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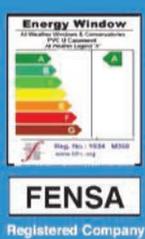
57 ACTS OF KINDNESS

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Hello From The Editor

Welcome to March's Western Park Gazette and in this edition...

A West Leicester hair salon is giving away £100's worth of free hair treatments over the next 12 months to local unsung heroes in a unique self funded community project. A befriending service has launched in West Leicester aimed at those over 60, we get the latest from Braunstone Gate, where the next Westival is already being planned and a local theatre school in Newfoundpool open its doors to the public...

We have all our normal features; This month Roger Blackmore digs into the city's industrial past, Tony Huxley, bugs about the garden and Helen Knott, who's a bit of a Mary Berry in her spare time, finds an ancient BBC Radio Leicester cookbook with some very odd recipes from some very well known people. Mike Hooper says Hinckley Road policing unit have had a surprisingly busy few weeks in spite of the burglary figures dropping, and there's the ever present Sudoku and crossword on the inside pack page.

As always a huge thanks to our advertisers and contributors.

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To Contact - Call 07939 115 724
 e: editor@westernparkgazette.co.uk
 e: sales@westernparkgazette.co.uk

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Events Diary

Peter Crebbin's Cool Swing Band: 1st Sun Monthly. at the Hilton Hotel, Meridian. 1-3.30pm
Thursday Club: 2-4pm. Robert Hall, 147 Narb' Rd.
West End Pay As You Feel Café: Thurs 7-8.30pm. Tues, Fri & Sat 11-3pm. WE Centre. Andrewes St.
Westfield Gallery: Mon-Sat. 81 Westfield Rd. Call 0116 285 8548 to view.
Coffee Mornings: Fridays 10-12noon. St. Anne's Hall.
Relaxed Dru Yoga sessions with Emma: Sundays. 7.15 - 8.45pm. St Anne's Hall.
Pygmalion: 21-25th March. Curve Theatre.
Beer Festival: 23-26th March. WE Brewery.
Spring Fair: 25th March. 11-2pm. St. Anne's Hall.
Leic Theatre Group Open Day: 25th March. 10-3pm. Pool Rd. NFP. Free fun activities.
Dr. Frankenstein: 28th March-1st April. Curve Th.
Mike & The Mechanics: 28th March. De Mont Hall.
The Best of Jo Cocker: 31st March. Y Theatre.
Wonder Woman-The Naked Truth: 31st March.
The Odyssey: 3rd April. **Siobhan Mazzie & The Whisky Rebellion:** 7th April. At Upstairs@Western.
Guys & Dolls: 4-8th April. Little Theatre.
Dirty Dancing: 10-15th April. De Mont Hall.
Cancer Research UK Fundraiser: 12 April. WE Brewery. 7.00pm
Spring Plant Sales: Sat 22nd April. Groby Rd Allotments. 10-2.30pm & **Pop-up Plant Sale** on Sat 29 April. Woodgate corner. From 10-noon.
Glastonbudget : 26-28 May. w.glastonbudget.org

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57 ACTS OF KINDNESS

A Braunstone Gate hair salon has embarked on a year long community project designed to shine a little light on our most deserving and unsung heroes.

To celebrate @Salon 57's fifth year of business, co-owner Philippa Kerrod said: "We're celebrating 5 fantastic years and as a thank you for all the support we've received from the local community, we want to give something back, so we're donating our time from now until next March to offer fifty-seven Acts of kindness".



The lucky fifty-seven people are in for a treat consisting of specialist hair treatments, cut, style & finish and goodie bags.

Phillipa continues: "The most important thing is that we get as many nominations as we can and it's open to anyone who's an unsung hero. So for the next year we're aiming to give one Act of Kindness every week!"

A panel including Philippa and members of staff will decide the winning candidates and nominations will be accepted till March 2017. Nominees can be male, female or young adults and children. "Do you know somebody who deserves a treat or somebody who goes that extra mile to help others? Maybe it's volunteer or a fundraiser? Or maybe someone who hasn't had the best of fortune or start in life and needs a lift?"

Who do you feel deserve that extra special treat?

To nominate a deserving person all you need to do is email their name along with the reasons why you feel they deserve a treat.

Please include their contact details.

Email: actsofkindnessatsalon57@gmail.com

**If you have a local story or event
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MADE IN LEICESTER

I dig out a lot of interesting information from the little book "Leicester and Neighbourhood" owned by my grandmother and published exactly one hundred and ten years ago.

The book estimates that at that time the Boot and Shoe industry hired more people than any other. Firms like Stead and Simpson used to recruit people from Stafford and Northampton to train local employees. The city was a great distribution centre for the boot and shoe trade throughout the country, employing nearly as many people in, what the book describes as, 'the fundamental trade of Leicester': namely hosiery manufacture. The industry had been growing in the city (and several surrounding villages) since at least the seventeenth century and by the early 1900's several firms had over a thousand workers on their books.

One of West Leicester's important local employers was Montfort Knitting Mills which had a huge factory on Tudor Road. Originally started in 1868, the company survived two World Wars, even posting record profits of nearly £1 million before it was absorbed into Palma Textiles Group in 1983. It closed soon after as the UK's mass textile industry died out.



Around the turn of the 20th century the printing industry established itself in the city. Products included picture postcards, fine letterpress and trade catalogues. The trade journal, the British Printer, was also printed and published locally and distributed all over the country.

Another new development in the early years of the twentieth century was the making of scientific instruments. This involved optical glass and lens making as well as machine tool manufacture.

Over twenty firms were involved in the making of cigars and cigarettes. This enterprise had sprung up in the 1850's and was flourishing in the early years of the last century.

From this analysis we can see that Leicester has long enjoyed enormous diversity when it came to sources of employment. Just after my grandmother's little book was written The Imperial Typewriter Company was formed which in time was to employ over 1700 men and women.

Thus "Made In Leicester" became a label recognized all over the world.

Roger Blackmore

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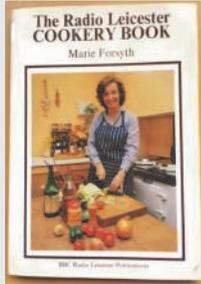
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KNOTT'S LANDING

I'm a bit addicted to cruising charity shops looking for recipe books. There I've said it. I can't walk past a charity shop without having a rummage on the book shelves. I have quite a big collection of recipe books at home, quite a lot of which have been acquired after the original owner got fed up of them. Once in a while a gem appears, like my copy of the BBC Radio Leicester Cook book.

As an actual recipe book it's pretty useless, but as a time capsule it's a treasure. It was obviously produced in the mid 1980s and includes such escapades as Gourmandise 'Brillat-Savarin' Elizabeth from someone called Bill Patterson in the 'Parties' chapter and the Bishop of Leicester, Rt Rev Richard Rutt's recipe for Paddington Bear's Marmalade Sandwiches with Double Custard. I won't be making the former, but I have to love a Bishop who asks us to spread rich tea biscuits with marmalade before marinating in malt whisky and then covering with orange scented double cream. The recipe notes state this is 'Not for Lent'. No kidding!



All of the city and county's great and good are represented, factory owners like Frank Robson of Ladies Pride Outerwear Ltd (Polynesian Pork) and Geoffrey Gee of Stead and Simpson (Potage Crème D'or); cricketer David Gower (Quickie Mixed Grill) and the very grand sounding Grouse Pie A La Lanesborough from the Earl of Lanesborough. Sir Richard Attenborough is my personal favourite. You will never guess what his recipe is for!

There are also directions for making and wrapping a Stilton cheese, raising various pies with hot water pastry and detailed instructions on how to make a good garam masala. While I might not try to wrap a cheese I am more than prepared to try the lamb and spinach curry and the mayay mani (mince curry topped with eggs and baked).

Recipe books give you a snapshot of the period in which they were produced. The 80s for me was all about school, Wham, microwave ovens, soap operas, films and Delia. In this book there is none of that. You can feel the deference being afforded to the Lords and Ladies of the county, the hunts are still represented here and you get no sense of the downturn in manufacturing that was taking place. Marie Forsyth gamely held up a mirror to her own middle class dinner parties. Oh and Dickie... He was having none of it. His recipe is for Tripe and Onions.

Helen Knott

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Mia & The Moon Go Worldwide
West Leicester's singing sisters, Mia and the Moon have got fans of US talk show host Ellen DeGeneres talking after one of their tracks racked up nearly 350,000 hits on a fan site.

Ellen DeGeneres World on You Tube used Laura and Mary-Ann Ratcliffe's Midnight in London as a backing track to an 8 minute video featuring the talk show host and her wife on a London red carpet event.

Laura is understandably delighted:
"Somehow YouTube lost our original Midnight in London video, we couldn't find it anywhere, it had just

gone; then we discovered the track had also been used on an Ellen fan page and it's taken off. Spotify and iTunes just went mad!

Mia and The Moon are appearing at festivals across the UK during the summer but will be soon returning to Leicester for a special show.
www.miaandthemoon.com



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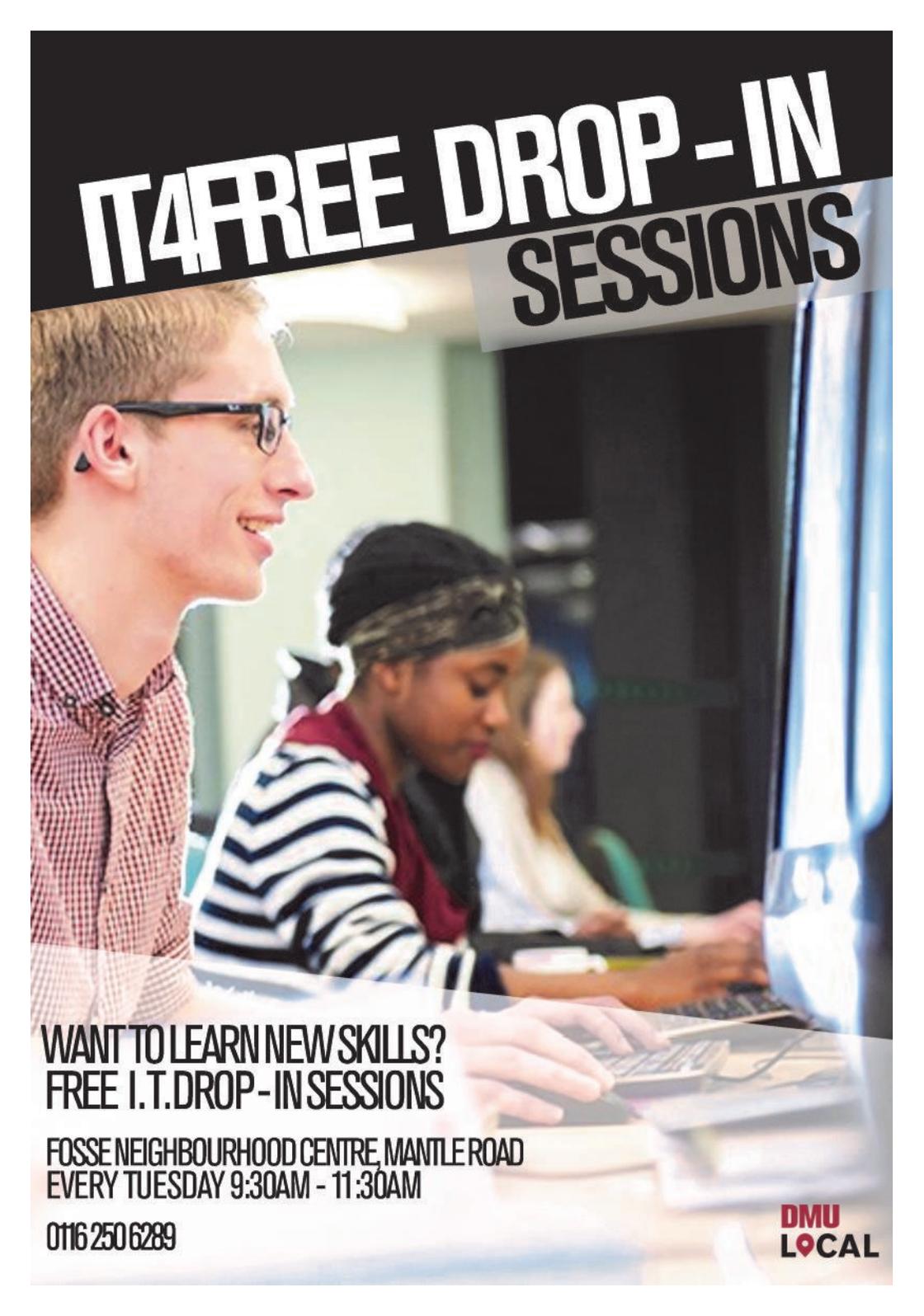
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LEICESTER THEATRE GROUP

The Active Arts Centre is an unassuming red brick building on Pool Road in Newfoundpool and the home of a unique Leicester theatre school which attracts hundreds of youngsters through its doors.

The Leicester Theatre Group started five years ago with the aim of offering young people the chance to become involved in theatre arts, guided by professionals and at a price they can afford.

Karl Strickland is the founder and Principal of LTG. His personal introduction to theatre was refusing to go on stage at 10 and being told to stage manage. Now with a background ranging from amateur to West End theatre he's devoting an increasing amount of his time to helping young people enjoy theatre in all of its styles by setting up affordable yet very high quality tuition and professional standard shows. Karl said: "Everyone is a volunteer except the teaching staff who are all properly and professionally qualified."

"From contemporary dance to musicals we want to challenge youngsters. Rather than just doing smiley jazz hands and Annie we've done Urine Town, Avenue Q and Lord of the Flies."

Karl and his team believe that by pushing youngsters hard with the best training around, and not necessarily in a traditional theatre school direction, students will be thoroughly prepared for what

lies ahead in their careers and give them an edge during auditions.

Karl says: "We're prepping them with a heavy dose of reality. Acting can be the worst job ever but our success rate of getting students into the top drama schools is phenomenal!"



Cast & crew of 13 at the Sue Townsend Theatre

LTG makes its own money. There's no grant funding so students' pay a £100 performance fee with LTG making what it can from the box office.

This March they finished performances of the little known Broadway musical 13 at the Sue Townsend Theatre and are now heading towards rehearsals for Les Miserables which will play at the Little Theatre in September.

If you would like to know more about the Leicester Theatre Group, they're holding an open day on Saturday 25th of March between 10 and 3pm featuring taster classes and fun activities.



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Are you able to volunteer? Want to help with combating social isolation in Leicester Western Ward, including Braunstone Frith, New Parks and Western Park?

Linking Lives

Leicester Western Ward Linking Lives is a befriending service mainly aimed at those over 60 who find themselves needing some extra friendship and support.

The service was set up using the model of a national charity which helps to set up such schemes.



LEICESTER WESTERN WARD
LINKING LIVES

We match volunteers with older people who would like to see a friendly visitor on a regular basis for around one hour, and perhaps head out for short outings to local places of interest.

New Parks Methodist church is working with Linking Lives UK to offer this service in Leicester Western Ward. A team from the church, along with local volunteers, also runs New Parks New Friends, a weekly drop-in at New Parks Library, Aikman Avenue, on Tuesdays from 10.00 - 12 noon.



Volunteers Linking Lives Leicester Western Ward relies on volunteers to deliver our service.

Volunteers do not need any special skills as they receive full training support and advice for their role. They also must provide references and receive the necessary criminal records checks (DBS) prior to beginning visits.

If you would like to volunteer, please give us a call for more information or an application form.

For more contact Sarah Tavener on
0746 543 1585

E: leicesterwesternward@linkinglives.uk
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BRAUNSTONE GATE UPDATE

With another Westival planned for Monday 1st May, lots of new street-sprucing up ideas coming and recruiting for a new Project Officer, the Braunstone Gate community is gearing up for Spring.

The new and all-volunteer Westival organising group is cracking on with recruiting stallholders, booking road closures and the hundreds of other tasks needed to create another great festival – they need lots more local volunteers, performers and stallholders so do get in touch with the team at leicesterwestival@gmail.com Sustrans and the Community Forum are working on recruiting a new Project Officer to support both them and the Westival group – get in touch if you are interested in the job: wayne.brewin@sustrans.org.uk or 07467 338 717.

Also on the Community Forum's ongoing task list is the car parking advice leaflet, a community noticeboard, hanging baskets, and new ideas are brewing for a pop-up arts & crafts shop, street art, more plants, an apple juicing event, action on uneven pavements and more!



It was our 2nd birthday on 1st March! Over the last two years over 800 local people have talked and worked together at over 30 public events or meetings. Together we have found out what are people's most common concerns and aspirations for the street, we painted the mural (byPegasus), turned a rubbish-patch in to a beautiful mini-garden (still flowering!), assisted the council with the 'Greener Entrances' street trial, litterpicked and planted along the street, researched potential and locations for courtesy pedestrian crossings, ran the first Winter Westival (which along with a lot of cheer, brought 4000 people to the street!), and negotiated our way through hundreds of people's wants and needs to come up with a detailed proposal to re-design the street that is supported by a majority of both residents and businesses.

A big thanks to everyone that has contributed to the project so far!

Charlotte Jones

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March Police Update

Generally in the last month the quantity of core crime such as burglaries and robberies have been at a low to the point where we, on the West Leicester Neighbourhood Police Area, had the second lowest recorded crimes in the entire county of Leicestershire. This has been through targeting the right people, supporting partner agencies in reducing crime and the response from the public who have been aware of crime prevention techniques. Please can we again ask you to ensure your valuables are not left out in vehicles; that when you leave your homes, you ensure they are locked up and keys removed from the back of doors and windows; and travelling to and from work or out on foot, that you're not walking with your phone in your hand to prevent snatches or robberies.

We currently have an appeal out for any witnesses in relation to an incident, which occurred on Tuesday 7th March 2017. A silver Ford Mondeo was stolen during a burglary on Ainsdale Road, Leicester. Consequently, at 18:40hrs, officers located the vehicle being driven and upon trying to stop the vehicle it has tried to get away. This has led to a chase around Rowanberry Avenue, Cuffling Drive, Amos Road, Craig Gardens and Cokayne Road before being abandoned on Sacheverel Road. One male has been arrested in relation to this incident. However, we are looking for anyone with any information into this incident to call 101 and pass a message on to DC 718 Houghton in reference to crime number 17000097716.

Offensive graffiti has been sprayed throughout the jitty between Hinckley Road and Ainsdale Road. There were similar incidents last year and we would ask anybody with information to contact us on 101 or anonymously through Crimestoppers on 0800 555 111.



A recent incident in New Parks has been resolved peacefully and without injury. Armed officers attended the flat at around 7am on 10th March in connection with an on-going investigation into firearms offences. Trained negotiators and firearms officers spoke with the man, who subsequently left the property. The 40-year-old man has been arrested on suspicion of firearms offences. A 48-year-old woman was found inside the flat unharmed. She is now helping us with our enquiries and is being treated as a witness.

Sgt Mike Hooper

Tony Huxley's Compost Corner



As Spring replaces Winter the sap is now rising, both literally and metaphorically! It has come to that time when we have to discuss the birds and the bees, because an abundant range of wildlife is a good indicator of a garden's health, enhancing its interest and beauty.

Birds are a great natural pest control, dealing with slugs, snails, caterpillars and aphids. Many of us put out bird food during the winter but to maintain a large and varied range of species you really need to feed all year round. Birds often remain close to a reliable supply of food, and with a suitable nesting site they'll not just flourish but also multiply. Bird boxes can be bought in supermarkets this time of year, but avoid novelty models, as the RSPB recommends "simple not stylish". Garish colours can attract predators and inappropriate designs can actually endanger the birds.

Be sure to put the bird box in a site that doesn't allow easy access for cats. And, speaking with my tree surgeons hat on, do be careful about fixing screws and nails all over your trees. Not only can they damage the tree they'll make an awful mess of a chainsaw blade when you try to remove that

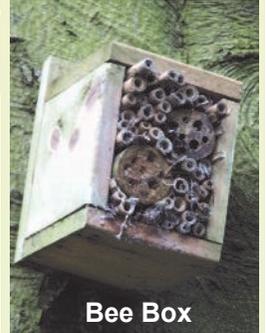
branch in ten years time!

While you're at it why not also put up a bee box. Like bird boxes they're easy to make with lots of designs available online. They're made of tubes of natural materials like hollow plant stems and old wood with holes drilled in. These offer solitary bees a safe breeding site, and they'll repay you by pollinating your plants. Bumble bee populations are in serious decline with several species recently becoming extinct so do look out for our apiarian friends, our gardens will suffer without them. If you're feeling lazy, Bee Boxes are only £13.00 on-line and won't break the bank.

And if you want nature to take care of all those night time flying creepy crawlies you could always treat your garden to a bat box as well.



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1 Across: Bright red/purplish coloured flower **1**
Down: Boob enhancers **2:** Capital of Wales **3:**
Cheekier **4:** Sucks up **5:** Old fashioned Spanking
6: More icy **7:** Hunting expeditions © Paul Towers

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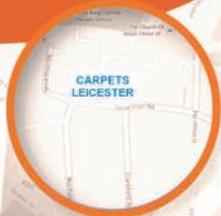
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