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Hello From The Editor

Welcome to the August edition of the Western Park Gazette.

This month: A café with a difference opens in West Leicester where you either pay what you think the meal is worth or volunteer services instead. Very tasty it all looks too!

Roger Blackmore writes about the history of Leicester's parks. Kev Sharkey from Hinckley Road Police updates us on anti social behaviour issues, illegal motor biking and car thefts whilst Helen Knott sympathises with the trauma of grand-parenting over the long summer break.

The controversy over proposals to build a massive block of flats on Western Road rumbles on as protesters get their objections in, the Western Park Beer Festival approaches, as does Westival in Braunstone Gate... Yay! And Tony Huxley gets his James Bond tux on to tackle the Weed From The East, a sort of From Russia Without Love.

The Brain Tazers, Crossword and Sudoku are ready to ambush you on the inside back page!

If you've got a local news story then email
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Events Diary

Fosse Singers: Fosse N'hood Centre. Weds. 7pm.
International Folk Dancing: Monthly 2nd & 4th Fri. St. Anne's Hall. 2-4pm. Tel: Geoff on 0116 285 8352.
Peter Crebbin's Cool Swing Band: 1st Sun Monthlly. Café Chino at Hilton Hotel, Meridian. 1-3.30pm
Thursday Club: Thursdays. 2-4pm. Robert Hall, 147 Narborough Rd.
West End Pay As You Feel Café: Thursdays 6-8.30pm. West End Centre. Andrewes St. LE3 5PA.
Heritage Sundays: Monthly last Sun. Mediaeval city open days/tours. 11-3pm. w:goleicestershire.com
Leicester Oktoberfest: 19-23rd Aug. Abbey Park. 4-11pm. Free, except £5 entry on Sat 22nd.
Castles, Gargoyles & Clay Fun Day: 20th Aug. Guildhall. 11-3pm. Activities £2.50.
Wizards Wonders: 25th Aug. Abbey Pumping St. 11-4pm. Free Entry. Activities £2.50.
Grenadier Guards Assn Garden Party: Sun 23rd Aug. WLCC, 55 Westcotes Dr. 1-3pm.
Company (Musical): 24-29th Aug. Upstairs At The Western. 7.30pm. w:upstairsatthewestern.com
Cosmopolitan Carnival: 29th Aug. City Centre.
Westival: 30th Aug. Braunstone Gate. 12-6pm.
Odd Fellows Brass Band: 30th Aug. Western Park Band Stand. 3-4pm. Free
Western Park Beer Festival: 11&12th Sept St. Anne's Church Hall. Letchworth Road.

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Pay As You Feel Café

If you've ever had a meal out and grumpily thought "I'd like to pay what it was really worth", well now you can, but in a good way!

West Leicester's first 'Pay As You Feel' café is now open for business at the LCIL building on Andrewes Street off Hinckley Road.

Every Thursday evening between 7-8.30pm volunteers roll up their sleeves and get cooking.

The café opened its doors for the first time on 30th July. Bobby from the Real Junk Food Project who run the café said: "It's been nuts since we got here! We rescue food and turn it into tasty meals. There's no emphasis on payment. You can pay what you think it's worth with cash, cleaning or washing up. We even have a buskers' corner where you can sing in return for food".

If the project is successful, Bobby has plans to open similar cafes in across Leicestershire.



CODE RED

Over 100 people attended the 24th of July "Say No To Code" event held at the Western pub. Originally planned as a party on Briton Street, rain forced organisers to host it indoors.

Builders have bought the coach house behind the Western, the adjacent hosiery factory and the Baby Planet site for the £30 million expansion.

The new Western Road CODE student accommodation plans have angered many Westcotes residents and hundreds have objected to the effect a 14 storey building will have on the area.



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Our Green Heritage

It was whilst on holiday in the little Suffolk town of Aldeburgh that I first came across the setting up of fitness equipment or "outdoor gym" in a local park. Today these are being established in a range of City Parks in Leicester and are proving quite popular.

Back in the 19th century the city fathers were initially none too keen on setting up municipal parks. They hoped that wealthy benefactors would donate suitable open spaces, as had been the case in many other towns and cities. Interest did start to be aroused in establishing a park around the Abbey ruins and this received the strong support of James Thompson, the editor of the Leicester Chronicle, a highly influential figure. Thus it came about that in 1882 Abbey Park was opened by the Prince and Princess of Wales.

Another open space was the old racecourse which eventually became Victoria Park. Described by Malcolm Elliott in his excellent book, Victorian Leicester, as "a rather shameful piece of wasteland...where cricket was played and nursemaids flirted with young men while they took their charges for walks." Tastes changed and Vicki Park became the popular open space it is today.

As the 19th century drew to its close two further

pieces of land came on the market establishing the 36 acre Spinney Hill Park and our own much larger Western Park, formerly the Mellor estate.

Perhaps the greatest debt the city owes is to Charles Bennion, a supporter of the purchase of Western Park, who in 1928 was to buy Bradgate Park and donate it to the public. Few cities have such an historic deer park on their doorstep.

In a recent Gazette article we looked at the purchase of the land at Braunstone, part of which became Braunstone Park. The 20th century was also to see the opening up of Watermead Park in the north of the city which is so attractive to bird life. Another open space close to the River Soar is Bede Park, which came into being only a few years ago.

Each of these green lungs, including a range of smaller parks and gardens such as Fosse Recreation Ground and Westcotes Gardens make up a city landscape in which getting on for twenty per cent of the city is public open space. And the outdoor gyms are the latest feature in our parkscape.

© Roger Blackmore



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KNOTT'S LANDING

You see the worn faces everywhere. Washed out, exhausted from effort, drained of all stamina and joy. You see these people everywhere you turn at the moment. Once proud and tall, now bent and broken... Grandparents in the summer holidays. It isn't like it used to be when I was a kid. School was out and you stayed at home with Mum. Sometimes you were passed around friends if she had to work, perhaps there was a trip to an aunt's house, but mostly you just stayed home and played with your friends. Now most Mum's work and once you've taken your allocated leave, jiggled your shifts, begged swaps with friends there will be days when you have children at home but you are expected at work. You can't afford a nanny so you call in the family. Hence the frazzled grandparents who appear at attractions, parks and events all through the summer holiday.

It is the devil's own job trying to organise child care for kids in the summer holidays. Out in the county there is a helpful booklet listing all the summer clubs run by leisure centres and others. It's packed with fun things to do like visit the East Midlands Airport open days. In the city we are predictably left to fend for ourselves. You can find clubs that cost £150 a

week or you can find clubs at £40 a week. They are randomly tied to after school provision, the civil service, a few leisure centres, and school clubs. There is no logic to how you will find out about them. A friend might mention one, an e-mail advert might drop into your inbox, you might see a sign up somewhere, but you can pretty much guarantee they won't

advertise much and you won't get the information from school or the city council. Nope, in the summer holidays us parents are on our own! We club together and help each other out. I have one friend with a spreadsheet detailing which friends her daughter will be with and which clubs she's at for the entire duration. Or we call in the grandparents and beg for help. They accept with trepidation but they do it anyway and so our kids spend time with the older generation. I'm not for one instant thinking my little one is at Grandma's knee learning how to make her biscuits. I know he is more likely to be at McDonalds for lunch and will get more than his yearly sugar allowance in a week. I also know he is spending quality time teaching Grandma about Nin-jago and Star Wars. It's important she learns these things. I like to think I'm doing her a favour too!

Helen Knott



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Westival Festival

Braunstone Gate plays host to stacks of entertainment as Westival makes a welcome return for its second outing.

After last year's success, Westival could now become an annual event held in the heart of the West End incorporating live music, street performers, arts and craft stalls, children's' entertainment and all day food and drink.

Braunstone Gate will be closed to traffic making way for a music stage, a kid's play area and comprehensive market stalls, ranging from vintage clothing to produce. Most of the bars will also be putting on night time entertainment.

Westival is organised by Braunstone Gate businesses but it is funded with £6,000 from the city council's Gateway Improvement Scheme, which aims to develop key arteries into the city, and a £1,000 from the ward community budget.

Westcotes Councillor Sarah Russell said: "It is a festival with a real community atmosphere and lovely to have Braunstone Gate full of people and stalls instead of traffic".

Westival is a free event taking place on 30th August, Bank Holiday Sunday, between 12 and 6pm. Look for "Westival" on Facebook and Twitter



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DIABETES EXERCISE RESEARCH PROJECT



We would like to invite you to take part in our diabetes exercise research project.

Our research involves a combination of cycling and resistance exercises. By using a cardio and resistance exercise program we will be able to assess immunological and physiological parameters in Diabetes mellitus volunteers.

What is the purpose of the study?

As part of the growing research into Diabetes Mellitus the School of Pharmacy at De Montfort University are working to investigate the effects of a combined exercise program (cardio and resistance) on blood glucose, metabolic and immunological parameters that could help you with the management of diabetes and increase your insulin sensitivity. This research involves a combination of two types of exercises and this is where we need your help. We would like to invite you to take part in this study which will help us to understand the role of exercise and how it can help people with diabetes to maintain a healthy body weight, to possibly manage your blood glucose level more effectively and increase insulin sensitivity.

What are the possible benefits of taking part?

As a result of being involved in this study you will receive health and fitness information about yourself including fitness tests and body measurement. You may also witness a decrease in your Hba1c levels and an increase in your insulin sensitivity as well as other general improvements to your health.

If you are interested in the Diabetes Exercise Research Project and would like to volunteer you can come down to De Montfort University and speak to one of the research members in person, located at the **Hawthorn Building, Room HB1.29**. Alternatively, please contact Leicester School of Pharmacy:

T: 0116 250 6220



Newfoundpool Forum

Have your say about what is happening in your community!

DMU Square Mile is working with residents to establish a forum where people can highlight some of the issues they face in the community and work towards solutions with the help of DMU, Leicester City Council, Leicestershire Police and Leicestershire NHS Partnership.

DMU Square Mile will help residents grow ideas and establish projects for the community; with the support of the city council, local NHS and the Police.

Anyone wishing to join the forum should contact Square Mile squaremile@dmu.ac.uk, or by phone - (0116) 257 7135.

Fancy a sing song?

Then join the DMU Square Mile Community Choir!

Rehearsals take place every Thursday from 11am-1pm and the group welcomes anyone with a love of singing.

You do not need any experience to join and it is completely free!

Please contact the DMU Square Mile team for more information:

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Childrens' Music Taster Day

Saturday 3rd October from 10.00am to 1.00pm. It is hoped that most of the above instruments will be available if sufficient interest. Ages five to seventeen. Must ring or e-mail to book. Free entry.

Music for Under Fives

One and two year olds – Wednesdays, 9.30 – 11.00am Under eighteen months - Thursdays 2.00 – 3.30pm. Eighteen months to four - Fridays 2.30 – 4.00pm. All cost £3.00 per session. £1.50 for a second child with same parent. First lesson free. Suggest ring first.

Singing for Adults

Fridays 6.30 – 7.30pm. Cost £5.00 for twenty minutes. Cheaper for groups. Phone 07905533341 for more details.

Multi-Instrument Band

Tuesdays 7.00 – 8.00pm. Cost £2.00 per session (£1.00 under eighteens). Also Trumpet/Cornet lessons available. Ring 07866378392 for more details.

Senior Citizens Lunch Club

Mondays and Thursdays, 12.30pm. Cost £2.50 for two course meal plus tea/coffee.

Senior Citizens Club

Mondays 2.00 – 4.00pm. Cost £1.00.

Senior Citizens Keep Fit

Thursdays 11.00am – Noon. Cost 60p.

Fosse Lunch Club

Fridays 12.30pm. Cost 70p for main course plus tea/coffee. Run by Zinthiya Trust and funded by the Riverside Housing Association. All welcome.

Our Co-op Friendship Group

Tuesdays 10.00am – Noon. Cost £1.00. Learn craft skills and make new friends.

Yoga

Mondays 6.00 – 7.15pm and 7.30pm – 8.45pm. £4.00 per session, unwaged £3.50. Must book in advance.

Computer Classes

Wednesdays. 1.45 – 2.45 pm and 2.45 – 3.45pm. 60p per session. Contact Centre for further details or to book.

Tetsudo

Martial Arts. Sundays 11.00am – 1.00pm. Cost Adults. £4.00, Under 12s £2.50. Ring 01509 260875 for more info.

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Tuesdays 7.30 – 9.00pm. Ring NA helpline 0207 7300009 and ask for Woodgate – Leicester meeting.

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For further information contact the Woodgate Residents Association, Woodgate Resources Centre, 36 Woodgate, Leicester LE3 5GE Tel. 253 0717 e: woodgateresidents@hotmail.com

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Beer O'clock!

The first ever Western Park Beer Festival will take place on Friday 11th & Saturday 12th September 2015 at St. Anne's Church Hall, AKA 'Tin Annie' on Letchworth

Road, Leicester. Tapping into the nation's love of real ale and craft beer, this charitable event is looking to raise in excess of £5,000 to contribute to the 'Tin Annie' Fund-raiser appeal.



The festival promises to offer a wide variety of locally sourced food and drink – providing a lovingly curated line-up of over 20 real ales, craft beers, ciders and perrys and hearty range of locally sourced bar food. On the Saturday afternoon and evening, The West End's famous 'Flamin' Mo', the resident Pizzaiolo of The Western pub, will be on hand to satisfy the crowd with his delicious hand made fresh pizzas.



On Saturday 12th September there is a special family afternoon session with a good selection of children's activities including a bouncy castle, face painter, free ice cream for children and competitions for the young ones.

Entry will be £5 per session including a free festival half pint glass.

Ales will be £1.50 per ½ pint and £3.00 per pint and debit/credit cards will be accepted for both entry and beer token purchases.

Everards have agreed to support the Festival as a key sponsor, alongside a range of local businesses who will sponsor the beers.

Sponsorship opportunities are selling fast, but some are still available; so if you have a local business and wish to get involved with such a fantastic local community event, please contact us at info@westernparkbeerfestival.org

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Letter Box



May I, through your magazine, express my gratitude to all those who organised the Western Park festival?

This is a wonderful, annual family friendly event featuring a range of activities and showcasing a large number of live bands and other musical acts. The stalls, food outlets and beer tent all add to the atmosphere. It is so nice to see so many local people walking to and from Western Park for this event every year. It makes for a very pleasant community event, especially when the weather is kind, as it was this year.

I am already looking forward to the 2016 festival!
Stephen Foster Wyngate Drive

I read in the August Gazette that flowers were stolen out of their pots next to the Hinckley Road shops.

It is not always the most attractive place to shop these days but the flowers made it less drab and a little more friendly.

How typical of some to ruin the efforts of others but I do hope the shopkeepers who organised the displays do not give up. *Katherine Western*

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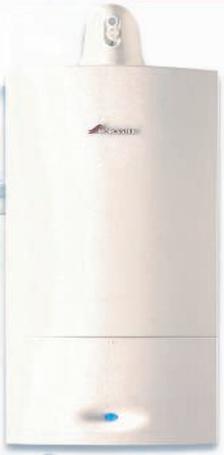
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August Police Update

SHARK WATCH with Sgt. Kev Sharkey

This month anti-social behaviour problems have affected residents on Ivanhoe Street and Henton Road. In both cases residents contacted us raising concerns over the behaviour of the tenants and how this had impacted on the rest of the street. In both cases officers visited the persons involved and gave proportionate warnings designed to curb the behaviour, however, this advice was not heeded and so we then worked closely with both the housing providers and the Leicester Anti Social Behaviour Unit, in each case to issue warning letters to the residents. Sadly, the behaviour persisted and so proceedings continued and now the tenants of Ivanhoe Street have been evicted and the tenant on Henton Road will be evicted shortly. We will always try to resolve such matters in a simple and pragmatic manner, but if tenants refuse to engage then we will act to remove a problem that is effecting the rest of the community.

A new tactic is being used against motorbikes that are ridden dangerously and anti-socially on the roads and public parks, in particular Western Park. Operation Groundhopper deploys specialist evidence gathering officers using high tech camera equipment to help identify those responsible. A 17yr old male has now been charged with dangerous driving and assault following a collision with an officer who was trying to arrest him. We continue to combat this problem and make the park a safer place to enjoy. I urge residents to tell us who these people are and where they store their vehicles. You can speak to an officer by **calling 101**, or **anonymously on Crimestoppers 0800 555 111**.

We are still seeing higher levels of car break-ins and it is often for very minor property being left on show. We are working to combat this problem but you can lower your chances of becoming a victim by following some simple steps. Small change, in particular, is being taken so please do not leave anything of value on show. It may only be change to you, but to offenders it is worth taking and you will end up replacing windows or locks which costs a lot more. If you cannot park inside a locked garage, try to park in a well-lit place with an alarm deterrent; ensure doors and windows are locked and that nothing of value is on display. Sucker marks on windscreens should be wiped off. It tells thieves that a satnav could be in the glove box and they will break in just to have a look.

Tony Huxley's Compost Corner



The Apiaceae family is packed with many attractive ornamental and wild plant species, vegetables and herbs such as celery, parsley, fennel, parsnip and carrot. But every family has its black sheep, and Apiaceae have several. This hasn't gone unnoticed by the press who love an annual "plant gone bad" article. Last year it was hemlock, the plant of classical poisoners.

This year the tabloids have gone for a true Triffid, the giant hogweed. Depending which article you read, this plant will reach 3 to 6 metres tall. It's like cow parsley on steroids - with lots of attitude. It's the baddie from Rocky 4 - in plant form. And like that Apollo Creed-slaying villain, it's also of Russian origin (which makes it even more tabloid friendly).

Like many of today's invasive plant species we can blame our Victorian ancestors for bringing this Killer Carrot to our shores. But unlike Japanese Knotweed and Himalayan Balsam this literally has a sting in the tail. The sap causes burns and hor-

rific blisters by making the skin sensitive to sunlight, an effect that can last for months and even years. This reaction is even more potent to children.

As this plant continues to spread, injuries will become more frequent. So beware of unusually tall plants topped with large clusters of small white flowers. Straight green stems are brittle and ridged with red spots. Leaves are lobed with a toothed edge and up to a metre long. They respond well to glyphosate weedkillers, but always wear rubber gloves and protective clothing if you intend to tackle one of these brutes. It's best to burn on site any parts you remove, especially the seed heads, one plant can produce up to 100,000 seeds, and tipping requires a written permission as it's considered hazardous waste.

But don't have nightmares, the Russians aren't coming...they're already here!!!





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1		2		3		4
5						
6						7
8						

1 across. Vacation **1 down.** Boat berth **2.** Ice treats **3.** Seventh of a week **4.** Not no **5.** Motor gathering **6.** It's what I think **7.** Show approval **8.** Tight rose.
 © Paul Towers

8						
6	4				2	
	9		4	1		
4	3			5		7
7			3		8	
		9		6		2
			1		9	5
		5				9
						7
						8

- Sir Curd A Jowls** is an anagram of which summer 2015 blockbuster movie?
- Solve this rebus puzzle: **MananMan**.
- Without using any safety device, how can a child leap out of a 30 storey building and easily survive?
- Find 3 seven letter words beginning with 'c' and ending in 'tic'.
- Replace the vowels to reveal 4 animals. Lnss, Tgr, Grll, Crcl
- What comes next: **8723, 3872, 2387** —?
 Answers at www.westernparkgazette.co.uk

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