

# Long Whetton News

MARCH 2025



*History* returns to this issue of the magazine; discover everything you didn't realise you wanted to know about a medieval farming method that was

practiced here in centuries past.

We have food, health, gardening and lots of events inside. And Alex Lowes is back at work in Australia.

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## KINT AND NATTER *Spring inspiration*

Thanks to the Knit and Natter group for this month's cover pic. Spring is the inspiration for the Fox, Badger and bees in a field of spring flowers crafted in to a topper on the Post Box at the village shop.

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 is not essential.



## WI *Coming up*

Events coming up in the next three months:  
*March 11th*, the police will be talking to us about scams and fraud.

*April 8th*, our craft activity is Paint a Pot.

*May 13th*, our speaker is giving a talk on the Real CSI, and forensics.

The cost to non members is £5.00 plus £2.00 for raffle and refreshments. We meet on the 2nd Tuesday of the month at the Friendship centre, 7.30.

If interested in any of the events or for more information on the WI please contact Lesley on 01509506714.

## 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](http://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](mailto:longwhattonnews@gmail.com)

## THE TEAM

Penny de Kock 07393 407896

Neil Bamford 07921 855607

## COPY DEADLINE

The copy deadline for articles for the April issue is 20th March





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## GARDENING TIPS FOR MARCH *by Shirley Blyth*

As I sit and write this it is a beautiful, if cool, sunny day. This is the first sunny day that we have had for several days/weeks. I hope it continues but I doubt it

Although March, weatherwise, can be a cold month, on the whole temperatures are on the rise. Sharp frosts can often occur on clear nights. Winds this month can also be bitterly cold. Rainfall is on average about 16 inches (40mm).

*Plants in flower this month:*

Anemone blanda - Windflowers, delicate flowers that can last for ages.

Crocus - Best grown in clumps.

Daphne - Pinkish and beautiful, fragrant flowers. *NB* poisonous to dogs.

Doronicum - Beautiful yellow daisy-like flowers loved by bees.

Forsythia - Can be used to cover walls or pergolas.

Fritillaria imperialis - Crown imperial are lovely but lily beetles are a real pest.

Grape hyacinth - Beautiful but can spread to troublesome proportions.

Hazel catkins - Clouds of pollen can be seen

on breezy days.

Primula varieties - This is a huge family. The iconic Primrose being one.

Tulip - Early varieties should look super this month. Rip van Winkle are a small, unusual variety worth growing.

Now is the time to increase your stock of Eranthis hyemalis (winter aconite), Leucojum vernum (spring snowflake) and snowdrops. To get good growth they should be either bought or split while they are "in the green" i.e. whilst they still have leaves. Buying them as dried bulbs from a garden centre is a waste of money. If they grow at all, that growth will probably be very poor.

*Jobs to do this month:*

Protect fruit blossom from late frosts. Plant early potatoes and asparagus.

Begin to sow vegetables outside and harden off young plants to plant outside.

Take pond pumps out of store and put them back in the pond and begin to feed your fish as temperatures start to rise.

Start to water and feed outdoor plants as the temperatures start to rise. Return the pot

saucers under any pots outside. Split plants that have finished flowering eg polyanthus

Carry out first aid to your lawn. Reseed any bare patches, give it a good rake to remove any dead grass. When giving it its first spring cut don't forget to set the blades on the highest setting and feed towards the end of the month.

If you haven't done it, give the greenhouse a good clear out and clean the glass inside and out.



*The Primrose (Primula) is a herbaceous perennial plant, which means it has soft, non-woody stems that die back to the ground each year and regrow from the roots in the spring*



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## Ballet Classes

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

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](mailto:claudettecavenhenrys@hotmail.co.uk)

## KITCHEN CUPBOARD RECIPES *Quick meal ideas*

I've just been reminded that my cookery column is due in today and its now 2:45 pm, so not much time.

It's a bit like getting home opening the fridge and food cupboards and finding not much there. It's raining and you don't want to go out again and a take away delivered to your door could be on the expensive side, so what do you do?

I think it's always a good idea to have a few things in the kitchen cupboard so that what you have for an evening meal when you're hungry and tired is not a problem.

So here are a couple of ideas for a quick meals using items from the kitchen cupboard.

Stir fried tuna rice:

*What you need.*

- 1 packet of microwave rice
- 1 tin of tuna, or leftover meat, or veg that needs using up
- Soy Sauce
- Curry paste

*What you do*

Cook the rice in a wok or large frying pan, add a tbsp of curry paste, the meat, tuna or veg and stir fry until cooked through add a little water if the meal looks a little dry, then sprinkle with soy sauce.

There are plenty of store cupboard recipes in the book by Jack Monroe 'Tin Can Cook',

the one below is a favourite of mine.

Mushroom and potato curry:

*What you need*

- A small onion chopped
- a sprinkling of dried chilli flakes
- 1 tbsp of curry paste
- 100ml coconut milk
- 400g mushrooms (can be fresh frozen or tinned)
- oil for frying
- 400g tinned potatoes

*What you do*

• Toss the mushrooms and onion into a large pan with a dash of oil and heat to gently cook for a few minutes

• Tip in the curry paste, add the coconut milk and the potatoes, stir well, bring to the boil and simmer for 20 minutes.



## 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 2025. 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

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

## SHEPSHED SPECIAL COMMUNITY BUS FRIDAY OUTINGS 2025

February 28th CHERRY LANE GARDEN CENTRE

The UK's only value garden centre, they sell plants etc, homeware, clothing, gifts, cards, crafts, groceries and much more. A wonderful restaurant £10

March 28th HATTON GARDEN & SHOPPING VILLAGE

Independent shops offering hand crafted treasures, homewares, decorations and ornaments. Places to stop for food and drink £15

April 25th - THURLASTON GARDEN CENTRE

Plants, homeware, clothing, footwear, crafts, gifts, lovely café and more £10

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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FRIDAY ALDI

GROUP/EVENT HIRE:

PLEASE CALL FOR MORE INFORMATION

## Long Whatton Cricket Club

THE SEASON STARTS HERE!

Adult nets start 6th March

Juniors start on 27th March at the ECB in Loughborough.

1st and 2nd Teams play on Saturdays

We also have a Sunday team along with a junior set up

All welcome!

Visit play cricket to get in touch or contact

Alex Biddulph

Ajbiddulph75@gmail.com

07947369723

Charlie Scottorn - first team captain

07867545307

Charliescottorn1998@hotmail.co.uk

We are looking forward to welcoming back the Allstars and Dynamos players on the 6th May.

If you feel you have time to volunteer at the cricket club please contact us via Facebook or email longwhattoncricket@gmail.com.

## RIDGE AND FURROW *Ancient farming technique*

When the Matravers moved in to Manor Organic Farm over 30 years ago it came with a field that was designated as being of local and national importance.

The field is classified as having permanent pasture – 'grassland (pasture land) that is left undisturbed and is not reseeded with more modern productive grass or other grassland species'. The land cannot be disturbed but can be used for grazing.

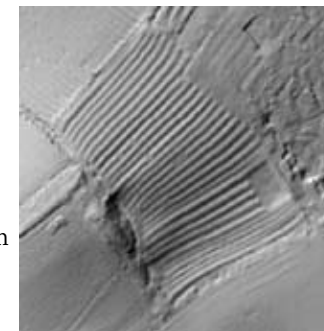
That field is a fine example of ancient ridge and furrow landscape, situated behind the school, adjacent to The Green; an area that was certainly more open pre 1800s

The origins of Ridge and Furrow date back to the 10th century or even earlier, though it was much more widespread by the 13th century. Ridges generally ranged from 5-20m wide (though can be narrower) and were traditionally a furlong ('furrow-long') in length, which is approximately 220 yards or 200m. Both the size and shape of furlongs can vary from small and irregularly shaped, to more regular rectangular plots like ours, pictured centre.

The ridges were formed by a specific



method of ploughing that laid strips of turned earth over each other towards a central high point. Plough teams worked in a clockwise



circuit, and over larger areas the system tended to adopt an 'S' shape that allowed for the turning circle of a plough team at either end of the field.

The furrows provided drainage in wet times of year and held moisture in dry times. In damper soil towards the base of the ridge, pulses (peas or beans) or dredge (a mixture of oats and

barley) might be sown where wheat would have become waterlogged.

They also worked as boundaries for individual plots, with each ridge often being farmed by a particular tenant or owner. They were individually owned but initially farmed in common amongst the parish, in line with regulations agreed at the manor court and with communal grazing permitted after the harvest.

This system of community farming continued for centuries providing food for families, but gradually died out during the 17th century.





# Spring Afternoon Tea for the over 60's

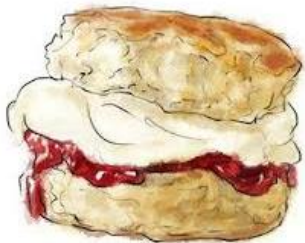


*Wednesday 19<sup>th</sup> March  
3pm*

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 March*

*Sunday 2nd 10.30.* Inside/outside. Lay lead morning prayer in the church Lady Chapel inside. Outside join us as the earth awakens from its winter slumber and witness the signs for spring. Enjoy a nature walk all welcome including well-behaved dogs on leads. All back at the church within an hour for homemade refreshments.

*Sunday 16th March 10.30*  
Holy Communion service led by  
Bishop Pater Fox.

Saturday 22 March 10 till  
midday. Join us for gardening and  
path clearance in the churchyard.  
We are very proud of the  
biodiversity our churchyard offers  
but in places nature needs reigning in. We do  
not want to use any sprays so manual weeding  
and digging is needed. Bring gloves and garden  
tools !

On Sunday 2 February a lovely sunny day  
for a change a small band wearing wellies and  
armed with spades set off from the church as  
part of the outside element of inside/outside,  
onto the footpath behind the school grounds  
and up onto Paradise Field. We put in some  
young native plants (oak, holly, hazel and  
walnut) to replace some that did not survive



when the copse was established in 2022. We  
hope that in future years these will be a great  
addition to the landscape and encourage more  
biodiversity. Homemade biscuits were enjoyed

as we worked and there was such a sense of  
fellowship and community. Some folk met  
each other for the first time even though they  
live almost on the same street of our village.  
After the walk back down we enjoyed coffee  
and cake in the church.

Inside/outside church takes  
place on the first Sunday of the  
month February till November.  
Everyone is welcome and it is a  
really nice opportunity to see and  
enjoy nature and chat to new and  
old friends as we walk. Why not  
give it a go?

A weekly collection from  
the church is made of food and  
toiletries and taken to Shephed food bank.  
Please place any items in the green plastic box  
in the porch. Thank you to all who give and to  
those who deliver to the food bank.

Thank you for all the donations towards  
essential repairs to the church. We are getting  
nearer the £15000 target and are about 2/3rds  
there. To donate you can use the QR code here,  
the card reader in the church or by cheque  
made payable to All Saints PCC.

At the moment we do not have a vicar,  
following Rev. Louise Corke's retirement.  
For all enquiries for baptisms, funerals and  
weddings please contact our excellent parish  
administrator Sarah pa.ljw@outlook.com

Thank you to all who contribute to the life  
and care of the church. We look forward to  
welcoming you.

*Viv Matravers v@manororganicfarm.co.uk*



*Got something to say?  
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**LONGWHATTONNEWS@GMAIL.COM**



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## BACK ON TRACK *Alex Lowes in testing mode*

With two more days of testing under his belt at Phillip Island, in some better weather conditions, Alex and Bimota by Kawasaki Racing Team were as ready as they could be for the first races of the season at the Melbourne, Australia circuit.

In qualifying Alex managed a 1'29.859 lap for tenth place on the grid and just one second off the pole time and just as important, he was 0.01 seconds ahead of his brother, Sam.

A typically good start saw Alex move up a place on the first lap but pushed back to 11th on the third. Positions got messy at the halfway mark with riders coming in for tyre changes but settled into 9th until 4 laps from the end when he passed team-mate Bassani to take 8th in the season opener.

Sundays, ten lap sprint race was a steadier affair - Alex settled in to 7th place and with a brief flirtation with 6th for one lap, took the flag in 7th, just a bike length from 6th.

The final race, 20 laps, was a tense battle to the end. Alex slipped from 7th

at the start to 10th by the halfway pit-stop, enmeshed in a 6 bike melee for 5th place. Recovering to 8th, the group had less than 2 seconds separating them at the finish, Alex and Locatelli one second behind Sam Lowes, pipping Montells by two hundredths.

Alex sits in 9th in the standings, in a round dominated by Ducati. The local lads results, on an essentially new bike with little meaningful testing time, are no mean feat.



## LONG WHATTON NEWS *Advertising rates*

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**Quarter page £7**

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**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

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*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](mailto:longwhattonnews@gmail.com)*



# Village Easter Hunt



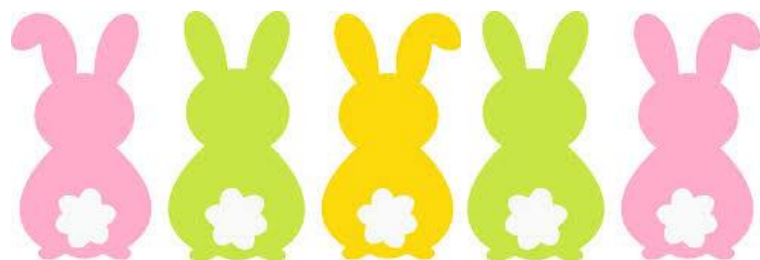
Saturday 19th April between 11am and 3pm

Come to the Falcon gardens to collect the Hunt instructions (£2), then enjoy a walk around the village, finding the hidden clues.

This year we will have a pavement only route and a pavement/field route. The field route is unsuitable for pushchairs, includes stiles and probably mud.

Have you found them all? Return to the Falcon to claim your reward, have a go on the raffle, play some games and visit the stalls.

Food and drinks available from the Falcon.



Organised by the Long Whatton Community Association and Knit & Natter with thanks to the Falcon.



## MAD AS A MARCH HARE *Peter Yorkstone*

There is an expression, “mad as a March hare”. March is the mating season for hares and they can be seen leaping, running in circles and even engaging in what looks like boxing matches. They have the ability to stand on their hind legs like humans. In distress they utter an almost human cry so it is not surprising that there are traditions and stories about hares.

They even have a patron saint; St Melangell who was around in the 7th or 8th centuries. She was an Irish princess who fled to Wales to avoid an unwanted marriage. She lived in a wilderness area of Powys as a hermit for many years. A prince called Brochwel was out hunting and his dogs chased a hare which

took refuge under Megangell's skirt and the dogs shied away. The prince was moved to donate land for her and she formed a nunnery. It was said that wild animals became tame in her presence. And, until quite recently, the tradition was that you could not catch hares in that parish.

There is a strong affinity with nature in the Celtic Christianity of that time. Not a worship of nature but a love and respect for nature because it is part of God's Creation.

This is something we need to recognise too. To care for the natural world, thank God for it and get out and enjoy. If we are lucky we might even see a hare.

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

*Knit & Natter Group* - held on the 1st and 3rd Friday in the month, 10 to 11.30am at the Falcon Inn, no charge just pay for tea or coffee, experience not essential.

*Community Café* – every Thursday, 10 to 12 in the Friendship Centre. Tea, coffee, and a slice with good company. Meet other villagers, mothers with babies and friends. We currently run a “bring your own record and play it” and a book swap. LWCA

*Pilates* - 1st and 2nd Mondays of the month at The Friendship Centre, 9.15am to 12.30pm

*Whatton Wailers Community Choir* meets every two weeks at the Falcon Inn. Singing for fun, no formal auditions £4 per session. For more information and dates contact Andrew

on 07890 204466.

*The Falcon Coffee Morning*. 2nd Monday of the month 10.30 - 12 at the Falcon Inn. Penny de Kock on 07393407896

*All Saints Church Coffee Morning*. Held on 3rd Saturday of the month, 10.30 - 12 at the Church.

*WI*. Meetings held every second Tuesday of the month, 7.30pm to 9.30pm at Long Whatton Friendship Centre

## DISEWORTH DIARY *March*

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

*12th March* - Coffee Morning at the Heritage Centre 10am - 12pm

*15th* - Ms Sarah Riches & The Dreamcatchers at the Village Hall, 7pm

*25th* - Village Hall Committee Meeting, 7.15pm

*27th* - Dialogue collating and Meeting, Heritage Centre, 7.30pm

*29th* - Virtual Escape Room Challenge, Village Hall, 6.30pm

## MOBILE LIBRARY

The Mobile Library will visit the village on Thursday 20th March. The first stop will be Oakley Drive from 10.00 to 10.20am, followed by Piper Drive 10.25 to 11.05 and finally Main Street/Layby 11.15 to 11.55



## Ladies - still feeling young at heart?

Maybe niggling aches and pains are stopping you from moving as well as you used to?

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

Do you want to feel stronger, more flexible, taller and looser?

Perhaps you are looking to get back into exercise, but are not quite sure where to start?

Would you like to be part of a fun and supportive community helping you to achieve your movement goals?

*Cara Tatterton*  
**Pilates**



### CLAIM YOUR FREE PILATES CLASS NOW!

Classes in Kegworth, Shepshed, Hathern & Long Whatton

#### Reasons to claim your FREE class now:

- You'll be shown Pilates based exercises to help you move better (to reduce those niggly aches and pains)
- You'll be shown ways to improve your balance (helping you to walk, skip or run with confidence)
- You'll be shown strengthening exercises, and exercises to improve your mobility (helping you to continue to do the activities you love)

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

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

## NATURES IBUPROPHEN *Health by Liz Jarrom*

Extra virgin olive oil contains a compound called oleocanthal, which reduces inflammation in a similar way to ibuprofen, by blocking, or at least significantly lessening, inflammatory enzymes that lead to pain caused by conditions like sprains, bruising, osteoarthritis, and even other types of pain arising from chronic or acute condition in the body.

In 2023, a trial in America, involving 60 patients with an osteoarthritis diagnosis, tested 4 treatments over a 12 week time period. Their pain and inflammation levels were assessed before and after each 3 week block of the 4 different treatments. The treatments were massaging with NSAID topical pain relief creams, paraffin oil applications to the skin, routine prescription painkillers and over the counter painkillers and extra virgin olive oil massaged into the affected areas. After the data had been assessed, it was shown that all the treatments benefited the patients in about equal measure.

So, massaging painful joints and muscles with extra virgin olive oil was shown in the trial to be as effective as these medical treatments. This is very encouraging, and is certainly worth a try, but consult your doctor before stopping prescribed painkillers suddenly if your pain improves, as you may suffer withdrawal symptoms. It's most important that the olive oil used for this purpose is fine, quality extra virgin olive oil. It is very expensive, but worth it, as this is the oil that contains the highest percentage of oleocanthal, the ingredient giving the best therapeutic effect for the pain and inflammation. A teaspoon of olive oil goes a long way when massaged into the affected area. Rub in well until most of it has been absorbed. Use a little more or less depending on the size of the affected area. Apply 3 or 4

times a day. Consuming the olive oil is also very beneficial.

Mankind has been using olive oil for culinary purposes for a long time, and the people who live in Sicily are a good example of the highly beneficial effects. A high percentage of Sicilians live into their 90's and many reach 100 years of age, while remaining active and healthy. Their diet is rich in olive oil, and it is said that many of them start the day with a small glass of olive oil along with their breakfast. Studies have shown that high quality, cold pressed extra virgin olive oil, which is what the Sicilians would be having, has a positive effect on gut health. The olive oil helps feed the helpful bacteria in our bowel. Also, olive oil contains Omega 3 oils that are anti inflammatory, and consuming olive oil regularly also seems to help reduce LDL (bad) cholesterol, lessen risk of heart disease, improve blood vessel health, helps with correct clotting of the blood and lowers blood pressure. For best effect, have the oil just as it is, neat out of the bottle and not heated up, as heat reduces its effectiveness.

Use in salad dressings with balsamic vinegar, pour onto cooked pasta or soak up with bread. You can just take it on a spoon if you prefer but the taste can be strong and a bit much on its own. In fact, the taste is a good guide to its potency. The more peppery the flavour, the more oleocanthal there is in it and it may also have a slight kick or sting in the throat as it goes down. Take up to 50grams or 4 tablespoons per dose 3 or 4 times a day. Must be cold pressed and only mechanically recovered to receive the full benefits. If it doesn't say cold pressed extra virgin olive oil on the bottle, it will have been processed in another way, which would damage and even destroy its valuable nutritional and anti inflammatory effects.

# Jumble Sale

Long Whatton Friendship Centre - LE12 5DG

Saturday 10<sup>th</sup> May 2025

from 10 to 12 noon

50p ENTRY

*Arrive early to bag that bargain.*

Good Quality Items  
Bric-a-Brac, Books, Handbags,  
Shoes, Tools, Household Items,  
Nearly New Clothes etc...

Contact Val 01509 646 031 or  
Silke 07964 824 108 or  
Debbie 07500 709 160  
to arrange collection of your  
donation



**Having a spring clear-out?** We can take your unwanted items.  
Drop them off during the Community coffee morning any Thursday  
before the 10<sup>th</sup> between 10 and 12, or ring one of the above numbers  
to arrange a collection.

## Nearly New Fashion Show and Clothing Sale

Friday 2<sup>nd</sup> May 2025

7 for 7.30pm – Free entry

The Community Association is supporting 2 Girl Guides from the village  
in their fundraising efforts and some of the donated clothes will first be  
made available during the evening of May 2<sup>nd</sup> from 7pm. You will  
have the opportunity to enjoy the Fashion Show, led by  
the Guides, peruse and buy the clothes for sale, all while  
taking advantage of the licensed bar.



Organised by the Long Whatton Community Association.

## LONG WHATTON COMMUNITY ASSOCIATION *AGM*

*Chair – Mrs Viv Matravers  
Vice Chair – Mrs Sonya Buzzard,  
Treasurer – Mr Keith Nicholls,  
Secretary – Mrs Silke Walker  
Registered Charity 1067789*

Dear Resident/Affiliated User,  
I am writing to invite you to the Extraordinary  
and Annual General Meeting of the  
Community Association on Tuesday 4th  
March 2025 at 7pm in the Friendship  
Centre. 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 Associations Council, Management  
Committee and Officers will be elected at this  
meeting and nominations for either Council  
or Management must be sent to the Secretary  
before the meeting using the slip below.

As a resident of Long Whatton, over the  
age of 18, you are automatically a member of  
the Community Association and are entitled  
to come along to the Extraordinary and  
Annual General Meeting and vote. Existing  
individual members of Management and  
Council need to complete a nomination for  
re-election. Representatives of affiliated  
groups do not need to be nominated. Each  
affiliated group should send details of their  
representative. Further details can be obtained  
by contacting the Chairman or Secretary.

Yours sincerely, Mrs V Matravers, Chair

### Agenda

1. Apologies for absence
2. Changes to Constitution
3. Minutes of the last AGM
4. Matters Arising
5. Chairman's Report
6. Presentation of Financial Report
7. Appointment of Hon. Auditors
8. Affiliation fees and charges
9. Election of Council Members

10. Election of Chairman, Officers  
& Management Committee
11. Any other business

2025 INDIVIDUAL NOMINATION  
FOR COUNCIL/MANAGEMENT  
REPRESENTATIVE\* AND TRUSTEE  
of the COMMUNITY ASSOCIATION  
\*Delete the inapplicable

Nominee .....

Address .....

Postcode .....

Tel No .....

Proposed by .....

Address .....

Seconded by .....

Address .....

Signature of nominee agreeing to stand

Date .....

Date of birth of nominee as required by

Charity Commission .....

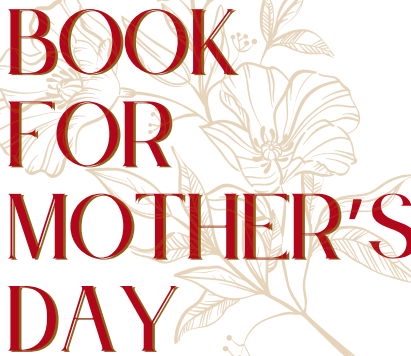
*Return to; Viv Matravers, Manor Farm, Main  
Street, Long Whatton, the Friendship Centre  
letter box or Long Whatton School Office.*





THE ROYAL OAK

DINING PUB | BEDROOMS | FUNCTION ROOM



# BOOK FOR MOTHER'S DAY

Join us for Mother's Day,  
we are serving from  
11:45am-6pm

Please book through our  
website or give us a call  
on 01509 843694 to  
reserve a table.

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](http://www.theroyaloaklongwhatton.co.uk)

01509 843694