

Long Whatton News

JANUARY 2025



The beginning of another year and its never too early to start planning another village show. Find out how to get involved inside.

We also have more Brussel Sprouts in

this issue, health, gardening and what the LWCA will be up to this year and a dash of sport and also a plea for help

Happy new year from the Long Whatton News!

YOUR FREE VILLAGE MAGAZINE



YOUR LOCAL

SELF STORAGE

just 4 miles from Long Whatton

CaSSOA Platinum Accredited

High security caravan, motorhome and vehicle storage

#NOTORDINARYSTORAGE

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

VEHICLE | DOMESTIC | BUSINESS

www.wagtailstorage.co.uk

info@wagtailstorage.co.uk 01530 222179



FROM THE EDITOR *So many thank you's*

This village magazine trundles on, sharing news and announcing events with the community in a way that only a village magazine can.

It takes many people to produce and get it to your house, so I am compelled to say thank you to the folks that contribute; some when they can and some every month, Thank you to the dedicated souls that roam the streets and put it through your letterbox through cold and rain, snow and, occasionally, sun.

And also a huge thank you to the people who help us financially to keep going and to

advertisers who support us through thick and thin. To all, your help is invaluable. Thank you.

BUS TO LOUGHBOROUGH

Shepshed Special Community Bus run a minibus from the village to Loughborough, picking up from Long Whatton and dropping off in Loughborough town centre every Thursday. This is a door to door service and costs £5.

Ring them on 01509 650531 for more information.

NOT SPROUTS AGAIN! *Winter breakfast hash*

The UK eats around 40,000 tonnes of Brussels sprouts each year, which is more than any other European country. The industry is worth £650 Million, and the area of sprout fields in the UK is equivalent to 3,240 football pitches.

So it may well be that, post Christmas you have a few lurking about in the kitchen, so why not use them up in this lovely breakfast dish. Winter Breakfast Hash

What you need

- 375g potatoes cut into small chunks
- 1 tbsp oil
- 1 onion chopped
- Half teaspoon caraway seeds
- 2 cloves of garlic, chopped
- 1 green pepper, deseeded and sliced
- 200g sprouts, trimmed and sliced
- 2 eggs

What you do

Boil the potatoes for 15 mins until tender. Meanwhile, heat the oil in a large non stick frying pan over a medium heat and fry the onion for 8 mins, stirring frequently until it starts to colour. Add the caraway, garlic, pepper and sprouts and cook for 5 mins more with the lid on the pan so they steam at

the same time.

Drain and lightly crush the cooked potatoes using a masher. Stir them into the vegetables and cook for 5-10 mins, turning occasionally so the mixture browns.

Meanwhile, poach the eggs for a few minutes for a runny yolk or until cooked to your liking. Remove from the pan using a slotted spoon. Serve each portion of hash topped with an egg.

I promise no sprout recipes next month



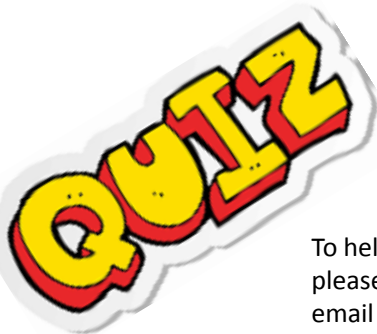
Quiz Night in Long Whatton

Join us at the **Friendship Centre** for a quiz evening with Alan Clark

Friday 8th February
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 or
text to 07964 824 108



GARDENING TIPS FOR JANUARY *by Shirley Blyth*

Happy New Year to all fellow gardeners. If you think there is nothing to do in the garden this month and it looks boring at this time of year, then think again! However harsh the weather there are plants to enjoy and plenty of jobs to be getting on with. The days are at least getting longer at last. If you have a greenhouse or shed then you can start off early flowering plants and bulbs. Also watch the weather forecasts as snow can actually be good for the garden, killing off unwanted pests and protecting your plants from severe frosts. Strong winds are a regular feature of the January weather, so make sure young trees and shrubs are staked really well in exposed areas.

Plants for this month:
Chimonanthus praecox
- A twiggy shrub with strongly scented flowers. Another plant that I can't grow in my soil.

Dogwoods- Grown for their colourful winter stems.

Eranthis hyemalis - Small woodland perennial,

mat forming of yellow flowers. Buy "in the green" (i.e. with leaves still on) not as dry bulbs. *Garrya elliptica* - A beautiful evergreen shrub with lovely tassels. Male varieties have the longer tassels.

Lachenalia aloides - Cape cowslip. Tender, needs protection. "Nelsonii" is a beautiful golden yellow colour.

Sarcococca - Christmas box or sweet box. A small shrub, but it packs a punch scent-wise. *Skimmia japonica* - Tough shrub that does best in shade

Snow Drops - The iconic plant for this time of year.

Snow Drops - The iconic plant for this time of year, generally flower in January but sometimes as early as December.

Jobs to do this month

Warm up the soil with cloches, plastic sheeting and cardboard.

Continue to provide food and water for wildlife.

Clear the crowns of plants

from wet leaves and aerate your lawn (providing it is not frosty).

Continue to protect vulnerable plants from the wind and cold weather.



Eranthis hyemalis a small woodland perennial.

Keep a small area in ponds free from ice.

Sow early veg seeds under cover.

Begin to chit (produce shoots) on early potatoes. Force rhubarb for an early crop.

Start to sow some early summer bedding and start to choose your summer flowering bulbs

It would be lovely to restart the village garden club again later this year, if the support was there.

Happy gardening and why not grow something unusual this year?



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

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



Please Contact
Mrs Christine Thomas
chris@tclegalservices.co.uk
Mrs Clare Cooper
clare@tclegalservices.co.uk
Office: 08450 568571
Mobile: 07889 335743 or 07866 415251

www.tclegalservices.co.uk

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



Ballet Classes

FOR CHILDREN, ADULT BEGINNERS AND SILVER SWANS

LOCKINGTON VILLAGE HALL - SATURDAYS from 7th 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 4th September

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

A YEAR WITH THE LWCA *Planning for 2025*

The Long Whatton Community Association (LWCA) have taken on the lease and running of the Friendship Centre and we had our work cut out this year to cover the costs for rent, electricity, gas, water and strange things like the yearly fire extinguisher service. But with our fundraising efforts and your support we have managed it and we have a bit of money left over, which will enable us to hold the hourly charge for the Friendship Centre where it is for 2025.

The "events year" started with a bingo evening in February, as well as one in June and in December. Our Bingo calling is always an experience, combine it with a bingo machine that has a mind of its own and you get comedy bingo in the Friendship Centre.

We have now been running the Community Coffee morning on Thursdays between 10am and 12 for more than a year and it is proving to be an enjoyable village-get-together with coffee and cake. Why not join us one week?

On Easter Saturday we held the village Easter Hunt at the Falcon which, from an organisational point of view takes a bit of thinking about, but the market, raffle, games and the hunt always makes it worthwhile. There will be one of them in 2025 and we are starting to think about the route and things to find. Fancy having an input? Let me know. May saw the Beetle Drive, a dice game where the 4 people on one table play against one another as well as against everyone else in the room. The overall winner of the night is determined by the points gained in each round. I am told, the beetle trophy which the winner received has pride of place in their garden. Then, as a first for me, we held a jumble sale. All I can say is wow, we had so many donations it was great fun putting them all out and seeing the Friendship Centre floor full to bursting. The day itself was pretty hectic too: 100 visitors through the door is no

small feat. There will be another one in May, with a pre-loved fashion show before. We are definitely looking for helpers and donations for that. Donations can be dropped off at the Friendship Centre from the beginning of April.

During the summer holidays there were four craft and experiment mornings for children which are lovely on the day as well as to organise. Our group of helpers can get quite excited once creative juices start flowing and we often find ourselves having to cut the number activities on offer as we have too many ideas and not enough tables to run them from. If you like your crafts and creating anything with your hands why not join us in bringing that enjoyment to the children. We are open to more ideas and are looking to run the mornings again during the summer holidays of 2025.

September saw the scarecrow competition culminating in the craft afternoon in church. The Quiz with Alan Clark was an entertaining night with interesting facts about Liverpool and a cash prize. There is another Quiz planned for February 8th, so you may as well start swatting up.

Our Christmas market on the 30th of November brought together stall holders, children's crafts and a performance by the Whatton Wailers to create an early festive feeling.

In 2025 we will not be continuing with the Thursday games afternoon as fewer people attended over time, but maybe you can think of something else you would like to see happening in the Friendship Centre, if so let me know. Organising these events is good fun especially if they are well attended and all goes to plan. But we would more than welcome new ideas and new helpers. You can help with just one event or several or set up your own and we help you. Or you may fancy yourself as a social media poster, why not take over the promotion



SHOPPING SERVICES

SHEPshed SPECIAL COMMUNITY BUS

01509 650531

PLEASE CALL FOR MORE INFORMATION

DOOR-TO-DOOR SERVICE: WE PICK UP FROM SHEPshed, HATHERN, BELTON AND LONG WHATTON

WHEELCHAIR ACCESSIBLE

*** MONDAY MORRISONS COALVILLE FORTNIGHTLY**

*** TUESDAY SHEPshed SHOPPERS**

*** THURSDAY LOUGHBOROUGH SHOPPERS**

DROPPING OFF AT MORRISONS, SAINSBURYS & TOWN CENTRE

OUTINGS ARRANGED THROUGHOUT THE YEAR.

GROUP HIRE: PLEASE CALL FOR MORE INFORMATION

PAYMENTS:

SHOPPERS: CASH TO DRIVER

OUTINGS: CASH, CHEQUE OR BANK TRANSFER

GROUP HIRE: INVOICED MONTHLY

Shepshed special community bus Industrial & Provident
Society No.25490R(Afforded Charitable Status)

Design and artwork

for business
stationery
leaflets
magazines *and more*

Rough
MEDIA

roughmedia@hotmail.co.uk

07921 855607



A YEAR WITH THE LWCA *continued*

of these events online? Come and talk to us during the Thursday Coffee Morning, leave a note in the Friendship Centre letter box, send an email to lwca79@gmail.com, call me on 07964 824 108 or speak to one of the “events team” directly.

Things I have not yet mentioned are a “Spring Afternoon Tea for the over 60s” on March 19th, another first for us. There is a plan for a walk with “short historic information”, nothing too detailed or time consuming, just a bit of “what was this before” and “did you know this was a lace factory once”, more bingo and maybe some music. In 2025 the Community Association is looking for a new chairperson to take over from Viv Matravers, who has been in the role for many years. Please join us at the AGM on March 4th, 7.30pm to help decide who is leading us forwards. We are also proposing small changes to our constitution to reflect where we are today. Please have a look at these proposed changes on the village website longwhattonvillage.co.uk and attend the AGM to vote. Everyone over 18 is automatically a member of LWCA and entitled to vote. It is after all a village association run for the benefit of all who live

in the village with the aim of improving our quality of life.

Other things we could be doing in 2025 is a “cookery course” for up to 15 people. Where people come to “cook” in the first part of the evening, then invite one or two friends to eat their creations with them, after. What is stopping me? It’s not having the skills to cook on such a “scale” - so I’m looking for a “cook” - “instructor” that would be happy to run such an evening within the limitations that we have: two kettles and one gas oven with 4 gas hobs in a small kitchen. Anyone? It can be a group effort as it always is with the Community Association.

We would also like to offer a mother and baby group, but is it something you would like? If so, when? and how often?

This all leads me to thank all the helpers that made 2024 such an enjoyable success, if you baked, organised, set up a stall, put tables and chairs away in the Friendship Centre, gave your time to any of our events, built a scarecrow, made a donation of any kind, thank you, it is much appreciated. Lets do is again and better in 2025.

Silke Walker – LWCA Secretary

ABOUT THE LONG WHATTON NEWS

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

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

WE WANT YOUR NEWS

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

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

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

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

THE TEAM

Penny de Kock 07393 407896

Neil Bamford 07921 855607

COPY DEADLINE

The copy deadline for articles for the February issue is 19th January.

LONG WHATTON COMMUNITY ASSOCIATION *changes*

Proposed changes to our constitution
All Residents over the age of 18 are automatically members of Long Whatton Community Association (LWCA).

LWCA is a registered charity set up in 1999 by the then chair Philip Jordan and Head Teacher Sue Landon. LWCA runs the Friendship Centre and is responsible for organising many of the events here.

As a charity we have an approved constitution which was last amended in 2001 and as a group we feel that we should amend our constitution to reflect ourselves today.

The proposed changes can be viewed on our notice board outside the Friendship Centre and on the Long Whatton village website - www.longwhattonvillage.co.uk

There will be an extra special meeting of LWCA just before our AGM on Tuesday 18 March where the proposed changes will be voted on to which all members are invited to attend and vote.

Please feel free to contact me if you would like to discuss this further prior to the meeting. Thank you.

Viv Matravers v@manororganicfarm.co.uk

CALLING ALL VOLUNTEERS!

The 2024 Village Show was a fantastic day for Long Whatton, with around 200 people passing through the gates. Thanks to the hard work of a small group of dedicated volunteers, we covered the event costs and brought smiles to faces young and old. One of the highlights was the dog show, which was a huge hit with visitors and their four-legged friends. We're thrilled to announce that it will be back for 2025!

To make the 2025 show bigger and better, we need your help!

This year, we want to grow the show with more competitions, children's activities, and exciting new attractions. To make this happen, we're asking for volunteers to help organise key parts of the event, including:

Competitions: From prize-winning vegetables to flowers and bakes, we need people to help organise, judge, and secure prizes.

Dog Show: Help us build on last year's success by arranging prizes, categories, and judges for this beloved event.

Children's Activities: Can you help arrange more fun for the kids, like crafts, games, or activities?

Event Attractions: We'd love to bring in more stalls and fund exciting features like a bouncy castle, climbing wall and have the rodeo bull back—but we need sponsors to make it possible.

Why Should You Get Involved? Being part of the Village Show isn't just about organising a brilliant day—it's about strengthening our community. By volunteering, you'll:

Get to know more people in the village and build friendships.

Help other community groups raise funds through their stalls and activities.

Support social events that bring people

together throughout the year, especially those who may feel isolated.

We're also planning to support a local charity in 2025. If there's a cause close to your heart, let us know and help us make a difference.

We are looking for Sponsors—A huge thank you to our 2024 sponsors, your support made all the difference! We hope you'll join us again for 2025. This year, we're seeking sponsors for competitions, activities, and attractions like the bouncy castle, rodeo bull, and the dog show. If you'd like to get involved as a sponsor, please

get in touch.

Feedback from 2024

Some of you mentioned there wasn't enough to do at last year's show. We completely agree—our small but mighty team could only manage so much. With your

help, we can create a bigger, more engaging event that everyone will enjoy.

Join Us!

The first planning meeting for the 2025 Village Show will be held in February 2025. Whether you can offer time, ideas, sponsorship, or support, we'd love for you to join us. Together, we can make the 2025 Village Show an event to remember!

For more information or to get involved, please contact Penny de Kock on 07393407896.



*Let's Make the
2025 Village Show
Even Better!*

ALL SAINTS CHURCH *essential repairs*

All Saints has been the village church of Long Whatton since the 12th century. It has grown, been rebuilt, and grown again and has always been the focal point of this village. Generations have cared for it since then, but now it is in need of urgent work to keep it as a welcoming and functioning village church

*Focal point of the
the village is in
urgent need
of your help!*

Essential repairs are needed to roof tiles, gulleys, downpipes, pointing, floor tiles and windows.

The estimated cost for all this work is £15,000 and this will not be possible without the support from as many people in the village as feel able to help.

Is this something that you can do?

Donating is simple using the card machine in the church or scanning the QR code below. Alternatively you can use our bank details for a BACS donation or cheque made to: 'Long Whatton PCC'

Sort code 403024 account 30545295

You can increase the value of your gift without any further cost to you, when using the QR code to donate, by ticking the box that your donation is made under the governments Gift Aid scheme. Donating through Gift Aid means charities can claim an extra 25p for every £1 you give.



If you have any questions, please get in touch with Viv Matravers on 07780 097997

Lets make sure our church can be used by future generations too. No donation will be too small.

Thank you for your help which will be greatly appreciated.



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

Email

LONGWHATTONNEWS@GMAIL.COM



OLD CURIOSITY BOOKSHOP



Second-hand Bookshop 50,000 titles to browse

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

Online Bookshop: www.oldcuriositybookshop.co.uk

CRAFT & GIFT ROOM UPSTAIRS

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

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



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

Mobile Library. Will visit the village on Monday 6 January 2025

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

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

DISEWORTH DIARY *January*

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

5th January - Scalextric Challenge, Village Hall

25th January - Bevington Organisation, Village Hall, 7pm

26th January - Church Coffee Morning, 10am - 12pm

28th January - Village Hall Committee Meeting, 7.15pm

WI *New year events*

For our January meeting on Tuesday 14th we will be having a quiz evening, you are welcome to come and join us, £5.00 and £2.00 raffle and refreshments.

On Tuesday 11th February our speaker will be Bill Hayley who will be sharing insights about life on board the Royal Yacht Britannia, all welcome, £5.00 for the speaker and £2.00 raffle and refreshments.

On Tuesday 11th March we are having a visit from the police to talk about fraud and scams.

Meetings start at 7.30, please contact Lesley on 01509506714 for more information.

ALEX LOWES *and his 2025 challenge*

Alex Lowes now has a some time off from the rigours of World Superbike racing, but he won't be able to go mad with the christmas leftovers because he'll be back in action in January.

His Bimota by Kawasaki KB998 world superbike steed is all new and will need all the development time available.

Bimota have taken Kawasaki's ZX10 motor

and built their own chassis and swing arm around it. The bike retains Showa suspension but has new bodywork reminiscent of the ZX10, but with improved aerodynamics including winglets.

The first official test kicks off in Jerez, Spain on 22nd and 23rd January, followed five days later by two more dys on track in Portimao, Portugal on 28th and 29th January.

Alex and the team then pack up and fly to Australia for the final test on 17th and 18th February at Philip Island near Melbourne.

He then has just three days before the first round of the 2025 season from 21st to 23rd at the Philip Island circuit. Then back to Europe.



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

A LIGHTNESS OF STEP *A farewell – Rev. Louise Corke*

When I announced back in September that I will be retiring from my parish commitments here in the benefice, January 2025 still seemed a long way away. Now it is here and I'm writing my very last pastoral letter, and facing my last day as Team Vicar here on 19th January. Did someone press fast forward?

Working in the Benefice and across the six very different rural churches has been a great experience; I have loved the people, the variety, the vast skies and the agricultural rhythm of the land. I will miss many things and people when I leave. There is a new chapter ahead for you and now a different one for me. I hope that over the next few weeks you and I can take the opportunities to celebrate the experiences we have shared and name the valuable lessons, memories and impressions we carry. Then with a lightness of step, take the good encouragement of Minnie Louise Haskins, not so much for the new year as the new chapter we face:

'God Knows'

And I said to the man who stood at the gate of the year:

"Give me a light that I may tread safely into the unknown".

And he replied:

"Go out into the darkness and put your hand into the Hand of God.

That shall be to you better than light and safer than a known way".

So I went forth, and finding the Hand of God, trod gladly into the night.

And He led me towards the hills and the breaking of day in the lone East.

"I have loved the people, the variety, the vast skies and the agricultural rhythm of the land... I will miss many things and people"

THE QUEENSTOWN LAMB *A poem by David Griffiths*

He was a carefree lamb and meek
When he was born at Walter Peak.
Live was just a jolly game,
No thought of fortune, wealth or fame.
It was the little fella's pride
To sleep out on the mountainside.
From there each morning he'd awake
To snow capped mountains and the lake,
The parasailors in the sky,
The SS Earnslaw chugging by.
But once, forgetting it was steep
Our lamb turned over in his sleep#And, before
he'd time to think,
He found himself down in the drink.
Now it was fortunate for him
That he had lately learnt to swim!
His boss immediately knew
He was too good to Bar-B-Q.

So he kept him at the farm
Lest he should come to further harm.

Our lamb thought long about his fall
Until it hit him like a wall-
-A piece of wool tied to one's feet
Would make security complete
Or-better still-make that elastic-
Then the result would be fantastic.
Something that never had been seen,
You'd fly right back to where you'd been!!
And the perhaps the thing would sell
And tourists take it up as well!

It proves how bright a lamb can be.
The rest, they say, is history.
South Island, NZ

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 niggling aches and pains)
- You'll be shown ways to improve your balance (helping you to walk, skip or run with confidence)
- You'll be shown strengthening exercises, and exercises to improve your mobility (helping you to continue to do the activities you love)

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

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

DIABETES *Health by Liz Jarrom*

Diabetes Mellitus, usually known as type 2 diabetes or age-related diabetes, is characterized by chronically raised levels of sugar in the bloodstream. This is either because the pancreas isn't making enough insulin, or most commonly because the body becomes resistant to using insulin, known as insulin resistance.

Our digestive system breaks down carbohydrates into the simple sugar glucose, which is the main fuel for all the cells in our body. To get from the bloodstream and into a cell, glucose requires insulin. This is the key that unlocks the door into each cell and lets the glucose in. Without this action by insulin to allow glucose to enter the cells, it builds up in the bloodstream, and overtime this sugar build up causes damage to blood vessels throughout the body. Therefore diabetes, if left unchecked, can lead to blindness, heart attacks, kidney failure and strokes.

High levels of sugar in the blood can also cause nerve damage leading to tingling, numbness and pain. Diabetics can also suffer from poor circulation leading to lack of feeling in legs and feet which can lead to poor healing of injuries to these areas. So, it would seem that sugar is the main issue but actually fat is also just as important. In type 2 diabetes, the pancreas still makes the insulin that the body needs, but accumulations of fat inside the cells of the muscles and liver interferes with the ability of insulin to open the doors to the cells. If insulin is the key to open the door, then fat is the stuff that is jamming up the locks.

The fat in the cells comes from two places, the food eaten and the fat stores worn around

the body, especially the tummy. Carrying too much body fat is a high-risk factor for developing diabetes. The amount of fat cells in the body is fairly constant, the individual cells just swell up or deflate depending how much fat is being stored in the body. When the body is very overweight, these fat cells become so crammed with fat that the excess spills out again, back into the blood again.

Fortunately, stopping eating saturated fats and eating monosaturated fats found in nuts, olives, and avocados makes a big difference. These fats are much less damaging and processed better by the body. Overweight people are encouraged to diet, but this is not always successful as they may feel hungry and miserable.

An interesting study was done to see if introducing certain foods would help. The subjects were divided into two groups and the first group were told not to change how they ate except they were to add in one kilo a week of lentils, split peas or haricot beans. The second group were told to reduce the number of calories they ate per day by 500 calories.

Amazingly enough, the group asked to eat the extra food became healthier. Both groups slimmed down their waistlines, but the legume rich diet group gained added benefits in lower cholesterol and more effective insulin use in the body.

The American Diabetics Association conducted a study where diabetics were instructed to go on a 90% plant food diet. This left little room for junk food, sugar or animal products. The diet consisted of a large salad a day, along with vegetable and bean soup,

'On a 90% plant food diet... on average, patients were able to reduce the amount of insulin needed by 60%.'

Waste Collection 2025

Your collection day is Tuesday

Please put out all of your containers by 6am

December 2024	TUE 3	TUE 10	TUE 17	TUE 24	TUE 31	Key Garden bin, red boxes, blue bag, yellow bag, textiles, batteries and mobile phones.
January 2025	TUE 7	TUE 14	TUE 21	TUE 28		
February 2025	TUE 4	TUE 11	TUE 18	TUE 25		
March 2025	TUE 4	TUE 11	TUE 18	TUE 25		
April 2025	TUE 1	TUE 8	TUE 15	TUE 22	TUE 29	Black bin Black bin, red boxes, blue bag, yellow bag, textiles, batteries and mobile phones.
May 2025	TUE 6	TUE 13	TUE 20	TUE 27		
June 2025	TUE 3	TUE 10	TUE 17	TUE 24		
July 2025	TUE 1	TUE 8	TUE 15	TUE 22	TUE 29	Red boxes, blue bag, yellow bag, textiles, batteries and mobile phones
August 2025	TUE 5	TUE 12	TUE 19	TUE 26		
September 2025	TUE 2	TUE 9	TUE 16	TUE 23	TUE 30	Please note there will be changes to collections over the Christmas and New Year period. There are no garden waste collections between 16 December and 13 January.
October 2025	TUE 7	TUE 14	TUE 21	TUE 28		
November 2025	TUE 4	TUE 11	TUE 18	TUE 25		

If you choose to print this leaflet, please recycle it in the blue bag when you no longer need it.

DIABETES *Health continued*

a handful of nuts and seeds, three pieces of fruit, half kilo of green vegetables and some whole grains. At the start of the study, most of the patients were having to inject large amount of insulin to control their blood sugar. Within a few weeks, most of the patients had lost some weight, and better still, on average, patients were able to reduce the amount of insulin needed by 60%. Some of the patients had been diabetic for 20 years, and encouraged by the results, continued with the diet and made further improvements to their health.

Many diabetics develop neuropathy or nerve damage which is very painful. A study of 21 diabetic patients who had been suffering from neuropathy for ten years or more were placed on a strict wholefood, plant based diet.

All participants had a lessening of their pain within four days, and some became completely pain free. Patients in the study had needle biopsies before embarking on the diet which showed stores of trans fats under the skin and impaired blood flow to the tiny blood vessels in the nerves of the legs. At the end of the study, the biopsies were repeated, and the trans fats had disappeared. The researchers concluded that the improved blood flow to the nerves was the reason for the improvements in the patient's condition.

So diabetes is preventable and reversible in many cases, but always consult with your doctor if you are diabetic and wish to make big changes to your diet and take your medication as instructed.

KINT AND NATTER *fundraising continues*

The Knit and Natter group raised £166 for the Friendship Centre at the Christmas Market in December. We are also selling knitted novelties at the Falcon at the moment with funds going to the Friendship Centre.

Our next projects are knitted hats for children in Africa and key-rings



for Rainbows.

We wish everyone in the village a very Happy New year!

In January the group will meet on Friday 3rd and Friday 17th at the Falcon Inn from 10 to 11.30am for tea, coffee, knitting and nattering.

COFFEE OPPORTUNITIES *Dates and venues*

Village Coffee Morning @ The Falcon Inn - The January coffee morning will be on Monday the 13th January 10:30am till 12 o'clock.

Village Coffee Morning @ All Saints Church There will be a coffee morning on Saturday 18th January at 10.30am.

If you would like more information or need

a lift to either of these events, please contact If you need a lift please contact Penny de Kock on 07393407896.

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



THE ROYAL OAK

DINING PUB | BEDROOMS | FUNCTION ROOM



Merry Christmas & Happy New Year

We are now serving our new winter menu along with a festive menu for group bookings over December

Special New Years Eve Menu

Please see our website for all menus and opening times
www.theroyaloaklongwhatton.co.uk

