

Long Wharton News

SEPTEMBER 2025



Showtime! The annual village show thrived again on a glorious August Bank Holiday Sunday despite the ongoing roadworks. Photos and competition results inside.

This issue features more sport than usual, including a feature on a local, up-and-coming motor racer, along with a lush fish bake recipe, gardening, health and more besides.

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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 28th September and

Friday Feeling food and music night on 19th September.

History Walk Saturday 20th September. Meet at Uplands Farm at 7pm and walk to the Falcon Inn.

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

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

ALEX TAKES A BREAK *and goes back to work*

After the Hungarian round World Superbikes halted for a five week break. Except Alex and his team had a one day test at Aragon in Spain.

The aim of the test was to get back up to speed before the next round and to try some new ideas concocted by his crew chief, Pere and Bimota.

The season continues at Magny-Cours in France, 7th to 9th September.





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THE CHERRY TOMATO GLUT *and a fish tray bake*

According to the British Tomato Growers' Association, the tomato was cultivated by the Incas and Aztecs in Mexico sometime around 700 A.D. It's unclear who brought the first tomatoes across the Atlantic, but the first description of small tomatoes appear in a book by Gaspard Bauhin in the Illustrated Exposition of Plants published in 1623. The fact that he described one specific kind as 'clusters in the form of cherries' seems to point to the fact that cherry tomatoes did exist in the mid-early 1600s.

From there, the cherry tomato's history gets a bit convoluted. While the Greek island of Santorini has long claimed that the cherry tomato was first bred on its shores. The executive body of the European Union even gave Greece's "Tomataki Santorini" breed protected status.

While the Israeli government has claimed for decades that Israeli growers invented the cherry tomato. However, the cherry tomato, as we know it today, became popular before Israeli scientists figured out how to breed a variety that could be packed, shipped, and sold before they spoiled.

Still, as it turns out, Israel's claim is half-right. While the cherry tomato has been around in one way or another for centuries, its commercialization and popularization is thanks to Marks & Spencer. During the 1970s, they were trying to figure out how to find a commercialized tomato that tasted good. So, M & S spoke to local growers as well as Israeli food scientists in an effort to develop a new, shelf-stable cherry tomato that would be sweeter than the standard ones found in supermarkets.

A British grower named Bernard Sparkes began experimenting with a variety of cherry tomato called "Gardener's Delight" to try and produce a commercial breed of cherry tomato, while Israeli scientists bred the seeds to grow in uniform rows and last longer on shelves. So Marks & Spencer began selling cherry tomatoes in its produce section, kicking off a worldwide craze for the flavourful little tomatoes.

Nearer to home I've had success growing Cherry Tomatoes in hanging baskets, which has led to a surplus so I was pleased to come across the following recipe which has helped reduce this.



White fish, Red pepper & Tomato tray-bake

What you need

- 500g baby potatoes, halved if large
- 3 tbsp olive oil
- 1 red onion chopped
- 1 red pepper chopped
- 1 yellow pepper chopped
- 600g cherry tomatoes
- 4 fillets of white fish
- 1 lemon, sliced

What you do

• Heat the oven to 200c/180c fan/ gas 6. Tip the potatoes into an oven proof dish, then

drizzle over 1tbsp of the oil. Cook for 20 minutes

• Add the onion and peppers, mix together, season well and sprinkle with a little dried oregano, drizzle over another tbsp of oil. Cook for 15 minutes, then stir in the cherry tomatoes, nestle in the fish drizzle with the remaining oil. Put the lemon slices on top of the fish and cook for another 15 or 20 minutes until the fish is cooked through.



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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:

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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

ALL SAINTS CHURCH *News and services for September*

Sunday 7 September 10.30 Inside / outside church: lay lead morning prayer in the church Lady Chapel. Nature walk and farming outside. Bring with you well behaved dogs on leads.

Saturday 20 September 2.30. Pet service with vicar Rev'd Emily Sharman. Bring your pets into church for a blessing and be part of a celebration for all the things our pets bring into our lives.

Sunday 21 September 10.30. Holy Communion service.

Everyone welcome, refreshments afterwards.

Good news. It is wonderful that the repairs to church will start on 1st September. They will take up to a fortnight. The church will be open during this time but areas of the church may be closed off. We raised about 2/3 of the £15000 required. We hope that a couple of grant applications will go some way toward the shortfall. Donations are always very much appreciated and can be given using the card machine in the church.

There was a wedding in July and a baptism and wedding blessing in August. A massive thank you to the family and friends of both groups who gave the church a super clean and gave the building so much attention and love. It is so heartening to see and makes you realise how special the church really is us all even if we may frequent it rarely but on those important occasions it is the place we want to be to celebrate, come together with those who are special to us and be thankful for those things that really matter.

During the evening or night of Monday 18th or early Tuesday 19th August the church porch door was broken into and part of the leaded window to the right hand side of the porch smashed. When money for general repairs is so hard to find the extra cost of this repair does feel very sad and upsetting. I am awaiting a price for the repair but our insurance excess is £1000 and this repair

will be considerable. A massive thank you to Stuart of Mill Lane who really was our good Samaritan. Stuart came round straight away sorted out the door repair and boarded up the window. The upset of the break in was put into perspective by this helpful and kind deed and really does restore your faith in human nature.

Permission to install swift bird boxes in the belfry has been granted so your church will be "swift friendly and ready" for these wonderful spring / summer visitors in 2026.

The long grass in the parts of the churchyard has now been mown and will be gathered up and fed to some village livestock such is the severity of the drought. The long grass will have provided food and habitat for all manner of insects and other animals.

On Saturday 13 September the church will be manned from 10 until 6 to welcome visitors as part of Ride and Stride. This is a sponsored event organised by the Historic Churches Trust and the money raised is granted to churches for all types of projects including repairs. For more information go to www.lhct/ride-and-stride/.

Finally do remember that there is a collection point for the Shepshed Food Bank in the church porch. Thank you for all the donations and to those who then deliver these to the food bank.

Thank you, Viv Matravers
v@manororganicfarm.co.uk

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

Email -

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Ballet Classes

FOR CHILDREN, ADULT BEGINNERS AND SILVER SWANS
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LOCKINGTON VILLAGE HALL - SATURDAYS from 4th January

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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

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
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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 September.

GARDENING TIPS FOR SEPTEMBER by Shirley Blyth

Typically in this month the sultry heat of the previous weeks has gone and the air feels fresher. With the crazy weather that we have experienced so far this year I am not holding my breath. Temperatures that are the September average would be most welcome. Also rain usually starts to increase this month which would be most welcome.

Certainly we should start to see the lovely autumnal colours in our gardens this month.

It is also a perfect time to take cuttings of your favourite frost-tender plants. The RHS website has plenty of advice about how to do this if you are not sure.

Plants in flower this month
Acer palmatum - Although not in flower but the leaves look so colourful

Clematis viticella - Grown for their flowers and leaves, fairly trouble-free.
Dahlias - Archetypal autumn plants, slightly out of favour now

Eryngium - Beautiful shades of blue. Looks super with Yuccas.

Michaelmas daisy - Useful autumn food plant for insects

Sedum spectabile - Now renamed hylotelephium which just rolls off the tongue!

Ornamental grasses can look spectacular in the garden at the moment eg Carex, Miscanthus and Stipa are good choices.

Jobs to do this month

- Trees are beginning to lose their leaves early because of the dry summer so debris needs to be swept away to prevent pests from overwintering in it.
- If evergreen shrubs need moving, now is the time to do it.
- While the ground is still warm, plant your spring flowering bulbs. Spring flowering

containers can be planted up.

- Lift tender plants and put them under cover before the first frosts.
- Net ponds to keep out fallen leaves.
- Sow winter lettuce and plant out spring cabbage.
- Continue to harvest apples, pears and autumn raspberries.



Michaelmas daisy

- Because Christmas Day falls on the 25th December this year, now is the time to force hyacinths. Also while the weather is favourable, and if you haven't done it already, plant new strawberry plants for next year. This month is a good time to sow hardy annuals to flower next year.

- Clean the greenhouse in preparation for winter.

Happy Gardening (and here is hoping for some rain in September).

MOBILE LIBRARY

The Mobile Library will visit on Monday 15th September, 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 (Nr The Falcon)

EVENTS at Whatton House

Garden Open Day on Sunday 28th September - available with brunch, afternoon tea and cream tea or Sunday lunch.

A Friday Feeling Evening will be held in The Fable Yard on the 19th September. A night of good food, music and company, including live music, street food and a bar.



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SEASONS OF LIFE *by Sue Hack*

Well here we are in September already! It seems to me that not long ago it was Lent and we were looking forward to Easter and now we are heading towards the end of Summer. September is a time of anticipation and new beginnings. Some children will be starting nursery or school for the first time; some will be moving to Secondary School, and some going on to college or university as young adults before going out into the big wide world of work. It can also be a time of worrying about what the future might bring, especially for those awaiting exam results.

Our lives are all about stages or seasons that flow into one another, often without us realising until we stop to look back and, however hard we try, we can't stop time moving on. If the last few years have taught us anything, I think we have learnt that it is best to make the most of life as we never know what is round the corner, rather than always looking for something that might never happen - we might even gain some useful wisdom and experience along the way!

In Ecclesiastes 3 we read 'There is a time for everything, and a season for everything under the heavens....'. It explains that there is a time for everything ordained by God, and encourages acceptance of both joy and hardship as part of a larger, divinely ordered plan. We should not expect life to be a linear progression of constant happiness, but rather a series of contrasting experiences that ultimately contribute to a greater whole. While sometimes we go through happy times and sometimes sad ones all the memories and things we have learnt live on and continue to shape our lives.

Whatever time or season you are in your life, may you know that God is with you, loves you and has the best plans for you. For those of you awaiting exam results this month, remember that these will not define you. Whether they are what you hoped for or not, may you find happiness in your unique path through life and fulfil your potential.

With blessings, Sue.

Sue Hack, Associate Minister based in Hathern

WI *Coming up in September*

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.

KNIT AND NATTER

Charity coffee morning

The Knit and Natter group are holding a coffee morning at the Friendship Centre on Saturday 4th October, 10.30 - 12.30 in aid of the MacMillan Cancer Charity.

Tea, coffee and homemade cakes will be available as well as a raffle. Knitted goods will be on sale including some Christmas gifts. Free entry.



A HEARTFELT THANK YOU! *From the show committee*

A Heartfelt Thank You from the Village Show Committee. What a wonderful day we had at this year's Village Show! We want to extend a huge thank you to everyone who helped make it such a success – from the organisers and stall holders to those who baked, crafted, gardened, and, of course, all of you who came along to support. Your enthusiasm and community spirit are what keep this much-loved tradition alive.

The competitions brought plenty of smiles (and a few friendly rivalries!). Special congratulations go to our tallest sunflower champions:

- 1st Place: Louis Elliott with a magnificent sunflower measuring 8 feet 11 inches (2.72

metres)

- 2nd Place: Douglas Shaw with a bloom reaching 6 feet 10 inches (2.08 metres)

- 3rd Place: Arthur Shaw with a proud 6 feet 6 inches (1.98 metres)

In the photography competition, congratulations to Guy Walker, whose winning entry captured both imagination and applause.

Beyond the prizes, the real triumph was the sense of togetherness – neighbours chatting, children laughing, and the whole village buzzing with life.

Thank you once again to everyone who helped, entered, and supported. We couldn't do it without you – and we're already looking forward to next year!



Louis Elliott with his sunflower competition winner which measured 2.72m

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LONG WHATTON KARATE CLUB *Small steps*

This has been a quiet month as it's our traditional time to take a couple of weeks off training to rest and recuperate. With some time off therefore, this month's article is by our very own Sensei Ben who thought it would be useful to follow on from Debbie's advice on food last month with some of his perspectives on habits.

When people walk through the doors of our karate dojo for the first time, I often hear the same kinds of questions:
 "How long will it take to get to black belt?"
 "Will it improve my focus or fitness?"
 "What if I've never done anything like this before?"

The truth is, progress in karate—and in life—rarely comes from giant leaps. It comes from small, consistent actions. And those actions, repeated over time, become habits. Some habits push us forward. Others quietly pull us back. Understanding the difference is one of the most powerful lessons I've learned both inside and outside the dojo and I've been experimenting with this over the past couple of years.

Positive Habits: The Building Blocks of Success: In karate, we often talk about discipline. But discipline isn't just about pushing through a tough workout, learning a complicated kata (set pattern of moves), or showing up in a respectful way. It's about creating positive habits—small routines that stack up to big results over time.

Here are a few examples:

- Showing up: Even on the days you're tired or busy, getting to class is a win. It reinforces commitment and resilience.
- Stretching daily: Just 5–10 minutes a day increases flexibility, reduces the chances of injury, and improves overall performance.
- Practicing mindfulness: Breathing exercises or quiet moments each day or before class train the mind to stay calm and focused—not just in karate, but in daily life. They also help

to increase energy levels when feeling a little worn out.

None of these habits require major changes although they do take persistence and perseverance. Over weeks and months, they build physical strength, mental clarity, and confidence. They change who we become.

Negative Habits: The Silent Saboteurs: Just as positive habits move us forward, negative habits can quietly sabotage our goals, our mental health and drain our energy. Often, we don't even notice them building up.

- Skipping one class becomes two, then a month away from training. Maybe then we lose confidence and stop training altogether.
- Negative self-talk—"I'm not good at this" or "I'll never get it"—these sentiments start to shape your identity, patterns of thinking and become your reality (not true realities).
- Poor recovery habits—not sleeping enough, skipping meals and not practicing self-care—these lead to burnout or injury.

These habits don't seem harmful in the moment. But left unchecked, they erode our progress, confidence, and motivation.

The Compound Effect: Why Small Changes Matter: One of my favourite principles is the idea of compounding. Like interest in a bank account, small efforts add up to large changes over time. If you improve at something (I'd suggest keeping the number of things you work on at once small and focused) just 1% each day, you could be nearly 38 times better in a year! That's the power of consistency. Amazing hey!

Think of this:

- A student who puts into practice some advice from the dojo for just 10 minutes a day - this adds up to over 60 hours of extra training a year.
- Someone who replaces just one negative thought per day with a positive one slowly rewires their inner dialogue. It's not about reaching perfection. It's about



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LONG WHATTON KARATE CLUB *Small steps*

progress. Bit by bit. This mindset is at the heart of karate itself. As Gichin Funakoshi, the founder of modern Shotokan karate, once said: "The ultimate aim of karate lies not in victory or defeat, but in the perfection of the character of its participants."

I take this to mean that it's not about winning matches or earning belts—it's about who you become along the way. Incrementally improving in the pursuit of perfection, whilst accepting we will never get there and there will always be something we can work on to improve. Whilst it was amazing for the club to win two gold medals at the recent FSK National Championships therefore, the real 'win' from my perspective was seeing how our two champions have developed and improved, and how they continue to do so week by week. This is why I think we have many 'champions'. Many gradual improvements in each of our members' own personal journeys.

How to Start: Three Simple Shifts: If you want to change your life—your health, mindset, or even your karate—start small so you remain consistent and stick at the change. Here are three easy ways to begin:

1. Pick one habit to build
Choose something so small it's almost impossible to fail. Like doing 5 push-ups each morning or drinking a glass of water when you wake up. That's 5 more push ups a day or 7 glasses of water a week that you wouldn't otherwise have benefitted from.

2. Replace, don't just remove
Instead of cutting a "bad" habit, try replacing it. Swap scrolling your phone at night with a few just a few minutes of reading or doing those 5 push ups.

3. Track your streak
Use a calendar, diary or journal. Each day you stick to your new habit, mark it. Watching the streak grow becomes its own motivation and can help you to 'gamify' the change - making you less likely to skip a day.

Final Thoughts: Your Black Belt Is Built One Day at a Time

A black belt is perceived by many outside of karate to be the end—a sign that you've 'made it'. It is absolutely a huge achievement and a proud one for sure! However, to those who truly understand karate, it's actually a sign that you've mastered the basics. And mastering the basics is nothing more than creating the right habits over time - establishing the mentality of a black belt by embracing the philosophy of continuous improvement.

Whether you're trying to get in shape, improve your mindset, be a little healthier, or just live a more balanced life, remember: the small things you do daily matter far more than the big things you do occasionally.

Keep showing up. Stay mindful. Respect the process and just keep going bit by bit. Because greatness - on the mat and in life - is simply the result of good habits, practiced over time.

See you in the dojo! 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

Inspired by the recipe above and looking to lose a few pounds or generally improve your wellbeing? Contact Debbie on 07500709160 or email at slimmingworlddebs2@gmail.com

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

The Butcher, the Baker, the Candlestick-Maker

History Walk and Talk

Did we have all of them in the village? Last time we did indeed find a candlestick-maker, as well as a sock maker and underwear production. Join us for a walk along village streets and hear stories of places, houses and people in Long Whatton. 📅 **Different Date!**



Meet
**Saturday 20th September
at 7pm**
Uplands Farm, West End,
opposite Sherwood Court
and walk to the Falcon Pub.

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.



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 8th September 2025 at 10:30am till 12 o'clock at The Falcon Inn.

The All Saints Church coffee morning will be on 20th September 2025 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!

RIISING STAR ON THE TRACK *a chat with Jack Sherwood*

At just 19 years old, Jack Sherwood is racing toward greatness. From karting as a child to climbing the motorsport ladder through Ginetta Juniors, British F4, and now GB3, Jack's journey is a testament to talent, tenacity, and a tight-knit family support system. We sat down with Jack to hear how it all began and what fuels his fire.

From Family Passion to Track Obsession: Jack's motorsport story began with family influence. His father raced in Formula 3, and while his parents were initially cautious about Jack stepping into the sport, his passion proved unshakable. “My dad took me to my first Grand Prix when I was five—I thought it was the coolest thing I'd ever seen,” Jack recalls. He begged to try karting, and by the age of five, he was in a go-kart. There's been no turning back.

Learning Curves and Podium Turns: In 2021, Jack unexpectedly entered the Ginetta Junior Championship when another driver couldn't compete due to COVID restrictions. It wasn't planned, but it was invaluable: “We didn't have the best prep, but the close racing taught me skills I'll carry

forever.”

By 2022, confidence was growing. Competing in GB4, Jack notched up two wins and nine podiums. “That year, everything began to click. I matured, understood how to work with the team, and my first win confirmed I could do it.”

His success continued in British F4. In his first full season, Jack claimed three podiums—his first at Donington, his home circuit. “The weather was awful, but seeing my friends and family there made it unforgettable.”

In 2024, with a switch to Rodin Motorsport, Jack finished fifth overall, with eight podiums and a fastest lap. “Rodin helped me progress technically. I learnt that to win at this level, you must be near-perfect every weekend.”

GB3: A New Chapter: Now racing in GB3 with Xcel Motorsport, Jack is excited to take on the faster, more technical

cars. “It hasn't been the easiest start, but I'm enjoying every moment. I remind myself how lucky I am to be here.”

His goal? “By the end of the season, I want to be fighting in the top five. We got close in



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Training, Travel, and Bon Jovi: Jack trains intensively—even late at night. "My parents tell me off because I'll be training at 11pm! But I love it." He balances the race weekends with time to explore the cities he visits, and relishes a run to clear his mind. "If I've got a big decision, I'll go for a run and come back with the answer."

Pre-race rituals are surprisingly chill, with hand-eye coordination drills and team chats. And if karaoke ever hits the paddock? "Definitely 'Livin' on a Prayer'—my dad's favourite."

Motivation, Mentors, and Moving Forward: Lewis Hamilton tops his list of sporting heroes, alongside Cristiano Ronaldo. "Their stories of working from nothing to the top inspire me."

And what keeps him going on the hard days? "My dream of Formula 1. I think about it every day. And my family—they've sacrificed so much for me. I want to make them proud."

Advice for Aspiring Racers: "Enjoy it. Meet people. Build connections. Work hard and don't give up—even when it feels like it won't happen. And always remember how lucky we are to do this."

Looking for Sponsors and Upcoming Races: Jack is currently seeking sponsorship opportunities to support his racing journey. With undeniable talent and the drive to go far, backing him now could be an investment in a future star.



You can catch Jack in action at Silverstone this weekend, and again at his beloved home

circuit, Donington Park in October.

Jack Sherwood is a racer with his feet firmly on the ground and his eyes fixed on the prize. With dedication, raw talent, and a strong family behind him, don't be surprised to see this young Brit lining up on a Formula 1 grid in the not-too-distant future.

Follow Jack's journey and watch this space—he's going places, fast.

WALKING. A HEALTH GAME CHANGER *Health - Liz Jarrom*

We are constantly bombarded with the message that we need to do at least 30 minutes of strenuous exercise at least 5 times a week. For many people, that seems like an unachievable goal, especially if they are elderly or for those who already have health problems, never mind people who have very busy lives already caring for children, looking after elderly relatives and holding down a job too.

We do know though, that inactivity contributes to many health problems

Feel that its impossible to exercise at the gym? Then a walk around the house while the kettle boils could still lengthen your life and improve your health.

including diabetes, back pain, heart attacks and strokes. Lack of exercise is a contributory risk factor for developing obesity, and joint issues such as osteoarthritis. It also raises the risk of developing some cancers. It's daunting for people who have joint issues, back



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WALKING. A HEALTH GAME CHANGER *Health – continued*

pain, breathing difficulties or other health challenges to even contemplate starting an exercise programme.

The good news is that new research has shown that we don't have to do as much as was first suggested or even in the way we think we should do it. Doing 10,000 steps a day is great, but we can do less and still make a difference to our health. It's been shown that even a small amount of walking can be a game changer, as far as health is concerned, and doing a tiny bit, little and often can have huge benefits. It's not obvious to us in our daily lives, but one of the most important positive changes that occurs, is that doing short bursts of activity increases the body's insulin sensitivity. In lay persons terms, it improves the body's ability to use insulin, so keeping blood sugar levels stable and under control. The better the insulin works in the body, the lower the risk of developing type 2 diabetes, obesity, heart disease, cancer and many other common degenerative diseases. Flattening out those blood sugar spikes is vitally important for maintaining the health of all our cells. This is because after we eat any food, blood sugar rises quite quickly. If it's not needed and absorbed by the body, it lingers in the bloodstream, causing inflammation and damaging tiny blood vessels all over the body which can affect how your vital organs function, leading eventually to disease.

The new findings of a study done by Zhejiang University in China, and published in the Scandinavian Journal of Medicine and Science in Sports, back up earlier research that shows that tiny changes make a big difference. In the study, overweight office workers were asked to carry out 2 different "exercise" programmes. One day, they stayed seated, except for a single 30 minute brisk walk in the middle of their shift. On the other day, they

went for a brisk three minute walk every 45 minutes. The meals they ate, the time spent walking and time spent sitting in their chair was exactly the same. The only difference was when and how they did their exercise. The results were very surprising and encouraging. On the days that the workers did a 30 minute walk, their blood sugar levels were averaging 1mmol/L lower than workers in a control group who took no exercise at all. This doesn't sound a lot but it's enough to significantly reduce the risk of many developing most diseases from cancer to Alzheimer's. The remarkable, and most surprising thing though was that on the days when the workers did the ten three minute walks instead, they had an even bigger drop in their average blood sugar levels of an additional 1.3mmol/L. Again it doesn't sound much, but it's more than a 100% improvement for no extra effort or time spent. An extra benefit was revealed by putting sensors on participant muscles. Muscle fibres continue to contract for a while after even a tiny bit of activity. So the muscles continue to keep drawing out sugar from the bloodstream to fuel the fibres, for quite a while after the activity stopped.

So, the evidence seems clear. Bursts of regular exercise throughout the day bring significant health benefits, and you can tailor the exercise to your circumstances. Walk around the house for the three minutes each time the kettle boils, and if you can go up and down the stairs, even better. Get up and walk briskly each time the adverts come on when you are watching the TV. Go out into the garden and walk up and down the path or drive. The faster you can walk, the better, but the take home message is that anything is better than doing nothing, and the more you do, the better you feel, the more you want to do, no expensive gym membership required.



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ASIAN SMALL PLATES MENU

FRIDAY 12TH
SEPTEMBER

Seabass Ceviche

Watermelon & pineapple salsa, leche de Tigre

King Prawns

Pan seared & served with a Goan curry sauce,
pickled red onions & fennel

Pork Belly

Glazed in honey and soy served with miso aioli

Blade of Beef

Slow cooked & served with homemade kimchi

Served with crispy spiced potatoes, and
smoked hispi cabbage, hazelnut whipped
butter

Dark Chocolate Mousse

With dukkah, miso caramel

Yuzu Tart

With thyme infused honey

Sage Derby Cheese

Crackers, pear & ginger chutney

£55 per person



Our head chef, Brad, loves his small- plates
dining and Asian style cooking.

As a one off special event, he has created his
own menu which we'll be showcasing on
Friday September 12th.

The evening will begin at 7:00pm, and guests
will have the opportunity to try all 7 courses.
Lee Joseph, a modern day close up magician
will be entertaining everyone throughout the
night.

To Book - Call 01509 843 694

Summer Set Menu

SERVED MONDAY-FRIDAY LUNCHTIMES

Starters

Whipped feta, compressed watermelon, pickled red onion,
croutes (GFAV)

Cod, caper and lemon fishcakes, tartare sauce

Chicken caesar salad, baby gem, crispy prosciutto, parmesan,
caesar dressing (GFA)

Mains

Cajun chicken thigh burger, garlic mayonnaise, rocket, skin on
fries, slaw (GFA)

Mini fish and chips, tartare sauce, mushy peas (GFA)

Courgette and tenderstem broccoli pappardelle, pea and basil
veloute (GFAV, VGA)

Plus - Any Sandwiches listed on the A la Carte main menu.

Desserts

Vanilla pannacotta, compressed strawberries (GFA)

Salted caramel cremeux, passionfruit sorbet (GFAV)

2 Courses - £19

3 Courses - £25

GFA - Gluten Free Adaptable | V - Vegetarian | VG - Vegan | VGA -
Vegan Adaptable

Please make us aware of all dietary requirements and allergies
before ordering| All prices contain VAT at the current rate