

AYLESTONE PARK NEWSLETTER

Community Newsletter for the Residents' of Aylestone Park - Issue 2 2018

Our City Warden is Noel Cazley

Street Wardens can deal with dumped rubbish, dog fouling, bins left in the street, fly posting and other complaints. If you need them please email :
city.warden@leicester.gov.uk or
telephone: 0116 454 1001



DISCLAIMER

The opinions and views in this Newsletter are those of the authors, and do not reflect in any way those of this Newsletter's editorial team.

Aylestone Park for ever changing..... for the better.

by Gail Stacey

When my husband and I first moved to Aylestone Park just shy of 10 years ago our only concern was the number of shops and businesses on the road that appeared to be either on their last legs or defunct and clearly being vandalised. The high street had potential but no one willing to take it on.

Over the years I have noticed a positive upturn in this. We have seen an introduction of the Saffron Lane supermarket selling cooked meats, fresh bread and cakes, a lot of tinned goods and an array of alcoholic beverages. There has been a couple of new newsagents with a variety of magazines, newspapers and sweets for treats. Copy shop – design your own mug. Café dreams – breakfast to die for! The tattoo shop – if that takes your fancy? And the ever present hairdressers.

What I've noticed is the diversity of the shop owners, from Sri Lanka to Poland, over to Italy and Leicester born and bred to name but a few. I have also noticed a change in the diversity of the children that attend my children's school.

My children have definitely learned a thing or two from their new friends about religions, cultures and traditions that they may never have done otherwise. I wonder what would have happened to that same desolate high street should our new neighbours not have been so determined to make a go of it here in Aylestone Park?

I still have a long way to go trying all the new unfamiliar products on offer at these local businesses – but I want them to do well for their and our benefit, so keep shopping local and make new friends!!

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Litter and Rubbish affects us all

By Mark Ingle

In the time I have lived in Aylestone Park, I would say the amount of litter and rubbish in the area has gotten worse. That's not to say there haven't been improvements; the Aylestone Meadows and Grand Union canal are looking cleaner thanks mainly to volunteers who litter-pick. The city council initiatives such as the mural off the Aylestone Road entrance to the meadows (photo below), and the painting of closed



shutters on a number of the shopfronts on Saffron Lane near the Tesco convenience store not only look good but help reduce the number of blank canvasses for graffiti. It is also worth pointing out that in general Aylestone Park doesn't suffer from the

unsightliness of refuse bins being left out all week compared to some neighbourhoods nearby!

On the road I live in, a quantity of rubbish including old cookers, bedframe, fridge etc was discarded recently; and residents living nearby had to suffer it for over two months. Not surprisingly, after some time this pile of rubbish was added to, making it even more of an eyesore and a fire risk. The landlord was contacted but no action was taken and in the end the city council served the landlord with a week's notice to remove the rubbish, which was complied with.

To avoid others suffering this, these are tips that might be useful.

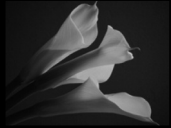
- *Some residents are not aware of the free bulky item waste collection the city council has (up to five items); booking can be done by phoning (0116) 454 1002.*
- *Recycling old items is great, but one cannot assume that things like scrap metal will 'disappear' if left out.*
- *If rubbish is left on the pavement for a period of time, this can be reported to the city council using the 'Love Leicester' app available on iOS and Android; this app can be used to report many other things such as road potholes, and it is quick and easy to use. Alternatively, the city warden can be contacted on 0116 454 1001.*



Whilst it is unrealistic to expect that everyone will throw waste responsibly, if many of us picked up one or two items of others' litter in the street, it would make a big difference; and hopefully encourage people not to litter.

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Local Church Services

Church of the Nativity

An Anglican/Methodist Partnership
Richmond road/Cavendish road junction

Sundays 10:30am Morning Service

Further details of all activities are available on the church noticeboard and on the website:

www.nativityleicester.org.uk

Enquiries for Baptisms, Weddings and Funerals contact the churchwarden Patricia Ewen 0116 299 4732

Emman'-EL Apostolic Church of Jesus Christ

560 Saffron Lane
Currently worship at Aylestone Leisure Centre
Sunday 10am -1:30pm - Wednesday 7pm - 9:30pm
Friday 7pm - 9:30pm

Further details from Bishop Mark Anderson
0116 283 8237 / 07568 155307
Email: emmanuel.apostolic@el-eaga.com

St Edwards Roman Catholic Church

655 Aylestone Road, Aylestone

Sunday Mass 9.30am

Please check our notice board for other activities and to confirm our services

Editorial by Ann Sturgess

A sincere thank you to those of you who have written articles and so many of them relating to shops and interests in Aylestone Park.

Tony has excelled himself with the work he has done in preparing the current newsletter. Thank you for the hours you have spent.

Our deliverers, it goes without saying how invaluable they are to the success of the newsletter. Thank you. Stuart Bailey was instrumental in the placing of the plaque on the church wall in Cavendish Road to commemorate the 6 people killed in Leicester's first attack of WW2. I was getting nowhere with the idea of a Blue Plaque and Stuart suggested we do our own thing and put up our own plaque.

There are a lot of different activities for you to take part in so read the newsletter carefully. The Cricket Club have several concerts coming up in the near future and should be well worth a visit especially if the weather is as good as it was when I wrote this editorial.

The Lunch Club is making progress and should be up and running before very long, open to anyone and more details are on Page 5.

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A note from one the activities we promote

I just wanted to thank you VERY much for adding the Thai Chi Class to your Newsletter publication!

In the last three weeks I have had 5 new members start the class. When I asked where they had heard about it they all said they read it in the Aylestone Newsletter.

Really appreciate it.

Sue Green

Free Group walks in Leicester – summer programme

Led and accompanied by friendly volunteers. Step out, explore and meet new people with our group walks. Please arrive 10 minutes early for registration. Everyone is welcome (children under 16 must be accompanied by an adult).

Belgrave Morning Walks – up to 60 minutes

Starting from the outdoor gym in Cossington Street Recreation Ground.

Every Thursday from 7 June until 12 July. - 9.15am – moderate pace for 45-60 minutes or 10.30am – steady pace for 45-60 minutes

Walk the Solar System, up to 45 minutes, moderate pace

From the astronaut sculpture, National Space Centre, Exploration Dr, LE4 5NS. Every Tuesday at 12.30pm until 26 June. Explore local green spaces on foot at lunchtime and discover more about the Solar System and space exploration along the way. In collaboration with the National Space Centre, our volunteers deliver facts about planets in our solar system at different locations along our walks – one planet per week!

Features of Leicester for up to 1 hour, steady pace.

From Town Hall Square, city centre Every Thursday at 5.30pm, from 31 May until 12 July Join our varied routes through the city, stopping to discover a different feature of interest each week, from street art to commemorative statues, architectural features and blue plaques, amongst other things.

Green Walks from the City – up to 2.5 hours, moderate pace

From New Market Square, meeting between the Knight & Garter pub. Sundays at 11am on 29 July, 26 August

Starting in the city centre and heading to different green spaces in the city, these longer walks are for those wanting to stretch their legs at a moderate pace. Temporary bike parking will be available in New Market Square between 11am-2pm as part of the 'Open Streets' event.

29 July To Victoria Park and Spinney Hill Park and back

26 Aug To Ellis Meadow & Belgrave Gardens and back.

Park to Park walks – for 75 - 90 minutes, steady pace

Saturdays at 3pm on 7 July, 11 August. Starting outside the city centre, enjoy Leicester's green spaces with two parks in one walk.

7 July Rushey Fields Rec to Belgrave Hall, return. Meet at the Harrison Road car park in Rushey Fields Recreation Ground. 1 hour 15 mins

11 Aug Beaumont Park to Castle Hill Country Park, return. Meet by the covered market area, outside Beaumont Leys Shopping Centre. 1 hour 30 mins

Be a Sky Walker – family quiz trail Register in Town Hall Square. Finishes at New Walk Museum. Between 11am-1pm only, 23rd July.

Test your Star Wars knowledge in this short free family quiz trail (35 – 45 minutes at your own pace). Register and collect your Sky Walker trail from our stand on Town Hall Square. Complete the trail, searching for Galaxy Quiz cards along the way and hand in your answers at New Walk Museum for a chance to win tickets to the National Space Centre (for two adults and up to three children) in our free prize draw. Free badge for kids and family activity pack for parents. Afterwards, visit 'Let the Toys Be With You' at New Walk Museum, a free exhibition of Star Wars themed toys and memorabilia.

Walk on the Wild Side (please pre-book), for 60 minutes, steady pace

We are collaborating with Leicester City Council's Making Wildlife Count project to provide nature walks. Making Wildlife Count is about partnership working and engaging local communities in the green space in which they live. A Walk on the Wild Side is hosted by an experienced wildlife expert who will lead you around Leicester's green spaces and talk about the different types of plants, trees and animals found there. Please note: As we are looking at wildlife, we regret that dogs are not permitted on these walks.

Unlike our usual walks, places must be pre-booked as numbers will be limited. For full information see choosehowyoumove.co.uk/events or book directly on Eventbrite.co.uk

Sat 14 July 10am Abbey Park

Wed 27 June 1pm Ellis Meadow

Sat 4 Aug 10am Aylestone Meadows

Explore Parks (please pre-book), for up to 90 minutes, steady pace

We are collaborating with Leicester City Council's Story of Parks project to provide history walks. Walks are led by a Blue Badge Guide who will provide facts about the heritage of our parks.

Unlike our usual walks, places must be pre-booked as numbers will be limited. For full information see choosehowyoumove.co.uk/events or book directly on Eventbrite.co.uk

Fri 27 July 10.30am Spinney Hill Park

Sat 18 Aug 10.30am Abbey Park

Sun 15 July 10.30am Humberstone Park

For full information about these and other walks go to:
www.choosehowyoumove.co.uk/events

Or contact: Sara Coy sara.coy@leicester.gov.uk / 0116 373 7589

Memories of Stuart Bailey, Leicester Civic Society chairman

It was with great regret and sadness that Leicester Civic Society members and anyone involved or interested in Leicester's heritage learned of the untimely death of LCS chairman Stuart Bailey on 3 June 2018, following a short illness.

Stuart was a stalwart campaigner who championed and defended Leicester's historic built and indeed natural environment for decades and was known for his encyclopaedic knowledge of the city he loved. Stuart had been at the forefront of Leicester Civic Society since its relaunch just over 10 years ago and saw membership rise from only a handful to almost 500. Stuart sat on the Leicester Heritage Partnership – involving city councillors, planners and heritage groups – and was treasurer of the Friends of Jewry Wall Museum, working to turn it into a top-class attraction telling the story of Roman Leicester. He was also president of the East Midlands Association of Civic and Heritage Societies (EMACHS).



Tributes were paid in a Leicester Mercury article by Dave Owen, which can be found at <http://bit.ly/StuartBailey>, led by the City Mayor, Sir Peter Soulsby:

"Stuart was an amazing man, a total one-off who knew Leicester and its history like nobody else I've known, and loved it even more," he said. "His campaigns on behalf of

the built and natural environment in Leicester were legendary. Stuart was a thorn in the side for many a planner and developer. He went into battle with decision makers for decades, but was always liked and respected – he would always say things as he saw them but with grace and good humour."

Aylestone Councillor Adam Clarke, who is Deputy City Mayor and Historic England Heritage Champion, said:

"Desperately sad to hear of the passing of the great Stuart Bailey. A genuine heritage champion and lovely man. He had a twinkle in his eye and incredible knowledge, with a passion that knew no peers."

Aylestone Park residents will be interested to know that a couple of years ago Stuart launched a "quiet" campaign to establish a new local Conservation Area. Watch this space!

Active LCS members Sue and Herbert Eppel, who live in Aylestone Park said: "It was a privilege and honour to know and work with Stuart. His detailed knowledge of Leicester and its history was remarkable, as well as providing education and guidance to others. Stuart was the Oracle in all things historical, coupled with a great sense of humour, and he will be greatly missed."

For further information about Leicester Civic Society visit the LCS website at <http://www.leicestercivicsociety.org.uk/>

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www.aylestoneparkleicester.org.uk

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Eyres Monsell Horticultural Show Saturday September 8th

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Open to public at 1.30pm- 50p entry

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Schedules can be posted or collected from the Community Centre from today or

Contact Sue for further details on 0116 2244930



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Mon - Thurs....6.15am to 4.30pm
Friday.....6.15am to 4.00pm
Saturday & SundayClosed



Lunch Club

by
Ann Sturgess

I have been visiting a number of Pubs, Cafes and Restaurants in the area with a view to having a weekly lunch. Open to anyone who would like to enjoy a lunch, main cours, pudding and a cup of tea or coffee for between £5.50 - £7.00.

These lunches will be generally at local suppliers, The Cricketers, The Black Horse, The Punjab, and Choice Cafe. Fish & Chips in the church hall, Aylestone Leisure Centre and other venues in the area.

If you would be interested in joining us please contact:

Ann Sturgess on 0116 2837296 or

Barbara Machen on 0116 233 2309 or

drop a note into L & S News on Cavendish Road.

We would be interested in the day that best suits you?, approximately how much you are willing to pay? Also if you have any dietary needs.

If you travel by car would you consider taking others with you? Finally if you know of anywhere else in the local area that we could use.



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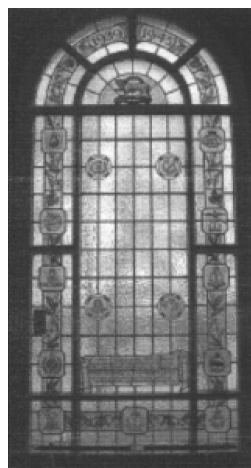
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Aylestone Working Men's Club Saffron Lane

Do you know anything about the history of the club (now closed) or this wonderful WW2 stained glass memorial window?



When was it fitted?

Was there a list of those who were killed?

Any information would be appreciated by contacting:
Denis Kenyon on 07834 324352
Denis.kenyon36@gmail.com or
Joan Rowbottom
rowbottomjoan@gmail.com

The window was saved from being auctioned and is now on view at: Leicester City, County and Rutland at risk War Memorials Project, All Saints Church, Highcross Street,

Leicester LE1 4PH

<http://www.leicester-rutlandatriskwarmemorials.btck.co.uk>



The 14th Nativity Cub and Scout Group

Our three groups meet at The Church of the Nativity, Church Hall, Cavendish Road, Leicester.

Beavers meet on Friday evenings 4:45pm to 6pm and is aimed at the 6 to 8 year olds.

Cubs meet on Thursday evenings 5:15pm to 6:45pm and is aimed at boys and girls aged 8 to 10 1/2.

Scouts meet on Thursday evenings from 6:30pm and is aimed at young people aged 10 to 14 years.

Yours in Scouting
Skip (Scout Leader)
Ivan



Tel: 0116 223 9730

Email: ivanbennettsaysgodlovesyou@gmail.com



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RECOVERY Assistance Dog's Crowd Funding Project Takes Off!

2018 brings an exciting new project for RECOVERY Assistance Dogs, furthering our work within the local community, promoting inclusion and understanding about Mental Health.

We are proposing to rejuvenate some under-utilised land and create a Dog Agility Park possibly in the Aylestone Area! This would provide a fun, safe space for people to reward their dogs for the hard work they do in providing comfort and wellbeing. There will be a special area for dogs to swim, do agility exercises and play, as well as a cafe and meeting place.

This will allow Mental Health Survivors and members of the local community to come together and celebrate the amazing things that dogs can do for our Mental Health. RECOVERY is aiming to run dog agility classes here and look towards moving our weekly STRAD training sessions to this location long term. The charity is also aiming to start running therapeutic and social groups at the centre to expand the support we are able to offer to those in recovery.

RECOVERY is currently in discussions with Leicester City Council's Park Specialist Manager about the specific details of this Project. It will be funded by online Crowd Funding through Space Hive, as well the Community Engagement Fund, which supports projects that provide benefits to the local community. We are also very pleased that we have the support of local Dog Lovers.

To help us with this brilliant new concept, please visit: www.spacehive.com/dogs-improve-your-wellbeing and pledge either financial support or offer your time to this cause. Every little helps - thank you in advance! We hope to see you all at the RAD Dog Park as soon as it is open.

Thanking you in advance for your support of RECOVERY Assistance Dogs.

,Liz. J. Maitland RECOVERY Executive Director

www.RECOVERYAssistanceDogs.org.uk

AYLESTONE PARK RESIDENTS GROUP

Secretary's Report By Christopher Garner

Evesham Road-Saffron Lane Link Road-Update

The campaign group, "End of the Road LE3", has submitted a petition with over 1,500 signatories opposing the Link Road being included in any future Local Plans to Leicester City Council. This means that it should be debated in Full Council at the Town Hall on 4th October.

The current proposed route is from Narborough Road along Evesham Road, through Aylestone Meadows and Boundary Road to Aylestone Road. It would then cross St. Mary's to join with Saffron Lane.

Monthly Meetings

They are held on the first Thursday of each month except January in the Church Hall of The Church of the Nativity on the corner of Cavendish and Richmond Road. The entrance is the side door on Cavendish Road and the Church Hall is the door immediately to your left. The meetings start at 7.30pm.

We have a speaker for the following meetings in 2018:-

2nd August	Anti-Social Behaviour -	Advice on how to deal with it
6th September	Cyber Attack and Fraud -	How to avoid being a victim when using the World Wide Web
4th October	AGM and Headway -	A charity helping people to recover from head injuries
1st November	Journey of a Letter -	A talk about the Post Office

If you require any further information, please text/phone Chris on 07514 416 698



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ST. MARY'S (former allotments) News

St Mary's was an area of former allotments surrounded by Saffron Lane, railway line, Aylestone Road and Saffron Brook. It has remained largely undisturbed since the allotment holders left in the 1980's for the building of the Evesham Road-Saffron Lane Link Road. In 1993, the road was abandoned by Leicestershire County Council who was then responsible for building new roads in the City because of fierce local opposition and increasing costs.

Westleigh-Housing Development

Westleigh have started building 113 houses and 12 apartments from autumn 2017. There will be 87 dwellings split between affordable housing and shared ownership. Priority will be given to people on the City Council's Housing Waiting List. The remaining 38 will be available to buy and will be facing the proposed green space.

The Show Room will be open from Saturday 5th May. It is hoped that the first residents will be moving in at the end of July. Most of the noisy work should be completed by the end of September 2018 and the development is due to be finished by July 2019.

All the buildings are timber framed which apparently lasts as long as a brick one!

Proposed Open Space

Leicester City Council is currently preparing plans to create a new public open space on the remaining part of the former allotment site.

The Aylestone Road side would be kept naturalised due to the sensitive ecology of the site. Paths would be created through and around these areas for pedestrians.

Towards Saffron Lane, the site would be more open with new areas of grasslands along with some mature trees. New play areas would be created close to the new housing.

It is hoped that the work would start late 2018.

AYLESTONE ALLOTMENTS

On The Corner of Whittier Rd.
& Coppinger Rd.

Are Having an Open Day

Sunday 5 August

11 a.m. to 3 p.m.

Teas & Cakes Bar-B-Q

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aylestoneallotments.org





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Song Birds in the Garden

by J A J Richardson

The Song Birds are those birds that make the most sound in the Garden - foremost the Blackbirds, Thrushes, Robins, Wrens, Blackcaps and Garden Warblers - whose melodic tones have serenaded the people of Aylestone Park for centuries. There are several ways to attract Song Birds into the home garden. These include Feed-Stations, Nest-Boxes and Habitat Improvement.

Feed-Stations for Song Birds are more important in the winter months than during the summer when more natural food is available. Traditionally most bird-feeders are placed off the ground to help deter rats and mice (and squirrels) whilst encouraging a variety of tree-dwelling birds such as Sparrows, Tits and Finches to feed.

The majority of Song Birds however descend from areas of meadow and grassland and therefore prefer to feed directly from the ground or from a bird-table. Placing a layer of wood chips beneath bird-tables and bird-feeders not only prevents unwanted seeds from growing, but it also provides a top quality feed-station for ground feeding Song Birds.

There are a variety of foodstuffs that Song-Birds will happily eat from the ground and bird-table. These include the ends of bread, specific seed-mixes, garden worms, boiled rice, porridge oats and dried meal worms. A combination of ingredients will ultimately attract a greater number of bird species into the garden (including Pigeons) at various times of the year.

Nest-Boxes are ideally positioned with the entrance facing north to east (never south). This stops the nest-box from overheating in the Summer before the chicks finally fledge. Be sure that the nest-box is firmly attached to a post, fence, or garden shed. Aim to clean out the nest-box every 2-3 years.

It is important to remember that nest-boxes make great homes for lots of other animals. Butterflies, Ladybirds, Solitary Bees, Wasps, and even Wood Mice might visit a nest-box at any time of the year. Likewise Robins, Wrens and Longtailed Tits may all huddle together for warmth, sharing the same nest-box in winter.

Habitat Improvement is the best way to attract Song Birds into the garden. The perfect habitat not only provides natural feed-stations and nest-sites, but it also provides Song Birds with cover and security from birds of prey.

Improving Song Bird habitat is best achieved by dedicating a corner of the garden to 'wildlife'. Long grass, log-piles, wild-flowers, brambles and native weeds not only provide birds with cover from predators, but they quickly generate habitat for many of the slugs, snails and insects that Song Birds love to eat.

Water-Baths and Sand-Baths offer most Song Birds with space to wash or dust themselves off – which helps reduce parasites like ticks and lice. Bird-Baths can be as elaborate as a shop bought garden feature or as simple as a tray of water and a tray of sand. It is important to place bird-baths either completely off the ground or in an open area of the garden to prevent any unwanted attacks by neighbouring cats. Just don't forget to change the water!

A large rock or stone can be added to the Wildlife Garden as an 'Anvil' - which Thrushes and Blackbirds love to bash Snails against to break their shells. Garden Ponds with surrounding stones also make useful anvils that attract aquatic insects - which in turn may attract Swifts, Swallows, and House Martins in the summer.

Bringing a variety of Song Birds into the Garden can be as open as offering a welcoming place that Song Birds and People can equally enjoy in harmony. Allowing as little as 10% of the grass (and weeds) to grow is the best place to start. After-which we can sit back and allow the beautiful sound of our local Song Birds to serenade us back to work or sleep.

www.goshagosiagallery.co.uk

*Gosia
Gosha
Gallery*

goshartdesign@gmail.com

Munchies Cafe & Take-away

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*Breakfasts, Hot & Cold cobs, hot & cold drinks
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Salads, Snacks, All freshly prepared to order!
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Saturday 8am til 1:30pm*

LOCAL DELIVERIES and OUTSIDE CATERING



News from Leicestershire County Cricket Club

It's an exciting time coming up at the Fischer County Ground as the Vitality Blast returns with Leicestershire Foxes looking to win their fourth T20 title.

We have six T20 fixtures under floodlights starting with the visit of the Durham Jets on Friday, July 6. We are running a special ticket offer for this fixture with Adult tickets £10 and Child tickets £5.



The dates for the floodlit fixtures in 2018 are as follows:

- Friday, July 6
- Friday, July 13 (England v New Zealand Women's ODI)
- Wednesday, July 18
- Friday, July 27
- Thursday, August 2
- Friday, August 10
- Friday, August 17

Away from cricket we have a number of exciting occasions at the ground.

Our first events are on back-to-back days as we host an **Outdoor Cinema Event**.

On Saturday, July 21 we are showing:

The Lion King with the film starting at 2pm,

gates open for the film at 12pm

and we will be offering traditional cinema food and drink so expect to see popcorn, hot dogs, nachos, slushies and much more on sale so you can enjoy the movie in style!

The next day we will be showing Bollywood classic **Devdas**.

We will again be offering traditional cinema food and drink, as well as an Indian street-food stall.

Tickets for the outdoor cinema events are £8 for adults, £4 for Children or for £20 you can purchase a Family Ticket, which gains entry for two Adults and 3 Under 16s entry. On-site parking is also available at the ground for £5.

Cast and band members from the smash hit musical **Mamma Mia!** come together to perform a dazzling outdoor concert of ABBA's sensational music on Friday, August 31.

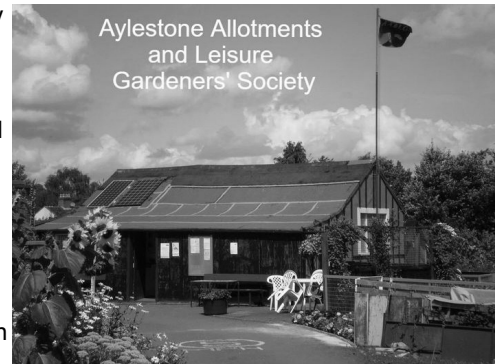
Tickets start at £22 and can be booked over the phone on 0116 283 2128 or on our website www.leicestershireccc.co.uk

Aylestone Allotments and Leisure Gardeners' Society

<https://www.aylestoneallotments.org/>

Wheelchair Friendly Allotment.

I am the secretary of Aylestone Allotment Society on the corner of Whittier Road and Coppinger Road. We have been established since 1901 and our leased land from Leicester City Council is a haven for 150 allotment



gardeners and their families. We are wonderfully integrated and welcome people of all ages, races, religions and sexual orientation. However we do have an equality gap which I want to address.

Recently we have been revitalising our estate and have installed disabled friendly earth toilets and have developed our Community Hut, which was once a dull and cold occasional tea and seed selling hut, into a bright space which is disabled friendly, has solar panels and a wood burning stove for heating on cold days.

We hold Social events, are home to a community project and host Leicester College students on a large plot.

I am a disabled allotment holder working with my husband and the benefits to me are extraordinary, from the activity, the opportunity for social interaction and being in the fresh air with the added bonus of being able to grow most of our vegetables, fruit and flowers. I am the only wheelchair user on the site and am passionate about making it accessible to all.

A research study from Loughborough University "Thrive" (2006) confirms my personal views and states that:

"Gardening can have a positive effect on the physical and mental health, wellbeing and social skills of vulnerable adults."

I am very excited about the prospect of making our allotment society accessible to people with disabilities and wheelchair users in particular. I am working with charities and know that there is a need. I have the support of the Committee, Community Payback and volunteers, and want to make this a success. All the Society Members see this an important step to take. I am receiving help and support from our local Councillor Elly Cutkelvin, the council's Allotments Manager and our representative of The National Allotments Association. The project is being promoted by the MS Society, Mosaic, NHS MS liaison nurses, Occupational and Physio Therapists, and a Leicester based Care Company.

Our first plan is to install a number of raised beds in a wheelchair friendly, accessible area, involving potential users in their design. We also need to make some road improvements to ensure that users are safe on the site and can easily access the toilets and Community Hut. I have already secured our first £300 sponsorship for a raised bed, a donation of £1,000 from a national clothing retailer, and a £2,000 grant, but I need to raise a total of £14,500.

Elly Guzy

These are the people to contact if you have a problem:

Saffron Councillors

Bill Shelton - Saffron Ward Tel: 0116 220 1350
Email: bill.shelton@leicester.gov.uk

Eily Cuthkelvin - Saffron Ward Tel: 07891 232662
Email eily.cuthkelvin@leicester.gov.uk

Your local Labour Councillors hold surgeries at
Saffron Sure Start Children's Centre, The Crossway
LE2 6QW first Tuesday every month 1.30pm -2.30pm
Aylestone Leisure Centre, 2 Knighton Lane East
LE2 6LU Third Saturday of each month 10.00am -11.00am

Aylestone Councillors

Adam Clarke - Aylestone Ward Tel: 07875 546508
adam.clarke@leicester.gov.uk

Surgeries Lansdowne Centre 2nd Tuesday of each
month 11.00am -12.00pm

Gilmorton Community Rooms 4th Saturday of each
month 11.00am -12.00pm

Aylestone Hall Gardens Bowls Pavilion, Hall Lane
4th Friday of each month 2:00pm - 3:00pm

Nigel Porter Aylestone Ward Tel:0116 233 6150 and
07976 348032.

Email:nigel.porter@leicester.gov.uk

Surgeries Lansdowne Centre Car Park, Knighton Lane,
2nd Saturday of each month 11.00am - 12.00pm

Gilmorton Community Rooms, Gilmorton Avenue
2nd Saturday of each month 12.30pm -1.30pm

Free Burglary Advice

Now that the summer months have arrived burglary usually increases. Household owners become complacent and leave doors and windows open inviting unwelcome visitors.

visit:
<https://leics.police.uk/advice-and-information/crime-prevention/burglary>

Advice from the Police will reduce your risk and prevent crime

LOCAL ACTIVITIES

Aylestone Leisure Centre has too many activities to mention, call in and pick up a leaflet. Fancy a swim then come along and afterwards sit and have a chat and cup of tea with the over 55's on a Monday or Thursday am.

Theatre Outings, London and Birmingham.
Contact Bill Evitt 0116 247 8531.

Leicester C.H.A. Rambling Club

Ann Burdett 0116 266 1741 will give you details of their walks, Thursday and Saturday mornings from 4 miles, many of them end up at a pub for lunch. www.chaleicester.org.uk

Lancaster Community Choir, Thursday evenings 7.00pm till 8.30pm, The Lancaster School, Knighton. 0116 270 3176 ext 801.

Guided Walks & Tours by Accredited Leicestershire Tour Guide - Helen's Guided Walks - cover Aylestone Village history, Wigston Magna, Kilby Bridge, Tudor Leicester, The Newark and Castle areas of Leicester
contact 07908 557289 helenbaran@hotmail.co.uk

Railway Society meets on 3rd Tuesday of each month (not Dec) at The Cricketers, Grace Rd @ 7.30pm.
Contact Brian Holland 0116 236 8328 or Michael Chapman 07768 355733.

Drama Group meets at the Church Hall, Cavendish Rd. New members required contact the Church for details of rehearsals, times and days.

Running for youngsters 9.00am on a Sunday morning around the Aylestone Recreation ground.

Adult Runs

Braunstone Park every Saturday at 9am
Victoria Park every Saturday at 9am

The Tea club takes place at the Aylestone Leisure Centre Every Thursday 9.45-11.15am, ask at the desk where to find the group and join them for tea or coffee and a biscuit or two.

Golf lessons at Whetstone Golf Course given by the club's Pro, Craig Shave who can help adults and children learn to play and improve their game 0116 286 1424 for more information...

Athletics. Call at the stadium Saffron Lane/MacCaulay Rd entrance after 4.00pm and see Roy Cole who will give you information on coaching, training and racing, and use of the stadium. Find out also about the Sunday morning Park Runs.

Scouts @ The Church of the Nativity
young people aged 10-14 years are welcome at the Church Hall, Cavendish Road on a Thursday evening at 6:30pm

Cubs @The Church of the Nativity
Girls and Boys aged 8 - 10 1/2 are welcome at the Church Hall, Cavendish Road on a Thursday Evening 5:15pm to 6:45pm.

Beavers @ The Church of the Nativity
Girls and Boys aged 6 - 8 are welcome at the Church Hall, Cavendish Road on a Friday Evening 4:45pm to 6pm.

Imperial Dancing class is using the Church Hall in Cavendish Road, to teach young children to enjoy themselves by learning to dance . To contact for class information ring 07548 208 610

I.S.T.D Modern, Tap and Ballet.

Singing Lessons with Laura; welcoming children and adults from beginner level to enter for grades or just for fun.
Contact 07590 999 591 //email: lauraratliffe@hotmail.co.uk for more information

The Strollers - Walkers (and dogs) meet outside the church at 10 am once a month between April and October for a stroll round various locations. All walks end with lunch at a nearby cafe. A good time is guaranteed so why not come and join us?

Contact: Pat Ewen 0116 2994732 or by email at patricia.ewen@ntlworld.com

Knighton Lane Artists Group. Meet at The Studios, 68a Knighton Lane. Contact Deb Ward 07956 590284

3 C's (Coffee, Craft & Chat) most Saturdays 11am - 1pm @ Church Hall, Cavendish road. Families Welcome

Thai Chi Classes - every Wednesday 11am til 12 noon, for all ages, abilities and gender. Helps with relaxation, muscle movement and balance @ Eyres Monsell Community Centre, Hillsborough road LE2 9RQ. Contact Sue on 07732 813256 or just turn up.

Emmanu'EL Apostolic Gospel Academy (EAGA) Choir (AKA DMU Choir)

Email address: eaga@el-eaga.com Tel: 07830300442
Thursdays: 7pm - 9pm
De Montfort University,
1st Floor Portland Building
The Newark
LE2 7GZ

Useful Contact Numbers

Leicester City Council

The council can be contacted on 0116 454 1000 for general enquiries

Other main departments:

Environment including Noise Nuisance 0116 454 1001
Waste Management inc Bulky Waste 0116 454 1002
Parks & Green Spaces 0116 454 1003
Social Care & Safeguarding 0116 454 1004
Council Tax & Business rates 0116 454 1005
Housing Benefits 0116 454 1006
Tenants Advice & repairs 0116 454 1007
Housing options 0116 454 1008
Education & Schools 0116 454 1009
Employment services centre 0116 454 1010
Automated switchboard 0116 454 1011
Automated payments 0116 454 1012

Other contact numbers can be found at:

www.leicester.gov.uk/contact-us

Alcoholics Anonymous 0845 769 7555
Gingerbread (supporting lone parents) 0808 802 0925
NSPCC 0808 800 5000
SAFE (for anyone 16 or over in Leicester affected by or at risk of domestic violence or abuse 0300 123 0918
Shelter 0808 800 4444
Citizens Advice 03444 111 444
Alzheimers Society 0300 222 1122
Mind info line 0300 123 3393
Missing People 116 000
National Debtline 0808 808 4000
AGE UK 0800 169 6565
Stroke Association 0303 3033100
Money Advice Service 0300 500 5000

Samaritans

You can talk to the Samaritans for free on 116 123. Talk to them anytime you like, in your own way and off the record - about whatever's getting to you.

GETTING IN TOUCH WITH THE POLICE

999 in an emergency, when life is in danger or a crime is being committed.

101 for non emergencies **0116 2222222** to contact our local police station

0800 555 111 to contact Crimestoppers

0800 789321 the Anti Terrorist hotline if you have any doubts about any activities around your house or business or a disused factory.

"Leicester City Council's Crime & Anti-Social Behaviour Unit (CrASBU) works alongside Leicestershire Police and other agencies to deal with anti-social behaviour (ASB) and related crime in Leicester City.

We have seven Crime & ASB Officers – three for the west side of Leicester (including Aylestone), three for the east side and one for the city centre.

We follow an incremental approach to dealing with ASB, starting with advice and warnings and progressing to Acceptable Behaviour Contracts for persistent ASB. In serious cases we may take legal action such as eviction, civil injunctions and closure orders. These powers are available to local authorities under the Anti-Social Behaviour, Crime & Policing Act 2014.

If someone who is behaving anti-socially lives in a rented property, we may be able to work with their council housing officer, housing association or landlord to address the issue.

Our Crime & ASB Officers also do work in the community, such as overseeing the council's alley gating programme, allocating mobile CCTV cameras to ASB hotspots, attending multi-agency meetings (such as ward meetings), assisting with police operations, and giving advice to the public and partner agencies. Sometimes we run campaigns – you may be aware of the annual Celebrate Safely campaign and we will also be running a youth-focused ASB campaign over this summer. Look out for us on social media using hashtag #PutitDown!

If you have a question about ASB, please give CrASBU's duty desk a call on 0116 454 0250 or email crasbu@leicester.gov.uk. If we are not the best people to deal with your enquiry we will be happy to signpost you on to the right place.

Remember, the council does not offer an immediate ASB response service so if you need help quickly or are in danger, always call the police on 101 (non-urgent matters) or 999 (in an emergency)."

