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Hello From The Editor

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

In this month's sizzling issue we have a local front page story from our youngest ever contributor, 13 year old Charlie Blaylock who has discovered the joys of tearing around Western Park's trails and dirt jumps on his bike.

In other news, there's a new 20 mph zone planned for Braunstone, work continues on revamping Rally Park and if you're losing your sight, Vista can help.

In our regular features, Helen Knott experiences the phenomena of "Glimmer" What is it? Find out! As spring gets underway and summer approaches, Carrey Tunstall, our gardening expert, has advise on how to turn your green space into a haven for local wildlife and we have the latest local police round up.

And why not keep the little grey cells occupied with the Crossword and sudoku on the back page?

Thanks again to all who contribute and support us.

You'll find us on Facebook, X and now Bluesky.

X @mygazette & Facebook @ourgazette

If you've got a local news story or event email:

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Events Diary

Hall @ St Anne's, Letchworth Rd: Knit & Natter: 1.30pm, 4th Tues. **Weds Club:** 2.30pm, 1st Weds. **Pram Club:** Weds 9.15-11.30am. **Women's Taekwondo:** Thurs 8-9pm taekwondo4all.com **Fri Coffee:** 10am.

Musical Memory Box: 1st & 3rd Tues 2pm. The Grove, Braunstone.

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

Drop-in Talk: @ St Paul's Worship Ctr. Talk to local police & support orgs. 1st Tue monthly 10-12 noon.

Wonderful Walks on Western Park: Monthly 3rd Sunday. 9.30am start at Hinckley Rd gates.

Wototo Children's Choir Concert: Sun 17th May, Elm Church, Narbro Rd. 6pm. Free.

@ Metal Monocle: Slackrr 8 May. **Cult Fiction** 9 May. **Pogo** 15 May. **Twin Fire/Hijack Mantis** 16 May.

@ The International: AC/DC UK 8 May. **Ultimate Leopard** 9 May. **Kath Roberts/Sean Lakeman** 13 May.

@ De Mont Hall: Strictly Come Dancing 7 May. **Leic Symp Orch** 9 May. **Supreme Queen** 10 May.

@ Curve: The Bodyguard: 12-16 May. **Bank of Dave The Musical** 20-30 May. **Public The Musical** 13 May.

@ Little Theatre: The Lion, The Witch & The Wardrobe 15-16 May. **Shrek The Musical** 19-23 May.

@ The Y Theatre: Fleetwood Bac: 8 May. **Luke & Pete Talking Sheet** 9 May. **Willy Mason** 13 May.

Pop-up Pub: Fri 29th May. **St Anne's Hall.** From 6pm. **Riverside Fest:** 6-7 June. River Soar & surroundings.

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Western Park Dirt Jumps & Trails

Ever have those summer days of boredom at home doing absolutely nothing? Believe me, you are most certainly not the only one. In fact, this was me up until the summer last year, when I discovered the Western Park bike trails, tucked into the corner of the park we all know and love.

All riders, from beginners looking for a new hobby, to seasoned bikers searching for a change in environment are welcomed with open arms. And best of all, it's a wonderful experience for completely free! As long as you own a bike and helmet - you can come and ride.

At the track itself, there are many different styles of lines for all abilities and ages, ranging from small lines with minimal turns and small hills to large jumps which are sure to give anyone an adrenaline rush. However, there are also technical lines requiring precision and strength rather than pure speed and nerves of steel.

Riding here has many advantages other than just enjoyability. Firstly, the impact it has on social life.



There are so many new people to meet here in this bustling community of friendly riders. I know for a fact that being there has improved my ability to socialise and enjoy spending time outside all the more. Secondly, the factor of health and exercise. Cycling is scientifically proven to be one of the best ways to lose body fat and gain muscle mass - whilst not having the boring repetition that comes with running for miles on end as a form of exercise.

If you or anyone you know might be interested, feel free to come down and see if trail riding is for you.

Charlie Blaylock



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Not All Lenses Are Created Equal 🕶️

Have you ever collected a new pair of glasses and thought, "These are fine... but I'm not completely comfortable?" Perhaps your vision isn't quite as effortless as it should be. There's a slight strain; a subtle awareness of your glasses that never quite disappears. Many people assume that's simply part of wearing glasses but it isn't.

It's easy to believe that once your prescription is right, everything else follows. In reality, the prescription is only the starting point.

Two pairs of lenses with identical prescriptions can feel completely different to wear. That's because what really matters is how those lenses are designed, manufactured, and fitted.

What Really Makes the Difference?

1. Lens Design 🕶️

A good lens is a design masterpiece. The distance between the eye and the back of the lens varies according to where you are looking. How the lens sits in front of the eye affects this, too, creating distortion and other unpleasant effects. Aspheric and best form lenses minimise these and improve clarity. The result is vision that feels more stable and natural.

2. Materials

Different lens materials handle light in different ways. Some prioritise thinness and lightness, while others offer sharper, cleaner optics. A well-chosen material balances comfort, appearance, and visual clarity. A basic lens is just, well, basic.



ALAN BELLAMY

Alan Bellamy is the senior optometrist at Bellamy Eyecare, serving Leicester and Irthlingborough communities for over 22 years.

3. Coatings 🌟

Lens coatings are often overlooked, but they make a significant difference in everyday use. High-quality anti-reflection coatings reduce glare from headlights and screens, making vision more comfortable and less tiring.

Better coatings are also more durable. They resist scratches, repel water and smudges, and maintain their performance over time. Many also include UV protection, helping to safeguard your eyes as well as improve clarity.

A Final Thought

A good lens isn't defined by one single feature—it's the result of many small details working together. When those details are right, your glasses feel effortless. You're not adjusting them or thinking about them. And that's exactly how your vision should feel.

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NEW 20 MPH BRAUNSTONE ZONE

A current 20mph zone in part of Braunstone, near to local schools, is set to be extended by more than 20 additional streets to help improve road safety.

The scheme, which covers an area between the north of Braunstone Lane and Narborough to the south, with the other boundary on Braunstone Park, includes roads close to Folville Junior School and Fullhurst Community College.

It follows consultations with both residents and ward councillors. Of those who replied, 77 per cent were in favour of bringing in a 20mph speed limit.

The scheme, will cost about £275,000 and will be funded from the council's transport improvement works budget.

Additional traffic-calming measures proposed include speed cushions, pedestrian refuges, road humps and footpath buildouts.

The scheme is expected to start towards the end of the year and is the latest in a rolling programme of city-wide 20 MPH zones which are hoped to be the key to make pedestrians and cyclist feel safer using residential roads.



RALLY PARK IMPROVEMENTS

Leicester City Council has secured an additional £1.2 million from the government to for an ongoing improvement programme at Rally Park with the aim of improving safety and public accessibility.

The money will help to deliver more accessible entrances to the park and safer routes linking surrounding neighbourhoods, schools and the riverside development area.

Work began with improvements at the southern entrance of Rally Park from Tudor Road. A new zebra crossing will extend walking and cycling routes to Hinckley Road, improve drainage and help to manage anti-social pavement parking.

Lane restrictions and temporary traffic signals are in place on Tudor Road with a full road closure 16 and 17 May for final resurfacing works.

New footpaths will extend from the children's play area to the park entrance at Fosse Road North, where barriers will be replaced by bollards to improve access and a new community garden will also be created on a currently underused area.

Access to the park for Castle Mead Academy's students has been improved, new paths installed, seating and landscaping upgraded, and new trees planted. New lighting columns have been put in, overgrown vegetation removed to improve visibility, and new seating has been installed.



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KN&TT'S LANDING

You know that feeling when your favourite song comes on and you suddenly stop what you are doing and smile; when you see a lamb bouncing around on springs just for the joy of it; that first lick of a Mr Whippy ice-cream on a sunny day.

There is a name for that happy feeling you are instantly in the middle of. It's called a glimmer.

I was very familiar with the definition of the word as a faint or unsteady light source, but this was something new. A glimmer is a relatively new term for a trigger that shifts your nervous system to a place of safety and calm. I know all about triggers. I'm triggered a lot by the lunacy of the world right now. Add a teenager and an elderly relative in the mix and my trigger sensor is twitching just about all the time. So, to learn that there is an equal and opposite sensation was actually quite a relief.

Wars, a super El Nino on the way and the slowing of the Atlantic current that orders our weather. Not much to worry about. I might have spent time getting



het up about it all in the past but now I know that the cat videos I watch online are the anti-trigger... the glimmer in my world. All that dancing and terrible singing in the kitchen to Greatest Showman tunes... another glimmer. Sitting on my garden bench in the sun – you guessed it – another glimmer. I've recently come to the conclusion that song Mr Brightside by The Killers is a national glimmer – an equal and opposite reaction to the triggers of the last 20 years. It's the only rational explanation for the collective reaction to that song. So go forth and look for the glimmers. They seem to pop up more often once you are looking for them... and cat videos count. **HN**

DON'T BE THE ODD ONE OUT

Leicester Oddfellows, is a friendly society of mostly older adults who get together regularly in Leicestershire for trips and dining, as well as coffee mornings, games and quizzes.

They are encouraging residents across west Leicester to say hello to the summer by meeting new people and exploring the local area through a host of social activities.

From scenic walks to day trips and relaxed get-togethers, the friendship group has a variety of events planned throughout spring and summer to help people connect and enjoy the brighter days.

To find out more visit oddfellows.co.uk or call social organiser Jo: **0116 254 310**



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Fosse Ward Cllrs Susan Waddington, Syed Zaman. T: 07875 546321 & 07742 766440.

Woodgate Community Centre 36 Woodgate, LE3 5GE. Monthly 1st Saturday 11.00am – 12 noon at Fosse Library, Mantle Rd. 3rd Saturday of each month 11.00am – 12 noon. Fosse Community Meeting, 13 Nov 6pm & Mantle Rd. No surgeries BH weekends, Easter or Xmas.

Western Ward: George Cole, Vi Dempster, Molly O'Neill. T: 07891 232 672, 07976 348 325 & 07742 766 462.

New Parks Library, 321 Aikman Ave, LE3 9PW First Saturday of each month 11.00am – 12 noon

Westcotes Ward: Cllrs Adam Clarke & Sarah Russell. T: 0116 454 0034 & 07814 532 928

Surgery: Westcotes Library, Narborough Road, LE3 0BQ, 2nd Saturday of each month, 11.00am – 12.00 noon.

Braunstone Park & Rowley Fields Ward: Cllrs Susan Barton, Elaine Halford, Kulwinder Singh Johal

Cllr Singh Johal Surgery: Contact by phone or email to make appointment. T: 07736 194 824.

Riverside Football Ground, Braunstone Lane East, LE3 2FD. Saturdays 9.00am to 10.00 am

Cllr Halford Surgery: B-inspired, 39 Gallard's Hill LE31QR. T: 07736 194813.

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Everyone is welcome; your other half, friends and anyone you like to bring but don't be afraid to come on your own. If you ring Sharon, Chris or Wendy on one of the numbers below we'll make sure someone is there to meet you when you arrive and introduce you to some of our group.

Sharon: 07443 040079

Chris: 07821 728087 Wendy: 07973 265891

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CAREY'S COMPOST CORNER



April and early May is a good time to turn your garden into a thriving haven for wildlife. As temperatures rise and plants burst into life, birds, insects, and small mammals are actively searching for food, shelter, and breeding spaces. With a few thoughtful steps, you can make your garden far more inviting.

Start by planting a variety of native flowers. Species such as foxgloves, bluebells, and primroses are especially valuable because they provide nectar and pollen for bees, butterflies, and other pollinators. Aim for a mix of plants that flower at different times throughout the month to ensure a consistent food source.



Even a small patch of wildflowers or a few containers can make a difference.

Water is another essential feature. A simple bird-bath, shallow dish, or small pond can attract birds, frogs, and insects. Make sure there's a gentle slope or stones so creatures can safely get in and out. Keeping the water fresh is important, especially dur-

ing warmer spells. Please don't use tap water unless absolutely necessary, collected rainwater is best, if tap water is your only option let it stand outside for at least 24 hours.

Try to create areas of shelter. Leave a corner of your garden slightly untidy with logs, leaf piles, or long grass. These spots provide homes for hedgehogs, beetles, and other beneficial creatures. If you have space, consider installing a bug hotel or nesting boxes for birds. Position bird boxes in quiet, sheltered areas away from strong sunlight and predators.



Reducing or eliminating pesticide use is one of the most impactful changes you can make. Chemicals can harm not only pests but also pollinators and other helpful wildlife. Instead, encourage natural balance - ladybirds, for example, help control aphids.

Feeding birds can also boost activity. In May, many birds are feeding chicks, so offering high-protein foods like mealworms or seed mixes can be particularly helpful. Keep feeders clean to prevent disease.

Finally, be patient. Wildlife-friendly gardening is about creating a balanced ecosystem over time. By making your garden welcoming in May, you're helping support biodiversity throughout the seasons while enjoying a lively, ever-changing outdoor space.

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April Police Update

A registered sex offender has been jailed for 13 years, and 6 months having pleaded guilty to two serious counts of sexual assault and robbery on a woman walking on a towpath near Frog Island in June last year.

The woman in her 20's was followed and attacked by 30-year-old Warren Laight, but he ran off after she struggled and screamed for help.

He was identified by the victim, CCTV and witnesses. He was arrested 2 days later.

Laight claimed he wasn't in the area at the time, and a family member even provided a false alibi but his phone was active and showed him near the scene of the crime.

The judge described him as a clear and present danger to the public.

On the 19th of April officers spotted a man behaving suspiciously, unfortunately he was uncooperative and made off on an e-scooter.

A chase ensued and with the help of CCTV the man was quickly arrested and found to be in possession of £60 worth of stolen chocolate bars. He was detained, the chocolate returned and the scooter seized.

A cordon was put in place on Tudor Road, from the junction with Bosworth Street to Tudor Close, at around 1.30am on April 17 following an incident where a man fell off a roof following a suspected break in at a flat.

Witnesses say he was trying to gain entry to other properties and officers attempted to talk to him, but he fell off the roof and was hospitalised with arm injuries. The investigation is ongoing.

On the 15th of April it was reported that two storage containers had been broken into on the Herewoode Academy grounds on St Oswalds Road in New Parks. These containers belonged to the food bank which serves our local community and IFLIP gymnastics and was filled with fundraising products. Both containers were ransacked, items smashed and property stolen which included a red petrol generator, an electric hot plate and 100's of children's dental packs.

If you have any information, please contact Police quoting Inc 252 15/04/26, or contact CrimeStoppers anonymously on 0800 555111

Do you've have views, ideas or concerns about policing in west Leicester? If so the best place to share them is with this short neighbourhood survey.

Sharing your feedback on this will make sure it reaches your local beat team and can be used to shape local priorities.

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1 Across: Caught out **1 Down:** Trivia **2D:** Warming breakfast **3D:** To make effective (*Obsolete word*) **4D:** Beans means no sauce **5A:** Trapeze artist or behind baseball bat **6A:** Relates to deep seas **7A:** Used to water down © Paul Towers 2026

Answers at w:westernparkgazette.co.uk

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