

Long Whetton News

APRIL 2025



Lambs. It is lambing season again, so here's a couple basking in the sun at Manor Organic Farm.

There is a fair bit going on this month

and it's all inside this issue; the Easter Hunt, a musical evening at the Friendship Centre, a mouth watering Greek recipe, health, gardening and another village walk.

YOUR FREE VILLAGE MAGAZINE



**WE OFFER FREE NO
OBLIGATION QUOTES**

CONTACT US:



CALLUM 07539 178235

DOM 07956 657820

C.BPLUMBING@OUTLOOK.COM

**WE ARE 2 LOCAL, QUALIFIED AND INSURED ENGINEERS. WE HAVE A
COMBINED 30 YEARS EXPERIENCE IN THE INDUSTRY AND WE
THRIVE FOR CUSTOMER SATISFACTION.
FIND US ON FACEBOOK FOR EXAMPLES OF OUR WORK.**

◆ BATHROOMS

◆ KITCHENS

◆ DISABILITY ADAPPTIONS

◆ FULL HOUSE RENOVATIONS

◆ JOINERY & FLOOR LAYING

◆ DOMESTIC & COMMERCIAL



KINT AND NATTER *VE day anniversary plans*

The knit and natter group have been busy knitting hats for children in Gambia. So far we have donated 80 hats. Although it is a very hot country it gets very cold at night so they are very much appreciated.

We are decorating the postbox and benches for the VE Day 80th anniversary in May and we are also knitting poppies for a display to be put up in Diseworth church.

We hope to see you at the Easter Fun Day in the gardens of The Falcon on Saturday 19th April where we have a stall. We will be selling our usual array of knitted goods and gifts.

This month Knit and Natter will meet on Friday 4th and 18th, from 10 to 11.30am at the Falcon Inn, there is no charge - just pay for your tea or coffee. Knitting experience is not essential.

OVER 60S TEA PARTY

A thank you

A very big thank you to Val and her helpers for a wonderful over 60's Tea Party. It was great to meet up with old friends and what a lovely Tea.

The tables looked lovely. The sun was shining, everybody happy and talking. Fantastic and Well Done. 10 out of 10

Jackie Cave



ABOUT THE LONG WHATTON NEWS

The Long Whatton News is produced twelve times a year and is delivered free of charge to every home in the village every month.

We aim to distribute the magazine around the 1st of each month.

WE WANT YOUR NEWS

We would like to hear from you about your club, event or absolutely anything news-worthy about the village and its people.

Text us, WhatsApp us or email us
longwhattonnews@gmail.com

It is produced by volunteers and depends entirely on voluntary contributions, advertising revenue and fund raising events.

The online version can be found on:
www.longwhattonnews.co.uk

THE TEAM

Penny de Kock 07393 407896
Neil Bamford 07921 855607

COPY DEADLINE

The copy deadline for articles for the May issue is 21st April.



YOUR LOCAL SELF STORAGE

just 4 miles from Long Whatton

CaSSOA Platinum Accredited

High security caravan, motorhome and vehicle storage

#NOTORDINARYSTORAGE

Beautiful surroundings, fantastic community,
and open 7am to 8pm every day

VEHICLE | DOMESTIC | BUSINESS



www.wagtailstorage.co.uk

info@wagtailstorage.co.uk 01530 222179

GARDENING TIPS FOR APRIL *by Shirley Blyth*

We are now into the full flush of spring and everything starts to look green and vibrant, and I must admit sunny days do make me feel happier. The greenhouse is starting to fill up with seedlings which will hopefully mature into young plants that will soon find their way into my and friends gardens.

Weatherwise: During April the days are beginning to warm up, but do watch out for falling temperatures and frosts at night. Fruit blossom can fall victim to a sharp frost. Also beware of the temptation of planting out young or tender plants at the moment. The winds are usually much calmer this month. April showers may bring forth May flowers but we do need it to relent at some time.



Once more widespread in the wild, the nodding pink and white-chequered blooms, can now only be found in a handful of floodplain meadows in southern and central England.

Flowers in flower in April

Amelanchier - One of my favourite small trees with colourful new spring foliage, blossom, fruit and copper autumn foliage)

Bellis - Double daisy, a good bedding plant
Bergenia - Elephant's ears , rich magenta or white flowers.

Dicentra spectabilis - Bleeding heart, clump forming perennial.

Dogs tooth violet - Beautiful yellow flowers that increase in size and quantity as they age. Gets its name for the shape of the bulb which is like a dog's tooth .

Epimediums - Can make good ground cover.

Delicate flowers come in all colours

Fritillary - The small Snakeshead looks like a picture in a spring garden.

Flowering currant - Superb plants for insects.

Fruit tree blossom Another good food for a whole range of insects

Magnolia stellata - Slightly fragrant white flowers. Medium height tree.

Weeping pear - Creamy white flowers in spring.

Jobs for this month

Spray roses for blackspot. Preferably with a natural remedy that is not harmful to the garden's mini-beasts.

Trim grey-leaved plants to keep them bushy.

Tie in new shoots on climbers to give support.

Support tall growing perennials.

Transplant seedlings and young plants that you find whilst gardening.

Keep up with weeding as you garden.

Annual weeds can be pulled out by hand but perennial weeds need digging out completely.

Start to sow tomatoes and tender plants in the greenhouse.

Transplant seedlings before they get too leggy.

Sow or turf new lawns. Ideally just before or after a shower of rain.

Start to deadhead daffodils as the flowers fade. Leave the leaves 6 weeks before cutting in order to feed the bulbs for next year.

Wills | Trusts | Lasting Power of Attorney | Estate Planning | Funeral Plans

Have You Made Your Will Yet? Is Your Will Up To Date?
We Come To You!



Please Contact

Mrs Christine Thomas

chris@tclegalservices.co.uk

Mrs Clare Cooper

clare@tclegalservices.co.uk

Office: **08450 568571**

Mobile: **07889 335743** or **07866 415251**

www.tclegalservices.co.uk

Member of the Society of Will Writers/
Supporting the work of Rainbows Hospice



Ballet Classes

**FOR CHILDREN, ADULT BEGINNERS AND SILVER SWANS
LOCKINGTON AND DISEWORTH VILLAGE HALLS**

LOCKINGTON VILLAGE HALL - SATURDAYS from 4th January

Primary and childrens ballet classes from 3 & half yrs to Grade 6, intermediate & pointe work.

There is a strong focus on the ballet technique, especially good for children pursuing gymnastics as another skill. Small classes to develop confidence and enjoyment through dance and storytelling styled movements. Dance/Drama for older pupils. Enquire for class times and details.



DISEWORTH VILLAGE HALL - WEDNESDAYS
from 8th January 2025

Silver Swans - Adult beginners: 6.15pm

Adult refresher (grade 5) 7.00pm

Pre-Intermediate (& pointe work) 8.00pm

Website: Claudette Caven Dance

Claudette Caven, AISTD, Advanced Cecchetti Ballet,

Advanced Modern, Advanced Character

07931714804 email claudettecavenhenrys@hotmail.co.uk

LAMB AT EASTER *Greek lamb with orzo*

You may think that we eat lamb at Easter because of its seasonality. If you're eating out of season British lamb at Easter, then it will have been born around December, and in order to get it finished in time for the Easter rush, it will have been fattened on grain and is often reared indoors.

Alternatively, if you are eating grass-fed lamb, then it's most likely travelled all the way from New Zealand to get to your plate.

"If you are eating grass-fed lamb, then it's most likely travelled all the way from New Zealand"

dying on the cross – Jesus being “the lamb of God”. It's most likely that Christians eat lamb at Easter to remember this sacrifice.

Greek Lamb with Orzo
(Serves 6)

What you need

- 1 kg Lamb shoulder
 - 2 onions (sliced)
 - 1 tbsp chopped oregano or tsp of dried
 - half tsp ground cinnamon
 - 2 cinnamon sticks, broken in half
 - 2 tbsp olive oil
 - 400g tinned tomatoes
 - 1.2 litre stock
 - 400g orzo
 - Parmesan cheese
- What you do*
- Heat oven to 180C/fan 160C/gas 4. Cut the lamb into 4cm chunks, then spread over the base of a large, wide casserole dish. Add the onions, oregano, cinnamon sticks, ground cinnamon and olive oil, then stir well. Bake, uncovered, for 45 mins, stirring halfway.
 - Pour over the chopped tomatoes and stock, cover tightly, then return to the oven for 1½ hours, until the lamb is very tender.
 - Remove the cinnamon sticks, then stir in the orzo. Cover again, then cook for a further 20 mins, stirring halfway through. The orzo should be cooked and the sauce thickened.
 - To serve, sprinkle with grated Parmesan and serve with crusty bread.



So if it's not in season, why the enthusiasm for lamb at Easter?

The most likely reason is that it's symbolic. Going back into Jewish history and the time of Passover (on which Easter is based), celebrations took place to mark the liberation of Israelites from slavery in Egypt.

The Jewish Festival of Passover is traditionally a spring festival – and this is when the Passover Lamb is killed.

For Christians, the lamb is more a representation of Jesus sacrificing himself and

*If you have any ideas for 'Themed Recipes' you'd like to see or if you have any queries or comments
email alanc9989@gmail.com*

SHEPSHED SPECIAL COMMUNITY BUS FRIDAY OUTINGS 2025

February 28th CHERRY LANE GARDEN CENTRE

The UK's only value garden centre, they sell plants etc, homeware, clothing, gifts, cards, crafts, groceries and much more. A wonderful restaurant £10

March 28th HATTON GARDEN & SHOPPING VILLAGE

Independent shops offering hand crafted treasures, homewares, decorations and ornaments. Places to stop for food and drink £15

April 25th - THURLASTON GARDEN CENTRE

Plants, homeware, clothing, footwear, crafts, gifts, lovely café and more £10

May 30th- STAMFORD TOWN & MARKET

A Beautiful stone town, plenty of shops, cafés and a wonderful market £15

June 27th- TRENTAM GARDENS

Beautiful gardens (entry fee required), garden centre, timber lodges selling various goods, places to eat £15

July 25th- STRATFORD UPON AVON

A Beautiful place to visit, lots of history, boat rides, shopping, cafés etc £15

WE HAVE LIMITED SPACES, TO BOOK A PLACE PLEASE CONTACT THE OFFICE TO ARRANGE PAYMENT ON 01509 650531. THIS IS A DOOR-TO-DOOR SERVICE IF REQUIRED OTHERWISE WE MEET AT THE BUS DEPOT BEHIND SHEPSHED TOWN COUNCIL (TIMES TO BE CONFIRMED)

Shepshead Special Community Bus Industrial & Provident Society No. 25490R (Afforded Charitable Status)



SHEPSHED SPECIAL COMMUNITY BUS

2025

SHOPPING SERVICES

TO BOOK A PLACE PLEASE CALL 01509 650531

THIS IS A DOOR-TO-DOOR SERVICE: PLEASE CALL FOR MORE INFORMATION

9/9.30AM START, RETURN LUNCHTIME

MONDAY MORRISONS COALVILLE FORTNIGHTLY

TUESDAY MELTON MARKET FORTNIGHTLY

THURSDAY LOUGHBOROUGH

DROPPING OFF AT MORRISONS, SAINSBURYS & THE RUSHES AND PACKE STREET

FRIDAY ALDI

GROUP/EVENT HIRE:

PLEASE CALL FOR MORE INFORMATION

LONG WHATTON NEWS *Advertising rates*

6 months per month

Full page £18

Half page £12

Quarter page £7

One off per month

Full page £22

Half page £14

Quarter page £8

These prices are based on print ready artwork supplied. We can accept Jpeg, EPS and TIFF formats although PDF is the preferred format, in CMYK.

Advert sizes:

Full page with bleed: 148mm wide x 210mm deep plus 3mm bleed on all sides

Full page standard: 132mm wide x 194mm deep

Half page: 132mm wide x 94mm deep

Quarter page: 63mm wide x 94mm deep.

Design: We can provide a design and artwork service for your advert, if required. Prices are subject to sight. Email us at longwhattonnews@gmail.com

WHERE IS YOUR TREASURE? *Revd Simon Stevens*

I remember the first time I played a particular computer game. I had gone to a friend's house to try out his computer, expecting to see something cool—maybe a Sinclair Spectrum or a Commodore 64. Instead, we stepped into his dad's study, and I exclaimed, "What on earth is that?" It wasn't one of the home computers everyone wanted—it was a BBC B. Those were school computers, and I wasn't impressed! To make matters worse, it had just one game: a little space simulator called Elite.

Despite my initial scepticism, I decided to give it a go. Last week, I finally finished playing the latest version of that very same game—forty years later! That's longer than I spent in education and most of my working life. Still, at £9.99 for several decades of entertainment, I'd say that's value for money.

Jesus once told his disciples, "Where your treasure is, there your heart will be also." In other words, if you want to understand what truly matters to someone, follow the money. A vicar once suggested I apply that question to churches: if a church claims that mission is its top priority, does its budget reflect that? The same is true for the wider world, where recent global events and political changes overseas have forced us all to reconsider the country's spending priorities.

With April marking the end of the

financial year, it's a good time to reflect on our own priorities—not just financial ones, but also how we spend our time. What matters most to you? Your work, your family, your faith? Does your diary reflect that?

As we step into a new season, perhaps it's worth asking: where is your treasure? And where, then, is your heart?

Revd Simon Stevens
Self-Supporting Minister
Kegworth & Hathern Benefice

WI *Coming up*

At our March meeting two detectives from Leicestershire fraud squad came to tell us how to protect ourselves against scams and fraud, the tricks and tactics the fraudsters use and how to recognise them, also how to help and support others who maybe victims.

For our April meeting we will be going to a pottery in Staunton Harold to decorate a piece of pottery to keep, this is a members only activity.

In May our speaker will be telling us how the real CSI operate in their quest to detect and solve crimes.

All welcome £5.00 for the event and £2.00 refreshments and raffle. Please contact Lesley on 01509506714 for information on events and joining the WI.

B&B - UP NORTH *A poem by David Griffiths*

You're up I see, d'you sleep well Pet?
Have you had your muesli yet?
I make it all myself, I must
I'll not be standing all tha dust!
Come on Pet, Now try the fruit
It is the best, there's no dispute!
It's all organic, take my word
To eat owt else would be absurd
Every day to John o' Groats
Where d'you think I get the oats?

And blueberries (becos we're poor)
I have to pick them off the moor.

Bananas now, there is a gem
I goes to Africa for them!
No Pet I'll get out of your way
Annd have my first fag of the day
Now Dave, my hubby, bag of lard
Will settle up but mind-NO CARD!.



Twice Nominated in the British Blues Awards

Mumbo-Jumbo

Four Hands and a Horn!

Songs and laughter from three singer-songwriters

... blues, folk, a bit of swing, jazz-latino with a forties feel ... best see them yourself."

SLAP Magazine

"Political? Yes! Social Commentary? Yes! Funny? Yes! Fab musicians? Yes! The audience loved their music."

Village Hall Promoter Derbyshire

LONG WHATTON FRIENDSHIP CENTRE (LE12 5DF)

Saturday 12 April, 7:30pm

£12.50 (Standard)

BOOK NOW: 07964 824108 or lwca79@gmail.com

liveandlocal.org.uk



WWW.MUMBO-JUMBO.BIZ

ALL SAINTS CHURCH *news and services for April*

Services this month all welcome and do stay for refreshments afterwards

Sunday 6 April 10.30 - Inside outside church 10.30. Morning Prayer inside the church in the Lady Chapel. Outside come with us and see spring in Whatton Gardens.

Easter Sunday 20th April 10.30 - Join with us as we celebrate the light entering our lives that comes at Eastertide. Holy Communion service led by the lovely Peter Yorkstone with organ accompaniment by Stuart Thompson, who lives in the village and is a most accomplished organist, pianist and musician. It really is worth coming to church just to hear the organ being put through its paces and as you have probably never heard it played like that before!

Thank you to all those who helped with the churchyard gardening on Saturday 22 March. It was a very nice sense of community and it certainly was a case of many hands making light work! As a church we are very proud of our Eco church status and commitment to be friendly and encouraging to all wildlife. We will be repeating our lawn mowing regime of the last 2 years whereas best we can we leave areas of the churchyard uncut or cut on a higher mower setting to allow the naturally occurring wild plants to flower. Essential for insects or all shapes and sizes, themselves a food source for birds. Why not consider this in an area of your garden? Keep an eye on your village churchyard during the coming months and see how attractive it can be when wildflowers and grasses are allowed to reach flowering. On this nature note we have applied for permission to install swift nest boxes in the church belfry. The Swift is a summer visitor, an aerial bird and most superb flyer sleeping, eating and bathing on the wing and unlike swallows they never perch on overhead wires. In Fact they

only land when it's time to nest and it is here that the church can help. Swifts like to nest in houses and churches but as more buildings are renovated and gaps and soffits closed up Swift nest sites are fast disappearing. This and falling insect populations resulted in Swifts being added to the red list of endangered birds in the 2021 UK Conservation Status Report. If you are keen to know more or be involved please make contact, Viv Matravers, v@manororganicfarm.co.uk

The Saturday Coffee morning will not be taking place as we will be at the Easter event, please come and support the event.

Thank you for all your generous donations for the church repairs. Please do keep them coming. We really do want to reach the

£15000 required for all the work needed. So far we have a fantastic total of around £10000. You can donate using the card reader in the church which is open during daylight hours, by cheques made payable to All Saints PCC and via the QR code.

We are without a Vicar at the moment. We are waiting for the powers that be to decide our future. For all wedding, funeral and baptism enquiries please contact our excellent administrator Sarah pa.ljw@outlook.com For any other enquiries I will help if I can, so do make contact. Viv Matravers 07780097997 v@manororganicfarm.co.uk

Finally as a church we are required to have an annual general meeting and this year it will be on Tuesday 6th May at 7.00pm in the church. Everyone in the parish (village) is welcome to come.



*Got something to say?
Get it off your chest. Email -*

LONGWHATTONNEWS@GMAIL.COM



OLD CURIOSITY BOOKSHOP



Second-hand Bookshop 50,000 titles to browse

Gift Vouchers always available. Tel: 07737738018, Viking House, Shepshed Road, Hathern, LE12 5LZ

Online Bookshop: www.oldcuriositybookshop.co.uk

CRAFT & GIFT ROOM UPSTAIRS

BOOK ADVENT CALENDARS: 24 books in any genre or mix of genres, £25 collected or £35 posted to any UK address.

OPEN: Monday 10am-2pm, Tues-Friday 10am-6pm, Saturday 10am-4pm Free Car Park off Shepshed Road, Card or cash.



A SHORT WALK *around the back*

This simple stroll begins on the corner of Smithy Lane and West End. Head along West End towards Diseworth for almost 1km passing Uplands Farm, Tudor House, Little Thatch, Little Dormers, and Manor Farm farmhouse - some of the oldest dwellings in the village -until you come to Lister Court on your left. Just the other side of Lister Court is a bus stop and footpath sign.



Turn left onto the farm track following the sign to a metal gate. Go through the gate and keep left across the field to the left hand corner. (pic left)

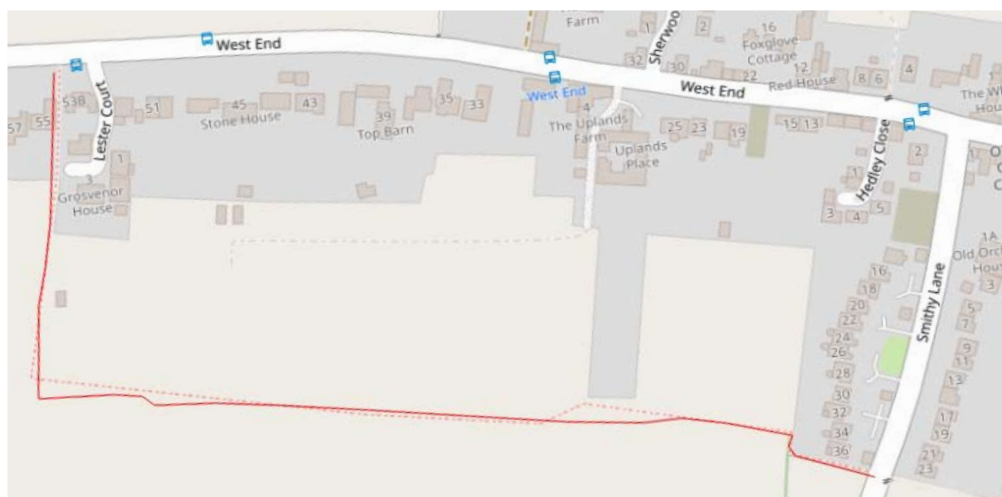
Turn left again, into a much larger field, keeping left along the edge. Smaller fields will be on your left with the backs of the houses along West End beyond them.

After 870m you will come to the end of the field. Go through the Gap and follow the path to Smithy Lane. Turn left to head down the hill to the starting point.

This walk is approximately 2.5km/1.5 miles with gentle slopes.



Looking back across the big field



Village Easter Hunt



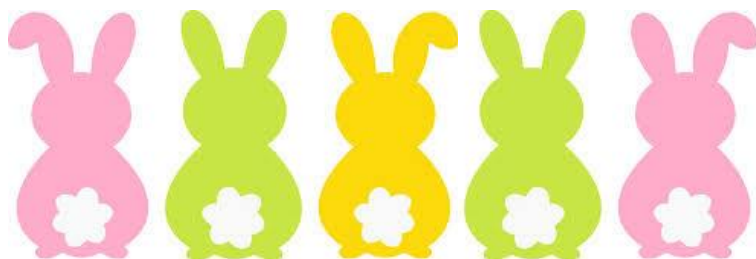
Saturday 19th April between 11am and 3pm

Come to the Falcon gardens to collect the Hunt instructions (£2), then enjoy a walk around the village, finding the hidden clues.

This year we will have a pavement only route and a pavement/field route. The field route is unsuitable for pushchairs, includes stiles and probably mud.

Have you found them all? Return to the Falcon to claim your reward, have a go on the raffle, play some games and visit the stalls.

Food and drinks available from the Falcon.



Organised by the Long Whatton Community Association and Knit & Natter with thanks to the Falcon.



VILLAGE AMENITIES *Food, rooms and more*

Village Shop. Open Monday to Friday 7am to 8pm, Saturday and Sunday 8am to 8pm. Fresh coffee and teas.

Manor Organic Farmshop. Open Wednesday to Friday 10am to 5.30pm and Saturday 9am to 4.30pm. Butchery and bakery. Dog freedom and agility field. 01509 646413

The Mobile Library. On the third Thursday of each month in 2025. Oakley Drive, Piper Drive, and Main Street

Falcon Inn. Bar, restaurant and rooms. Open

for food Monday to Thursday 12 noon to 2.30pm, 5pm to 8.30pm, Friday and Saturday 12 noon to 9pm and Sunday 12 noon to 6pm. 10 ensuite rooms available. 01509 842416

Royal Oak. Bar, restaurant, function room and rooms. 12 ensuite rooms. 01509 843694

The Forge. Bed and breakfast. 3 ensuite rooms available. 07766 654331

Shepshe Special Community Bus offer transport to and from Loughborough every Thursday. Phone 659531 to book a place.

CALLING ALL VILLAGE SHOW HELPERS

If you'd like to see competitions like the tallest sunflower, best home-grown veg, or tastiest jam return to this year's Village Show, we need your help!

We're looking for volunteers and judges to bring it all to life - without them, the show simply can't go ahead.

Pop your name down at the Easter event at The Falcon on 19th April, or email longwhattonnews@gmail.com if you'd like to help.

Once we have a list of volunteers, we'll arrange a meeting to get the

plans rolling - everyone's welcome (there may even be biscuits)!



COFFEE OPPORTUNITIES *Dates and venues*

Village Coffee Morning @ The Falcon Inn - The next coffee morning will be on Monday the 14th April 10:30am till 12 o'clock.

Village Coffee Morning @ All Saints Church There will NOT be a coffee morning at All Saints on 19th of April 2025 instead we will be at the Village Easter event.

If you would like more information or need a lift to All Saints Church, please contact Jane Scholtz 073 9334 9009 or 01509 842736 or Penny de Kock on 07393407896 or just join us on the day.

These coffee mornings are a great way to

meet new people, or meet old friends for a natter. If you are new to the village, come and make some new friends and hear some stories-of-old about the village.

MOBILE LIBRARY

The Mobile Library will visit the village on Thursday 17th April.

The first stop will be Oakley Drive from 10.00 to 10.20am, followed by Piper Drive 10.25 to 11.05 and finally Main Street/Layby 11.15 to 11.55

Ladies - still feeling young at heart?



Maybe niggling aches and pains are stopping you from moving as well as you used to?

Maybe you've been told you should 'strengthen your core' because you have back pain?

Do you want to feel stronger, more flexible, taller and looser?

Perhaps you are looking to get back into exercise, but are not quite sure where to start?

Would you like to be part of a fun and supportive community helping you to achieve your movement goals?



CLAIM YOUR FREE PILATES CLASS NOW!

Classes in Kegworth, Shepshed, Hathern & Long Whatton

Reasons to claim your FREE class now:

- You'll be shown Pilates based exercises to help you move better (to reduce those niggly aches and pains)
- You'll be shown ways to improve your balance (helping you to walk, skip or run with confidence)
- You'll be shown strengthening exercises, and exercises to improve your mobility (helping you to continue to do the activities you love)

“I feel stronger and straighter... and I think if you can stand tall and walk tall it makes you feel much better. Makes you feel stronger. Makes you feel more confident... and that's part of what Pilates does.” - Pam

To claim your FREE class text 'YES Free Class' to 07921 040 707 or email cara@caratattertonpilates.co.uk - Find us on social media



30 PLANTS A WEEK *Health by Liz Jarrom*

Wow! Eating 30 plants a week is the new directive rather than 5 a day. It sounds like a daunting task, but it's actually much easier than it first sounds. But why should we bother? It sounds like a lot of effort. According to Professor Tim Spector of King's College London, author of the book *Food for Life*, and who also has a long history of research into nutrition and gut biome health, eating 30 plants a week is crucial.

So why 30? That was the optimal number found, when Professor Spector's extensive research was combined with long term studies done by The American and British Gut Project. A collaboration where they explored the relationship between diet and its impact on the health of the human gut biome. This figure was optimal both in the sense that the health benefits for eating more than 30 different plants a week started to plateau, and also because it was a realistic goal.

Participants in the study were mostly able to fit in 30 different plants a week or very close to it. The team also looked at a group of 11,000 people who filled in a food questionnaire, detailing how many plants they ate a week. Those eating 30 or more plants a week had a much greater diversity of gut microbes, a richer mixture of species, than participants who ate 10 different plant foods a week or less. High diversity of species is consistently linked to a reduced risk of suffering from common diseases such as obesity, diabetes, dementia, autoimmune diseases, cancer and heart disease. Until recently, plant foods were thought to be beneficial mostly because of their micro nutrient content, especially their vitamin

content.

Now, researchers are beginning to understand that it is the complex combinations and interactions of fibres, phytonutrients and plant proteins, when they are being digested, that make plants vital for good health. It's what happens to all these plant parts when they are digested by our gut microbiome that makes them so unique and beneficial for our health. Our gut microbiome thrives on having

'Forget eating 5 plants a day, rev up your health and vitality by eating 30 plants a week.'

a wide variety of plant fibres to choose from. Amazingly, they use this diversity of plant material to make many different chemicals that are vital to our health. Our gut biome is like a mini, personal pharmacy making so

many of the nutrients we need, but only if they get the variety of plant materials they require.

Plant food helps to feed the good microbes in our gut so that they crowd out the bad guys that we don't want. So what should we be eating to achieve this target? It's best to look at food groups, of which there are 6. Grains could include brown rice, oats, quinoa, buckwheat, spelt, wild rice and popcorn even. Fruits could include apples, avocado, cherries, lime olives, peaches, strawberries and pomegranates. Vegetables could include asparagus, fennel, kale, lettuce, mushrooms and sweet potato. Beans could include butter beans, kidney, pinto, lima, cannellini and peas. Nuts and seeds could include almonds, Brazil nuts, hazelnuts, peanuts, pine nuts, pumpkin seeds, pistachio nuts and walnuts. They last group is herbs and spices. Tiny portions of these count highly as such small amounts bring big benefits. Basil, cinnamon, dill, ginger, mint, nutmeg, parsley, pepper and turmeric.

Jumble Sale

Long Whatton Friendship Centre - LE12 5DG

Saturday 10th May 2025

from 10 to 12 noon

50p ENTRY

Arrive early to bag that bargain.

Good Quality Items
Bric-a-Brac, Books, Handbags,
Shoes, Tools, Household Items,
Nearly New Clothes etc...

Contact Val 01509 646 031 or
Silke 07964 824 108 or
Debbie 07500 709 160
to arrange collection of your
donation



Having a spring clear-out? We can take your unwanted items.
Drop them off during the Community coffee morning any Thursday
before the 10th between 10 and 12, or ring one of the above numbers
to arrange a collection.

Nearly New Fashion Show and Clothing Sale

Friday 2nd May 2025

7 for 7.30pm – Free entry

The Community Association is supporting 2 Girl Guides from the village in their fundraising efforts and some of the donated clothes will first be made available during the evening of May 2nd from 7pm. You will have the opportunity to enjoy the Fashion Show, led by the Guides, peruse and buy the clothes for sale, all while taking advantage of the licensed bar.

Organised by the Long Whatton Community Association.



30 PLANTS A WEEK *Health by Liz Jarrom*

These are just a few from each group. A surprising, and welcome addition to the list is dark chocolate, over 70 cocoa mass, or 100% cocoa powder, without additives. That's one I will eat every day! There are many lists online and a variety of useful recipes there too. Each individual plant counts only once, but the list I selected had 120 different plant foods listed and some you only need a tiny amount of, like herbs and spices. Creative cooking helps too. A large bag of spinach will reduce down to just a few teaspoonfuls if wilted in a pan, and savoy cabbage melts away to a small portion if slowly sweated in a frying pan in a

little water with a knob of butter added at the end of cooking, and is tasty too. Eating fresh, raw, cooked, frozen or tinned all counts, and you can obviously eat more than one portion of each plant per week. So, I am looking at it as a target to aim at. Now is also a good time to choose some leafy salad seeds to plant in a pot to grow in the garden, a tub on the patio or even on a windowsill or select some ready grown herbs in the supermarket or garden centre. If not, select from the choices in the freezer cabinets at the supermarket and tins on the shelves, as each one counts towards your 30 a week.

LONG WHATTON DIARY – *All the village events this month*

Village Easter Hunt - Saturday 19th April starting at the Falcon Inn, 11am

Band - Mumbo Jumbo - Four Hands and a Horn, Saturday 12th April, 7.30pm Friendship Centre.

Knit & Natter Group - held on the 1st and 3rd Friday in the month, 10 to 11.30am at the Falcon Inn, no charge just pay for tea or coffee, experience not essential.

Community Café - every Thursday, 10 to 12 in the Friendship Centre. Tea, coffee, and a slice with good company. Meet other villagers, mothers with babies and friends. We currently run a "bring your own record and play it" and a book swap. LWCA

Pilates - 1st and 2nd Mondays of the month at The Friendship Centre, 9.15am to 12.30pm

Whatton Wailers Community Choir meets every two weeks at the Falcon Inn. Singing for fun, no formal auditions £4 per session. For more information and dates contact Andrew on 07890 204466.

The Falcon Coffee Morning. 2nd Monday of the month 10.30 - 12 at the Falcon Inn. Penny de Kock on 07393407896

All Saints Church Coffee Morning. Held on 3rd Saturday of the month, 10.30 - 12 at the Church.

WI. Meetings held every second Tuesday of the month, 7:30pm to 9:30pm at Long Whatton Friendship Centre

Jumble Sale - Friendship Centre, 10th May from 10 to 12 noon. 50p entry.

Nearly New - Fashion Show and Clothing Sale, 2nd May from 7pm for 7.30 start. Free entry and licensed bar.

DISEWORTH DIARY *April*

Bridge Club, every Wednesday at the Heritage Centre, 2 - 4pm.
Heritage Centre open Sundays 2 - 4pm, April until October

9th April - Coffee morning at Diseworth Heritage Centre, 10am-12noon

24th April - Dialogue collating & meeting, Heritage Centre, 7.30pm

26th April - Bingo night & Fish and chip supper, Village Hall

29th - Village Hall Committee meeting, 7.15pm



New Spring Menu Now Being Served

**Set Menu Available
Monday - Friday Lunchtimes
2 Courses £18.50
3 Courses £24.00**

**OUR GARDEN ROOM IS AVAILABLE FOR PRIVATE CELEBRATIONS
OR CORPORATE MEETING ROOM HIRE**



**All details can be found on our website
www.theroyaloaklongwhatton.co.uk
01509 843694**