


Long Whetton News

FEBRUARY 2025



The path pictured here is at the start of a small, circular walk detailed inside, one of many quiet tracks and footpaths around the village.

Also featured in this issue is a tasty Valentines recipe, health, plenty of gardening because spring is nearly here, a book sale and some sport.

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A QUICK WALK *The hill and a stretch of Roman route*

A good thing about living in a village is that they are surrounded by fields and woods and always have footpaths. Pictured here is a

route which takes you to the hill to the south of the village, roughly along a small stretch of the old Roman route.

Starting at the steps to the left of the school (marked by the red dot) follow the path until it opens out into a field. Follow the sign diagonally across the field and into the next field. The path continues with the hedge staying on your right. You will pass a pool on your left which may or may not contain water.

When you arrive at the field corner continue straight on, keeping the hedge on your right until you reach the road.

Turn left along the road for 700m until you come to a footpath sign on your left, before you reach Turvey Lane.

Follow this path around the side of the field, keeping the hedge to your right, crossing through two more fields until you arrive back at the school and your starting point.

Total distance 2.4km or 1.4 miles approx. There are plenty of signposts to guide you.



CRICKET *pre season training*

Long Whatton Cricket Club is offering pre-season training sessions. Whether you're new to cricket, want to get back into it, or just want to brush up on your skills.

The sessions will be held at Loughborough University ECB Centre on Thursday nights from 6-7 in the evening, starting on Thursday 6th February.

Drop them a message if you want to know more at lwccsecretary11@gmail.com

WI *Coming up*

On Tuesday 11th February our speaker will be Bill Haley talking about his time working aboard the Royal Yacht Britannia, £5.00 for the event and £2.00 for the raffle and refreshments.

On Tuesday March 11th we will have a visit from the Police advising us on how to avoid falling for scams and fraud, the cost is as above.

We are awaiting confirmation of our April Tuesday 8th meeting.

Our meetings take place at the Friendship centre Long Whatton 7.30-9.30.

Please contact Lesley on 01509506714 for any additional information

MOBILE LIBRARY

The Mobile Library will visit the village on 17th February beginning at:
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



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GARDENING TIPS FOR JANUARY *by Shirley Blyth*

I was looking at my copy of Mr Middleton's Garden (published 1941) and the advice it gives for February states "the sudden burst of sunshine often tempts us to do those things that are best left til later...". Bursts of sunshine would be very welcome and I don't think Mr Middleton had experienced the amount of rain that we have experienced in the previous few weeks.

There is certainly a noticeable lengthening of daylight. However, it can still be very cold and severe frosts can catch us out. Traditionally we can expect some snow this month.

I hope that February does not live up to its rhyming name of February Fill Dyke as we have had our share of the wet stuff already. All of my water butts are full to overflowing.

Plants that are in flower this month:

Camellia varieties - "Anticipation" is one of the best.

Clematis cirrhosa "Freckles" - A lovely, very hardy colourful plant in the winter garden

Cornus mas - Cornelian cherry. Beautiful

small tree/shrub.

Crocus varieties - An iconic winter/spring flower.

Cyclamen coum - Preferred to C. hederifolium that spreads like mad.

Iris - Winter flowering varieties: unguicularis.

Helleborus orientalis - Hellebores add interest to a winter garden.

Narcissus varieties - Should start to flower this month.

Viburnum tinus - Evergreen, flowering shrub with fragrant flowers.

Things to do this month:

Apply organic fertilizers.

Ensure that there is fresh water and food for garden birds.

Plant trees, shrubs and fruit trees as the weather allows.

Firm down any plants that have been lifted by frost.

Prune winter flowering shrubs that have finished flowering, including winter heathers.

However, don't do the pruning during frosty weather as this may cause "die-back" on the pruned stems. Prune summer flowering shrubs that flower on new wood. Again, don't do this in frosty weather. Trim old stems of herbaceous perennials.

Start dahlia tubers into growth under cover.

Divide and replant snowdrops and winter aconites while they are still "in the green" i.e. still have their leave. It's a waste to buy dry bulbs from the garden centre.

Re-pot and top dress plants in containers. Prepare seed beds for vegetables and spread lime as necessary.

Weed and mulch fruit trees after feeding. Protect gooseberry bushes from bird attack. Prick out seeds that have been sown and start tender perennials under cover into growth.

Remember to cut back hedges before the nesting season starts in earnest.

Happy gardening.



Clematis cirrhosa "Freckles" - A lovely, very hardy colourful plant in the winter garden



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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
Claudette Caven, AISTD, Advanced Cecchetti Ballet,
Advanced Modern, Advanced Character
07931714804 email claudettecavenhenrys@hotmail.co.uk

LWCA Proposed constitution changes

Long Whatton Community Association
Proposed changes to Long Whatton
Community Association constitution

As a resident of the village you are invited to an extraordinary meeting of the above to vote on the proposed changes to our constitution. The meeting will be on Tuesday 4 March (not 18 March as previously advertised), in the Friendship Centre at 7pm before our AGM which starts at 7.30.

The proposed changes and our present constitution can be viewed on the village webpage www.longwhattonvillage.co.uk

Also a copy of these is available to see at the Friendship Centre. Why not call in and read it over a cup of coffee at our weekly Thursday coffee mornings 10 til midday. I am very happy to call and see anyone who would like to discuss these or has any questions. You can email v@manororganicfarm.co.uk or phone 07780097997.

As a group we want our constitution registered with the charity commission to more accurately reflect how we operate today. It was last amended in 2001.

Thank you Viv Matravers

NEED A WILL? Here's an opportunity

Less than half of UK adults have a will*, this means that their estate (their property, financial and other assets) will be left to someone they haven't chosen when they die.

To encourage residents of Leicester, Leicestershire and Rutland to take action now to make or update a will, local charity Age UK Leicester Shire & Rutland is launching its much-awaited annual will writing promotion.

The successful scheme, which runs from Monday 13th January - Friday 28th February 2025 is supported by many local solicitors who have generously agreed to reduce their Will Writing charges for older people (55+) to only £40 + VAT for an updated or a single uncomplicated will for the duration of the promotion.

It's important that a will is in place as it gives not only you, but your family peace of mind for the future and can prevent the risk of significant problems when dealing with your estate. It's also advised that you regularly review your will to ensure it is up to date.

Mr and Mrs Stokes commented "We used the scheme when getting our wills written because apart from the big savings in monetary terms, it was so very easy and efficient, with just one visit to the solicitors"

Don't miss Age UK Leicester Shire & Rutland's straightforward, simple and affordable way to write or update your will. And whilst we understand that loved ones will come first, please consider leaving Age UK

Leicester Shire & Rutland a gift in your will.

Gifts in wills are a vital source of income for the charity and if you're able to leave just 1% of an estate it can make such a big difference and help to secure the longer-term future of a vital

local independent charity which has been supporting older people for over 70 years.

To request a will writing promotion pack, please contact enquiries@ageukleics.org.uk or call 0116 299 2233.

**The National Wills Report published in April 2023 by The National Will Register*

Writing a will can be expensive, but a local charity has launched a discounted will promotion supported by local Solicitors

SHEPSHED SPECIAL COMMUNITY BUS

2025 SHOPPING FOSSE PARK

JANUARY 15TH	JULY 9TH
FEBRUARY 12TH	AUGUST 13TH
MARCH 12TH	SEPTEMBER 10TH
APRIL 9TH	OCTOBER 8TH
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JUNE 4TH	DECEMBER 10TH

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9/9.30AM START, RETURN LUNCHTIME

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TUESDAY ALDI
THURSDAY LOUGHBOROUGH
DROPPING OFF AT MORRISONS, SAINSBURYS & THE RUSHES AND PACKE STREET

FRIDAY ALDI

GROUP/EVENT HIRE:
PLEASE CALL FOR MORE INFORMATION

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.

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

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

THE TEAM

Penny de Kock 07393 407896
Neil Bamford 07921 855607

COPY DEADLINE

The copy deadline for articles for the March issue is 20th February.

REYNARD THE FOX *A poem by David Griffiths*

Fox asleep in the little wood
Belly full and feeling good.
Prowling around on the moonlit night
Fowlpen open and out of sight,
He sets to to kill them, every one
That one to eat, the rest for fun.

Next morning awakes to familiar sounds,
The pounding of horses, the baying of hounds.
The fox up and running. No time to stay.
The sound of the horn "Gone Away. Gone Away"
Away over meadow away over plough

The fox looks behind him. Where to go now?
The hounds full of blood-lust nothing will mend
And the hated fox they would love to rend.
They hunt over woodland and heathers hill
The baying grows loader, nearer the kill,
The fox is beaten, takes one last look
As he hears the sound of the rushing brook,
Plunges in, swims away, a narrow escape
The hounds line the bank with their great jaws agape.

Another day must await the kill,
Fox in the coppice is laughing still.

KINT AND NATTER *charity donations for 2024*

Knitted squares for Leicester hospital Jan - March
Friendship Centre - Easter. £128.50
MacMillan - June. £322.00
Alzheimer's - July. £172.40
Long Whatton church - Sept. £50.00
British Legion - Sept. £165.00
Friendship Centre - Christmas Fair. £180.00
Heritage Centre Diseworth - Dec. £15.00
Total. £1,032.90

We would like to thank everyone who purchased any of our knitted goods or donated. It is much appreciated and it has taken our charity donations to over £1000 once again. Here's to an equally successful year in 2025!

This month Knit and Natter will meet on Friday 7th and 21st, from 10 to 11.30am at the Falcon Inn, there is no charge - just pay for your tea or coffee Knitting experience not is essential.

COFFEE OPPORTUNITIES *Dates and venues*

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

Village Coffee Morning @ All Saints Church
There will be a coffee morning on Saturday 15th February at 10.30am.

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.

LIBRARY *book sale*

Hathern Community Library are holding a Book Sale on Sunday March 2nd, from 12 to 4 pm.

Come to see our local small, but perfectly formed, library, have a tea or coffee and browse the book bargains. We have plenty for both children and adults. All money raised goes towards keeping the library open into the future.

Spring Afternoon Tea for the over 60's



*Wednesday 19th March
3pm*

Join us at the **Friendship Centre** in
Long Whatton for afternoon tea.

The Long Whatton Community Association is inviting residents over
60 years of age to enjoy an afternoon tea at the Friendship Centre.
Prosecco on arrival. £5 per person.

If you would like to book a place,
please call Val on 01509 646 031,
with the number of people
attending and any dietary
requirements.



Or you can book a place
during the Community
Café, every Thursday at
the Friendship Centre
between 10 and 12 noon.



ALL SAINTS CHURCH *news and services for February*

Thank you to everyone who has been generous in response to the appeal from the church in last month's magazine for financial help for essential building repairs. It is so encouraging and heart warming that donations have been made and enough for the first phase of the repairs to be started very soon. Donations can still be made using the card machine in church, by scanning the QR code below or by BACS bank transfer sort code 403024, account 30545295, please make cheques payable to "Long Whatton PCC". You can make your donation worth even more by completing a gift aid form available from our treasurer Martyn, martynluczkaj@plus.com If you would like to see details of the work that is needed I am more than happy to email information or pop round and see you. Viv Matravers 07780097997, v@manororganicfarm.co.uk

Services this month in Long
Whatton: everyone welcome
and do stay for refreshments
afterwards

Sunday 2 February 10.30.
Inside /outside church.
Morning service in the Lady
Chapel of the church, tree
and shrub planting for those
outside. Please bring a spade and wear
wellies or similar. Plants, stakes and plant
guards supplied. Great for the family to plant
something for the future and encourage nature
and biodiversity.

Sunday 16 February 10.30 Holy Communion
service lead by Bishop Peter Fox

Sunday services elsewhere locally also at
10.30 - 9th Feb Hathern Church, 23rd Feb
Belton church. There is also an evensong on
Sunday 23 Feb at Kegworth at 6.15pm.
Coffee Morning 10.30 to midday Saturday
15th February.

Collections for the foodbank are made
from the church porch each Monday morning.

Please place food and toiletry items in the
green box for the Shephed Food Bank. Thank
you helping all those who benefit and so
appreciate your kindness and support.

On Sunday 19 January we said a sad
goodbye to our Vicar Louise Corke who has
retired from parish ministry. We will really
miss her and wish her well in the next chapter
of her life. At present we do not have a vicar
in place but will be supported by retired clergy
and lay readers and as on 16th February above,
from clergy elsewhere in Leicester diocese. The
diocese is presently re structuring into areas
that will be called Minster Communities and
until these are in place it may not be the same
face you see taking our services. However the
group of us from the village who look after
the church in its many forms and operate as a
management group (the PCC) will remain the

same and be here to care for all
aspects of church life as best we
can and welcome you when you
come to take part in the life of
the church be that in it's up keep
and care, worship or for other
services. For baptism, marriage
or funeral enquiries please
contact our excellent parish
administrator Sarah pa.ljw@outlook.com

for any other aspects of the
church life please contact me Viv Matravers
07780097997 v@manororganicfarm.co.uk.
Thank you for all that you do to support and
care for the church and we look forward to
welcoming you at All Saints.



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

Email

LONGWHATTONNEWS@GMAIL.COM



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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 Penny de Kock on 07393407896

All Saints Church Coffee Morning. There will

be no coffee morning this December.

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

DISEWORTH DIARY *February*

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

8th February - The Milk Men, Village Hall from 7pm

12th - Coffee Morning at the Heritage Centre, at 10am

15th - Quiz Night, Village Hall

22nd - Church Coffee Morning, 10am - 12

22nd - Terraplanes Blues Band, Village Hall, from 7pm

23rd - Dialogue collatting and Meeting, Heritage Centre, 7.30pm

25th - Village Hall Committee Meeting, 7.15pm

BELTON GARDENING CLUB *2025 Programme*

The club will be starting its programme of events on January 28th and we welcome the return of existing members, new members and visitors. We are a friendly group based in Belton who meet monthly to socialise, discuss gardening and to listen to talks related to gardening. We also organise two gardening related visits each year.

We meet on the last Tuesday in the month, usually at 7.30pm in Belton Village Hall (LE12 9TU) and talks are followed by free tea or coffee and a raffle. Full annual membership is £16 and includes access to all events and visits. For visitors there is a small charge of £4 per meeting.

The programme of talks for 2025 is as follows:-

January 28th AGM and Talk - A visit to Namibia - Dave Branford

February 25th Talk – Alpines in the wild and

cultivated - Diane Clements

March 25th Talk – Hostas – Robert Barlow

April 29th Full day coach visit to Trentham Gardens

May 20th Plant Swap and quiz

June 24th Afternoon visit to a private garden in Osgathorpe. members own transport

July 8th Summer Social

August No Meeting

September 30th Talk – Plants of the Falklands Islands - Anne Brown

October 28th Talk – The Dower House, Melbourne – Griselda Kerr

November 25th Talk – My life as a garden designer – Karen Gimson

December 9th Christmas Social

For more information please contact the club via email: beltongardeningclub@gmail.com or come along to one of our meetings.

BACK ON TRACK *Alex Lowes in testing mode*

After a relatively short winter break Alex went back to work developing his Bimota KB998 superbike at Jerez in Spain.

The official test was scheduled over 22nd and 23rd January, but because conditions were overcast and changeable and testing is limited to ten days, Alex went out for just half a day on the first day, conserving his allocation for drier weather. His main aim was trying out different ergonomics.

The team have travelled south to the Portimao circuit in Portugal for another two day official test as we go to press, over 27th and 28th January.

As the Long Whatton News goes to press, Alex and most of the riders skipped the morning session because of rain,

but put in plenty of laps in the afternoon and will be hoping for a dry second day.

The next outing will be the traditional test at Australia's Philip Island near Melbourne where he has another two days on track over 17th and 18th February, ahead of the first round there shortly after.



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

BLUE *Rev. Louise Corke*

"The unique thing about blue is that it is all around us and yet it somehow feels always out of reach..." Thus said Dr. James Fox in a series of TV programmes called A History Of Art in Three Colours. He continued, "...because we can never touch the blueness of the sea or the blueness of the sky; we can never reach the blue horizon over there in the distance. And for these reasons, blue has captured our imaginations, offering us the tantalizing prospects of entirely new worlds beyond our own."

Artists have used blue to transport us to strange realms. Often the ceilings of chapels are coloured lapis blue to represent heaven; and blue soon became the religious way of suggesting a world beyond. But other artists used blue to depict the world within. Picasso's blue period accompanied feelings of suicide, despair and the loss of a close friend, and his paintings were veiled in blue and melancholy; Edvard Munch's Scream has a deep current of blue flowing through it; Gauguin's Clovis Sleeping suggests the deep world of her dreams.

There are many other examples, but then one powerful image was given us which showed us that blue wasn't the colour of other worlds, it was the colour of our own. In 1968

the Appollo 8 mission would circle the moon for the very first time. On the orbits of the moon, the team took photos of the moon's surface, but as they came out of the 4th orbit, they saw something truly breathtaking. The astronaut William Anders described it: "We had been staring at this rather ugly moon and then out of the horizon came this beautiful blue, and I must say the hairs went up on the back of my neck a little bit." The photo they took – Earthrise – captured the earth as a beautiful colourful jewel suspended in the blackness of space. It was the first time we had seen the earth from another world, and it dawned on us that ours was, more than anything, a blue planet.

Blue was used for the colour of those things beyond our grasp and understanding; how ironic that when we did finally travel beyond our own horizons into space, we discovered that actually blue was the colour of home. I find this an enormously powerful illustration of how we can perceive, or misperceive, the realities and opportunities of our own 'worlds'. There are forgotten blessings in our lives to be recounted; there is colour in our world to see afresh; there is much within our reach which is utterly beautiful. May you be blessed as you look again!

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 2024. The first stop will be Oakley Drive from 10.00 to 10.20am, followed by Piper Drive 10.25 to 11.05 and Main Street/Layby 11.15 to 11.55

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.

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



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- 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  

SWITCH ON GOOD FEELINGS *Health by Liz Jarrom*

Our bodies are constantly sending us chemical messages, which are produced in our brain and called neurotransmitters. If our perception of life is good, feel good chemicals are released, but if our perception of life is bad, other chemicals are produced, that make us feel negative instead. Our modern lifestyle choices tend to work against the production of feel good messages as we are constantly being drip fed assorted doom and gloom from the news, poor lifestyle, sleep deprivation and social media trivia.

The good news is that there are things that we can do to flip the coin, and get ourselves a dose of feel good chemicals instead, by making some simple and doable changes to the way we run our lives. Dopamine is one of the neurotransmitters that is so important to our mood.

Research now shows that pain and pleasure are both experienced, side by side in the hypothalamus, the brain's control centre. The balance between them is like a delicate see saw, and what we do can have a strong impact on how we feel. Dopamine is our motivation chemical, which sounds a bit dull, but it holds the key to our feelings. When we start the day with tasks, large or small, that are perceived as "hard work" by the brain, such as working at our job, going to the gym, doing something important such as concentrating on updating our diary or work schedule, or something creative, such as writing in our journal, painting the house or a landscape, even doing housework, working in the garden or playing a musical instrument for example. This causes the "pain" side of the see saw to be gently weighed down by the activity, causing the pleasure side to rise slowly, producing dopamine, which is why we feel uplifted when we have completed the task in hand. The rise in dopamine in these examples is

slow, and the see saw remains fairly balanced, with only slow changes which doesn't upset our mood. On the other hand, if we start the day indulging in scrolling social media, eat sugary processed food for breakfast while playing endless video clips on our phone, this causes the opposite effect on the see saw, with dopamine levels soaring rapidly.

This high spike of dopamine causes the brain to intervene and make a chemical called dynorphin, which creates feelings of discomfort, as it tries to balance the see saw back into equilibrium again. Often, as this happens, the see saw tips rapidly back towards the discomfort side so that we are then in a low dopamine state. This is usually felt as depressive feelings and low mood, and we feel no motivation to go and do our job of work, get out and exercise or eat healthily during the day. The same thing can happen in the evening if we use alcohol or sweet, empty foods to boost our mood. We may have a disturbed night, tossing and turning and wake up feeling fed up and not motivated to start our day in a positive way.

A good night's sleep starts us off with good levels of dopamine first thing in the morning, and to maintain beneficial levels, and not unbalance the see saw, it is best to avoid checking our phone first thing. Instead, go for a walk in natural daylight and then avoid the phone a little while longer and put on the television instead. Even though both are a screen activity, watching television requires effort from the brain. You are required to concentrate and pay attention to follow what's going on, be it the news, a drama or cookery program. This slowly raises dopamine levels. Just scrolling through social media or watching endless short videos takes zero effort to get a pleasure boost, and as mentioned before, dopamine levels will drop quickly as

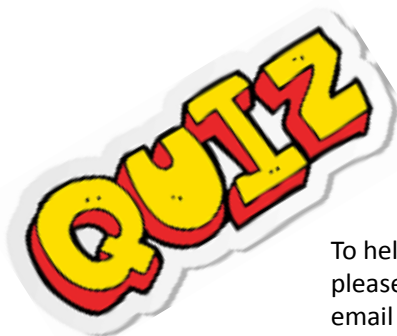
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SWITCH ON GOOD FEELINGS *Health continued*

the brain tilts the see saw back and this will have a negative effect of our mood.

The good news is that we can use this knowledge to our advantage. Having a relaxing herbal drink or a glass of milk in the evening can bring about relaxation, leading to a good night's sleep. Prepare a healthy

nourishing, breakfast the evening before, such as fruit and yogurt, wholemeal bread and poached eggs or porridge ready to cook. Follow that with a walk, even if it's only a walk around the block or the garden. This will help maintain dopamine levels, hopefully leading to a happier more productive day.

PRAWNS AND PASTA *St. Valentines recipes*

During the occupation of Britain by the Romans, some concerns were expressed that the Roman soldiers were becoming too soft and in marrying local women were becoming integrated with native Britons. Marriage by Roman soldiers to local women was therefore made illegal by Rome.

However, one priest thought that if two people were in love they should get married regardless of their ethnicity, so continued to conduct such marriages in secret. The priests name was Valentine.

He was eventually imprisoned and an execution date was set for February 14th. Whilst in prison he fell in love with the jailers daughter who was blind, on reaching through the bars and touching her she regained her sight. The evening before his execution he left a note for his lover and signed it 'from your Valentine'.

So, two recipes you can make for someone you love:

Prawns and Pasta -
What you need

- 200g Linguine or spaghetti
- 25g butter
- 200g raw peeled prawns (preferably Tiger Prawns)

- 1 clove of garlic crushed
- 100 ml white wine
- Squeeze of lemon juice
- Chopped parsley

What you do

• Cook the pasta in a large pan of boiling, salted water according to pack instructions. Meanwhile, heat a small knob of the butter in a frying pan. When it starts to sizzle, add the prawns and fry for 1 min until they start to change colour. Add the garlic and sizzle for 1 min more, splash in the wine, then bring to the boil. Swirl in the rest of the butter, season with salt and pepper and a squeeze of lemon juice, then stir in the chopped parsley.

• When the pasta is just cooked, drain and toss through the prawns. Divide the pasta

between 2 bowls, pour over any excess sauce and serve straight-away.

A really lovely easy chocolate pudding:

- Heat 150ml of whole milk and 150ml of double cream in a pan over a medium heat until almost to the boil
- Pour the milk and cream over 300g of grated dark chocolate in a bowl, leave for 5 mins to melt, then stir gently, pour into small ramekins, chill for a couple of hours and serve.



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