

# Long Whetton News

APRIL 2025



**Winston** Churchill and a British Bulldog pose triumphantly in celebration of VE day. Amongst Churchill's many pets - a cat called Nelson and several dogs - was a Bulldog named Dodo.

More about VE Day inside along with an exotic Welsh food recipe, health, news from our globetrotting racer, plans to expand this years village show and gardening is hotting up. All inside.

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## WI Coming up in May and beyond

For our April meeting the members enjoyed an outing to a pottery shop at Staunton Harold, where they picked and decorated a pot of their choosing and was very much enjoyed by all.

On Tuesday 13th May our speaker will be telling us about the work of the Real CSI.

For our Tuesday June 10th meeting our resident 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 the speaker will be telling us about their adventures out and about in their motorhome.

All welcome, £5.00 for the speakers and £2.00 for raffle and refreshments, please contact Lesley on 01509506714 for more information.

## COFFEE OPPORTUNITIES Dates and venues

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

*Village Coffee Morning @ All Saints Church* The coffee morning at All Saints will be on 17th 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.

## 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 June issue is 22nd May.





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## GARDENING TIPS FOR MAY *by Shirley Blyth*

I love the month of May. This year the driest March and April on record have hopefully passed and the days are warming up but we haven't yet reached the really hot days of summer.

The season of garden shows start this month with the Malvern Spring festival being my favourite (8th - 11th), if you have never attended it, then you are missing a real gem. The Chelsea Flower Show (20th - 24th), I think, is best watched on TV. However, I always download the planting plans from the gardens that I like.

Weather wise: The days are really warming up now, however a sudden late frost can destroy your fruit crop. Rainfall usually decreases this month but as it has been particularly dry over the last couple of months I am not sure how much rain we can expect this month.

Plants in flower now:

Aquilegia - Cottage garden favourite. Known as Granny's bonnet.

Clematis macropetala - Vigorous climber that will grow in dappled shade

Exochorda - The Bride is a superb brilliant white variety

Foxgloves - Another cottage garden favourite. Much favoured by bees.

Geum - Known for their vibrant yellow to red flowers.

Kerria Japonica - Perfect for a dark corner or a north facing wall.

Lupin - Another insect friendly plant, can be affected fatally by aphids

Oriental Poppy - Re-seeds very easily so you will never be without them

Rhododendrons - This is the peak time to add a splash of colour in the garden.

Spiraea - Snowmound is probably the best variety. Good for a hedge.  
Troilus - Superb deep yellow flowers that will add a wow to any garden.

Jobs to do this month:

Ensure that you protect your plants from late frosts.

Water plants as they need it.

Spring flowering plants that have finished flowering can now be pruned to a strong bud eg Clematis montana.

Dahlias can be planted out at the end of the month.

Watch out for slugs this month as they love young plants. Coffee grounds make a good deterrent.

Feed your lawn after it has rained. No Mow May is popular, but trim the edges.

Plant out tender veg plants at the end of the



*Foxgloves. A spring flower loved by bees*

month. Protect carrots from carrot fly, which will destroy your crop. Every 2 -3 weeks sow successive vegetable crops.

Your tender plants in pots should be safe to move outside for the summer.

Ventilate greenhouses and think of shading from the summer heat.

Sow biennial seeds for next year's spring

bedding.

## MOBILE LIBRARY

The Mobile Library will visit the village on Monday 12th May, 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



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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

## A DISH BORN OF WELSH DAIRY TRADITION *Cookery*

Wales is famous for its rugged landscapes, rolling green hills, and hearty food traditions rooted in simplicity and local ingredients. Sheep and cows have thrived here for centuries, resulting in a rich culture of dairy products - think Caerphilly cheese and thick Welsh cream. Welsh rarebit celebrates this dairy heritage, elevating simple ingredients like bread, cheese, and ale into something extraordinary.

Welsh rarebit isn't just melted cheese on toast; it's a blend of rich flavours with a distinctly Welsh twist. Instead of simply piling on cheese, this dish turns cheese into a velvety sauce mixed with ale, mustard, and a dash of Worcestershire sauce, then broiled until golden and bubbly. The result is more than just a snack - it's a savoury, satisfying meal in itself, with flavours that highlight the best of Welsh dairy and the warming influence of ale. Many say that true Welsh rarebit should be made with a Welsh ale to honour the country's brewing tradition. And if you can get your hands on Welsh cheddar, you'll taste an extra depth of flavour that's uniquely Welsh.

The recipe this month is Welsh Rarebit, but with a twist its Fish and Cherry Tomato Rarebit.

*What you need (for the sauce);*

- 50g butter
- 50g plain flour
- Dash of Worcester sauce
- 600ml of milk
- 100g strong cheddar cheese - grated
- 2tbsp of mustard
- (alternatively you could buy a carton of ready made cheese sauce)

*What you need (for the fish):*

- 50g unsalted butter
- 1 clove of garlic
- 550g cherry tomatoes
- 900g fresh spinach
- 550g of white fish

- 50g grated cheese

*What you do:*

• Preheat the oven to fan 170C/ conventional 190C/gas 5. To make the rarebit sauce, melt the butter in a heavy based saucepan and stir in the flour and Worcestershire sauce. Cook, stirring, for 1 minute. Remove the pan from the heat and slowly whisk in the milk until combined. Return to the heat and slowly bring to the boil, stirring or whisking constantly. Simmer for 2 minutes then mix in the grated cheese and mustard, season well with salt and pepper and set aside.

• For the fish, melt a third of the butter in a large non-stick frying pan, add the garlic and cook until just coloured. Immediately add the tomatoes and toss them with the garlic butter, cooking just enough to heat through.

Tip the mixture into the base of a shallow baking dish (a rectangular 28 x 22cm dish is ideal), and spread in an even layer. Melt half the remaining butter in the frying pan and add some of the spinach, cook over a high heat until wilted then tip into a colander. Repeat with the remaining butter and spinach, then press the spinach to drain off any excess liquid, season with salt, pepper and arrange to



cover the tomato layer. Then cover with the fish fillets.

• Heat the rarebit sauce and spoon evenly over the fish, spreading it with the back of

a spoon so the fish is completely covered, then sprinkle over the grated cheese. Bake in the oven for about 30 minutes or until brown and bubbling and the fish is cooked through (check by pushing a knife into the fish - the flesh should flake easily). You may like to finish off the rarebit under the grill to brown the top more. Serve straight from the dish.

## 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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## WHAT A BEAUTIFUL MONTH IS MAY! *Sue Hack*

The fresh grass is growing in the fields to feed the lambs and calves that have been turned out with their mothers, trees are full of blossom and gardens full of flowers – spring really is at the height of its beauty and is something to behold.

*'This time between Easter and Pentecost is a very sacred time'*

This time between Easter and Pentecost is a very sacred time in the Church's liturgical year. For the Catholic Church in particular, this is the month of Mary, the Mother of Jesus and, in some places in the Anglican Communion, on May 1st she is celebrated as Queen of Heaven. On 31st May the Visitation of pregnant Mary to her cousin Elizabeth is celebrated by all Christian churches. Elizabeth herself was expecting the baby who would later become known as John the Baptist, despite being much older than her cousin Mary, and as they exchanged greetings, Elizabeth felt the baby leap within her. As she was filled with the Holy Spirit she exclaimed, 'Blessed are you among women, and blessed is the fruit of your womb.' Both these women had co-operated with the Holy Spirit and acted according to God's will even though they did not know

what the future would hold for them or their children. They had completely put their faith in God as we too are called to do.

Here in the Leicester Diocese we are going through a period of transformation as we move to working as larger groups of churches or 'Minsters'. The

Kegworth and Hathern Team will be part of a group living along or near to the River Soar, churches that we have not necessarily worked with before but with whom we will share ministers and resources whilst still retaining our parish identities. Moving forward, we do not yet know how this will work out in practice or what it will mean for us but, like Mary, we can know that God has our best interests at heart and ask the Holy Spirit to guide us in our decision making today as we put our trust in Him for the future.

This May let us hope for right decision making amongst our world leaders too despite the uncertain times in the wider world. I wish you all a blessed and fruitful time filled with lots of sunshine to warm your hearts.

*Sue Hack*

*Lay Reader, Kegworth & Hathern Benefice*

## STOCKS AND SHARES *A poem by David Griffiths*

He was a clever man, they say  
He read the markets every day  
And every day his fortune grew  
Though, how he did it, no one knew.  
Some said that it was simply luck  
And he'd be sure to come unstuck.  
Be better sticking to his roots  
And get some mud on his boots  
It was to them like heaped up coals  
His yacht, his manor house, his Rolls.

But, just for once, his foes were right,  
His fortune vanished overnight.  
He found that he could not allow  
For faithlessness in Niki Dow

And that Dow Jones, to his surprise,  
Could fall as well as could rise.  
As for his friends across the Pond,  
He found their word was not their Bond.  
In short, when all his bills were met  
It found him plunged in deepest debt.

Now he was poor he thought he should  
Be equal in the neighbourhood.  
His Rolls had gone, his yacht, his house,  
Now, poorer than the poorest mouse,  
He asked his neighbour for some bread  
And scarce believed him when he said;  
"When you had much, you kept your own.  
Now you can reap as you have sown!"



# Family Crafts and Experiments



Join us at the **Friendship Centre** for a weekly crafts and experiments morning for all the family.

Wednesdays from 10am to 12noon.

Wed 23<sup>rd</sup> July  
Wed 30<sup>th</sup> July  
Wed 6<sup>th</sup> August  
Wed 13<sup>th</sup> August



You can make, bake, build, sew, design and glue here, we have plenty of ideas and materials.

To reserve a place call Val on 01509 646 031

We will paint, draw and create with you. There will be a number of different activities each week and these will change from one week to the next. Requests taken. Suitable for children between 5 and 13 years old.



Carer stays for the experience.

£5 per child, tea, coffee and refreshments extra.



For more information or to reserve spaces call Val on 01509 646 031



## VE DAY *A celebration of peace and unity*

VE Day, or Victory in Europe Day, commemorates the end of the Second World War in Europe on May 8, 1945, when Germany formally surrendered following Germany's unconditional surrender on May 7th, effective from 8th.

It is a celebration of the end of the deadliest war in history that cost over 70 million lives.

The European Union was formed in the aftermath of World War II primarily to prevent future wars between European nations, fueled by a desire for lasting peace and prosperity, through economic cooperation and integration. This led to a unified European entity, initially focusing on coal and steel production, which eventually evolved into the European Coal and Steel Community and then the European Economic Community.

Evolving through the decades this unified Europe has seen a lasting peace among its members for over 60 years.

The Knit and Natter group's VE day celebrations include the magnificent Churchill on the Main Street postbox and the VE day poppies next to the school.

In London on Thursday 8th May

the VE Day procession will start at 12 noon with a short ceremony and from 12.10 will travel along Whitehall and The Mall, to finish at the Queen Victoria Memorial.

There will be a flypast by the Armed Forces over The Mall and Buckingham Palace (subject to weather and serviceability). The procession will be a display of pageantry by Regiments of the Household Division and Kings Troop Royal Horse Artillery, showcasing ceremonial traditions of the British Armed Forces.



## 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

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



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## *ALEX from Oz to Portugal to Holland*

Back from Australia, Portimao hosted the superbike circus for round two and things did not start brilliantly for Alex.

Crashing early on in qualifying he hadn't put in a meaningful time and had to start race one from the back. The pressure was on and he climbed to 9th before crashing at the halfway mark.

Things improved in Saturday's superpole 10 lap race with a 13th place finish after climbing through the pack from the back.

In the last race Alex was running in 14th when Jason O'Halloran crashed bringing the red flags out and on the restart he crashed on the first lap.

Two weeks later, Alex regrouped in Assen qualifying 9th. Having pushed up to 5th place he crashed on lap 8 but managed to rejoin in 16th, battling back to take the flag 11th.

On to the Dutch superpole - despite running in 5th for the first few laps, Alex slipped gradually down to 11th over the finish line.

From a solid start in race 2, Alex

progressed steadily, slipping back a place two thirds in to the race but then regrouped for the last five laps to take 6th after 20 laps.

So, after a solid start in Australia, a disastrous round in Portugal and an on-track Dutch round, Alex sits equal 14th in the championship.



*No. 22 Staying with the lead group in Assen*

## 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**

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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)*



# ***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 14<sup>th</sup> 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.



## **ALL SAINTS CHURCH** *news and services for May*

Services here this month:

Sunday 4 May 10.30 - Inside / outside church. Worship inside in the Lady Chapel. Outside circular nature walk. Well behaved dogs on leads welcome too!

Sunday 18 May 10.30 - Holy Communion service. Refreshments after the services, do stay all welcome.

Annual Church parish meeting: Tuesday 6 May 7pm in church.

Other local Sunday 10.30 Holy Communion services are:

Sunday 11 May

Sunday 25 May Belton Church

We are still hoping that we will get offers of help to look after our church. If you can spare an occasionally hour please do make contact. Thank you.

No mow May! As we start regularly mowing our gardens please do spare a thought for the wildlife. Can you leave an area uncut or cut less often on a higher mower setting? We are taking this approach in our churchyard. Keep an eye on it and see for yourself the wild flowers and grasses that appear and which are so important as a food source for insects.

Thank you Viv Matravers 07780 097997  
v@manororganicfarm.co.uk

## **HELP US** *bring back the village show competitions*

The Long Whatton Village Show made its cheerful return last year, held under a lovely marquee at the Cricket Club. It was a brilliant day – full of community spirit, good company, and sunshine. But one thing was missing: the competitions that have been at the heart of the show for years.

Before Covid, the show was bursting with entries – from towering sunflowers and homegrown veg to delicious jams, beautiful crafts, and children's creations. Sadly, last year we didn't have enough volunteers to run them, so they had to be left out.

This year, I'd love to bring the competitions back – but I can only do that with your help.

I'm looking for volunteers to take charge of individual competition categories. It's simple and rewarding! You'll be responsible for:

*Running your category on the day*

*Finding a judge (or two)*

*Organising small prizes for 1st, 2nd and 3rd.*

You don't need any special experience – just a bit of enthusiasm and a love for village life!

The Village Show will take place on Sunday, 24th August 2025, under the marquee at the Cricket Club – and we'd love to make it a real celebration of all things Long Whatton.

Competition Sections & Trophies:

*Homemade Produce (Gladys & Banner Zanotti Trophy).*

*Fruit & Vegetables (John Payter Trophy).*

*Art (Sylvia Bowyer Trophy).*

*Photography (Falcon Inn Trophy).*

*Flowers & Plants (Cawdell Trophy).*

*Handicrafts (Philip Marshall Trophy).*

*Potatoes in a Bucket (Ian Freestone Trophy).*

*Tallest Sunflower – Pot & Garden (Sunflower Shields 1 & 2).*

*Children's Categories (ages 5–10 and Pre-School).*

*Model from Waste Materials (Susan Cooke Trophy).*

There are also Overall Trophies for top-scoring adults, children, and guest exhibitors.

If you'd like to adopt a category – or just want to know more – please contact Penny on 07393 407896.

Still holding a trophy from a previous year? Please let me know so we can have it ready for this year's winners!

Next meeting is on Saturday, 17th May at All Saints Church at 10:00am. Everyone welcome, come along, share ideas, get involved!

*Penny (Still perfecting my potatoes in a bucket – wish me luck!)*



## 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  

## LOOKING AFTER OUR VISION *Health by Liz Jarrom*

A significant amount of people in the UK, especially those over 60 years old have various problems with their eyes. Some conditions cause only sight vision impediments, others partial sight lose or even total blindness in some cases.

The good news is that a healthy diet can help to prevent all four of the most common causes of sight loss, which are, macular degeneration, diabetic retinopathy, glaucoma and cataracts. Age related macular degeneration is the leading cause of blindness in the Western world. The retina that lines the back of the eyeball transforms light into vision. This constant transformation is an energy firestorm that requires

vast amounts of oxygen and energy. The sun's light is constantly focused at the back of the eye and this huge task causes vast oxidative stress, and is thought to be the main reason for the macula to degenerate. This can result in serious sight loss eventually. Our bodies only physical defense against this damage is to wear proper certified sunglasses that block out the sun's ultra violet light, or wear a wide brimmed hat that shields the eyes from the sun.

Along with that, we also need to ingest two vital plant pigments that are only obtainable from our diet, named lutein and zeaxanthin. These two nutrients are absolutely essential to the health of this part of the eye. These pigments are both naturally coloured yellow and the body concentrates them in the exact spot where the light entering the eye is sharply focused. These pigments protect the delicate tissues there by absorbing blue wavelengths of light, which drastically reduces the damage. We get these vital pigments from

plants. We can get a small amount from egg yolk, but only if the hens have been eating lots of grass or other dark green leaves to pass onto the yolks of their eggs. One of the highest concentrations of lutein and zeaxanthin are found in spinach leaves. One spoonful of spinach contains as much of these pigments as is found in eight eggs produced by leaf eating, free range hens. We need to eat about a third of a cup of spinach to get our minimum daily

*'...a healthy diet can help to prevent all four of the most common causes of sight loss.'*

requirement of these pigments. That's about 40 eggs worth! All dark green leafy vegetables contain significant levels of these pigments in varying amounts and combinations, so it's good to eat a variety

of things such as broccoli, Brussel sprouts, cabbage, kale, rocket, watercress and dark green lettuce as well as spinach. Eat them either cooked or raw. Cooking can increase the uptake and absorption of the pigments from the leaves. Yellow sweetcorn is another very good source as are peppers. Yellow ones are the best, followed by red then green. Lutein and zeaxanthin need fat eaten with them for maximum absorption. Add olive oil to salad leaves and peppers and cook green leafy vegetables, sweetcorn and peppers gently with olive oil and maybe a small amount of butter. Steaming the vegetables is fine too, just add a little oil afterwards or eat with a source of healthy fat. The best berry to eat to get significant amounts of lutein and zeaxanthin is the goji berry. Again, eat them as a snack with some nuts as a fat source, or on your breakfast porridge made with milk or drop a handful onto some natural yogurt. Dried goji berries are brittle and crunchy, but they can easily be rehydrated in a small amount of water for a

# 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.



## LOOKING AFTER OUR VISION *Continued*

few hours until they are soft. Eat immediately or store in the fridge and eat within 24 hours. Drink the water they have sat in to get all the pigments. Add a few strands of the spice saffron to the daily diet and also cocoa in the form of cocoa powder or very good dark chocolate containing at least 70% cocoa for another boost to eye health. Milk chocolate didn't help unfortunately.

There is some evidence that eating 3 good servings a day of a combination of these foods can slow down macular degeneration, may halt its progress and possibly even prevent it. A high percentage of those embarking on eating a diet rich in these plants containing

the pigments, even reported an improvement in their vision especially middle and distance vision. The risk of developing diabetic retinopathy, glaucoma and cataracts can also be greatly reduced by the same diet, with the addition of most berries, including currants and other black berries such as blackberries, plus any other green leafy vegetables not previously mentioned. Anti inflammatory foods help too. Including oily fish, avocados, green tea, mushrooms, grapes, turmeric and tomatoes in the diet is worth it to give extra protection for the eyes, but also remember to wear those certified sunglasses and the summer hat to keep out the sun's rays.

## 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

*Jumble Sale* – Friendship Centre, 10th May from 10 to 12 noon. 50p entry.

*Nearly New* – Fashion Show and Clothing Sale, 2nd May from 7pm for 7.30 start. Free entry and licensed bar.

## DISEWORTH DIARY *May*

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

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

*5th May* – Umbrella Festival, Church, 11:00am – 4:00pm

*10th May* – Spring Plant Sale, 17 Clements Gate, 10:00–12:00

*17th May* – Race Night, Village Hall

*24th May* – Spring Plant Sale & Coffee Morning, Church, 10:00–12:00

*24th May*, – The Cadillac Kings, Blues Night, Village Hall, 17:00pm doors open

*27th May* – Village Hall AGM, Village Hall, 7:15pm





**Our Bar and Garden is open from 12pm everyday for drinks in the sun! Or, grab a bite to eat 12pm-2pm/5:30pm-8:30pm (Mon-Fri) 12pm-2:30pm/5:30pm-9pm(Sat) and 12pm-4pm (Sun)**



**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**