



A SHOT IN THE ARM FOR MORGAN

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Hello From The Editor

Hello and welcome to the Oct/Nov edition of the Western Park Gazette.

In this issue we celebrate the amazing success of a local woman, Morgan Newberry, who has won silver at the UCI Paracycling Championships in Zurich with the aid of a prosthetic arm she helped to develop.

To mark the passing of Western Park based councillor, Lord Mayor and historian, Roger Blackmore, we reprint his first article for the Gazette from 2019. Appropriately enough it has a Halloween theme. And take a look at the photos we grabbed on Page 10!

Helen Knott returns with the reason as to why she didn't wear a bra for a day and it's a pretty good one.

As Yuletide creeps ever nearer, and the seasonal entertainment machine gears up - we're offering you the chance to win one of two sets of family panto tickets to Snow White at the De Montfort Hall.

In our regular features, Carey Tunstall, our garden guru, talks poly tunnels, there's the latest policing update as well as the Brain Tazers on the inside back page. You'll find the answers on our website.

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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. **Coffee & Chat Monthly** Last Tues 10-2. Till Feb 25.

@ **De Montfort Hall: Anton Du Beke** 19 Nov, **Suzy Quatro** (20 Nov) **Jools Holland:** 21 Nov.

@ **Curve: My Fair Lady** 23 Nov-4 Jan). **Pirates Love Underpants:** 2 Dec-2 Jan, **Kinky Boots:** 17-25 Jan.

Space Luxmuralis 18-23 Nov. Leicester Cathedral. Details from visitleicester.info

@ **Little Theatre: Beautiful - Carole King Musical:** 19 -23 Nov. **Sleeping Beauty:** 13 Dec-5 Jan.

@ **Brite Centre: Xmas Coffee Morn** 22 Nov. 10-12am. **Xmas Lights:** 30 Nov. 3pm, 130 Braunstone Av. **Xmas Tree Unveiling:** 2 Nov. **Team Hub** New Parks Community Centre, St Oswald Rd 1.30-3pm.

@ **Y Theatre: Diwali Dhamaka & Laughing Out Loud:** 17 Nov. **Count Arthur Strong:** 6 Dec.

Christmas Lights Switch on: 20 Nov. City Centre from 4.30. Also at the High Cross & St Martins.

Enlightened Leicester (Outdoor light trail): 29 Nov-24 Dec. From 5pm. Abbey Pk. More: visitleicester.info

Xmas Market: 14 Nov-29 Dec. Gallowtree Gate.

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MORGAN'S SHOT IN THE ARM

One of the UK's top para-cyclist who was brought up in Western Park has won a silver medal in a major competition for disabled riders.

Morgan Newberry came second in September's UCI Road and Para-cycling Road World Championships in Zurich, with the aid of a prosthetic arm attachment she helped design.



Photos: SWpix

25 year old Morgan who was born with an under developed left arm below her elbow, won the silver with her new prosthetic but says she wasn't a fan of them until recently: "I never really got on with a prosthetic until last year; had a few but they never helped only hindered. Then I bought a yoga tool arm from a company called Koalaa who make soft prosthetics

for basically anything you ask for. I really liked it and got on really well. I used it mainly for the gym and yoga, but thought I could to add something to improve my cycling."

Morgan, who attended Bosworth Academy before heading off to Sheffield Hallam University to study nutrition, spends at least 10 to 15 hours a week training with her fabric based arm and new attachment known as a tool. She says: "It's called the Sarah Pro and is a collaboration between Koalaa, GB Paralympians, Claire Cashmore, Clare Cunningham and myself along with amateur cyclist Sarah Fisher. "We all worked on it, had different ideas on how to make the tool better and it works well. It attaches to the fabric base and the handlebars which means I have more flexibility and can ride two-handed to make me more competitive."

Now living in Milford in Derbyshire where she works part-time at a café, Morgan is also a funded GB athlete giving her the time to train for the future: "I'd like to get to the LA 2028 Paralympics. I was a non-travelling reserve for Paris this year and I'd love the opportunity to go to a games, collect more medals on the way, have fun and get stronger."



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KNOTT'S LANDING

I recently got vaccinated in both arms... The next day I didn't wear a bra because my arms hurt and I had hot lemony paracetamol-based drink because I felt a bit off. That's OK though because I'm now protected from dying from flu and COVID because vaccinations work.

Edward Jenner worked it out hundreds of years ago when he gave cowpox to a little boy to stop him getting smallpox. We don't die or get disfigured from smallpox because vaccinations work and no matter how many times you repeat the experiment the result is the same. Smallpox is now not an issue for us.

I am amazed how few people get their children vaccinated because of vague fears promoted by stupid social media content. Flu vaccines for children are not really about protecting school aged children. They protect their grandparents and baby siblings from a hideous respiratory infection that can kill them. Recently, a friend told me less than half her teenage child's class got the flu vaccine this year and it was the same in her primary child's class. No reasons are ever given but fear has to be the driver behind it. Inaction is a choice though and there are consequences. Measles and mumps have become a problem again be-



cause of low vaccine uptake. Children will go blind, deaf and infertile. They will suffer all because of something mum saw on TikTok.

We are so good at developing vaccines it's almost miraculous. You can get a vaccine for RSV/bronchitis now! Anyone who has watched a baby struggle to breathe in the NICU with that one should be making sure their family and friends are signed up sharpish. You don't even need to get your baby vaccinated. Pregnant mums can get RSV, whooping cough and flu vaccines and by the miracle of pregnancy pass that immunity on to their baby.

I don't know how many times you to say it, but your child is incredibly unlikely to suffer as a result of a vaccine, this idea vaccine injury is prevalent is rubbish. Absolute bovine excrement. It's vanishingly rare, one in millions, but mistrust in science and government is clouding judgements. Vaccines save millions of lives every year. Don't believe me? Research led by Public Health England (PHE) published in January 2020 found that infant vaccination against group B meningococcal disease (MenB) had reduced cases of meningitis and septicaemia in young children by 62%. The MMR vaccine is 88% effective against mumps (your boy will give you grandbabies) and 99% effective against Measles and German Measles (rubella). The HPV vaccine for teens has wiped out cervical cancer in vaccinated young women in Scotland. No cases... because vaccines work. Get your family vaccinated.

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Roger Blackmore, local councillor, city mayor, historian and long time resident of Western Park passed away in September. As a tribute we reprint his first article from the Gazette in January 2009.

THE TALE OF BLACK ANNIS

Of all the characters associated with our Western Park area none is more wreathed in mystery, myth and legend than Black Annis. Described by past writers as an ogress or a witch, Black Annis lived in a cave close to what is now Westfield Road. A cave which she is reputed to have clawed out of the sandstone rock with her bare talons. The floor was said to be stained with the blood of lambs and children.

The tales told of this cave, or Black Annis's Bower, are legion. In 1874 a writer in the Leicester Chronicle claimed that little children off to play in the Dane Hills area were warned... "That Black Annis lay in wait to snatch them away to her bower and that many were scratched to death with her claws. She sucked their blood and hung their skins up to dry."

It was also believed she scurried through a tunnel linking Western Park to the centre of old Leicester where her unearthly spirit still lingers.



According to research by the early 19th Century Leicestershire historian, John Nichols, there was an anchoress, Agnes Scott, who was supposed to have lived in a cave in the west of Leicester called Black Agnes's Bower. Black Annis herself has been described as having a livid blue face with one deranged eye and there is no doubt that tales of her comings and goings were widespread in the nineteenth Century when she was sometimes known as Cat Anna, who also spent her time in the cellars of Leicester Castle.

Today Morris dancers still skip in and around one or two local pubs in memory of Black Annis and there are those who still regard her as one of the city's historical witches, who practiced her rites and rituals in the cave which still bears her name. The fact is we shall probably never know.

One nineteenth century cleric even suggested that Annis was in fact the Celtic goddess Anu. However, the story of Black Annis will live on in the annals of Western Park's interesting local history. **RB**



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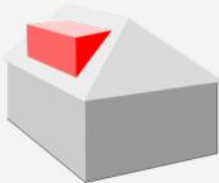


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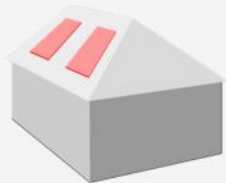
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CAREY'S COMPOST CORNER



Now the colder weather is here people have been asking, which is my preferred option: a greenhouse or a poly tunnel? However, that depends on your own particular needs, budget, and growing conditions.

Greenhouses are typically more permanent structures made from glass or polycarbonate panels with a metal or wooden frame. They provide excellent insulation, protecting plants from cold temperatures and allowing for a longer growing season. The rigidity of the structure offers better protection against strong winds and snow, making greenhouses ideal for year-round gardening in colder climates. There are also options for heating, ventilation, and automation, offering greenhouses greater control over the growing environment. There are downsides to a greenhouse though as they are more expensive to build and maintain compared to poly tunnels, and their fixed nature means they take up permanent space in your garden.

Poly tunnels, on the other hand, are cheaper, flexible, can come in kits and can be relatively small if you're stuck for space. A small one could

easily fit in a terraced house garden. Construction is fairly straight forward if you want to build one yourself.

Made of a metal or frame covered with polythene plastic, poly tunnels provide a controlled growing environment that can extend the growing season, but not as effectively as a greenhouse.

They are easier and cheaper to install, and many models can be moved to different locations. However, poly tunnels typically offer less protection from extreme weather conditions. I find the major downside for poly tunnels is their plastic coverings have a shorter lifespan compared to greenhouse materials and often need replacement after several years.

In a nutshell, a greenhouse is better if you need a durable, long-term solution with maximum environmental control, especially for year-round use in cold or windy climates. A poly tunnel is better suited for gardeners on a budget, those needing temporary or movable solutions, and in areas with milder weather conditions. The choice ultimately depends on the balance of cost, durability, and amount of flexibility that you may be looking for.

Carey Tunstall





Martin Page

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A WARM SPACE FOR WINTER

Local libraries are offering us a warm welcome over the winter months, with a range of free activities on offer.

The Warm Welcome programme runs until the end of March 2025, offering the chance to use the local library as a 'warm hub' to enjoy a hot drink, meet new people, or try something new.

This is a collaboration of council services, including Leicester libraries, Leicester Adult Education and the council's public health team.

Until the middle of December, there will be an activity at the same time and day at our local library or Warm Welcome location. All sessions are free, and once signed up, you can attend as many sessions as you want.

Activities include sessions on everyday cooking at the Brite Centre in Braunstone as well as a series of events exploring local history, while Sew to Save at New Parks library will help you to transform recycled materials into something new using a range of different techniques.

Leicester Libraries also offer a wide range of free resources, including free Wi-Fi and use of computers, free weekly Toddler Time sessions, and homework clubs for school-age children. There's access to a vast range of books, plus online e-books Visit: leicester.gov.uk/warmwelcome
Email your story to: editor@westernparkgazette.co.uk

MAJOR ROAD WORKS AHEAD

Traffic restrictions are in place on Western Road in the West End, while extensive resurfacing and other improvements are carried out.

Footpaths will be improved to remove dropped kerbs that cut across the pavement and do not now provide access to a parking or loading area. Work to improve carriageway drainage in Western Road will also be carried out.

Changes will also be made to the crossroads at the junction of Western Road and Briton Street, where adjustments will be made to give priority to vehicles and cycles on Briton Street.

Resurfacing of the main carriageway on Western Road, between its junctions with Braunstone Gate and Briton Street, will be carried out in Spring 2025.

Initial works are expected to be complete by late January and will be carried out in phases on short sections of the road to help minimise disruption.

Parking restrictions and rolling road closures will be in operation, with well signposted diversions in place. Access to houses, shops and businesses will be maintained. Work will be suspended during the Christmas holiday period with full access reinstated.

The scheme is expected to cost about £700,000, supported by the Transforming Cities Fund.

WIN TICKETS TO SNOW WHITE

2024's big De Montfort Hall panto is Snow White from 13th of December to 5th of January.

Mirror, Mirror on the wall, what's the fairest panto of them all? We all know the answer to that one!

Star of stage and screen and finalist in Ru Paul's Drag Race UK season 1, Divina De Campo will be the evil Queen Morgiana, CBeebies' favourite, Gyasi Sheppy, is the dashing Prince and returning to the Hall will be X-Factor winner Sam Bailey, dame Jack Ballard, and comedian, Jarred Christmas.

When the Wicked Queen's magic mirror declares that Snow White is the fairest in the land, the Wicked Queen is overcome with jealousy. Will Snow White defeat the Queen, meet a dashing prince, and will love prevail?

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Here's Your Chance To Win 4 Tickets To The Friday 3rd January 5pm performance

THE COMPETITION

The story of Snow White is based on a German fairy/folk tale, but who is originally thought to have published it in the 19th Century?

- 1: Charles Dickens
- 2: Charlotte Bronte
- 3: Rudyard Kipling
- 4: The Brothers Grimm

Email your answer & include your phone number before December 1st 2024 to: editor@westernparkgazette.co.uk

Terms: 1 entry per household via email only, tickets not transferable and will be valid only for this performance. Two winners with the correct answer will be chosen at random to receive 4 tickets each. Judge's decision is final. **Deadline 1st Dec 2024**



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sales@westernparkgazette.co.uk**Oct/Nov Police Update**

An investigation into the death of a man is ongoing after he was pulled from the River Soar, close to Mill Lane and Western Boulevard at around 7.30pm, on Saturday 26 October.

Emergency services attended, pulled him out of the river and took him to the LRI but he died a short time later.

Enquiries to establish how he came to enter the water are continuing, but there is not thought any third-party involvement.

Please pass on information/dashcam footage by calling 101 and quoting incident 587 of 26 October or visit leics.police.uk

Officers are appealing for witnesses after a 22-year-old man was assaulted and robbed in Bede Park, at around 11.30pm on Monday 30 September. The victim was on his e-scooter riding through the park when he dropped his phone and stopped to pick it up.

He was approached by a group of up to five people who threatened him with a knife, demanded money and his phone.

He was pushed to the ground, and assaulted before they stole cash, a mobile and e-scooter.

If you can help, please contact DC 1401 Rebecca Ashton on 101 or via leics.police.uk, quoting crime number **24*584639**.

Officers attended Castlemead Academy on 4 November, giving PCSO 6088 Abby and 6673 Chris a good excuse to speak to local young people and introduce ourselves to the staff as the 'newbies' on the Fosse beat.

They spoke about the dangers and illegality of e-scooters, and passed on some useful information about what signs to look for and how to report certain crimes.

They were joined by a Children's and Young persons Officer, delivering information about the misuse of drugs and alcohol. Also, a violence intervention stall, so plenty of advice for the youngsters.

As the season of goodwill and the chance of increased thievery is around the corner, here's some quick and easy advice to make it seem as though you are at home to deter burglars.

Some things you can do are:

If you are out, use an automatic timer switch or smart lighting to turn on the lights when it gets dark, to make it look like someone is home.

Take time to check your alarm system, outdoor bulbs and security lighting works.

Ask a trusted neighbour, relative or friend to collect your post and open and close your home's curtains whilst you're away, to give the impression that someone is home.

If you're going away, don't share details on social media until you return.



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1 Across: News reader's script **1 Down:** Sweet drink
2D: Afternoon beverage venue **3D:** Ankle length religious clothing
4D: Aliens **5A:** Car base
6A: Extend **7D:** Mothers' ruin **8A:** Halloween veg.

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