

WESTERN PARK OPEN GARDENS



Local Gardens Opened To The Public

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Hello From The Editor

Hello and welcome to the June/July edition of the Western Park Gazette.

In this issue we found ourselves split between two large local events, both on at the same time; the Western Park Open Gardens and The Riverside Festival across Bede Park and the Soar.

Westcotes residents will be delighted to know that the pile of vandalised rubble known as Bradgate House on the corner of Sykefield Rd may actual be turned into flats. That silence you can hear is the locals holding their breath... And plans are now well underway for the 10th Western Park Beer Festival.

In our regular features, garden guru, Carey Tunstall, says: "Why not turn you garden into a veggie and fruit based paradise for the summer?" By now everything should be ripening nicely! There's the latest policing update as local law enforcement focus on chasing down and arresting moped and e-bike thieves.

As always the crossword and sudoku are on the inside back page with the answers on our website.

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Events Diary

Hall @ St Anne's, Letchworth Rd: Knit & Natter: 1.30pm, 4th Tues. **Weds Club:** 2.30pm, 1st Weds. **Pram Club:** Weds 9.15-11.30am. **Women's Taekwondo:** Thurs 8-9pm taekwondo4all.com **Fri Coffee:** 10am.

Musical Memory Box: 1st & 3rd Tues 2pm. The Grove, Braunstone.

Free Tea/Coffee @ St Paul's Worship Ctr / Community Hub, Kirby Rd **Weds, 2-4pm. T-Top sale 2nd Sat.**

Drop-in Talk: @ St Paul's Worship Ctr. Talk to local police & support orgs. **1st Tue monthly 10-12 noon.**

Wonderful Walks on Western Park: Monthly 3rd Sunday. 9.30am start at Hinckley Rd gates.

@ O2 Academy: Public Image Ltd. 3 July.

@ Metal Monocle: Deathfriend/Baelfyl/Dreor. 5th July. **Renegades of Rage** 18 July. **Sculptures** 19 July.

@ The International: Dark Side of The Wall (Floyd tribute) 5 July. **Sabbotage (Sabbath tribute)** 12 July.

@ De Montfort Hall: The 80's Show 5 July. **Dinosaurs Live:** 6 July. **Dianne & Vito:** 9 July.

@ Curve: Joseph Technicolour Dreamcoat 1-5 July. **Calamity Jane** 8-12 July. **Adams Fam:** 15 July-10 Aug.

@ Little Theatre: Brassd Off: 7-12 July. **Legion at The Little (Charity variety show)** 13 July.

@ Y Theatre: Harry Baker 11 July, **Catherine Boheart** 12 July, **Gothla UK** 18 July.

Leicester Food Fest: 9/10 Aug Abbey Park.

WP Beer Fest: 29/30 Aug. St. Anne's Hall.

Pop-up Pub: 25 July, 26 Sept. St. Anne's Hall.

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- Homework Club on Mondays, 3.30pm-6.00pm



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WESTERN PARK OPEN GARDENS

The Western Park Open Gardens Event was a resounding success with over 300 people attending during the weekend of the 7th & 8th of June. Organised by Letchworth Area NHW and St Anne's Church it coincided with Neighbourhood Watch Week which promotes community events such as this.

Thirteen gardens participated and the many hours of gardening certainly paid off, each one was visually pleasing. No matter the size of the garden each had its own planting style. This ranged from large & modern with structured planting to wild and untamed, some full to the brim with flowers & shrubs others with neat rows of vegetables & fruit, the envy of many other gardeners.

Many had interesting features, such as sculptures, water features, mirrors and even a rusty horse hanging from a tree. Nearly every pond contained newts and in one garden a colony of wild bees had taken up residence.

The viewing public were not disappointed, sounds of delight and amazement could be heard, and many came away with plenty of ideas for their own

gardens. The garden owners happily shared their knowledge of plants and in addition some scary myths from the local area.

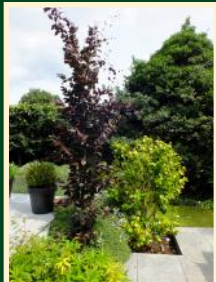
Visitors could stop off for refreshments & home-made cakes in the church hall where they were entertained by the LOROS choir. Plants were on sale in some gardens & also from Dayman's DIY store for those inspired by their visit. Plus, the opportunity to hit a few balls at Westfields Tennis Club.

A huge thank you to all that visited the gardens helping raise money for local charities.

Interested in opening your garden in 2027?

Contact la.nhw@outlook.com

Julia McKim



Fosse Neighbourhood Centre and Library



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RIVERSIDE FESTIVAL

Leicester Riverside Festival returned the heart of the city on 7th & 8th June for a weekend packed with music, food, arts, family fun and waterside activities.

After a muted Saturday, put down to the slightly overcast weather, Sunday was a full-on onslaught of visitors ready to enjoy the festival highlights.

As always, the attractions and stalls were spread across the river in all directions. On Bede Park, a funfair, global food stalls, arts & crafts, licensed bar and a DJ tent. The Piazza hosted the main stage with live music and on Western Boulevard a bustling street market featured handmade arts & crafts. Plus street food and the chance to buy artwork from local artists at Art on The River.

Visitors could test their paddling skills in kayaks on the Soar, take boat rides, and cheer on the dragon boat racers.

Other experiences in Castle Gardens included live creative demonstrations, outdoor theatre, family-friendly activities with a focus on health, eco-awareness and the environment. If you enjoy getting up close to local history, there was a living history camp, reenacting the Siege of Leicester complete with firing muskets!

The fun extended as far as De Montfort University Campus which featured mountain bike action demos, shows, stalls, outdoor cinema and student exchange music project.



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BEER FESTIVAL REACHES 10TH YEAR

All good ideas in life are formed after a few drinks down the pub.

That is how the Western Park Beer Festival began back in 2015 when a few locals came up with the idea of running a neighbourhood beer festival.



Ten years on and the same team of volunteers will be celebrating their tenth event this year (with a fallow year during Covid), having raised tens of thousands of pounds for local charities in the process. This year's special tenth anniversary Western Park Beer Festival will take place at the usual location, St Anne's Church Hall in Letchworth Road, on August 29-30th.

As usual, there will be a wide range of amazing craft beers, ciders, wines, fizz and gin. Doors will open at 5pm on Friday (August 29), and

the family-orientated session will start at 1pm on Saturday with the usual evening session finishing at midnight. Food will be served on both days. Western Park Beer Festival Chairman David McAuley said: "Ten years ago, we started the festival so the community could get together over a few beers - and raise money for local charities. "Since then, the festival has grown into an event that we are all immensely proud of.

"Not only is it a great weekend for the community but over the last ten years we have raised more than £60,000 for our chosen charities.

"We would like to thank everyone who has supported us over the years, either by coming along or by sponsoring us, which allows us to pass on the profits to our worthy charities.

"Roughly-speaking, every £1 we raise in sponsorship will become £2 for our chosen charities."

This year's chosen charity is The Baldwin Trust and the two main sponsors for the event are Merrick Platts Financial Services and MPH Construction and Carpentry.

The festival is still looking for sponsorship for the event, details here: westernparkbeerfestival.org/sponsorship/ for more information on the sponsor packages or contact the festival at

info@westernparkbeerfestival.org

To find out more about Western Park Beer Festival, visit westernparkbeerfestival.org (PH)

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A new Government scheme is available to households with an old “Non-Condensing” boiler. The manufacture of these Non-Condensing boilers was stopped in 2005 as they are very inefficient and will be costing you £100s a year in wasted energy, also parts for Non-condensing boilers are becoming increasingly unavailable.

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PLANS FOR BRADGATE HOUSE

A building described as Westcotes biggest eyesore, could be in line for a major facelift and provide much needed living space if developers get their way.

The former Bradgate House retirement home on the corner of Westcotes Drive and Sykefield Avenue, has stood empty for at least 15 years and has fallen into disrepair.

Approval was given for flat conversion in 2016, with work due to start in 2018, but nothing happened due to the extreme dilapidation of the site.

Since then, the state of the building has become even worse and a bigger target for arsonists and vandals. A major fire in 2020 caused severe damage, which was added to by another blaze in March 2024.

The developer, Westcotes Property Management Ltd, has said the damage is so bad that an outbuilding had to be demolished, and that the main building was so fire damaged, and open to the elements, it now suffers from damp and dry rot.



The company added that the original scheme was not economically viable and have asked the council's planning officers to allow changes to the approved plans, due to the largely increased cost of rebuilding work. They are now seeking to convert the main structure into 10 one-beds and three two-beds with a 14th flat in a newly constructed building in place of the demolished outbuilding.

Westcotes Property Development say that due to the number of shops, bars and social facilities within walking distance, on-site car parking is not a priority, but space for 4 cars and 18 bicycles will be provided.

A consultation on the changes will run until July 7 with the decision set for August 20th.

More information is available on the council's planning portal.

WOODGATE PARKING SCHEME STARTS

A new permit only residents' parking scheme started in Woodgate on 1st July.

Leicester City Council says this addresses concerns raised by residents and councillors about the number of commuter and business vehicles using residential streets for free all-day parking.

The new scheme will include mainly terraced streets adjoining Woodgate and part of Fosse Road North. In total, around 700 homes will be included in the scheme which follows extensive local consultation.

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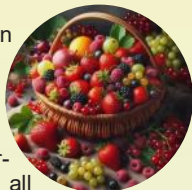
June and July are glorious months in the garden – everything's in full swing, from blossoming flowers to ripening fruit and buzzing bees.

It's a time to reap the rewards of earlier planting, to enjoy the long lazy, hazy, crazy days of summer, and keep your green space looking its vibrant best.

Here's some suggestions on how to make the most of your garden right now:

Your garden becomes your personal supermarket in July! Strawberries, raspberries, currants, and gooseberries are all ripening beautifully. Start picking them regularly to encourage more fruit. Vegetables like courgettes, beans, and early potatoes, carrots, cauliflowers, onions and peas are also ready for the table, just dig them up fresh for unbeatable flavour.

With longer days and warmer weather, it's crucial to stay on top of watering, especially for containers, hanging baskets, and thirsty crops like tomatoes and cucumbers. Water early in the morning or late evening to avoid evaporation. Feed flower-



ing plants and veggies weekly with simple tomato food.

To keep your garden bursting with blooms, dead-head roses, petunias, and other flowering plants regularly. This not only keeps things tidy but encourages fresh growth. After your lavender finishes flowering, give it a light prune to maintain its shape.

Your lawn might be suffering a little in the heat, so raise the mower blades to avoid cutting it too short. If it's looking dry, give it a deep soak once a week rather than a daily sprinkle, this is much better for the grass root system.

Now's a great time to plant autumn-flowering bulbs like colchicums and autumn crocus. Also, sow biennials like foxgloves and wallflowers for a stunning spring display next year. Leave out water for birds, hedgehogs, and bees. A shallow dish with pebbles makes a perfect, safe, bee watering station!



We are in the heart of summer, and your garden is bursting with life. So, to try and keep it under control, do at least one job each day then grab your sunhat, pour a cool drink, and enjoy the fruits (and flowers) of your labour!

Carey Tunstall

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On 14th June the Force Priority Team and three off-road bikes from Nottingham joined forces on the operation. Locally, there were two fail to stops but unfortunately those individuals escaped and were lost. However, one quad, one E bike and an off-road bike were recovered. Several arrests were made; all were dealt with for traffic offences and one male for breach of bail.

A total of 30 arrests, so far, have been made across the city during the operation which targets offenders using stolen or illegal mopeds, E-scooters and motorbikes.

NPA Commander for West Leicester, Inspector Ryan Hayes said: "We experienced a spike in robbery offences in identified areas across West Leicester and the City centre. We took the decision to target the individuals and gangs causing us harm.

"I have no doubt this work also prevented further robberies and victims."

A man was tasered after a car collided with a concrete bollard at the roundabout at the junction of Aikman Avenue and Letchworth Road.

The two occupants of the vehicle were not seriously hurt but became obstructive towards officers and a taser was discharged on a man.

The male passenger has been charged with three counts of assaulting a constable and the female driver has been charged with failing to provide a specimen for analysis. They will appear in court in July.

Detectives are appealing for witnesses to come forward after a man was attacked on Hinckley Road on Saturday 31st May at around 6.45pm.

The victim, who is in his 20s, rode his e-bike out of Western Park at the Hinckley Road entrance. He was then pushed off his cycle by a group of men who attempted to take it, along with his mobile phone and wallet.

A motorist who was driving along Hinckley Road, at the time, stopped and shouted at the suspects who ran off from the scene leaving the victim on the floor with several fractures.

As this incident happened so close to a busy road, there may be pedestrians who saw what happened, or drivers who caught it on dashcam and can help with the investigation.

Please call 101, quoting reference 25*316013.

Enquires continue after a phone snatch on Fosse Road North. Sadly, it's safer not to use your mobile on a busy street, so try and keep it attached to you with an anti-theft chain or lanyard. This may make it a little more difficult for someone to snatch your phone. You can register your device with <https://leicspolice.link/RtVIS>

Could Specialised Lenses Help Migraine Sufferers?

Migraines are far more than just bad headaches. For many sufferers, they are a complex neurological condition that can bring on a cascade of symptoms—including throbbing pain, nausea, visual disturbances, and extreme sensitivity to light and sound. These debilitating episodes can last for hours, sometimes even days, severely impacting work, relationships, and everyday life.

The Role of Light Sensitivity

Light sensitivity, or photophobia, is one of the most common and disabling migraine symptoms. Even ordinary lighting—such as fluorescent bulbs, sunlight, or screen glare—can be enough to trigger or intensify a migraine. While medication remains a key part of treatment, some patients find that specialised eyewear can play a supportive role in reducing their exposure to triggering light.

Two types of lenses—VistaMesh glasses and FL-41 lenses—are gaining recognition for their potential to offer relief.

VistaMesh Glasses: Filtering Visual Stress

VistaMesh lenses incorporate a fine, barely visible mesh filter designed to reduce visual 'noise' and flicker. Originally developed to assist with reading difficulties, these lenses have been found to enhance contrast and reduce glare, especially from artificial lighting and screens.

Many users describe a soothing effect on their vision—less eyestrain, fewer headaches, and more visual stability. Since VistaMesh lenses do not alter colour perception, they are a discreet option for individuals who want clarity and comfort without noticeable tinting.



ALAN BELLAMY

Alan Bellamy is the senior optometrist at Bellamy Eyecare, serving Leicester and Irthlingborough communities for over 22 years.

FL-41 Lenses: Tinted Relief from Light Triggers

FL-41 lenses are tinted with a rose or amber hue specifically designed to filter out blue-green wavelengths of light. These wavelengths are often linked to migraines, blepharospasm, and light-triggered neurological symptoms.

Clinical studies have shown that FL-41 lenses can help reduce the frequency and severity of migraines in some individuals. Available with or without prescription, they are often recommended for people who spend long hours under bright lighting or in front of screens.

A Personalised Option for Migraine Relief

VistaMesh and FL-41 lenses are not cures, but they may provide meaningful relief for light-sensitive migraine sufferers. If bright lights or screens worsen your symptoms, a consultation with an optometrist could be the first step toward more comfortable, manageable vision.

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1 Across: It's the spice of life **1 Down:** Meat up on Bradgate Park **2D:** Rolling musically **3D:** Self-image **4D:** Online video site **5A:** Tortilla **6A:** Japanese massage **7A:** Nightwear. © Paul Towers 2025

Answers at w:westernparkgazette.co.uk

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