by:

- *nurturing their potential in cricket,
- *supporting players in acquiring coaching qualifications, thereby facilitating their career development in becoming cricket professionals,
- *offering training and assistance to all its players through involvement in the Leicestershire and Rutland Cricket Youth League,
- *encouraging and assisting players to reach County level, with some players successfully attaining this prestigious level.
- *expanding its activities to include multisport and fitness programmes, including exclusive sessions for girls and women in badminton, women-only fitness classes and table-tennis,
- *establishing strong ties with local schools



and EYC itself.

- *participating in Last Man Stands matches through the Leicestershire and Rutland Cricket Youth League (LRCYL)
- *organising Chance to Shine matches through LRCYL It is a tragedy that such a vibrant organisation with this history of success should be forced to close.

The Trustees of Evington Youth Club feel very honoured that CHCC has chosen to donate its remaining funds and equipment to EYC and we hope to maintain our connections with some of its former Trustees and thus be inspired and helped to aim for similar activities and achievements at EYC in the future.

The photo shows trustees of CHCC (Crown Hills Cricket Club) handing the cheque to EYC (Evington Youth Club) From left to right: Rajan Parmar CHCC, Bharat Somaya CHCC and EYC, Jayendra Parmar CHCC, Elizabeth Warren EYC and Zoya Shaikh EYC.

FAMILY HISTORY POP UP SESSION

Have you always wanted to trace your family history but not sure where to start?

Or perhaps you have a family history question/challenge you'd like help with?

Volunteers from the Leicestershire and Rutland Family History Society are holding a Pop-Up Family History session in Evington to offer help with any family history questions.

Day/date: Monday 22nd January 2024

Time: 10.30-12 noon

Where: Eden Café, Main Steet, Evington,

LE5 6DN

Free! No need to book, just turn up on the day. Any question, please email Sue on publicity@Irfhs/org.uk



ST. DENYS CHURCH LE5 6FA

Monday Meets

We meet on the 1st and 3rd Monday of the month except January from 2.00pm to 4.00pm in Evington Parish Centre, attached to St. Denys Church. LE5 6FA.

Musical Toddler Group meet on Fridays from 10.00am to 11.00am at the Parish Centre.

All preschool children welcome. Led by Sarah Gregory (Community worker) More information at vicar@stdenys.org.uk

Youth Club and Music Night Meetings Alternative Friday evenings from 7.00pm to 8.30pm at the Parish Centre. Play pool, table football or challenge your friends on the Wii. Final sessions before Chrismas are on 1st and 15th December. Contact: stdenysyouth@gmail.com

BRAND NEW! Every 4th Sunday each month, 3.00pm Crafty Church aimed at young families and the young at heart!

Christmas Services:

Sunday 10th Dec. 3.00pm Christingle Sunday 17th Dec. 10.00am Holy

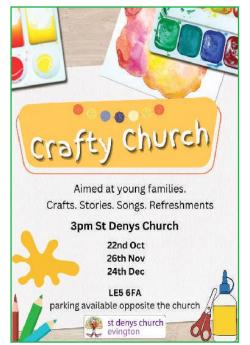
Communion

Sunday 17th Dec. 6.00pm Tradional Carol Service

Christmas Eve 3.00pm Crafty Church Christmas Eve 11.15pm Midnight Holy Communion

Christmas Day 10.00am All Age Holy Communion

New Year's Eve 10.00am Holy Communion



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 (EYC)

Open Saturday 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.

Evington Local History and Heritage Group

The December meeting is Wednesday 13th Dec. Bring the historical work you have been doing.

Meetings are on the second Wednesday of the month between 2.30pm and 4.00pm. at St. Denys Church Parish Centre LE5 6FA. Free parking. 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

Entering our 32nd year, Evington Garden Club invite all to our Christmas end of year celebration in the Village Hall at 2.30pm on Tuesday 19th December. Visitors and guests welcome. Accompanied by seasonal goodies, we have the every popular Richard Adams slides and a musical presentation of 'Gardens home and away'. Info. tel: 2215513.

Gentle Exercise Sessions at St. Denys Church's Parish Centre Thursdays between 9.30am and 10.30am. Cost £2. Visitors welcome. Contact Mary on 07952 775449 or just pop in to see if this group is for you. See advert on page 3.

Women's Institute in Evington Village
Humberstone Heights and Belgrave Women's
Institute 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 Social Club

Every Wednesday from 11.00am to 1.00pm at The Cedars, Main Street, Evington. Tel: Renuka on 07514 202579.

Rummikub Club

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.

Cost £1.50. For further information please contact Lesly on 2419096.

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

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 with Nassar Butt

Fridays 9.00 -11.30am.

Penny on 0750 2 57 6764.

Evington Village Hall. For further information, contact Nassar on 077992242150.

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.

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 07902946004.

www.goodwoodevangelical church.org.uk

Silver Swans Ballet Classes

3 different levels from Beginner to Advanced held on Thursday mornings at Evington Village Hall.

For further information please contact Vanessa on 07765 407323. nelliebeeswans@gmail.com or www.nelliebeeballet.co.uk

2024 Heritage FairsAdult Education Centre,

Belvoir Street LE1 6QL

10th February 2024 from 10.00am to 3.00pm 11th May 2024 from 10.00am to 3.30pm 8th June 2024 from 10.00am to 3.30pm

The Fairs have many stalls including the Evington Echo, Leicester Industrial History Society,

Decentered Media, Leicester Stories, Leicester Community Radio with Rob Watson and much more.

See article on pages 8 and 9. https://doc.media-centre.org

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.

Leicester Secular Society

Meeting are at the Secular Hall at 6.30pm every Sunday, 75 Humberstone Gate LE2 1WB. 11th Dec. Wildlife of Quarries with Chris Hill from Leicestershire and Rutland Wildlife Trust. Slides showing the diversity of species in Leicestershire quarries.

18th Dec. Winter Solstice and Xmas Social. Live music, quiz. Bring food to share

Family History Pop-Up Session
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Time: 10.30-12 noon

Where: Eden Café, Main Steet, Evington, LE5

6DN

Free! No need to book, just turn up on the day.

Any question, please email Sue on publicity@lrfhs/org.uk

Meet your Evington councillors Cllr. Zuffar Haq, Jenny Joannou and Cllr Deepak Bajaj. 1st Tuesday in the month at Evington Library from 4.00pm to 5.30pm and 3rd Wednesday in every month from 10.30am to 12 noon at the Coleman Centre LE5 4LR.

SMALL ADS

DON'T MOWN ABOUT MOWING Contact J B GARDEN SERVICES

(Large & Small Lawns & Other Gardening Jobs) Tel: 259 3336 Mobile: 0780 125 9687

Laughter Yoga

Benefits: Relieves stress. Reduces anxiety, improves respiratory and cardiovascular systems. New class start-up in January 2024. For more information contact Suresh on: Mobile 07974306016.

Thurnby Bridge Club



Interested in playing Duplicate Bridge? Thurnby Bridge Club. Thursday evenings 6.45pm. For more details please contact Brian Rowarth on 2414807.

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, Evington.





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