

# AYLESTONE PARK NEWSLETTER

Community Newsletter for the Residents' of Aylestone Park - Issue 1 2019

## 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.

## Evesham Road-Saffron Lane East-West Link Road-the latest!

On 4th October 2018, a demonstration was held on the steps of Leicester's Town Hall to protest against the suggestion of including the Evesham Road-Saffron Lane Link Road in the next Leicester Local Plan.

The Local Plan is an attempt by Leicester City Council to meet the needs of its citizens for homes, jobs and leisure for the next 15 years.

About 200 residents and their supporters attended the demonstration which was covered in the Leicester Mercury(<https://www.leicestermercury.co.uk/news/leicester-news/protest-calls-leicester-council-drop-2079131>). It was organised by the campaign group, End of the Road/LE3, to show councillors who were attending a meeting of the Full Council that the Link Road was not wanted.

The City Mayor, Sir Peter Soulsby, confirmed there are no plans to build the road because of the lack of money. However, if the money because available, it could be a different story.

The City Council only started "consulting" on the opening of Putney Road at the junction with Aylestone Road and Saffron Lane when it got the money from the government. The City Mayor proposed and it was agreed to refer the petition of over 1500 signatories against the road to another committee for further consultation with local residents. The Local Plan has also been delayed due to the government changing what it wants local councils to include in their local plans.

For further information, please see their Facebook Page: [www.facebook.com/endoftheroadLE3/](http://www.facebook.com/endoftheroadLE3/) or e-mail: [endoftheroad3@gmail.com](mailto:endoftheroad3@gmail.com)

Aylestone Park Residents' Group has already contacted **Leicester City Council opposing the East-West Link Road being included in any future Local Plans.**

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### Live On – Life-long support for the Armed Forces Community

The Royal British Legion provides lifelong support for the Armed Forces community - serving men and women, veterans, and their families right across the country, with community support remaining an important part of their services.

The Legion's role remains as contemporary and as vital as it has ever been supporting today's generation of Armed Forces families and veterans, whether living with an injury or illness, coping with bereavement or finding employment. However the Legion does so much more, including funding research into blast injury studies, providing holidays at Legion owned seaside centres around the UK, delivering specialist dementia support, funding theatre recovery projects and working with partner charities in our 16 nationwide Pop In Centres.

The money raised through the Poppy Appeal goes directly to The Royal British Legion's work, providing through life support to anyone who is currently serving in the British Armed Forces, who has previously served, and their families. This vital work is entirely dependent on the public's generous support – so please wear your poppy with pride, knowing that you are helping the Armed Forces community to live on. Services & Support

- Personnel Recovery Centres are assisting wounded, injured and sick Service personnel to recover and either return to duty or move successfully into civilian life. The initiative is delivered in partnership with The Royal British Legion and Help for Heroes, with support from other Service charities and organisations.

- The Legion is helping beneficiaries live independently and with dignity, whether that is in their own home or in one of the charities care homes. It's working with Dementia UK to provide Admiral nurses, a service that supports the carers of its beneficiaries who have dementia, whilst the charity also has six care homes to provide short and long term care for serving and ex-Service people and their dependents, and its 'Poppy Calls' handy man service is providing a dedicated and trusted team trained to carry out small home repairs.

- The charity is helping Service leavers find employment and also provides advice and guidance to partners and dependents of serving personnel. It also provides specialist compensation advice, help with debt and emergency situations, and support to beneficiaries through grants and loans, helping to ease the burden of financial pressure for thousands of Service and ex-Service people every year.

- A welcome break – the charity offers holidays to those that need it most, whether it's because they haven't had a holiday in years, have been struggling with a recent bereavement, or are juggling family and Armed Forces commitments. With four permanent locations around the UK where members of the Armed Forces community take a break, they provide a relaxing environment where everything's taken care of. If you would like to learn more about The Royal British Legion, take part in one of their fundraising events or volunteer visit [www.royalbritishlegion.org.uk](http://www.royalbritishlegion.org.uk) or if you need help, call their Contact Centre helpline on 0808 802 8080.

There is also a local Pop In hub in Leicester to provide advice and information for those seeking local support. Held every Tuesday from 10am until 12pm visit VAL, 9 Newarke Street, Leicester, LE1 5SN.

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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](http://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](mailto: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

The Aylestone Park residents group met at the beginning of February, our first meeting of 2019. It was very encouraging to see four city councillors coming along to listen and comment on the subjects raised by a larger than average number of residents. This made the meeting more enjoyable and beneficial with more differing opinions.

Tony as always has put a lot of hard work into the lay out of our latest newsletter and we are now printing 3000 copies for each edition.

We are always looking for articles and advertisers, articles are particularly welcomed from residents on pretty much any subject. Just drop your article into L&S News on Cavendish Road or better still drop it into an email to: aylestonenews@hotmail.co.uk

One of our regular contributors is collecting good adult clothing that can be passed onto our local homeless. If you have any clothing that would be suitable please drop me an email.

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The digging out of Saffron Lane circa 1932  
Photo: Leicester Mercury



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**Former Gas Works Site  
on Aylestone Road  
-What's happening on it?**

Plans have been submitted to Leicester City Council to build a two and three storey building to house a contact office, research and training centre. There are also plans for a car park with 950 spaces.

Further details are available on the "Leicester Mercury" article at <https://www.leicestermercury.co.uk/news/leicester-news/major-plans-transform-former-leicester-2498632>

**DID YOU KNOW**

Leaving your bin in the street after collection can mean a whopping **£150 fine.**

**Tai chi in Aylestone  
by  
Rob Stacey**

Due to my evening working pattern, I find it's difficult to commit to any regular evening leisure activity. Recently, I noticed in this newsletter, that there was a Tai Chi class on at St Andrews Church Hall in Aylestone and I thought great-something I can do on a Friday morning when I am not at work and after I have dropped my children at school. I had never considered Tai Chi before but started going because I wanted to do a leisure activity, and something I hadn't tried before at a time that suited me.

I'm no expert and Roz, the class leader would be able to explain this better but basically it involves gentle flowing movements combined with deep breathing. It is usually performed whilst standing up, and the class leader guides you through the movements. It can be done sitting down also (which some of the attenders do due to health issues). The health benefits (as described on the NHS website) include reducing stress, improving posture, balance and general mobility and increasing muscle strength in the legs. As it's a low impact exercise, it can be safely performed by people of all ages and we have a number of older people who attend who enjoy the fact it is low impact. Some of the movements involve visualisation which can help with focussing your mind- e.g- imagining you are a dove spreading its wings or scooping up the sea. I really look forward to these sessions on a Friday morning and it definitely helps me reduce stress and get rid of aches and pains at the end of a busy week.

Currently, there are approximately 6-7 of us attending regularly. Roz, the class leader will explain to you at the start how it is done and there is no pressure to perform the moves in the correct way- there is no 'getting it wrong'- which adds to the relaxed atmosphere.

We usually have a cup of tea, coffee or herbal tea afterwards and you will get a warm welcome.

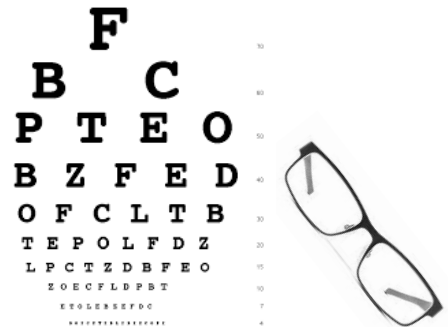
*Come on fellow Aylestone people- Try something different!*

- It's on every Friday during school term time.  
10AM until 11AM at the St Andrews Church Hall and costs £6 per session.

**You will be assured of a warm welcome.**

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Sat 12 - 4pm & 7pm - Midnight

Sun 12 - 3pm & 7pm - 11pm

The Black Horse in Aylestone sponsored a Community Award recently and the winner of that award was Anne Hayto.

Congratulations to Anne and congratulations to our own Ann and Alan Sturgess who received a runners up prize.

The Black Horse hosts a number of community groups that may interest our readers. See their website for details <http://www.blackhorseaylestone.co.uk/events/>

## **Gypsy Travellers by J A J Richardson**

The history of Aylestone Park is surrounded by the activities of Gypsy-Travellers.

Traditionally Gypsy-Travellers have been drawn towards the Aylestone area as a place of work, pleasure and leisure for countless centuries. The orchards and allotments surrounding the 'Saffron Lane' were once a magnet for a nomadic workforce. Seasonal (often back-breaking jobs) like potato planting, potato picking and fruit picking required skilled hands that could not be found within the industrial regime of the City's looming mills.

Today several local street names including Copinger Road, Ferrers Street, Fayrhurst Road, The Fairway and the Saffron Lane itself still reflect Gypsy origins, Travelling traditions, and former Roma encampments to the east of Aylestone Park.

In its hay-day the Saffron Lane was much like the M1 today – although running directly into the city centre of Leicester. Luxury items including metal, honey, candles and spices like 'Saffron' gave way to the name of the ancient 'Lane' that ran from Freeman's Common through Aylestone Park onto South Wigston and beyond.

Equally the Aylestone Meadows has always been a place to raise and graze the wild-horses which are central to Travelling culture and tradition. In turn both the Grand Union Canal and the Great Central Way were excavated and constructed by Gypsy labourers – who later worked as Rag-and-Bone collectors at Leicester's main refuse/landfill site in the same location.

Today many of the Laundrettes, 4x4 Garages, Food Outlets and Boxing Gyms in the Aylestone Park area still cater for the old Gypsy-Travelling ways, customs, and traditions. The annual Fair (now located on Aylestone Park Recreational Ground) still continues to entertain the local community - as it has done summer in summer out (across various locations) for hundreds of years.

Although still a minority group within mainstream society, the number of Gypsy-Travellers living in the Aylestone Park area still outweighs many other minority groups within the local community.

In future as sedentary house dwellers the Gypsy-Traveller Community will continue to practise and borrow skills within the local neighbourhood. Young Horses shall continue to grow into Thoroughbreds and Stallions - alongside modern Urban Planners and Community Team Leaders.

Trading Standards are advising residents to be aware of e-mails claiming that payments made for TV licences haven't been made or that something has 'gone wrong' meaning their TV licence can't be automatically renewed. These messages provide a link for payment to be made and threaten that licences may be cancelled and debt collection agencies involved if no money is paid. Trading Standards advise not to respond to these messages or provide any personal or banking information to stay safe from scammers. If residents do have concerns about their TV licence, they should contact TV Licensing using the details on their official website. If think you have been scammed please report it to Action Fraud <https://www.actionfraud.police.uk> or call them direct on 0800 123 2040.

## **JON ASHWORTH**

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For appointments and to contact Jon about any local or national issue please get in touch.....

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**email:** [jon.ashworth.mp@parliament.uk](mailto:jon.ashworth.mp@parliament.uk)

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## **Leicester Banks Bowls Club Aylestone rd**



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Club membership is not required  
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## The Last Man to be hung in Leicester Prison

ON NOVEMBER 17, 1953 Joseph Christopher Reynolds was hung for killing a young girl. The Irishman never denied his crime and told police he deserved to die for killing 12-year-old Janet Warner. He was a labourer at the time of the killing. He was described as soft spoken, polite, shy, and a loner who rarely drank.

Reynolds said he had decided to kill someone just days prior to the murder on May 22.

In his statement to police, which was later read out in court he said, "for the past 10 days or so, I have had a feeling to kill somebody. I waited my chance along the canal at Aylestone.

"At first I was going to kill man who used to go past at a certain hour everyday but the day I killed Janet he did not come that way.

"I was just leaving when I saw the girl coming through the wood with a dog. I suggested that we go rabbiting."

Reynolds took Janet Warner into the woods, "caught hold" of her and attacked her.

"She began to scream so I beat her with my hands and feet," he told police. "I had a mixture of feelings. I could not stop.

"I saw the stocking with which I meant to strangle her lying on the ground. I picked it up and tied it round her neck to make sure she was dead."

Reynolds also told police that Janet Warner was "very brave" in facing death.

"I hope when my time comes I will be half as brave.

Some local boys had heard a girl screaming that evening near the canal. When they approached the area, they saw Reynolds running away and reported to police that they had seen a man with untidy dark hair, a broken nose and overalls to his chin.

Upon finding her body, police dispatched hundreds of officers, special constables and tracker dogs in the area to find her killer. Roads were closed within a 30-mile radius of the crime scene with road blocks in place and a light aircraft was dispatched to search for lone figures crossing land on foot. It was door-to-door enquiries the following day that lead to police to Reynolds' door.



Reynolds made no attempt to hide himself or his crime, and admitted to police in his first interview that he killed Janet Warner. He told police that he deserved to die for his crime and first appeared at Leicester Magistrates on June 22 1953.

He was ordered to appear in the Autumn, on October 26 1953, before Justice Plicher. Judge Plicher tried to tell Reynolds to heed his defence team's advice and allow them to mount a case of insanity.

However, Reynolds wouldn't hear of it, and declared that since he intended to kill someone, he intended to pay the price for it.

On that October day, Justice Plicher had no choice but to hand down a death sentence to Reynolds, who stood in the court wearing a double breasted blue suit and an open collared white shirt. As he bowed his head in silent prayer, he had the black cap placed over his face and was led from the courtroom.

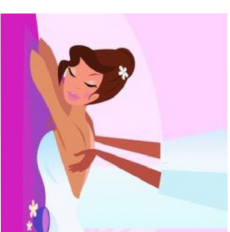
On Tuesday, November 17 1953, Albert Pierrepont executed him at Leicester prison, making him the only Irishman ever be hanged for a crime in Leicester. He was 31 years old.

Story from Irish Times.  
Picture from Leicester Mercury 1953

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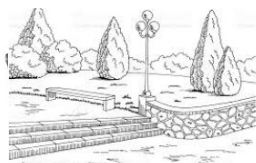
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## The 14th Nativity Cub and Scout Group

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



## Eyres Monsell Gardening Club

\*Looking for new members\*

We are a friendly group of mature gardeners who meet  
every Friday between 9.30am and 11am  
at the Community Centre  
Hillsborough Road  
We chat about issues in the garden whilst having our  
coffee/tea & biscuits

We go on the trips, have the occasional meal out and  
put on a small Garden Show each year.

All are welcome to join us. £3.00 per week+ 25p for  
drink

Contact Sue on 07732813256 or just turn up

\*\*\*\*\*

**Garden Club PLANT SALE**  
Friday 24th May 2019 at the  
Community Centre  
Hillsborough Road  
9am till 11am

### Volunteering

We have covered volunteering posts before in this Newsletter  
because we believe that volunteering is good for mental and physical  
wellbeing.

The range of volunteer opportunities is large.

Recently the Leicester Mercury wrote an item on volunteering for the  
Canal and River Trust by joining the "Daves." Dave being the most  
popular name amongst its volunteers of both men and women. They  
are actively seeking volunteer lock keepers across the East Midlands.

After the shock of the helicopter crash at King Power Stadium  
voluntary organisations attended to help those attending the stadium  
over the following days. Street Pastors is one volunteer group that is  
always looking for more volunteers.

Our justice system relies in some areas on volunteers and the Youth  
Offending Service of Leicester City Council is always looking for  
volunteers from all walks of life and age groups to support their  
important work with youngsters.

The City Council also relies on other volunteers such as Flood  
Wardens, volunteering in libraries and museums, parks and open  
spaces to name a few.

Charities - both local and national are always looking for people to  
support their fundraising efforts including their shops and other  
internal tasks.

Animal Charities are reliant on volunteers for cleaning, dog walking  
etc.,

So, for something different in 2019 why not think about volunteering  
for a good and worthy cause.

## 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 in 2019:-

4th April	Baldwin Trust	A charitable organisation providing boat trips for all
9th May	Wheels for All	Creating cycling activities for everyone
6th June	Alice Hawkins	A talk about Leicester's leading suffragette
4th July	Royal British Legion	A charity helping serving and former members of the Armed Forces

If you require any further information, please text/phone Chris on 07514416698

We look forward to meeting you

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## Leicester Banks Bowls Club by Rosalie Reeder

In 2012 I was left alone by the sudden death of my partner. I was devastated and very depressed. I wondered how I would be able to fill the lonely days that stretched out ahead of me. Fortunately my friend came to the rescue. She wanted to learn to play bowls and asked if I would accompany her. We knew nothing about the game or where to join but we noticed a banner outside the banks Bowls Club offering new members free coaching so nervously went along. I was a bit reluctant at first because I thought that lady bowlers wore strange long skirts and brimmed hats! Thank fully I was soon informed that was not the case anymore and that trousers and sports shirt was all that was required! We need not have been apprehensive.

Everyone was so welcoming and friendly.  
After giving it a try at the club for 2 or 3 times we joined and haven't looked back since. I soon got to know lots of new friends and started to join in with some matches. Nobody minded if my bowling was a bit erratic at first and I was given lots of encouragement.

Some of the older members shared their memories and history of the club with me Leicester Banks sports club was formed in 1928, incorporating cricket tennis and bowls for the enjoyment of bank employees and their families. At this time there were no houses surrounding the club and as time went on and the houses were built, the adjacent road became known as banks road.

At first only men were allowed to bowl but as time went on ladies began to take up the game too and the club formed ladies and mens teams to play matches with other Leicester Clubs.

Nowadays although we still have mens and ladies teams we mostly play mixed games. I am so glad that I found the courage to make that first step to learn to bowl. Really anyone can do it and all levels of play are catered for. Its lovely on a summer evening to come along and have a roll up with friends or just watch the games and enjoy a drink from the bar.

As well as the bowling we enjoy lots of social events, we have quiz nights, fish and chip suppers, games nights, bacon cob and coffee mornings and days out. So when you pass by along Aylestone road...under the ever watchful eye of the traffic camera, spare a thought for "the Banks" and the many members that have walked through the iron gate over the years to find friendship social fun and companionship.

Long may it continue at "The Banks"



## The Cricketers

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### Function Room

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## Kool Kutz Krew

Tuesday-Friday 9.15 - 17.00

Saturday 9.00 - 15.00

Appointments available

321 Aylestone Road

Tel: 0116 283 1330

### Local support for Brain Injury and Stroke survivors

#### A brain injury can happen to anyone at any time

Leicestershire Leicester and Rutland Headway is a local charity offering advice, guidance, practical support and services to adults recovering from an acquired brain injury (ABI) or a Stroke. We are a specialist provider offering a unique service within our locality and our flexible referral process means that anyone can make a referral to us.

An acquired brain injury is often the result of a sudden catastrophic event including road traffic collisions, strokes, brain haemorrhages, tumours, infections, lack of oxygen to the brain (hypoxic) and assaults. Those who receive services are aged 18 years and over and experience a range of difficulties including cognitive, physical and sensory impairments. There can also be significant behavioural and emotional difficulties, diminished motivation and a crushing sense of loss and bereavement as they struggle to come to terms with their changed lives. All need time and space to adjust and a positive environment where they can re-learn lost skills and acquire new ones as they



and often very different, life.

Some individuals simply need access to information, advice and guidance whilst others require more in depth, longer term support.

Our Outreach Team are able to visit people at home and quickly assess the type and level of support needed and offer activities which enable people to regain their independence in the community.

Our Day Service is open 5 days each week offering a range of activities including woodwork, gardening, cooking, arts and crafts, and numeracy and literacy. The centre provides a safe environment where individuals have the opportunity to gain peer support and encourage each other as they face similar challenges and rebuild their shattered confidence.

If you know of someone who may benefit from our service please contact us on: 0116 273 9763

Alternatively, if you wish to find out about volunteering opportunities or assist us with a fund raising idea we would be delighted to hear from you.

Mary Goulty, Services' Director  
Leicestershire Leicester and Rutland Headway  
Charity number: 1074011



Support · Achieve · Progress  
Leicestershire Leicester and Rutland

#### Did you know?

The Church of the Nativity have a large schoolroom that is available to hire.

Full kitchen facilities.

Open to Birthday parties, exercise classes etc.,

Contact Paul on 0116 2916549 to make a booking or enquire about pricing

#### Over 75's Free TV Licence-What is its future?

The BBC has launched a public consultation on what, if any, TV licence fee concession should be in place for older people from June 2020.

At the moment, all households with someone over 75 are entitled to receive a free TV licence. The cost of this scheme has been paid for by the government who has decided to stop paying for it when the current scheme ends in 2020. The 2017 Digital Economy Act gave the BBC the responsibility to consult on and to decide how best to set up any TV licence concession scheme for older age groups and then to meet the cost of it.

**The consultation closed in mid-February and the BBC hopes to make a decision by June 2019.**

# The Tree Charter

The Charter for Trees, Woods and People was written following involvement from over 70 organisations, more than 100,000 members of the public and at least 300 community groups. Woods and trees are facing unprecedented pressures across the country. The Tree Charter seeks to redefine the relationship between people and trees in the UK in the 21st Century.

Its 10 guiding principles set out the roles trees and woods play in our lives, the rights we all have to the benefits trees and woodland provide and our responsibilities towards not only maintaining but also supporting them.

## The 10 Tree Charter Principles

*Combat the threats to our habitats*

*Strengthen our landscapes with trees*

*Sustain landscapes rich in wildlife*

*Celebrate the power of trees to inspire*

*Plant for the future*

*Grow forests of opportunity and innovation*

*Protect irreplaceable trees and woods*

*Plan greener local landscapes*

*Recover health, hope and wellbeing with the help of trees*

*Make trees accessible to all*

On 6th November 2017, the 800th anniversary of the important 1217 Charter of the Forest, the Woodland Trust launched the Charter for Trees, Woods and People. We believe the people of the UK have a right to the benefits brought by trees and woods. The new charter recognises, celebrates and protects this right.

The Tree Charter draws its strength from the hundreds of thousands of people across the country that have read it and signed it:

[treecharter.uk/sign](https://treecharter.uk/sign)

Aylestone Park Residents' Group support the Tree Charter and its members have already signed it.

Show your support for the natural environment by signing the Tree Charter.

<https://treecharter.uk>

## TAI CHI QIGONG



focusing on :

Slow, flowing, mindful, gentle exercise, movement and effective sequences for all ages and abilities to learn and enjoy

**Where:** **Aylestone** **When: Friday 10am-11am \*Term-time**

**St Andrews Parish Hall, Old Church St, LE2 8ND** **Parking available.**

Block discounted sessions or pay as you go.  
More information contact:  
Email: [mindandbodyholisticservices@gmail.com](mailto:mindandbodyholisticservices@gmail.com)

*Take time out and embrace the New Year* (top left)

*Choose a new you* (top right)

Promoting Relaxation & inner peace (bottom left)

Harmonise your Body, Mind & Emotions. Re-Energise & Rejuvenate (bottom right)

**Trading Standards** would like to remind residents of some of the steps they can take if approached on the doorstep by traders offering home repairs as well as being clear about their legal rights.

- **If in doubt**, don't open the door. Ask a family member or friend to make some enquiries about the business on your behalf.
- Be wary of those who cold-call at your door – they could be a rogue trader. Never forget that you can close the door and end any conversation you are uncomfortable with
- Get as much information about the business as you can before you make a decision to have work carried out. Don't be rushed into agreeing to any work. Obtain quotes from elsewhere if you think work is required on your home before making a decision.
- Remember that consumers have a 14 days cooling off period to cancel contracts made in their homes. If the business won't give information about these rights they may be a rogue trader.
- If you decide to have work carried out never pay cash up front and never let the trader take you to the bank to withdraw any money.
- **If you suspect a rogue trader calling at your door dial 101.** In an emergency call 999. You can report **Rogue doorstep callers** to Trading Standards on 03454 040506

## 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 Evtitt 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](http://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](mailto: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:am, 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, 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](mailto: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@ntiworld.com](mailto:patricia.ewen@ntiworld.com)

**Knighthon Lane Artists Group**. Meet at The Studios, 68a Knighthon 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 @ Eyles 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](mailto: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 [mindandbody/holisticservices@gmail.com](mailto:mindandbody/holisticservices@gmail.com)

### **Free Group Walks**

for information look at: [www.choosehowyoumove.co.uk/events](http://www.choosehowyoumove.co.uk/events) or contact Sara Coy on email: [sara.coy@leicester.gov.uk](mailto: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](mailto:bill.shelton@leicester.gov.uk)

**Eily Cutkelvin - Saffron Ward** Tel: 07891 232662  
Email [elly.cutkelvin@leicester.gov.uk](mailto: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 Knighthon 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](mailto: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](mailto:nigel.porter@leicester.gov.uk)

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

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



## Useful Contact Numbers

<b>Leicester City Council</b>	0116 454 1000
The council can be contacted on for general enquiries	
<b>Other main departments:</b>	
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: <a href="http://www.leicester.gov.uk/contact-us">www.leicester.gov.uk/contact-us</a>	
<b>Alcoholics Anonymous</b>	0845 769 7555
Gingerbread (supporting lone parents)	0808 802 0925
NSPC	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.

### COUNTY LINES

The term County Lines describes gangs and organised criminal networks involved in exporting illegal drugs into other areas of the country, often small towns, using dedicated mobile phone lines or another form of 'deal line' which can be a person. They are likely to exploit children or vulnerable adults to move and store the drugs and money and will often use coercion, intimidation, violence (including sexual violence) and weapons.

#### How do gangs get children and adults to work for them?

Often there is an exchange between the child or vulnerable adult and gang member who receives something they need or want for carrying out a task. This may be cash, drugs, clothes or even protection, status, affection or perceived friendship. They may also carry out a task out of fear of violence or retribution.

#### What is Cuckooing?

Cuckooing is a form of county lines crime in which drug dealers take over the home of a vulnerable person in order to criminally exploit them as a base for drug dealing, often in multi-occupancy or social housing properties.

#### What are the signs to look out for?

##### County Lines

The following signs could suggest that someone is being exploited through county lines activity:

- Gang association or isolation from peers or social networks
- Missing from home or schools and/or significant decline in performance New friends or relationships with those who don't share any mutual friendships with the victim or anyone else May be carrying a weapon
- Receiving more texts or calls than usual
- Sudden influx of cash, clothes or mobile phones
- Unexplained injuries
- Significant changes in emotional well-being

##### Cuckooing

The following signs suggest that someone could be a victim of cuckooing:

- Increase in anti-social behaviour
- A neighbour who hasn't been seen for an extended period
- Increase in people entering or leaving or an increase in cars or bikes outside a home
- Signs of drug use
- Windows covered or curtains closed for a long period

##### Who is at risk?

Any child, young person or vulnerable person could be at risk of being criminally exploited by drugs or organised crime gangs. However, some are more vulnerable including those who are:

- Experiencing domestic violence, parental drug abuse or criminality
- Have an unstable home life

Are excluded from school and suffering social isolation

Suffering homelessness or living in insecure accommodation

Have learning or physical disabilities and/or mental health issues

Have associations with criminality or being in care

#### How can you help?

**Everyone can help by learning the signs to look out for and being vigilant within their work and home environments.**  
If you have any suspicions talk to your local Police who will be happy to assist