

# Long Whetton News

AUGUST 2025



## *The Village Show*

is just weeks away. Preparations have been ongoing for many months to make it even bigger and better, including lots of competitions - details inside.

Alex Lowe has been 'working' locally, the Karate Club is going from strength to strength, there's a quick pudding recipe, the schools pupils have been busy, and don't forget gardening, health and more inside.

YOUR FREE VILLAGE MAGAZINE

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## WHAT'S ON AT THIS YEAR'S VILLAGE SHOW? *A day full of fun*

Get ready, Long Whatton – the Village Show is back and better than ever! Whether you're coming for a bit of friendly competition, a slice of homemade cake, or just a great day out with the family, there's something for everyone.

**Competitions – Feeling Competitive?**  
Brush off your best entries and get involved:  
*Tallest Sunflower Competition* – Have you grown a garden giant? Let's see it!  
*Photographic Competition* – Show off your snaps and capture the beauty of village life.  
*Dog Show* – Bring your four-legged friend and maybe they'll strut off with a rosette!  
*Tug of War* – If we've got the teams, we've got the rope!  
*Cricket Match* – A classic British favourite – pop over to cheer them on!

**Other Activities – Something for Everyone!**  
*Children's Activities* – Keep the little ones busy with games and fun.

*Bouncy Castle & Rodeo Sheep* – Yes, you read that right. Hold on tight!  
*Cricket Bowling Machine* – See if you've got the skills to hit a six.

*Tea, Coffee & Cakes* – Because no village show is complete without them.

*Bar Open* – Pull up a pint and relax with friends.

*The Ice Cream Man Returns!* – Back by popular demand (bring extra napkins).

*Manor Farm Burgers* – Local and delicious – don't miss out.

*A Few Stalls* – With unique finds and local treats.

*Raffle Time* – Win Big! This year's raffle is bursting with brilliant prizes, including: A Box of Beer from the fabulous Charnwood Brewery, 3 x IAM RoadSmart Taster Drives courtesy of Leicester Group of Advanced Motorists and much more!

Whether you're a regular or a first-time visitor, the Village Show will be a cracking day out come rain or shine.

Hello all Long Whatton dog owners!

It will soon be time for our village show on Sunday August 24th and we are hoping to have lots of entries for our dog show. This was a great success last year, but we would like to have many more dogs taking part.

There are classes for all kinds of dogs: Old and young, pedigree and cross breeds, and rescue dogs. So give your dog a brush, pop its lead on and come along!

We are taking entries from 12 o'clock and judging will start at 12.30pm. Hope to see you there.



Sunflower competition.

The rules are thus:

1. The Judges decision is final.
2. The sunflower can be grown either in a pot or in the ground and the height will be measured from soil level to the top of the sunflower.
3. Should the sunflower main stem be broken it can not be included in the competition.
4. Contact details of the sunflower competitors will be sent to the show's organiser- email [longwhattonvillageshow2025@gmail.com](mailto:longwhattonvillageshow2025@gmail.com). Details will include telephone number and address where the plant is being grown.
5. Names of the competitors will be forwarded to the judge by the 17th August 2025.
6. The sunflowers will be measured on the 22nd August by the judge.



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## GARDENING TIPS FOR AUGUST *by Shirley Blyth*

In most years we would be looking forward to warm summer days. This year I am certainly looking forward to more normal temperatures and some rain to fill my water butts. A few days ago during the last heatwave the temperature in my greenhouse reached 52.5 degrees Centigrade (or 126 degrees F).

August is usually when we take a break, either going on holiday or just sitting back and enjoying all of your hard work. This may be true if we have had some considerable rainfall since I wrote the article for July. Year to date, in my garden, I have recorded 247 mm of rainfall, which is 248mm less than we had had for the same period last year. No wonder that the East Midlands was described as a drought area in July.

Like everyone else I have tried to be careful with my use of water as I have a water meter. So I thought that this month I would list ways to conserve water and think about how we use water in the garden. In times of minimal rainfall, falling levels in reservoirs and hosepipe bans gardeners have a bad rep for wasting water. So here are my tips on how to minimise the use of tap water in the garden;

1. Get a water butt or two and link them to a down pipe from your roof. It is incredible how much rain water you can collect from a roof.

2. Put up guttering around your shed and collect the rain in another water butt.

3. Most grey water (ie washing up water, bathwater) can be used to water pots. However do not use on acid loving plants - they need rainwater.

4. Water in the early morning or later in the evening. Not in the middle of the day.

5. Use a watering can to get at the base of the plant, so that the water is absorbed by the plant.

6. Place an upturned plastic bottle with the bottom cut off into the soil and water into the bottle so that the water gets to the roots.

7. During hot spells like we have experienced so far this year, prioritise what you should water first. Crops should come first, then plants in pots, young plants and shrubs. Lastly plants and shrubs in the garden usually can look after themselves and only need watering when they look like they need it. I haven't fed or watered my lawn this year as there is no need to as the lawn will spring back as soon as it rains. What you shouldn't do is cut it during these hot spells.

Plants in flower this month:

*Begonia* - A cast iron plant for a garden, available in white and red.

*Buddleia davidii* - A nectar rich plant known as the butterfly bush,

*Chocolate cosmos* - Have a glorious scent of chocolate

*Dierama* - With delicate arching stems often known as Angel's fishing rods

*Gazania* - Available in hot colours give

gardens a fiery look until the first frost  
*Hydrangea* - Lacecap and mophead varieties, possibly not good to grow this year!

*Monarda* - A real bee magnet which is why it is known as bee balm.

Jobs to do in August:

Put out water for wildlife and if you have fish in your pond, keep it topped up

Collect seed from plants that you wish to propagate for next year. Also start to take cuttings from pelargoniums and fuchsias.

Hedges can now be trimmed as nesting season will have ended.

Prune rambling roses after flowering.

Lift and dry onions.

Cut and dry herbs for use in the winter.

Fruit trees can be heavy with fruit by now.

These branches will need some support to prevent them from breaking.

Water, feed and remove yellow leaves from tomatoes. Gooseberries and redcurrants can now be summer pruned. The RHS has good advice on how to do this.



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**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  
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## WI Coming up in August

There is no meeting in August.

On August 24th we will be hosting the photography competition at the village show, details adjacent.

Our speaker on Tuesday 9th September will be amusing us with his adventures in his motor home, £5.00 for the speaker and £2.00 for the raffle and refreshments.

On Tuesday September 16th at 7.00pm we will be hosting a free open evening for anyone interested in joining the WI to come along and meet the group and find out more information, there will be an indoor curling activity to try! This event is open to ladies and their partners.

On Saturday November 1st we are holding a table top sale at the Friendship centre 10.00-1.00pm, if you are interested in booking a table contact Karen on [karenneal66@outlook.com](mailto:karenneal66@outlook.com) for more information.

Our meetings are held on the second Tuesday in the month at the Friendship centre 7.30-9.30, please contact Lesley on 01509506714 for more information.

## PHOTO COMPETITION

Snap to It - Long Whatton Photo Competition Returns!

Whether you are a seasoned photographer or a smartphone snapper, we invite you to capture the beauty of our village. Choose from three themes: Long Whatton village scenes, nature, or a photo of your choice.

Each entry must be a 7x5 inch photo, mounted on a backing card with a ½-inch border and a title. Add your contact details on the back. You can submit up to three entries at £2 to enter 3 photos.

Bring your photos to the WI stall at the cricket ground by 10am on Sunday, 24th August. The public will judge entries between 12pm and 3:30pm, so bring your friends to vote!

Winners will receive 1st, 2nd, and 3rd place prizes, and - with your permission - selected photos may be used for village fundraising and promotion, both online and in print.

Let your lens tell the story of Long Whatton! For more info contact Val on 01509 646031

## 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 to do with the village and its people.

Text us, WhatsApp us or email us [longwhattonnews@gmail.com](mailto: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](http://www.longwhattonnews.co.uk)

## THE TEAM

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## COPY DEADLINE

The copy deadline for articles for the August issue is 21st August.



## FREE VALUATIONS EVENT

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## LONG WHATTON SCHOOL: *Soil, song and strolls*

We have had another successful academic year at Long Whatton and can't believe how quickly it has flown by. This summer term, our children have been very busy, going out on numerous trips and taking part in sporting events while enjoying the wonderful weather.

One of the many highlights this term was a walk up to Long Whatton House, where the children spent time reflecting and appreciating the beautiful surroundings while sketching. A big thank you to Long



Whatton House for inviting us all to visit!

Over the year each class chose a charity that they would like to support and they have been very busy carrying out positive action.

Our Hedgehogs went to the Singing Café in Shepshed to perform one of their Easter songs. They then joined in with the rest of the songs shared by other singers. The café aims to support people experiencing loneliness and various mental health conditions, such as dementia.



The Squirrels began the year by designing a bee-friendly planter. We then planted numerous bee-friendly plants and hung a bee home to invite bees into our outdoor space. Additionally, we created bee corridors at Forest School and along our fence to support local pollinators. We also welcomed a beekeeper who shared her tools, fresh honey,

and answered all our questions about bees.

The Robins class used our Eco garden bird hide to take part in the RSPB's Big Garden Birdwatch by counting the birds they see in their patch.



The Owls have been thoroughly involved in supporting New Life Children's Centres Gambia. They wrote to Mrs Gray and organised a "Bring a Teddy to School" day to raise both money and awareness for this amazing charity.

Mrs Norris visited the school to talk to the children about her trip to Gambia and the incredible work of the charity. The children also wrote letters and were thrilled to receive replies from some of the children in Gambia.

In addition to fundraising, they donated leftover books from World Book Day to the charity's shops to help raise even more money.



We are really looking forward to selecting our new charities to support in September and giving back to our community.

We are sad to be seeing our year 6's leave this year. They did their final performance and we celebrated their overall achievement in a special assembly. They have been a wonderful year group to have at Long Whatton and we wish them every success as they move on to their secondary schools. We know they are very ready for the challenge.



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## LONG WHATTON SCHOOL *Open sessions*

Long Whatton Primary School is inviting parents and prospective students to Open Sessions at the school to see what they have to offer, first hand.

Two dates are available - Friday 3rd

October from 1.30 to 3.30pm and Friday 7th October, 9.30 to 11.30am.

With one hundred pupils the school is small and personal and has an annual intake of just 15 new pupils and is a C of E school with a strong affiliation to the church. It is also quite an outdoorsy school boasting a Food for Life programme, forest school and eco garden.

The school has a lot to shout about: Their reception year results are 20% higher than the national average. 92% of year 1 pupils passed the year 1 phonic screening check. Year 6 SATs are above the national average. They are the 3rd highest performing school in Leicestershire with a 'Good' Ofsted rating.

Headteacher, Mrs Sarah Gray commented "I was naturally drawn to such a lovely village school.

We are very 'outdoorsy' - we have chickens, ducks and polytunnels and the eco garden

is a great way for the children to learn.

Most of our teaching assistants are experienced teachers and we also have a number of experts who come in to teach specific subjects. The latest addition is our French teacher!

We are all involved with the children's education and we run smaller sessions (like reading and writing) which really helps the pupils to get ahead in

their learning. I'm proud to be a key part of the teaching staff and I love that I know all of the children by name"

If you want to see more, but can't make one of the open sessions, phone or email to arrange a visit. Email office@longwhatton.school.org. Phone 01509 842239.

*"Our aspiration is that all children should develop intellectually, creatively, physically, spiritually and morally to become highly motivated, confident and independent learners, achieving high standards in all areas of the curriculum with well-developed social skills and respect for others"*

## 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 second Monday of each month in 2025 stopping at the School, Oakley Drive, Piper Drive, and Main Street

**Falcon Inn.** Bar, restaurant and rooms. Open

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## MICROWAVE LEMON SPONGE PUDDING *Cookery*

The first patent for a microwave oven was filed in 1945. The man who applied for patent, American engineer Percy Spencer, had been experimenting with the cooking power of microwaves for a few years prior. After he joined the US Navy at the age of 18, Spencer eventually became a specialist in radar equipment, leading to a role at Raytheon manufacturing magnetrons for the US Department of Defence during WWII. The story goes that, while working with radar equipment, he noticed that the chocolate bar he'd kept in his pocket had melted – and concluded that the magnetron tube was to blame.

To prove his theory, Spencer began experimenting with other foods, including eggs and popcorn. Sure enough, when the magnetron was aimed at them, the popcorn popped and the eggs cooked, with one egg even exploding in an unlucky co-worker's face. Spencer was onto something.

The next step? Creating a sealed metal box with an opening door and a magnetron tube on top, the perfect test bed for Spencer's new invention. Little did he know, Spencer hadn't just created a fun little tool for experimentation: he'd laid the foundations for the microwave oven we know and love today.

Statistics show 93% of UK households own

a microwave oven in the United Kingdom.

So the recipe this month is easily done in minutes in the microwave. Fast Lemon Pudding.

*What you need*

- 100g Caster sugar
- 100g self raising flour
- zest of 1 lemon
- 4 tbsp lemon curd
- 100g softened butter
- 2 eggs
- 1 tsp vanilla essence

*What you do*

- Mix the sugar, butter, flour, eggs, lemon zest and vanilla together until creamy, then spoon into a medium microwave-proof baking dish. Microwave on High for 3 mins, turning halfway through cooking, until risen and set all the way through. Leave to stand for 1 min.
- Meanwhile, heat the lemon curd for 30 secs in the microwave and stir until smooth. Pour all over the top of the pudding and serve with a dollop of crème fraîche or scoops of ice cream.



## EVENTS *at Whatton House*

Garden Open Day on the 31st August - there will also be brunch, afternoon tea and cream tea catered for by The Pantry Catering. Our next open day after that will be on the 28th September.

A Friday Feeling Evening will be held at The Fable Yard on the 22nd August. A night of good food, music and company, including a brilliant live musician performing called Becky Syson, street food catered for by The Pantry Catering and a bar by Wonderland Bars.

Another Friday Feeling will be hosted on 19th September.

## MOBILE LIBRARY

The Mobile Library will visit the village on Thursday 7th August, starting at:  
Long Whatton School 10.30 - 11.30  
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Piper Drive 12.10 - 12.40  
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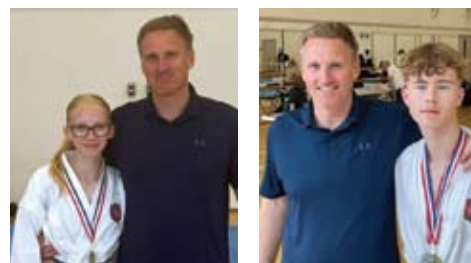
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## SIGNIFICANT KARATE SUCCESSES *and a Tasty Recipe...*

June has been a truly significant month for the club. On 14th June the 2025 FSK (Federation of Shotokan Karate) National Championships took place at Nottingham University. We entered competitors into both the kata (performance of a set pattern of moves) and kumite (fighting) and are absolutely proud and delighted to announce that our two under-16s competitors in kata came away with the gold medals! Huge congratulations to Archie Williamson and Sophia Taylor – Boys and Girls FSK National Kata Champions!

If that wasn't enough, Archie Williamson also came away with the silver medal in the under-16s kumite too.



*Sophia (left) and Archie (right) with Sensei Ben after winning their gold and silver medals*

A week later, it was the FSK's quarterly black and brown belt course, also in Nottingham. After the course, this quarter's FSK black and brown belt grading took place. This provided another significant milestone for the club,



*Sophia with Sensei Ben (left) Grading examiner Sensei Aidan Trimble (right) after her successful black belt grading*

with club member Sophia Taylor successfully grading to black belt, and becoming the club's first person to achieve this status! Again, huge congratulations to Sophia on this amazing achievement after years of dedicated training.

*Now continuing our health and wellbeing updates in collaboration with former Olympic athlete Julie Dodoo, Slimming World Consultant Debbie Fisher and Karate Instructor Sensei Ben Taylor, we thought this month we would share a food recipe for summer. This month's update is therefore from Debbie:*



Hi everyone!  
 Hopefully you're enjoying your summer. Looking to enjoy it whilst having one eye on maintaining a healthy weight? You absolutely can

enjoy family favourites and eat healthy at the same time. Calories are not the only factor in maintaining a healthy weight. How long food fills you up for and how much of it you have to eat to become full plays a part too. This is how a filling meal like burger and chips that feels oh so naughty, can in fact can be very nutritious, containing a good portion of protein using a lean beef mince.

Protein-rich food keeps you fuller for a whole lot longer whilst also being essential for muscle growth and repair. A tasty wholemeal cob provides a fantastic amount of fibre which helps aid our digestive system. Homemade chips, using a 1% oil spray, reduces the amount of unneeded calories that do nothing to help fill us up. Potatoes are a complex carbohydrate. These are slower to digest, again keeping us fuller for a longer time, and also prevent sharp spikes in blood sugar levels. Keeping the skin on means you keep the fibre content higher too! Win, win! Please don't be frightened to eat carbohydrates when trying to lose weight, they are not the enemy and our bodies need



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## SIGNIFICANT KARATE SUCCESSES *Continued.*

them in the right sort of proportions. By having salad on the plate and in the burger you are adding vitamins and minerals that our body needs too whilst bulking out the meal with the lowest calorie foods. And voila you have a delish meal the whole family can enjoy!

Sound good? Here's how, courtesy of Slimming World:

### *Double bacon burgers*

Dive into beef and bacon, crispy salad and an indulgent layer of creamy mayo, all sandwiched in a wholemeal roll. It's a premium burger to savour! And only 417 calories for the burger compared to 508 in a Big Mac

1 small onion, finely chopped  
500g lean beef mince (5% fat or less)

Small handful of fresh parsley, finely chopped  
8 back bacon rashers, visible fat removed  
1 level tbsp extra-light mayonnaise  
2 tbsp fat-free natural fromage fraise  
4 x 60g wholemeal rolls, halved (and toasted if you like)

A few lettuce leaves  
¼ cucumber, thinly sliced  
1 tomato, thinly sliced  
1 onion, sliced into rings

### *Method*

Place the onion, beef and parsley in a large bowl. Season lightly and mix well with your hands until combined. Divide the mixture into 8 equal portions and form each portion into a burger. Place the burgers on a plate lined with baking parchment, cover and chill for 30 minutes.

When you're ready to cook, preheat your grill to high.

Heat a large non-stick frying pan over a high heat, then gently press the burgers into

the pan (you may need to cook them in batches). Cook for 1 minute then turn and cook for a further minute to seal, Reduce the heat to medium and cook for a further 5 minutes, or until cooked through, turning frequently.

Meanwhile, grill the bacon for 3-4 minutes each side or until cooked to your liking.

Remove the burgers and the bacon from the heat and drain on kitchen paper.

Mix the mayonnaise and fromage fraise together and spread on both halves of the rolls. Fill with lettuce, cucumber, tomato, onion, burgers and bacon.

Serve hot with homemade fries and plenty of salad.

Back to Karate... Why not train alongside our newly-crowned karate champions at our very own local club this summer? Take advantage of our free trial session offer! We have adult and child spaces available right now, so get in touch...

Training is every Thursday in the Long Whatton school hall from 6:00 to 6:45pm and 6:45pm to 7:45pm.

Get in touch via our Facebook Page @ longwhattonkarate, e-mail the club at longwhattonkarate@gmail.com, or contact the club secretary on 07714335598

Inspired by the recipe above and looking to lose a few pounds or generally improve your wellbeing? Contact Debbie on 07500709160 or email at slimmingworlddebs2@gmail.com

For our committed sports readers, if you need any speed, rehabilitation or pre-season coaching for your chosen activity, you can get in touch via [www.speedworks.training](http://www.speedworks.training).



# Family Crafts and Experiments



Join us at the **Friendship Centre** for a weekly crafts and experiments morning for all the family.

Wednesdays from 10am to 12noon.

Wed 23<sup>rd</sup> July  
Wed 30<sup>th</sup> July  
Wed 6<sup>th</sup> August  
Wed 13<sup>th</sup> August



You can make, bake, build, sew, design and glue here, we have plenty of ideas and materials.

To reserve a place call Val on 01509 646 031

We will paint, draw and create with you. There will be a number of different activities each week and these will change from one week to the next. Requests taken. Suitable for children between 5 and 13 years old.



Carer stays for the experience.

£5 per child, tea, coffee and refreshments extra.



For more information or to reserve spaces call Val on 01509 646 031



## FAT. AN ESSENTIAL PART OF THE BODY *Health – Liz Jarrom*

Fat, when used in reference to the human body, seems like an ugly word, but body fat is actually hugely misunderstood in its importance to our health. Human fat carries out many important processes. Certain parts of the body are made of fat, for example, half the human brain is made of fat, and fatty acids are vital for the normal development and function of nervous tissue. Fat is also required for the production of hormones, the body's essential chemical signaling system between different types of tissues. Subcutaneous fat, which occurs just under the skin, is important for insulation. If there is a healthy amount present in the body, it acts like an organ, playing a vital role in immune cell production and normal, short term inflammatory response. This only occurs though, if the fat content of the body sits within the normal range. Weighing ourselves doesn't give us the whole picture, as our body mass is made up of fat, bone, muscle, water, our organs and various types of tissue.

To function in a healthy way, there needs to be a balance between the amount of muscle mass and fat in the body. On average, depending on age

*"there needs to be a balance between the amount of muscle mass and fat in the body.."*

and gender, a healthy range for men is to have 10-20 percent of the body mass as fat. For women, it is between 18-28 percent body mass as fat. Fat levels above this range, can start to have a negative impact of how the body functions, causing problems such as hormone imbalance, an increasing risk of infection, reduced response to vaccines and also upping the chances of developing inflammatory diseases. Calories consumed, and not used, are stored as fat, and can be converted to energy at a later date. This is useful to the body in the short term, in case we can't find food.

Problems occur when more and more energy consumed is being stored as fat, and not all of it is being used up. The excess energy remains stored in our fat cells. Individuals generally have a unique and finite number of fat cells available for storage. If more and more excess energy needs to be stored, it's not possible for the number of fat storage cells to increase, so the available fat cells swell more and more to accommodate the extra fat. The cells fill up like a balloon slowly filling with water. The more swollen the fat cells become, the less able they are to function properly, and they start to lose the ability to collectively be the immune and inflammation balancing organ they were designed to be.

Fat increasingly gets stored around the muscles and vital organs, which further unbalances the immune system and interferes with metabolism. If there is visceral fat in the abdomen, the risk of disease increases.

Reducing body fat, and slowly building up muscle mass gradually is the best way. Having more muscle texture and strength, in the body is shown to be an important part of preventing inflammatory disease, reducing infections, lowering the risk of many cancers and it also significantly reduces all causes of mortality. Strengthening the muscles, and lowering the fat content of the body to within the healthy range, helps to lower the risk of dying early.

We can easily check our body fat status using a tape measure. Waist to hip ratio is a quick measure of fat distribution. To calculate this, divide waist measurement by hip measurement. A figure of 0.85 to 0.90 is considered healthy for both men and women. Dividing your waist circumference by your

## 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?

*Cara Tatterton*  
**Pilates**



## 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](mailto:cara@caratattertonpilates.co.uk) - Find us on social media  

## FAT. AN ESSENTIAL PART OF THE BODY *Health – Liz Jarrom*

height measurement gives a reliable indication of the amount of visceral fat in the abdomen. For those under 40 years old, the number should be under 0.5. For ages 40 to 50 years old, it should be between 0.5 and 0.6. Over 50's should have a number not exceeding 0.6. Higher values than these, indicate a strong possibility of there being too much fat around the internal organs. This brings with it a higher risk of heart disease and cancer.

Making positive changes by doing more exercise, such as gardening, vigorous housework, walking and standing up more, joining a walking group or the gym, and avoiding being sedentary for long periods can really help use up more calories. Changing the diet to something like a Mediterranean diet,

which is based on whole foods, whole wheat pasta, lean meat, fish, plenty of vegetables and cold pressed oils, and drastically reducing ultra-processed foods, can reduce calories ingested. Using the measurements, and calculations of the waist to hip, and waist to height relationships, can assess body fat content, and indicate risk. Over time, these measurements can also track positive progress towards a healthier body shape, and fat to muscle ratio.

People with diagnosed medical conditions and serious weight problems should consult their doctor before making drastic changes to diet, and exercise regimes, to ensure that they are doing so in a way that is safe and effective for them.

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

*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.

## DISEWORTH DIARY *August*

Bridge Club, every Wednesday at the Heritage Centre, 2 - 4pm.

Heritage Centre open Sundays 2 - 4pm, April until October.

*9th August* Millenium Meadow Silver Jubilee Picnic, 2-5 pm

*13th August* Coffee Morning at Diseworth Heritage Centre, 10am - 12pm

*23rd August* Curch Coffee Morning, St Michaels and All Angels 10am - 12pm

*28th August* Dialogue meetingm Heritage Centre, 7.30pm

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

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## ALEX LOWES. *Home round started so well...*

Alex was immediately up to speed at Donington Park, 11 to 13th July, pipping Bulega and Razgatlioglu to top the first free practice, 3rd place in free practice 2 and top spot again in free practice 3.

A qualifying time of 1'24.974 put him in 3rd place on the grid for race 1: one of only three riders that dropped below 1'25 and Alex's personal best around Donington - celebrated with the spectacular wheelie on the magazine cover.

Pushing straight up to second on lap 1 of the first race, Alex tucked in behind Razgatlioglu before deciding he could take the lead dictate the pace to a certain degree enabling him to ride his bike to get the most out of it.

But after leading for two laps disaster struck at the start of lap four at Craner Curves, where Alex lost the front, man and machine sliding then tumbling across the track and grass.



*Alex walked away from a huge crash at the infamous Craner Curves. Sadly his bike was left in quite a few large and small parts behind him*

After joining the 'Craner Club' (probably not for the first time), Alex walked away from the spill, but his ankle had taken a knock and he wasn't allowed to participate in the remaining races.

A two week break before the Hungarian round and a new circuit - Balaton Park - was enough to sort his ankle, and he got to grips with the new track well enough to land 12th in qualifying.

Come Race 1 and Alex had pushed up to 7th during the first lap, picking off Rea for 6th a few laps later and was promoted to 5th when his brother crashed out from second place on lap 6.

However Petrucci was also on a charge through the field and after harrying Alex for a while passed him at the three quarter mark. Alex pushed back but was 0.4 seconds adrift at the flag, settling for 6th.

Race 2 was a wet affair though drying and the order changed continually for it's entirety. Riders tyre choiccees varied between intermediates and slicks.

Alex went with the intermediate option and it appeared to be right choice as he moved up 6 places in the first two laps, but as the

track dried slick tyres became the right choice and Alex dropped back steadily, only managing 12th at the end of the 11 lap sprint. Alex and half the field would have regretted their choice of rubber in hindsight, but it was agamble either way

Having not managed to produce a lap time anywhere near as fast as the riders that chose slick, for the last race, 21 laps, Alex started from 14th.

But by one third distance he was up to 9th place, sandwiched between Vierge, just in front, and his team mate Bassani, trailing.

With four laps to go Alex passed Vierge, crossing the line in 6th. Going from 14th to 6th was an exceptional result.

Taking 20 points away from Hungary, he sits in 8th place in the standings.



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