

AYLESTONE PARK NEWSLETTER

Community Newsletter for the Residents' of Aylestone Park - Issue 3 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.

East - West Road Link News

Local residents from both sides of Aylestone Meadows have started to campaign against any plan to resurrect a link across Aylestone Meadows.

A demonstration is planned for the 4th October at the Town Hall to support a presentation being presented to the full council.

You will recall last year it came up again as a possibility in the consultation for the Leicester local plan. To see the reference to it in the Local Plan on page 68, paragraph 8.19 of the "Emerging options reference document", It reads "A list of potential highway improvement lines and schemes has been developed over many years....such as land protected for a link between Narborough Road and Saffron Lane involving a bridge link across the River Soar".

It has also been linked to a grant request to open up Putney road.

You can still support and get further information by going to:

www.endoftheroad.org.uk

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cakes – jewellery – skin care – photography – watercolours
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Do not forget to like our facebook page @
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Contents

Local Church Services	
Tell us once	Page 2
Why Dance!	
Appeal for old photographs	Page 3
Editorial	
Local Activities (article)	Page 4
History of Gas in Leicester	Page 5
Whatever happened to	Page 6
War Memorial Research	Page 7
Aylestone Park Residents Group News	
Volunteering opportunities	Page 8
Hedgehogs	
Volunteer opportunity	Page 10
Local Politicians	Page 11
Local Activities	
Police Neighbourhood Link	Page 12
Useful Contact numbers	

Local Observations

by Mark Ingle

Congratulations on one of Aylestone Park's local takeaways (Chutneys on Aylestone Road) winning the 2018 English Curry Awards for the takeaway category. Embarrassingly, although I only live a few minutes walk from this takeaway, I have never tried it; though to be fair I tend not to have takeaways and either eat out or cook at home.

This made me think of the businesses that operate in Aylestone Park, and how they have changed over the years. Much commerce is now done on-line, and over the years quite a number of businesses operating in Aylestone Park have disappeared – there is just one bank with a local branch left, there used to be a butchers on Cavendish Road, and a number of electrical shops. I suppose the reality is that these small businesses just don't have the buying power to be viable unless they are very specialist. However, the businesses offering services seem to thrive better which is not surprising as it is so much more convenient and time-saving to have these things at one's doorstep. An example of how convenient the local businesses can be is that for ages I had some skin tags on my neck that were irritating as they tended to rub against clothing. Having seen an advert in a previous edition of this newsletter, I booked an appointment with C&M which is opposite the leisure centre on Saffron Lane; Carrie, agreed a price, and the skin tags were removed quickly and efficiently; and so much easier than going into town.

However, some of these business can be a bit hidden away. I see that the old post office in Aylestone Park is now home to the 'Dyson Man', but as it's not a road I frequent, I could easily have missed this.

Another example of a business being on your doorstep but not knowing about it is that a couple of months ago my gym closed for refurbishment; and I discovered that there is a CrossFit gym tucked away in one of the old factories on Vernon Road in Aylestone Park. The CrossFit Leicester gym not only does CrossFit but is now the home of the Leicester Olympic Weightlifting Club. Other services such as personal training are offered at this gym; and I found the atmosphere very friendly and welcoming; the co-owner Jennifer who is local to Aylestone Park made a point of introducing me to the other group members which was a nice touch. Coach Kristaps as well as co-owner Andy can also schedule personal training sessions during the day when there are no other clients around. For Aylestone Park residents, the benefit of having the gym so close to home means one can walk or cycle there, and in fact indoor parking for bicycles is provided.

There seem to be businesses that have never got off the ground; on Aylestone Road there was a DIY shop which was supposed to be 'opening soon', but months later there is no sign. Shame really, as it is something that could have been quite convenient and useful.

Tell Us Once

This is a service that lets you report a death to most government organisations all together. In 2017 and 2018, it was used by over 360,000 people.

Tell Us Once will notify HM Revenue and Customs (HMRC), Department for Work and Pensions (DWP), HM Passport Office and Driver and Vehicle Licensing Agency (DVLA).

It will also contact some public sector pension schemes so that they can cancel future pension payments.

The service is available across most of England, Scotland and Wales but not Northern Ireland. For further information, please see the website <https://www.gov.uk/after-a-death/organisations-you-need-to-contact-and-tell-us-once> or any questions about the service, e-mail: tellusonce.communications@dwp.gsi.gov.uk

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Church of the Nativity

An Anglican/Methodist Partnership
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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

It is getting harder to find articles for our newsletter, ideas from you our readers would be most welcomed.

We also need a couple of deliverers to cover Knighton Lane and the roads between Knighton and Grace ie Harold, Denmark, Etc., If you can help even if only a couple of roads please leave your name, address and phone no at L@S News in Cavendish Rd for me.

I often get asked for names and phone numbers for Plumbers, Electricians, Painter and Decorators, Gardeners, Window Cleaners, Dustbin cleaners.

If you know of any please let me have names, addresses, phone nos and their business and we can compile a list for the newsletter, no charge for people.

My thanks as always for the hours which Tony has spent on preparing the newsletter and a welcome is given to Mark F who is undertaking to sort the newsletters and get them to our delivery people.

The Cricket club has successfully run three events/films at the club ground with no problems.

Keep an eye on the notice board outside the Church of the Nativity for Tea clubs and Christmas Fetes happening in the Church Hall.

A warm welcome is given to new residents moving into the houses on the St Mary's allotments site.

Everyone is most welcome to attend our monthly meetings at the Church Hall in Cavendish Rd on first Thursday of the month.

The newsletter carries a lot of local information ,we try to publish a quarterly newsletter.

Our Councillors attend a number of our meetings and do their best to settle problems in the area.

An Appeal for Old Photographs of Aylestone Park

The Aylestone Park Residents' Group are starting a collection of old photographs of Aylestone Park which shows how the area has changed.

We are appealing for any old photographs of the area which we would copy and then return. There will be full acknowledgement of the person who gave it to us.

We also intend to mount an exhibition in the future along with the photographs that we have already copied from the Records Office in Long Street, Wigston.

It is hoped to lend the collection to local schools, community groups or churches.

If you can help, please contact
Christopher Garner on 07514416698 or
e-mail: cegarner@btinternet.com

Thank You

JUST A THOUGHT

Yesterday is history
Tomorrow is a mystery
But today is a gift

That is why it is called "the Present".

Why Dance? by Imperial Academy of Dance

Dance Encourages an Active Lifestyle

In today's technology-driven world, it is increasingly important for children to have a physically active lifestyle. Dance is the perfect way to keep children active in a safe but fun way. Through dancing, they will improve their flexibility, coordination, balance, stamina, strength and posture.

Dance Improves Classroom Performance

Children who participate in dance lessons tend to perform better in the classroom. Dance requires discipline and focus, which increases academic performance. Dancing also teaches perseverance and resilience. Children often expect to achieve success in everything they try straight away and find it hard to cope when things go wrong.

Through careful training they learn the benefits of making progress over time, through guided practise, to improve and achieve success.

Dance Improves Self-Esteem

Children who dance have improved levels of self-confidence. It takes great courage and confidence to dance on stage in front of an audience or take an examination and dance helps encourage both of these wonderful qualities. Dance also helps foster a positive attitude towards accepting constructive advice and using this to improve skills further.

Dance Encourages Socialization

Dance lessons are a great place to make new friends. Children learn to improve their communication and social skills by interacting with others in their class. They also learn how to cooperate and trust one another working together as a team. It's not uncommon for children to forge lifelong friendships from dance.

Dance Helps Improve Behavioural Issues

Dancing is a skill that requires intense focus, discipline and coordination. It also provides a time to forget about the hustle, bustle and stress of a busy life and focus on themselves. Dance lessons help improve behavioural issues, such as hyperactivity, having a calming effect on children by providing a structured way to release pent-up energy.



Dance Promotes Creativity

Participating in dance lessons promotes creativity; it is a form of self-expression. Children who dance will find a constructive outlet for their creativity and a positive way to express themselves.

Dance is Fun!

This is perhaps the greatest benefit. Dancing is so much fun for children, allowing them to stay active in a safe, fun and exciting way.

All the while, your child develops important social, emotional and physical skills without even realising it.

At 'Imperial Academy of Dance' we believe that being taught by a qualified teacher ensures that all the benefits of dance can be gained in a safe, fun and supportive environment.

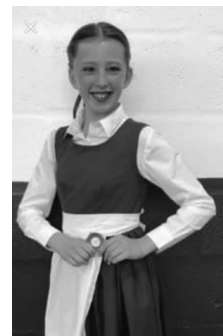
We offer classes in Ballet, Modern, Jazz, Commercial, Tap and Acrobatics for children from the age of 3+

We also offer our students regular opportunities to perform on stage, through taking part in dance festival competitions and shows.

We have had a very successful 2017-2018 year, with excellent results in examinations, competitions and with students performing in local productions, including; Scrooge, Robinson Crusoe, Joseph and the Technicolor Dream Coat, Chitty, Chitty, Bang, Bang, Cats. Upcoming performances include; Mother Goose and Beauty and the Beast.

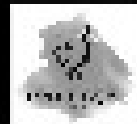
If you would like your child to enjoy all the benefits of dance, Why not come along for a free trial?

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Remember to call in and see all the
activities they have going on. There really
is something for everyone

Local Activities

by Gail Stacey

Looking around the facilities in the Aylestone Park area, there appears so much to do. However, I am one of those people who find it hard to 'take the leap' and give something new a try. I think also for a long time I couldn't get my head around how things worked and whether it was as easy as it appeared to take up a new hobby. So I thought I'd promote a few new ideas for adults and children alike in Aylestone Park which my family have now tried – with great rewards.

Has anyone heard of the Children's Park Run at the Saffron Lane Recreational Ground? This one is promoted on behalf of my husband and children. This is for all ages and abilities and just something free and light-hearted to do on a Sunday morning. Two laps round the local park, run, walk or crawl? It is definitely for those who like an early start though! Turn up by 9am on any given Sunday, with a child, and enjoy yourself.

Another discovery is the Athletics Stadium. For years I thought this was closed and being sold for housing!! How bizarre to discover that it has an amazing attendance on many days of the week with a variety of clubs, for adults and children. I am only really able to vouch for the children's group. On a Thursday evening between 6.30 – 8.00 [ish] there is a well-attended and active amateur athletics group 'Corinthians' who are very welcoming. My daughter attends for fun and to keep active and at a cost of £3.20 its pretty good value.

Finally, and this is one for those interested in the unusual – is Scuba diving. Yes scuba diving in Leicester. Apparently, Leicester is the most central city in the UK and thus the furthest away from the sea – but there you go scuba diving is alive and well! On a Thursday evening after 7.30pm the group meet and are always keen for new members. Not sure?? 'Try dives' are arranged in the pool at Aylestone. I've been going for a number of years and would definitely recommend this if for nothing else then the warm, welcoming and funny divers full of stories and exploits.

There you go. All these amazing goings-on in such a small area so why not try something new?

Sunday 28th October is the end of British Summer Time - **All clocks go back one hour**, some may need human assistance.

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History of Gas in Leicester

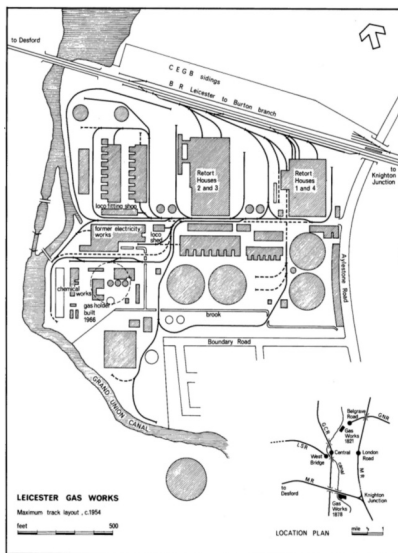
We have covered various elements of gas in previous editions of this newsletter. We have not yet covered how the Aylestone road site came into being. Well coal gas had been supplied by a private company to the city since 1821. For more than 50 years the only coal gas works were in Belgrave Gate, coal was transported by road, river and train to the works but in 1877 the increased demand for gas led the company to plan the construction of a large new plant in Aylestone Road, on the southern outskirts of the town. This decision was also led by the newly built railway line close to the site of the proposed new site giving rise to the cheaper costs of delivering coal to the works.

The corporation at first opposed this proposal, which involved the purchase of municipal land, but in 1877 an agreement was reached by which the corporation was to buy the gas undertaking. In the next year the undertaking came under municipal ownership and the council set up a gas committee to manage it.

In view of the urgent need to increase gas production the corporation decided to carry out the plan to build new works in Aylestone Road, and the construction had in fact begun before the corporation became

the owner. Large additions were made to this plant in 1884, 1885, and 1887. These repeated increases in the size of the works reflect the rapidly growing demand for gas; the amount supplied to consumers in 1890 was almost four times that supplied in 1870.

There is still evidence on the Aylestone road site of the railway infrastructure.



Electricity generation works were sited by the gas works on the Aylestone road site and they too were controlled by the gas committee of the council



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RSPB Leicester Local Group
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Craft Fair

Gifts hand-made by local
crafters, such as:

- art • photography • preserves • cards
- wooden gifts • knitted and fabric gifts
- Christmas food and gifts

Plus:

- home-made cakes • tombola • bird food
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giving
nature
a home



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We need their support to produce this newsletter!

Whatever happened to the iconic red telephone box?

Technology has dramatically changed our lives. The introduction and dominance of mobile phones and the internet has made the once familiar red telephone boxes, just a memory.

Fortunately, the BT Adopt a Kiosk Scheme has meant that over 4000 communities are keeping the memory alive by purchasing a tradition red telephone box for just £1.

However, there are conditions. You must accept all responsibility for the kiosk and the condition of it including any physical defects.

The alternative uses range from the practical such as a base for defibrillators in rural communities, to the bizarre, an aquarium full of fish!

Other uses include coffee shops or even miniature art galleries in Cheltenham.

The list is endless.

It would be an unusual gift to give but a nightmare to wrap!



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.

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Ivan
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War Memorial Research by Joan Rowbottom

In 2014 I started to research the Soldiers on the War Memorial in Aylestone, 46 men are commemorated on the Memorial at St Andrews Church, 84 on the Memorial at Granby Road School, St James Church is going to take longer – as there are over 150 names.

St Andrew's is now complete and has been donated to the church.

Granby Road is now complete and has been donated to the school.

St James is in progress so if you have any family members who died in WW1 I would love to hear about them. The memorial was hiding under the stairs of The Church of the Nativity and has now been restored and is in pride of place at the 'Orphan War Memorials Project' kept at All Saint's Church in High Cross Street Leicester. Also housed there is the window rescued from the Aylestone & District WMC which commemorates the members of the club who were killed in WW2 – do you know of anyone – or who held the paperwork for the club when it closed?

Some of the names are on more than one memorial and a few are found on the Roll of Honour on the wall in the Gas Museum – When you see it you will find that the men who are listed in 'BLACK' are the men who served and survived and the men listed in 'RED' are the ones who died, Of these W. KIRK is the only one I can't find? Any Ideas

If you are able to help with any of this research I would love to hear rowbottomjoan@gmail.com



AYLESTONE PARK RESIDENTS GROUP

Secretary's Report By Christopher Garner

We would like to welcome you to one of our 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:-

2018

1st November

Journey of a Letter

A talk about the Post Office

2019

7th February

Street Pastors

Helping the vulnerable on the streets

7th March

Welford Road Cemetery

A talk about the history of this fascinating place

4th April

Baldwin Trust

A charitable organisation providing boat trips for all

9th May

Wheels for All

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

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ellen.woodward@royalvoluntaryservice.org.uk

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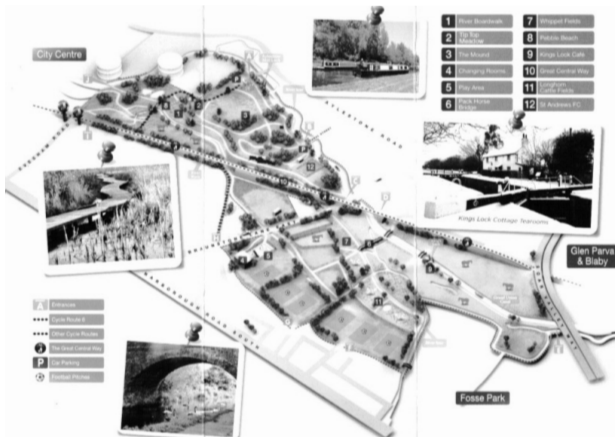
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With Christmas fast approaching this is my busiest time. I start making in June, yes June!

Every card can be personalised, with names, dates, age, or anything that you would like. Cards come in all sizes from small to large and anything in between.

If you would like more information or to view samples then please contact me on 07387 271980

Joy Ward



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Community Flood Wardens

What are Community Flood Wardens?

Flood wardens are members of the local community who provide aid and assistance before, during and after flooding events. They help to increase community resilience to flooding in the future. They're individuals from a range of backgrounds, ages and beliefs who have taken it upon themselves to help reduce flood risk within their community. These wardens are supported by the Leicester City Council (LCC), the Environment Agency (EA) and LLR Prepared.

Although LCC aims to reduce flood risk through ongoing schemes and routine maintenance of drainage infrastructure, it's highly important to recognise that individuals and local communities also have a responsibility to look after themselves, their families and by preparing for flooding.

We're actively seeking keen, motivated and concerned individuals like you to become part of the community flood warden scheme

Community Flood Plan.

Training Overview:

Training to become a Community Flood Warden consists of a single day's training and aims to cover the following topics:

1. Identifying flooding and flood risk
2. Roles and Responsibilities
3. Developing Community Flood Plan
4. Equipment
5. Reporting Issue to respective Authorities
6. Health & Safety
7. Contact Information

Training is provided by LCC.

How to get involved:

If you are interested in volunteering to become a Community Flood Warden in our area,



please contact Christopher Garner on 07514416698 or by e-mail: cegarner@btinternet.com.

Talk to Councillor Porter, see some art

On the second Saturday of every month, 11am to midday, Councillor Nigel Porter holds a surgery at Knighton Lane Artists (KLA), for people in his ward; it's an informal drop-in to talk about matters that are important to local people.

KLA is an artists' studio right in the heart of Aylestone, at Knighton Lane Artists Studios, 68A Knighton Lane, LE2 8BE, between Aylestone Road and Saffron Lane.

There will always be someone to greet you, and while you're waiting, you'll be most welcome to see some of the working studios and have a closer look at the artists' works created there.

A recent visitor, who needed to ask Councillor Porter a question face to face, said she had often passed the building but had never had the chance to take a look at what was inside. She was delighted to see the vibrant watercolours, oil paintings and mosaics (and the enormous dinosaur heads that look down from the rafters of the workshop!).

There's plenty of parking, so if you want to see Councillor Porter for a private discussion, just come along to Knighton Lane Artists' studio on the second Saturday of the month, between 11 and 12, and make the most of your visit by seeing some art too.



Kool Kutz Krew

Tuesday-Friday 9.15 - 17.00
Saturday 9.00 - 15.00

We now have a new and experienced Stylist
Appointments available

321 Aylestone Road
Tel: 0116 283 1330

HEDGEHOGS

by J A J Richardson

The Western Hedgehog / *Erinaceus europaeus* is endemic to Europe and is fully protected from persecution by UK law. The nocturnal activities of the Hedgehog means that most people are often completely unaware of their presence in the garden. Unfortunately the majority of Hedgehog we do see in the daytime are often the victims of road traffic accidents.

There are several methods of attracting an 'array' of Hedgehogs into the home garden. All Hedgehogs hibernate during the winter months as their metabolism slows right down. They wake up again in the early months of spring. The young 'Hoglets' are born in June and July.

The omnivorous nature of the Hedgehog, means that it gobbles up a variety of foodstuffs including: worms, insects, frogs, fruits and berries, carrion, birds eggs, and various species of toadstools and fungi.

Hedgehogs are rightfully branded as the "Gardener's Best Friend" in that they will naturally eat up any unwanted slugs and snails (without any training). In turn the "Hedgehog's Best Friend" should be the Gardener who aims to reduce or abandon the use of slug-pellets, pesticides and weed-killer.

Open sided 'compost heaps' are like a central larder for Hedgehogs (and many other animals) who will happily forage for the insects and worms within. Otherwise a less-ideal 'compost bin' should have adequate access and be filled with layers of leaf-litter and kitchen scraps.

Feeding stations are quick and easy to assemble at home. We should NEVER feed our Hedgehogs bread and milk. However dried meal worms, fresh cat food, or better still specific Hedgehog feed (available from most pet shops) can be supplied from July onwards before the crucial period of hibernation begins.

Hedgehogs love to forage for natural food in long grass - which should be cut less often in summer and double checked before strimming!!! Overall Hedgehogs are adaptable creatures. As happy hibernating under a garden shed as they are bedding down in a deep pile of undisturbed leaf litter from November to March.

Note: Bonfires should always be constructed on the day of the bonfire. This helps to prevent any Hedgehogs from being killed as they bed down for winter! Likewise garden ponds should always have a shallow access point or log so that Hedgehogs (who are not the best swimmers) can easily escape!

Whilst adapt to climbing up wooden and wire fences (and small walls) Hedgehogs often need a helping hand within our cities and towns. Providing Hedgehogs with a safe corridor along which they can travel at night is the best way to encourage population expansion within urban environments. This can be achieved by cutting a small access hole (20cm x 20cm) in the adjoining corners of any fences... and / or by raising a fence panel at the bottom of the garden by 20cm.

Hedgehogs are active in the Aylestone Park area, but still need our help to preserve and protect their wildlife status in future.

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 07970980024

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

Tai Chi Gigong sessions available Friday mornings from 26th October 2018, 10:00-11:00am at St Andrews Parish Hall, Old Church Street, Aylestone, LE2 8ND. All ages and genders are welcomed. Sessions are focused on providing a gentle but effective form of exercise, that promotes relaxation and the relief of stress. Sessions can be attended on a pay as you go basis or discounted block sessions are also available. For any further information contact mindandbodyholisticservices@gmail.com

Free Group Walks for information look at: www.choosehowyoumove.co.uk/events
or contact Sara Coy on email: sara.coy@leicester.gov.uk or telephone 0116 373 7589

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 Cutkelvin - Saffron Ward Tel: 07891 232662
Email elly.cutkelvin@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



Leicestershire
Police
Protecting our communities

Useful Contact Numbers

Cut to keep in a safe place

Gas

Emergency (Leaks and Smell of Gas)
0800 111 999

Electricity

Power Cuts Number 0800 6783 105
or visit www.westernpower.co.uk and follow the links for power cuts

Water

Emergency 0800 783 4444

Medical

999 is the telephone number you should call when you need emergency medical assistance following a serious accident, illness or injury - for example, in the event of traumatic blood loss, chest pain or loss of consciousness.

For other medical emergencies either consult your local Doctor, Pharmacist or NHS111

Leicester Medical Group 0116 283 7825
Saffron Health 0116 244 0888
The Surgery 0116 367 0012

Pharmacies are available on Saffron Lane and Aylestone Road

Fire

If a person's life or property is in danger, it is appropriate to dial 999. Give full details of the situation to the control operator and they will decide whether or not it is a proper emergency and if firefighters should attend.

Police

You should only ring the 999 system if there is a direct and immediate threat to life / limb or to property.
For non emergency calls you should dial 101 or you can contact Crimestoppers on 0800 555 111

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.

Leicestershire Police Website gives a range of advice on many subjects.

Becoming a victim of any type of crime can be a distressing experience, which can leave you feeling angry, upset and vulnerable.

One of Leicestershire Police's core aims is to help ensure that the people and communities it serves are kept safe and free from crime.

By taking some simple steps you can increase your personal safety at home, in public and on the roads. You can also help protect your home, business or vehicle from crime by following some basic crime prevention advice.

Advice available includes:

ASB & Nuisance Behaviour
Bicycle Security
Burglary
Business crime
Knife crime
Metal theft
Online safety
Personal safety

Property fraud
Report, protect and preserve crime scenes
Rural crime
Students
Vehicle crime

The Information zone goes onto a long list of subjects that give good solid advice.

A Kids and Teens section gives a lot of advice directed at kids and teens but useful for adults too.

The Library list many publications by the Police and their partner agencies
Victims and Witnesses list many subjects and offers advice on what you should do if a victim or witness. Well worth a read.

So take yourself over to

<https://leics.police.uk/advice-and-information/>