

Long Whatton News

APRIL 2026



5 Years! It is five years this month since the village magazine was revamped in to this format and there's a long list of people we have to thank for it's success during that time. Featured here is a

cover reminiscent of our first ever cover.

Planning for the Village show has begun. We want to know your thoughts. See inside.

Also in this issue; gardening is hotting up, Karate awards, Superbikes, health and more.

YOUR FREE VILLAGE MAGAZINE



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GARDEN OF EDEN *by David Griffiths*

This was once a well kept plot
With lawn and borders
Now it's not.
It had roses and a pond,
With fountain and the woods beyond,
In it saw the golden carp
And lights that twinkled after dark.
An orchard blossomed every Spring
Where the small birds choir would sing.
It wasn't Highgrove, wasn't Kew
But was the best that we could do.

Things change, the best of us grow slow
No longer wield a scythe or hoe,
No longer can we rise at dawn
To tend the beds or mow the lawn
And briars and nettles take their chance
As they in multitudes advance
They slowly creep along the floor
Until they're knocking at the door.
What was the lawn, savannah high.
Is that where beasts of prey now lie?

Or where the orchard used to be
Do monkeys swing from tree to tree?

Folks must say "Oh what a mess"
I say "It is a Wilderness"
But wait! I know just what I'll do
I'll say it is a Wild Life Zoo!

COFFEE MORNINGS

The 'Monday Brew' coffee morning is moving to the Royal Oak Monday 9th March 2026 at 10:30am till 12 o'clock.

The All Saints Church coffee morning will be on Saturday 21st March 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.

For more information or a lift to All Saints Church, contact Jane Scholtz 07393 349009 or Penny de Kock on 07393407896 or just join us on the day. We look forward to seeing you!

ABOUT THE LONG WHATTON NEWS

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

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

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

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

WE WANT YOUR NEWS

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

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

THE TEAM

Penny de Kock 07393 407896

Neil Bamford 07921 855607

COPY DEADLINE

The copy deadline for articles for the May issue is 21st April.



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LONG WHATTON VILLAGE SHOW *Date change and more!*

We're excited to share that this year's Long Whatton Village Show will be taking place on Sunday 16th August, rather than our usual Sunday over the bank holiday weekend.

We've made this change to try something a little different and (hopefully!) make it easier for more people to attend, whether you're popping by for an hour or making a full day of it with family and friends.

As always, the Village Show is all about bringing our community together – a chance to catch up, have some fun, and celebrate everything that makes Long Whatton such a special place to live.

We'd Love Your Input:

The show is for the village, by the village - so we'd really value your thoughts. What have you enjoyed most in previous years?

The dog show?

Classic cars? Games and competitions?

Food, stalls, and the bar?

Children's activities?

And what would you like to see this year? More family-friendly activities like *bouncy castles or games?* Something a bit different,

*Village show:
Your ideas
wanted!*

such as a *birds of prey experience? Live music or entertainment/ New food or drink options?*

No idea is too big or too small – if you'd enjoy it, chances are others will too.

Sponsors & Support:

To make the show bigger and better each year, we're always looking for local sponsors. To help us bring in additional attractions — such as birds of prey displays, inflatables, and entertainment - while keeping the event affordable for everyone.

If you or your business would like to get involved, we'd love to hear from you.

Get Involved:

We're always grateful for volunteers on the day, Stallholders, Prize donations - Anyone willing to help organise or run activities

Share Your Ideas or Get Involved:

If you have suggestions, would like to get involved, sponsor the event, or can help in any way, please get in touch:

Penny – 07393 407896, or email: longwhattonvillageshow2025@gmail.com

Let's make this year's show the best yet.

ALL SAINTS CHURCH NEWS *Services in April*

Sunday 5 April 10.30 Join us at this special time for our all age worship Easter Sunday service lead by vicar Simon Stevens.

Sunday 19 April 10.30 Holy Communion service

Sunday 3 May 10.30. Inside /outside service. Lay Lead Morning Prayer in the church Lady Chapel or venture with us for nature walk outside.

Another phase of repair work including more repairs on the roof will start shortly now that the better weather is here as we endeavour to maintain our precious church for future generations.

Thank you for donations left in the church porch for Shepshed Food Bank.

Your village church is open every day to visit and for private prayer. The churchyard has several benches please do come and sit and enjoy this place. We do not have a vicar assigned to this parish but your church is still functioning and welcoming. For any wedding, baptism (Christening) or funeral requests please email Sarah our parish administrator pa.ljw@outlook.com

For any other enquiries and especially offers of help please contact me Viv Matravers v@manororganicfarm.co.uk, 0778009799.

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Ballet Classes

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

LOCKINGTON VILLAGE HALL - SATURDAYS from 10th 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 January

Silver Swans - Adult beginners: 6.15pm

Adult refresher (grade 6) 7.00pm

Pre-Intermediate (1&2 pointe work) 8.00pm



Website: Claudette Caven Dance

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07931714804 email claudettecavenhenrys@hotmail.co.uk

BACK IN TESTING MODE *Alex in Portugal*

After the first round in Australia, Portimao in Portugal (the Autódromo Internacional do Algarve) hosted an official test over two days - 9 and 10th March.

Weather was changeable, but enough good track time was to be had.

Alex flew to the top of the timesheets early on with a 1'40.622, before the rain put an end to the days testing.

The weather on the second day was better with sunny conditions. Alex was focusing on set up and

development rather than outright lap times. Nevertheless, he finished day two in third place. Over all, a successful test.



Pre session stretches

As we go to press, Alex will have returned to Portimão for round 2 on 27-29 March.

MOBILE LIBRARY *April*

The Mobile Library has just one visit to the village in April: Monday 13th, with four stops starting with:

- 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 (near The Falcon)



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- FOSSE PARK** APRIL 8TH £10
- NORTHCUTTS GARDEN AND HOME** APRIL 24TH £10

OUTINGS ARRANGED THROUGHOUT THE YEAR AND GROUP HIRE IS AVAILABLE - PLEASE CALL FOR MORE INFORMATION ON

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Spring Afternoon Tea for the over 60's

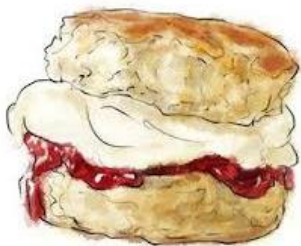


*Tuesday 28th April
3pm*

Join us at the **Friendship Centre** in
Long Whatton for afternoon tea.

The Long Whatton Community Association is inviting residents over 60 years of age to enjoy an afternoon tea at the Friendship Centre. £5 per person.

If you would like to book a place,
please call Val on 01509 646 031,
with the number of people
attending and any dietary
requirements.



Or you can book a place
during the Community
Café, every Thursday at
the Friendship Centre
between 10 and 12 noon.



GARDENING TIPS FOR APRIL *by Shirley Blyth*

As I sit and write this the sun is shining! Fingers crossed that the gloomy wet weather of the winter has now abated. My rain gauge in the garden has recorded more than 300 mm up to Mothering Sunday, which is more than we had had by the end of August last year.

Beware of those sneaky late frosts that wreak havoc with blossom and bedding plants. Grow bedding plants under cover until at least early May. When conditions allow, try to keep on top of weeding as this can save you a lot of time later in the year. Certainly don't let them set seed.

This month I will try and answer a couple of requests that I have received recently: what are good foliage plants for good colour, also how do you give house plants a spring MOT.

Shrubs for fantastic foliage: Most foliage plants come into their own during autumn but why wait until then when many put on a superb display also with stunning spring foliage. These are a few that I grow or would like to grow;

Amelanchier lamarckii - My absolute fav, every garden should have one. Every season is interesting with colour, blossom and fruit.

Cercis canadensis - Forest Pansy has heart-shaped leaves that unfurl to a stunning ruby-red colour in spring.

Choisya tenata - Sundance is the one to grow for lemony-yellow foliage. It gets its common name of Mexican Orange Blossom from the white highly fragrant flowers in late spring.

Corylus maxima - *Purpurea* has pinky-red catkins, edible nuts and luscious Chocolate - purple crinkled leaves in the spring. Much loved by your favourite squirrel.

Physocarpus opulifolius - Diablo has stunning reddish foliage in spring with contrasting pink-white flowers in summer.

Pieris - Forest flame an attractive perennial is changed every spring by a flush of cherry red new foliage. It needs acid soil to perform to its best. I grow mine with ferns. Should the new

growth be caught by frost resist the temptation to cut it off, leave and you will be rewarded with another flush. A beautiful shrub.

Acer palmatum also has many varieties that produce beautiful spring foliage but they are too many to mention.

A spring clean and TLC for house plants: After the winter gloom your house plants will be needing a bit of TLC to keep them healthy and looking their best.

1. Cover a table or work surface with a piece of plastic or something that is water proof and gather together your plants.
2. Check if they need repotting. Roots coming out of the bottom is a good indication. Repot into a pot that is about an inch (2 cm) bigger. Refill with house plant compost and a bit of grit. Orchids and cacti need a specialist compost available from the garden centre.
3. Remove all dead, decaying or dying stems and leaves. Wipe shiny foliage with a damp cloth to remove the winter dust and dirt.
4. Give them a drink with water and plant food (Tomorite is as good as any) and repeat every 10 - 14 days. Plants that have been repotted shouldn't need feeding for a while.

Hope this helps and happy gardening!



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DRAWING CLOSER TO GOD *Revd Chris Taylor*

Friends, by the time you read this, I pray that the hostilities in the Middle East will have ceased and that a degree of calm will have been re-established. I remain deeply suspicious of the motivation behind the war and have struggled to find any (good) reason that justifies it, just as I have struggled to understand the invasion of Ukraine and the war in Gaza. I pray that there will be no post-conflict backlash against innocent civilians nor against armed forces that have been caught up in it. Watching so-called statesmen boasting of their “mighty achievements” is difficult, when the brunt of the conflict is borne by civilians. There is much that has been written on “just war” none of these three wars seem, to me, to be just and all three reveal a disturbing contempt for the dignity of human life, on the part of those who are prosecuting the wars. I felt I should share my thoughts with you and encourage you to continue to pray for peace and justice in our world.

On a much happier note, we have again arrived at the pinnacle of the Christian year. A time when for some, the brakes are off! All the lovely things we set aside for Lent are back in place, the promise to exercise has at last stopped nagging us, the meat/ fast food is back on the menu, the Easter eggs - if we were blessed with Easter eggs - have been demolished; in short, we are indulging ourselves after some time of abstinence. And why not? If we did give something up during Lent then, in the words of one of the Easter prayers, “we have grown closer to Christ”; we have experienced temptation, we have resisted it and now comes our reward.

The temptation for me right now is to write a long list of the things that folk may have given up, and another list of the things

that people may have tried out for Lent. The Lenten CofE focus was “draw near to God”, I’m often suspicious of anything that lists 40 acts that will “help me to draw closer to God”, consequently I didn’t engage, mainly because that looked to me as if it was asking for 1 extra thing every day to pile on to an already busy schedule, or, if I was (as I suggested in a few of my Lent sermons) making room in that busy schedule, to reflect on God’s relationship with me, then those 40 acts, would probably distract me from that goal!

“If, by a deliberate discipline, I can find God every day in the everyday stuff, why would I want to stop?”

It is worth thinking about how Lent was for us. Did we take it seriously and engage with the idea of 40 days of something? Did we learn anything new, about ourselves, about God, about both or something else? Was it worth it? Did we observe it? If we didn’t

observe it (Lent), why didn’t we? I write this in the third week of Lent and find that my idea of searching every day, to find where God might be speaking to me, is working quite well; I have felt God’s presence, that presence is usually in nature (as I thought it would be) but there have been moments of sparkling clarity as well:- when I stop to think, or when I have set aside time for quiet reflection, or even (in one case) when I’ve been interrupted! God is definitely there/here.

And that got me thinking, why should I stop after 40 days? If, by a deliberate discipline, I can find God every day in the everyday stuff, why would I want to stop? So I’m not going to. I hope that you have been blessed in Lent, and I pray that, just as Christ is risen, so our hearts will rise with Him, and we will find our love of God and neighbour renewed in us, so that we are empowered to continue to share that love with those around us.

Happy Easter!

JOIN US FOR AN

Easter Celebration

AT ALL SAINTS
CHURCH,
LONG WHATTON

JOIN US AT
10:30 ON 5
APRIL 2026



LONG WHATTON KARATE *Grading success*

We still have some spaces available for new joiners, so get in touch soon! We are especially looking for any more families who would like to join, as our training provides a great opportunity for parents to training side-by-side with their children.

On 14th March, the FSK's (Federation of Shotokan Karate) Black and Brown belt course was held at the Dojo Nottingham. Club members and instructors were in attendance making the most of the opportunity to train under World Champion Sensei Aidan Trimble, 8th Dan black belt.

The day after it was the turn of the Kyu grades (non-black belts) where the first grading opportunity of the year took place at Nottingham University. Our club had five students going for their next belts, and the good news is all five were successful and passed with flying colours!

Congratulations to:

Fleur – now 10th Kyu (White and Red Belt)
Pip – now 9th Mon (Orange and White Belt)
Monty – now 9th Kyu (Orange Belt)
Katie – now 7th Mon (Yellow and White Belt)
Tom – now 3rd Mon (Brown and Black Belt)

We're looking forward to more success at the next grading in June, so are now working hard to get everyone ready!

With the latest grading behind us, why not start training at our very own local club and 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 instead 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.

JUNIOR TRAINING *is back*

All Stars and Dynamo Junior Cricket back from 5th May on Tuesdays from 6 to 7pm.

All Stars offers an exciting 8 week cricket intro for 5-8 year olds, including a personalised t-shirt, backpack and bat and ball. Parents can join in too. Book via allstarscricket.co.uk or by scanning the QR code.



Dynamos Cricket is a brilliant follow up for All Stars graduates and a perfect start for 8 to 11 year olds new to the game. Includes a personalised t-shirt with name and number. Book via dynamocricket.co.uk, or by scanning the QR code.



Join our LWCC Kwik, U11 Incrediball, and U13 Hardball teams. Hardball coaching is offered for ages 11 and up. Contact us via longwhattoncricket@gmail.com

Got something to say? Get it off your chest.

Email:

LONGWHATTONNEWS@GMAIL.COM

Village Easter Hunt and Dog Parade



Saturday 4th April between 2pm and 4pm

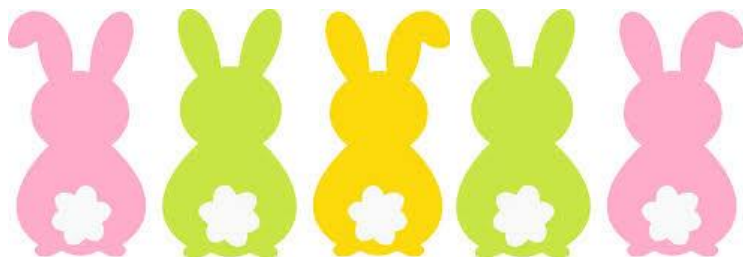
Come to the Friendship Centre to collect the Hunt instructions (£2), then enjoy a walk around the village, finding the hidden clues.

Found them all?

Return to the Friendship Centre to claim your reward, have a go on the raffle, enjoy some Easter crafts and refreshments.

From 3.30pm we gather for a parade of dogs and their families. We are looking for fancy dressed dogs and owners.

Why not give it an Easter Theme?



Dress up for Easter with your dog.

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 Thursday 11th Nov, 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.

WI *April 2026*

At our April meeting the speaker will be demonstrating the art of glass fusion, this event will need to be booked.

For our May meetings we will be crafting table decorations in preparation for our hosting of the Boarderlands event, where three other WIs will be joining us for a get together

evening.

We will have a flower arranging evening on June 9th.

Our meetings are held on the second Tuesday in the month, please contact Val on 01509646031 or Lesley on 01509506714 for more information.

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 Royal Oak, no charge just pay for tea or coffee,

Community Cafe - 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 - Every Monday during term time (roughly) 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.

Easter Hunt and Dog Parade. Starting at the Friendship Centre, Saturday 4th April, 2pm.

Over 60s Afternoon Tea. Friendship Centre, Tuesday 28th April, 3pm, £5

DISEWORTH DIARY *April*

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

8th Coffee Morning, Heritage Centre, 10am - 12pm

11th Chamber Music Recital at St Michael & All Angels, 7pm

13th Discussion Group, Heritage Centre, 2-4pm

23rd Dialogue Collating & Meeting, Heritage Centre, 7.30pm

25th Bingo Night, Village Hall

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?



CLAIM YOUR FREE PILATES CLASS NOW!

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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 - Find us on social media



SHOULD WE BE FIBREMAXXING *Health – Liz Jarrom*

At the moment, there is a lot of talk on the internet about getting more fibre in the diet, known as “fibremaxxing”, and that the idea of not eating enough of it is worse for our health than eating too much fat and sugar. Some of the information is a bit confusing, so what is factual and what is not?

Scientific studies do say that low intake of foods high in fibre does present one of the highest dietary risks when it comes to incidents of early death and loss of healthy life years right across the whole of the globe.

Communities that eat a high fibre diet live on average a decade longer, and they tend not to suffer from degenerative diseases that affect the quality of their lives, especially in their later years. More than 90% of the population in the UK eat only 19grams of fibre or even less in a day, particularly if they are eating a highly processed diet. 19 grams is a third less than the recommended amount per day. Children need between 25 to 30 grams a day, and adults need between 28 and 35 grams a day. If the general population only increased their consumption of fibre by 7 grams a day, they would generally lower their risk of heart disease and cancer by 9%.

So, why is fibre good for us and how can we eat more of it. Fibre is mostly found in fruits, vegetables, nuts and seeds. There are two types of fibre in our food, soluble and insoluble. Usually, the skins of vegetable and fruits contain insoluble fibre and the inside flesh contains soluble fibre, so it's important to eat the whole thing, if possible, to get both types of fibre.

For example, a jacket potato, including the skin, rather than just chips or even mash. Also eating the skin of the apple instead of peeling it, discarding the skin and just eating the flesh. Juicing fruit and vegetables also removes the beneficial insoluble fibre. Both

types are essential for our health, especially the health of our digestive system and also our gut microbiome, which needs to have fibre to feed on, so that it can live, reproduce and make many important chemicals essential for our health.

Insoluble fibre doesn't dissolve in water, so passes all the way through the digestive tract. It plays a major role in relieving constipation, aiding digestion and removing unhealthy waste and toxins that could cause harm and ultimately disease. Insoluble fibre doesn't dissolve in water, but it does attract water to itself, bulking up the stool, making it softer and easier to pass. Insoluble fibre may help make insulin more efficient, so reducing the risk of Diabetes.

Soluble fibre dissolves in water and once in our intestines, forms a gel like substance that lines the gut wall, making the protective mucus layer stronger, thicker and more effective. This combination forms a protective layer, enabling smooth transition of matter as it passes through easily, reducing strain on the system, so that it works more efficiently. Soluble fibre is thought to play a part in reducing LDL cholesterol and seems to help balance blood sugar levels.

So, the best way to get more fibre into the diet is to eat a variety of lots of whole plant foods. Easy ways to do this includes eating the skin of the plant food, if that's possible, as mentioned before, or adding seeds to your meal. Bulking up curries, chillis and stews with tinned chickpeas, lentils and different types of beans. Add raspberries to your breakfast, or peas as an extra vegetable to dinner. Make a stir fry with lots of vegetables and brown rice. Snacking on a whole apple or some dried fruits and nuts. Basically, eat a variety of plants in as many creative ways as you can.

Summer Crafts



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

Tuesdays from 10am to 12noon.

Tue 28th July
Tue 4th August
Tue 11th August
Tue 18th 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

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 from 5 to 13 years.



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



PTA EASTER COLOURING COMPETITION

Thank you to the attendees at the Village Coffee Morning on 19th March who carefully chose the winners of the PTA Easter Colouring Competition.

There were over 50 entries from the children in the 7 different year groups at school so choosing winners was no doubt a difficult task. Attendees were asked to vote for their favourite entry in each year group whilst they enjoyed their usual tea and cake.

The winners will be announced at the school Easter Service in Church on Friday 20th March. The winners are shown in the attached photo.



BACK COPIES AVAILABLE

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.

LONG WHATTON NEWS *Advertising rates*

6 months per month

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One off per month

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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

Quarter page: 63mm wide x 94mm deep.

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



THE ROYAL OAK

DINING PUB | BEDROOMS | FUNCTION ROOM

DUO OF LAMB-HERB

CRUSTED 5OZ LAMB RUMP,
LAMB CROQUETTE, SPICED
CARROT PUREE, CRISPY
KALE,
DAUPHINOISE POTATOES,
LAMB JUS



CHARRED
ASPARAGUS,
POACHED EGG,
HOLLANDAISE,
CRISPY CHILLI OIL



WARM CARROT &
GINGER SPONGE,
CREAM CHEESE
MOUSSE, STEM
GINGER SYRUP

WEEKEND DATE NIGHT SPECIAL

RECEPTION DRINK - GLASS OF
PROSECCO, COCKTAIL OR DRAUGHT
BEER

£45 PER PERSON MEAL ALLOWANCE

BOTTLE OF WINE

KING SIZE ROOM

BREAKFAST

FRIDAY - £185 PER COUPLE
SATURDAY - £200 PER COUPLE

