

Long Whatton News

NOVEMBER 2021



Welcome to the Halloween
edition of the Long Whatton News.

This month it's all about honey,
harvest and hedges. And halloween.

YOUR FREE VILLAGE MAGAZINE

LONG WHATTON CRICKET CLUB

BONFIRE & FIREWORKS SPECTACULAR

SAT 6TH NOVEMBER

6PM GATE OPEN
7:15PM BONFIRE LIT
7:30PM FIREWORKS

TICKETS
£5 FROM THE VILLAGE SHOP
£7 ON THE GATE
UNDER 12'S GO FREE

BAR & BBQ



EDITORS COMMENTS

There have been many complaints recently about dog owners not clearing up after their dogs. Here is why you should.

Dog droppings can transmit different worms that can affect us, especially children. Roundworms, for example, are common in dogs, and can remain alive in the soil for years and the eggs are easily picked up by humans, causing fever and diarrhoea.

Another hazard is campylobacter bacteria. Although infection can cause transient gastrointestinal problems in healthy adults, they can cause life-threatening infections

in infants, older persons, and people with weakened immune systems. Dog waste can also carry E.coli, parvovirus, and salmonella.

REFRESH COFFEE MORNING

The next Refresh coffee morning takes place on Monday the 8th November 2021 at The Falcon Inn, followed by 13th December.

The cost is £2.50 for coffee, tea and biscuits.

For more information contact Jane Scholtz on 073 9334 9009 or landline number 842 736 or Penny de Kock on 073 9340 7896

KNIT AND NATTER SCARECROW *Meet Ringo*



The Knit and Natter group came up with their own entry for the Scarecrow competition.

Meet Ringo, who languished on the bench outside the Friendship Centre, resplendent with his own knitted garden.

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.

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

Please note the earlier copy deadline for articles for the December issue of the Long Whatton News is 16th November.

longwhattonnews@gmail.com

Long Whatton Ladies That Brunch:

Health, Hormones and Wellbeing

Be inspired, feel supported and connect with like-minded women in a small safe group

Opportunity for Q&A and wellbeing strategy planning

Freshly prepared brunch included



NEW Friday Date Added!



Starting this November...

THRIVE

4 week Women's Wellness & Inch Loss Programme

www.victoriajones.co.uk

Contact Victoria 07885 749524
victoria@victoriajones.co.uk



LOCAL WILDLIFE *Beekeeping (apiculture)*

Our love of honey goes back thousands of years. Ancient drawings depict humans collecting honey from wild bees dating 10,000 years ago.

Beekeeping in pottery vessels began about 9,000 years ago in North Africa and Domestication of bees is shown in Egyptian art from around 4,500 years ago. Simple hives and smoke were used and honey was stored in jars, some of which were found in the tombs of pharaohs such as Tutankhamun.

At some point humans began to attempt to maintain colonies of wild bees in artificial hives made from hollow logs, wooden boxes, pottery vessels, and woven straw baskets or "skeps". Traces of beeswax

are found in potsherds throughout the Middle East beginning about 7000 BCE.

The oldest archaeological finds directly relating to beekeeping have been discovered at Rehov, a Bronze and Iron Age archaeological site in the Jordan Valley, Israel. Thirty intact hives, made of straw and unbaked clay, were discovered in the ruins of the city, dating from about 900 BCE. The hives were found in orderly rows, three high, in a way that could have accommodated perhaps 100 hives, held more than 1 million bees and had a potential annual yield of 500 kilograms of honey and 70 kilograms of beeswax.

However, it was not until the 18th century that European understanding of the colonies and biology of bees allowed the construction of the movable comb hive so that honey could be harvested

without destroying the entire colony. Rev. Lorenzo Langstroth devised and patented the modern beehive in 1852 and manufactured it until approximately 1920. The design has evolved and improved but the principle is the same.

In very basic terms a hive consists of a Brood Box at the base of the hive where the queen bee lays her eggs and a Honey Super – another box – above, which is full of vertical racks or frames in which

the bees build the honeycombs to store the honey. These can slide out individually to remove the honey.

To extract the honey the honeycomb contained in the frame is placed in a centrifugal drum and spun,

which removes the honey, leaving the wax honeycomb intact in the frame to be placed back in the hive.

To fill a new hive with bees might seem to be a tricky task, but when bees have left an old hive for whatever reason, they swarm, or group together. A high tech method to attract them to a new hive is to place a pheromone at the entrance to a hive and a swarm will eventually follow their noses to the hive.

But mostly, the old ways are used, such as approaching a swarm that is grouped on something like a tree branch, while their scouts are off hunting for a suitable hive, place a box underneath the swarm and gently shake the branch until the swarm falls into the box in one go and then they can be transferred to the new hive.



Handmade Children's Clothing & Accessories



Rompers,
Dresses,
Leggings, Mix &
Match Gift
Sets, Blankets
& more!



Made to Order in
Long Whatton

Pick your Fabric & Garment,
Customise & even add Personalisation

CAN YOU SEW?!

I am looking for some help during busy order periods. If you are a keen sewer with your own overlocker (or willing to work from my Long Whatton workshop) please get in touch! Or if you know someone - spread the word!

info@mylittlovelocks.co.uk
07557522650

LOCAL WILDLIFE *Beekeepers (apiarists)*

In 1956 Eric Swift's dad became interested in keeping bees, got to know a beekeeper in the village and was given a lot of advice and his first swarm. Young Eric, only 15 at the time, used to help him with the hives at weekends.

After settling West End in the village in 1982 word of mouth led Eric to the widow of a beekeeper and he purchased one of the colonies and a hive.

Thirty nine years on and Eric has anywhere between 3 and 6 active hives at any one time. He estimates that each hive is home to 20,000 to 50,000 bees, depending on the hive size and the time of year. Most of his hives and equipment are home made.

At the moment Eric has three active hives, two smaller 'commercial' hives and one larger 'WBC' insulated hive. These have produced 48 jars of honey this year - fewer than most years but of exceptional quality, so he is not complaining!

Eric produces his honey for his own consumption, including making Mead, although he insists this was just once.

Darren 'Chad' Chadaway also lives in West End and is a relative newcomer to keeping bees, having only started four years ago. Darren has three active hives and all the honey he produces is for his own use.

John Heard has managed bee colonies for 30 years. His company - Whatton Apiaries - produces honey commercially from beehives on the Whatton Estate. His hives are colonized by the Buckfast species of bee, which John believes are ideally suited to this area and provide consistency.

Whatton Apiaries aim is to produce an artisan product 'from flower to jar' in Long Whatton. John harvests honey twice a year, the first in June at the end

of Rapeseed flowering and the second in August at the end of summer. They filter the honey but don't pasteurized it.

From this he makes two varieties; a blend of early and late season honey and another purely from the late summer harvest. Each has distinctive flavours and textures.



Eric Swifts three hives



Our Summer Menu Is Available Monday - Saturday

Lunchtime Set Menu

Monday - Saturday

2 Courses £15 3 Courses £19

Sunday Lunch Served 12pm - 5pm

12 Ensuite Bedrooms

**FOR INFORMATION AND RESERVATIONS
 PLEASE GO TO
 WWW.THEROYALOKLONGWHATTON.CO.UK**

NEW CHAPTERS *Rev Louise Corke*

I've learned a lot recently. With COP26 round the corner, not only have the politicians, activists, religious leaders and scientists been vocal, but journalists and programme makers have been getting the information about climate change out to us in understandable chunks. Have you been listening in? I hope so. If you look at the brutal facts about climate change, there is plenty to drive us to despair. The changes needed are massive, bigger than you and me. However there is reason to hope too.... we have reason to pray, to speak out, to change our own lifestyle choices and support businesses and services doing the same.

I was interested to hear one reporter distil our impact on the planet down to three things:

*how we are powered
 what products we buy
 and the food we eat*

At the end of October, our Benefice churches marked Climate Sunday in order to explore the theological (as well as scientific) basis of creation care. There were some costly takeaways too: personal pledges to make good eco choices in our lives, and a commitment to put our voices together with others to speak up and out for a cleaner, greener, fairer future.

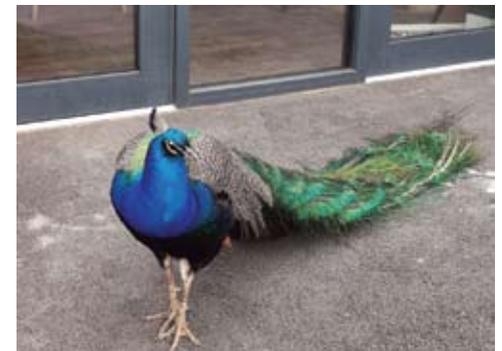
The reports and programmes on climate change may diminish after COP26, but our prayer is that the responses of churches, individuals, communities and businesses will go from strength to strength.

THE MANOR FARM PEACOCK *needs a name*

You have probably seen the Manor Farm Peacock out and about strolling the village from end to end. His likes include hiking locally, going to the pub (but they won't let him in), charming the ladies and posing at every opportunity, especially if he sees you

have a camera. His exploits are captured by residents frequently.

Sadly, he doesn't have a name, but we would like you to change that. Send your suggestions to us via text message or email. The details are on page one.





FREE
DELIVERY TO
LONG WHATTON
AND DISEWORTH
using code
DWSHIP4ME



CUSTOM PRINTS & GIFTS

WE LIVE IN DISEWORTH! HELP OUR SMALL BUSINESS AND BUY LOCAL
www.printpodgifts.co.uk
sales@printpodgifts.co.uk

ALL SAINTS NEWS *by Anne Matravers*

It was lovely to celebrate Harvest in our lovely old church which had been so beautifully decorated! And as always at Harvest, it smelt wonderful as you walked in! It is also good to be able to share refreshments again at the end of our services.

We welcome all those who come to the inside/outside service on the first Sunday of the month – including the dogs who join in the outside part! There will be one more such service this year on the 7th Nov.

In the evening of the 7th at 6pm we will be hosting the All Souls service. This is a lovely gentle service at which the names of those in the benefice who have died are read out and candles are lit. If you would like someone to be remembered at this service, please let Revd Lauretta know and their name will be added to the list. (01509 678966)

Details of the services for the rest of the year are as follows –

November

7th 10.30am Inside/outside church
14th 10.50am REMEMBRANCE SERVICE
- we will commence at the war memorial for the reading of names and the laying of

wreaths by those who wish to do so and then go into church for the service of remembrance. Refreshments will be served afterwards.
6.30pm Holy Communion with prayers for peace at Hathern

December

5th 10.30am Christingle
12th 10.30am Benefice service with Holy Communion
19th 6pm Carols by candlelight
24th (Christmas eve) 4pm Crib service
10.00pm Christmas Holy Communion

THE CALL UP

The day his papers came he ploughed the meadow
Up by Gorsty Ddole. He didn't want it ploughed
Best grass they had for feeding bullocks.
Or for early lambs.
But then the country needed wheat, they said,
No arguing with men in bowler hats!
They needed him as well to fight in France –
The old, the very young could work the land.

The sun was setting over Flintsham Wood.
He "whoaed" the horses at the furrow's end,
He hooked up the traces, led then slowly home
To give them water, oats, sweet-smelling hay
And while they ate, he rubbed their sweaty flanks
And combed the md-caked feathers on their hooves.
Only then when they were satisfied,
He went indoors to eat and sleep himself.

Next day he caught the train to Hereford.
From there to training camp,
From there to France.
by David Griffiths

ALL SOULS SERVICE

The Annual All Souls service is to be held in All Saints Church on Sunday 7th November at 6pm.

This service of Thanksgiving and Remembrance will be a 40 minute service of music, readings and prayers. The names of all those who have completed their earthly lives in the last year are read out.

We have the details of all those we have taken services for, if there are others to be included, then please send them by email to Sue Hack sue.kandhtm@gmail.com



JKM

SWIM SCHOOL

ADULT/CHILD
GROUPS OR
PRIVATE LESSONS
AVAILABLE

SWIMMING LESSONS NOW AVAILABLE

- 🕒 2½ years to pre-competition classes
- 👩 Female teachers with considerable experience
- 📄 Fully qualified and CRB checked
- 🔄 Updated on CPD courses
- 👥 Small groups

For more information please contact Debbie

☎ **07824 813156**



jkmswim@yahoo.co.uk



See us on Facebook
@ JKM Swimschool

ONE HUNDRED YEARS OF WOMENS VOTES

The first world war also known as known as the Great War or “the war to end all wars” began on 28 July 1914 and ended four years later, on 11 November 1918.

Over 4 million men from the UK went to serve in that war out of a total population of 43 million people - possibly 30 percent of the adult male population under 60 - and to fill their void the women left behind will have had no choice but to take over their jobs and run their businesses.

The Suffragette Movement (actually called Women’s Social and Political Union or WSPU) was founded in Britain in 1903 by Emmeline Pankhurst. The Suffragettes campaigned and fought for the right of Women to Vote. The Movement was suspended at the outbreak of war in 1914.

In 1917 it was proposed that women could be given limited voting rights; perhaps because the war had revealed their true worth and

abilities and had overcome some prejudices. Finally in 1918, at the end of the war, The Representation of the People Act 1918 became law.

However voting was limited to those women over the age of 30 who met specific qualifications - “*occupation of land or premises (not being a dwelling house) of a yearly value of not less than £5 or of a dwelling house, or is the wife of a husband entitled to be so registered*”.

Despite the limitations as a result of the act 8.5 million women became entitled to vote.

Men were entitled to vote at the age of 21 and it wasn’t until the Equal Franchise Act of 1928 that women over 21 were able to vote and women finally achieved the same

Voting was limited to those women over the age of 30 who met specific qualifications - “occupation of land or premises (not being a dwelling house) of a yearly value of not less than £5 or of a dwelling house, or is the wife of a husband entitled to be so registered”.

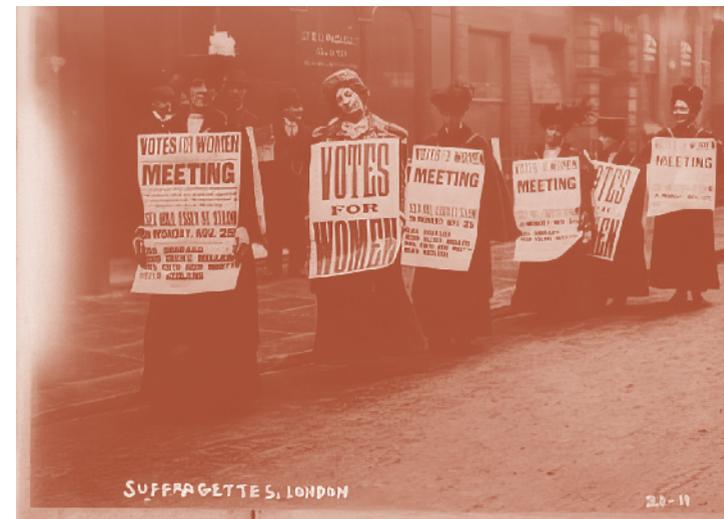
voting rights as men.

In total 120 women residing in Long Whatton in 1918 registered to vote and 113 men. The population of the village at that

time was around 600, Polling took place on 14 December that year.

There are many names on the voting list whose families are still in the village today, such as Annie Harlow and Sarah Sherwood.

The full list of 1918 voters in Long Whatton can be found on the longwhattonvillage.co.uk website. Click on the family history section and scroll to the bottom.





CHARNWOOD BREWERY



THE BREWERY SHOP

will be open every day in December running up to and including Christmas Eve, see website for details.

They will have for sale Gift Packs, Bottled Beer, Merchandise, Clothing and Minikeys; there is also a selection of locally produced Wines and Spirits.

THE SORREL FOX AND HALL CROFT TAP

will be open specifically for Christmas Shopping on Fridays and Saturdays in December.

They will have for sale Gift Packs, Bottled Beer, Merchandise and Minikeys. See Brewery website for more details.



WOULD YOU LIKE YOUR BEER DELIVERED?

Bottled beer, minikegs, 10L Bag In Box beers and merchandise are available for LOCAL Home Delivery. Delivery is free for orders over £45.



WWW.CHARNWOODBREWERY.CO.UK

COOKING AND THE WINNING SCARECROW *at Playgroup*

After a well-earned half term rest, the children and staff have been busy thinking about the changing season. The beautifully coloured autumnal leaves, conkers and acorns have provided many opportunities for play, crafts and conversation over the past weeks.

The children have also enjoyed creating some 'tasty treats' in our dough kitchen. By rolling, cutting and squeezing the dough the children have been strengthening the muscles in their hands and fingers without even knowing it!



The Scarecrow competition was a great success, and we thank everyone who got involved in the weekend. There were some

amazingly creative entries who deserved to win but we can confirm Peter Rabbit and Mr McGreggor at 104 Main Street received the most votes so are rightfully crowned the Long Whatton Scarecrow Competition Winner 2021. We are planning on using the money raised from the event to create a barefoot walk in the garden, we'll keep you posted with its progress.

There was also a superb turnout of people doing the carecrow trail.

We had a great turn out for our first Stay and Play Baby and Toddler group and are planning on running it again on Friday 5th November and Friday 3rd December 9:30 – 11:30. It's a great way to meet other families so please do come along for a chat and cuppa whilst the children enjoy a play.

See our Facebook page for all the details.

WREATH LAYING

On Saturday 6 November at 11-15am, Jack Castledine, an alumnus and staff member at the University of Leicester will be laying a wreath at the War Memorial in Long Whatton as part of the Poppy Pilgrimage.

The University of Leicester's Poppy Pilgrimage is a University-wide commitment to ask volunteers from across the University community to lay wreaths at memorial sites across Leicestershire and Rutland ahead of Remembrance Day. This is part of an ongoing commitment to lay wreaths at 100 memorial sites to commemorate 100 years since the University first opened on 4 October 2021.

The University was founded as a 'living memorial' in the aftermath of the First World War, therefore it is fitting that we do our part to honour those who lost their lives in the First World War and the many wars since. All are welcome to attend.

WHATTON HOUSE GARDENS: A BUSY WINTER *by William Stanger*

Many perceive winter as a quiet season in the garden. But, when it comes to gardens such as Whatton House, winter can be just as busy as any other time of year. There are those big annual tasks such as leaf clearing, cutting back herbaceous perennials, pruning and mulching. On top of this, there is normally at least one major project or a series of smaller ones. Winter is also a time to take stock of how the year has progressed and plan for the future. This feeds back into a management plan that often looks five-ten years ahead.

The team has not quite seen the garden through a whole year, so there is still an ongoing period of observing. However, a number of things have come to light, which dictate what needs to happen next. One of the great many tasks that has been highlighted is the enormous amount of pruning that needs to be done.

There are a great many shrubs in the garden which have been left to their own devices for a great many years. Consequently, some have outgrown their allotted space, others are past their best, and others need a good tidy up. The usual guidance for multi stemmed shrubs is to thin them out by a third to ground level. However, at Whatton there are too many shrubs needing attention and they are so dense that this method would prove impossible. The more practical and feasible method is to coppice them. This simply means cutting the whole shrub to ground level. The following year the shrub will produce numerous new stems, and will be



reinvigorated. You will be surprised at how much new growth is produced! Remember that half the plant is underground and we have not pruned the roots. This means the plant is imbalanced, and the roots have the capacity to fuel new growth above ground to rebalance the plant.

This does mean though, that we will lose a year's flowers, and if the shrub was weak it may not recover. But, if it was weak, it would be tempting to remove it altogether anyway. So, this way gives a weaking a second chance. It also means that there will be a temporary gap in the border, while we wait for things to grow back. We

then have a chance to see if actually such a gap is an improvement, particularly if overcrowding is an issue. If we want the gap filled in again, we simply let the shrub grow back. Personally, I prefer to do this more radical pruning rather than treating all the shrubs like hedges, turning them into seamless dumplings. The short back and sides or basin cut, seldom looks good when applied to shrubs that should have a more natural appearance.

The proposal is to apply the above to one in four specimens. Over a four-year period, we will have plants at different stages. This avoids creating huge obvious gaps, and will ensure that we still have some flowers to look forward to. At the same time the garden is refreshed and reinvigorated. Thus, you can see winter is a busy time for us. It is an investment that ensures the garden looks good for the year ahead.

 **R.O. Steven**
Plumbing & Heating Ltd

Mobile: 07805 908177
Website: rostevenplumbing.co.uk
Email: info@rostevenplumbing.co.uk

Domestic & Commercial Contractors

-  New build contractors
-  Complete bathroom installations and wet rooms
-  Boiler replacements
-  Fully insured engineers
-  Certified wood burning/multi-fuel stove installers
-  Full central heating installations
-  Designed heating and hot water systems
-  Under floor heating
-  Servicing and repairs
-  Landlord safety certificates



 Find us on
Facebook

Robert Steven
1A Page Lane,
Diseworth

NOW RECRUITING

Home Carers

- Guaranteed hours contract
- Excellent rates of pay
- Weekly pay
- Enhanced weekend rates
- Bonus schemes
- Compact runs/local work
- Mobile phone provided

Due to high demand for our services, we are looking for kind and compassionate people to join our outstanding team. No experience required as we provide an excellent on-going training programme, we will also assist you to achieve a QCF Level 2 in Health and Social Care. For more information about how you can be part of our outstanding care team call us today.

KARE PLUS
THE CARING COMPANY

 **01509 642070**
 kareplus.co.uk/loughborough
 kploughborough@kareplus.co.uk

HOLISTIC FACIALS

Organic Products and Essential Oils Used

Special Offer!

Book a full price treatment and get your next one half price!

Terms & Conditions Apply



For more details please see my Facebook page or send me an email
mg.naturalandholistic@gmail.com

 MG Holistic Therapies

07496182158

Based in Hathern

To claim this offer the full price treatment must be used by 20th December 2021, the half price treatment (same treatment) must be used by 31st January 2022

Thomas Cooper
LEGAL SERVICES LTD

Wills | Trusts | Lasting Power of Attorney
Estate Planning | Funeral Plans

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 or 01509 507334
Mobile: 07889 335743 or 07866 415251

www.tclegalservices.co.uk

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



STRANGER THINGS *The wheelhouse letterbox*

Have you ever wondered if this letterbox extends in to the living room of the Wheelhouse? Do they have a large box sticking out of their wall?

The answer is no. It is a slimline letterbox called a wall box produced by W. T. Allen and Company, sometime between 1881-1955 as part of a contract for supplying the Post Office.

That makes it between 66 and 120 years old. They are not very common and this one has, apparently, been photographed numerous times and once had a plaster cast mould made of it.

Even though WT Allen were achitectural iron founders, they didn't make them, they had another founders - James Maude and Co make



FOLK NIGHTS

Tigerfolk, a traditional folk club continue their regular monthly events at The Falcon this month, starting at 7.30 pm

The calendar for the rest of the year is:

November 4th Barbara Dymock &
Chris Marra
December 14th "Carolling and Crumpets"
with John Kirkpatrick

The December event is ticket only.
For any more information contact John on
07982254298

LONG WHATTON NEWS *Advertising rates*

Advert prices per month for a years subscription:

Full page £18

Half page £12

Quarter page £7

One-off advert/announcements:

Full page £22

Half page £14

Quarter page £8

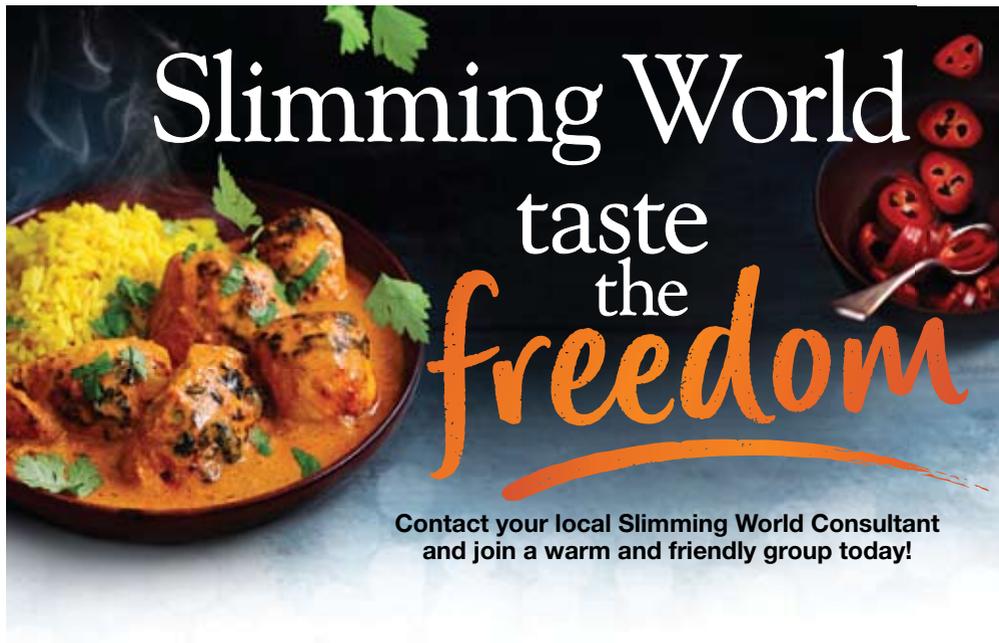
These prices are based on print ready artwork supplied. We can accept Jpeg, EPS and TIFF formats although PDF is the preferred format, in CMYK

Advert sizes:

Full page 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 service for your artwork, if required. Artwork prices will be subject to sight.



Slimming World

taste
the
freedom

Contact your local Slimming World Consultant
and join a warm and friendly group today!

TUESDAY & THURSDAY
GREENFIELDS SPORTS AND SOCIAL CLUB
HOLT DRIVE
9:30 AM

WEDNESDAY
GORSE COVERT COMMUNITY CENTRE
MORRISONS
5:30 & 7:00 PM

SATURDAY
GORSE COVERT COMMUNITY CENTRE
MORRISONS
8:30 & 10:00 AM

CONTACT DEBBIE
07500 709160

   [slimmingworld.co.uk](https://www.slimmingworld.co.uk)


touching hearts, changing lives

CELEBRATING HARVEST *at Long Whatton school*

Pupils from Long Whatton School visited All Saints Church in the village for an afternoon service to celebrate the harvest. The service included plenty of singing, prayers, poems and facts about harvest around the world. Reverend Lauretta led the service and the Collective Worship group explained to the school all about the workings of the foodbank where their food donations went.

Some of the parents kindly spent a Friday afternoon working on the school prayer garden. The tomatoes were tied up and the volunteers added the gravel to make our cross shape. Once completed it will be a lovely place for the children to sit and reflect in peace.

Parents had a good clear out of any



unwanted clothes and shoes and gave their donations to school for their bags2school collection. They managed to raise £75 for the school fund.



VACANCIES *Two councillors required*

The Parish Council now has two vacancies for position of Councillor in the Long Whatton Ward.

Applications are being invited for the position. To find out more please contact any of the current members or the details for the position are on the Parish Council website. <https://www.lwdpc.org.uk/news/2020/06/parish-councillor-vacancy1>

If you would you like to have a say about the local issues people care about, decide how local money is spent in the Parish to improve your community, want to make a positive difference and be involved in shaping the future of the local community and if you have a little time to spare, become a councillor for Long Whatton



Are you looking for something new?

Come along and join your local Pilates group.

Make friends while exercising in our friendly classes.

Improve your muscle tone, flexibility and posture.

Strengthen your body, ease back & joint pain and move more freely.

Enhance your mind/body awareness and your general well being.



To find out more or to book a class,
call 07921 040 707 or email cara@caratattertonpilates.co.uk

Find us on social media  

PARISH COUNCIL NEWS

At the moment the Parish Council has instructed an architect to undertake a feasibility study to see draft plans and costs regarding the Methodist Church to understand the extent of the works required and whether it is affordable to do so. Once we have all the information together, along with an estimate of cost, this will be made available to the public in order for the community to make the decision as to whether it would like to see the PC undertake this work.

The main idea is to use the space like a village hall. E.g. small community groups, including the play group, Scouts, Brownies, Karate etc, afternoon teas, art groups, kids parties and maybe wedding receptions from time to time.

Overgrown hedges, and other garden foliage, continue to be a regular problem in Long Whatton and Diseworth. The Parish Council would kindly like to ask that all hedges are trimmed back; making pathways clearer, safer and easier to access, particularly for the children, especially now the nights are becoming darker earlier.

Most of the problems are caused by privet hedges; Privet hedges are impossible to kill with pruning. They should be trimmed at least three times a year to avoid long leggy growth.

If that seems a bit excessive then twice will do – early spring and late summer being the optimum times.

Remember that for every branch or stem that you lop off, two will grow in their place so it will bush out very easily. To avoid a top heavy hedge trim the top narrower than the base. This will also encourage shoots to grow from the base.

If you are feeling bold, and your hedge is in need of a total restyle, and is bare at the base

and over heavy on the top, cut it down to about 6” from the ground! This sounds drastic but it will throw up lovely new shoots and become a decent hedge within two years.

Remember to check for birds nesting between 1st March and 31st August. The RSPB recommend that cutting hedges and trees are avoided during these times.



Coming soon! In 2020, North West Leicestershire District Council installed poppy artwork in Ashby de la Zouch, Coalville and Whitwick in response to the scaled back 2020 Remembrance Commemorations due to the pandemic, but also taking the opportunity to do something different.

The poppies were very well received by residents of the district so other Parish Councils including ours have committed to be involved in the NWLDC ‘Poppy Art proposal for Remembrance 2021’ please keep a look out for the following art work in Long Whatton.



Our private, one to one personal training or buddy training with a friend could help you get into that little black dress in time for Christmas.

📞 07900 191254 ✉️ rach@rachhgpt.com 🌐 rachhgpt.com

A SIMPLE STARTER AND A SIMPLE PUDDING

Most of my columns in earlier editions have focussed on main courses. So I thought this month I'd let you have a recipe for an easy starter and pudding.

Triple cheese & tarragon stuffed mushrooms (Serves 2)

What you need
4 Large mushrooms
3 tbsp ricotta
30g parmesan
30g mozzarella
Tarragon leaves

What you do
Heat the grill to high. Remove the stalks from the mushrooms, season and place on a baking tray. Mix the cheeses and tarragon together and season. Spoon the mixture onto the mushrooms and grill for 8 to 10 mins.



8 raspberry jam doughnuts
150g raspberries
500ml shop bought custard

250ml of whole milk
150g lemon curd

What you do
Heat the oven to 200c/180c fan/gas 6
Butter a 20cm x 20cm baking dish
Cut the doughnuts into quarters and arrange in the baking dish. Scatter over 100g of the raspberries
Heat the custard with the milk then whisk in the lemon curd. Pour the custard over the doughnuts then leave for 30 mins.
Scatter over the remaining raspberries and bake for 30 mins or so.



Remove from the tray and serve with a rocket salad.

Lemon and raspberry doughnut pudding (Serves 8)

What you need
Butter, for the baking dish

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


TOTAL BEAUTY

CHERIE SISSON
07976 758632
9 Grimesgate,
Diseworth,
DE74 2QD

Offering ladies a tranquil
experience to relax and unwind.
Easy parking

TREATMENTS
Massage
Dermatological Facials
Waxing
Hopi Ear Candles
Eyebrow Shaping
Lash Extensions
Bio Sculpture Gel
Manicures

GIFT VOUCHERS NOW AVAILABLE

Ballet Classes

LOCKINGTON VILLAGE HALL - SATURDAY
Starting 17th April 2021
Young beginners, Primary and children's ballet classes up to Grade 4 are held every Saturday
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 - WEDNESDAY
Adult ballet classes will resume from mid May onwards.
Please enquire for details.

Adult beginners 6.15
Adult refresher (grade 4) 7.10
Pre-Intermediate (& pointe work) 8.15

Website: [Claudette Caven Dance](http://ClaudetteCavenDance.com)
Claudette Caven, AISTD, Advanced Cecchetti Ballet,
Advanced Modern, Advanced Character
01509 672702 email claudettecavenhenrys@hotmail.co.uk



LONG WHATTON SHOTOKAN KARATE CLUB *Grading Success*

Congratulations to our most recent grading successes...

On 26th September it was the club's first grading since the lockdown restrictions came into force last year. We had eleven club members who graded under Sensei Frank Brennan (8th Dan Black Belt and former World Champion), and we are delighted to say that all of them achieved their next belt! We would like to congratulate all of them:

Achieved orange belts:
Harry Arnold
Isabella Taylor

Jack Clark
John Clark
Tina Gayle
Tom Gaskell
Tommy Fisher

Achieved red belts:
Archie Williamson
Ian Gaskell

Achieved purple belt:
Sophia Taylor

Achieved brown with two white stripes
(one before black!):
Taylor Postlethwaite

ALEX LOWES *Racing with a broken hand*

Alex Lowes crash in the third race at Catalunya last month resulted in a broken hand, excluding him from racing at Jerez, Spain one week later, 26th September.

The World Superbike series moved from Spain to the Portimão circuit in Portugal the following week. Unfortunately, a second 'back to back' round left Alex with no time to heal and he had to sit it out.

He had a two week gap to the next round at San Juan in Argentina and managed to qualify 4th and finish the first race in 4th, despite being in some discomfort, but could only manage 9th in the second race. It



was decided he wouldn't start the last race.

The last round takes place in Indonesia in the middle of November, so he finally has some time to mend.



KNIT AND NATTER

The Knit and Natter group came up with their own entry for the Scarecrow competition.

Meet Ringo, who languished on the bench outside the Friendship Centre, complete with his own knitted garden.

FREE TASTER SESSIONS

SPEED FOR FOOTBALL

6-14 yrs

Wednesdays - 530-7pm

LBORO UNIVERSITY



FITCAMP

Tuesdays - 0930-1015am

Saturday - 0815-0900am

Friendship Centre
LONG WHATTON



With Olympian
Julie Dodoo



**SPEED SCHOOL
ACADEMY**

6-10 yrs and 11-17yrs

Saturday - 0900-1030am

LBORO UNIVERSITY



INFO@SPEEDWORKS.TRAINING

WWW.SPEEDWORKS.TRAINING



These ewes are waiting to cross the green to Manor Farm, where they are about to have their teeth and hooves checked and be weighed.

Business Cards

Printed full colour, both sides
on thick 450gsm silk card
and silk laminated

500 **£29.75**

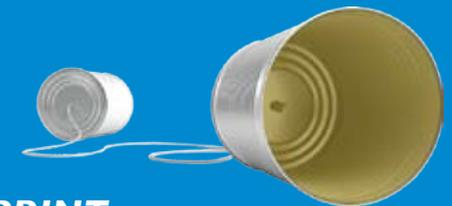


Rough
MEDIA

NEIL 07921 855607

roughmedia@hotmail.co.uk

DESIGN ARTWORK PRINT





Christmas at The Falcon

We are now taking bookings for your
pre-Christmas party celebrations.
Christmas Fayre menu available

1st - 24th December

01509 842416

www.falconlongwhatton.co.uk

SLEEP MORE FOR IMMUNITY *Health tips by Liz Jarrom*

If you have succumbed to any of the winter viruses that are circulating at the moment, you will be aware of how miserable and tired they can make you feel. The immune system rapidly deploys its extensive weaponry to fight off the invaders, and as a result, pulls rank, and demands vast amounts of your energy. Consequently, you feel incredibly tired, and would do well to curl up and give in. Your body is trying to sleep itself well. While we sleep, the immune system gets on with manufacturing and deploying many of the components necessary for protecting the body from invasion by all manner of bacteria, viruses and pathogens. If you do fall ill, the immune system demands even more sleep, so that all its many layers of attack can work efficiently to rid the body of whatever is ailing it. Experiments have been done to assess how sleep, and the lack of it, affects the immune response to invading pathogens.

Dr Aric Prather of the University of California, San Francisco, carried out a fascinating experiment on the relationship between immune response, and sleep. He recruited 150 healthy men and women, measured how much they slept for a week and gave either the flu or common cold virus to them. The participants had been informed of this beforehand. Once the viruses had been administered, Dr Prather kept these individuals within quarantine conditions at the university for another week. He took samples of their blood, saliva and also some of the nasal mucus that they were emitting! His research team analyzed all these samples, plus asked the participants how they were feeling, so as to ascertain which of them had actively developed a cold or the flu. At the end of the experiment, Dr Prather retrospectively separated all the participants into four groups, based on how much sleep they had managed per night, in

the week before they were exposed to the virus load. Less than five hours sleep, five to six hours sleep, six to seven hours sleep and seven or more hours of sleep. The results clearly showed that the less sleep an individual was getting, in the week before being faced with the cold or flu virus, the more likely they were to become infected. There was a clear relationship between how sleep and the rate of infection. Of those sleeping seven hours or more a night, only 18% became infected, but in those that slept for only five hours a night, 50% became infected.

A further discovery about vaccination response, was made in a landmark study in 2002. In the study, healthy adults were separated into two groups. One group had their sleep restricted to four hours a night in the six nights running up to their vaccination with the flu vaccine. The other group were allowed to sleep up to eight hours over the same time period. At the end of the six day experiment, the participants all received their flu vaccine. In the following days, researchers took blood samples to assess how effectively each individual was at generating antibodies to the flu. Those individuals who had seven to eight hours sleep before the vaccination, had a strong response to the vaccine, indicating a robust and healthy immune system. In contrast, those who had their sleep restricted to four hours, had a much weaker response, producing less than 50% of the immune response than the well-rested group. Even if the sleep deprived individuals had two or three weeks of a full night's sleep per night, after the vaccination, they didn't go on to develop a full response to the flu vaccine, and even a year later, they had less antibodies than the other group, so they never did develop a full response to the vaccination.

Sleep more for improved immunity!



THE FALCON
VILLAGE INN with ROOMS

Open all day, every day

Food served: 12 - 2.30pm & 5 - 8.30pm

Monday- Thursday

All day Friday, Saturday and Sunday

Accommodation with 11 en-suite bedrooms

We've Got This Area Covered



Long Whatton

Sales and Lettings 1332 811333

