

# Long Whetton News

OCTOBER 2021



*Amongst* other things this month we have a look at the superb entries to the Scarecrow competition. Gracing the cover with attitude is

Dennis complete with catapult.

Also inside is a feature about a resident and her journey from club athletics to the Olympic games.

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## EDITORS COMMENTS

September arrived with an indian summer, notably over the weekend of the Scarecrow competition.

After being forced to postpone the event in June, Long Whatton Playgroup - the organisers - persevered and produced a wonderful event with the aid of the dozens of people who poured their creative genius into the scarecrows displayed throughout the village.

Numerous individuals and families could be seen traipsing through the village to see and judge the spectacle.

Winners will be decided by the votes of all who took part in the Scarecrow trail and will

be announced on Friday 24th September on the playgroup facebook page.

As we went to press with this issue the votes had yet to be counted, but we picked Dennis for the cover because we love his red and black t-shirt and mischevous expression.

Further on in this issue are photos of many of the entries.

We had a chat with Julie Hollman Dodoo about her amazing career before she settled down with a family here in Long Whatton. We know there are more of you out there who have an out-of-the-ordinary job or or have had an amazing career and we would like to hear your story. Message or email us!

## MACMILLAN CHARITY COFFEE MORNING

Tea, coffee, homemade cakes, stalls, bric-a-brac, knitted goods, Christmas presents, raffle and more will be on offer at the Knit and Natter groups coffee morning, organised in aid of the Macmillan Cancer Charity on Saturday 23rd October 2021 from 10am – 12pm at The Friendship Centre. Drop in for a tea and chat!

The group would like to thank all who

donated wool after the last appeal which has already been used up. In fact you might see your wool in the club's knitted gifts! It is always in demand, so if you have any spare they will happily collect it. Just call Lesley on 01509 506714

They are now taking orders for poppy wreaths.

## 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](http://www.longwhattonnews.co.uk)

## THE TEAM

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## COPY DEADLINE

The copy deadline for articles for the October issue of the Long Whatton News is 19th October.

[longwhattonnews@gmail.com](mailto:longwhattonnews@gmail.com)

# Long Whatton Ladies That Brunch:

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## LOCAL WILDLIFE *The Bumblebee*

Bees are a sign that spring has arrived. Emerging from winter they go hunting for nectar and pollen, humming their way lazily from flower to flower.

There are 24 species of bee in the UK, including one of our most common species, the tree bumblebee. They are the type of bee most likely to colonise nest boxes but also like woodlands and gardens.

Mason bees can often be seen in clouds buzzing about in front of brick walls. This solitary species nests in cavities in wood, hollow stems and walls.

If you have ever spotted a hole in your lawn surrounded by a volcano of excavated earth it is the work of a mining bee. This solitary species nests in the ground and you are most likely to see two species - the Tawny mining bee or the Ashy mining bee.

There is just one species of honeybee in the UK, identified by its slim, sandy thorax and black abdomen with golden-amber bands. Honeybees have been domesticated for centuries and it is rare to find a truly wild colony. Our honeybees now mostly live in hives of up to 20,000 individuals, and are commonly found feeding on open flowers they can easily reach with their short tongues. Keep your eyes peeled around willows, orchard trees, oilseed rape, raspberry flowers and other trees,

herbs and shrubs.

Bees don't tend to be aggressive and will only sting if they feel threatened or if their hive is under attack. Only female bees have a stinger. A honey bee will die after stinging as the stinger is attached to their digestive tract.

Bees are hugely valuable as pollinators and pollinators are essential to grow many of our flowers and crops. Over all, pollinators in the UK have seen a large decline in numbers, probably due to a loss of habitat and climate change which affects upland and northern species. Insecticides have also been a major factor.

Fortunately, the worst insecticide culprit, neonicotinoids were banned temporarily in the EU in 2013 and last year the ban was made permanent, though the UK does now permit its use in some circumstances.

So what can we do to protect our flowers, crops and honey supplies?

Planting some of these in your garden will feed bees throughout the year:

Lavender. The trusty lavender plant is an all-time favourite for bees. Blue Borage, Abelia (Bee Bush), Pussy Willow, Crocus, Lilac, Foxgloves, Monarda (Bee Balm), Chives.

You can also buy packs of mixed meadow and wildflower seeds that bees and butterflies love.



*Tree Bumblebee*



*Red Mason bee*



*Honey bee*



*Mining bee*

## AN EXTRAORDINARY CAREER *Julie Hollman Dodoo - Olympic Heptathlete*

Have you ever wondered what it's like to be a professional athlete? How much training is involved, and what it takes to get to the Olympics? Julie Dodoo, who has lived in the village for the last 4 years, can tell you all about it. Julie spent her 20's training, competing and qualifying in an attempt to get to the Olympics. At the age of 31 she was finally picked as a GB team member to compete at the Beijing Olympics in 2008. However, the road to Beijing was paved with ups, downs, personal bests and injury!

Being part of a sporting family, Julie joined an athletics club at 11. After being encouraged

to try many different disciplines Julie found that she liked quite a few of them, and was skilled at more than one. Competing in the Heptathlon seemed the perfect choice! Athletics can be an expensive pursuit. Julie was lucky to have been funded early in her career by the National lottery, but later had to fund herself. Dedication to your sport can be tested when you also have to work, as Julie can testify. While in London, Julie had to travel from Central London where she worked, to East London to train, then back to West London where she lived. Normally arriving home at 10pm, after eating her tea



where she again came 5th. Now she was determined to get to the Beijing Olympics.

As was the journey to this point, Julie found the Beijing Olympics bitter sweet. Qualifying for the team, Julie was dogged



with a knee injury which meant that she was not at peak fitness. Although not able to compete at her best, Julie has fond memories of the Olympics, and has some of her kit framed as a memento.

Once retired, Julie worked as a coach, gaining her coaching qualification while still training. Keeping the attachment to the sport, Julie wanted to be able to help people through coaching. She managed to coach a number of girls to the World Championships and the Commonwealth games. However, after having her children and moving to Long Whatton, the coaching fizzled out. Now Julie can be found running her business, Speedworks Training and holding fitness classes 3 times a week at the Long Whatton Cricket Club, where she can still help anyone who needs it.

on the train, she would be back up for work the following morning. This happened 3 to 4 times a week!

After moving back home to Peterborough, which helped with the cost of living, Julie had to travel to Birmingham for coaching, although finding a sponsor helped with the cost. Finally, Julie decided to move to Birmingham, and after a few job changes, managed to get a role at UK Athletics in Birmingham where she trained. This helped tremendously allowing her to train twice a day.

Unfortunately, injury halted her breakthrough at the under 23 Championships, and set her back two years. Finally, in 2002 Julie broke the 6000 point barrier when competing, meaning she was World Class,



amazingly doing it twice in the same year! Julie then competed in the Manchester Commonwealth games entering as a favourite. However, due to another injury Julie didn't quite get a medal, coming a well-deserved 5th.

In 2003 Julie came back fighting and entered the Paris World Championships, where she came 14th in the world and still thinks of this as one of her career highlights. While hitting numerous personal bests through the rest of the year, injury would strike again putting an end to qualifying for the 2004 Athens Olympics. Julie did compete in the 2006 Commonwealth games in Melbourne



LONG WHATTON PRIMARY  
SCHOOL PTA

# HALLOWEEN STREET TREATS

If you are out trick or treating please stop by the Long Whatton Primary School. We will have hot chocolate, coffee, tea and hot dogs for sale as well as a special Halloween lucky dip if you'd like to purchase a special treat for the children.

Sunday 31 October  
4pm-8pm

Hot drinks and hot dogs prices start at £1



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## **NEW CHAPTERS** *Rev'd Laurretta*

Dear Friends,

I always think that we have two opportunities for a new chapter- the beginning of the calendar year and the beginning of the school year. I wonder now we are a month into this new school how the new chapter is unfolding for you?

I hope that you feel some sense of progress- perhaps you have learnt new things at school or college and feel that you have cracked it?! Or have you managed to establish a healthy eating pattern? Maybe you've got into a good rhythm of going to bed and getting up at times that work for you, or perhaps you have got on top of all those tasks that seem to pile up and need attention....

But if you haven't, and if you are feeling a

bit low on energy and enthusiasm I hope this simple image might help a little:

This figure is the Welcoming Christ- there is a matching statue at Launde Abbey.

It reminds us that no matter what we think of ourselves- whether we are feeling tip top and pleased with all that we have achieved, or conversely rather fed up and dispirited- God is always but always wanting to welcome us with open arms and encourage us on our way....

You may want to simply sit with that image (better still visit the statue at Launde Abbey!) and hear these words of Jesus, 'Come to me all you who are weary and carrying heavy burdens and I will give you rest.'

With prayers for that sense of God's welcoming acceptance for us all

## **PARISH COUNCIL NEWS** *A chance to get involved*

There is still a vacancy for the position of Councillor in the Long Whatton Ward and applications are being invited.

If you would like to try and make a difference you can find out more from any of the current members or the Clerk at [parishcouncil@lwdpc.org.uk](mailto:parishcouncil@lwdpc.org.uk). All the details for the position are on the Parish Council website. <https://www.lwdpc.org.uk/news/2020/06/parish-councillor-vacancy1>.

Responses to the recent Neighbourhood Plan survey can be viewed by going to [www.lwdpc.org.uk](http://www.lwdpc.org.uk). Search for planning and then Neighbourhood Plan.

You can still have your say about the purchase of the Long Whatton Methodist Church as a community space.

The Parish Council would like you to contribute to the feasibility study regarding use of the space and repair and upgrade works required to the building, including forming an off-road car park. Email [parishcouncil@lwdpc](mailto:parishcouncil@lwdpc).

[org.uk](http://org.uk) with your thoughts and ideas.

The next Parish Council monthly meeting will be held on Thursday 7th October 7.00pm at Diseworth Village Hall.

## **MORE FOLK NIGHTS PLANNED**

The first Tigerfolk Folk Night held at The Falcon Inn was deemed a success to the extent that three more events have been announced this year.

Keith Kendrick and Sylvia Needham, noted for their harmony singing, both unaccompanied and accompanied take the stage on October 12.

On November 4 Barbara Dymock and Chris Marra will be bringing their substantial pedigree all the way from Dundee.

On 12th December squeezebox maestro, John Kirkpatrick will showcase his extensive talents honed in many high profile bands with his Carolling and Crumpets show.



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**WOMENS WELLBEING** *Victoria Jones Wellbeing*

So many of us are dealing with low level stress, day in, day out which we brush off, ignore or normalise. Over time though this build-up of stress effects our health, hormones, happiness and wellbeing. Whilst it is really hard to avoid some stressors in our lifestyle, we don't always realise what many of our stressors are or that they even are the underlying cause of the ill health and problematic hormonal symptoms we are experiencing. That is because stress isn't just caused by big obvious events.

These things can also cause a stress response in the body:

- Feeling out of control of a situation*
- Being overwhelmed by a situation, workload or uncontrollable situation*
- Being in a new or unpredictable situation*
- Emotional or physical changes.*
- Illness /injury*
- Sleep /wake cycle being disrupted*
- Inflammation in the gut.*
- Over exercising*
- Toxins, chemical, food, medications*
- Blood sugar imbalance /raised insulin*
- Brain being in state of high alert /worry /fear*

Stress can sabotage your inch loss goals, effect your quality of sleep, suppress your thyroid function and even cause brain fog, amongst many other things.

Do you recognise your stressors? Are you habitually pouring the large glass of wine to

reward you for surviving the day at work? Do you eat that bar of chocolate every afternoon because you're exhausted and need energy? Is coffee a necessity to kick start you in the morning? Are you getting second wind at 10pm at night? Do you feel tired but wired?

These are some of the many stress responses that you need to take notice of. When you do and then implement the right lifestyle strategies for you (there is no one size fits all) you will feel more energised, sleep better, be calmer, smile more and find hormonal clarity to live your happiest, healthiest life.

**COFFEE MORNINGS ARE BACK**

Ladies and gentleman, Refresh coffee mornings have returned. The next one will take place on Monday the 11th October 2021 at 10:30, at The Falcon Inn.

We had a wonderful time seeing familiar faces and new ones at the September coffee morning.

Everyone is welcome, if you are new to the village or have lived here a long time, young or older. 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

**HARVEST FESTIVAL** *A poem by David Griffiths*

It seems but yesterday we dressed  
The church with flowers and raiment white  
In part to greet the risen Lord,  
In part to welcome back the light.

The swallows came to join our mood,  
They came to claim their barn again  
And build their cup-shaped nest anew

To lay their eggs and rear their brood  
And swoop to feed them as they grew.

They gather ready to depart,  
To ask God's blessing on our store  
To feed us through the darkening hours  
Until the Spring returns once more.



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## FARTHINGS *A four hundred year old house*

Farthings, 27 West End is one of only six timber framed houses remaining in Long Whatton.

The house consists of two parts - the oldest, is the left segment, situated perpendicular to the road and is entirely timber framed. It was built in the early 1600s.



The timber frame has diagonal cross supports and most of the brickwork was laid in a wonderful herringbone pattern.

The right hand segment is parallel to the road forming a 'T' shape with the left section and although there is some timber framing in the rear and right wing much of it has been

rebuilt in brick in a chequered pattern with blue and red brick. It is taller than the timber framed part and has a loft, windowed at the right hand end. It was also built in the 1600s, but possibly a little later than the left section.



It is also possible that the front door was built across the gap between two separate buildings which were joined together at a later date to make one large house.

The whole thing is built on what is described as a rubble stone plinth, but it is very substantial.

As with many houses in the village the windows are Yorkshire sliding sash, some with cambered heads and inbetween are small windows described as 'single light'.





The Forge  
Guest Rooms

# LONG WHATTON SCARECROW COMPETITION

The Scarecrow competition, organised by Long Whatton Playgroup took place over the weekend of 18th and 19th September. Here are just a some of the amazing entries.



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## SCARECROWS *Continued*



### Climate Sunday — All Welcome

10.30am on Sun. 24th Oct, Hathern Parish Church



- holding together faith and concern for climate change



- making a commitment to taking long term action



- using our voices to call for a cleaner, greener, fairer future

The Climate Sunday initiative is calling on all local churches to hold a climate-focused service before COP26 in Nov. The vision is to be better equipped to address the issues as part of our discipleship and mission. We want to make our contribution to society's efforts to make a national and international difference.



Long Whetton Playgroup presents...

## THE BEST DRESSED HALLOWEEN HOUSE AND PUMPKIN CARVING COMPETITION

SUNDAY 31<sup>ST</sup> OCTOBER



Registration forms for both the best dressed house and the pumpkin carving competition are available from the village shop at a cost of £2 per registration.

Closing dates for registration is  
Wednesday 27<sup>th</sup> October



Voting sheets will be available to purchase for £1 from the village shop from Thursday 28<sup>th</sup> October.



There will be prizes for the best dressed Halloween house and the most creatively carved pumpkin so pick up a voting sheet and vote for your top 3

## WHATTON HOUSE GARDENS: AUTUMN LEAVES *by William Stanger*

It can be very fleeting, but autumn in the garden is certainly a highlight of the year. While it is possible to have some flower power, the main focus is autumn foliage. Mid October is usually when this phenomenon happens, with shorter and cooler days. As photosynthesis in leaves is curtailed, chlorophyll production ceases. With the absence of green chlorophyll, other pigments in the leaves finally have a chance to show off.

Carotenoid pigments are responsible for yellows, oranges, brown and all hues in between. You will notice this in trees such as the Tulip Tree (*Liriodendron tulipifera*), Birch, Poplar and various maples. Reds and purples come from a pigment called anthocyanin. Here at Whatton House this is most apparent with the American Sweetgum (*Liquidambar styraciflua*), Red Oak (*Quercus rubra*), Black Gum (*Nyssa sylvatica*), Sumach (*Rhus*

typhina), and Persian Ironwood (*Parrotia persica*).

The Persian Ironwood is one of the gardens iconic large specimen trees. It is enormous!

In spring it has small red flowers akin to a Witch hazel, which is a close relation. In the autumn the leaves turn to amazing shades of yellow, orange, red and purple. Its botanical name *Parrotia* honours a German naturalist Friedrich Parrot. More recently Lady Crawshaw planted an *Acer rubrum* 'October Glory'. It will in time make a large tree, and is an excellent selection of red maple



*Japanese maples.*

turning brilliant crimson in autumn.

Both Lord and Lady Crawshaw are fond of Japanese Maples, hence various new additions over the years. However, there is a rather

grand old specimen near the Persian Ironwood. In the main season it has purple foliage, an attractive attribute to start with. But in the autumn, it turns to the most amazing shades of scarlet. A good named section with similar character is *Acer palmatum* 'Bloodgood'. *Acer palmatum*

'Sango-kaku' is attractive all year. In spring the leaves are pinkish green, turning green

in summer, then canary yellow with orange highlights in autumn. In winter the younger shoots and branches are a striking coral red.

Currently my favourite tree in the arboretum is the Dawn Redwood (*Metasequoia glyptostroboides*). It has the most amazing perfect pyramidal shape, which is very pleasing to the eye. It is one of the six genera of conifers that is deciduous. The feathery leaves turn coppery red before falling in late autumn. It was thought to be extinct until 1946, when a living specimen was found in a village in China.

Of course, the result of all this autumn colour is that eventually it falls to the ground, awaiting to be tidied up by the team, and eventually turned into useful leaf mould. Consequently, if you enjoy kicking through piles of leaves and the autumn colour, I suggest you don't delay!

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## **A SPECIAL BOOK DAY** *at school*

The school had a flying start to the new academic year by celebrating Roald Dahl day.

The entire school - children and staff - dressed up as their favourite characters from Roald Dahl's books before taking part in a range of activities throughout the day and finally a whole-school assembly, sharing their chosen passages from the books.

Can you identify any of the book characters in the photographs?

After so long, the children were finally able to play together during their break times.





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## LOTS GOING ON AT PLAYGROUP *By Amy Foulkes-Williams*

What a busy start to the new term at Playgroup! We would like to begin by welcoming all of our new children and their parents. They have all settled brilliantly and it's wonderful to see the children back together.

Thank you to everyone who took part in the Scarecrow Competition and Table Top Sale. Whether you stuffed scarecrows, bought and sold refreshments and bric a brac or just enjoyed the wonderful array of scarecrows on display. Thank you for your support. The children at Playgroup certainly had fun making their scarecrow and the creativity on show throughout the village was fantastic. Congratulations to the winner!

Following the success of last years Halloween event, we would like to announce the 2021 'Halloween Best Dressed House' competition and the 'Most Creative Pumpkin' competition to be held on the 31st October. More information to follow on our Facebook page and posters throughout the village.

A huge thanks, as always, to the Village

Stores who are an invaluable part of so many of our fundraising events.

More exciting news! Playgroup will be holding our first Stay and Play, Baby and Toddler group on Friday 1st October. All those caring for a little one of pre school age are welcome to pop in between 9.30am and 11.30 am at the Methodist Church. Playgroup manager Gale and committee member Amy will be at the first session. We look forward to you joining us for playtime, a chat and light refreshments all for £2 per child and 50p per sibling. No need to book, please contact us on our Facebook page 'Long Whatton Playgroup' with any enquiries

*The Long Whatton News would like to hear from you about your club or event or anything news-worthy about the village. Email us at*

**LONGWHATTONNEWS@GMAIL.COM**

## 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:*

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

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## A GLUT OF TOMATOES

The end of summer often sees growers with a surplus of the tomatoes they have lovingly tended for months. The tomatoes are frequently passed to friends and neighbours but still leave growers wondering what to do with the rest.

If you 'Google' Tomato surplus, you'll get hundreds and hundreds of pages of recipes, for soup, chutneys etc etc. Newspapers also feature suggestions on what to do.

Three websites I'd recommend for ideas are; [www.jamieoliver.com](http://www.jamieoliver.com), [www.bbcgoodfood.com](http://www.bbcgoodfood.com) The website [www.greatbritishchefs.com](http://www.greatbritishchefs.com) has a feature called tomato recipes to get through the glut.

To start you off here is a recipe for Spiced salmon & tomato traybake

### *What you need*

- 1 Red onion
- 200g tomatoes chopped
- 3 tbsp of curry paste
- 440g tin of Chick peas
- 2 skinless salmon fillets
- Naan breads
- 2 tbsp yogurt
- A few coriander leaves & lemon wedges to garnish



### *What you do*

- 1) Heat the oven to 200c/180 fan/gas 6 Toss the onion, tomatoes, 2tbsp curry paste, the chickpeas and 200ml together in a roasting tin. Roast for 15 mins.
- 2) Stir everything, season and brush the remaining curry paste over the salmon. Nestle the salmon into the veg in the tin and roast for another 8 – 10 minutes or until cooked to your liking
- 3) Warm the naan breads, swirl the yogurt into the veg and serve with coriander sprinkled over and the lemon wedges for squeezing over.

## GUIDES GO CAMPING

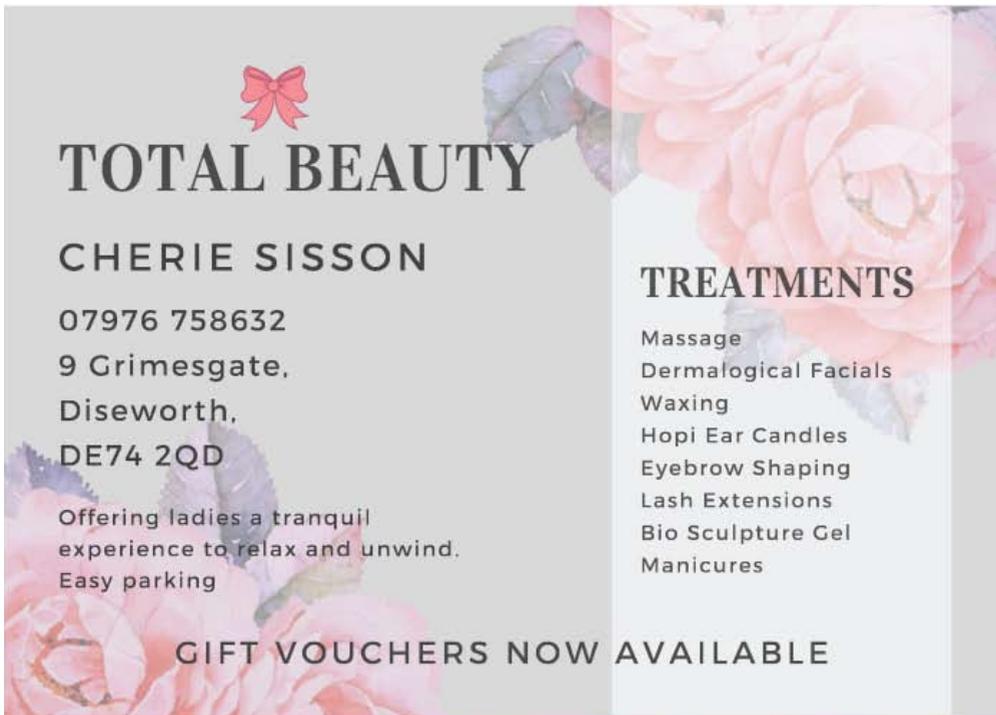
We have just returned from a Harry Potter themed weekend at our County campsite with Guides. Before camp we had a lot of preparation! Girls received a letter inviting them to join Hogwarts which had been delivered by Owl post. They made origami boxes with chocolate frogs and wizard top trump cards and made wands to take with them!

At camp on the Friday they took part in the Sorting Hat ceremony that put them into houses. They decorated bunting for their camping pod, had a game in the dark with torches in the 'Forbidden Forest', and had hot dogs and hot chocolate. On the Saturday they took part in many challenges to 'rescue Professor Dumbledore' including den making, treasure hunt, a team-work assault course, bouldering, essential oil blending, crafts, potion making, firefighting and campfire pot noodles. The evening ended with a campfire, S'mores and many of the new girls making their guide promise. All girls slept well that night! Sunday saw them making eggy bread and bacon cooking, pom-pom owl making and more fire lighting to make stone baked pizzas.

Rainbows, Brownies and Guides are all now up and running as they used to be. Kegworth Rainbows and Brownies have re-started as numbers were so large here, and are becoming very active there again.

We have spaces in Rainbows after Christmas but Brownies and Guides are full. We would love to offer more spaces for girls to grow but really need additional help. All offers welcome- you really don't have to be experienced. All training will be provided.

If you would like to volunteer, or your daughter would like to join in the fun please get in touch at [crawshawdistrictguiding@outlook.com](mailto:crawshawdistrictguiding@outlook.com) or register your interest at [www.girlguiding.com](http://www.girlguiding.com)



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*Ballet Classes*

**LOCKINGTON VILLAGE HALL - SATURDAY**  
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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  
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## THE 2021 NATIONAL KARATE CHAMPIONSHIPS

After over a year's of delay, the 54th KUGB (Karate Union of Great Britain) National Championships were held on 4th September at the David Ross Sports Village at the University of Nottingham. It's great to have had the best karateka from around the UK come to the East Midlands for these championships, where competitors and spectators were greeted by Nottingham's Robin Hood and Little John as they made their way into the venue. The Sherriff of Nottingham,

Championships since his passing in March 2020, a minute's silence was held in memory of Sensei Bob Poynton, a leading figure within the KUGB. For the first time, the Bob Poynton Memorial Trophy was also awarded for an outstanding performance at the Championships. Bob's Brother and Sister kindly agreed to present the trophy to the first-ever recipient.

During the past month, our focus has been on getting our more experienced club members



ready for the next grading which is on 26th September. This is the first grading opportunity for the club since the lockdown restrictions came into force last year, and we have ten club members taking their grading and hoping to progress to the next belt. We

Councillor Merlita Bryan, was also in attendance as a special guest.

Alongside a large number of Karateka competing for the first time, there were many highly experienced competitors, including Internationals from the KUGB National Squads. Every match was fiercely contested, as competitors were determined to do their best after their long-enforced break. All of the finals saw outstanding performances, with those watching witnessing the depth and strength of the talent within the KUGB.

As this was the first National

would like to wish all of them our very best wishes and luck, and hope to have good news to report next month!

Interested in giving karate a try? We now run a junior class from 5:45pm and then a second session from 6:45pm for our slightly older children and adults. Anyone who would like to learn karate can take advantage of our free trial session offer to see if it is for them. Get in touch via our Facebook Page @longwhatton karate, e-mail the club at [longwhattonkarate@gmail.com](mailto:longwhattonkarate@gmail.com), or contact the club secretary on 07714335598



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## THE OLDEST AND LONGEST

Our search for the oldest village resident concludes here.

The winner is Enid Smith who was born on 8th December, 97 years ago.

Philip Hunt came in second at 90. He was born in Hobbs Yard and has lived here for all ninety of those years. He has lived here longer than anyone else.

Babs Hanson is currently 89 years old and takes third place. She has lived here for 85 of them.

Lord Crawshaw was 87 this month. He has lived in the village all his life except for a brief spell in Scotland as a child, which makes him one of the longest residents

Malcolm Corden is also one of the longest residents. Born in Hobbs Yard in 1943, despite a brief move to Hathern for 4 years, he has lived in Long Whatton for a total of 74 years.

Phil Hobbs has lived in the village for 72 years and in the same house for 66 of them.

## ALEX LOWES RACING UPDATE

Alex Lowes has raced at three more World Superbike championship rounds since the last issue.

At the Navarra circuit in Spain on 22nd August Alex managed 5th in race one, another 5th in the second race and was pipped into 6th place by 0.7 seconds in the third.

Two weeks later the series had moved to Magny-Cours in France where Alex crashed out of race one. Things turned out a lot better in race two with a third place podium finish but suffered another crash in the third outing.

Back to Spain again and Catalunya on the 19th September and Alex took 6th in the first race. Despite a clash with another rider early on in race two Alex regrouped to finish 4th after the race had been red-flagged due to a crash. Sadly he crashed in race three and wasn't able to continue.

He has slipped to 6th place in the world championship standings.

## JUNIOR CRICKET *End of the 2021 season*

The Long Whatton Cricket Club's Junior training has finished for 2021 and I would like to say a big thank you to all the coaches, parents and children for making the training successful.

Such was the success of the courses this year, we will be running Allstars, Dynamos and Junior Hardball training next year on Tuesday evenings, look out for the posters and announcements here next year.

## ALL SAINTS CHURCH NEWS

It is lovely seeing organisations fund raising again! We were also very happy to be able to join in the Play Groups Scarecrow weekend. We had planned on doing something in October but as the Knit and Natter group are doing a Macmillan coffee morning, we have decided to postpone our fund raising for a while.

We have been asked whether we are going to leave the church open during the day. At

present, with Covid infection rates increasing steadily we feel it wiser to continue to keep the building locked for the foreseeable future for everyone's safety. Obviously, this will be kept under review.

On Sunday 3rd October it will be our Harvest Festival at 10.30am. The church will be decorated for this family service with refreshments afterwards. Everyone is welcome. Anne.matravers@talktalk.net

*New menu!*



## Lunch Time Special

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## GRAB THOSE GRAPES *Health tips by Liz Jarrom*

There is so much in the way of fresh fruit to choose from this time of the year, but one of the best choices has to be grapes. They often cost less than half the price of other autumn berries, and are available all the year round. They keep better than delicate blackberries and raspberries, and can also boast an impressive range of health benefits.

One significant benefit is its powerful effect on reducing hardening of the arteries. After we have eaten a meal, especially one that contains high amounts of fat and carbohydrates, the body often enters a state known as postprandial oxidative stress. This can be caused by the digestion process, which naturally generates potentially damaging free radicals. This can put pressure on the body's own antioxidant defense system, and lead to an immediate stiffening of the arteries.

The good news is, that scientists at The Heart Centre Research Program in America, found that consuming a handful of purple grapes, which contain high levels of polyphenols, with a fat dense meal, completely eliminated the immediate hardening of the arteries which would have happened if the meal had been eaten without the grapes.

This study has been replicated by other research bodies, and it was further discovered that the good effects of consuming grapes lasted for a few hours, and levels of other antioxidants were enhanced by eating grapes regularly. So, eating those grapes presented with cheese on a cheeseboard, is not only tasty, but is good for the health of your arteries too.

Drinking grape juice instead of eating grapes, is good for brain function. Research has shown that drinking 350 ml of purple grape juice daily for 3 months seems to slow age related memory loss and motor function in senior adults.

The University of Leeds also ran a trial to

see if the same amount of juice could help the mental abilities of young, healthy adults. These adults were tested on reaction time and spatial awareness whilst driving. After 3 months, they were tested again, and were found to have faster reaction times and better spatial awareness, which persisted for more than a month after they ceased consumption of the grapes.

Some grapes have more health benefits than others. Purple and black grapes contain anthocyanin pigments. These are the same chemicals that are in blueberries and blackberries, and being antioxidants, they bring positive health benefits. Eating the very darkest coloured grapes brings the biggest benefits. Up to nine times the antioxidants gram for gram. Eating black grapes with dark flesh gives the greatest amount of anthocyanin.

Grapes are shipped long distances, over a long period of time, and experience a slow but steady decline in their anthocyanin content. Even though grapes in the supermarket appear fresh picked, research by Spain's Technical University of Cartagena, shows that some can be up to 4 weeks old and will have lost half of their original colour and similar amounts of antioxidants. The stems of grapes tend to age faster than the fruit, so choose bunches of grapes with green, healthy looking stems. These are more likely to be much younger, and have more antioxidants, than bunches of grapes with shriveled, brown stems.

The same research team also discovered that the amount of anthocyanin in grapes can be boosted easily. Instead of storing in the fridge, put the grapes in a bowl, and keep in a cool room, temperature about 15 degrees C, for 6 days. This increases the anthocyanin content by as much as 20%. Finally, if you don't mind the pips in grapes, you're in luck, as 87% of the polyphenols are found in the pips.

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