

leicester link



Food
for life



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Rugby
look back



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Jewry
Wall



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What's
on



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It's early in the new year and already we're celebrating the opening of a wonderful new leisure facility in Leicester. The community sports arena in Charter Street provides a new home for the Riders and Cobras basketball teams and will be an excellent resource for local people (see page 23).

As we look ahead to other positive developments, we must also recognise that Leicester City Council operates in an extremely challenging financial climate. Since 2011, the total cuts affecting our services is £100 million per year. We need to save another £55 million per year up to 2020.

At the same time we are a growing city with a rising population. One of the issues we must deal with is pressure on school places. Already we have earmarked £44 million to create more pupil places by expanding, building and improving schools. Over the next few months we will be speaking to schools and governors around the city to identify ways to meet their needs in the years to come.

Since 2012, our first Economic Action Plan has been the driver for big changes and a new confidence in Leicester. To maintain that momentum, this spring I will launch a second plan. This will include a £20 million investment fund for local businesses and the continued redevelopment of Leicester Market and the Waterside area.

Peter

Sir Peter Soulsby | CITY MAYOR

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Eating well

**How will Leicester's food plan benefit our city?
Link spoke to project manager Sue Holden**



What is Leicester's food plan?

The food plan is a long-term programme looking at how we produce, sell and consume food, and how we ensure people have access to healthy food.

What food challenges does Leicester face?

Overall the challenge is how to increase everyone's access to healthy food and protect the environment for future generations. We are concerned about the rise in numbers and use of food banks in the city. Levels of obesity are also too high and we face high rates of diabetes and heart disease. Linked in with this are high levels of sugar in diets and the effect this has on general and oral health, particularly in young children. Environmental issues make it important to reduce food miles (the distance food travels before we eat it) and to

tackle food waste. We have done some great work around food growing in the community and in schools and we have a brilliant allotment system in Leicester. It's important to reconnect with the origins of food.

How can people and businesses get involved?

Food offers a wonderful opportunity for people to get involved and share their skills in growing and cooking – there are so many exciting possibilities in our diverse and vibrant city. Families can engage with schools or nurseries to learn about growing and cooking food. We have the Food for Life programme in schools and also nutrition and cooking programmes in nurseries.

If you are a keen gardener your skills and knowledge could support the community food growing programme. Food banks welcome donations of food and

volunteers to help. And we can all help to reduce food waste and food miles by buying and cooking with care and considering what we really need.

Local businesses can make a difference by offering healthy, locally-sourced food to customers. Businesses are also central to reducing food miles and food waste.

What will be the major benefits of the food plan?

We will all know so much more about food, and hopefully will be making better, more informed decisions that are good for our health and the environment. Everything we are doing is centred on improving quality of life for the people of Leicester. It's also about making sure there is equal access to healthy food and to help lift people out of food poverty. If we eat well, we fare better in life. ■

MAIN PHOTO:
City Catering and Overdale Junior School celebrate their bronze awards from the Soil Association

INSET:
Sue Holden

leicester.gov.uk/foodplan



InterAct at Pork Pie

In December, the Saffron Customer Service Centre closed and was replaced by a self-service facility at Pork Pie Library and Community Centre. The new InterAct area contains a payment machine where you can pay rent, council tax, fines and other council charges using a debit card.

You can also scan supporting evidence for applications for housing and housing benefit, and use free telephones to talk to our services,

such as housing, housing benefit and council tax.

The self-service computers will connect you to the council website to apply for services including housing, housing benefits, parking permits and blue badges.

Pork Pie Library and Community Centre was refurbished last year and now has extended opening hours – see these at leicester.gov.uk or phone **0116 299 5480**. ■



Training for adult cyclists

The council is again offering free cycle training to adults. This is open to people who have never ridden a bike before or who would like to build their confidence.

Sessions are in six-week blocks and are taught by a qualified instructor – cycles can be provided if you don't have one of your own. You need to make a booking before you attend for the first session.

You can find more information at choosehowyoumove.co.uk/cycling-courses or phone **0116 454 1000**. We do advise you to register your interest and sign up on the council website – search for 'cycle training'. Then we can contact you as soon as dates become available. ■



Wild about Leicester

If you think you could offer a helping hand in conserving some of Leicester's hidden gems, why not join in an environmental day at a local wildlife site, nature reserve or park?

Volunteer tasks include pond works, coppicing, tree planting and habitat creation with a typical day running from 9.30am to 3.30pm. It is an excellent way to learn new skills, meet new people and see interesting places.

Work sessions are organised weekly or fortnightly. A minibus picks up from

King Street in the city centre and takes you to the site. All you need is a packed lunch and suitable outdoor clothes. The next event is on Thursday 18 February at Ryder Road, with more to follow in future.

If you are interested in taking part or want to learn more about the environment, sign up to do-it.org and search Leicester City Council and Wild about Leicester projects.

richard.kelly@leicester.gov.uk ■



EU funding boost

Take a look around Leicester and you'll find a great number of new buildings, businesses and other improvements that have been supported by the European Union. From Humberstone Gate to Hamilton, EU funding has established dozens of projects that have brought significant benefits to the city.

One excellent example is Friar's Mill on the banks of the River Soar. This disused mill complex – part of which was badly damaged by fire in 2012 – is undergoing a £6.3 million redevelopment to bring it back into use as a base for local businesses. Up to £3.9 million of this came from the European Regional Development Fund. Due to be completed in spring 2016, Friar's Mill has space for 15 businesses and should be a catalyst for wider regeneration of the Waterside.

Another striking development is Dock, Leicester's new hub for high-tech, low carbon and innovative businesses. Situated next to the National Space Centre, Dock provides office, laboratory and workshop space for up to 55 businesses. It forms part of the new business investment area for innovation and technology industries, called 'Pioneer Park'. Dock was supported by £1.9 million from the ERDF.

Under the Enterprising Leicester grant scheme, 140 local companies received grants totalling £1.9 million. This helped them to buy new equipment, expand premises and to promote their

services. The project created over 300 new jobs.

Leicester Food Park, a specialist facility for local food and drink firms, has been a big success since it opened in 2014. It houses nine companies, supporting new start-ups and allowing existing firms to expand. The park was financed with £3.4 million from the European Regional Development Fund, with the city council contributing a further £2.4 million.

Other major projects that have received significant European funding include the redevelopment of historic Leicester Market, Cathedral Gardens, Makers' Yard, street improvements around the city centre and Jubilee Square.

City mayor Peter Soulsby said: "Over recent years we have secured tens of millions of pounds of funding from the European Union. There's no doubt that this has made a vital contribution to improvements in Leicester and helped drive the city's economy. A large number of significant projects and structural improvements have been made possible through our European grants."

From 2014-2020, Leicester and Leicestershire have been allocated £111 million from European Social Fund, European Regional Development Fund and the European Agricultural Fund for Rural Development. This money can support employment, training, business and infrastructure activities. ■

PHOTOS:

(from top)
Friar's Mill, Cathedral Gardens, opening
Leicester's Food Park and Dock





No network? No problem!

Free public wifi has been available in our libraries for some time now and has proved popular, but what about when you're out and about in the city centre?

In March we're launching fast, free wifi right across the city centre, meaning you can stay connected from Abbey Park and the Clock Tower to the University of Leicester and the Royal Infirmary – and everywhere in between.

Not only is this great news for visitors

to the city centre, but making it easier for people to get online could also help to promote the city's economic growth.

So whether you're posting that perfect shopping trip selfie, staying up to date on latest news or finding out more about Leicester's history and heritage via one of our QR codes, you won't have to worry about poor coverage or your valuable mobile data allowance in the city centre ever again. ■



Diwali lights scoop

Leicester's famous Diwali celebrations have been recognised in this year's Asian Media Awards. The Diwali lights switch-on, one of the biggest events of its kind outside India, received the award for best live event.

Collecting the award on behalf of Leicester City Council was Councillor Piara Singh Clair, assistant city mayor for culture, leisure and sport. He said: "I'm thrilled with this award that we have received. I always believed that Leicester

is best for Diwali celebrations; today I can say that it has been put on record that we are!"

Around 37,000 people attended last year's Diwali lights switch-on, the centrepiece of a fortnight of events and celebrations. The lights attract people of all cultures and backgrounds to share in the celebration of Diwali, and are one of Leicester's primary attractions to visitors from outside the city. ■

Using buildings better

Leicester City Council has started a major review of its buildings to look at how we can use them better.

Under the programme, called Using Buildings Better, the council will examine hundreds of properties to see where communities could be better served by fewer, higher quality buildings which offer more joined-up services.

Schools, museums and other heritage buildings will not be included in the programme, but over 250 other buildings including offices, workshops, libraries, community centres and depots will be under the spotlight.

This builds on work which has already taken place under the Transforming Neighbourhood Services (TNS) programme. Successes include the revamped Pork Pie Library and Community Centre and the move of Aylestone Library into the leisure centre, which has resulted in large increases in visitor numbers, book loans and computer use.

City mayor Peter Soulsby said: "Councils are dealing with huge funding cuts over the coming years, and by looking at whether we really need all the buildings we own, we've got a chance to make significant savings while still providing quality services to residents."

"Some of the buildings are not well-used or suitable for modern services, and a lot more people interact with the city council nowadays through other means, such as through our website or using our automated payments system."

"We'll be communicating closely with local communities, staff and unions to get a clear idea of where we can invest to improve the facilities and services which are most needed, and where we can save money by vacating and ultimately selling off buildings which are no longer needed." ■

leicester.gov.uk/buildings



OneCard

Commuters in and around Leicester can now take advantage of the OneCard. This is a smart card, similar to London's Oyster Card, which allows passengers to use public transport by tapping their card against a reader. The electronic payment system has been designed to make travelling by public transport easier in Leicester.

You can use OneCard flexibly between different bus operators and buy multiple weekly top-ups for future use. For ease of payment you can 'touch on' to the bus's card reader and you can also register your OneCard to protect it from loss or theft.

The card is accepted by a range of operators, including Arriva, First, Centrebus, Hinckleybus, Kinchbus and Stagecoach. It can also be used at the Town Hall bike park.

Flexi weekly tickets offer unlimited travel across the participating bus companies within a large zone covering the city and its outskirts – all for just £19. ■

leicester.gov.uk/onecard



Good neighbours

Being a good neighbour can mean being aware of elderly or vulnerable neighbours who might struggle more in winter. The council's 'Look out for your neighbour' packs are a simple way to support people in our communities and check they're ok.

The pack gives tips on staying warm and well over the winter period. It also features postcards which neighbours can fill in with important contact information, so that they can stay in touch with one another and help if needed.

Deputy city mayor Councillor Rory Palmer, who chairs the city's health

Pick up a 'Look out for your neighbour' pack from city libraries, community centres, and customer service points, or email: goodneighbour@leicester.gov.uk

and wellbeing board, said: "These packs are a new idea. We wanted to make it as easy and straightforward as possible for people to check on their neighbours at this time of the year.

"As well as providing an easy way to set up a checking system with your neighbour, the packs themselves give people a good reason to call round and start that first conversation.

"It only takes a minute to make that check, and it can make all the difference to someone. It can help people to feel that they are not alone, they're part of a community." ■

Open 27

Artists from across Leicester, Leicestershire and the East Midlands are invited to submit works to compete to be shown in the 2016 Open Exhibition.

The exhibition is open to artists of all kinds. Categories include painting, photography, illustration, sculpture, textiles and ceramics. Artists featured in the exhibition have the chance to win great prizes. A group of independent judges will select the very best pieces from the hundreds of works submitted.

Prizes will be split between the main exhibition and the three youth categories (ages 5-10, 11-15 and 16-19). You can find out how to apply along with terms and conditions on our website. Online applications are open now and will close on Sunday 14 February at 5pm.

The exhibition runs at New Walk Museum and Art Gallery from 12 March to 8 May. ■

visitleicester.info/open27





Council budget

Shortly before Leicester Link went to print, the council published draft proposals for the 2016-17 budget. The proposals reflect the council's severe financial position. Nearly half of our income comes from the Government – and this amount is being cut year on year.

Already, since 2011, the total of cuts affecting our services is £100 million per year. We need to save another £55 million every year by 2020.

At the same time, we face additional pressures in some services because of increases in our elderly population and the rise in the number of children coming into council care. We have allocated extra funding to these services.

The council's approach is to continue the programme of spending reviews. This is an extremely challenging time as we work with staff and local communities to find ways of using our resources more effectively.

Thanks to careful planning, by the end of March we will also have around £39 million in reserves which we can use to ease the pressure on services over the next two years.

After a period of scrutiny, the final budget is due to be approved on 24 February. ■

Silver jubilee

In December the council's Forum for Older People celebrated its silver jubilee. The forum has been well attended throughout its 25 years and involves older members of the public as well as councillors, older peoples' representative organisations and officers from each area of the council.

In its early years the forum influenced council policy on concessionary fares and research into the needs of older people. It also campaigned to central government on issues such as the introduction of VAT on fuel.

The forum has continued to campaign to raise the profile of older people living in the city, raising issues and contributing to the debate on services for older people. Specific attention has been given to: the pensions service, benefits advice, new plans for health and social care services, accommodation, and public conveniences. The Forum for Older People Consultative Group meets every six weeks.

0116 454 6358
anita.james2@leicester.gov.uk ■

Carbon drop

Leicester is making good progress to cut its carbon footprint by half according to the latest government figures. Annual figures for 2013 show that Leicester's carbon footprint is reducing faster than the national average.

Emissions related to household energy use, the industrial and commercial sector and city transport were all lower than levels recorded in 2012.

The carbon footprint generated by Leicester City Council is also getting smaller. This is mainly as a result of more energy efficient heating in council buildings and schools, and the council's ongoing programme to replace the city's old-style sodium street lamps with energy efficient LEDs.

Councillor Adam Clarke, assistant city mayor for energy and sustainability, said: "We've set an ambitious target to cut the city's carbon footprint by half. The city is making excellent progress, but the challenge of increasing reductions over the next ten years requires a combined and sustained response."

"I'm determined for the council to be seen to be leading by example, which we clearly are. Last year's recorded figures are the lowest since this work began in 2008, but we know we can and must do more."

In November, Leicester's annual low carbon lecture was given by Professor Paul Ekins OBE, director of the Institute for Sustainable Resources of University College London. All the food served (which would otherwise have gone to waste) was provided by the Real Junk Food Project Leicester. ■

Health and wellbeing survey

In 2015 Leicester City Council asked residents what they thought of their health and wellbeing – some of what they said may surprise you!

- 71 per cent of residents say that they are in good health.
- 61 per cent of the city's smokers want to give up.
- Walking is the most popular form of exercise.
- Nearly everybody is registered with a GP.

To find out more about the Health and Wellbeing Survey 2015 visit:

leicester.gov.uk/ourhealthycity ■



Getting active in Leicester

Last year's health and wellbeing survey showed that 1 in 3 people in Leicester want to increase their physical activity, but nearly 40 per cent of residents are not hitting the recommended target of 150 minutes per week.

As a city, Leicester is perfectly poised to support people who want to get into fitness as well as join sporting groups and try something new. ■

From outdoor gyms and parks, leisure centres and swimming pools to cycle paths, BMX tracks and running groups, Leicester is a city full of opportunities for physical activity. We also have a significant heritage to explore on foot.

The council is working towards bringing even more activities together to help Leicester become a healthier and more active city. ■



BSL pledge

Leicester City Council recently signed up to the British Sign Language Charter, pledging to ensure greater access to information and services for deaf people, to support deaf children and families and to consult regularly with the deaf community.

The British Deaf Association (BDA) charter aims to empower deaf people and improve their lives by removing direct and indirect discrimination. It also aims to increase knowledge of British Sign

Language (BSL) and awareness of issues affecting the deaf community.

Councillor Manjula Sood, assistant city mayor for equalities, said: "I am very pleased that the council is signing up to the BSL Charter, so that we can help make services more accessible for deaf and hard of hearing residents. It is vitally important that our services reach all corners of the community and anything we can do to enable this is extremely valuable." ■



NEWS SHORTS

Question Time

Following the success of the first City Mayor's Question Time in October, another event will be held in east Leicester in April. This is a chance for you to question city mayor Peter Soulsby and senior councillors about any issue affecting Leicester.

Similar in format to the BBC's Question Time programme, the event is being supported by BBC Radio Leicester, which will be recording the session for broadcast at a later date.

BBC Radio Leicester will select the questions to be asked at the session.

To find out more, send in your question and bid for a place at the event, go to leicester.gov.uk/citymayor or phone 0116 454 0001 ■

Residents wanted!

As part of our commitment to provide 24/7 digital access to our services, in summer 2016 the council will launch a new customer portal to transform the way you can interact with us online.

We would like a group of residents to get involved to help us shape the portal. We are looking for both people who have used our online services before and people who haven't.

If you can spare us a few hours of your time and want to find out more or to take part, please email us. ■

customer.services@leicester.gov.uk



Make 2016 a year to remember

Help us to make 2016 the best year ever for local children who need a foster family. Fostering is all about welcoming a child into your family for however long they need you. This could be weeks, months or a lifetime.

Single people, couples and families with their own children are already enjoying fostering. If you would like to make 2016 a year to remember, why not start by talking to us?

You are invited to meet our team and talk to an experienced carer on: **Wednesday 10th February at St Martin's House (next to the cathedral), 7 Peacock Lane, LE1 5PZ.**

Drop in anytime 5pm to 7pm. Or if you prefer, just call us during office hours.



fostering & adoption

0116 454 4500

[fleicesterfostering](#)

[leicester.gov.uk/fostering](#)





Speaking up

It is now easier for anyone to get advice about domestic and sexual violence

Domestic and sexual violence support services across the region have changed. Previously, people seeking advice were limited to where they lived or worked, which in some cases meant that it was not easy for them to access support.

The creation of a new integrated service that covers Leicester, Leicestershire and Rutland means that it's now easier for people to find out what types of support are available.

The new service is run by UAVA (United Against Violence and Abuse), which is made up of three existing local support services: Women's Aid Leicestershire, FreeVa and Living Without Abuse.

Stephanie McBurney, Leicester City Council's domestic violence co-ordinator, says that the new service is open to everyone: "The helpline has taken calls from people who want advice and support in relation to their own situation, and people who are concerned about a family member or friend. There are also callers who are worried about their own behaviour and want to talk to someone."

People with past experience of domestic and sexual abuse helped to shape the new service. Stephanie explains: "It was important to us to involve service users when we looked at the type of service we wanted to introduce. Each person brought a different perspective and looked carefully

at the potential providers to make sure we chose the best service for the future."

Lucy says: "These services have made all the difference to my life. Although I didn't want to involve the police, the counsellor supported me to talk with my family, which released a huge secret burden I'd been carrying for nearly 30 years. I'm now helping the service that helped me."

Barry adds: "If services profess to be for a victim or survivor of any gender this must be reflected in their service provision and social media output. People shouldn't have to wait. I was able to raise this directly as I was involved in the procurement process. Thank you for giving us a voice." ■

PHOTO:
The people pictured are supporters of the service, not service users

The new advice and support service is free and completely confidential. If you, or a friend or family member, are affected by domestic or sexual abuse call **0808 80 200 28.**

Please note that to report domestic or sexual violence in an emergency, you should always call **999**.

leicester.gov.uk/howmanytimes



Making work pay

Leicester City Council provides universal support to help with your claim for universal credit (UC). We can provide:

- **help to get online and make your claim for UC**
- **budgeting support to help you manage your money**

Universal credit is being introduced gradually in Leicester from 25 January 2016, replacing:

- jobseeker's allowance
- housing benefit
- working tax credit
- child tax credit
- employment and support allowance
- income support.

Be prepared for universal credit
 leicester.gov.uk/universalcredit



Getting to grips with direct debits

With universal credit now in place for a small number of people in Leicester, the way certain benefits are paid is changing

One of the biggest differences between universal credit and other benefits is that it is paid monthly, rather than weekly or fortnightly. This means that it is important to ensure that you budget properly so that you have enough money to live on before your next payment.

With universal credit, you are also now responsible for paying your rent directly to your landlord yourself. Paying your rent and council tax on time and in full should be your top financial priority every month. Of course, food and utility bills are also very important.

If you feel you have problems with paying your rent directly, please ask your work coach to consider an alternative payment arrangement.

There are steps you can take to ensure that these top-priority bills are covered every month. A direct debit is a great way to ensure peace of mind that your rent and council tax are taken care of. By setting up a direct debit to pay your bills directly to your landlord and the council, you can also take the hassle out of it.

Your bank can help you to set up as many direct debits as you require. If you do not have an account that allows direct debits we recommend that you talk to Clockwise credit union about setting this up for you.

It is a good idea to arrange for your direct debits or standing orders to be paid immediately after your universal credit payment comes into your account. That way, you will not be tempted to spend the money on anything else. ■



Help and advice

If you are worried about the new arrangements under universal credit, or about your ability to pay your rent on time, there are many organisations that can give you help and advice. If you are a council tenant, please talk to the income management team.

Money Advice Service

has lots of tips to help with managing your monthly budget.

**moneyadviceservice.org.uk
0300 500 5000**

Leicester City Council

offers universal support to help you with your claim for universal credit. We can refer you for advice on budgeting or debt, and to help you set up an email address or bank account. We can also help you to make a claim for universal credit or find a free-to-use computer or wireless access.

leicester.gov.uk/universalcredit
Or ask at our Customer Service Centre at 91 Granby Street.

Citizens Advice LeicesterShire

can help with any welfare or employment advice, including explaining in greater detail how universal credit works, how to set up a direct debit or how to avoid rent arrears.

**leicscab.org.uk
0300 330 1025**

60 Charles Street and at outreach locations around the city



Damp and condensation

When air cools, it loses some of its moisture – which is what causes condensation. Condensation collects on cold surfaces, and this gets worse in colder weather, especially when moving air can't reach the surfaces – for example, in corners, beside closed windows and behind cupboards. Condensation is a major

cause of household damp – when it is not dealt with, dark coloured mould often forms.

If you have damp and mould in your home you're more likely to have breathing problems and infections, allergies or asthma. Damp and mould can also affect the immune system, especially in babies and older people, so it's important to avoid them for your health as well as your home.

We can't avoid moisture in the air – showering, cooking, drying clothes, and even breathing all increase moisture. However, there are several ways to reduce condensation and help keep your home free from damp and mould.

If you are a council tenant it is your responsibility to remove condensation from your home, and follow steps to remove and prevent any

Moving out

When you move home it can be difficult to get everything done in time, but what happens if council tenants leave belongings or rubbish behind?

When you leave a council property, it's important to clear out all your belongings or this could end up costing you. Every year the council clears dozens of properties – and we have to charge this work to the former tenant.

Once you hand in your keys, a technician collects them and checks the property. If the property is too full to inspect, the 'crusher team' is called in. This is a team of staff with a crusher lorry who must go in to the property and remove any belongings left behind.

Voids manager Paul Marson said: "We have to be especially careful when removing rubbish because there could easily be sharp objects underneath. Also when televisions and other electrical items are left behind the team has to dispose of these correctly because they could catch fire or damage the crusher."

When the property has been cleared, a technician returns to the property to assess the condition and work out the cost to be passed on to the previous tenant. This can be up to £45 per cubic yard of rubbish plus any other damages or issues. Sometimes tenants are charged for making unauthorised alterations to the property.

If you do not clear your property or pay the charges, this could affect any future offers of accommodation via Leicester City Council's HomeChoice website. ■





TIPS TO PREVENT DAMP AND MOULD

Cut down moisture

- Always cook with pan lids on.
- If you use a tumble dryer make sure it is vented to the outside or that it is a condensing type.
- Do not use un-vented dryers inside your home.
- Dry clothes outside when possible. If you need to dry them indoors keep them near an open window.

Improve ventilation

- Open the window when showering or bathing and keep the bathroom door closed.
- Use extractor fans in the kitchen and bathroom if you have them – but not while windows are open.
- Keep furniture, like sofas, slightly away from the walls.
- Ensure any inbuilt ventilation, such as trickle vents and air bricks, are clear and open.

build up of water. Follow the advice on this page and on the council website.

Council tenants: if the problem does not improve after four weeks – or if you suspect the damp in your home is caused by a leak or rising damp – contact your estate management officer or our customer services to arrange a home visit. ■

Heating

- Maintain adequate levels of heat during the colder months.

Tackle mould growth yourself

- Wipe down moisture on surfaces when it appears.
- Apply a fungicidal wash to mould on a regular basis. You can buy this at supermarkets and DIY stores. Follow the instructions for correct and safe use.
- Dry-clean mildewed cloths and shampoo carpets.
- Do not try to remove mould by using a brush or vacuum cleaner.
- Don't over fill cupboards.



LEFT:

Rubbish: it could cost you

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Furniture bank

Your old furniture and household goods could help people who are in need



LEFT:
Resident
Sally Creedon
was delighted
with the
service

Leicester City Council is looking for donations of clean, useable furniture and other household items.

Under the new Furniture Bank scheme, the council collects furniture which is in a good condition to save it from going to landfill. We then pass things on to people who are in crisis to help them set up new homes.

Last year we re-used a massive 17 tonnes of furniture which could otherwise have ended up in landfill.

City resident Sally Creedon recently donated various items to the scheme. "What a fantastic service," she said. "They took a lot of stuff. It's great to get rid of things knowing that they're going to a new home."

Councillor Adam Clarke, assistant city mayor for energy and sustainability, said:

"At Christmas and in the January sales, many people buy new furniture for their homes. Furniture Bank is a great way to pass on unwanted but still useable items. It's also good for the environment, diverting tonnes of bulky and often very nice things from landfill.

"We can make sure that your items go to someone who really needs them. If you're moving or having a clear out, why not give us a call?"

How it works

If you have items to donate, phone 0116 454 1002. We will ask you a few questions and get back to you to arrange a collection.

Items we can collect include: sofas, armchairs, cupboards, cots, bed frames, drawers, tables, chairs, bookcases, cutlery, crockery, and bedding. There is a full list on the council website.

We can also help with house clearances – tell us when you phone and we will arrange to visit. We will not be able to clear the whole property but can remove any items which are suitable.

Sofas and armchairs must have a permanent fire label – these are usually sewn in to the underside or beneath cushions.

"It's great to get rid of things knowing they're going to a new home"

We cannot collect items that are ripped, stained or badly damaged. Also the scheme does not cover cookers, mattresses, clothing, pillows or electrical items.

Furniture is reallocated to residents via the community support grant. ■

TO DONATE ITEMS: **0116 454 1002**

TO APPLY TO RECEIVE ITEMS, PHONE: **0116 454 1019**

The right choice

Connexions has been recognised for the quality of information it offers young people



Connexions is run by Leicester City Council and offers a wide range of careers information and advice to young people aged 16 to 19.

The important role that Connexions plays in the futures of many of the city's young people was recognised recently, when the service received a prestigious Matrix Quality Award for information, advice and guidance.

The Matrix awards are the industry standard, so it means a lot to be recognised in this way.

Councillor Sarah Russell, assistant city mayor for children, young people and schools, said: "I'm really pleased that Connexions has been given this award, which highlights the strength and professionalism of our careers advice service.

"What's particularly pleasing about this award is that it was the young people who used Connexions who were asked to comment. It's great that they felt they could respond so positively about the service they'd received." ■

"I was struggling to cope with the stress of career choices – but now I'm much happier"



"Just working with them has opened up ideas we wouldn't have thought about before"



FAR LEFT:
Councillor Russell joins students and staff to celebrate the award

LEFT:
Happy and confident in their choices

Jason, Megan, Nieve and Erin, who all attend St Paul's Catholic School in Evington, each explained how Connexions has helped them. Year 11 student Jason, began: "Connexions helped me to find an engineering course and now I'm at college once a week. I knew that I wanted to do something practical, so I'm definitely on the right course for me."

Megan, in year 12, added: "I've always wanted to do something which involved helping people, like nursing. I worked with my Connexions advisor to look at the entry requirements for a nursing course, and I'm hoping to start when I finish my A levels.

"I was getting quite frazzled last

year because I was struggling to cope with the stress of career choices – but now I'm much happier and more confident because I have an idea about what I want to do."

Twins Nieve and Erin are in year 12 and both currently retaking exams. They plan to go into theatrical makeup, similar to the kind you might see on an episode of Casualty or in horror films.

Nieve explained: "Last year we just didn't know what to do. We both love skiing and theatrical makeup so our interests are quite unusual I guess!"

"But Connexions has given us time and support to think about what we want to do and they've worked

with us to find courses that match our interests."

Erin continued: "Our advisor understood what we liked and what we were good at, and helped us understand how to work towards the kind of career we both want. Just working with them has opened up ideas we wouldn't have thought about before."

If you are aged 16 to 19 and need some unbiased careers advice, or know someone who would benefit from this kind of support, Connexions is based at 16 New Walk. ■

0116 454 1770

leicester.gov.uk/connexions

FREE childcare for two year olds

Your child may be entitled to 15 hours of FREE early education per week if you are receiving a qualifying benefit and have a household income of £16,190 or less.

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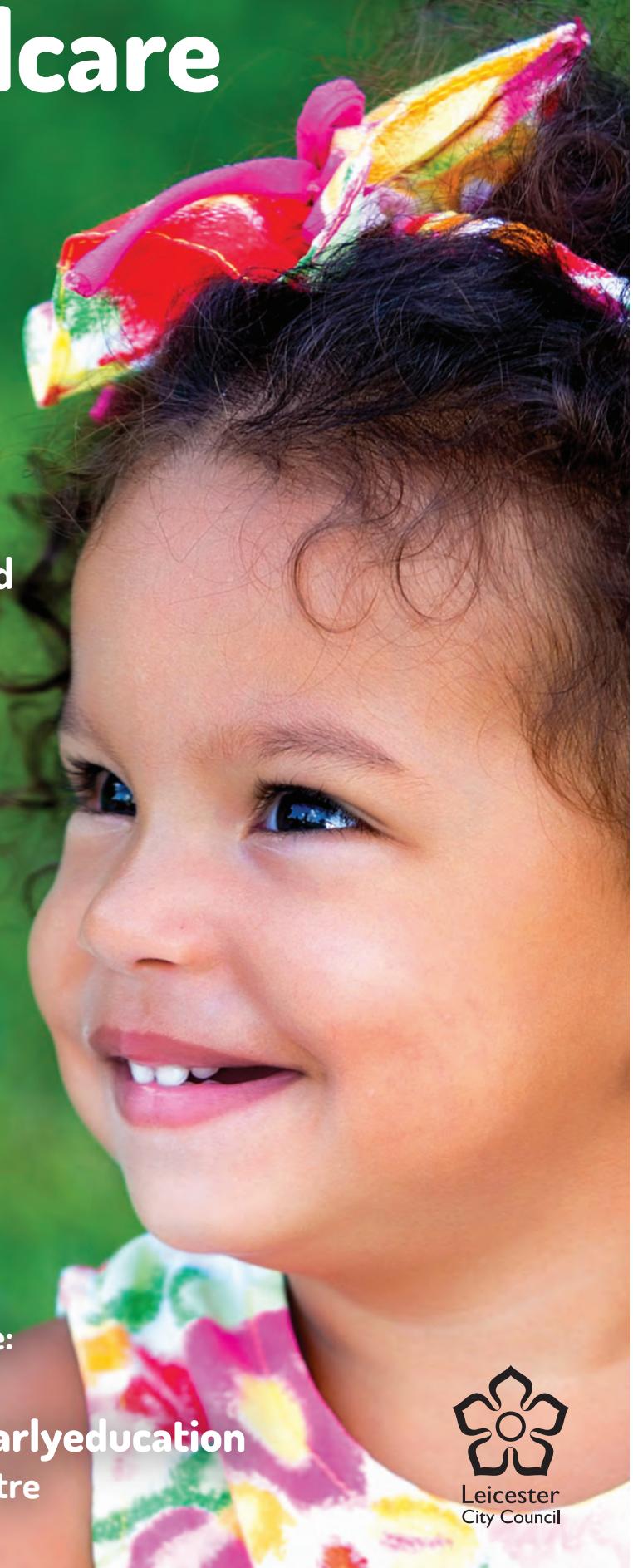
- Receives Disability Living Allowance
- Has a disability, statement of special educational needs or education, health and care plan
- Is looked after by the local authority
- Is no longer looked after by the local authority as a result of an adoption order, a special guardianship order or a residence order.

To find out if your child is eligible:

Telephone: **0116 454 1100**

families.leicester.gov.uk/earlyeducation

or go to your local children's centre





**CLOCKWISE
FROM LEFT:**
The new
community
sports arena;
Leicester
Riders in
action; the
Cobras and
Riders take
each other
on at Sports
Fest

Our new sports star

A brand new £4.5 million multi-purpose community sports arena is opening its doors to the public. Situated on Charter Street, next to Abbey Park, the new arena rejuvenates a once neglected part of the city, and it aims to encourage more interest and participation in sport and fitness.

The 2,400 spectator arena is by far the largest indoor sports facility in the city, able to stage high profile events including Basketball England finals. It provides a permanent city home for the Leicester Riders Basketball Club and Leicester Cobras Wheelchair Basketball Club as well as greatly-needed facilities for the students of Leicester College, local schools and city residents.

The programme of activities will particularly target 14 to 25 year olds

– an age when young people often stop taking part in sport. There are three full basketball courts, a fitness suite, classrooms, offices, bar and café.

Ian Trott, chairman of Leicester Cobras Wheelchair Basketball Club, said: "This arena will be a fine showcase for wheelchair basketball, rivalling the best arenas in the UK, and adding quality to what is fast becoming a highly professional and popular spectator sport. It will help us bring the sport to a wider audience and attract new young players."

During the year-long building project the council's Constructing Leicester programme worked with the building contractor to offer site tours for Leicester College's construction students. The arena is expected to generate more than 50 jobs.

The Leicester Riders Foundation is running the arena as a commercial business. Surplus funds will be reinvested to provide extra facilities at the arena and for sports development in the local community.

Councillor Piara Singh Clair, assistant city mayor for culture, heritage, leisure and sport, said: "This fantastic new arena will be a great asset for the community and will attract really big national sporting events to the city. I look forward to seeing how these state-of-the art indoor facilities create new opportunities for people to get involved in sport at grass-roots level. I hope it will encourage young people in particular to make playing sport a habit for life." ■

leicestercommunitysportsarena.com



Ten days

For 10 mostly glorious October days, Leicester was a host city for Rugby World Cup 2015. The time was marked by a carnival atmosphere, with three exciting matches, hundreds of free events and tens of thousands of visitors.

An estimated 72,000 people enjoyed the packed festival programme, more than 86,000 fans filled the stadium, and a total of 23,700 people watched games on the big screen at the Victoria Park Fanzone. By the end, even rugby doubters had embraced the not-so beautiful game and its passionate fans.

Assistant city mayor Councillor Piara Singh Clair is proud of the way





in October

that Leicester hosted the tournament.

"It's always a gamble, hosting a major outdoor event in the autumn, but the weather was generally kind to us," he said.

"All three of the matches played in Leicester proved to be exciting – and it's fair to say that the quality of the rugby was matched by the terrific atmosphere in the city.

"I'm very proud that we were able to create an environment that was so welcoming to our visitors from overseas – and that was due to the friendliness of local people, the enthusiasm of the volunteers, the quality of the entertainment on offer, and the family atmosphere

in our Fanzone.

"I'm very grateful to all our staff, our partners, the performers and the volunteers, who worked so hard to make sure that everyone who came to Leicester had a good time."

The players of Argentina, Tonga, Canada, Romania and Namibia brought passion to the pitch – but their fans brought sparkle to the whole city, visiting shops, bars and local attractions in their teams' colours and with their faces painted.

City centre shops and businesses reported good trade during the tournament and Leicester's major hotels were also fully booked. ■



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Leicester City Wheels to Work Scheme



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What is Wheels to Work?

If you have a confirmed placement in work, education or training, but no way of getting there, then you could benefit from Wheels2Work.
The scheme is open to residents of Leicester over the age of 16.

What is available?

We offer for hire a variety of electric and pedal bikes and electric scooters.
The type of vehicle offered depends on your personal journey requirements.



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LEFT:
The excavation of Jewry Wall site in the 1930s



FAR LEFT:
Displays in the 1960s



LEFT:
The museum today



What have the Romans ever done for us?

On 6 March, Jewry Wall Museum will play host to a very special event to mark fifty years of discovery. Since 1966, the Roman ruins in the heart of our city have been open to visitors who wish to find out what life was like in Leicester in ancient times.

Built as part of a Roman bath house, Jewry Wall itself was found to be part of the palaestra, or exercise hall, by Dame Kathleen Kenyon during her excavation of 1936-39. The site was nearly lost to bulldozers in the 1950s, when some members of the council wanted to turn it back into a public swimming pool. However, after much debate, the Jewry Wall was preserved and work began on the museum in 1959.

Designed by local architect Trevor

Dannatt, the museum apes the look of a traditional Roman bathhouse, with its vaulted ceilings and timber reliefs in the concrete. It was opened on 4 March 1966.

Today, visitors can discover ancient Leicester through a range of exhibits and events. Many are organised by the Friends of Jewry Wall, a group of volunteers that helps run and promote the museum.

Founded in 2004, the Friends support the development of exhibitions, the acquisition of collections and provide a programme of exciting events. In 2012, they were regional winners of the Marsh Volunteers in Museum Learning Award. The award celebrates the contribution volunteer groups make to raising the profile of

museums and making collections accessible to all ages.

Sarah Levitt, Leicester City Council's head of arts and museums, said: "Jewry Wall has intrigued local people and visitors to Leicester for hundreds of years, but it was only in the 1930s that the Roman baths were discovered.

"When Jewry Wall Museum opened its doors in 1966 Leicester's significance as a major settlement in Roman Britain could be truly appreciated. It has continued to delight people of all ages ever since.

"This anniversary is an excellent opportunity for people to come along, enjoy the activities and find out more about Leicester's rich history." ■

Jewry Wall 50th anniversary 6 March, 11.30am-3.30pm
Includes talks, tours, themed food tasting, craft activities and more.



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Benefit changes for Leicester

Universal credit is the new Department for Work and Pensions benefit which replaces:

- income-based jobseeker's allowance
- income-related employment and support allowance
- income support
- tax credits
- housing benefit

On 25 January 2016, universal credit was introduced in Leicester for single, childless claimants who would previously have made a new claim for jobseeker's allowance. It will be extended to other new claimants before 2018.

Universal credit is paid monthly, directly into your bank, building society or Post Office account. If you get housing costs as part of your universal credit payment you will be responsible for paying your landlord (see page 15 for more on paying rent).

**You can only apply for universal credit online.
You will need:**

- a computer and access to the internet
- an email address and basic computer skills
- a bank account, building society account or a credit union account
- evidence of identity, tenancy and income.

Leicester City Council provides universal support to help you make a claim for universal credit or if you have difficulty managing your money. To find out more about universal credit including local support available, visit leicester.gov.uk/universalcredit.

For queries about your universal credit claim, contact the UC Service Centre on 0345 6000 723.



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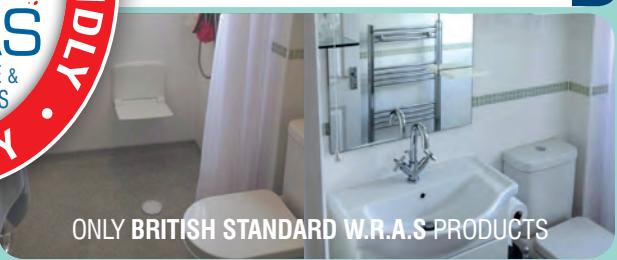
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The government's scientific advisers recently told us we are all eating too much sugar and that we should cut down on the amount of "added sugar" that we eat. Too much sugar can cause obesity, tooth decay and lead to diseases such as diabetes. These foods are also higher in calories so they can make you put on weight.

It is recommended adults eat no more than seven teaspoons of added sugar each day; children should eat less.

What is added sugar?

- Added sugars include 'table' sugar, syrups, honey and fruit juice. These are the sugars we should be cutting down.
- Intrinsic sugars are found naturally in fruit, vegetables and milk. They form part of a healthy balanced diet. Foods that naturally contain sugar – such as fruit and vegetables – are good for us because they release their energy slowly over a period of time.

But sugar is added to food such as cakes and biscuits, juices and soft drinks as well as things you might not expect, such as baked beans, soup, tomato sauce, breakfast cereals, smoothies, juice drinks and yoghurts.

It is recommended that we eat five portions of fruit and vegetables every day, as part of a balanced diet that also includes carbohydrates (bread, potatoes, rice), protein (meat, fish) and dairy products (milk, cheese).

How can we eat less sugar?

- Cut the sugar in your tea or coffee.
- Cook meals that contain less sugar.
- Swap soft drinks for water or milk.
- Cut down on sugary breakfast cereals.
- Eat more fruit and vegetables.
- Instead of cakes and biscuits try rice cakes and soft cheese or peanut butter. ■

Understanding the food label

Look for the amount of sugar a product contains per 100g. This example is tomato soup.

Tomato soup	Per 100g
Carbohydrates	15g
Of which sugars	13g

This product is not low sugar. Low sugar products have to have less than 5g sugar per 100g of product.

FOR RECIPE IDEAS:

leicester.gov.uk/ourhealthycity

FOR AN APP AND USEFUL GUIDES:

nhs.uk/change4life

Does this mean I have cancer?



I saw a patient last week, who had a cough that had started five weeks earlier and was not getting better. He told me that sometimes there was blood when he coughed. He had also been quite a heavy smoker in the past.

From what he told me, I did not know exactly what was causing this cough, or whether this could actually be cancer. But I knew that I needed to find out.

I referred him to hospital urgently to check for cancer and I told him it is really important that he goes to this appointment. Of course I understand that being told you need to be checked for cancer is obviously difficult to hear, but putting it off is not the answer.

cancers early enough.

The simple fact is this: if you do have cancer, the sooner we can start to treat it, the better the outcome is likely to be.

Early diagnosis can improve survival

Cancer that's diagnosed at an early stage, before it gets too big or starts to spread, is more likely to be treated successfully.

- More than nine out of ten bowel cancer patients will survive for more than five years if diagnosed at the earliest stage.
- More than 90 per cent of women diagnosed with breast cancer at the earliest stage survive for at least five years compared to around 15 per cent of women diagnosed with the most advanced stage of disease.
- Around 70 per cent of lung cancer patients will survive for at least a year if diagnosed at the earliest stage. This drops to around 14 per cent for people diagnosed with the most advanced stage.

So if your doctor refers you to hospital for a cancer check, clear your diary and make sure you go to the appointment. Please do not be tempted to put it off, no matter how busy you are.

Most patients referred for further tests do not have cancer; their symptoms are caused by something else. But if it is cancer, finding it early is by far the best option.

Professor **Azhar Farooqi**, GP and Chair
Leicester City Clinical Commissioning Group



Every week, around 20 patients in Leicester either don't turn up for their cancer check appointment or choose to rearrange it for a later date. And this has an effect on people's health.

In Leicester we have some of the poorest outcomes for cancer compared with many areas of the UK, and the UK itself compares poorly with other European countries. One of the main reasons is that we are not finding

STAY WELL THIS WINTER

Winter is not over just yet and this is the busiest time for our health services

- If you're not sure which service you need, call 111. An adviser will give you the advice you need or direct you straight away to the best service for you in your area.
- Pharmacists are experts in many aspects of health care and can offer advice on a wide range of long-term conditions and common illnesses. You don't

need an appointment and many have private consultation areas, so they are a good first port of call.

- Pharmacies are also often available at times when your GP practice is closed. Your pharmacist will say if you need further medical attention.
- It's estimated that one in six

GP appointments can be treated with self-care, so consider whether you really need to see a GP, especially for common viruses like colds and flu. You can get a range of self-care advice from the NHS Stay Well website.

nhs.uk/staywell

Breathe easy

Are you getting the most from your inhaler?

If you, or your child, have a lung disease such as asthma or COPD and you have been given an inhaler, it is really important that you use it correctly for the medicine to work. Almost nine out of ten people don't use the correct technique! Not using inhalers correctly may mean that the medicine will not work as well as it should and you may also get more side effects from the inhaler.

To make sure you are getting

the most from your inhaler, check the way you use it. Sometimes just slightly changing the way you use it can have a large effect on how you feel.

Ask your pharmacist, nurse or doctor to look at your technique or ask someone to video how you use it and show your healthcare professional at your next visit.

The Asthma Made Simple app, which has a seven-step guide to using the most common types of

inhalers, is free – download it to your mobile or tablet.



Opening times
Weekdays
18:30 to 22:00
Weekends and
bank holidays
09:00 to 22:00

GP appointments now available during evenings, weekends and bank holidays

NHS

Patients registered at Leicester City practices can now choose from four healthcare hubs:



Call **0116 366 0560** during opening hours or NHS 111 for an appointment, or just walk in. www.leicesterccg.nhs.uk/healthcare-hubs



We all know what we are supposed to do to stay well: maintain a healthy weight, eat a balanced, sensible diet, be physically active and avoid harmful habits such as alcohol and smoking. For many of us, the hard part is making it happen!

However, help is at hand to make a healthy change in your life.

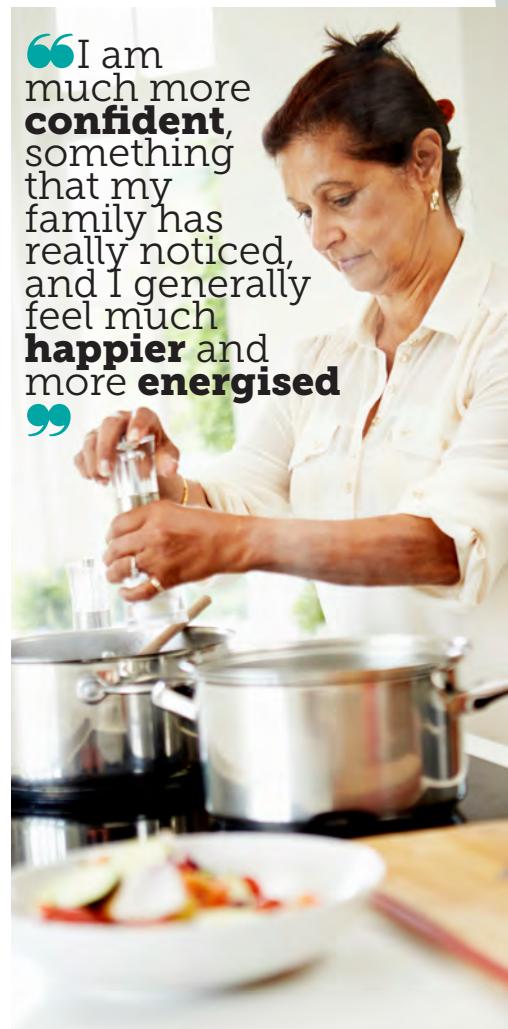
The Lifestyle Referral Hub is a unique service supporting the health and wellbeing of people living in Leicester. Set up by Leicester City Council and the NHS (Leicester City

Clinical Commissioning Group), it can help you to make small, sustainable changes that will lead to a healthier lifestyle.

Staff offer support with weight management, healthy eating, increasing physical activity, stopping smoking and cutting back on alcohol. It is much easier to make changes when you have support and encouragement, so why not contact them?

Please speak to your GP, practice nurse or healthcare assistant to be referred to the service.

“I am much more **confident**, something that my family has really noticed, and I generally feel much **happier** and more **energised**



Mrs Kaur's story

I began by making several changes to my lifestyle such as reducing my portion sizes, introducing more fruit and vegetables, and completely cutting out fizzy drinks. Gradually I built in more exercise. Previously I had lead a very inactive lifestyle due to pains that I suffered in my knees and legs. With the help of Deepa, my Get Healthy coach, I began by setting small goals of five minute walks to eventually going to the gym two to three times per week.

One of the most noticeable differences for me has been going from a size 22 to a 16. I also have much greater stamina: before, walking for just a short distance used to make me out of breath but now I can walk and

exercise with ease. Finally, I am much more confident, something that my family has really noticed, and I generally feel much happier and more energised.

Making these changes has been so worthwhile and I wouldn't change it for the world. When I started using the services I weighed over 18 stone, and with Deepa's help managed to drop down to 13 stone, which is an incredible achievement. I feel blessed to have got this far by making small, sustainable changes and I still enjoy my favourite Punjabi dishes. I have changed my life for the better – my doctors and nurses are so proud of me.

0116 217 1881

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Dementia support in hospital

When Carole's mum had to go to hospital for a scan, Carole wondered how she was going to manage: "Mum has dementia and that makes lots of situations really difficult. She isn't able to understand things like why she needs to visit hospital and she gets really agitated if she feels you're trying to get her to do something she doesn't want to do. I was dreading having to take her into hospital. The staff there are so busy, they wouldn't have met mum before and I was worried they wouldn't know how to get the best out of her."

Fortunately, the Alzheimer's Society was able to help through their Hospital Dementia Support Service. This has been set up in Leicester to help make hospital stays, or day visits, as easy as possible for patients with dementia and for their carers.

The service recognises the difficulties patients with dementia may face during hospital stays, providing information and guidance from the point of planned or emergency admission, right through until the patient leaves hospital. It is designed to enable patients and their carers to understand and cope better with their time in hospital and to ensure they are better prepared for being discharged to the right place and with the right support ready for them.

The service can also help when a carer has to go into hospital, by contacting agencies such as social services and prompting them to arrange care for the person with dementia until their usual carer is back home and well enough to take over again.

"The Hospital Support Service was brilliant," said Carole. "Sophie rang and came to visit me and mum at home; she made sure that the hospital staff knew about mum's dementia and how little she could understand. She also advised them on the best way to communicate with mum so that things would run smoothly on the day.

"When we got to the hospital, the doctor was really patient with mum and the scan went well. Sophie had made that appointment so much easier for me as a carer.

"Afterwards, Sophie also helped to get things moving with social services, so that mum could have more support with daily living. The service made such a difference for mum and for me."



“The service made such a difference for mum and for me”

The Alzheimer's Society Hospital Dementia Support Service covers Leicester Royal Infirmary and Glenfield Hospital. It is available for patients who have dementia, and their carers, for planned hospital stays or day appointments, or for those who find themselves admitted to hospital unexpectedly.

CALL: 0116 258 7519 or 07753 310356 Email: alzheimers.society@uhl-tr.nhs.uk

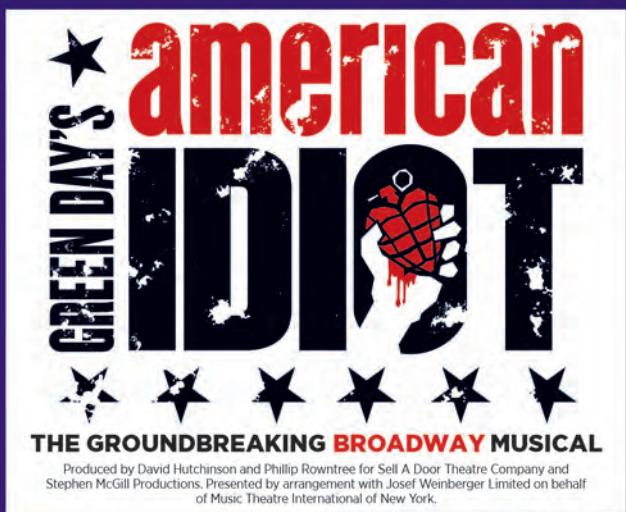
The service is commissioned by the Clinical Commissioning Groups for Leicester, Leicestershire and Rutland.



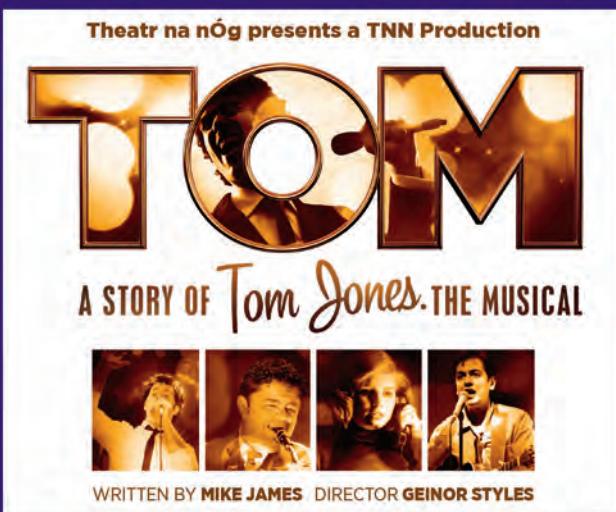
16 - 20 FEB



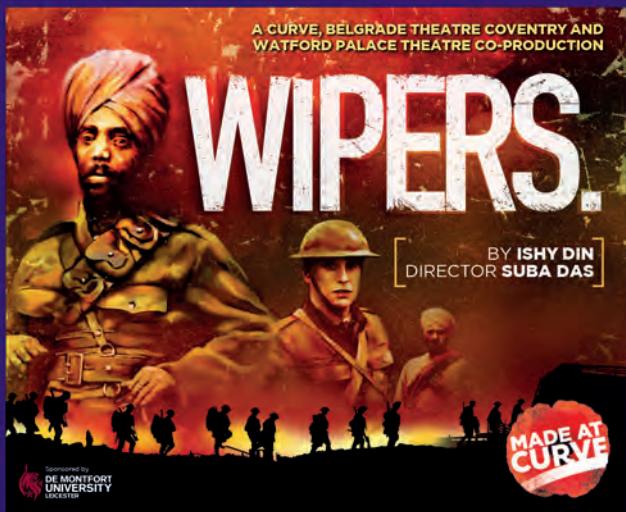
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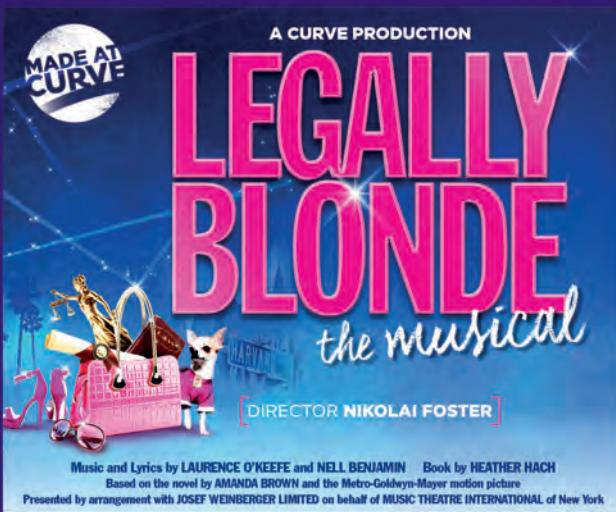
19 - 26 MAR



30 MAR - 2 APR



8 - 23 APR



11 APR - 14 MAY

CURVE

TICKETS 0116 242 3595
WWW.CURVEONLINE.CO.UK
CURVE THEATRE, LEICESTER

Curve is run by Leicester
Theatre Trust, a registered charity
(no. 281058). We gratefully
acknowledge the support and
the continued dedication of
and partnership with the
following organisations:

Leicester
City Council

Supported using public funding by
ARTS COUNCIL
ENGLAND

what's on

Welcome to What's On – your guide to entertainment venues, museums, libraries, leisure centres and community groups.

For listings of events, shows and activities in Leicester please visit leicester.gov.uk/whatson

ENTERTAINMENT

The Bodyguard

Head to DMH this spring for the award-winning musical based on the blockbuster film, The Bodyguard.

Showing at De Montfort Hall in March, the musical stars three-time Brit nominee and X-Factor winner Alexandra Burke. Direct from its smash-hit West End run, the show is coming to Leicester for two weeks only. Former secret service agent turned bodyguard Frank Farmer is hired to protect superstar Rachel Marron from an unknown stalker. Each expects to be in charge – what they don't expect is to fall in love.

A breathtakingly romantic thriller, The Bodyguard features a host of Whitney Houston's greatest hits including Queen of the Night, So Emotional, One Moment in Time, Saving All My Love, Run to You, I Have Nothing, Jesus Loves Me, I Wanna Dance With Somebody and one of the greatest hit songs of all time – I Will Always Love You.

The Bodyguard
15-26 March
Tickets from £26 - £47.50
with concessions and group discounts available.

DE MONTFORT HALL | 0116 233 3111 | demontforthall.co.uk | thebodyguardmusical.com

CURVE

A state-of-the-art theatre in the heart of Leicester's vibrant Cultural Quarter. With no traditional backstage area audiences can enjoy the full theatre making process.

0116 242 3595
curveonline.co.uk

LUNCETIME CONCERTS

New Walk Museum and Art Gallery hosts a programme of chamber music organised by the Leicester International Music Festival.

0116 225 4920
leicesterinternationalmusicfestival.org.uk

UPSTAIRS AT THE WESTERN

Leicester's first pub theatre, above The Western. Enjoy live theatre, spoken word, music and comedy in this intimate venue in the heart of Leicester's West End.

upstairsatthewestern.com

PHOENIX

Based in the city's Cultural Quarter, Phoenix is Leicester's independent cinema, arts centre and café bar. It shows everything from micro-budget foreign films to the latest Hollywood blockbusters on two modern cinema screens.

0116 242 2800
phoenix.org.uk

LITTLE THEATRE

Home of the Leicester Drama Society, which produces 12 main-house shows each year and a pantomime, performed in the 350-seat auditorium. The theatre also hosts shows from other Leicestershire societies and touring productions.

0116 255 1302
thelittletheatre.net

THE Y

A live performance venue with an eclectic programme of music, comedy, theatre, new performances and spoken word. The 300-seat theatre also hosts candle-lit cabaret style events and standing gigs.

0116 255 7066
ytheatre.co.uk

ATTENBOROUGH ARTS CENTRE

The University of Leicester's inclusive arts centre. With a 120-seater performance space, three studios and an exhibition gallery, it offers a diverse programme of performance, courses and workshops covering a wide range of art forms.

0116 252 2455
attenborougharts.com

For a full programme of events please contact the venues directly or visit their websites





St George's Festival

Saturday 23 April | From 12 noon

Orton Square and Cultural Quarter

Enjoy the annual family friendly festival on Orton Square: music, dance and live performances on the square and in venues across the Cultural Quarter. The festival promises a day of non-stop entertainment for all the family, full of activities to try out and fun things to do including the fancy dress parade and the popular dragon hunt.

visitleicester.info/stgeorgesfestival



Leicester Comedy Festival 3-21 February

The festival arrives for its 23rd year, featuring over 600 shows in 40 venues. Watch out for headline acts (including Vic and Bob at De Montfort Hall) and special events including The UK Pun Championships, Comedy in the Dark and Leicester Mercury Comedian of the Year competition.

comedy-festival.co.uk

Farmers Market First Thursday of every month Gallowtree Gate

Your chance to buy fresh local food directly from the producers every month on Gallowtree Gate. Organic meats, savoury pies, cakes and breads, preserves, jams, honey, real ale, goat meat, plants and more!

leicestermarket.co.uk

St Patrick's Celebration

13 March

Parade through city centre

Starting at 12 noon from Holy Cross Church on New Walk and finishing at Jubilee Square at around 1.30pm. The parade is organised by The Emerald Centre and features local Irish community groups and sports teams led by a traditional pipe band.

visitleicester.info/festivals

Holi Festival

Wednesday 23 March

Spinney Hill Park and Cossington Street Recreation Ground

Marking spring, this 'festival of colour' includes bonfires, prayers and throwing coloured dye.

visitleicester.info/festivals

Leicester at the Cross

Friday 25 March

Humberstone Gate West

Marking the Christian festival of Easter, the programme includes a dramatic presentation of the events of Good Friday.

holytrinityleicester.org

Vaisakhi Parade

12 April

Parade from Melton Road to Catherine Street

Celebrating the initiation ceremony of the Khalsa Brotherhood that first took place on 13 April 1699 when the 10th Master Guru Govind Singh initiated the first five, originating the traditional names of Singh for males and Kaur for females.

visitleicester.info/festivals

Continental Market**20-24 April****City centre**

Mouth-watering international food floods Gallowtree Gate and the Clock Tower: this award-winning continental market takes place three times a year. A treat for the whole family with fresh paella, bread and pastries, sweets, plants, exotic meats and more.

leicestermarket.co.uk**One Big Day Out****Saturday 30 April****From 12 noon****De Montfort Hall Gardens**

The picturesque De Montfort Hall Gardens creates a perfect back drop for a great day out packed with live acts, good food and beer. One Big Day Out provides the summer

soundtrack of funk, soul, jazz, reggae and ska. Headlining are Brand New Heavies, pioneers of the London jazz scene and a British music institution. Their unique mix of jazz, funk and soul has lit up the music scene for the last two decades, supported by The Neville Staple Band, Stone Foundation, New Street Adventure, The Paradimes, Johnny and The Good Time Boys and The Funk Soul Collective.

demontforthall.co.uk**The Spark Children's Arts Festival****23 May – 4 June****Various venues**

The Spark is the largest children's festival in England, presenting the best theatre, dance, music, visual arts and digital media events for young people and their families.

A chance to play, dance, make great art and see fantastic theatre – this year's festival takes place in theatres, schools, libraries, parks and community venues across Leicester.

sparkfestival.co.uk**Art House****11-13 June****Clarendon Park and Stoneygate**

Over 10 homes open up their doors to the public in this well-established weekend art extravaganza. Free event featuring over 40 artists.

art-house.org.uk

@ArtHouseLeics

facebook.com/art.house.leicester

Leicester Riverside Festival

4–5 June | From 12 noon

Bede Park, Mile Straight, Western Boulevard and Castle Gardens

One of Leicester's biggest free festivals featuring activities on and off the water. Highlights on the river include dragon boat racing along the mile straight, colourful boats from across the region, canoe demonstrations and boat trips.

On land, the festival continues to build on its reputation for great live music by showcasing some of the best bands and artists on the main stage. There's plenty to entertain the whole family including children's activities, the Ride Leicester area, arts and crafts, street entertainers and the children's funfair plus a variety of tempting food stalls.

Once again there will be an environmental focus to the festival with various groups, workshops and displays helping to raise awareness of environmental issues. Castle Gardens hosts inspiring eco activities – have a go and learn new skills or just enjoy a picnic in the relaxing space.

visitleicester.info/riversidefestival



Leicester and East Midlands Open Art Exhibition 2016

12 March - 8 May | New Walk Museum and Art Gallery

The ever popular and diverse Open exhibition presents a stunning array of artworks and contemporary craft by artists from Leicester, Leicestershire and across the region.

The exhibition is open to practitioners across a wide selection of different art forms including

painting, photography, illustration, sculpture, textiles and ceramics. Artists featured in the exhibition have the chance to win a variety of prizes.

For application information and enquiries, please visit the website: visitleicester.info/open27



ABBEY PUMPING STATION

Leicester's museum of science and technology, displaying the city's industrial, technological and scientific heritage.

0116 299 5111

BELGRAVE HALL AND GARDENS

An oasis of peace and quiet in a busy city, set in the midst of two acres of serene walled gardens that are open to the public during special events.

0116 229 8181

NEW WALK MUSEUM AND ART GALLERY

Leicester's original museum has wide ranging collections and displays spanning the natural and cultural world.

0116 225 4900

NEWARKE HOUSES MUSEUM AND GARDENS

Composed of two historic houses, Wygston's Chantry House and Skeffington House, this museum tells the story of contemporary Leicester and the history of the Royal Leicestershire Regiment.

0116 225 4980

THE GUILDHALL

One of the best preserved timber framed halls in the country, dating back 600 years, the Guildhall now hosts a regular events programme including comedy, music, theatre and seasonal children's events.

0116 253 2569

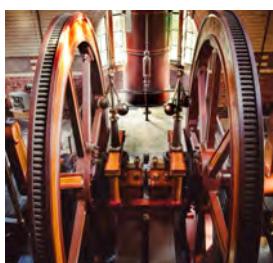
JEWRY WALL MUSEUM

Discover the archaeology of Leicester's past and find out about the people of Leicester from prehistoric times to the medieval period.

50th anniversary celebrations

Jewry Wall museum celebrates its 50th birthday with a special event on 6 March, 11.30am-3.30pm. Turn to page 27 to find out more about the museum and its history.

0116 225 4971



Leicester's museums hold special events and activities for all ages throughout the year.

For more information on current exhibitions and events please visit leicester.gov.uk/museums or contact the museum directly



FootGolf

At Humberstone Heights golf course you can now take part in FootGolf – a new sport combining the best of football and golf. On both Saturday and Sunday the course is open from 1pm onwards but booking is essential.

0116 299 5570

david.butler@leicester.gov.uk.



Walking football

Walking football sessions for people over 50 proved a big hit at Cossington Street Sports Centre. The sessions were funded by Leicester City Council and Age UK, and delivered by Leicester City coaches. A new series of sessions started in January at Braunstone Leisure Centre, every Thursday from 1-2pm. The first session is free and after that you pay £2 per week.

0116 454 0590

sportregeneration@leicester.gov.uk

Walks in the parks

Join us for a stroll across the lovely parks of Leicester. Walks are held every Tuesday morning in a different park at 11am. They last between 60 and 90 minutes depending on weather conditions. Where possible there is a break for refreshments during or at the end of the walk.

0116 454 0590

sportregeneration@leicester.gov.uk

LIBRARIES

Aylestone Library 0116 233 3178

Beaumont Leys Library 0116 299 5460

Belgrave Library 0116 299 5500

Braunstone Library 0116 299 5476

Central Library 0116 299 5401

Evington Library 0116 221 1286

Fosse Library 0116 225 4995

Hamilton Library and Learning Centre 0116 221 2790

Highfields Library 0116 299 5494

Knighton Library 0116 299 5477

New Parks Centre Library 0116 229 8200

Pork Pie Library and Community Centre 0116 299 5480

Rushey Mead Library 0116 266 5112

Eyres Monsell Self-Service Library 0116 278 7294

St Barnabas Library 0116 299 5450

St Matthew's Library 0116 222 1045

Westcotes Library 0116 299 5510

SPORT

Aylestone Leisure Centre 0116 233 3040

Braunstone Leisure Centre 0116 229 3232

Cossington Street Sports Centre 0116 233 3060

Evington Leisure Centre 0116 299 5575

Knighton Tennis Centre 0116 270 8696

Humberstone Heights Golf Course 0116 299 5570

Leicester Leys Leisure Centre 0116 233 3070

New Parks Leisure Centre 0116 233 3080

Saffron Lane Athletics Stadium 0116 283 3275

Spence Street Sports Centre 0116 299 5584

St Margaret's Pastures Sports Centre 0116 233 3095

The City Of Leicester Singers

Christchurch, Clarendon Park Road
Mondays 7.15-9.15pm

We always welcome new singers – come along to any rehearsal. Concerts at St James the Greater Church, London Road.

0116 299 4444
boxoffice@cityofleicestersingers.co.uk
cityofleicestersingers.co.uk

Community Choir

Sir Jonathan North Community College

Tuesdays, 7.20-8.50pm

Term-time only. New recruits welcome.

0116 292 8088
enceehome@virginmedia.com

Epilepsy Action

BHS, Gallowtree Gate
Third Monday of each month, 10am-12noon

For people with epilepsy, families and carers. Children welcome.

0116 241 4940

Leicester Badminton Club

New College, Glenfield Road LE3 6DN

Tuesdays 6.30-8.30pm

Leicester's friendliest badminton social club. Mixed abilities from late teens upwards.

£3.50

Michael 07967 592208

Leicestershire Anglo-Hispanic Society

Adult Education Centre, Wellington Street
Learning Spanish? ¿Habla español?

Meetings in both Spanish and English from September to May on many interesting topics. Third Thursday of most months.

Sue 01509 262770

<https://sites.google.com/site/leicsanglohispanicsoc/>

Leicester Circle Dancing Group

Friends Meeting House, Queen's Road

First and third Thursday of each month from September until June, 7.30pm.

Newcomers very welcome. £3.50 (£3 unwaged).

Brenda Worrall 0116 270 3070

Leicester U3A

Christ Church, 105a Clarendon Park Road

A self-help organisation offering learning for life and social opportunities for those no longer in full-time employment. Second Tuesday of the month, 2.45pm.

9 February – Sex, Surnames and the History of Britain, Mark Jobling

8 March – Annual General Meeting

12 April – The Work of the Attenborough Centre and its New Art Gallery, Sam West

10 May – The Fascination of Numbers, David Siddons

0116 273 7237

leicester-u3a.org.uk

Leicester Yoga Circle

Judgemeadow Community College,
Marydene Drive

Meets once a month on a Saturday morning for an interesting and varied programme of yoga practice.

13 February – Nerissa Fields

12 March – Michelle Helstrip, 10.30am-4pm to include shared lunch and short AGM

23 April, 21 May, 18 June – tutors TBC

All regular sessions run 10.30am-12.30pm

ruth@mgheath.co.uk

Leicester Association of National Trust Members

Regular afternoon and evening meetings with speakers, lecture lunches, outings and social events.

Alan Tyler 0116 222 9133

leicesternt.btck.co.uk

Leicester Decorative and Fine Arts Society

Sue Townsend Theatre (formerly Upper Brown Street Theatre) Leicester LE1 5TE

Fourth Wednesday of every month, 7.45pm. Lectures on a variety of topics related to decorative and fine arts given by leading speakers in their fields. Guests welcome: £7.

0116 270 4710

leicesterdfas.org.uk

Leicester and Leicestershire Photographic Society

Friends Meeting House, 16 Queens Road

Meet Fridays, 7.30pm

Varied talks: architecture, creative photography, panoramas. We always welcome new members. Open for entries to annual exhibition 13-14 May, Christchurch.

landlps.org.uk

Jean 0116 254 3853

Leicester Musical and Drama Society (LMADS)

Rehearsals every Tuesday 7.30-9.30pm

If you love anything to do with the stage and performing arts then why not join our society? Minimum age 16.

07442 503987

Leicester School Race Walking

Saffron Athletic Stadium

Wednesdays, 6-7pm

Training with UKA level 4 coach Chris Smith, 33 years county team manager.

All ages and abilities, for competition and fitness. Track fees apply.

07964 762136

smithracewalk@hotmail.co.uk

Leicester Sketch Club

Leicester High School for Girls

First Wednesday of most months

Regular monthly meetings with talks and demonstrations and sketching days.

0116 255 2161

leicestersketchclub.co.uk

New Parks New Friends

New Parks Centre Library, Aikman Avenue
Tuesdays, 10am-12 noon

Reviving community spirit – drop in for coffee, cake and a chat. Donations towards refreshments invited.

Judith 07816 908619

judith.wray@methodist.org.uk

Over 60s activity group

St Matthew's Sports Hall, Malabar Road

Thursdays, 9am-12pm

Badminton, carpet bowls, aerobics and table tennis, £2.

Celia Jeffery 07724 148686

Panthers Badminton Club

Crown Hill Community College,

Gwendolen Road, LE5 5FT

Tuesdays, 7-9pm

If you have an intermediate standard of badminton give us a call. New players required. Men and women welcome.

Sims 07870 195338 or Paul 07855 491640

Quilling and Paper Crafts

Evington Park House, Cordery Road
LE5 6DE

Thursdays, 2-4pm

Quilling is an art form that involves rolling, looping and curling strips of coloured paper to make decorative designs. Beginners very welcome. Materials provided free for first month (subject to terms).

Audrey Matthews 0116 319 1718

Red Leicester Choir

Secular Hall, 75 Humberstone Gate LE1 1WB
Wednesdays 7.30-9.30pm, term-time only

New singers always welcome.

0116 270 3143

redleicesterchoir.com



Thinking Straight

Stocking Farm Healthy Living Centre,
Packwood Road,

Leicester LE4 2ED

Wednesdays, 12.30-2.30pm

A group for parents or carers of Leicester and Leicestershire based children living with or suspected of having autistic spectrum disorder or ADHD.

0116 299 5646

Vaughan Architectural and Historical Society

St Christopher's Church, Samworth Academy, 50 Tenant Road
All meetings 7.15pm. £3 for non members.
gerry.stacey@ntlworld.com
01455 636686

Victorian Society

Adult Education College, Wellington Street
2 February – AGM and What the Edwardians did for Leicester
1 March – Crematoria to die for: the Victorian and Edwardian expression of cremation
5 April – Decorative arts in Leicestershire from 1850
All meetings 7.30pm, £2.50
[@LeicVicSoc](http://victoriansociety.org.uk/leicester)

We Love Pilates

Tuesdays, 10-11am; Wednesdays, 1.30-2.30pm – Robert Hall Memorial Baptist Church Hall, Narborough Road.
Wednesdays, 6.30-7.30pm – BRITE Centre, Braunstone Avenue.
Thursdays, 11.05am-12.05pm – Gymnastics Zone, Unit 55A, First Floor, Faircharm Trading Estate, Evelyn Drive.
Six week courses £30 please book in advance.

Dianne McDermott-Crampton
07854 553448
info@welovepilates.com

Yoga with Mary Doughty

New Walk Museum
Every Monday and Friday,
10-11.30am and 12.15pm
Mary 07757 644345 or
0116 229 1121

Yoga in Clarendon Park

Hartopp Road: Tuesdays 6.15-7.30pm
St John the Baptist: Thursdays 6-7.30pm.
Kay 07718 758637
stillpointtherapy@wordpress.com



It is free to place an entry in What's on but please note that we don't always have room for all submissions.
The deadline for entries to the next issue is 4 April. whatson@leicester.gov.uk or 0116 454 4160

Leicester City Council does not endorse the entries listed; they are for information only.
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COMMITTEE MEETINGS

Leicester City Council holds a number of council, executive and committee meetings which are generally open to the public to attend. Our democratic support officers can advise you on your rights to attend meetings, how to submit petitions and ask questions at meetings or any other query you may have about how committees work.

Each ward also holds regular community meetings. You're very welcome to turn up and talk to councillors and officers about anything that's affecting your ward.

leicester.gov.uk/communitymeetings
community.meetings@leicester.gov.uk
0116 454 6349

Democratic Support, City Hall,
115 Charles Street, Leicester LE1 1FZ
committees@leicester.gov.uk
0116 454 6352



SOCIAL MEDIA

Get social with us for our latest news and much more...

[@leicester_news](https://twitter.com/leicester_news)



[f/leicestercitycouncil](https://www.facebook.com/leicestercitycouncil)

#Leicester

contact your councillor

You can contact your councillor by email or telephone or by visiting one of their regular surgeries. To find out when and where your councillor holds surgeries, go to leicester.gov.uk/councillors or phone 0116 454 6360.

ABBEY	AYLESTONE	BEAUMONT LEYS	BELGRAVE	BRAUNSTONE PARK & ROWLEY FIELDS
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 Annette Byrne 07890 564736 annette.byrne@leicester.gov.uk	 Nigel Porter 0116 233 6150 nigel.porter@leicester.gov.uk	 Sue Waddington 07875 546321 sue.waddington@leicester.gov.uk	 Manjula Sood 07976 398192 manjula.sood@leicester.gov.uk	 Elaine Halford 07736 194813 elaine.halford@leicester.gov.uk @cllrhalford
 Vijay Singh Riyait 07875 480641 vijay.riyait@leicester.gov.uk @vriyait		 Paul Westley 07581 019660 paul.westley@leicester.gov.uk	 John Thomas 0116 292 9549 john.thomas@leicester.gov.uk	 Kulwinder Singh Johal 07736 194824 kulwinder.singhjohal@leicester.gov.uk
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 Lynn Senior 07792 016061 lynn.senior@leicester.gov.uk	 Sue Hunter 07736 194816 councillor.sue.hunter@leicester.gov.uk			 Gurinder Singh Sandhu 0116 454 6360 gurinder.singhsandhu@leicester.gov.uk

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**Mustafa Malik**

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 @rossgrant

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 /clrlrely.cutkelvin

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 @susieshimmie

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Sarah Russell

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 @sarah_westcotes

George Cole

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george.cole@leicester.gov.uk

Mohammed Dawood

07800 907313
councillor.mohammed.dawood@leicester.gov.uk
 @mohammeddawood

Malcolm Unsworth

07875 937863
malcolm.unsworth@leicester.gov.uk



contactus

Online – leicester.gov.uk

- Contact us online for payments, applications, bookings, and information
- Mobile enabled for phone and tablet
- Available all day, every day

Telephone

General enquiries	0116 454 1000	Tenants advice and repairs	0116 454 1007
Environment	0116 454 1001	Housing options	0116 454 1008
Waste management	0116 454 1002	Education and schools	0116 454 1009
Parks and green spaces	0116 454 1003	Business support centre	0116 454 1010
Social care and safeguarding	0116 454 1004	Automated switchboard	0116 454 1011
Council tax and business rates	0116 454 1005	Automated payments	0116 454 1012
Housing benefits	0116 454 1006		

Out of hours emergency numbers

Council housing emergency repairs

0116 254 9439

Road repairs, street lighting, and flooding

0116 254 4344

Children's social care emergencies

0116 454 1004

Adult social care emergencies

0116 255 1606

Customer service centres

91 Granby Street, Leicester LE1 6FB

New Parks Centre, 321 Aikman Avenue, LE3 9PW

Merlyn Vaz Centre, Spinney Hill Road, LE5 3GH
(open Tuesday and Wednesday)





Don't get distracted - focus on the road!



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