



## SUPERCAR



Welcome to the Christmas issue of the Western Park Gazette.

'Tis the season to be jolly; and we are... so there.

You may have seen a spectacular space age looking car driving around the area and we have the story on this unique vehicle with more on line.

This month Roger Blackmore looks back at the life of Constance Jackson, Helen Knott becomes almost seasonal before she stops herself and Peter Coley wipes some of the shine off solar panels in Techie Thump.

The Square Mile Project tell us what they've been up to, Tony Huxley thinks that Christmas poinsettias are pointless and Mrs Thrift encourages us to have a stress free Christmas.

If you've not heard of Futsal before, local coach Dom Beck explains what it is and how you can join in and Shaftsbury School was ablaze with light... but why?

We have the latest from the local policing unit as they keep the streets safe and we've put in a few truly awful Christmas jokes to get you into the festive spirit.

Wishing you a very Happy Christmas and a prosperous New Year.

*Merry Christmas*

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# SUPERCAR

**West Leicester mechanical magician, Paul Bacon, has built another one off vehicle to grace the city's roads.**

Following the success of the Dualatron two years ago, Paul has spent the last 18 months creating the unique Cosmotron from scratch.



Paul says: 'I love to build stuff as an exercise in 1960's show car design and also because I'm creating the only car of its kind in the country.'

'It was all built in my back garden, but I couldn't do it all on my own. I had some help with the wiring, paint, upholstery and some of the fabrication. And my neighbours let me drive through their garden to access my shed. They all made this possible, they were great.'



The build was challenging, but even at the start of the project, Paul had a clear vision: 'Good planning and research are the key. Even at the very start I knew what the car was going to look like down to the smallest detail. All I had to do was make it real.'

The Cosmotron is fitted with all the modern motoring gadgets; air conditioning, power steering and electric windows. It's based on a BMW Z3 chassis

along with a 2.8 Litre engine and an estimated top end speed of 135mph. 'Oh yeah!... It's fast and road legal, taxed and MOT'd!' said Paul.

Some unusual elements have gone into its manufacture: 'The dome is made from the same stuff used in fighter jets, some of the shapes were formed using plaster as a buck for the Fiberglass and I use a chroming process I can do in my own shed, even on non metallic surfaces.'



The response from custom car fans has been positive with many seeing the influence of custom car building legend Ed Roth in the organic yet space age design but Paul's not going to stop there. 'It'll be in Custom Car Magazine in February, maybe at a few shows in the summer and on the roads of Leicester very soon.'

For now Paul is enjoying his new car, but he is always thinking ahead to the next project: 'Wow next up, at the moment I have a few plans; suffice to say it will be wild and fast and low!'

Paul's website: [www.cycloneworks.co.uk](http://www.cycloneworks.co.uk)



# SKOOL'S OUT!

Torrential rain at the end of November, not only caused mayhem on the city and county's roads, it badly affected one West End School.

Pupils of Dovelands Primary School had an early Christmas present as the school had to shut do to flooding.

The boiler room became waterlogged following a nearby burst sewer during the heavy downpours.

The children enjoyed a pre Christmas 3 days off as two feet of water was pumped out of the boiler room and repairs made to the sewer and heating system.



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Virtual Venture



## Constance Jackson

I recently came across film footage of the Cross Country championships held at Western Park in 1964. Attracting well over 700 participants and featuring such running celebrities of their time as Derek Ibbetson and Bruce Tulloh. The contest was started by a bell being rung by that year's Lord Mayor of Leicester Alderman, Constance Jackson.

Today of course the name of Mrs Jackson is still commemorated in the Constance Jackson Centre situated near the Hinckley Road entrance to the park.

Born Constance Ashton at Kings Lynn in Norfolk in 1896 she was to serve as a civilian clerk with the Royal Flying Corps during the First World War before coming to Leicester in 1919. Here she married Frederick Jackson a local Labour Party and trades union activist in 1923. Five years later her husband was elected to Leicester City Council and was himself to become Lord Mayor in the 1950's.

During World War Two Constance was appointed by the then Minister of Labour, Ernest Bevin, as Employment Officer with the Ministry of Labour and National Service. She held this post until the autumn of 1945 when she successfully stood as Labour Candidate for the Charnwood Ward in the post war City Council elections.



Having served as Lady Mayoress during her husbands tenure as Lord Mayor in 1957/58 she was elected High Bailiff of the City in 1961 and served herself as Lord Mayor in 1963/64, becoming the fourth woman to hold the office. This is also the only time in the history of the city that a woman has held all three posts.

As a local politician her interests were primarily in the areas of what we would now call health and social services including a spell as Chairman of the Welfare Committee of the Council and a member of the No 3 Hospital Management Committee.

Throughout her life she took a particular interest in the welfare of the elderly and issues of mental health and is particularly well remembered for this. (Roger Blackmore)

Good King Wenceslas ordered a pizza:  
"I'll have it deep pan, crisp and even."

# KNOTT'S LANDING

I think Christmas is the best festival of the year. The anticipation of the holiday is one of the great joys of life. Making lists, checking them twice, making mince pies and stashing them in the freezer, buying presents, wrapping them while watching It's a Wonderful Life. These are some of life's great pleasures and something I look forward to all year, especially now I have a little one to share the excitement with. Except this year it's all going a bit wrong and it's all the Council's fault.

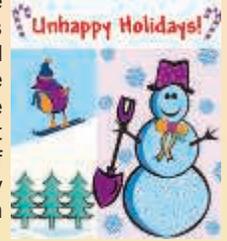
You see, in their wisdom, they have decided to make this term of school the longest ever in the history of school terms (OK I'm exaggerating but you'll see why). The kids are going to be at school until Friday 21st December. That leaves us two days to enjoy the build up to the big day and whoosh, suddenly it's Christmas Eve.

This might seem perfectly reasonable to you but what every parent knows is that this means there are TWO WEEKS after Christmas where the children need to be entertained and looked after. The first week is OK in that we still have all the excitement of new Christmas presents and visiting to distract them but the second week, that is a whole

hill of pain right there. Children don't care about New Year, it's just another big family dinner where parents will be ignoring them, there may be a row and everyone will be grumpy the day after. Then the week lengthens and the days drag by and there is another weekend where all the decorations have to be taken down and the house cleaned and still it is not over because they are off on the Monday until they finally go back to school on Tuesday January 8th.

Whoever chose the holiday dates this year is a special sort of masochist who clearly hates parents. If I ruled the world I would have had them off a week earlier and back at school on January 3. No mess, no fuss and much happier parents able to clean up and take the tree down without threatening to bury their children under the pine needles or tie them up with tinsel and hide them in the Turkey carcass, and no I don't know why you bought such a big one either!

As it is we shall soldier on and make the best of it with the help of the wine bottle and a selection box. Merry Christmas and may the school holidays fly by for you! (Helen Knott)



## CHRISTMAS ON-LINE

We've got all Christmassy and trimmed up the website for Yule!

You can find a link to Santa Tracker, so the young ones can follow Father Christmas's progress across the world as he delivers the presents.

We are also posting a weekly list of Christmas and New Year fun activities across the city which can be accessed from our home page.

We have a new link to Leicester's community radio station Takeoverradio 103.2, so you can listen online whilst your surfing. Just click the banner and you'll go straight to the listen page.

You can also join us on Twitter @mygazette or 'Like' us on Facebook, perhaps even join the Western Park Gazette Facebook Group.

The Gazette can be downloaded as a pdf, wherever in the world you are, so no matter what you are doing, a monthly dose of Western Park news and views is only a mouse click away.

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The Western Park Gazette

Q: What do you get if you cross a snowman with a shark? A: FROSTBITE!

# Christmas Crackers

*Q: What do you give a train driver for Christmas?*

*A: Platform shoes!*

*Q: Where does Mistletoe go to be an actor?*

*A: Hollywood!*

*Q: Why did the gingerbread man go to the Doctors?*

*A: Because he was feeling crummy!*

*Q: What do you get when you cross a bell with a skunk?*

*A: Jingle Smells!*

*Q: Where would you find Chilli beans?*

*A: At the North Pole!*

*Q: What do sheep say to shepherds at Christmas?*

*A: Seasons Bleatings!*

**... or not!**

## COUNCILLORS' SURGERIES

**Fosse Cllrs Surgery:** Monthly, 2nd Sat, 10.30-11.30, Fosse Neighbourhood Centre & last Sat 10.30 -11.30am Woodgate Residents Association

**Westcotes Cllrs Surgeries:** Westcotes Library, 1st Sat each month, 10.30 - 11.30am and 3rd Fri each month, 5.30 - 6.30pm. West End Neighbourhood Centre, 4th Fri each month 9.30 - 10.30am. Manor House Neighbourhood Centre, 2nd Friday every month, 10-11am.

**Western Park Cllrs Surgery:** Monthly-2nd Weds St. Paul's Church Rooms, Kirby Road. 7-8.00pm.

**Times may be subject to change over Christmas**

Local Band?

Local singer?

Local Artist?

GOT A GIG?



If you're based in West Leicester and you're performing in the city, drop us a line!  
And we'll give you a mention!

e: [editor@westernparkgazette.co.uk](mailto:editor@westernparkgazette.co.uk)

## December Police Update

**Three people have been charged with robbery in Winchester Avenue, Westcotes on November 12th.** The youths aged 15 and 16 and the 18-year-old man have all appeared at Leicester Magistrates' Court.

**A 67 year old man has been charged with producing cannabis.**

The offence is alleged to have taken place on Blackbird Road on Oct 17th. He is due in Magistrates' Court at the end of December.

**A 26-year-old woman has been charged with an offence under the Proceeds of Crime Act.**

The offence is alleged to have been committed at Dunton Street in Woodgate.

It follows a burglary at commercial premises in Parker Drive, on November 16-17, in which a camera and other items are alleged to have been stolen.

The accused is due to appear at Leicester Magistrates' Court on December 27.

**Police are appealing for witnesses after an incident of damage at Braunstone Leisure Centre.**

A glass entrance door at the leisure centre was smashed at about 9.50pm on November 20.

Police are urging anyone who was in or around the area of the leisure centre on Hamelin Road during the evening of November 20 to contact them.

**Police have issued a warning after two women had their handbags stolen from their cars while they sat stationary in traffic.**

Both incidents happened on Tuesday November 13, when the victims were approached by a man in their cars as they sat in stationary traffic on Fosse Road North and Glenfield Road.

In both incidents a man opened the passenger side door, asked for the time and then took the victims' belongings from the passenger seat before running away.

The victims' handbags, containing keys, paperwork and a purse were taken during the thefts.

A 20-year-old man has been arrested in connection with these incidents and released on police bail pending further enquiries.

Sergeant Rod Smart said: "Officers are investigating the two incidents and are looking into any potential links. If you see an incident like this happen, immediately call police. The sooner we know about the incident the sooner we can begin investigating and catching the offender."

## Prince Edward to visit The Mile<sup>2</sup> Project



His Royal Highness Prince Edward, the Earl of Wessex, is to visit De Montfort University (DMU).

Prince Edward will officially open the Queen Elizabeth II Diamond Jubilee Leisure Centre and spend some time visiting the Mile<sup>2</sup> Project on 23 January, 2013.

The Mile<sup>2</sup> project uses the best of DMU to help everyone by drawing on the skills and expertise of students and academics to make a difference in the Fosse/Tudor Road, Newfoundpool and Woodgate area.

This visit comes as a great honour for the project and will be the second Royal visit to DMU in the space of 10 months.

During her Diamond Jubilee tour of the nation in March, Her Majesty The Queen, accompanied by Their Royal Highnesses The Duke of Edinburgh and The Duchess of Cambridge, visited the university.

Prince Edward's father, The Duke of Edinburgh, attended a special presentation about Mile<sup>2</sup> during the March Royal Visit and was impressed by what he saw.

The Mile<sup>2</sup> project is keen to showcase its most recent achievements for Prince Edward.

In November the project was honoured with two awards which recognise sustainability in higher education around the world – the Green Gown Social Responsibility Award and the Green Gown International Category for Social Responsibility.

In February of this year, The Vice Chancellor of DMU, Professor Dominic Shellard was named as one of 'Britain's New Radicals' by The Observer newspaper and the National Endowment for Science, Technology and the Arts (Nesta) for creating the Mile<sup>2</sup> project.

Prince Edward will be shown Mile<sup>2</sup>'s Movin'2Gether dance lessons for teenagers and PlayDough - a stocks and shares project involving young people from the area.



## The Fosse Forum by Steve Tolton

When I first heard about Mile<sup>2</sup> I was interested to see how the university was going to bring together a transient community and get people talking to each other. I was determined to be involved and felt that it was time that I started to help improve the community. This led to me being asked to be part of the Mile<sup>2</sup>'s Resident Panel along with a number of others.

During each meeting we discuss how the Mile<sup>2</sup> projects are progressing and the impact they were having. While feedback from the group was generally positive the university soon realised that residents were just as likely to give constructive criticism and that we were all very passionate about the community we lived in.

We recognised that it was time to start our own projects and with the help of the Mile<sup>2</sup> team we looked for alternative sources of funding from the Community Development Foundation. This would allow the residents panel to fund and manage their own projects independently of the university. At this point we also felt that we should rename ourselves the Fosse Forum and stand on our own two feet.

Since receiving the funding from the Community Development Foundation we have successfully funded our first year of projects. These have included martial arts lessons for teenagers who have been victims, art and music lessons, as well as a series of interactive events for toddlers. We also have plans for mural at one of the entrances to Rally Park. With a limited amount of money in the first year we were disappointed that we couldn't help everyone, but with £11,000 to spend on projects in the upcoming year we have more opportunities to help groups start up.

If you would like to join the Fosse Forum, contact Mile<sup>2</sup> on 0116 257 7102 or email [mile2@dmu.ac.uk](mailto:mile2@dmu.ac.uk)



De Montfort University  
would like to invite you  
to the launch of the

**Breastfeeding baby on the go booklet;**  
a resource designed for the women of Leicester

Do come along to our free event and receive a  
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opportunity to view a range of stands.

Friday 14 December 2012 11 am-1pm

De Montfort University Hineston Building  
in the Undercroft

**mile<sup>2</sup>**



## Get Healthy in the New Year

Why not kick start your new year by making a resolution to get fit and healthy?

Projects are currently running that could help you lose weight, stop smoking and get fit.

## Would you like to be a community reporter?

Mile<sup>2</sup> are launching a community magazine for the residents of Woodgate, Fosse/Tudor and Newfoundpool, by the residents of the square mile.

Contact

## Mile<sup>2</sup> Contact

T: 0116 257 7102

E: [mile2@dmu.ac.uk](mailto:mile2@dmu.ac.uk)

W: [www.dmu.ac.uk/mile2](http://www.dmu.ac.uk/mile2)

Twitter: @DMUSquaremile

Facebook: [www.facebook.com/squaremile](http://www.facebook.com/squaremile)

## Help shape local health services

Take part in our Mile<sup>2</sup> Health Survey in partnership with Leicester City Clinical Commissioning Group.

Please answer the three following questions:

- 1) Are you registered with a local GP and if so, where?
- 2) If you are not registered, where do you go/would you go if you needed medical treatment?
- 3) Have you ever used a local health service? Where did you go and for what treatment?

Email your answers in confidence to: [mile2@dmu.ac.uk](mailto:mile2@dmu.ac.uk) or post your answers to health survey, Mile<sup>2</sup> Office, Fletcher Building, De Montfort University, The Gateway, Leicester, LE1 9BH

# CHRISTMAS IN THE SQUARE MILE

mie<sup>2</sup>

## Musical Mile<sup>2</sup>

In November, Mile2 launched two new musical projects, The Mile2 influx band and choir. Since then, both groups have been busy rehearsing for upcoming Christmas concerts.

### Mile2 Choir:

The Mile2 choir rehearse in Newfoundpool Neighbourhood centre every Thursday, 11am-1pm.

Anybody with a love of singing is invited to join. You do not need to have any previous singing experience or be able to read music to take part. Many members of the current choir had only sung Karaoke before joining! The choir is free of charge and provides a chance to meet new people from all walks of life. Why not set your new years resolution to take part in something new and exciting such as this?

### Mile2Influx Band:

The Mile2 Influx band was set up by a group of enthusiastic students at DMU. They rehearse in the Queens Building on DMU campus every Wednesday evening. Anyone who can play a musical instrument at grade 2 or above is encouraged to join in. The band rehearses a range of music from The Beatles to Frosty the Snowman. Contact 0116 257 7102 or email [mile2@dmu.ac.uk](mailto:mile2@dmu.ac.uk) for more information.

## *Last Chance to see Santa with Mile<sup>2</sup>*



*Come and visit Santa in his Grotto and get involved in craft making sessions on:*

*Saturday 15<sup>th</sup> December from 11am-4pm*

*Free hearing sessions will be available and we will host a community cafe providing drinks and snacks. You can also enter a free prize draw to win £50 worth of John Lewis vouchers.*

*Fosse Neighbourhood Centre  
Mantle Road Leicester LE3 5HG  
0116 257 7102*

mie<sup>2</sup>

mie<sup>2</sup>



# Strip Club Gets Go-ahead

**A licence has been granted for a strip club to open next to Tescos in Braunstone Gate.**

Councillors sitting on a licencing enforcement sub-committee granted the entertainment licence to Angels Gentlemens' Club in New Park Road behind the recently opened Tesco store.

The club, owned by KN Leisure, had it's original application to open between 8pm and 4am thrown out last year, but the latest request to open between midnight and 5am was allowed.

## LOCAL BAR - UNDERAGE DRINKING

**A bar on Braunstone Gate has failed an alcohol test purchase.**

During November, Police Officers, with the help of three youngsters under 18, carried out 56 test purchases across the city including several in the West End of the city.

One of the 14 that failed was the Revive and Vision Bar on Braunstone Gate. Police say that those businesses which sold alcohol to the youngsters will be interviewed and could be issued with a fine of £80 or, if prosecuted in the Magistrates Court, a fine up to £5000.



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## Tony Huxley's Garden Tidings



**Christmas is a time of plant cruelty. Besides torturing conifers in centrally heated houses we buy millions of Poinsettia that have as much chance of seeing a second Christmas as a festive turkey.**

Named after the US Ambassador to Mexico who introduced them to America, their natural home is in tropical jungles with the Aztecs. To get them ready for Christmas, growers subject them to a cultivation regime only the most OCD amateur can replicate. For us lesser mortals they invariably and inevitably wilt, shed leaves and die. The classic deep green and red bract varieties do look festive.



But now we also have insipid pastel shades of pink, lime green or "Oops I spilled the bleach," white. If you're treating someone special to a house plant, there are plenty of better alternatives. Many species of orchid are easier and more rewarding to grow than Pointless-etias. Most bloom

for weeks, sometimes months. *Phalaenopsis* are excellent houseplants. Once they've finished flowering cut back the stem to a low bud and they often produce another flower spike. Other species worth trying are *Paphiopedilum*, *Cymbidium*, and *Odontoglossum*.

*Gardenias* have beautiful, fragrant blooms. *Azaleas* look great with rampant displays of blossom. You'll often find several plants squeezed into one pot to achieve such a show. In Spring, divide and pot them up. The *Azaleas* will often be happy planted in a sheltered bed.

Bulbs and corms are great value. Hardy bulbs can simply be planted out in the Spring. The spectacular *Hippeastrum*, usually called *Amaryllis*, (Pictured) should be watered and fed till late the Summer, then dried out and forced into dormancy, ready to be reignited mid-autumn.



But Christmas is also a time for tradition, and I know what plant my mother is expecting to slowly murder over the next few months.

Have a green fingered Christmas and see you in the New Year.

# Xmas Screen-test

1. What was the name of the angel that helped James Stewart in "It's a Wonderful Life"?
2. Who starred as a desperate dad in Jingle all the Way?
3. What does Bill Murray's character do for a living in Scrooged?
4. Who plays the train's mysterious conductor in Polar Express?
5. What was the name of Chevy Chase's family in National Lampoon's Christmas Vacation?
6. Who plays Ebenezer Scrooge in The Muppet Christmas Carol?
7. The Grinch stole Christmas from which tiny city?
8. In Gremlins, how does town miser, Mrs Deagle, meet her spectacular end?
9. Which Tim Burton film is a blend of Halloween and Christmas?
10. In which film does Tim Allen reluctantly turn into Santa?



Find the answers on line at [www.westernparkgazette.co.uk](http://www.westernparkgazette.co.uk)



## Have you ever considered generating your own "green" electricity by installing PV (photovoltaic) solar panels to your home?

The market has changed in the past 12 months, Government feed-in tariffs (they pay you to make electricity even if you use it all!) have gone down substantially but the cost of buying an installation also seems to have magically come down in response, funny that!

Solar panels are not all alike so research carefully and get several quotes before committing to anything. A good place to start, if you have internet access is [www.energysavingtrust.org.uk](http://www.energysavingtrust.org.uk) There are several different construction methods for PV panels. The cheapest types may be only 6% efficient whereas the better, more expensive panels may reach 19% or more. You would expect an installation to last for 25 years so it's more important to get good quality, efficient panels than the cheapest possible price. Output guarantees of 25 years are common but consider whether an obscure manufacturer is as likely to be around in 20 years to meet a claim as a brand leader e.g. Sanyo, Sharpe, REC, or Mitsubishi for example.



Larger installations are more cost effective than smaller ones as part of the price is the fixed cost of electronics and installation but size is often limited by available south (ish) facing roof space. Prices start at around £3000 for 2kW and each kW of standard panel's will need approx. 7sq metres.

The current max feed-in tariff of 15.4p per unit generated is available if your house has a certified energy efficiency rating of **D** or better, otherwise it is 13.9p. Additionally you get 4.2p for every unit exported to the grid (unused power). On completion you get payments at this tariff for 20 years, indexed by RPI. The industry calculate a return on capital of 5 to 8% on installations which compares favourably with most savings products and will repay the cost in just a few years when you take into account the much reduced electricity bills. It seems Solar is still a good option but compare products carefully.

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## SHINE A LITTLE LIGHT!

**On Wednesday 28th November, Shaftesbury Junior School on Latimer Street glowed beautifully in the light of luminaires as a part of the Westcotes Community Lights Festival.**

The community event which was organised through the Near Neighbours Programme celebrated the importance of friendship, community spirit and being a good neighbour.

The Near Neighbours programme brings people together in religiously and ethnically diverse communities, creating friendships, building relationships of trust and helping people to transform their neighbourhoods together.

Central to the event was the contribution of the school pupils, who having decorated the 250 luminaires, came with their families to create a unique lights display and take part in an evening of community and sharing.

With the faith festivals of Diwali, Bandi Chorr, Advent and Hanukkah all within the space of a few weeks and all including the symbolism of light, the event brought together local people from a diverse range of ethnic and religious backgrounds through the universal idea of "treat others as you would want to be treated yourself", a concept that is shared by people of all faiths and none.

'It's great to have an opportunity to celebrate our common life here in the West End and to get to know our neighbours more' said Rev Richard Worsfold, of the Church of the Martyrs Karl Stewart, Headteacher of Shaftesbury Junior School said "The school's motto of 'Coming together to learn, share and care' was brought to life in a spectacular way through the Community Lights Festival, involving more people than just our immediate school community. The children thoroughly enjoyed the event and are looking forward to the next one!"



*Knock Knock. "Who's there?"  
"Hanna", -"Hanna who?"  
"Hanna partridge in a pear tree..."*

## FANTASTIC FUTSAL!

**A Local Football/Futsal Coach who grew up in Western Park was recently invited to La Masia, the training home of FC Barcelona.**

Dom Beck spent the week working with the coaches and players of the world famous club and in particular the area of Futsal and since this Dom has been inspired to try introducing Futsal here in Leicester.



We asked Dom to share his experiences with us; 'It was an amazing and truly unique experience, on the first day when we arrived at La Masia there

were people queuing outside hoping to get a glimpse of their idols from this moment we knew it was going to be special.

We spent a lot of time with the Futsal coaches and players and took part in some of their sessions I was already a fan of this sport but seeing how skilful and technically quick these players are first hand was amazing.

The similarity of the football played by Barcelona and the game of Futsal is easy to see and they start this with players at a very young age this is definitely beneficial to their development as Football/Futsal players it is also a great fun sport to play.'

As an FA qualified coach Dom has decided to launch his own Futsal team here in Leicester, Leicester Futsal. 'I wanted to offer a variation to football and thought that the answer was easy Futsal, it's a great fun game and is an excellent way to stay fit and make friends. We are currently looking for adult male players, but will quickly be launching our youth sections and then I am keen to mirror this offer to a Women's section.'

If anybody is interested in getting involved with Futsal or would like to simply support a local team, please contact Dom at:

Leicestefutsal@hotmail.com

## The Season to be Stress Free

How would you like a relaxed, cheap Christmas, where you actually enjoy the festivities, instead of it being a tiring blur? It's easy, all you need to do is plan in advance.

Your Christmas food bill doesn't have to be expensive. Plan what you *really* need and not what the supermarkets make you *believe* you need. Think about what didn't get eaten last year and make a shopping list and stick to it!

Don't stress over cooking; Christmas dinner, after all, it is just a glorified 'Sunday Roast'. You can

even buy a Frozen Turkey Crown for as little as £9 from Aldi, which serves six people easily, with enough left over for sandwiches.

Think ahead and impress your guests with a home-made Christmas pudding and a cake. Both are easy to make and taste

so much nicer than shop bought equivalents. The house will also smell lovely when you make them. Mince pies can be made easily and cheaply in advance and frozen. They only take 30 minutes to defrost if you have unexpected guests.

You don't have to food shop on December 24<sup>th</sup>, as most of your food will stay fresh for up to a week before. So shop before your supermarket gets too crowded.

Take the stress out of Christmas Day by writing down the timings of your Christmas dinner a few days before, so you know exactly what you are doing on the day.

Prepare as much of your Christmas dinner as possible, the day before. This way, you won't spend most of Christmas day in the kitchen. Even vegetables can be peeled, chopped and stored in water or food bags over night.

Think of your starter, I made a really nice home-made Spicy Parsnip Soup last year. It didn't take long to cook on Christmas Eve and I just warmed it up again the next day.

Remember that Christmas is for everyone, **this doesn't exclude the cook**. Do your planning in advance and you too can have a stress free, frugal Christmas.

You can find all the recipes I've mentioned on my blog. Have a wonderful stress free Christmas and a Happy New Year and don't forget, you have 365 days to plan your next Christmas.

Mrs Thrift - [Notjustgreenfingers.wordpress.com](http://Notjustgreenfingers.wordpress.com)



## BRAIN TAZERS

1		2		3		4
5						
6						
7						

**Across:** 1. Assign a duty 5. Amazing or wonderful occurrence 6. Bane 7. Firedog.

**Down:** 1. Pungent nitrogen and hydrogen compound 2. Egyptian tomb 3. Tooth 4. Perfidy.

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

1. You put one budgie in per cage and have one bird too many. If you put in two budgies a cage, you have one cage too many. How many cages and budgies have you got?

2. What 7 letter word has hundreds of letters in it?

3. Two women apply for a job. They are identical and have the same parents and birthday. They are asked if they are twins and they honestly reply "No". How is this possible

Answers on line: [www.westernparkgazette.co.uk](http://www.westernparkgazette.co.uk)

## St. Anne's, St. Paul's and St. Augustine's

### **At St. Anne's Church Hall -**

**Mon - Fri:** Playgroup 07837 628689. (term time)

**Mon:** 5.30 - 7.00pm: W.E.A. Yoga 255 6614.

7.15 - 9.00pm: Tai Chi. Call Rick 285 5159.

**2<sup>nd</sup> Tue:** 2.00 - 4.00pm: MU Speakers.

**3<sup>rd</sup> Tue:** 7.30 - 9.30pm: W.P. Gardening Club.

**Wed:** 5.00 - 8.00pm: Weightwatchers.

**Wed:** 8.00 - 9.00pm: Tai Chi with Rick.

**1<sup>st</sup> Wed:** 2.30 - 4.00pm: Wednesday Club.

**4<sup>th</sup> Wed:** 7.00 - 9.00pm: MU Speakers.

**Thurs:** 9.00 -10.00am: Pilates for fitness.

1.30 - 3.15pm: Pram Club. (Term time)

6.30 - 8.00pm: Rebounder Aerobics.

**Fri:** 10.00am: Coffee Morning.

**1<sup>st</sup> Fri:** 1.30 - 1.00pm: Lunch club.

**2 & 4th Fri:** 2.00 - 4.00pm: Folk dancing.

**Tuesdays** 10.00am: Mums and Toddlers: Over

60's Club. 12.30 (**St. Paul's**)

## Church of the Martyrs

**Westcotes Drive Leicester**

**Street Self Defence:** Mondays in the Hall. 7.30-

8.30pm Call 07788 637 686 for details.

**Martyrs Football Training:** every Weds eve

6.30pm at Nelson Mandela Park..

**Craft Group:** for any type of craft. Thurs 12th

July and every 2nd Thurs of the month.

**Karate:** Fridays in the Hall. 6.00-7.00pm.

**Rainbows:** Mondays 5.15pm.

**Brownies:** Mon & Thurs. 6.30pm.

**Guides:** Tuesdays. 7.00pm.

## St. Andrew's Methodist Church

**Glenfield Road East, Leicester**

**Fri:** Pram Club. Term Time. 10.00-11.30am. T:

Jean, 0116 255 2912.

## Parish of St. Peter

**21 Hinckley Road Leicester**

Details of events and services can be found on

line at [www.stpetersleicester.org.uk](http://www.stpetersleicester.org.uk)

## Epworth Methodist Church

**Blackbird Road, Leicester**

Weds: Boys' Brigade 6.00 - 9.30 (ages 5 - 17)

Tel: John Ogleby 0116 233 7978

## Events Diary

**Zumba Class** Tues. 6.45-7.45 & 8-9.00pm at New College. Call Sarah 07810 307 113.

**Fosse Camera Club:** Fridays. St. Peter's Church Rooms. 7.45pm. 0116 299 2230.

**Leic' Ladies WI:** Meets monthly on 3rd Mon.7.15pm Upstairs in The Almanack, 15 Bath House Lane.

**Breastfeeding Group:** West End Sure Start Children's Centre, Catesby Street, Tuesdays. 1:30pm - 3:00pm. 0116 225 2225.

**Online Sessions:** Westcotes Library. Weekly. Mon, Tues & Thurs. 1-3.30pm. Free.

**Fosse Singers:** Fosse N'hood Centre. Weds. 7pm.

**Hello Dolly:** 29<sup>th</sup> Nov-12<sup>th</sup> Jan. **The Tiger Who**

**Came to Tea:** Until 5th of Jan & **Santa's New**

**Sleigh:** 18<sup>th</sup>-21<sup>st</sup> Dec. All at Curve. Details from [www.curveonline.co.uk](http://www.curveonline.co.uk)

**Grease:** Until 30th Dec at the DeMontfort Hall.

**Peter Pan:** Until 23rd Dec at the Peepul Centre.

More from [www.peepulcentre.com](http://www.peepulcentre.com)

**Robin Hood & The Babes in the Wood:** Dec 14th-Jan 5th. Little Theatre. [www.thelittletheatre.net](http://www.thelittletheatre.net)

**Bolshoi Ballet - The Nutcracker:** 16<sup>th</sup> Dec. Phoenix Square. 2.45pm. [www.phoenix.org.uk](http://www.phoenix.org.uk)

**Celebrating Hanukkah:** 16<sup>th</sup> Dec. Victoria Park. 4pm. Free.

**Christmas at the Castle:** 22nd Dec. Leicester Castle. Guided tours. 11-3pm.



**Make a Splash!**  
In The Western Park Gazette  
**07939 115 724**  
[e:sales@westernparkgazette.co.uk](mailto:sales@westernparkgazette.co.uk)



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