

Long Whetton News

FEBRUARY 2026



The knitting club

don't just make the village look pretty with their post box toppers and bench and fence decorations, they make blankets

and clothing for charity and fund raise for charity all the time. Well done knitters!

Meanwhile, gardening, health, a little bit of history and a touch of sport inside.

YOUR FREE VILLAGE MAGAZINE



WE OFFER FREE NO OBLIGATION QUOTES



CALLUM 07539 178235

DOM 07956 657820

C.BPLUMBING@OUTLOOK.COM

CONTACT US:

WE ARE 2 LOCAL, QUALIFIED AND INSURED ENGINEERS. WE HAVE A COMBINED 30 YEARS EXPERIENCE IN THE INDUSTRY AND WE THRIVE FOR CUSTOMER SATISFACTION.

FIND US ON FACEBOOK FOR EXAMPLES OF OUR WORK.

- ◆ BATHROOMS
- ◆ KITCHENS
- ◆ DISABILITY ADAPPTIONS
- ◆ FULL HOUSE RENOVATIONS
- ◆ JOINERY & FLOOR LAYING
- ◆ DOMESTIC & COMMERCIAL



CONTRIBUTE *to the village magazine*

A magazine such as this is only as interesting as the articles within, and variety is a key to make it an interesting read.

So we would love to hear from budding writers, journalists or passionate hobbyists; perhaps you have some favourite wines you'd like to share with other wine lovers, perhaps your passion is wildlife and you could tell us about the local varieties.

Just short pieces, 300 to 600 words, every month or every now and again. Whatever your subject, you could make this magazine a better read.

If you fancy a go, or would like a chat to learn more, drop me a message - Neil, 07921 855607, or email us at longwhattonnews@gmail.com. No commitment required,

Likewise photographers, sometimes we

could do with some help taking a few photos at local events and we could definitely use snaps of things occurring around the village or spectacular pics you've captured. Get in touch!

KNIT AND NATTER

The Long Whatton Knitting Group raised a total of £611 for charity in 2025, including the Royal British Legion's Poppy Appeal and Macmillan Cancer Research. We also knitted items to donate to worthwhile causes, eg, blankets, premature baby jackets, hats for a children's charity in Gambia.

We meet at The Falcon on the first and third Friday of each month, from 10.00 to 12.00 noon. Everyone is welcome to join us, regardless of ability.

COFFEE MORNINGS *Get your caffiene and natter fix*

The 'Monday Brew' coffee morning is on Monday 9th February 2025 at 10:30am till 12 o'clock at The Falcon Inn.

The All Saints Church coffee morning will be on Saturday 21st February 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!

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

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



YOUR LOCAL SELF STORAGE

just 4 miles from Long Whatton

CaSSOA Platinum Accredited

High security caravan, motorhome and vehicle storage

#NOTORDINARYSTORAGE

Beautiful surroundings, fantastic community,
and open 7am to 8pm every day

VEHICLE | DOMESTIC | BUSINESS

www.wagtailstorage.co.uk

info@wagtailstorage.co.uk 01530 222179



81 MAIN STREET *Thatched loveliness*

Situated on the corner of Mill Lane and Main Street, opposite a church that dates back 800 years is this archetypal old village cottage.

Except it isn't quite as old as you might expect. Small, old red brick and a thatched roof, in the oldest part of the village hints at late 1600's to 1700's, but it was actually built in the early 1800s. And then refurbished one hundred years later.

One and a half storeys high, means the upper floor is largely in the roof space, demonstrated by the top part of the upper front window which is in a thatch eyebrow.

The cottage was classed as Grade II listed on 16 January 1989, which states the frontage has to remain the same, so the

minimal foundations, The cottage has several wall plates - tie rods which hold the walls together and stop them bowing further.

The roofs' gable ends feature ornamental bargeboards and finials (the horizontal bits at the top) which are thought to date back to 1900s.

On the right of the cottage you can see a large area of stone rubble in the wall with a defined left hand edge, which is shared with number 1 Main Street. Perhaps this suggests it was built over an older existing building?



Yorkshire sliding sash windows, so common throughout the village, remain, complete with cambered tops, as does the front door. The front also shows signs of bowing, which is not uncommon on older buildings of more than one story, often with single brick walls, built on



**Have You Made Your Will Yet? Is Your Will Up To Date?
We Come To You!**



Please Contact
Mrs Christine Thomas
 chris@tclegalservices.co.uk
Mrs Clare Cooper
 clare@tclegalservices.co.uk
 Office: 08450 568571
 Mobile: 07889 335743 or 07866 415251

www.tclegalservices.co.uk

Member of the Society of Will Writers/
 Supporting the work of Rainbows Hospice



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 (& pointe work) 8.00pm



Website: Claudette Caven Dance
 Claudette Caven, AISTD, Advanced Cecchetti Ballet,
 Advanced Modern, Advanced Character
 07931714804 email claudettecavenhenrys@hotmail.co.uk

LENT AND THE ORIGINS OF PANGKAKES *Recipe - Alan Clarke*

Christians believe that the 40 days before Easter (called Lent) mark the time that Jesus spent fasting in the desert. Traditionally, this time was spent praying and fasting, which meant not eating a range of foods including meat, eggs, fats and milk.

The word 'shrove' comes from a Roman Catholic practice. To 'shrive' meant going to confess your sins and being absolved by a priest. In the past, a 'shriving' bell was rung on Shrove Tuesday to call people to church to confess their sins before lent began.

Before Lent could begin, all of the foods people couldn't eat while fasting needed to be removed from the house so that they wouldn't be tempted to break the rules. And the best way to do that was to eat these foods during Shrovetide.

Meats like bacon would be eaten up on 'Collop Monday' (a collop is a thin slice of meat), two days before the start of Lent. On Shrove Tuesday, eggs, butter and fat were used up - and one of the easiest ways to do this was to make pancakes or fritters.

Pancake races are thought to have started when a woman heard the shriving bell calling people to church on Shrove Tuesday while she was making pancakes - and she ran to the church still in her apron with her frying pan!



Pancake Cannelloni

What you need

- 420g pack meatballs
- 400g bag fresh spinach
- 2 tbsp basil pesto
- 250g tub ricotta
- 1 egg beaten
- ¼ tsp ground nutmeg
- 8 pre-made pancakes
- 500g carton passata
- 1 garlic clove crushed
- 125g ball of mozzarella
- torn basil leaves torn, to garnish

What you do

- Cook the meatballs

following pack instructions. Cut each one in half and set aside.

- Tip the spinach into a large colander over the sink. Pour boiling water over to wilt it and leave to drain thoroughly. When cool enough to handle, squeeze out any excess liquid and chop finely. Mix the spinach with the pesto, ricotta, egg and nutmeg, then season to taste.
- Heat oven to 190C/170C fan/gas 5. Pour the passata over the bottom of an ovenproof dish and stir in the garlic. Divide the spinach mixture between the pancakes, spreading it out in a long strip in the centre. Add meatball pieces to each one, then roll the pancake up to seal in the filling. Lay the stuffed pancakes on the passata base and top with the mozzarella. Bake for 30 mins until the cheese is melted and bubbling. Scatter over basil leaves to serve.

MOBILE LIBRARY

The Mobile Library has just one visit to the village in February: Monday 9th, 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)

BACK COPIES

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 Whetton News

The village magazine is made possible by the support of advertisers and some fundraising events.

It is produced and distributed by volunteers and our only cost is the printing itself.

Despite several increases in the cost of printing the magazine we have managed to keep our advertising rates at the same level to make it affordable. But we need more advertisers to join us.

If you have a business, no matter how large or small we offer advertising spaces from just £7 per month.



GARDENING TIPS FOR FEBRUARY *by Shirley Blyth*

February can be a month of extreme: freezing snow that can bury any thoughts of gardening below a duvet of snow on one day, or sunshine as strong as you may find in the autumn on another. It is also not called "February fill dyke" for nothing. All of the flowers that appear this month are well equipped to withstand these conditions. Crocus and Snowdrops takes everything that is thrown at them

Plants that are in flower this month:

Camellia x williamsii - "Anticipation" is one of the best.

Chaenomeles speciosa - Varieties come with white, pink or red flowers.

Clematis cirrhosa "Freckles" - A lovely, very hardy colourful plant for the winter garden

Cornus mas - Cornelian cherry. Beautiful small tree/shrub.

Crocus varieties - An iconic winter/spring flower

Erica varieties - This type of heather can look very pretty this month.

Euonymus fortunei - A semi-evergreen with several variations in leaf colour.

Iris - Winter flowering varieties eg unguicularis.

Helleborus orientalis - Hellebores add interest to a winter garden.

Viburnum tinus - Evergreen, flowering shrub with fragrant flowers.

Things to do this month:

Apply organic fertilizers.

Ensure that there is fresh water and food for garden birds.

Plant trees, shrubs and fruit trees as the weather allows.

Firm down any plants that have been lifted by frost.

Prune winter flowering shrubs that have finished flowering, including winter heathers.

However, don't do the pruning during frosty weather as this may cause "die-back" on the pruned stems. Prune summer flowering shrubs that flower on new wood. Again, don't do this in frosty weather. Trim old stems of herbaceous perennials.

Start dahlia tubers into growth under cover or buy new stock from a reputable source.

Divide and replant snowdrops and winter aconites after they have flowered but while they are still "in the green" i.e. still have their leaves. It's a waste to buy them as brown, dry bulbs from the garden centre.

Obtain your seed potatoes and start to "chit" (form shoots) them.

Re-pot and top dress plants in containers.

Prepare seed beds for vegetables and spread lime as necessary.

Weed and mulch fruit trees after feeding.

Protect gooseberry bushes from bird attack.

Prick out seeds that have been sown and start tender perennials under cover into growth.

Remember to cut back hedges before the nesting season starts in earnest.

Happy Gardening.



Iris unguicularis (Algerian Iris)



Erica Carnea 'December Red' Winter Heather

Fantastic printing.

Local.

Fast.



1 Factory Street, Shepshed, Loughborough, LE12 9AQ
t 01509 505413 e print@freshprintsltd.co.uk w freshprintsltd.co.uk

LONG WHATTON NEWS *Advertising rates*

6 months per month

Full page £18

Half page £12

Quarter page £7

One off per month

Full page £22

Half page £14

Quarter page £8

These prices are based on print ready artwork supplied. We can accept Jpeg, EPS and TIFF formats although PDF is the preferred format, in CMYK.

Advert sizes:

Full page with bleed: 148mm wide x 210mm deep plus 3mm bleed on all sides

Full page standard: 132mm wide x 194mm deep

Half page: 132mm wide x 94mm deep

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

ALL YOU NEED IS LOVE... *The Revd Simon Stevens.*

February is the month when, for me, winter begins to turn towards spring. As I make my way home from work each evening around six o'clock, something shifts halfway through the month: it is still light when I arrive. It may still be cold, and the nights still long, but I choose to notice that change and take it as a small sign of hope.

February also brings St Valentine's Day. I know that for some it feels like little more than a commercial exercise, but I rather like the idea that we set aside at least one day a year to think about romance and love. Perhaps, as with many things, it depends on how we choose to look at it.

Jesus, of course, had a great deal to say about love. He repeated the Old Testament command to love our neighbours as ourselves, but in his famous story of the Good Samaritan he pushed that idea further. When you are in need, you will accept help from anyone.

"It may still be cold, and the nights still long, but I choose to notice that change and take it as a small sign of hope."

In that moment, the world becomes your neighbour, and differences matter far less than compassion. In the same way, we are called to offer help and love to all those around us. Perhaps the lesson is a simple one: be kind to everyone, because you never know when you might need that kindness yourself.

Jesus went further still. At his most challenging, he asked us not only to love those who love us in return, but to love our enemies and to do good even to those who hate us.

So, if February gives us a single day to celebrate love for those who love us back – or who we hope might – perhaps we could use the rest of the month to reflect on the more difficult love Jesus speaks about. In a fractured world, that kind of love can feel in short supply, but it may also be the love that is most needed.

The Revd Simon Stevens, Self-Supporting Minister.

WI *February 2026*

At our February meeting on the 10th, Severn Trent water board are coming to give a talk on how our water reaches us clean and safe, and ways to save water and cut our bills. Some upcoming events in the pipeline are:
Creative woodworking
A talk on the history of our village
Flower arranging

We meet on the 2nd Tuesday in the month at the Friendship centre Long Whatton 7.30-9.30 pm.

We are a small and friendly group and are always looking for new members to come and join us.

For more information please contact Val 01509646031 or Lesley 01509506714

BEST MAN'S SPEECH *A poem by David Griffiths*

Fill your glasses, drink a toast
To the friends we value most
Rememb'ring that September day
When Father gave his girl away
And everyone was in a flurry
And Hereford was joined with Surrey
The vicar murmured "Where's the ring?"

Best Man "I've lost the blooming thing!"
As vicar was about to choke
I said "It's just my little joke!"
And Daff and Dave at last made one
To live their lives out in the sun
"So raise your glasses. Down the hatch!
This couple have a plane to catch!"

JOIN OUR LOCAL
KARATE CLUB



LONG WHATTON KARATE CLUB

Calling all adults and families...
We have spaces available so now is a great time to join! We already have a number of parents (and a grandparent too!) who train with their children. Train side by side and grow together. Our family-friendly karate classes help adults and children build confidence, respect, and self-discipline while getting fit and having fun together. It's a great way to share goals, support each other, and create positive habits that last a lifetime. Join us and make quality time truly meaningful.

CALLING ALL ADULTS AND FAMILIES...
WE HAVE SPACES AVAILABLE!
CONTACT SENSEI BEN ON 07714335598
OR AT
LONGWHATTONKARATE@GMAIL.COM



LONG WHATTON KARATE *Staying motivated all year round*

Hi everyone, January is slowly creeping towards the exit and sometimes our willpower can try to sneak out with it! If those New Year resolutions are starting to wobble, please don't worry, you're not alone.

Here are a few simple tips we use at Slimming World to help keep your target firmly in sight, even on the trickier days. I've also popped in a yummy, comforting recipe that's perfect for these cold, dark nights... because staying on plan should still feel cosy and enjoyable.

1. Find your why. What's your reason for wanting to lose weight or get fitter? Is it for your health, to have more energy for your family, or simply to feel more confident in yourself?

Getting really clear on why you started can help keep you going, especially on the tougher days. When your goals come from the heart, they're far more powerful than ones we feel we should be doing.

2. Set a target. Don't be afraid to dream big. People who set clear targets tend to get better results, whether that's a weight goal or how much movement they'd like to fit into their week. Ask yourself what you'd love to achieve. Once you've got that big goal in mind, break it down into smaller, manageable steps so you can see progress sooner. For example, if your dream is feeling confident in summer clothes, a mini goal could be filling a third of your plate with veg or adding a regular walk into your routine.

3. Think like it's the first time. Let's be honest, nothing knocks motivation quicker than feeling like you've already failed. Instead of looking back with disappointment, use past attempts as learning.

Ask yourself, what was going on when things became harder? Would easing into changes rather than going all or nothing work

better this time?

Every small step towards eating well and moving more counts. It's not about being perfect, it's about not giving up

4. Mind your language. Notice how you talk to yourself. Would you say those words to a friend? Research shows that being harsh on ourselves actually damages motivation and can send us into a negative spiral. Try challenging those thoughts when they pop up. Writing a list of what's helping you and what's holding you back can be a really powerful way to quieten that inner critic.



*How to
maintain your
early New Year
gains!*

5. Do something different. Our brains love habits, even unhelpful ones. That's why things like evening snacking can feel automatic.

Making a small change and sticking with it for around 28 days can help break a habit. So if chocolate calls your name when you sit down to watch TV, try switching seats, keeping your hands busy, or heading out for a short walk instead. Little changes really do add up.

6. Write it down. A change journal can be such a great motivator. Grab a notebook and use the first page to write all the reasons you want to improve your health and feel your best. Then jot down any positives you notice along the way, no matter how small. It helps you recognise your achievements, track your progress and gives you something lovely to look back on.

7. Celebrate! We all thrive on encouragement, and that includes you. It's not just about the number on the scales. Did you plan ahead, move more, or make healthier choices this week? That matters. Celebrate those wins, however small. Treat yourself to a magazine, a pamper evening or something that makes you smile. Little pats on the back go a long way.

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

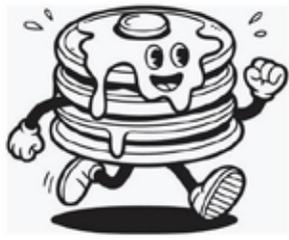
Neil Bamford 07921 855607

COPY DEADLINE

The copy deadline for articles for the March issue is 21st February.



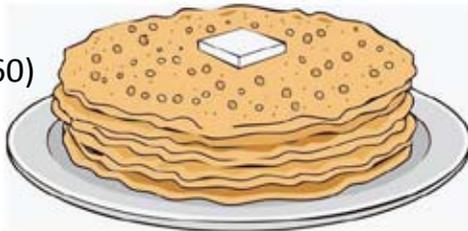
Pancake Race



**It's fun! It's almost free!
You'll get a cup of tea! (and a cake)**

**Sunday 15th February 2026
2pm at the Friendship Centre**

- Men's race (16 to 60)
- Old codger's race (men over 60)
- Women's race (16 to 60)
- Aging gracefully (ladies over 60)
- Children's race (10 to 16)
- Children 5 to 10 years old
- Children 5 and under
- Mixed relay (teams of two – one male one female, any age)



Bring your own frying pan

Fresh pancakes will be provided

The race will be the length of Crawshaw Close and the pancake must be tossed continuously. Dropped pancakes must be picked up and returned to the pan. At least 50% of the pancake must be in the frying pan at the finish.

Enter as many races as you like - 50p per race

Money raised goes towards the upkeep of the Friendship Centre



LONG WHATTON KARATE CLUB *continued*

Cheesy lentil lasagne

This veggie take on a classic is a real midweek winner and one even the carnivores will adore

Ingredients

450g fat-free natural cottage cheese
1 cal cooking spray*
2 onions, finely chopped
2 red peppers, deseeded and finely diced
3 garlic cloves, crushed
680g passata
400g can chopped tomatoes
2 tsp balsamic vinegar
4 tsp dried oregano
2 carrots, grated
2 x 400g cans puy or green lentils, drained and rinsed
8 dried lasagne sheets
20g fresh Parmesan, or vegetarian alternative, grated

Method

Preheat your oven to 200°C/fan 180°C/gas 6. Put the cottage cheese in a food processor, season lightly and whizz until smooth.



Spoon half the lentil mixture into the base of a deep baking dish and top with 4 lasagne sheets. Spoon over the remaining lentil mixture, then top with the remaining lasagne sheets. Pour over the cottage cheese, evenly scatter over the Parmesan or vegan alternative and top with the remaining oregano.

Bake for 35 minutes, or until golden and bubbling. Leave to stand for 5 minutes, then divide between 4 plates and serve hot.

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 - 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.

Spray a large, non-stick frying pan with 1 cal cooking spray and put it over a medium heat. Stir-fry the onions, peppers and garlic for 6-8 minutes until softened. Add the passata, tomatoes, balsamic and half the oregano. Season lightly and simmer for 10 minutes. Remove the pan from the heat and stir in the carrots and lentils.

Spoon half the lentil mixture into the base of a deep baking dish and top with 4 lasagne sheets. Spoon over the remaining lentil mixture, then top with the remaining lasagne sheets. Pour over the cottage cheese, evenly scatter over the Parmesan or vegan alternative and top with the remaining oregano. Bake for 35 minutes, or until golden and bubbling. Leave to stand for 5 minutes, then divide between 4 plates and serve hot.

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.

Pancake Race. Friendship Centre, Sunday 15th February, 2pm

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

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

Cara Tatterton
Pilates



CLAIM YOUR FREE PILATES CLASS NOW!

Classes in Kegworth, Shepshed, Hathern & Long Whatton

Reasons to claim your FREE class now:

- You'll be shown Pilates based exercises to help you move better (to reduce those niggling 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  

CHOLESTEROL: A HEALTHY BALANCE *Health - Liz Jarrom*

One of the most common and often overlooked health risks, is high cholesterol, which contributes to the formation of fatty, inflamed plaques, or deposits in the artery walls. This narrows the arteries and restricts the flow of blood through them. This is also known as atherosclerosis. These plaques can rupture, causing a blood clot. If the clot breaks apart and moves along an artery, it can cause a heart attack or stroke, or both!

High cholesterol is also a significant risk factor for developing dementia. Tests done by doctors tend to focus on the two main types of cholesterol in the blood. Low density lipoprotein (LDL), often referred to as bad cholesterol, and high density lipoprotein (HDL), known as good cholesterol. Cholesterol itself isn't the enemy. It's an essential substance used to make hormones, vitamin D, and cell membranes. The problem arises when the balance between the two is wrong, and the LDL is too high. LDL drives plaque formation in the blood vessels and HDL help to remove cholesterol from the bloodstream by transporting it back to the liver for processing and elimination from the body, keeping cholesterol levels in balance.

The liver makes about 80% of the cholesterol that you need, the other 20% comes from your food. The problems start when the HDL levels are too low and the LDL levels are too high. There should be a balance between HDL and LDL in a ratio of 1:5, and the total cholesterol in the blood should ideally be below or not exceed 5.0mmol/L. This breaks down as up to 4.0mmol/L LDL and 1.0mmol/L of HDLs. These figures can vary a bit from the

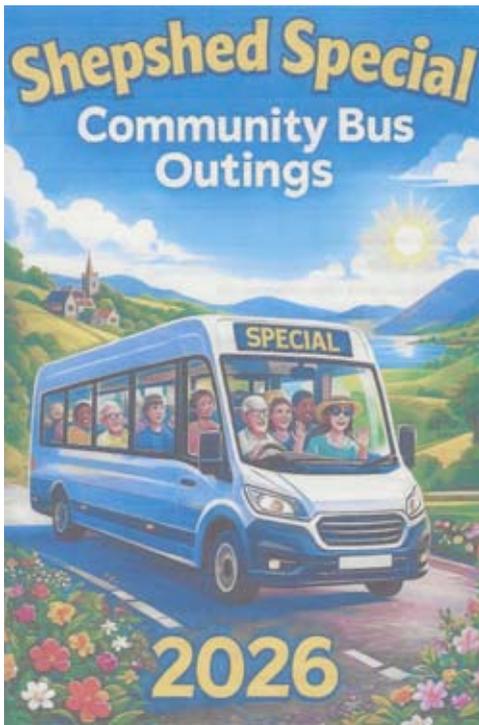
optimum, and not cause issues in healthy adults, but if you are already at risk of a heart attack or stroke, these levels could be set lower by your doctor, who will advise you. When HDL levels are too low, their protective effects are lessened. High cholesterol levels can be normalized by taking statin drugs, but they do have side effects, and don't help everyone.

There is another way, and that is a change in diet and lifestyle. If that seems daunting, you can take it slow. Even changing the diet and lifestyle over a few weeks can bring about positive changes to the balance between HDL and LDL cholesterol. The goal is to work towards

"Keeping a healthy balance between HDL and LDL Cholesterol levels is vital."

a Mediterranean type of diet and increase exercise. The diet should include healthy cold pressed olive oil, lots of different fresh vegetables of rainbow colours and fruits, wholegrains, legumes, brown rice and proteins such as lean meat, lentils or beans. Snacking on small portions of nuts and dried fruits instead of crisps and confectionary bars will keep blood sugar level and diminish cravings for unhealthy ultra processed foods with high fat and salt. Starting with a healthy breakfast as the first change is a good move.

One of the best foods for helping to reduce cholesterol is oats. They contain a soluble fibre called beta glucan, which forms a gel in the gut. This gel binds to cholesterol and helps to remove it from the body. Eating oats regularly can reduce LDL cholesterol by between 5 and 10 percent. Oats are a perfect food for breakfast. Porridge is great, but If you don't like porridge, (I don't), you can add the whole, rolled oats to fruit, such as apple, but any fresh



Shepshed Special Community Bus – Shopping Services 2026

Door to Door service – Call 650531 to book a place

Mondays £5

- Morrisons, Coalville (Furnivall)

Thursdays

- Loughborough: £5
 - Sainsbury's
 - Tesco
 - Town Centre

Fridays £3.50

- Shepshed ALDI / B&M

Fosse Park Trips – 2026 Dates £10

- January 14th
- February 11th
- March 11th
- April 8th
- May 6th
- June 2nd
- July 1st
- August 5th
- September 8th
- October 7th
- November 4th
- December 2nd

Extra Events – 2026 (subject to change)

- February 18th – Burton on Trent
- March 4th – Sunnyside Garden Centre
- May 27th – Giltbrook Retail Park
- July 22nd – Gates Hinckley
- August 12th – Castle Marina Retail Park
- September 2nd – Trentkham Gardens

Book & Jigsaw Sale – 2026 Dates

Held at the Community Centre, 47a Charnwood Rd

9am until 12pm

- January: 9th, 23rd
- February: 6th, 20th
- March: 6th, 20th
- April: 3rd, 17th
- May: 1st, 15th, 29th
- June: 12th, 26th
- July: 3rd, 17th, 31st
- August: 14th, 28th
- September: 11th, 25th
- October: 9th, 23rd
- November: 6th, 20th
- December: 4th, 18th

Local Groups and Organisations

We have 2 Community Mini Buses for Hire, please call 01509 650531 for more information

About Us

We are a Non-Profit organisation with Charitable Status.

We have 2 Wheelchair adapted Mini Buses with easy access.

All our services are Door to Door, assistance is always available

We have a Facebook Group 'Shepshed Special Community Bus' where you can follow us and find out what's happening.

Payments

Cash at the Office: based at Shepshed town council, 47a Charnwood Rd

Bank Transfer: contact us for details

Cheque: Made payable to 'Shepshed Special Community Bus'

Shepshed Special Community Bus Incorporated & registered charity No. 214908 (affiliated Charitable Status)

January 30th – East Midlands Designer Outlet, Mansfield – £10

Designer brands including H&M, Tommy Hilf, J. Lewis, M&S, and L&V – up to 60% off all year!

February 27th – Cherry Lane, Bradstow – £10

A value garden centre with affordable plants, lawnmowers, and a welcoming staff.

March 27, 2026 – Heart of the Skires, Northamptonshire – £15

Independent retailers and relaxed, stress-free shopping.

April 24th – Notests Garden & Home, Nottingham – £10

Inspiring plant displays, housewares, furniture, and a family-friendly restaurant.

May 29th – Chesterfield – £15

Perfect for gifts, shopping, and a stroll in the picturesque Queen's Park.

June 26th – Belvoir Retail Village, Grantham – £15

Designer shops, artisan foods, and local crafts in the historic Belvoir Castle grounds.

July 31st – National Memorial Arboretum, Staffordshire – £15

170 acres of beautiful landscapes, 400+ monuments, restaurant, and gift shop.

August 28th – Planter's Garden Centre, Brevely – £10

A family-friendly garden centre with great garden-furniture choices and a lovely restaurant.

September 25th – Ashbourne – £15

Small, family-run shops offering fashion, food, gifts, and more.

October 20th – East Bridgford Garden & Home – £15

Undercover shopping and two restaurants serving homemade food.

November 27th – Gates – £15

Christmas decor, gifts, and festive treats for the holiday season.

TO BOOK A PLACE CALL ALISON ON 01509 650531

PAYMENTS: CHEQUES MADE PAYABLE TO 'SHEPshed SPECIAL COMMUNITY BUS'

BANK TRANSFER – CALL FOR DETAILS

IN PERSON – 80CB @ 47A CHARNWOOD RD, LE12 2QE (TOWN COUNCIL)

BETWEEN THE HOURS OF 10.30AM AND 1.30 PM

CHOLESTEROL: A HEALTHY BALANCE *Health – continued*

or frozen, similar fruit is fine, I use raspberries and blackberries too. Add chopped nuts, a pinch of cinnamon and raisins. You could add natural yogurt to the mix if all the fruit is soft or cooked or add milk of your choice and cook it all down to make a warm, hearty breakfast. Making other home cooked meals, that are rich in fibre and nutrient rich will help a lot. Managing stress is helpful too. Practicing mindfulness and starting to meditate regularly can help with this. Getting good quality sleep, at least 7 hours a night is beneficial. Regular

physical activity is another effective way to improve cholesterol levels. Exercise helps the body use fat as fuel, so reducing the amount in the body. Walking, swimming, cycling and even gardening all count, but the most important thing is just to move more, even walk more in the home. The aim is to build up to 150 minutes a week of moderate activity a week, but starting small, and building up is fine. The main thing is to start making these changes and slowly heading in the right direction.

ALEX LOWES *Back in the office*

The World Superbike championship's first test of '26 took place at Jerez in Spain on 21st and 22nd Jan in mostly wet conditions, although it was drying on day two with damp patches. With each rider allowed a limited number of test days, it was decided Alex would sit out the first day and wait for the drier second day.

Alex finished the test second fastest overall



Alex in mid-session discussion with Pere Riba, his crew chief

with his team mate seventh. Also on track was the Bimota Kawasaki teams test rider Xavi Fores.

With only five days off, the team are travelling to the Portimo circuit in Portugal, as we go to press, for another two days - 28th and 29th January, before flying to Australia for a final pre season test at Phillip Island. The racing kicks off there 20th to 22nd February.

The team will sport new livery for the season, to be revealed on 3rd February.

Alex's racing schedule this year comprises of twelve rounds, thirty six races, held in eight different countries, with a break in August.

- Australian Round 20/02 - 22/02
- Portuguese Round 27/03 - 29/03
- Dutch Round 17/04 - 19/04
- Hungarian Round 01/05 - 03/05
- Czech Round 15/05 - 17/05
- Aragon Round 29/05 - 31/05
- Emilia-Romagna Round 12/06 - 14/06
- UK Round 10/07 - 12/07
- French Round 04/09 - 06/09
- Italian Round 25/09 - 27/09
- Estoril Round 09/10 - 11/10
- Spanish Round 16/10 - 18/10



THE ROYAL OAK

DINING PUB | BEDROOMS | FUNCTION ROOM

Current Menu Favourites

Lunch Light Bites

Cod & caper fishcakes,
skinny fries, tartare sauce
(GFA) £12.25

Roast pork belly sandwich,
apple & vanilla puree,
soup of the day
(GFA) £11.25

Local pork sausages with
mashed potatoes, rich red
onion gravy, greens
(GFA) £12.00

Evening Spotlights

Slow cooked blade of
beef, dauphinoise, kale,
crispy shallots, red wine
jus
(GFA) £23.00

Butternut squash &
rosemary risotto, goats
cheese mousse, toasted
pumpkin seeds
(GFA V VGA) £17.50

Book Our Garden Room

The Garden Room is a versatile function space, perfect for private parties, corporate events, meeting room and small weddings. The room has a relaxed and airy atmosphere with a moss wall, an indoor tree and wisteria hanging from the ceiling. The room can hold up to 70 people with its own bar and toilets, garden area and various menu options!

More Info : events@theroyaloaklongwhatton.co.uk