

Long Whetton News

OCTOBER 2025



A topper to celebrate the end of summer, and a recipe for those colder evenings. Looks like we're ready for the colder months.

Also inside; our superbike ace has been collecting trophies, how to improve your running, staying healthy in the dark months, autumn colour for your garden and more.

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

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

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

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

Whatton Wailers Community Choir meets every two weeks at the Falcon Inn. Singing for fun, no formal auditions £4 per session. For more information and dates contact Andrew on 07890 204466.

The Falcon Coffee Morning. 2nd Monday of the month 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.

Whatton House Garden Open Day on 26th October available with brunch, afternoon tea and cream tea or Sunday lunch.

Friday Feeling food and music night in The Fable Yard at Whatton House on the 31st October. A night of good food, music and company, including live music, street food and a bar.

Halloween Party. Friendship Centre, 2nd November. Fancy dress, games, disco.

Cheese and Wine Night. Friendship Centre, Saturday 15th November. 7pm, Licensed bar, tea and coffee.

Quiz Night. Friendship Centre, Saturday 6th December. 7pm, Licensed bar.

VILLAGE AMENITIES *Food, rooms and more*

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

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 Monday 15th September, 6th October, 27th October, 17th November 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

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

DISEWORTH DIARY *October events*

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

6th October Discussion group, Heritage Centre

11th October Wheeltappers and Shunters Club, Village Hall, 7pm

14th October Coffee Morning, Heritage

Centre 10am – 12pm

19th October Models & Crafts exhibition, Village Hall

23rd October Dialogue Meeting, Heritage Centre 7.30pm

25th October Church Coffee Morning 10-12



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SOMERSET STEW *Cookery*

A survey in 2024 found that the use of conventional ovens in British household kitchens is falling, whilst the use of air fryers has soared with 58% of us using one, whilst 33% of us don't use a conventional oven at all.

The most used cooking appliance in the UK is the toaster used by 77% of us, although, obviously what it can be used for is fairly limited.

My favourite is the slow cooker used, according to the survey, by 45% of UK households. Cooking a meal in the the slow cooker often requires little preparation and you arrive home to the aroma of a cooked meal that needs very little attention before you can dish it up.

1 tbsp oil
1 onion finely chopped
1 garlic clove finely chopped
1 large carrot finely chopped
1 leek chopped
1 tbsp tomato purée
400g can of chopped tomatoes
200g can butter beans drained
400g can flageolet bean rinsed and drained
200ml dry cider
250ml vegetable stock
few sprigs thyme leaves only

What you do

Heat oil in a large pan and fry the onion, garlic, carrot and leek until soft but not coloured.



Add the tomato purée, chopped tomatoes, butter beans, flageolet beans, cider, stock and thyme and simmer for 15-20 mins until the stew has thickened and the veg are tender. Meanwhile, if you're adding sausages to any portion, snip each sausage into 3-4 chunks. Heat the olive oil in a frying pan and brown the chunks for 5 mins, then stir in appropriate portions of the stew and gently simmer for the

remaining cooking time. Serve with mash.

My eldest daughter used her slow cooker extensively since going to University in 2018, and it has only recently stopped working, not bad as it only cost £14:99

So the recipe this month, is another slow cooker one, this version is veggie, but you can add a couple of sausages to make a meaty version.

What you need

*If you have any ideas for 'Themed Recipes' you'd like to see or if you have any queries or comments
email alanc9989@gmail.com*



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ALL SAINTS CHURCH NEWS AND SERVICES *for October*

Services this month:

Sunday 5th - Inside /outside church
Lay lead Morning Prayer in Lady Chapel.
Autumn on the farm walk outside well
behaved dogs on leads welcome.
Friday 17th 2.30 - School harvest festival
service for staff, pupils and their parents.
Sunday 19th 10.30 Harvest Festival including
baptisms.

There are services every Sunday but in
another local church.
12th Kegworth, 27th Diseworth
Coffee Morning Saturday 18th 10.30-midday.

It was good to welcome many dogs of all
shapes, ages and sizes, a pony, a 4 foot long
Corn Snake, and Bearded Dragon lizard to
our pet service on 20th September. I hope your
pets enjoyed their visit to church and their
blessing from Rev'd Emily Sharman and the
TV theme tune to All Creatures Great and
Small played on the piano. Remember you
don't have to have a
pet to come to church
though you can bring
your dog along to our
inside / outside service.

The first phase
of our repairs are
complete. A massive
thank you to all that have donated towards
these essential repairs. However whilst on the
roof the lead gully inspections revealed further

essential work is necessary to make the roof
water tight. The section of window near the
porch that was badly damaged following the
break in has been taken away to a specialist
glazier for repair at a cost of almost £3000
which due to our insurance excess only 2/3 will
be covered. Again thank you to those who have
donated to help cover the excess. It has been so
heartening to see that the church is valued and
folk want it to be a presence in our village now
and going forward. The church is open every
day during daylight hours and should you wish
to donate please use the card reader.

On Sunday 9 November we will begin our
service of Remembrance at the war memorial.
In order that this can take place safely the
short section of road around the war memorial
by the school will be closed very temporarily.
We have permission from Highways and we
thank you for your understanding.

Thank you to all who help look after the
church. It is your village
church everyone is
welcome and we always
appreciate offers of help.
For anyone who would
like to help decorate the
church with produce or
flowers for the Harvest

Festival do join us at the church on Thursday
16th 2 til 4.

Thank you . Viv Matravers

*"to welcome ... a pony, a 4 foot
long Corn Snake, and Bearded
Dragon lizard to our pet service
on 20th September"*

DON'T PANIC *A poem by David Griffiths*

"Come on, let's not have any tears,
Now have you washed behind your ears?
Oh dear! Oh dear! You are so slow-
But use the loo before you go!
You are a lazy little pup,
Now mind to do your buttons up!
You have! Well that is a relief,
Have you got a handkerchief?
Your hair's a mess. Your tie's not straight

Come on! Come on or we'll be late!
Do you, on purpose, give me pain,
Just like your father all again?
And what about that girl you see?
She isn't all that she should be!"

"Don't panic Ma. There's been no crime.
Remember that I'm thirty nine!"

Ballet Classes

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

LOCKINGTON VILLAGE HALL - SATURDAYS from September

Primary and childrens ballet classes from 3 & half yrs to Grade 6, intermediate & pointe work. There is a strong focus on the ballet technique, especially good for children pursuing gymnastics as another skill. Small classes to develop confidence and enjoyment through dance and storytelling styled movements. Dance/Drama for older pupils. Enquire for class times and details.



DISEWORTH VILLAGE HALL - WEDNESDAYS
from September

Silver Swans - Adult beginners: 6.15pm

Adult refresher (grade 6) 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

GARDENING TIPS FOR OCTOBER by Shirley Blyth

An afternoon pot of tea, a slice of cake in a sheltered spot of the garden in the autumn sunshine reading the delights of a bulb catalogue - this is a pleasure to enjoy in October. Even if your summer bedding has gone, and most herbaceous plants are shrivelled and sad due to the weather of the previous months, there are still so many positive tasks this month to bring out the creative side of gardeners. There are bulbs to choose and plant.

Plants in flower this month

This month plants that are in flower or have colourful leaves and stems are usually the hot colours ie reds, oranges and yellows

Acers - This is the season for the colourful leaves for a wide range of acers.

Anemone - Particularly the Japanese anemone is a must in an autumn garden

Crab apple - Not technically in flower but the leaves and fruit can be stunning.

Colchicum - Autumn crocus, the flowers appear before the leaves.

Cotinus - The Smoke bush, the haze of flowers/colourful leaves give it its name.

Dahlias - The archetypal autumn flower comes in a mass of colour variations.

Nerines - Delicate pink flowers if you can get them to flower.

Physalis - Chinese lanterns have an orange colour that brightens any garden.

Rudbeckia - The coneflower daisy comes in a variety of hot colours

Rhus - Stag horn sumach has beautiful coloured leaves and russet "candles"

Roses - Showing their last flush of flowers.
*Sedum** Comes in dark purple to pale pink. Brilliant insect plant. It has now been renamed *Hylotelephium*, but most garden centres still label it as *sedum spectabile*.

Jobs to do this month

Chrysanthemums and dahlias will need some attention by the end of the month.

1. Cut them back once they have finished

flowering and leave them in the ground with a load of mulch over them. Place a plant marker at their position.

2. Lift them and store them. Dig them up and cut the stems to about 6" . Put them somewhere dry for a few days until the soil around them has dried, then put them in a box of dry sand in a frost-free shed or coldframe until the New Year.

3. Treat the stems as above but put them in compost filled boxes in a frost-free greenhouse and water them in.

Give the lawn a final cut if it looks like it needs it before you get the mower serviced.

Plant spring flowering bulbs before the soil turns cooler.

Rake up the fallen leaves and pile them up to make leafmould.

Dig over bare areas of soil.

Protect alpine from the winter rain. Also remove all fallen leaves from alpine to prevent fungal growth.

Lift and split rhubarb. Also place grease bands on fruit trees.

Finally, sow sweet pea seeds, under cover, for flowering next year.

Happy Gardening.



Physalis - Chinese lanterns

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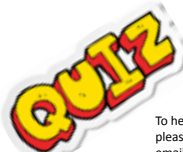
Quiz Night in Long Whatton

Join us at the **Friendship Centre** for a quiz evening of brain teasing questions

Saturday 6th December
7pm doors open for
7.30pm prompt start
Licensed Bar



Teams up to 5 people
£3 entry per person
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HARVEST *by Rex Peter Yorkstone*

October is the time of year when we celebrate Harvest. I wonder what your garden has produced. For us, the shallow rooted peas and beans have been poor but the fruit trees with deep roots have captured the sun and heat to give a bumper sweet harvest. The dry weather has parched the lawns and we have done very little grass cutting. All this reminds us how vulnerable the farmers are and so dependent on the weather. If we lived in a time and place without supermarkets which are stacked with food from all round the world in abundance and we had to depend on what was grown in our local fields, we would share that vulnerability and rejoice in the harvest. We take for granted that there will be food enough, whereas in times past poor harvest meant lean months.

There will be harvest services in our Churches, I suggest we take them seriously

and give hearty thanks for the provision we have. Here is a recent harvest hymn:

*For the fruits of his creation,
thanks be to God;
for his gifts to every nation,
thanks be to God;
for the ploughing, sowing, reaping,
silent growth while we are sleeping,
future needs in earth's safe keeping,
thanks be to God.*

KNIT AND NATTER

The most recent creation from the Knit and Natter group, sitting on the Post box at the shop, highlightssome of the best bits of spring and summer - lambs, bees, sunflowers and strawberries.



WI *Coming up in October*

Our speaker on Tuesday 9th September will be amusing us with his adventures in his motor home, £5.00 for the speaker and £2.00 for refreshments and raffle.

On Tuesday September 23rd (please note change of date) we will be hosting a free open evening for anyone interested in joining the WI to come along and meet the group and find out more information, there will be an indoor curling activity to try!

This event is open to ladies and their partners.

On Saturday November 1st we are holding a table top sale 10.00-1.00 pm, if you are interested in booking a table contact Karen on karenneal66@outlook.com for more information.

Our meetings and the above events are held at the Friendship centre, meetings are 7.30-9.30 on the second Tuesday in the month, for more information please contact Lesley on 01509506714.

They meet on 3rd and 17th October, 10 to 11.30am at the Falcon Inn, no charge just pay for tea or coffee, experience not essential.

Bingo with Fish & Chips



Saturday 11th October 2025

at the Friendship Centre

doors open at 7pm, start 7.30

**Entry £15 includes Fish & Chips or £8 without
Licenced Bar, Tea and Coffee**

The entry ticket gives you a Fish & Chip Supper and one card for each of the 8 games we will play during the night (additional cards available)

Prizes for a line and a full house

This is a cash only event, no cards



Please call Nicola on 07454 112 112 to reserve tickets and place your food order

in aid of
**BREAST
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The research & support charity

**Don't forget to bring your
Bingo Dabber! Good luck**



This event supports the Stevenson family in their effort to run the London Marathon and raise money for Breast Cancer Now.

ALEX DOES THE JOB *in France and Spain*

Magny Cours in France, 5th to 7th September was a good round for Alex.

Getting up to speed early on in the weekend he qualified 4th - always a big help to stay with the front runners.

He got away well at the start of race one, leaping up to second on the first lap, but Bulega regained his second place on lap five, pulling away slightly with Razgatlioglu. Alex couldn't make more progress but gapped chasing Petrucci by 6 seconds to take the last podium place.

Into the 10 lap Sprint race and starting from third, Alex's brother Sam immediately pushed him back to fourth. But Three laps in the pair passed Bulega who retaliated, taking second with Alex third holding on all the way though to the flag for another trip to the podium.

In the final 21 lap outing, our man held 3rd from the start but was briefly demoted to fifth by Rea and Petrucci seven laps in. Alex fought back, recovering both places at the halfway mark and all the way to the finish line.

Three races, three third place podium finishes.

On to Spain and the Aragon circuit two weeks later it was a different kettle of fish of Alex who struggled to get up to the leaders level through free practice. But when it counted, at qualifying, he put himself third on the grid, with his brother just hundredths of a second behind.

From the start of race one Alex was swamped by his brother Sam, Petrucci and Bautista and had to languish in sixth place until twelve laps in, when

Bautista crashed at turn 5. Fifth place at the flag.

He did, however, produce the fourth fastest lap of the race, putting him at the front of the second row for the sprint race.

Alex held fourth place for the first two laps but Bautista and Iannone came past on the third and the order remained unchained to the end, with Alex taking 6th in a photo-finish with Petrucci who chased him all the way to the end, just 0.05 seconds behind.

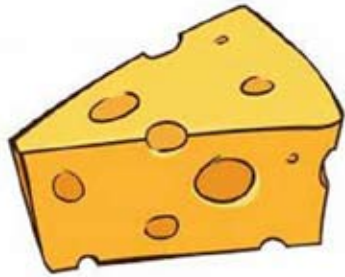
The final race of the weekend was a rollercoaster - fifth going in to lap two and three, Bautista came past on the fourth and on the eleventh Sam followed suit along with Locatelli.

With two laps remaining, Sam crashed at turn 14 and although rejoining was out of the running. Alex took another 6th place.

Despite a substantial points haul from the two rounds Alex remains in 7th place in the standings, but is now only 14 points behind his brother and has gained on Bautista and Locatelli.



The Long Whatton Community Association is inviting you to an evening of



Cheese and Wine

Saturday 15th November 2025
Long Whatton Friendship Centre
doors open at 7pm, start 7.30
Entry £15
Licenced Bar, Tea and Coffee

Marie from Nibbles and Cheddar will guide us through a selection of cheeses with light hearted conversation on each cheese, its origin and tasting notes. The ticket price of £15 covers the first glass of wine, cheese and nibbles. Additional wine, soft or hot drinks available to purchase.

Tickets from
Long Whatton Farm Shop,
Thursday Coffee morning,
Nibbles and Cheddar market
stall in Loughborough and
Shepshed on Fridays or
mob 07964 824 108



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LONG WHATTON KARATE CLUB *Strength Training to Run*

Why Strength Training Can Make You a Better Runner.

Sensei Ben and Sensei Leigh were back at the Dojo Nottingham this month, leading a seminar for FSK (Federation of Shotokan Karate) members in preparation for the next grading opportunity.

While the club prepares for the next grading, we thought it would be a good opportunity for Olympic athlete Julie Dodoo to provide an update. This time she details how work away from your chosen activity supports better performance, using running as an example. With the nights now growing longer, perhaps you're considering how to remain active during the autumn and winter months, so might find some useful tips in this month's article.



I'm Julie Dodoo, an Olympic heptathlete and coach at Speedworks Training. I specialise in helping athletes of all levels develop strength, speed, and movement efficiency — the

foundations that make running healthier, faster, and more enjoyable. My focus is on bridging the gap between athletic performance and long-term resilience, giving runners the tools to progress while staying injury-free.

Running Demands More Than Just Miles

When most people think about running, they picture long, steady miles or sharp sprint sessions on the track. But like any sport, our bodies need to be conditioned to cope with the forces of the activity we're doing. Running places a big demand on the body. Every step you take involves absorbing and producing force, with

thousands of foot contacts in a single session. The body has to manage impact, maintain posture, and stay efficient stride after stride. That's where strength training comes in.

Why Strength and Conditioning Matters
Strength training isn't about just about body building in the gym! The right strength training prepares your body for the demands of your sport. For runners, it's the strength, stability, and mobility work that keeps you healthy and performing at your best. It doesn't replace running — it only supports it by making your body more resilient, more balanced, and more efficient.

Stronger muscles, tendons, and connective tissues reduce injury risk, while better movement control allows you to run with improved efficiency. Put simply: strength and conditioning helps you stay healthy, injury-resistant, and builds the tolerance to keep running consistently. For youth athletes, it builds the foundation for future training. For developing and competitive athletes, it supports performance. And for masters or veteran runners, it's the key to staying strong and consistent when recovery naturally takes longer. If you only run, without strengthening or balancing the system, eventually something gives.

Adapting to Darker Evenings: As autumn and winter set in, darker evenings often mean less time (or motivation) to run outdoors.

Instead of seeing this as a setback, treat it as the perfect chance to work on conditioning. Here are some ways to keep your fitness sharp even when you can't get all the miles in:

Strength Training:

Focus on compound movements (squats, lunges, deadlifts, step-ups) to build leg and hip strength. Core work — planks, side holds,

"A stronger, better-prepared body copes with training loads, adapts faster, and stays injury-free."



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LONG WHATTON KARATE CLUB *Strength Training to Run*

rotational exercises — supports posture and stability while running.

Mobility: Low-level plyometrics such as skipping, hops, or bounding reinforce tendon stiffness and running rhythm. Pair these with mobility routines for hips, ankles, and thoracic spine to keep your stride smooth and efficient.

Cross-Training for Aerobic Fitness: Cycling, rowing, or using a cross-trainer are excellent ways to keep your aerobic capacity without the same impact on the body. Short intervals indoors can mimic the training effect of a run session.

Circuit Training: Combine strength and cardio moves (e.g., squats, push-ups, kettlebell swings, burpees) in timed circuits. This boosts heart rate, builds strength, and gives you an aerobic hit in a short, time-efficient session.

The Payoff: Investing time in strength training doesn't just fill the gaps when you can't

run, it makes your running more sustainable long term. A stronger, better-prepared body copes with training loads, adapts faster, and stays injury-free.

Whether you're chasing a personal best, training for your first 5K, or simply enjoying the rhythm of the run, conditioning is the unseen work that makes every stride possible.

Why not train alongside our newly-crowned karate champions at our very own local club this summer? 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 @ longwhattonkarate, e-mail the club at longwhattonkarate@gmail.com, or contact the club secretary on 07714335598

ABOUT THE LONG WHATTON NEWS

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

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

WE WANT YOUR NEWS

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

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

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

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

THE TEAM

Penny de Kock 07393 407896
Neil Bamford 07921 855607

COPY DEADLINE

The copy deadline for articles for the October issue is 23rd October.

Fancy dress
Games and Disco

RAISING MONEY FOR
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HALLOWEEN PARTY

NOVEMBER 2ND

2PM-3.30PM

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FRIENDSHIP CENTRE

£5 per ticket

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PROPERTY NETWORKING *for women*

The female property networking group. Hardhats to heels is holding an event in Nottingham on 7th October from 6.15 to 9.30pm. at the Brewhouse and Kitchen, Trent Bridge, Nottingham, HG2 2GS.

The Event, one of ten events across the UK, offers a superb opportunity to network, learn and connect with likeminded women in the property industry.

To book a place visit their website at www.hardhatstoheels.co.uk. or call 0121 510 4888

Hardhats to heels is an award-winning networking community designed to inspire, connect, and support women in property, construction, and business, 'creating opportunities for ambitious women to build meaningful relationships and accelerate their success.'



Founded by Hayley Andrews, who is an award-winning property investor, developer, and entrepreneur with over two decades of experience in the property industry.

Recognised as one of the UK's most inspirational female entrepreneurs, she has built a strong reputation for her expertise in strategic property investment and development.

She is the CEO of multiple businesses and a large portfolio landlord, managing a diverse range of properties across the UK. Her industry knowledge has made her a sought-after speaker and a regular property expert on TV. She is also an Angel investor on the hit TV show Property

Elevator - often referred to as Dragons' Den for property developers.

FOOD BANK *Donations needed. Can you help?*

The porch at All Saints Church is the drop off point for our Food Bank. A weekly collection from the church is made of food and toiletries and taken to Shepshed food bank.

If you could spare a few food items, please place them in the green plastic box in the porch. Thank you to all who give and to those who deliver to the food bank.

Shepshed Foodbank is a non profit

organisation that collects, stores, and distributes food for individuals and families.

It seeks to support those who are in crisis and need temporary help to keep themselves and their families fed. It is a weekly free foodstore where those eligible can choose from a wide range of basic foods and toiletries. providing enough food for them to feed themselves for three days a week.

BACK ISSUES

If you require more copies of the current edition of the magazine or you are looking for back issues, get in touch.

We have a few copies of most issues available.

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

LONGWHATTONNEWS@GMAIL.COM

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?

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Cara Tatterton
Pilates



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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

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A HERB TO KEEP YOU TIP-TOP *Health - Liz Jarrom*

As summer ebbs away, and the nights draw in, we are less inclined to eat salad leaves so much. There is one common leafy herb though that might be still going, especially in a pot on the windowsill, or in a larger tub in the greenhouse. It's mint, and although it's a plant that's mainly used to make mint sauce for accompanying roast lamb, or for adding to the water new potatoes are cooked in, mint is a delicious and pungent leaf that can be added to a sandwich or a salad. It's extremely easy to grow, and has a long season if you give it some extra light and protection from the cold weather.

More on that later, but first why should we grow it and eat it. There are at least 600 recognized varieties of mint. Some are ornamental and are

grown in the flower garden for their nectar rich flowers. Others are used to make tea, the Japanese mint being one of the most flavoursome when infused in hot water. Mint from the Atlas Mountain's area has a smoky taste. Corn mint also known as field mint, grows around the edges of corn fields in some parts of the world, and is sometimes added to tea blends as it has pleasant middle notes. There is a dazzling array of scents and other flavours, including strawberry mint, peppermint, and others that smell and taste of pineapple and even chocolate. The name mint comes from the legend of the Nymph Minthe, who lived by the side of the river Cocytus in the underworld. Mint is a herb that has been prized for centuries, and it has many uses. It adds a cooling flavour to many foods and beverages.

There are many traditional recipes that include mint and it can be added to salads, sauces, desserts and even alcoholic drinks. All

mint make a delicious tea. Add hot water to some leaves and brew for 5 to 10 minutes. Or add a generous handful to a jug of cold water. Steep it in the fridge for 12 hours, remove the leaves and enjoy straight from the fridge. Drink it up within 6 hours after that though, or as it develops a musty flavour if kept too long. All mints have a range of health benefits. As a herb, it's usually only eaten in small quantities, but even tiny amounts can be advantageous. 2 tablespoonsful of fresh mint, about 11 grams, contains a variety of valuable nutrients, including 0.8grams of fibre, 3% of

the daily recommended amount of Vitamin A, 8% of required iron, 6% of manganese and 3% of folate. Vitamin A is vital for eye health and essential for good night

vision. Eating mint leaves may help to soothe the stomach and gut wall, which could help those suffering from IBS and indigestion. Inhaling essential oil of peppermint may help improve brain function. Memory, learning skills and ability to concentrate could all be improved by inhaling peppermint oil and it may reduce oxidative damage to brain neurons. Having this aroma in your car may help increase concentration and alertness and also reduce fatigue.

Menthol, an extract of peppermint oil, isn't classed as a decongestant, but in some way, it helps those that use it to breathe better when they have a cold or flu. Drinking peppermint tea or chewing mint leaves seems to freshen the breath, and the leaves themselves may lessen the number of unfriendly bacteria in the mouth.

All mints are easy to grow. Most varieties like a cool, damp and shady spot near water. Instead, they can be grown in a large or small

*Mint: An everyday herb
that can help keep us in
mint condition*



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A HERB TO KEEP YOU TIP-TOP *Health – continued*

pot, depending on how much you require. They aren't too fussy about soil, but prefer if not to be on the limey side. It's easy to grow new plants from most varieties. Select a young piece from the edge of the pot, cut it off and place in a jar of fresh water. Within a couple of weeks, it will have grown roots. Plant it up in fresh compost and you have a new plant for

free. Repeat as needed. Mint can be kept in leaf for most of the autumn and even some of the winter if it has protection from the cold and plenty of light. A sunny windowsill of heated conservatory could keep mint going for 9 months of the year, supplying a bit of healthy greenery for little cost and minimal effort.

COFFEE MORNINGS *Get your caffiene and natter fix*

"The Monday Brew" is a New Coffee Morning Location from August.

There will be a coffee morning on Monday 13th October 2025 at 10:30am till 12 o'clock at The Falcon Inn.

The All Saints Church coffee morning will be on Saturday 18th October at 10:30am till 12 o'clock at the Church. All are welcome, we have toys for the little ones to enjoy, while mom and dad have a cuppa and cake.

Everyone is welcome. If you are new to the village this is a wonderful way to meet new people and to hear all the history of Long Whatton and life stories of those that live here.

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. We look forward to seeing you!

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