

Long Whetton News

JUNE 2025



Roses. More precisely a spectacular Rosa × damascena bush growing by the front door of number 81 Main Street; the picturesque early 1800s thatched cottage opposite the church.

Inside, we have a cheesecake that isn't, gardening tips, health, village show developments, karate and updates about globe-trotting Alex Lowes. And lots of other bits and bobs too.

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THE VILLAGE SHOW 2025 *How you can help*

We're excited to announce that The Long Whatton Village Show is back for another brilliant year of community, creativity, and good old-fashioned fun!

This year's show will feature many of your favourites, including the much-loved Dog Show – so start brushing those tails and teaching those tricks! There will also be plenty of activities for children, guaranteed to keep the little ones smiling and entertained. And that's not all...

Announcing the Tallest Sunflower Competition. Get those green fingers going! We'll be awarding prizes for the tallest sunflower grown in the village. If you haven't planted yours yet... you've still got time – just!

To make the show bigger and better than ever, we need your help:

Volunteers – We'd love more people to help us run the show. If we get enough extra hands, we can add

more competitions! Each competition needs someone to manage it and at least one judge – so if you've ever fancied yourself as a judge of cakes, crafts, or courgettes... now's your chance!

Stallholders – If you, or someone you know, would like to run a stall, please get in touch. Whether you're a local maker, baker, or community group, this is a great way to get involved.

Sponsors – We're also looking for local sponsors to support the event. Sponsorship helps us cover costs and make the show extra special for everyone. If you're a local

business wanting to give back to the community (and get your name in front of a few hundred happy villagers), we'd love to hear from you!

Get in Touch - volunteering, sponsoring, running a stall, please contact: Penny 07393 407896
longwhattonnews@gmail.com



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

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Neil Bamford 07921 855607

COPY DEADLINE

The copy deadline for articles for the July issue is 20th June.



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GARDENING TIPS FOR JUNE by Shirley Blyth

I do hope when you read this at the beginning of June, that we have had some rain for the dry and dusty gardens. This spring has been the driest and sunniest on record. It has also been the warmest since 1960.

June should be the start of the warm and drier summer weather. With the warm weather pests have appeared earlier this year and are on the march. Sparrows and wrens in my garden have been very active on my roses picking off the aphids. Biological controls should work really well when the weather is warm.

Plants in flower this month
Alchemilla molli - Good ground cover and will re-seed freely.

Astilbe - Will grow best in slightly damp ground.

Buddleia globosa - The orange/yellow globes look stunning.

Cistus - The Rock rose flowers over a long period.

Clematis - early large flowers - Double flower often flower again as single flowers

Dianthus - Low growing, fragrant mound forming perennial.

Honeysuckle - Intensely fragrant climber.

Lavender - A good sensory cottage garden plant

Peonies - Blousey flower heads in many colours.

Santolina - Cotton lavender which has a sharp fragrance.

Tamarix - Small tree with spikes of dusky pink flowers.

Veronica - A vigorous pale blue herbaceous perennial.

Jobs to do this month:
If you did a *Now Mow May* give your lawn a liquid feed a few days after cutting.

Keep deadheading to maintain beds, borders and container displays. Also keep watering new and young plants. Look out for pests and suckers on roses.

Try layering your climbers to get new plants for free. Also take cuttings from Pinks. Cut back and tidy spring flowering perennials.

Plant out summer bedding in borders,

containers and hanging baskets.

Cut down the faded foliage of bulbs and divide overgrown clumps.

Start to sow plants for winter and spring colour.

Remove blanket weed and duck weed from your pond.

Harvest vegetables as they mature. Plant winter brassicas but protect them from pests.

Keep fruit and vegetables well

watered if the weather is still dry. Shade and ventilate your greenhouse.



Dianthus

COFFEE OPPORTUNITIES

Village Coffee Morning @ The Falcon Inn -

The next coffee morning will be on Monday 9th June 10:30am till 12 o'clock.

Village Coffee Morning @ All Saints Church

The coffee morning at All Saints will be on 21st of May at 10:30am till 12 o'clock. All are welcome, there are toys for the little ones while mom and dad have a cuppa and cake...

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.

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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,
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LONDON CHEESECAKE *Cookery*

London Cheesecake is not at all what it sounds like: Let's start with what London cheesecakes aren't. They aren't traditional cheesecakes and don't contain any cheese. They aren't even cakes, and while this might seem like a joke, it's also unclear whether they originated in London or not.

Instead, London cheesecakes are bakes packed with flavour. The base for these treats is puff pastry filled with creamy frangipane and a glob of sweet, fruity jam. The crackly puff pastry gives them a wonderful flaky texture, while the almond cream adds nutty and sweet notes. The jam cuts through the almond cream's richness, providing a flavourful burst of tartness.

But the hint of tropical coconut might be the most important ingredient. It's this topping that sets them apart from other jam-and-cream-filled pastries. It's also potentially how London cheesecake got its unique, misleading name. After baking to golden perfection, the pastries are brushed with a simple glaze made from icing sugar and water. They're then sprinkled with the dried coconut shreds.

What you need:

- 50g butter
- 50g caster sugar
- 1 egg, beaten
- 50g ground almonds
- Packet of ready rolled puff pastry
- A jar of your favourite jam
- 100g icing sugar
- 50g dessicated coconut

What you do:

- 1.Preheat the oven to 200C/400F/gas mark 6. Line a large baking tray with baking paper.

2.Start by making the frangipane. Cream together the butter and caster sugar until light and fluffy. Beat in the egg and almonds and set aside.

3.Roll out the puff pastry. Cut it into 6 pieces length ways, and then halve all of them horizontally. Put 6 pieces on the baking tray.

4.Place a teaspoon of jam in the middle of each piece and spread it out evenly, leaving a gap around the edges. Add a blob of frangipane pieces and spread it on top. Cover



each with another piece of pastry.
5.Bake for 20 minutes until well-risen and golden brown.
6.While they're cooling, make the icing. Sift the icing sugar into a bowl, then gradually stir in enough water to make a smooth, thin icing. When the

so-called "cheesecakes" are cool, spread the tops with the icing, then scatter with the dessicated coconut.

WI *Coming up in June*

On Tuesday June 10th our resident village horticulturist Shirley Blyth will be giving us tips on gardening and answering our questions about how to care for our plants.

On Tuesday July 8th we are going to be line dancing!

There is no WI meeting in August. Our WI events take place at the Friendship centre 7.30-9.30 on the second Tuesday in the month, all welcome, £5.00 for the events and £2.00 for refreshments and raffle, please contact Lesley on 01509506714 for more information.

SHEPSHED SPECIAL COMMUNITY BUS FRIDAY OUTINGS 2025

February 28th CHERRY LANE GARDEN CENTRE

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May 30th- STAMFORD TOWN & MARKET

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

June 27th- TRENTAM GARDENS

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

July 25th- STRATFORD UPON AVON

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

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

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ENCOURAGE AND JUDGE KINDLY *Peter Yorkstone*

June is half way through the year although we have high summer yet to come. We had a son whose birthday came at Christmas so we always had a special half-birthday for him in June so he could have his own special celebration without it getting tied up with Christmas festivities. I confess

that I am not very good at remembering birthdays or special anniversaries, but the Church is good in this area. Right through the year there are special days

set to mark Saint or Martyrs or Heroes of the Faith. One such is Barnabas on 11th June, one of the early first disciples. He certainly is one of my heroes. His name means "son of encouragement" because that is what he was. When Paul had his dramatic conversion at Damascus Barnabas took him and vouched for him when many in the early church doubted the genuineness of his change of heart.

*"He also believed
in giving people a
second chance."*

Barnabas was generous in giving financially to the early Church. He also believed in giving people a second chance. Mark (who would later be the writer of Mark's Gospel) first accompanied Paul on his missionary journeys but this proved too much for him and so Paul

rejected Mark as a companion. Barnabas came to the rescue and took Mark under his wing.

Here is the prayer for St Barnabas' day which we might take to heart for ourselves:

Bountiful God, giver of all gifts, who poured your Spirit upon your servant Barnabas and gave him grace to encourage others; help us, by his example to be generous in our judgements and unselfish in our service; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and forever. Amen

Peter Yorkstone

THE CURATE *A poem by David Griffiths*

The curate in her little house
Set a trap and caught a mouse
When he cried in fearful pain
The curate let him go again.
Then, with such a gentle touch
She made a little crutch
And let him out into the snow

But found he did not want to go
Said he did not want to freeze
But could he have some cheddar cheese
He was thinking of himself-
He'd bed down on the pantry shelf
So the curate went upstairs
The mouse remembered in her prayers.

VILLAGE AMENITIES *Food, rooms and more*

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

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

The Mobile Library. On the second Monday of each month in 2025 stopping at the School, Oakley Drive, Piper Drive, and Main Street

Falcon Inn. Bar, restaurant and rooms. Open

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

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KARATE CLUB *An exciting update*

We like to think about ourselves as being more than just a karate club, hence our commitment to contributing to local good causes as well as providing our weekly training. We are therefore hugely excited to share some news.

We're extremely fortunate as a small village to have people who dedicate time to helping others improve their health and wellbeing – from losing a little weight, to gaining confidence and fitness, to coaching elite-level athletes.

Starting in our next update we're excited to say we have agreed a collaboration with two other local groups, where we will look to collectively share health and wellbeing experiences and knowledge which we hope will help readers. This month, we'd like to introduce the three people behind these future updates and provide a brief bio on each:



Julie Dodoo: a former Olympic heptathlete who transitioned into a successful coaching career after retiring from elite sport. Julie began

representing her country at just 15 years old and went on to compete for both England and Great Britain over a distinguished athletic career. Her highlights include representing Team GB in the heptathlon at the 2008 Summer Olympics, as well as competing in multiple World Championships and Commonwealth Games.

Following her retirement from competition, Julie qualified as a Level 3 Performance Coach. She has since developed and coached heptathletes, decathletes, and long jumpers to international level, including Commonwealth Games and World Championships representation.

Julie is co-director of Speedworks Training, a UK-based coaching and coach education business, where she works alongside her husband, high-performance coach Jonas Tawiah-Dodoo, the founder of Speedworks. Together they have two sporty children who also enjoy attending karate classes in Long Whatton.



Debbie Fisher: has been a Slimming World Consultant since 2015 and is therefore entering her 10th year (!) with an organisation she thinks is an amazing company

to work for. Through her training she has learnt a lot about nutrition, health and the mindset behind losing weight.

In her time with Slimming World, Debbie has seen cases of type 2 diabetes reverse, babies arrive to healthier parents, and families go from being relatively inactive to being thrilled to be able to run around with their kids – all extremely rewarding and motivating for her.

Her journey has also been a personal one, having lost 3.7 stone herself to be where she is today. This massively helps Debbie with being able to be her my feet all day – consistently notches up around 12,000 steps a day!

As Debbie says: "although we need a calorie deficit to lose weight, the calories we consume are not all the same! A good balance of protein, carbohydrates and fruit and veg is what works best for satiety (feeling full) and satiation

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KARATE CLUB *continued*

(being sufficiently satisfied) alongside weight loss." As you can tell, Debbie is already looking forward to sharing more of her learning and some tasty recipes with you all in the future. In addition to her Slimming work role, Debbie is a volunteer at 1st Crawshaw Guides and a full-time carer for a wonderful lady in Loughborough. She absolutely loves being outside in woods and forests, going on long walks, and fairies.



She lives in the village with her Husband, Daughter and Son, so watch out for our very own fairy-lover while you're out and about (yes, if you

see her about in the village, that would be a great conversation starter!).

Ben Taylor: Our very own Sensei Ben as Senior Instructor for the Long Whatton Shotokan Karate Club. As well as teaching karate at the club, he is also a volunteer swimming coach at a local swimming club. Ben has had a life-long passion for sports. He began karate aged just 5 years old and has since trained in two styles, whilst living in three countries, under renowned karateka including his current instructor, former world champion Sensei Aidan Trimble – 8th Dan Black Belt. He competed for his university squad at the national championships, travelled to Japan to train in 2020, and started the Long Whatton club in 2019 to share his passion for the martial art with the local community. He has a desire to enable others to benefit from karate in the same way he has throughout his life.

As well as karate, Ben has trained in Aikido since 2018. He practices Qigong and previously trained in kickboxing. As well as martial arts, Ben also began competitive swimming from an early age, leading to

him representing his school at national championships, becoming a qualified swimming coach and previously working as a lifeguard.

Nowadays, Ben is enjoying preparing our students for a forthcoming karate tournament and their next belt gradings (including his own Daughters), as well as helping junior swimmers improve their technique ahead of the next competition events.

So having introduced the people behind our future articles, we hope you are looking forward to our next update where our three collaborators plan to share their first set of health and wellbeing topics!

Why not give real traditional karate at our very own local club a try? With so much going on and the club continuing to grow, right now is the perfect time to 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 @longwhatton karate, e-mail the club at longwhattonkarate@gmail.com, or contact the club secretary on 07714335598

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

Looking to lose a few pounds or generally improve your wellbeing? Contact Debbie on 07500709160 or email at slimmingworlddebs2@gmail.com

MOBILE LIBRARY

The Mobile Library will visit the village on Monday 2nd June and 23rd June, starting 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

The Butcher, the Baker, the Candlestick-Maker

Did we have all of them in the village?

Lets find out.

Join us for a walk along village streets and hear stories of places, houses and people in Long Whatton.



Meet
Saturday 14th June
at 7pm
corner of Oakley Drive with
Turvey Lane and walk to the
Falcon Pub.

This is our provisional route. We are looking for contributors to share knowledge of the place we live in, memories and pictures.

If you would like to contribute in advance, please call Silke on 07964 824 108 or join us for a Thursday Coffee Morning to discuss how you can help plan the walk.



Everyone welcome
Free of charge
Just turn up on the
evening.



***ALEX** from Italy to the Czech Republic*

On to the Misano circuit in Italy where qualifying didn't go so well. Starting race one from 16th would never be ideal, but a steady progression saw Alex climb to 11th at the end of the 23 laps.

Starting 16th in the Superpole race, Alex pushed from the off, swapping positions with Aegerter several times eventually making it stick and passing Rea to finish 12th.

From 16th once again, the local lad, pushed past Rea, Aegerter, Montana and Iononne as the 23 laps progressed to cross the line 11th.

From Italy to the Czech Republic circuit of Most, and straight into 4th spot in qualifying, replicated later in the day at the end of race one's 22 laps.

Starting the race in fourth, apart from a handful of laps spent in fifth, Alex held 4th place to the end.

The following day, Alex again held fourth until his brother Sam passed him at the halfway mark, followed by Bautista and then Lecuona, taking seventh spot at the chequered flag, as the trio competed for the last podium

place of the 10 lap sprint.

Disaster at the start of the final race when Alex was forced to run off track to avoid an incident with Rea, Vierge and Bautista in front of him at turn 1. Rejoining in last place, he was still over 5 seconds behind the last man, but with a huge task ahead he fought back to take 15th and one point at the flag.

Alex currently sits 11th in the world championship. As we go to press The team are in the middle of a two-day test at the Misano Circuit.



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Ladies - still feeling young at heart?

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

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Cara Tatterton
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"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  

THE LONG TAIL OF COVID 5 YEARS ON *Health by Liz Jarrom*

Even though it's been five years since the Covid pandemic, it has left a long tail behind it, nor has it gone away completely, and may never do so. Some people have had stronger symptoms from the current variant this winter, and others, who had Covid years ago are still suffering the long term effects.

Even though we have effective vaccines, a small percentage of patients are unable to

throw off problems such as fatigue, breathlessness, vertigo, brain fog, muscle weakness, memory loss, confusion, ear pain, back pain, emotional overload, muscle pain, a feeling of being unbalanced physically, mentally and emotionally, appetite loss, headaches, nerve pains, pain in the joints, sinus issues and many other symptoms.

This collection of many symptoms has become known as Long Covid. Some patients have been suffering these problems for months or even years, and it can be very debilitating. Somewhere between 2% and 10% of people who have contracted the Covid virus, end up experiencing Long Covid, so it has become a significant problem, and treating it medically is challenging. Nevertheless, over the last few years, there have been a lot of studies done, that has collectively gathered significant evidence as to what may be going on in the bodies of people who are suffering from Long Covid. Some research has indicated, that in many cases, Long Covid is essentially acting like an autoimmune disease, driven by autoantibodies. These autoantibodies are antibodies that direct their actions against the tissues of our bodies. Rather than protecting the body and keeping it safe from harm, these autoantibody cells attack it instead. This happens in various ways, causing different symptoms in individuals living with Long

Covid. Some patients have been shown to have constantly low levels of cortisol in their blood. This hormone has a strong anti-inflammatory effect. Lack of cortisol or low levels of it can cause high levels of inflammation in the body. If the condition persists, the inflammation in the body can become chronic, persisting and resisting medical treatments. This can manifest as

'...somewhere between 2% and 10% of people who have contracted the Covid virus, end up experiencing Long Covid'

long-term inflammation in small arteries and tiny blood vessels which can lead to impaired blood flow through them.

This may result in micro clotting of the blood, which can clog up these small blood vessels. Cells that rely on this blood flow can malfunction or die. If the blood flow impairment occurs in the brain, white matter can also be affected. Sometimes the fatty myelin layer that coats all the nerves in the body becomes damaged. This coating is very similar to the plastic coating on electric wires, that stops them shorting out. This damage can cause malfunctions and symptoms similar to Multiple Sclerosis, rheumatoid arthritis and other autoimmune diseases. In the brain, microglial cells can become damaged. They clean up waste and toxins and dispose of them. The damage to these cells may contribute to brain fog and cognitive decline. It is always important to get a medical diagnosis confirming or at least indicating that you have, or they suspect that you have Long Covid, but waiting lists are long for diagnosis and treatment.

In the meantime, or after a diagnosis of Long Covid, it's valuable to look at lifestyle and it may be helpful to apply some self help strategies that can help with symptoms or even help the body towards a cure or at least cope better. Reducing inflammation



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THE LONG TAIL OF COVID 5 YEARS ON *Continued*

in the body is a good step, and eating a Mediterranean type diet, containing plenty of fruits, vegetables and nuts should help with this, as will eliminating or drastically reducing ultra processed foods from the diet. Get enough protein, as it's vital for repairing damaged cells. This can be good quality beef, chicken and lamb. Avoid ham and bacon as they can be high in salt and additives. Vegetable proteins are good too, such as lentils, beans, pulses and wholegrains. Foods that help greatly with reducing inflammation are oily fish, cold pressed oils such as olive, flaxseed and rapeseed oils. Also, foods rich in Vitamin C, also turmeric root or spice or curcumin supplements. Include foods high in fibre to feed the gut biome, as a large part of

the immune system lives within it, and this will help to feed it and rebalance it. Green, black and white tea, drunk without milk for best effect, can also calm down inflammatory responses in the body.

Our bodies require enough good quality sleep to heal effectively. Aim to get 8 hours of good quality sleep a night. Lots of repair work and cleaning out of the body and brain occurs during sleep, so it is very important. If sleeping is difficult, learn relaxation techniques to calm the mind and body and meditation can help with this too.

Taking Valarian tablets may help with this or a sleep supplement containing the herb Lemon Balm, and a few drops of essential oil of Lavender on the pillow can be beneficial.

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

History Trail- Friendship Centre, Saturday, 14th June, 7pm, meet at the corner of Oakley Drive and Turvey Lane.

DISEWORTH DIARY *June*

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

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

2nd June - Discussion Group, Heritage Centre

4th June - Morning Coffee, Heritage Centre, 10:00-12:00

11th June - Over 60s Afternoon Tea, Village Hall, 1pm

24th June - Village Hall Committee Meeting, 7.15pm,

26th June, - Dialogue AGM, Heritage Centre, 7.340pm



THIS SUMMER...whether you want to soak up the sun in our garden or stay shaded in the pub, we'd love to welcome you in.

Whether that be popping by for just a drink or sitting down for a meal, our team is ready and waiting!



COMING SOON...

Our New
Summer Menu
starts on
Monday 9th
June!

P.S GET BOOKED IN FOR
FATHER'S DAY ON
SUNDAY 15TH JUNE
NOW!



AS ALWAYS, OUR GARDEN ROOM IS AVAILABLE FOR PRIVATE CELEBRATIONS OR CORPORATE MEETING ROOM HIRE

All details can be found on our website:

www.theroyaloaklongwhatton.co.uk

01509 843694