

# Long Whetton News

DECEMBER 2025



## *Christmas.* It's on the way.

Gardens are already glowing with festive lights and five special christmas services at All Saints have been announced inside.

Apparently it's not too late to have winter colour in your garden, the health column reveals how to avoid the winter blues and we tell you how to make posh beans on toast.

YOUR FREE VILLAGE MAGAZINE

# LONG WHATTON

Monday  
8th December

## Christmas Trail

Starting at 5pm in  
the school hall

We'll kick off the festivities at the school, where we'll be crafting Christmas decorations.

Afterward, we will stroll over to the Farmyard to visit the farm animals. From there, we'll make our way to the church, where more craft activities await, along with mulled wine, hot chocolate, and mince pies.

Throughout the walk, we will be singing carols at each location, concluding our celebration with carols around the Christmas tree.

Highlights:

**\*\*Narrated Christmas story\*\***

**\*\*Carol singing\*\***

**\*\*Farmyard visit\*\***

**\*\*Craft activities\*\***

**\*\*Mulled wine &  
mince pies\*\***

## A VERY BIG THANK YOU

On behalf of the directors of the New Life Children Centres charity I would like to sincerely thank the ladies of the Knit and Natter group for the hats that they knitted for the children in Gambia. *Lynette McDade.*



## BACK ISSUES

If you require more copies of the current edition of the magazine or you are looking for back issues, get in touch. We have a few copies of most issues available.

## WHATTON WANDERERS

Whatton Wanderers are a friendly, informal walking group that meet at 10.30am every Wednesday morning outside All Saints Church. Weather permitting we take short walks around local villages and often finish with a coffee and maybe a bite to eat. If the weather is bad we still meet and drive to a local establishment.

We communicate via a WhatsApp group. So far we walked around Diseworth, along Pasture Lane in Hathern and down Mill Lane.

Feel free to join in, just turn up.

## MOBILE LIBRARY

The Mobile Library has just one visit to the village in December: Thursday 11th, with four stops starting with:

Long Whatton School 10.30 - 11.30

Oakley Drive 11.40 - 12.00

Piper Drive 12.10 - 12.40

Main Street 13.20 - 14.05 (Nr The Falcon)

## 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 January issue is 17th December.





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## 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.

*Quiz Night*. Friendship Centre, Saturday 6th December. 7pm, Licensed bar.

## BONFIRE

Long Whatton Cricket Club would like to thank everyone for supporting the Bonfire and Fireworks evening at the cricket club. We look forward to seeing you in the summer at the senior cricket matches on Saturdays and Sundays or the junior train on Tuesday evenings.

If you would like to volunteer at the cricket club or play cricket please contact us [longwhattoncricket@gmail.com](mailto:longwhattoncricket@gmail.com).

## COFFEE MORNINGS

### *Caffiene opportunities*

“The Monday Brew” will be joining up with the All Saints coffee morning on 21st December 2025 at 10:30am till 12 o'clock at The Friendship Centre as it is a bit cold in the church. All are welcome, there are toys for the little ones to enjoy, while mom and dad have a cuppa and cake.

Everyone is welcome. If you are new to the village this is a wonderful way to meet new people and to hear all the history of Long Whatton and life stories of those that live here.

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.

We look forward to seeing you there!



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TUES	<b>MELTON</b> MONTHLY £10
	<b>MELTON MARKET</b> MONTHLY £8
WEDS	<b>FOSSE PARK</b> MONTHLY £10
THURS	<b>LOUGHBOROUGH</b> £5
	DROPPING OFF AT MORRISONS, SAINSBURYS, THE RUSHES AND TOWN CENTRE
FRIDAY	<b>ALDI OR B&amp;M</b> SHEPshed £3.50 ELSEWHERE £5

OUTINGS ARRANGED THROUGHOUT THE YEAR AND GROUP HIRE IS AVAILABLE - PLEASE CALL FOR MORE INFORMATION ON 01509 650531 EMAIL: [CONTACT@SCBUS.ORG](mailto:CONTACT@SCBUS.ORG)  
OFFICE HOURS- 10.30 TO 2.30 MON TO THURS, FRI 8.30 TO 12.30

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ALL SAINTS CHURCH LONG WHATTON

**Nine lessons  
and Carols**

14TH DECEMBER AT 6PM

JOIN US FOR A JOYFUL CAROLS SERVICE FILLED WITH  
WELL-LOVED CAROLS, READINGS, AND THE WARMTH  
OF COMMUNITY AS WE CELEBRATE THE SEASON TOGETHER.

ALL WELCOME — FAMILIES, FRIENDS, AND NEIGHBOURS.

EVERYONE IS WELCOME TO ATTEND!

REFRESHMENTS WILL BE SERVED AFTER THE SERVICE.

**BEANZ MEANZ HEINZ** *Smokey beans on toast recipe*

The original Heinz baked beans recipe included chunks of pork, making it a more-or-less complete meal-in-a-can. However, when World War II struck and pork became rationed to support the war effort, Heinz removed the pork chunks from the recipe. Thus, the iconic canned beans that every Briton knows were born.

From 1941 onwards, the U.K. government introduced a nationwide food rationing program. In addition to food coupons, people were given a pink ration book that allowed them to exchange “points” for specific goods. One of the first items included in this point-based rationing system was “tinned beans.” This highlights just how important beans were during that time. Baked beans played a crucial role in helping the British population cope with meat shortages by providing an alternative source of protein.

The widespread availability of canning factories made it easier to produce and distribute baked beans as convenient and emergency-ready food. So, from 1941 to 1948, baked beans were classified as an “essential food” by the Ministry of Food. Even after rationing ended and (arguably) tastier alternatives became available again, baked beans had become such a staple in the British diet that they remained popular. Sales of Heinz beans alone currently run at 1.5 million tins per day.

Taste tests run recently in two newspapers show different results, one showing Heinz as the tastiest the other Branston. This just proves the results are down to the personal preferences of those who conduct the

taste tests.

*What you need*

- ½ tbsp olive oil, plus extra for drizzling
- ½ small onion sliced
- ½ small red pepper, thinly sliced into strips
- 1 garlic clove, halved
- 227g can chopped tomatoes
- ½ tsp smoked paprika
- 2 tsp red wine vinegar
- 210g can butter beans or chickpeas, drained
- ¼ tsp sugar
- 1 slice seeded bread
- a few parsley sprigs, finely chopped

*What you do*

Heat the oil in a small pan, add the onion and pepper, and fry gently until soft, about 10-15 mins.

Crush half the garlic and add this to the pan, along with the tomatoes, paprika, vinegar, beans, sugar and some seasoning. Bring to a simmer and cook for 10-15 mins or until slightly reduced and thickened.

Toast the bread, rub with the remaining garlic and drizzle with a little oil. Spoon the beans over the toast, drizzle with a little more oil and scatter over the parsley.



# Ballet Classes

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

LOCKINGTON VILLAGE HALL - SATURDAYS from September

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 September

Silver Swans - Adult beginners: 6.15pm

Adult refresher (grade 6) 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

## GARDENING TIPS FOR DECEMBER by Shirley Blyth

Midwinter is the time for positive thinking. That is the reason for the timing of Christmas.

There are plants in flower this month. Snowdrops and cyclamen snuggle underneath trees and shrubs in the hope that pollinating insects might be tempted on milder days.

*Plants in flower in December:*

Clematis armandii - "Apple Blossom"

Cyclamen coum

Hyacinths - forced varieties indoors.

Hippeastrum - "Apple Blossom" is a beautiful Amaryllis

Holly - various varieties



*Hippeastrum - "Apple Blossom"*

Mahonia x media - The yellow flowers light up a winter garden.

Virburnum - V. bodnantense "Dawn" has fragrant pink flowers.

Winter jasmine - A scrambling shrub with pretty yellow flowers.

*Jobs to do this month:*

Protect terracotta pots from cracking by wrapping in bubblewrap and raise them slightly off the ground.

Check stored bulbs, corms and tubers to ensure that there is no rot on them.

Rake up fallen leaves and put them in a bag or container to rot down.

Now is the time to plant bare rooted roses or

ornamental trees.

Prune climbing roses now.

Hang up feeders near roses for the birds to pick off any pests.

Pile up straw or bracken around your tender shrubs. An upturned bucket will also help protect them too.

Near your doorstep grow fragrant plants eg Chimonanthus or Sarcococca

Prune hedges while they are dormant and

before the birds start nesting in the New Year.

Tidy and prune Autumn Raspberry canes.

Unlike the Summer variety, Autumn

Raspberries can be cut to the ground.

Blackberries can be planted this month.

Also Blackcurrant bushes can now be pruned.

Lift and divide Rhubarb.

Support Brussel Sprouts to protect them against high winds.

Wishing you all a very Happy Christmas and happy gardening.

CIO charity number 1175238

**DROP OFF ADDRESS:**  
Glenmore Centre, Thorpe Rd  
Shephed, LE12 9LU

**DROP OFF TIMES:**  
Friday 28th Nov, 5-6 pm  
Saturday 29th Nov, 10-11 am  
Sunday 30th Nov, 1-2 pm

**12 Days of Christmas Giving - 2025**

**You can help by collecting these items during November and delivering them direct to the Glenmore Centre (see above)**

Tin of Beans or Spaghetti	Tin of Tomatoes or Soup	Tin of fruit or custard or rice pudding	Tin of Tuna or Salmon
Tin of Ham, or Chicken or Corned Beef	Jar of Pasta sauce or jar of Curry Sauce	Carton of Orange Juice, or Bottle of Squash	Breakfast Cereal Or bag of sugar
Coffee or tea or hot chocolate	Bag of Pasta or bag of rice	Selection box or chocolate orange or box of biscuits	Jar of Jam or Marmalade or Honey

This year, there are **DEDICATED TIMES** for delivery of all donations to the Glenmore Centre as indicated above; if you are unable to deliver at any of these times, please contact us to make alternative arrangements (07594 639668 or info@shephedfoodbank.org)

**A BIG THANK YOU** from everyone at Shepherd Foodbank for your participation; your support and generosity make a **HUGE DIFFERENCE**

CHRISTMAS EVE  
AT ALL SAINTS CHURCH

**CRIB SERVICE**

WEDNESDAY 24TH DECEMBER  
AT 4:00PM

A SHORT, FAMILY FRIENDLY SERVICE RETELLING THE NATIVITY

CHILDREN WELCOME TO COME DRESSED AS  
SHEPHERDS, ANGELS, OR WISE MEN (COSTUMES OPTIONAL!).





# SHOWTIME STARS AT CHRISTMAS



A CONCERT OF MUSICAL THEATRE AND CHRISTMAS SONGS

★ ALL SAINTS CHURCH, LONG WHATTON ★

SUNDAY 21<sup>ST</sup> DECEMBER 3PM

REFRESHMENTS AND RAFFLE INCLUDED

£5 FOR ADULTS

£2.50 FOR CHILDREN (UNDER 16) AND CONCESSIONS

## IN THE MIDST OF CHRISTMAS BUSY-NESS *Sue Hack*

Dear friends,  
As the busy-ness of our preparations for Christmas gathers pace, let us remember the reason at the heart of our celebrations – the wonderful birth of our Saviour, Jesus Christ. Here is a poem that I would like to share with you that seems very apt:

*Yorkshire Christmas Nostalgia*

I'm sittin' 'ere listenin' to t' carollers  
There i'nt many singin' this year  
Why, I can remember goin' round street  
Wi' a choir you really could 'ear!  
We'd stop fast at awd Mrs Grundy's  
She got quite upset if we di'nt  
An on'y put tuppence I't charity box  
Though greedy awd cat's worth a mint!  
We'd sing 'Ark the 'Erald and then Silent  
Night

Then she'd come out in 'er coat an 'er 'at  
She'd thank us for singin' a' say it were nice  
Though as usual "tenors were flat"

To each 'ouse in' village we'd all go an' sing  
Till at last we'd reach Farnaby's farm  
Where they brought us some mince pies and  
'ot cuppa tea  
Their welcome were allus real warm.  
We'd all stand around and sing for a bit  
In't yard wi' all animals near  
The sound and the smells, the sky and the stars  
It all seem'd the right atmosphere.  
I spek it were like that where Jesus were born  
Sep' one star were brighter than t'rest  
An everyone singin' and praisin' the bairn  
To me that were always the best.  
Just think, if all t'world would tak the time off  
To sing and give praise for 'is birth  
There wouldn't be fightin' and killin' no more  
There'd be peace and good will ower t' earth.

*Joan Dunn*

I wish you all a blessed Christmas and a  
very happy New Year.

*Sue Hack, Associate Minister at Hathern*

## ALL SAINTS CHURCH *Services and events in December*

We hope to see as many of you as possible during advent in your village church. This month we have a variety of services and trust there will be at least one which appeals and you are able to join in and enjoy.

Sunday 7 - December 10.30 Christingle

Monday 8 - December Christmas Nativity

Trail 5pm starting at the school finishing around the Christmas tree in the church with carols around the farmyard animals at Manor Farm on the way.

Sunday 14 - December 6pm Nine lessons and carols by candlelight.

Sunday 21 - 10.30 Holy Communion service

Wednesday 24 December - 4pm Crib service.

The Christmas story with carols and songs played by the children.

24 December 10pm - Midnight Mass service  
Refreshments after our services except for Midnight Mass.

Coffee Morning Saturday 20th in the warmth of the Friendship Centre 10.30 to midday.

Sunday 21st at 3pm the church is hosting Showtime Stars at Christmas. Concert with children singing Christmas and songs from the shows. Adults £5, concessions £2.50. Refreshments and raffle.

There continues to be a collection from the church porch for the Shephed Food Bank. Do donate food or toiletry items if you are able and thank you in advance.

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

**LONGWHATTONNEWS@GMAIL.COM**

# ALL SAINTS CHURCH LONG WHATTON

## Christingle

JOIN US FOR A WARM, FAMILY-FRIENDLY CHRISTINGLE SERVICE WHERE EVERYONE CAN MAKE THEIR OWN CHRISTINGLE.

SUNDAY 7TH DECEMBER AT 10:30 AM

EXPECT CAROLS, CANDLES, AND A BRIGHT CELEBRATION OF LIGHT AND HOPE.

ALL AGES WELCOME — CHILDREN, FAMILIES, FRIENDS, AND NEIGHBOURS.



NO BOOKING NEEDED.  
COME ALONG AND BRING A FRIEND!

CREATE YOUR OWN  
CHRISTINGLES

## ON THE ELEVENTH HOUR OF THE ELEVENTH DAY...

At 10.50am on Sunday 9th November fifty or so people gathered around the memorial to remember the fallen soldiers from the two world wars who hailed from the village.

This part of the remembrance service is for anyone and everyone to pay their respects in a brief and emotional ten minutes.

The names of the soldiers listed on the memorial were read out before a recital:

*"They shall not grow old, as we that are left grow old; age shall not weary them nor the years condemn. At the going down of the sun and in the morning we will remember them".*

Those wishing to lay a wreath at the foot of the memorial did so before Oliver Thompson, as last year, performed a soulful rendition of The Last Post on his trumpet, followed by a silence. The church bells struck eleven as Oliver finished playing a Reveille.



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# ★ CHRISTMAS EVE AT ALL SAINTS CHURCH

## MIDNIGHT MASS AT 10 PM

A REFLECTIVE COMMUNION SERVICE  
AS WE WELCOME CHRISTMAS  
TOGETHER.

ALL WELCOME — FAMILIES, FRIENDS, AND  
NEIGHBOURS. EVERYONE IS WELCOME!

## OF THE ELEVENTH MONTH *We shall remember them.*

Following Oliver's Reveille many continued  
the service in the church.



*Oliver Thompson playing The Last Post*

*When you go home,  
tell them of us and say,  
For your tomorrow,  
we gave our today.*

*The Kohima Epitaph*



## KNIT AND NATTER *Royal British legion Poppy Appeal*

We raised a fantastic total of £121 for the  
Royal British Legion's Poppy Appeal from  
selling our knitted poppies in the Falcon.  
Many thanks to everyone who bought a Poppy  
and to the Falcon too.

We have donated some knitted blankets to  
the Church, which can be used to keep knees  
or shoulders warm during the cold winter  
months. Please feel free to use them during the  
services, they can be found at the back of the  
Church.

*"We at All Saints would like to say a huge  
thank you to the knit and Natter team for the kind  
donations of the blankets. They were used at our  
last coffee morning to keep us warm."*



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## LONG WHATTON KARATE CLUB *Successful seminar*

Sensei Ben and Sensei Leigh were back at the Dojo Nottingham on 15th November, leading a seminar for members across the FSK (Federation of Shotokan Karate) in preparation for the next grading. During the well-attended course, Sensei Ben focused on some techniques he has developed for practitioners to use to enhance their speed, stances and kime (creating power or focus at the end of a technique). Sensei Leigh then took participants through some bunkai techniques (the application of techniques to real-world situations).

On the back of the positive feedback received, planning is already underway for the next one during the first quarter of next year!



While the club prepares for the next grading opportunities, we thought it would be a good time for Sensei Ben to discuss some of the mental health benefits to be gained from karate.

With the nights now growing longer and the weather not what it was, perhaps this might help you think about some of the benefits you could gain from continuing to focus on practicing your chosen activity – during a period where it is harder to sometimes maintain motivation to do so.

### *The Mental Health Benefits of Karate:*

Karate is well known for its physical conditioning and self-defence applications, but its impact on mental wellbeing can be just as profound, if not greater. Grounded in discipline, focus, and respect, karate provides a structured approach to emotional resilience

and psychological balance.

There is a lot of publicised content about the mental wellbeing benefits from exercise alone, but for me, karate brings additional benefits beyond those I gain from other physical activities. I have also personally witnessed the significant changes it has had on others' lives, from increased confidence to a complete transformation in the way in which some people live their lives and view the world around them.

### **1. Stress Reduction and Emotional Regulation**

Karate training incorporates movement, controlled breathing, and repetitive practice – all of which help lower stress levels. The

intense yet focused nature of training provides a constructive outlet, leaving practitioners feeling calmer and more centred.

### **2. Improved Focus and Mental Clarity**

Techniques and sparring require deep concentration. Over time, practitioners develop improved attention levels and a greater ability to stay present. This improved focus can translate into better performance at school, work, and other everyday activities.

### **3. Boosted Confidence and Self-Esteem**

Progress in karate is visible and measurable through our belt system, where skill development and personal milestones can be tracked and recognised. Achieving these goals enhances self-confidence and fosters a sense of competence. For many, overcoming challenges in training leads to a more empowered mindset outside the dojo.

### **4. Enhanced Emotional Resilience**

Karate teaches perseverance, patience, and humility. Practitioners learn how to handle setbacks, such as attempting to master difficult techniques, constructively. This builds emotional resilience and helps individuals cope



*Sensei Leigh demonstrating an application from the kata Bassai Dai*

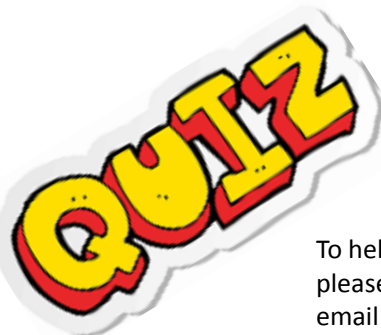
# Quiz Night in Long Whatton

Join us at the **Friendship Centre** for a quiz evening of brain teasing questions

Saturday 6<sup>th</sup> December  
7pm doors open for  
7.30pm prompt start  
Licensed Bar



Teams up to 5 people  
£3 entry per person  
Substantial cash prize for  
the winning team  
This is a cash only event



To help us with organisation  
please reserve your team table by  
email to [lwca79@gmail.com](mailto:lwca79@gmail.com) or  
text to 07964 824 108



## LONG WHATTON KARATE CLUB *Continued*

more effectively with real-life challenges.

5. Community and Social Support  
Training in a dojo creates a sense of connection and shared purpose. Supportive instructors and working with training partners help nurture belonging, reduce feelings of isolation, and provide positive social interaction—key contributors to mental wellbeing.

In a world where stress and distraction are common, karate offers a valuable refuge: a practice that strengthens both body and mind. Whether for children, teens, or adults, its mental health benefits make it far more than just a martial art.

Inspired by the above benefits of karate? Why not train alongside our newly-crowned karate champions at our very own local club this winter? 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](mailto:longwhattonkarate@gmail.com), or contact the club secretary on 07714335598.

Looking to lose a few pounds or generally improve your wellbeing? Contact Debbie on 07500709160 or email at [slimmingworlddebs2@gmail.com](mailto: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 with Julie via [www.speedworks.training](http://www.speedworks.training).

## WI *Coming up in November and beyond*

Thank you to all who attended our table top sale on Saturday November 1st. We made a reasonable profit and are considering doing another one in the spring

Thanks also to Ann who came to our November meeting and helped to get us in the festive spirit by showing us how to make Christmas decorations.

We will be going to the Royal Oak for our Christmas meal in December.

In January we have our New Year fuddle and get together.

The Water Board Educational team are coming to our February meeting to enlighten us on how our water reaches us clean and safe to use.

Our meetings are held on the second Tuesday in the month at the Friendship centre 7.30-9.30 new members are very welcome. Please contact Lesley on 01509506714.

## VILLAGE AMENITIES *Food, rooms and more*

*Village Shop.* Open Monday to Friday 7am to 8pm, Saturday and Sunday 8am to 8pm.

*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 Thursday 11th Nov, 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

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



## 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)
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## NATURES BOOST *Health* - Liz Jarrom

In the warm sunny days of summer, it's easy to find pleasure in enjoying being outside, taking walks, gardening and reveling in being with the vibrant trees and plants, flourishing in their prime. We seem to be more relaxed, energetic and even happier during these months. But in the dark, winter months, we stay in more and because it's dark for more of the time, we can't do all the things outside that we do in the summer, or see the plants so much, and most of them are dormant and bare anyway, with no leaves and flowers.

Studies have shown that this lack of contact with nature can be detrimental to our health. We may feel more tired, have low mood sometimes and less energy. Part of the remedy for this seems to lie in engaging in outdoor activities when we can in the winter, especially walking in nature. But there are other ways to gain the benefits of plants and the natural world, and some of the ways we can do this are simple and others are very surprising.

Firstly, what does science say about this phenomenon? In an experiment in 2015, researchers asked students to view 2 different garden planters. One was planted with fresh, yellow pansies and the other container had in it polyester pansies, identical in colour, size and markings when compared to the real ones. Researchers monitored the students pulse rates and the students were asked questions about their current state of mind as they looked at either the real pansies or the fake ones. Surprisingly, significant differences emerged between the two experiences. Just looking at the real flowers lead to a marked reduction in stress levels compared to no change when

they were looking at the fake pansies. The students also reported feeling more relaxed when looking at the real flowers. The results of this study were published in The International Journal of Environmental Research and Public Health. On a deep level, we can all identify with this as there is something special about touching, smelling and enjoying nature in all its glory.

There have been other studies that show how

our health can be improved by interacting with nature. Natural smells also bring benefits. Inhaling the smell of the rosemary plant can help to keep us awake and alert. This is because the plant gives off compounds such as 1-8 -cineole, pinene and camphor. These chemicals inhibit the breakdown of 2 neurotransmitters that are responsible for alertness and focus, which means they stay in our bodies for a greater length of time, so that we stay awake and alert for longer. Useful if we are driving on a long journey or having to concentrate during an exam or important task. The scent of lemons seems to help people with asthma, bronchitis and other breathing problems. A volatile organic compound called d-limonene is responsible for this effect, and has been shown to reduce inflammation in the lungs, this being an important characteristic of these respiratory illnesses. In 1964 in Pennsylvania, US researchers found that some patients recovering from gall bladder surgery, recovered faster if they could see trees and plants out of their bedroom window. Those gall bladder patients who looked out onto brick walls from their bedroom windows, took longer to recover, needed more pain relief and had lower mental well being than the patient's who were viewing nature. Walking

*Smelling, touching and enjoying nature, especially plants, boosts wellbeing all the year round.*



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## NATURES BOOST *Health – continued*

in woodland or being near to a tree leads to us breathing in compounds that are beneficial for our mental and physical well being. Doing some work in the garden without gloves on can give our immune system and digestion a boost, by introducing new species of plant and soil microbiome onto our skin, some of which eventually enter our gut, so enriching our own gut microbiome. Finally, introducing plants into the home is good for mental and physical well being. One of the easiest plants to grow indoors is the spider plant, and introducing one into the home can bring many health benefits. One study published in the journal Frontiers of Microbiology in 2015, found that placing a single spider plant in a room led to a significant improvement in both the number and diversity of beneficial plant bacteria in the air around it. Another found that spider plants had a positive impact on indoor air quality, reducing levels of pollutants including formaldehyde, toluene and ethylbenzene.

I'm looking at the spider plant in our bathroom, and valuing it even more than I

did before, as it's cleaning the air, improving its quality and putting good bacteria into the air which is transferring onto my skin and ultimately joining my internal microbiome.

## ALEX *Last test of 2025*

As we go to press Alex Lowes was conducting the last test of the year for his Bimota Kawasaki team at the Spanish Jerez circuit..

Although the team were on track for two days, the teams test rider, Xavi Forés, completed the first day - 25th November, with Alex and his team mate, Alex Bassani, on track on 26th.

At this test there were no new parts to try, just new settings to experiment with at a circuit they are completely familiar with.

Having made an appearance at the Motorcycle Live show at the NEC in Birmingham, just prior to that, his racing duties for the Bimota Kawasaki squad are now complete (except for training) until January next year.

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The Royal Oak would like to wish everyone a Merry Christmas and a very Happy New Year! We are open throughout the holiday season and would love to welcome you for a spot to eat or a warming drink!



We have some exciting changes in the works this January so keep an eye on the website/social media ... It's time for something new!



Thank you very much for the support over the last 12 months, it is greatly appreciated by the whole team. From our family to yours, enjoy the festivities!

