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### FOOD FESTIVAL COOKS UP A STORM

*More on Page 4*

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# Hello From The Editor

Hello and welcome to the August edition of the Western Park Gazette.

Lets face it, we're late again. We'll never be on time. Not gonna happen.

It's been a quiet month on the local news scene, so we went to the Leicester Food Festival on Abbey Park to sample the atmosphere. And we present you with the worst headline pun ever! We're very proud of it!

In this month's edition, should you discover that you have cancer, there is help at hand. A free new course can help deal with this terrible diagnosis. The legendary Western Park Beer Festival returns in September and a new arts fund has been set up in memory of local woman, Lucy Phillips.

In the regular features, Carey Tunstall has some flowery suggestions to brighten up your autumn garden and there's the latest policing update as well as the Brain Tazers on the back page. You'll find the answers on our website.

And many thanks to our advertisers who pay for the pages and our contributors who fill it with words.

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# Events Diary

@ **Robert Hall: Free Thurs Club 2pm. Meet & Eat Weds 5pm.** 147 Narborough Road.

**Hall @ St Anne's, Letchworth Rd: Knit & Natter:** 1.30pm, 4th Tues. **Weds Club:** 2.30pm, 1st Weds.

**Musical Memory Box:** 1st & 3rd Tues 2pm **Pram Club:** Weds 9.15-11.30am. **Women's Taekwondo:** Thurs 8-9pm taekwondo4all.com **Fri Coffee:** 10am

**Free Tea/Coffee @ St Paul's Worship Ctr / Community Hub,** Kirby Rd Weds, 2- 4pm. T-Top sale. 2nd Sat.

**WP Beer Fest:** 6/7 Sept St Anne's Hall.

**Music For Mental Health:** 6 Sept. The Musician. 7.30. **Park To Parks Talk with Susan Barton:** 10 Sept, 11am @ St Anne's Hall.

@ **De Montfort Hall: Tim Peake:** 12 Sept, **Peppa Pig:** 14/15 Sept, **Paul Smith:** 18/19 Sept.

@ **S Townshend Th: T Rex Show** 15 Sept, 11-6pm.

@ **Curve: The Rocket Man:** 12 Sept. **Pretty Woman:** 16-21 Sept, **Hair Spray** 22-28 Sept.

@ **Little Theatre: Witness For The Prosecution** 9-14 Sept. **Beauty & The Beast (Musical):** 17-23 Sept.

@ **Y Theatre: Will Young** 15 Sept. **BBC New Comedy Awards** 18 Sept. **Shaparak Khorsandi** 20 Sept.

**Free Bike Fest:** 29 Sept. New College.

**Wistow Olympic Maze:** Weekends until 15 Sept. Details from [wistow.com](http://wistow.com)

**Duran UK:** 21 Sept. [theMusicianpub.co.uk](http://theMusicianpub.co.uk)

**Luke Combs:** 22 Sept, 7.30. O2 Academy.

**Open Streets Pop-up Events:** 29 Sept. 1-4pm. Various locations. [chosehowyoumove.co.uk](http://chosehowyoumove.co.uk)

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<b>Thursday</b>	<b>10am-5pm</b>
<b>Friday</b>	<b>10am-4pm</b>
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# FOR YOUR PIES ONLY

Leicester is well known for its festivals. We have the Comedy Festival, Riverside, The Mela, Diwali, St George's and the spectacular Bonfire Night extravaganza to name just a few. Now we can add the recent Leicester Food Festival on Abbey park to the list.

Held over the 10th and 11th of August the first Leicester Food Festival saw thousands turn up over the weekend to enjoy the sights, sounds and tastes from across the world.

Over 50 food companies from the East Midlands and beyond set up their stalls. Some of the highlights included award winning Colombo Street Sri Lankan Street Food, Smashing Plates Greek food, Fat Hippo, Chicken George Jnr, Little Somboon Box, Chocoberry, craft ale tasting workshops from local micro brewery Mill Hill and the Trappist brewery Tynt Meadow.

As if that wasn't enough, visitors could indulge in cocktails, gin and spritzers, homemade ice cream and milkshakes, Hungarian cakes, wine tasting, and a large makers market full of everything from knick-knacks to fudge. We bought the fudge.

Leicestershire's World Champion Sculpture and CBBC art presenter, Nicola Wood mesmerised festival goers by transforming 10 tonnes of sand into a surprise sculpture which, when we were

there, turned out to be a giant sand baby head!

Some of the city's finest local performers graced the stage to entertain the enthusiastic crowds with top Coldplay and Ed Sheeran tribute bands ending the nights.

Kevin Lee, one of the very frazzled organisers said: "The council asked us six months ago to put on a food festival; a bit short notice, but here we are today! It was slow at the start with all the planning and then six days of panic to get to this point.

"We went through a stringent selection process to make sure every stall was different and would cater for different people. We didn't have much duplication, so we could bring in a variety of food."

In spite of the festivals undoubted success, there's no guarantee there will be another one said Kevin: "We're going to have a well deserved month off and then see if we want to do it again.

"It's a part time thing for us, but we'll do our best!"

**Hear interviews with the organisers, Nicola Wood and festival visitors through our SoundCloud page. Just scan the QR code into your phone/tablet or PC.**



Nicola Wood



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# COPING WITH THE BIG C

According to Cancer Research UK, around half of us will face cancer at some point in our lives. It's a staggering reality, and one that affects families, friends, and communities.

As well as medical needs, it brings with it a whirlwind of emotions as patients and families grapple with uncertainty, treatment side effects, and fears for the future.

Organisations like Sue Young Cancer Support (SYCS) Leicester, Leicestershire and Rutland on Westleigh Road, off Fosse Road South, touch lives, reaching out when 'cancer' alters everything.

SYCS recognises that healing extends beyond physical health and treatment, and provides counselling, group support sessions, activities, practical assistance, complementary therapies, health and wellbeing courses and a drop in and befriending services.

One course hosted by SYCS is 'Bringing Balance' - a 4-part course that considers the physical and emotional impact of a diagnosis, the effect it has on roles, routines and relationships, and explores practical strategies and techniques to help participants bring more balance back to their life and ways to regain and maintain a sense of self after diagnosis.

The course facilitated by local Senior Recovery Practitioner and therapeutic yoga teacher Emma, and Occupational Therapist and Advanced EFT

(Tapping) practitioner, Rachel, from RAE Training and Therapies uses a range of the latest psychological approaches to reduce stress and improve well-being, together with tailored yoga sequences, EFT tapping and relaxation techniques.

This service, along with the others at SYCS are completely free of charge and available to anyone living with cancer in Leicester, Leicestershire or Rutland.

A previous attendee said: "I am going through a lot at the moment, and this has helped me so much to get through. I really couldn't have done it on my own."

This service, along with the others at SYCS are completely free of charge and available to anyone living with cancer in Leicester, Leicestershire or Rutland. The next Bringing Balance course begins on Friday 13th September 10.30 til 12.45 and runs for 4 consecutive weeks.

To enquire about this course or any of the other services available at Sue Young Cancer Support, or to support the great work of the charity which runs on donations, grants and fund raising events please do get in touch.

Call 0116 2230055 or email [info@sy-cs.org.uk](mailto:info@sy-cs.org.uk)



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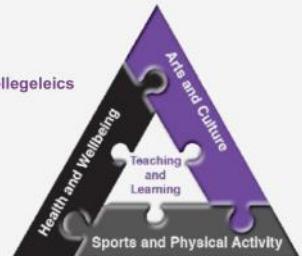
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## WALKIN' BACK TO HOPPINESS

The popular Western Park Beer Festival will be returning on September 6th-7th.

The two-day charity event will once again be held at St Anne's Church Hall (LE3 6FN) with the usual wide range of cask and keg beers, as well as ciders, wines, prosecco and G&T - and not forgetting hot and cold food.

As always, money raised will go towards local charities - and this year, the chosen charities are Voluntary Action Leicestershire and the Bodie Hodges Foundation.

The Western Park Beer Festival is run by a group of volunteers for the benefit of the local community. Since the first festival in 2015, they have raised about £60,000 for good causes in the local area.

Western Park Beer Festival chairman David McAuley said: "The festival has become a popular event in people's social calendar, so we are delighted to welcome everyone back for a great weekend of great beers and great company."

To find out more: [westernparkbeerfestival.org](http://westernparkbeerfestival.org)



## LETTER BOX

**Dear Editor:** Did you know we have held a monthly coffee morning/discussion group for senior citizens for over 15 years at Fosse Library on Mantle Road?

It began with a celebration of 'Make do and Mend', the wartime slogan, and we did research on the history of local shops. We try to choose a topic every time where we can compare decades gone by with today.

We meet the first Friday of each month, 11-12pm. The next meeting will be Friday 6th September, and our topic will be Shopping for food, with reference to markets. We hope to include reference to Leicester Market(s.) **JB & VC**

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

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## LUCY'S ARTS FUND

A new fund to support the Leicester areas arts community is being set up in memory of a leading cultural leader, and Western Park resident, who died earlier this year.

The Lucy Phillips Arts Fund is launching a campaign to raise money to support artists and charitable and community organisations working across many artforms. The money will support activities that champion and celebrate the arts, as well as activities that develop the leadership skills of artists, and which reach those who might find it difficult to access the arts or arts training. It is also hoped the fund will support activities at Leicester Print Workshop, where Lucy was previously the Director.

Lucy had recently become a musician, part of the Unglamorous female punk movement, and developed a new fan base with her band, The Boilers.

Lucy moved to Leicester in 2000 and touched the lives of many people. She was known for her creativity, intelligence, compassion, community spirit, and openness.

Details of the fund, and to pledge money visit:  
[gofundme.com/f/the-lucy-phillips-arts-fund](http://gofundme.com/f/the-lucy-phillips-arts-fund)



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## Aug Police Update

A young gang, aged between 17 and 21, who planned a 3-month crime spree over Snapchat have been jailed for up to 2 years each or received suspended sentences.

The 9 strong group, which included 3 men from Westcotes, Braunstone and New Parks, who called themselves the 'B-Town Twockers', planned to break into properties across Leicester and Leicestershire between 21 October 2021 and 12 January 2022. Their aim was to steal various items from their victims' homes, but their focus was cars and motorcycles that had been parked outside.

Prolific drug dealer Reece Broad was arrested at a house on Bolton Rd and has been jailed for over 5 years after officers saw him throwing a bag of cocaine from an upstairs window.

Officers were executing a warrant at the address in June this year at the time, and also seized digital scales and 2 mobile phones belonging to Broad which contained messages relating to dealing heroin and cocaine.

A man has been arrested and charged with assault of an emergency worker and a public order offence on Bosworth St on 18th August.

Earlier in August, officers from the Western Ward team conducted speed checks on Glenfield Road, following concerns raised by local residents.

The vast majority of motorists were driving safely, but two individuals were issued tickets for excess speed. Highest speed recorded was 42mph.

A prolific shoplifter who targeted the Co-op stores in Braunstone has earned a 16 week sentence. He also must pay compensation to the stores and has been banned from all Co-ops in Leicestershire. He's also been charged with 4 more shoplifting offences; drugs in his possession have been sent for testing. Braunstone officers also located and arrested another two suspects in relation to other thefts. The suspects were also wanted for a robbery and a kidnap.

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# CAREY'S COMPOST CORNER



If you're looking to brighten your garden with flowers in August and September, there are several species you can plant now to ensure a vibrant display in these late-summer months. These selections will not only fill your garden with colour but also attract pollinators and add seasonal interest.

**Sedums**, especially *Sedum spectabile*, are ideal for late summer planting. Their star-shaped pink, red, or white flowers bloom from August into autumn. Sedums are drought-tolerant and thrive in well-drained soil, making them perfect for sunny spots.



The graceful blooms of the perennial **Japanese anemone** (*Anemone x hybrida*) flower from late summer into early autumn. They prefer partial shade and are perfect for adding height to your borders. Their white or pink flowers are delicate yet durable, often persisting through September.



**Dahlias** are a versatile and obvious choice; they can be planted from tubers in late spring or bought

as fully formed plants around this time. They provide glorious blooms for August and September which can often survive until signs of the first frost. Their large, showy flowers come in a vast array of colours and shapes, from pompons to cactus types. They thrive in sunny spots and well-drained soil. An added advantage is that they do well both in your flower beds or container gardening.



For a splash of fiery colour, **Helenium** is a great choice. Plant these perennials in spring, and by late summer, you'll enjoy vibrant yellow, orange, and red blooms. They are perfect for the middle or back of borders and attract bees and butterflies, which thankfully we are seeing a few more of now.



Finally, **Asters**, planted in spring or early summer will bring a burst of colour to your garden in August and September. They are available in a variety of colours, including purple, pink, and white, and are also a favourite among bees.



By choosing these plants, you can ensure a garden full of vibrant, late-summer flowers that will carry your garden's beauty into the autumn season.

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# Martin Page

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# BRAIN TAZERS

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5						
6		7				
8						

**1 Across:** Without boundaries **1 Down:** A long distance place **2D:** King of Siam's catchphrase **3D:** Horse colouring **4D:** Shaped **5A:** Go over again **6A:** Moved side-to-side **7D:** Surprised expression (US) **8A:** Gave up. © Paul Towers 2024  
*Answers at w:westernparkgazette.co.uk*

4	1			9			5
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	4			3			7 6

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