

Long Whetton News

JANUARY 2026



Happy new year!

By the time you read this Christmas 2025 will be done and dusted, the house will be back to normal, you won't fancy any cheese

for weeks and the extra chocolaty biscuits will be gone, but what dazzling garden decoration displays we had (like this cracker on Smithy Lane) while it lasted.

YOUR FREE VILLAGE MAGAZINE



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A HUGE THANK YOU

The editors of the Village News would like to say a huge thank you to the lovely people who deliver this magazine to your door, month after month, come rain or shine.

And to the contributors - keep it coming. If anyone out there would be interested in writing articles then please get in touch. Budding journalists welcome

Lastly; advertisers, thank you for your continued support.

Thank you all.

BACK ISSUES

If you require more copies of the current edition of the magazine or you are looking for back issues, get in touch. We have a few copies of most issues available.

ALEX GOES BACK TO WORK

He's had a few weeks off, hopefully without too much stuffing, now Alex Lowes is about to take to the track again to continue pre-season testing.

2026 starts at Jerez in Spain, January 21st and 22nd, and a week later at the Autodromo Internacional do Algarve in Portimao on January 28th-29th.

Those tests will be the final preseason opportunity for WorldSBK and WorldSSP teams to test new parts on European circuits, as their next chance will be during the week of February 16-17th, before the season launch that weekend in Australia at the Phillip Island Grand Prix Circuit.

After that it's back to Europe, starting at Portimao in southern Portugal from 27th to 29th March

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 February issue is 21st January.



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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 - 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.

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

DISEWORTH DIARY *January*

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

4th January Scalextric Challenge, Village Hall 2 - 7pm

24th January Church Coffee Morning, 10am - 12pm

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

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

COFFEE MORNINGS *Get your caffiene and natter fix*

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

The All Saints Church coffee morning will be on Saturday 17th January at 10:30am till 12 o'clock at the Church. All are welcome, we have toys for the little ones to enjoy, while mom and dad have a cuppa and cake.

Everyone is welcome. If you are new to the

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

If you would like more information or need a lift to All Saints Church, please contact Jane Scholtz 073 9334 9009 or 01509 842736 or Penny de Kock on 07393407896 or just join us on the day. We look forward to seeing you!

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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

LEFTOVERS PIE *A handy after-Christmas recipe*

The British eat £1billion worth of pies every year, that's those bought and sold commercially and so not counting those made in home kitchens across the land throughout the year. Back in the 1400s pies were made from pastry which was just a thick paste (hence the origin of the word) of flour and water. It was used as a container to cook meat and vegetables together often in the oven after the bread had been baked to use the remaining heat. Once cooked, the contents would be served up on a dish and the pastry case thrown away.

Alternatively, the gravy would have been drained and eaten with bread and then clarified butter poured in through the hole to seal the pie, rather like potted meat. This then, would have been used to store the contents for eating at a later date.

This recipe is useful for using up leftovers from Christmas dinner, but can be used for leftovers from any time of year.



What you need

- ready rolled puff pastry
- 40g/1½oz butter
- 1 onion chopped
- 3 tbsp plain flour plus extra for dusting
- 300ml/10fl oz chicken stock (or 150ml/5fl oz leftover gravy mixed with 150ml/5fl of chicken stock), plus extra if needed
- 1 heaped tsp wholegrain mustard

- 150ml/5fl oz double cream
- about 360g/12½oz leftover meat, such as turkey, chicken or ham, sliced
- about 240g/8¾oz leftover vegetables, such as carrots or Brussels sprouts cut into chunks
- 1 egg beaten, for glazing
- salt and freshly ground black pepper.

What you do

- Unwrap the pastry, and leave for about 15 mins or as per the instructions on the packet.
- To make the filling, melt the butter in a large frying pan over a medium heat. Fry the onion for a few minutes until soft and translucent.
- Sprinkle in the flour and mix well. Cook for 2 minutes, stirring constantly. Gradually add the stock and simmer until the sauce thickens slightly. Add the mustard and cream and stir. If the sauce is too thick, add a splash of stock or water.
- Take the sauce off the heat, add the leftover meat and vegetables and stir well. Season with salt and pepper, then set aside to cool completely.
- Preheat the oven to 200C/180C Fan/Gas 6. Take the pastry from the fridge and cut off about a third of the pastry to use as the lid.
- Cut out a circle of the pastry (or oval or rectangle) that fits into a 1 litre/1¾ pint pie dish.
- Line the pie dish with the pastry and fill with the pie mixture. Brush the pastry edges with the beaten egg.
- Cut the remaining pastry to make a lid and lay over the filling, crimping the edges with your fingers to seal. Trim away any excess pastry. Brush the top all over with the egg wash and set aside in the fridge for 10 minutes (or even overnight) to firm up.
- Bake for 35–45 minutes. When the pastry is golden-brown and crisp all over, remove from the oven and allow to cool for 10 minutes, then cut into slices and serve.

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 JANUARY *by Shirley Blyth*

Happy New Year to all fellow gardeners. If you think there is nothing to do in the garden this month and it looks boring at this time of year, then think again! However harsh the weather there are plants to enjoy and plenty of jobs to be getting on with. If you didn't clean and oil your tools before you hung them up for the winter, then now is the perfect time to do it. It is one of those jobs that you can do in the greenhouse or shed on a sunny day. Also you can start off early flowering plants and bulbs at the same time. Do watch the weather forecasts as snow can actually be good for the garden, killing off unwanted pests, protecting your plants from severe frosts and breaking up your soil. Strong winds are a regular feature of the January weather, so make sure young trees and shrubs are staked really well in exposed areas.

Plants that are in flower this month:

For British growers there are literally thousands of plants that we, as gardeners, could grow. However, most garden centres will only stock the most common 200 plants and varieties. So this year in this section I will include a few of the more unusual, but interesting plants that flower each month. *Chimonanthus praecox* - Winter sweet, has strongly scented yellow flowers. *Cornus* varieties - Grown for their colourful winter stems. *Mid Winter Fire* is one of the better varieties to grow. *Eranthis hyemalis* - Winter aconite. Small woodland perennial, with yellow flowers. Buy in the green (i.e. with leaves still on) not as dry bulbs.

Garrya elliptica - A beautiful evergreen shrub with lovely tassels. Male varieties have the longer tassels.

Lonicera fragrantissima - Winter honeysuckle is known for its fragrant flowers.

Myrtus communis - Myrtle is a plant with distinctive scented white flowers.

Sarcococca - Christmas box or sweet box. A shrub with a powerful scent,

Skimmia japonica - Tough shrub that does best in shade.

Snowdrops - The iconic plant for this month..

Yellow varieties are beautiful but expensive.

Another bulb to buy in the green.

Jobs to do this month:

Warm up the soil with cloches, plastic sheeting and cardboard.

Continue to provide food and water for wildlife.

Clear the crowns of plants from wet leaves and aerate your lawn (providing it is not frosty).

Continue to protect vulnerable plants from the wind and cold weather.

Keep a small area in ponds free from ice.

Sow early veg seeds under cover.

Begin to chit (produce shoots) early seed potatoes

Force rhubarb for an early crop.

Start to sow some early summer bedding and start to choose your summer flowering bulbs

Happy gardening and here's to growing something new or unusual this year.



Lonicera fragrantissima



Eranthis hyemalis

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LONG WHATTON SCHOOL *Celebrating Christmas.*

To get the festivities under way, the children in the Hedgehogs and Squirrels classes delighted families and staff with their performance of this year's nativity play, *The Big Little Nativity*. Their enthusiastic singing, thoughtful acting, and infectious festive spirit brought the story to life and filled the hall with warmth and joy. For the Owls and Robins, the church provided a beautiful setting for their Carols by Candlelight service, where the children came together in a glow of soft festive lighting to share this special seasonal tradition. They performed with

confidence and charm, showcasing a wonderful variety of musical talents—singing, rapping, and contributing heartfelt readings that helped



make the evening truly memorable.

To continue the Christmas celebrations, each class also designed and created their own unique crib scenes. These carefully crafted displays, rich with creativity and attention to detail, formed part of the community Christmas trail and can now be enjoyed by visitors in All Saints Church.

MY BOYS *A poem by David Griffiths*

My eldest's in the R.A.F.
 He flies a Hunter Jet,
 He's got two braids
 Upon his sleeve
 There's room for two more yet

The third one is a taxman.
 He drives me up the wall.
 He's got a lot of money
 But he's got no friends at all

The next one's in the Navy,
 (A wife in every port!)
 He says "Don't say that Mother,
 I'm nothing of the sort"

My youngest is a farmer,
 He won the pools. No joke.
 "What will you do with all that cash?"
 "Keep farming 'til I'm broke!"

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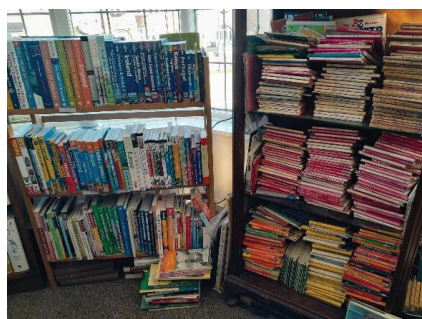
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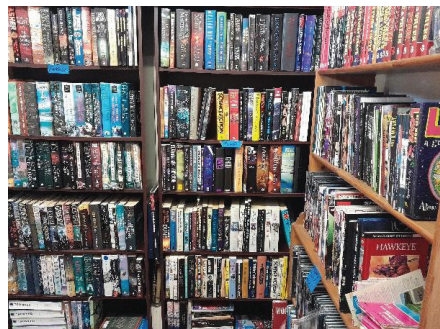
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LONG WHATTON KARATE CLUB *Resolutions or consistency?*

The final grading opportunity of the year took place on 14th December and we're delighted to say that all three of those put forward passed! Well done to:

Fleur Lester now 11th Kyu (white and orange belt)

Louis Anderson now 10th Kyu (white and red belt)

Annie Biddulph now 9th Mon (orange belt)

Given the time of year, we thought this month Julie would focus on New Year's resolutions...



January is full of good intentions. New routines, fresh starts, promises to ourselves that this year will be different. Yet by February, many of those intentions have quietly faded – not because we lack motivation, but because we lack direction. Real progress, whether in sport, health, or life, rarely comes from sudden bursts of effort. It comes from having something to work towards, building habits over time, and staying consistent when motivation dips.

At Speedworks Training, we coach athletes and players from the earliest stages of development all the way through to professionals and elite performers. While the level they compete at may be very different, the principle behind their training is always the same: they work towards a clear long-term goal, supported by short-term goals that give each week and each session purpose.

From the outside, their training can look relentless. In reality, it's consistent rather than extreme. They know why they are training, what they are building towards, and how today's work fits into the bigger picture. That clarity makes consistency possible.

When I retired from athletics, I found this surprisingly difficult to apply to my own life. For most of my career, my goals were

obvious and measurable. Then suddenly, the goal became "just being healthy". While that sounds sensible, I found it vague and uninspiring. In my very naïve mindset at the time, it didn't feel specific or high-achieving enough to motivate me. Without clear direction, staying consistent with training and food choices became much harder.

This is why I think January shouldn't be about short-term New Year's resolutions, but about yearly intentions built on habits, consistency, and realistic goals.

The most successful athletes don't train flat-out for a few weeks and then stop. They don't rely on motivation alone. They build routines that they can sustain, even when life gets busy or enthusiasm dips. The same approach works far better for everyday health and fitness.

Having something to aim for makes a huge difference. Fun interim goals give some meaning and purpose. They don't have to be extreme or competitive – they just need to matter to you. Goals are also far more likely to be achieved when there is accountability involved, whether that's training with a friend, committing to a group, or sharing your intention with others.

A great local example of this is a group of mums from the village who have come together to take part in a Wolf Run in April. Everyone will have their own personal goal on the day – for some it might be completing the course, for others it might be running sections or simply enjoying the experience. But what's already clear is that being part of a team has motivated people to get moving, start training, and support one another.

They haven't taken an all-or-nothing approach. They're building habits gradually, encouraging each other, and showing up consistently. That's where real progress happens.

An all-or-nothing mindset often leads to frustration. Training hard for a few weeks and



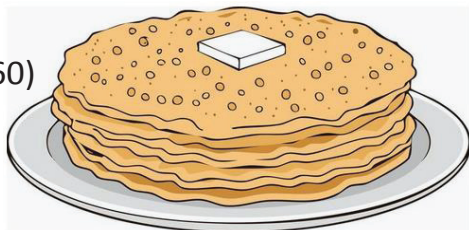
Pancake Race



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*

then doing nothing for the next few weeks doesn't build fitness – it breaks momentum and increases the risk of injury. Consistency, even in small amounts, is far more powerful. This applies to any goal.

Once habits are ingrained, they reduce the need for constant motivation. They create structure, accountability, and confidence. Over time, they become part of who you are rather than something you have to force.

Goal setting doesn't just apply to sport or exercise either. Life goals matter. Without them, it's easy to drift, go through the motions, and slowly feel stale. Having something to work towards – personally, physically, or professionally – brings energy and positivity into everyday life.

So this January, instead of asking "What resolution should I make?", perhaps ask: What would I like to work towards this year? What small habits can I commit to consistently?

Who could I do this with?

Inspire yourself. Inspire others. Set small, achievable goals on the way to something bigger – and once you reach it, set another one.

Let's not settle for being average. Let's strive to be the best version of ourselves, built on consistency, habits, and purpose.

With that in mind, why not train alongside our newly-crowned karate champions at our very own local club? 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 above, with the goal of looking to lose a few pounds or generally improve your wellbeing this year? Contact

Debbie on 07500709160 or email at slimmingworlddebs2@gmail.com

For our committed sports readers, if you want to really turbocharge your training with any speed, rehabilitation or pre-season coaching for your chosen activity, you can get in touch with Julie and the team via www.speedworks.training.

KNIT AND NATTER

Happy New Year from the knitting group! We have some spare knitted blankets if anyone would like one for an elderly relative or neighbour. Please contact Lesley on 01509 506714.

A reminder that we meet at The Falcon on the first and third Friday of every month from 10.00 to 12.00 noon. Everyone is welcome to join us, regardless of ability.



Ladies - still feeling young at heart?

Maybe niggling aches and pains are stopping you from moving as well as you used to?

Maybe you've been told you should 'strengthen your core' because you have back pain?

Do you want to feel stronger, more flexible, taller and looser?

Perhaps you are looking to get back into exercise, but are not quite sure where to start?

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

Cara Tatterton
Pilates



CLAIM YOUR FREE PILATES CLASS NOW!

Classes in Kegworth, Shepshed, Hathern & Long Whatton

Reasons to claim your FREE class now:

- You'll be shown Pilates based exercises to help you move better (to reduce those niggly aches and pains)
- You'll be shown ways to improve your balance (helping you to walk, skip or run with confidence)
- You'll be shown strengthening exercises, and exercises to improve your mobility (helping you to continue to do the activities you love)

"I feel stronger and straighter... and I think if you can stand tall and walk tall it makes you feel much better. Makes you feel stronger. Makes you feel more confident... and that's part of what Pilates does." - Pam

To claim your FREE class text 'YES Free Class' to 07921 040 707 or email cara@caratattertonpilates.co.uk - Find us on social media  

AVOID WINTER VIRUSES *Health - Liz Jarrom*

Here we are in winter once again, and there are lots of respiratory viruses about, including coronavirus still. Here are a few useful tips to help reduce the risk of succumbing to these illnesses over the winter. The way to help yourself is to reduce the risk of exposure to viruses in the first place, and also do things to boost the immune system.

If you like singing out loud, even if it's only in the shower, you're in luck. A study carried out in Frankfurt asked volunteers to sing out loud for an hour, and the following week, to listen to others singing, but not joining in. Blood tests were taken before and after each experiment, and the results revealed that when the volunteers sang, rather than listened, positive changes happened in their bodies. After singing, the level of stress hormone cortisol, in their blood, had fallen significantly. This is important because constant high levels of cortisol turns down the effectiveness of the immune system. Also, after singing, levels of immunoglobulin A, a vital infection fighting protein found in all the mucus membranes, had risen significantly. This protein marks up invading pathogens for immediate destruction by other parts of the immune system, preventing them from invading the cells, so greatly reducing the risk of an infection.

Professor Ron Eccles, of the Common Cold Centre at Cardiff University, recommends wearing a really warm scarf round the neck, and even over the mouth and nose, in colder weather. That's because most respiratory viruses multiply much faster in a cold environment. Breathing in cold winter air cools down the lining of the nose and throat. Wearing the scarf, keeps the neck

warm, making replication of the viruses less likely. Also, keeping the neck warm helps interferons, proteins that form a key part of the immune response, work better. They are less active in cooler temperatures which can

allow viruses to spread faster. Another good reason to wear a scarf.

Taking a brisk walk helps to reset the body clock, which helps with getting a good night's sleep, an excellent way to

boosts the immune system. A study published in the American Journal of Medicine in 2020, where 100 post-menopausal women were divided into 2 groups, showed that brisk walking for 45 minutes a day, five days a week, was of much greater benefit to the immune system, than doing 45 minutes of stretching five times a week. At the end of the year long study period, the stretching group reported three times as many colds than the walking group. The aerobic exercise of walking briskly increases immunoglobulin levels in the body. Walking in a wood is even better, as trees produce a range of gas like compounds, known as wood essential oils. These substances are anti-microbial, and we breathe them in when passing amongst the trees. In our bodies, they have been shown to boost levels of natural killer cells, white cells in the immune system, that seek out and destroy viruses.

During the winter months, we spend lots of time inside our centrally heated homes. The air inside is dry, and as a result, our airways become dry too. The mucus in our airways helps to entrap microbes, so they can be neutralized early, and prevented from entering deep into the body. If the mucus layer dries out, the body's ability to fight off infections

Arm yourself against winter viruses with a scarf and a sing song!



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 Industrial & provident Society No. 25490R (Afforded Charitable Status)

Shepshed Special Community Bus – Shopping Services 2026

Door to Door service – Call 650531 to book a place

Mondays £5

- Morrisons, Coalville (Fortnightly)

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 3rd
- July 1st
- August 5th
- September 9th
- 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 – Trentham Gardens

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

Designer brands including Hugo Boss, Tommy Hilfiger, Joules, M&S, and Levi's – up to 60% off all year.

February 27th – Cherry Lane, Bradmore – £10

A value garden centre with affordable plants, homeware, and a welcoming café.

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

Independent retailers and relaxed, stress-free shopping.

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

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

May 29th – Chesterfield – £15

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

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

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

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

150 acres of beautiful landscape, 400+ memorials, restaurant, and gift shop.

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

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

September 25th – Ashbourne – £15

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

October 30th – 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 – SSCB @ 47A CHARNWOOD RD, LE129QE (TOWN COUNCIL)

BETWEEN THE HOURS OF 10.30AM AND 1.30 PM

AVOID WINTER VIRUSES *Health – continued*

is impaired. Drinking plenty of fluids is the best way to correct this, ideally taking in 3 or 4 glasses of water a day, plus plenty of tea, coffee and also fruit and herb teas. Taking in lots of vitamin C in the form of fresh fruit and vegetables has its place, but mega doses as a supplement doesn't seem to help in the prevention of catching a cold. On the other hand, taking a zinc supplement seems to have a beneficial effect. Finland's University of Helsinki looked at 3 large studies, and

concluded that taking 80 to 90mg per day of zinc acetate lozenges, significantly reduced the duration of a cold, with 70% of patients recovering within 5 days compared to just 27% of patients given a placebo.

Finally, maintaining the new ways of greeting like fist bumps and elbow nudges reduces by half the transmission of bugs, when used in place of handshakes and hugs. Keep those for your household, family and maybe that special friend.

WI 2026

A lovely meal and get together at the Royal Oak was enjoyed by our members for our December meeting. On Tuesday 13th January we will be having our New Year fuddle at the Friendship centre. The Waterboard Educational team are coming to enlighten us on how our water reaches us

clean and safe to use.

Our meetings are held on the second Tuesday in the month at the Friendship centre 7.30-9.30, new members are very welcome. Please contact contact Lesley on 01509506714 or Val on 01509646031 for more information.

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



THE ROYAL OAK

DINING PUB | BEDROOMS | FUNCTION ROOM

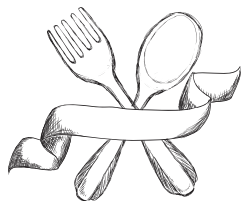
We will be opening our doors with a refreshed look on Monday 12th January, after some quick adjustments in the bar! We are also excited to announce the launch of a new Lunch Menu. Pop in and try our new light bites!



HAPPY
2026
NEW YEAR



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!



Coming Soon...

BRUNCH!

