



**WIN SOME  
PAMPERING!  
INSIDE**



*More Page 3*

## Hello From The Editor

Welcome to the April issue of the Western Park Gazette.

This month we meet two extraordinarily buff local athletes about to take on the biggest and best in the world of huge muscles! Roger Blackmore, dresses up as William Wyggeston to celebrate his Quincentenary and Helen Knott, is fed up with the pot holes that seem to be breeding all around us. Our gardening guru, Tony Huxley, returns with some good advice for spring gardeners.

Sadly, we say goodbye to Paul Draper and the Loaf Bar and Restaurant on Braunstone Gate which has closed its doors after 13 years, Rod Smart from Hinckley Road police station has the latest policing news and some good advice for garden shed owners.

This month, the Gazette competition returns! And inside, we're giving you the opportunity to win some fantastic pampering and a chance to try out a brilliantly clever massage chair from Sunshine Studio on the Hinckley Road Parade.

And if you fancy getting really frustrated, we have some brain bending questions at the back of the magazine.

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**The Western Park Gazette**

*"Supporting Business and Loving Life in West Leicester"*

# Wyggeston Quincentenary

It is not often that a local organisation celebrates five hundred years of continuous history but that is precisely what is happening this year with the Wyggeston Hospital, off Hinckley Road.

In the year 1513, following a grant of letters patent from King Henry 7th, William Wyggeston established his hospital for twelve poor men of the city; soon to be enlarged to also accommodate twelve women. The original building was near the church of St. Martins and the foundation was often called the New Hospital to distinguish it from Trinity Hospital which had been established many years earlier.

February of this year saw the launch of a new book by local historian Dr Jill Bourne entitled "William Wyggeston and His World". This provides a fascinating insight into the life and times of Leicester's most famous Tudor philanthropist. The launch, held at the Guildhall was but one in a calendar of events celebrating the quincentenary taking place throughout the year. These include an open day at the Hospital on May 15th, complete with William and Agnes Wyggeston in costume, a supporting cast of sheep and the official opening of a specially planted Wygesston's Wood in the summer.

Some readers may already have seen the new wooden carving of William and a sheep at the entrance to the hospital - the sheep of course signifying the fact that most of the founder's wealth was based on wool trade.

It is fascinating to reflect that as an eighteen year old in 1485 William would have been fully aware of, and indeed may have witnessed, the events leading up to and immediately following the Battle of Bosworth. He went on to represent the city in Parliament and to become four times Mayor of Calais (then an English possession). William House and Agnes House which together make up the Wyggeston Hospital of today have been home to literally thousands of local people over the centuries.

My own great grandmother was a resident in the 1930's. She died in 1940 but I am sure she would have loved to see the new building now standing on the very same site she knew so well.

*Roger Blackmore*



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## Better to Have Loafed & Lost

*Than never to have loafed at all*

**Another long standing fixture of The West End has quit Braunstone Gate for good.**

After thirteen years, Paul Draper has hung the towels over the pumps for the last time as the Loaf Restaurant and Bar closed its doors on the 9th of March.

Paul said: "Not wanting to spend another three years here with a changing demography is the main reason for leaving."

"Braunstone Gate has gone from booming with young professionals buying their first house, who used the bars and restaurants here, to a mainly transient population, not invested in the area. The market's changed and it was time to move on."

After a well deserved break, Paul's next project is to open a coffee and sandwich shop on King Street in Leicester.

And he's looking forward to the challenge: "It's going to be very high quality, totally unique, influenced by current trends in London and with locally sourced bread and pastries!"





# Beauty and the BEAST!

**Two local athletes are set to take on the biggest and best of British muscle in national competitions.**

Jay "Ursus" Pateman and Lauretta Curtis, both from West Leicester, are in training for two national titles.

Weighing in at 23 ½ stone, Jay already holds the British and European record for bench pressing 524lbs (236K) smashing his own record by 5.5K.

Born and brought up in Western Park, Jay got his first weights at 12, training at home before joining the gym at the New Parks Leisure Centre when he was 16.



He says: "I've been obsessed with strength since I was a child and met Geoff Capes at a strong man competition. My plan was to become one of the strongest men in Britain."

Training for five days a week and eating the equivalent of six dinners a day, Jay is well on his way to becoming a legend in the world of powerlifting.



Equally committed to excellence in her sport is Laurtetta Curits, a certified personal trainer, gym instructor and Junior Sports Woman of the year nominee... and model!

Originally from Chesterfield, she moved to Leicester to work, before briefly heading to London to freelance, train and meet fellow athletes.

Now back in Leicester and working from the Warehouse Gym, she says: "I was flat sharing with a female power lifter in London who said I had the right physique to be a body builder. I've always been interested and appreciated the commitment and wanted to do it."



Last November after only six weeks preparing, Lauretta came second in her first bodybuilding show and has now set her sights on this September's East of England Competition in Leicester.

Jay's next feat of strength will be to take on fifty competitors in the English Bench Press Championships at the warehouse Gym on parker Drive on the 12<sup>th</sup> of May.



*Pictures by Dylan Edwards*

*The bump and grind of our car's suspension as we drive over West Leicester's many potholes seems to be getting worse every day.*

*Helen Knott, as you would expect, is angry about it...*

## KNOTT'S LANDING

Someone call Google Earth. They need to come and take pictures of the craters opening up on Hinckley Road. I've been to Iceland and I've seen what continental drift looks like, it's very similar to what's going on down the road. We need photographic evidence to get the government to take notice.

The freezing weather wreaked havoc on the tarmac around the city and although a month or so ago, on BBC Radio Leicester, the man from the City Council was telling us the holes weren't too bad and they were keeping on top of fixing things; I think the situation has changed.

The cavern that has opened up on the outbound side of the railway bridge on Shoulder of Mutton



Hill is big enough to house a family of small badgers and I think I saw one of the Croods jumping out the other morning. Driving along Wyngate Drive is like that Top Gear Special in Africa where they drove down a road so bumpy they smashed the alloys on a Volvo.

I'm not sure what the answer is. Clearly these long, dry, very cold spells are a going to be a part of our winters and the wet summers could be the way of the future and neither of these things is going to keep our road surfaces happy. I saw a guy suggesting underfloor heating on all our roads which is not going to fly, but resurfacing all our roads every few years isn't going to fly either!

Maybe I'll just have to go and buy an off road vehicle designed to cope with the craters opening up on the roads. Driving along with my bones rattling as I go along is not putting me in a good mood which is never a good thing. On the plus side I could always open a hotel to allow tourists to come and visit the local craters. We could add it to the list of new tourist attractions, Richard III and Hinckley Road Grand Canyon. I'll make a fortune.

More from Helen next month.



## Western Park Festival

Plans are well under way to book some of Leicester's best musicians for the up and coming free Western Park Festival on the 6th of July.

Over thirty acts are in the pipeline including the Simpletones, a guaranteed crowd pleaser with their unique take on well known hits.



Keep up to date on Twitter @westernparkfest  
Facebook: friendsofwesternpark

## COUNCILORS' SURGERIES

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

**Westcotes Cllrs Surgeries:** Westcotes Library, 1st Sat each month, 10.30 - 11.30am and 4th Fri each month, 10am-11am. 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.

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## New at Bosworth Academy

From September 2014 Bosworth Academy will become an 11-18 school.

### Our Aims for your Child

**Bosworth Academy Laureates will be a new school opening on our site for year 7 pupils from August 2014.** Our philosophy is to provide a rigorous and seamless education from the age of 11 to 18.

In addition to a relentless focus on the core subjects of English, Maths and Science and providing a personalised curriculum, we understand the importance of a rich experience. All of our students will take part in a range of enrichment activities to broaden their skills and create leadership opportunities. Our key value is to develop well rounded individuals who can demonstrate their willingness to take on new challenges with confidence.



### Building and Facilities

The environment will feel new, exciting and innovative, with space designed to ensure every pupil feels safe in the school setting. Our rooms are built to facilitate all types of learning. In addition to the exclusive area designated solely to year 7, the new intake will have access to all the specialist facilities and benefits of being at Bosworth Academy. All the classrooms have interactive whiteboards and each year 7 student will be provided with a brand new tablet to use both inside the classroom and at home.

We would like you to hear more about our new Laureates school and invite you to attend an information evening which will be held at Bosworth Academy on **Thursday 18<sup>th</sup> April 2013 from 6pm – 7.30pm.**

If you have any questions before then, please contact Bosworth Academy on 01455 822841

## Knead a Massage?

After a particularly evil day at work I was definitely in need of some me time. The terrible rush hour traffic didn't help my mood as I wound my way to the Sunshine Studio on the Hinckley Road Parade. Surely nothing in this world could right all the days wrongs and put a smile on my face? How mistaken I was!

The newest treatment at Sunshine Studio is the Relaxation Room, the first of its kind in the area.

The walls are warmly decorated, soothing tiny lights twinkle and pulse behind the gossamer lace ceiling drapes. The relaxing background music and candles flickering on the side, create an instant calming effect. A large black leather massage chair takes pride of place in the centre, inviting me to sit and let it do its magic.

The friendly and informed Nicola gave step by step instructions on how to use the hi-tech chair and explained all the buttons functions.



I looked over the remote and opted for the high setting on the 20 minute shiatsu massage. The chair began with an assessment of my back. I stiffly listened to the beeps as the rollers worked their way around me and detected all my trouble spots. As I imagined, there were a lot!

I lay back and allowed the chair to massage my entire back, neck, buttocks and calves. I heard and felt knots being stretched, squeezed and kneaded, I felt the day's stresses evaporate. My tension headache eased and mentally and physically I unwound. For 30 minutes of my life, I was separated from my phone and e-mails, in the most relaxing atmosphere and receiving the best massage of my life. I was particularly impressed that the massage chair even detected and worked on an old shoulder injury for which I had previously visited a physiotherapist.

As I left Sunshine Studio, I realised that I was now relaxed, happy and definitely looking forward to my next session in the Relaxation Room.

Sharon Komrska

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# Gazette Competition

We've teamed up with Sunshine Studios on the Hinckley Road Parade to offer you a spot of pampering!

Nicola and her team are offering one lucky winner the chance to experience a pedicure, facial and a 30 minute session in their top of the range massage chair.

All you have to do is answer this question correctly.

**What sort of stones are used in a hot stone massage?**

1. Basalt
2. Granit
3. Limestone
4. Flint



**Email the answer by April 22nd 2013 to:**

[editor@westernparkgazette.co.uk](mailto:editor@westernparkgazette.co.uk) or by post to Editor, Western Park Gazette, 62 Ainsdale Road, Leicester, LE3 0UA.

Terms: 1 correct answer chosen at random. 1 entry per person. Prize is not transferable. No cash alternative. Judges decision is final. Cannot be used with any other offer.

## Make a Splash!

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**LOCAL BAND?**

**LOCAL SINGER?**

**LOCAL ARTIST?**

**GOT A GIG PLANNED?**

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!

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



## April Police Update

*The Smart View with Sgt Rod Smart*

**Hopefully by now spring will be well on its way; its arrival being a timely reminder to make sure our garden sheds and outbuildings are properly locked.**

Spring often sees an increase in break-ins of poorly secured outbuildings where bicycles, power tools and gardening equipment are often stored. Spring also sees car boot sales opening up again, a possible market for stolen goods. Sheds are especially vulnerable to attack, so any local residents who would like crime prevention advice or information can contact their local beat officers on 101. Alternatively, hardware shops can provide crime advice and security products.

On 11 March, a thirty one year old man was found unconscious on Kirby Road with facial injuries. Officers identified a thirty two year old local man who sustained a broken hand (allegedly punching the other). The suspect is currently on bail while enquiries continue.

On 16 March a police officer suffered a broken leg whilst in the process of arresting a man on Tudor Road. The officer has undergone surgery on his knee and will be recovering for a number of weeks.

Over the past few weeks graffiti, with the tag of 'ERIS' has been appearing around the City. There is a disturbing amount of this graffiti in our area and we are keen to identify who is responsible. Anyone with any information can contact their local beat team via 101 or anonymously through Crimestoppers on 0800 555 111.

In the last edition we reported that a man had been inappropriately grabbing women in the Westcotes area. We are pleased to report that a twenty year old Braunstone man has now been charged with five counts of indecent assault.

In March, a twenty six year old man from Bonchurch Street was sentenced to twenty years jail for a particularly nasty rape and attempted murder committed on Richard III Road in July 2012. Such offences are rare in Leicester and it is reassuring to know that this dangerous individual is safely behind bars.

For more information about policing in your area visit [www.leics.police.uk/local-policing](http://www.leics.police.uk/local-policing) [www.facebook.com/leicestercitypolice](http://www.facebook.com/leicestercitypolice) or Twitter on @LPWesternPark, LPFossePoliceor LPWestcotesCops or email us at [hinckleyrd.lpu@leicestershire.pnn.police.uk](mailto:hinckleyrd.lpu@leicestershire.pnn.police.uk).

## Tony Huxley's Garden Tidings



**The clocks have gone forward but the gardening calendar is still in the past.** By now *Kerria*

*pinniflora* should be forcing out buttery gold pompoms and this time last year the blossom was bursting on the fruit trees. Looking out at the recent snow, I realise when spring does come there'll be lots of catching up to do.

First on my list is tidying and mulching the beds. In previous articles I've mentioned composting garden waste over a two year period. Having two bins allows one to be used and the other rotated for next year. Mulching in the spring, rather than Autumn or Winter means nutrients don't leech into the soil and are available to the growing plants. If you dig over the borders each year it can be counter-productive, in packed beds you do more damage than good. Instead carefully fork the ground, removing any weeds, and apply a deep layer of mulch without swamping emerging



plants. A little tickle with the fork to mix with the existing soil is all that's needed, nature will do the rest.

Regular mulching not only improves your soil's fertility but its drainage and water retention.

Although composted material often contains weed seeds you can easily pick or hoe these out. It will also suppress weed growth in the soil underneath.

If you don't have enough compost there are plenty of other options available. Admittedly low in nutrients, wood chippings make an excellent mulch. If you need more than a few bags from the local garden centre then ordering in bulk is a cheaper option. Tree surgery companies often supply woodchip at good rates as will some landscaping firms. Composted green waste and mushroom compost also make excellent soil improvers. Searching through the phone book or online usually throws up several suppliers.

Happy muck spreading!



## Sing for Water Choir

**Leicester Sing for Water is recruiting singers for the Riverside Festival on 2nd of June.**

For the 6th year, Leicester's Riverside Festival will host the Sing for Water massed choir bringing together over 100 singers in a fundraising effort for Water Aid. Anyone can join in and recruitment has already started. Participants do not have to belong to a choir and will be able to attend several rehearsals in the city and county to build confidence to join in on the day.



A free pack with all that's needed to learn the songs is available from the website.

Colleen Molloy from Braunstone Avenue, told us: "I was blown away by the massed choir at the 2009 Riverside festival, it inspired me to sing - after a lifetime of thinking I couldn't. I have loved singing at every event since then and can't wait for this year's mass sing. The songs are great, the organisation excellent and the conductors inspire such confidence."

For more information and to find out how to get your free pack call Maggie on 0116 2489261 or Colleen Molloy: 08740 739835 or email [leicestersingforwater@yahoo.co.uk](mailto:leicestersingforwater@yahoo.co.uk) [www.leicestersingforwater.org.uk](http://www.leicestersingforwater.org.uk)

If you're holding an event or you're doing something special and you'd like people in West Leicester to know about it

## SHOUT OUT!

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



## Events Diary

**Zumba Class** Tues. 7.15-8.15 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.

**Peter Crebbin and his Cool Swing Band:** Sun 5th May. 1-3.30pm. Hilton Hotel.

**Battle For the Crown:** Life and times of Richard 3rd. Sun 14th April. Jewry Wall Mus. 11.30-3.30pm.

**Upstairs at the Western:** Pub theatre until 14th April. 70, Western Rd. www.off-the-fence.com

**Camelot:** 16th-20th April. 7.30pm. Little Theatre. www.thelittletheatre.net

**St. George's Festival:** Sat 20th April. Cultural Quarter. Free event.

**Continental Market:** 17th-21st April. City Centre.

**Leicester Regatta:** 21st April. 9-5pm. Upperton Rd Boathouse LE2 7AU. Free to Watch.

**Music, Art and Book Sale:** St. Anne's Church Hall. Sat 4th May. 2-4pm. Free.

## Hockley Farm Practice

The Hockley Farm Medical Practice on Hockley Farm Road is changing its telephone number from the existing 0844 to 0116.

The new number from April 12th

**0116 222 6100**

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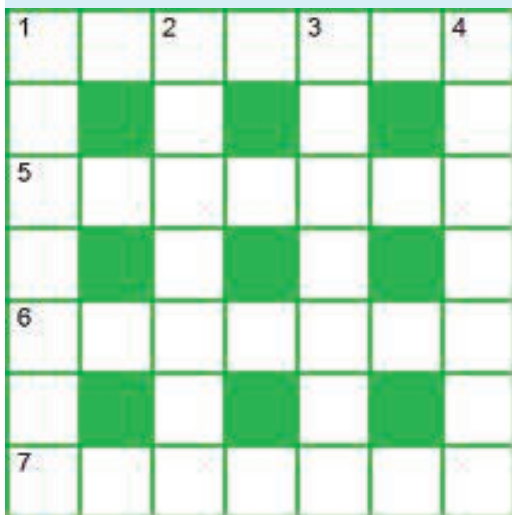
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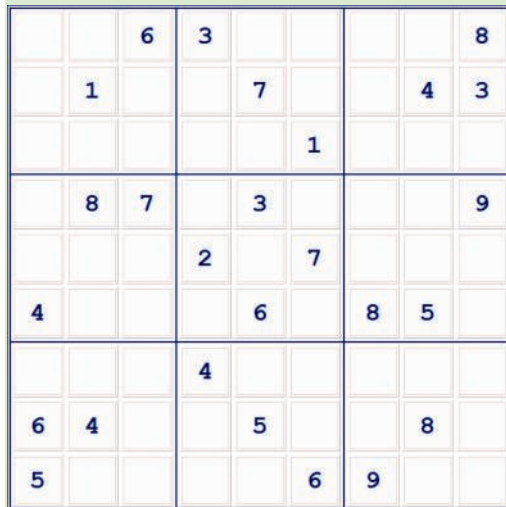
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## BRAIN *TAZERS*



**Across:** 1. Schematic drawing 5. Thick cushion used as a seat 6. Captivate 7. Voter **Down:** 1. Jurisdiction of a Bishop 2. Presenter's visual aid 3. Oddment 4. Fiend



1. 'Rattlehead Prancing' is an anagram of which historical figure?
2. A cat has three kittens called March, May and July. What is the mother's name.
3. Put these words in pairs so they become different longer ones: gin, be, mar, power, bled, man.
4. What is X, the missing number? 640, 320, 160, X, 40, 20, 10, 5.

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