



CANNABIS GROW UP IN FLAMES



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Hello From The Editor

Welcome to the October edition of the Western Park Gazette. In this month's opus: There's been another cannabis grow discovered in our neighbourhood, this time it went up in flames due to a sloppy electricity bypass, Blackbird Road is being dug up as part of a multi-million pound scheme to improve Leicester's transport links, we get up to date with the Braunstone Gate Places for people scheme and take a look at the new property rental regulations. These will effect landlords and tenants alike and have just come into force. And as panto season approaches our theatre critic, Paul Towers, looks ahead to some forthcoming festive treats.

In regular features: Roger Blackmore examines our local history; this month looking at the part Leicestershire played in the abolition of the slave trade, Helen Knott on why it's really important to be under doctor's orders, Tony Huxley takes a walk through some autumnal flowers and Sergeant Mark Brennan from Hinckley Road has the latest policing update.

But if you just want to get really annoyed, try the Sudoku and Crossword on the back page.

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Events Diary

Fosse Co-op Camera Club: Fri. St Peter's Ch Centre, Westholme St. 7.30pm. fossecoopcameraclub.co.uk

Free Thurs 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.

Coffee Mornings: Fridays 10-12 noon. St Anne's Hall.

Walking Group: Sundays. 2pm. 96 Deg. B-Gate.

Dru Yoga Sessions with Emma: Sun. 7.15-8.30pm. St Anne's Hall. 07393 811150.

Free Children's Art Club: Saturdays 10.30-12.00. Fosse Neighbourhood Centre. Mantle Rd.

Upstairs at the Western: *Film Noir Night* - 1st Nov, *Two Little Ducks* - 2nd Nov, *Dream On* - 8th Nov, *Drag Queen Bingo* - 9th Nov, *Bleach* - 16th Nov, *What Would Sharon Davis Do?* - 15th Nov

Les Miserables: 3-24th Nov. Curve Th.

De Mont Hall: *Sue Perkins* 30th Oct, *Flawless* 31st Oct, *Fast Love* 1st Nov, *Simply Sinatra* 3rd Nov, *Joanna Lumley* 6th Nov, *Jessie J* 8th Nov, *Des O'Connor & Jimmy Tarbuck* 9th Nov.

Pumpkin Roll: Sat 27th Oct. W-Park from 1pm.

Rum & Reggae: Sat 27th Oct. Hall at St Anne's. 6-11pm. £4.00 OTD.

Diwali Lights: Oct 28th, 3-9pm, Cossington St Rec.

Crows Nest Firework Display: Nov 5th from 5pm.

Stand-up Comedy in Western Park: 10th Nov.

Hall at St Anne's from 7.30. Tickets from Eventbrite.

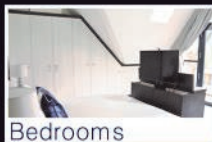
St Anne's Church Remembrance Weekend: 10 & 11 Nov. 2-4pm. Flowers, refreshments & cakes.

HOLMFIELDS

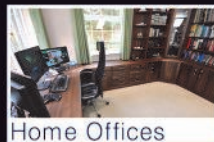
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CANNABIS GROW UP IN FLAMES

A rented terraced house on Dunster Street, opposite the Hinckley Road parade of shops, went up in flames on Sept 30th.

Five homes were evacuated as firefighters from across Leicester tackled the blaze which destroyed the roof and damaged properties on either side of the house.

Investigations into the cause of the fire revealed an overload in an electricity bypass used to power the cultivation of forty cannabis plants growing in the attic.

No arrests have been made but enquiries are continuing.

Sgt Spencer Dyer based at Hinckley Road police station says that cannabis farms are an ongoing problem in West Leicester: "... since the beginning of this year in the Westcotes, Fosse, New Parks and Braunstone and Rowley Fields beat area we've identified 25 cannabis grows.

"These have been a combination of smaller 'personal' type grows to larger more organised set ups costing and producing thousands of pounds of illegal drugs.



Photos: Adrian

"Of these 25 premises all were in residential areas and many were terraced or semi-detached properties but thankfully only 2 were located following fires breaking out."

In June 2011 one of Leicester's biggest cannabis farm was discovered in the derelict Blue Moon pub on Carlisle Street. Police removed plants and equipment worth tens of thousands of pounds, but this was an exceptionally large haul.

As on Dunster Street, the majority of organised cannabis grows are purposely set up in residential areas. To save money many hook directly into the mains which creates an extremely dangerous cocktail of water and electricity.

Residential cannabis farms are a growing national problem, with rental properties the prime location. Sgt Dyer added: "Landlords have additional responsibilities to ensure that tenants are genuine and should take reasonable steps to upkeep and maintain the property. But the public can help by looking out for new occupants who are rarely seen or attending the property at odd times; windows with a lot of condensation and curtains or plastic sheeting up at all times; bags of compost, plastic pots, lights, transformers or unusual fan-like noises and pungent smells.

"Check your loft if you suspect there is one next door or nearby - let us know, which includes confidentially and we can do the rest."

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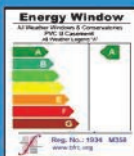
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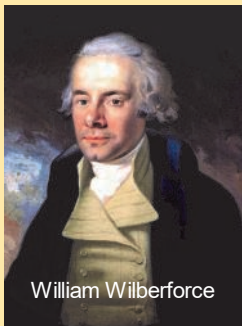
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ECHOES OF SLAVERY

It is interesting that the Leicester area contained a number of local figures very much involved in working towards the abolition of the slave trade and of slavery itself. Prominent among these was the radical Leicester campaigner Elizabeth Heyrick.

Interesting too that examples of people born in the West Indies and Abyssinia (now Ethiopia) were to be found hereabouts as long as two hundred years ago and more.

I recently visited the county village of Wanlip, where I discovered the grave of one Rassilas Morjan, who was born in Abyssinia who died at, the now demolished, Wanlip Hall in August 1839. His gravestone read that he had been "rescued from slavery". It is interesting that the prominent anti-slavery campaigner, William Wilberforce often stayed at Wanlip Hall where Rassilas may have been in service as a free man. We know little of his life apart from the fact that: "...he died in his nineteenth year" and his tombstone



William Wilberforce

was raised "by one whom he loved".

Much of the work in drafting anti-slavery laws was done by William Wilberforce, Sir Thomas Babington and others at Rothley Court (now a hotel). Wilberforce led the Parliamentary anti-slavery campaign for twenty years until the passage of the 1807 Slave Trade Act.

Another man brought to Leicestershire as a slave was Edward Juba who went to work for Lord Wentworth at Kirkby Mallory before going on to do an apprenticeship as a ward comber in Peckleton. Juba was obviously hugely respected and became the first black Freeman in the City of Leicester. He also married a (white) city girl, Anne Muggleston. Their descendants are, I understand still living six generations on, up in the north of the county.

It is difficult to know just how many men and women of African/Caribbean origin were living in the Leicester area in the late eighteenth and early nineteenth centuries. Many found jobs in domestic service but others became quite entrepreneurial, including, for example, George Aficanus from Nottingham who set up his own Employment Agency Bureau.

It is interesting to reflect on what Rassilas from Wanlip might have gone on to achieve had he lived beyond his teenage years.

Roger Blackmore

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KNOTT'S LANDING

I have a piece of advice for you. If you feel a bit weird, a bit off; not quite yourself, then go to the doctors. I know you are busy, that you have work and it's stressful. I know that you don't think it's anything important, that you don't want to trouble the doctor, but actually those are just excuses and you should just put down whatever you are doing and make the appointment.

In the last couple of years I have lost several people I loved because they wouldn't go to the doctors. They all felt that something wasn't right but they either believed they were invincible, that it could wait until later or that whatever ailed them was so insignificant that they shouldn't bother the busy doctor. They all died. All because they decided that they knew better than or didn't want to bother a doctor who spends SEVEN YEARS, that's SEVEN YEARS, training so they can help people stay healthy, stay alive, for longer.

I never went to medical school so my knowledge of the inner workings of the human body is limited. I don't know if that fatigue you are feeling is your blood pressure, a viral infection, stress related or something weird and sinister that your body is doing. Whenever I get asked what I think about someone's medical condition I always say the

same thing. "Sorry, I didn't go to medical school for seven years so I can't help you." Whenever someone tells me "It's probably nothing" I point out that I was unaware that they had been to medical school for seven years. I completely understand now why medical professionals who get collared at parties say "You're best bet is to go to your GP" BECAUSE IT IS!

Mr Helen had been feeling rough for a year or more and he wouldn't go to the doctor. Eventually, we discovered he had blood pressure so high he could probably have taken a walk along the bottom of the Marianas Trench at 15,750 psi and survived. Jabba the Hut was probably more healthy than he was. It took over a week of pain in his left arm and shoulder, me shouting at him and finally, an internet search that scared him witless to persuade him to seek help.

He was in the LRI for 48 hours. Technically he should have died, we are lucky he didn't.

So again, if you are feeling off and you can't pin it down. Pick up the phone and call your GP. It's what they are there for. They don't mind. Oh and get your flu jab while you are at it.

Helen Knott



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PEOPLE IN PLACE

It's been a long, hot and busy summer and we've lots happening over the next few months in and around Braunstone Gate and Bede Island.

It's Your Neighbourhood:

We've been assessed for the Royal Horticultural Society It's Your Neighbourhood Scheme, and are awaiting their verdict. The assessors were really impressed with the ambition of the project and we'd like to thank everyone who got involved this year. We'll announce the result as soon as we hear.



Bede Street Community Garden: We're in! After working with DMU Graduate Champions and Shaftesbury Junior School, as well as residents and businesses at the beginning of the year, we have now got the keys for the one of the Bede Street Arches and will be working with local residents to create an oasis and mini allotment. If you're interested in getting involved then please get in touch.

Leicester Comedy Festival: We're hosting a Braunstone Gate Fringe Comedy Festival as part of the wider Leicester Comedy Festival February 2019.

We've decided to keep it small and manageable for the first event, so will be hosting two stand up nights at The Laundry Bar, Two family/kids shows at 96 Degrees and two Comedy Quiz Nights at the Black Horse. We're also hoping to work with Trinity Hospital and Shaftesbury Junior School on their own private comedy shows. More info to follow soon.

A big thank you to all who continue to support the project.

As always keep an eye on our Facebook and Instagram pages for more regular updates.

Darren O'Brian

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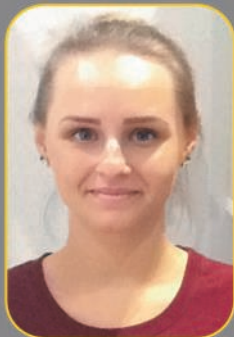
This local school has high expectations and aspirations for its students and has achieved the prestigious Career Mark Gold Award in recognition of outstanding continued commitment to careers education guidance, employability and enterprise.

The industry-linked schools programme is based on Brief Cases from The Heaven Company in partnership with Leicester architects Stephen George + Partners. The 10-week Architecture and Sustainability course is delivered in the classroom as a taught programme within the school time-table and is designed to encourage students to explore the built environment and to learn about sustainability.

Fiona Rogers, Careers Leader said: "The enthusiasm and engagement of our Year 9 students and their research outside of the classroom were reflected in the excellent ideas and mock ups of planet friendly homes built during the sessions. We felt this was an excellent opportunity to encompass our ongoing drive to raise young people's aspirations and work towards meeting the Gatsby Benchmarks as set out in the government's new Careers Strategy."



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BLACKBIRD ROAD WORKS

Off peak lane closures are expected as the latest phase of a six year £19million traffic improvement scheme is underway.

Work has begun at the junction of Blackbird Road, Anstey Lane and Ravensbridge Drive, and also at the junction of Ravensbridge Drive, Abbey Gate and the A6 St Margaret's Way.

Costing £5million, this eight month long stretch of the project will involve creating additional lanes to improve traffic flow at the junction of Blackbird Road, Anstey Lane and Ravensbridge Drive, as well as improving the layout and resurfacing work.

It is designed to support the wider £240million redevelopment of the city's Waterside area, where developers are creating hundreds of new homes, offices and workplaces.

Work is expected to stop over the Christmas period.



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NEW HOUSING RULES

For those living in shared rented housing, a raft of new regulations are now in force which affects landlords and should benefit tenants.

New Government regulations governing the licensing of houses in multiple occupations (HMOs) came into force on 1st October and introduced new legal requirements for landlords and heavier penalties for failing to meet them.

An HMO is a property rented and occupied by five or more people from more than one family or household and where facilities, such as a bathroom or kitchen, are shared.

Landlords only required a licence if the property was three-storeys or more, this has now been extended to smaller properties. This means that landlords now need to apply for a licence for any HMO irrespective of its size.

The new legislation also requires that bedrooms in licensed HMOs are a minimum size and have a maximum number of occupants to prevent overcrowding. Landlords will be given up to 18 months to comply with the new space standards. The new legislation also requires landlords to ensure that HMOs have adequate waste disposal and storage facilities.

The council's private sector housing team will be responsible for carrying out inspections to ensure

standards are being met. Any landlord found failing to comply with the new rules could face a fine of up to £30,000.

Westcotes Councillor and assistant city mayor, with responsibility for housing, Andy Connelly, said: "We welcome this new law. It will help us tackle rogue landlords and deal more effectively with issues like overcrowding and safety in houses in multiple occupation.

"I am sure the stiffer penalties will also be welcomed by the vast majority of private landlords in the city who work hard to provide safe and decent properties for their tenants."



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PANTO & MORE THIS WINTER

If you are looking for entertainment as we plunge head long into winter we are spoiled for choice.

De Montfort Hall has their annual pantomime starring local heroes Sam Bailey and Martin Ballard in Peter Pan. Also starring Corrie's Kevin Kennedy, the all flying family extravaganza runs from 15 December right through to 2 January

At Leicester Haymarket their Christmas show is a reworking of the old classic, Treasure Island. Written by Bake Off presenter Sandi Toksvig, this is family entertainment with puppets and live action. It runs from 13 December to 6 January

The Little Theatre continues its Christmas tradition with Mother Goose as its annual pantomime. Devised and directed by resident know-it-all John Bale this is sure to be as popular with youngsters and the not so young as it is every year. It runs from 14 December to 6 January.

Curve traditionally avoids pantomime and presents festive offering for adults and children. This year's grown up musical is the evergreen White Christmas starring Danny Mac fresh from his triumph in Sunset Boulevard last year. Joining him in this Irving Berlin classic will be Emma Williams, Dan Burton and Monique Young. It runs from 6 December to 13 January so there is no excuse to miss out. For the youngsters there is a departure from the annual Roald Dahl fun with a new production on Dr Seuss' The Cat In The Hat directed by Curve's Suba Das. The Cat is in Leicester from 8 December to 12 January, the ideal way to occupy your little monsters over the holidays. **Paul Towers**



Great Western Park Pumpkin Roll

Last year, the Western Ward Community Enterprise ran our first pumpkin rolling event - which was a huge success - with over 100 people competing to get their pumpkin to cross the finish line first!

This year's event will be on Saturday 27th October in Western Park to the right hand side of the bowls club. Registration opens at 1pm until 1.30pm & the first races will begin at 2pm.

Entries are £2.50 per race & will be split into Pre-school, KS1, KS2 & adult races each with multiple races per category - so lots of opportunity to win! Prizes for the winners & the best dressed pumpkin and fancy dress on the day!

A great event for all the family! Come along and support a great cause as we raise money to create a community space for all at the site of the former Eco House on Hinckley Road. (**WWCE**)



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Mindfulness - Yoga for All

All yoga should be 'mindfulness yoga'; mindfulness is living each part of each day with awareness, nonjudgmentally – being there in the moment. When we practice yoga that is what we are doing, we are working with asanas (yoga postures) with the breath and being there in that moment. We are in the body and we are with the breath. This has a cumulative effect which spreads into everyday living.

Yoga works mentally, physically and emotionally. Mentally it helps us to focus and concentrate, physically we stretch, strengthen, tone and relax the whole body, emotionally it helps to bring a balance of mind, body and breath.

I say to my students that if you practice yoga every day slowly with the breath for 15 minutes for 3 months it will change your life. This does not mean that you will not shout at those you love, it means you will shout a little less loudly and a little less often! Practicing yoga and meditation, and meditation is an integral part of yoga, does not solve your problems but helps you to see clearly so that you can step back and deal with them. Life gives us joys and challenges and our life is deepened and enriched if we are able to embrace what we have to face no matter how large or small or difficult or easy without falling apart, without fighting it but with equanimity. No one says this is easy and sometimes we do need to fall apart and then get up again.

My brief in life when I started teaching many years ago was and still is to make yoga accessible to everyone regardless of age, size, religion, gender. The beauty of yoga is that it is non-competitive, we are not competing with anyone else –not even ourselves. You listen to your mind, your body and your breath working together and go as far as is comfortable for you: 'if it hurts – don't do it'. Yoga postures can be adapted for your individual needs. Yoga is not a form of keep fit, it is a way of life.

'The more mindful you are of yourself and the world around you -the wiser your choices and actions.'

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Oct Police Update

Officers from the Fosse, Westcotes and New Parks wards assisted in a day of action on 24th September for Operation Sceptre which is the national policing strategy to combat knife crime and target those carrying knives. Numerous visits were made to known knife carriers, 2 persons were arrested and one found to be in possession of a knife which was taken off the streets.

Fosse Ward officers have secured a 3 month Anti-social behaviour closure order for an address on Kate Street which has been responsible for long term problems in the area. This is a great result and many thanks to local residents in the area who have assisted in providing information to the police.

Your local officers continue to fight the good fight against burglary! This includes numerous plain clothed, night time patrols. As nights draw in please consider how you can make your address look occupied. Can you put lights on a timer? Can neighbours assist by drawing your curtains if you are home late from work? Are your windows and doors in secure, working order?

Two men have been arrested and released, but remain under investigation, after separate collisions in the West Leicester; one of which took the life of a 57 year old mother of two.

Annette Booth was taken to the Queens Medical Centre on 29th of September but was pronounced dead following a collision in Woodgate. A 26 year old local man was arrested on suspicion of causing death by dangerous driving and being unfit to drive through drink or drugs.

In the other incident, also on 29th of September, Police were called after reports of an unconscious man lying in Narborough Road near Rowley Fields Avenue. The 52 year old was taken to University Hospitals of Coventry and Warwickshire where his condition was described as serious but not life threatening. A 25 year old Leicester man was arrested in connection with the incident.

Halloween and Bonfire night are enjoyable nights for many. However please be aware of how your actions may affect others! If you do wish to have trick or treat visitors to your address then posters advertising the fact can be found on the Leicestershire Police website or at your local police station.

You can follow updates from your local police by following our Facebook page @ "Fosse, The West End and New Parks Police" or by signing up for e-mail updates via Neighbourhood Link: www.neighbourhoodlink.co.uk

Sergeant Mark Brennan

Tony Huxley's Compost Corner



With many gardens now bereft of summer flowers or autumn colour it feels like we're in limbo between seasons. But recently I discovered the antithesis when I visited Picton Garden and nursery in Colwall, Malvern. This small but perfectly formed garden has much to recommend it all year, but it's in late summer and autumn when it really comes into its own.



Picton has beds stuffed full of late season flowers like *Leucanthemella serotina*, *Helenium* 'Sahin's Early Flowerer', along with dahlias and salvias. But it's made it name as home to the national collection

of Michaelmas daisies, and is also where many of the modern-day varieties were developed. There are over 400 varieties within the garden!

Michaelmas daisies are members of the aster family with most originating from North America. They've been a stalwart of British gardens for hundreds of years. Unfortunately, many gardeners are put off by what they see as old-fashioned plants that succumb to mildew before they've started to flower. But they work well in modern planting schemes, combining with, and flowering at the same time as many ornamental grasses and other more fashionable perennials. There are plenty of mildew resistant varieties and they come in many different sizes, from compact varieties like "Alice Haslam" at no more than 30cm to "Purple Cloud" that can reach 180cm. They also come in a wide range of colours from white to purple via pinks, reds and blues, and in shades from delicate pastel to almost fluorescent.

Michaelmas daisies usually prefer a sunny position but most tolerate a wide range of soils. Being shallow rooted means they can be sensitive to drought, so apply a mulch if grown on well-drained soils. Making sure they don't suffer drought stress and allowing for a good air circulation around clumps will help reduce the risk of mildew. Divide clumps regularly to maintain vigour and stake taller varieties in exposed sites. Just a few tips will prevent disasters with asters. **Tony Huxley**



Martin Page

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1		2		3		4
5			6			
7						
8						

1 Across: Third day of the week **1 Down:** Snarled **2:** Lower ear **3:** Small flower **4:** Inhabitant of a northern US state **5:** Negative conjunction **6:** Tavern **7:** Lion like **8:** Frocks

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

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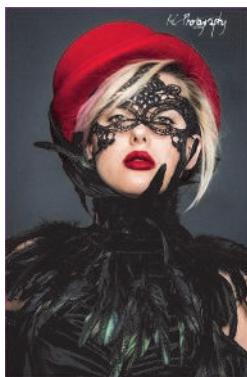
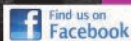


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