

Long Whetton News

APRIL 2022



Lambs and daffodils. Both synonymous with spring, and both in abundance in the village.

The lamb posing for the cover at Manor Farm was about three weeks

old when photographed and was born with the main flock towards the end of March.

This year the first batch of fifty lambs were born in mid february.

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EDITORS NOTES

The revamped, post-covid village magazine celebrates its first birthday with this issue! So once again, we say a huge thank you to all the advertisers who enable us to produce a glossy, colour magazine, everyone who contributes to the content and the volunteers who deliver the magazine. Here's to another year! If you want to join us please get in touch.

And a quick thank you to Manor Organic Farm for helping out with the cover. If you would like to see the lambs close up the farm have organised lambing open days on 3rd and 11th April, tickets are needed and are available from their website and Facebook page.

ADVERTISING

Do you work for a company or own a company that would benefit from advertising in our Magazine? If you do please let us know and we can supply you with copies to show them.

NEW POST OFFICE SERVICE

Long Whatton is one of nine more communities that are to be added to the Mobile Post Office Service.

The Mobile Post Office will be in the village every Friday, commencing on the 22nd April and will be operated by the Postmaster for Linton, which serves Derbyshire, Leicestershire and Staffordshire.

A spokesperson for the Post Office said these will be temporary Mobile services whilst they continue to look for permanent solutions.

Villagers and interested parties are invited to give their comments on the new mobile services before 14 April 2022 (which seems strange taking into account the village will not have experienced the new service until a week after that date).

Customers can share their views during the consultation online at postofficeviews.co.uk with the branch code 379207 and with the branch name.

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 each months 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 about the village and its people.

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

THE TEAM

Penny de Kock 07393 407896
Neil Bamford 07921 855607

COPY DEADLINE

The copy deadline for articles for the May issue is 19th April.

SAVE THE DATE



WHATTON

THE BIG JUBILEE LUNCH

as part of the official celebrations for
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THE GIRAFFES OF THE BIRD WORLD *The Grey Heron*

There are three Heron species found commonly in Britain, the familiar Grey Heron found in lakes and rivers throughout the country; the Little Egret which has recently colonised southern Britain, and the scarce Bittern found in a few reedbed reserves.

Grey Herons are exceptionally easy to recognize, especially in flight. These grey-backed birds, with long, thin legs, (even their toes are long and thin, with three forward pointing ones and one pointing backwards), and equally long, white necks have a bright yellow bill and a black eyestripe that continues as long, drooping feathers down the neck.

In flight they are particularly distinctive - long legs trailing behind them, necks tucked in in a meandering 'S' shape, wings flapping slowly. The unusually modified shape of the cervical vertebrae enables this flex of the neck and lets them spear fish with surprising speed.

They can often be seen standing statue still on their stick legs in the shallow waters of ponds and lakes patiently waiting for their next meal to swim along. Catching fish is made easier by their long and harpoon-like bill. They spend most of their time alone, feeding mainly on fish but, sometimes, may be tempted by a tasty mole or other small mammals. In fact, after harvesting you can sometimes see them in fields looking for

small rodents.

If feeling lazy a heron will visit gardens with ponds for a quick and easy snack.

Heron often nest in the top of trees in colonies called 'Heronries'. Here, they make large, ungainly nests out of twigs. These are often habitual sites that are revisited year after



year and may involve dozens of nests, spanning multiple trees. The largest heronry in Britain is currently at Northward Hill in Kent, where numbers of nests are between 150 and 200!

Heron start to nest quite early and it's not unusual to see herons sitting on eggs in early February, but nesting activity peaks in late March. They lay 3-4 eggs and the young depart from the nest after about one and half months.

They have an average lifespan of 5 years and will grow to stand up to 1 meter tall with a wingspan up to almost 2 meters. They weigh between 1.5 to 2 kilos



Jeff Humphries snapped this long distance shot of a meeting between three of our local herons and a visiting white egret. It is rare to see egrets this far north. It is hard to determine whether the egret is of the Great or Little variety

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michaeljohnhutchinson@hotmail.com

KARATE: *New classes*

It's been an extremely busy March. The Karate Union of Great Britain (KUGB) Central Region championships took place in Stoke-on-Trent on 19th. It was then a really important day for the club, as it was the first grading opportunity of the year on 20th in Keyworth.

Ten club members attended the training and grading under the watchful eye of Sensei Frank Brennan, 8th Dan Black Belt former World Champion, and Chairman of the KUGB. We're delighted to say that all ten achieved their next belt! Congratulations therefore to the following:

Now orange belt (9th Kyu):

James Bradshaw
Logan Dodoo
Rosie Rands
Belle Wooldridge

Now red belt (8th Kyu):

John Clark
Jack Clark
Tina Gayle
Isabella Taylor

Now yellow belt (7th Kyu):

Archie Williamson

Now purple and white belt (4th Kyu):
Sophia Taylor



Photo of successful club members with Sensei Frank Brennan, 8th Dan and club instructor Sensei Ben after the grading on 20th March.

We're so proud of everyone and are already looking forward to our next grading opportunity in June where we hope to have

more success stories to share.

In addition to our grading success, we were delighted to present our latest monthly awards to students who have demonstrated commitment to their training in a number of categories. Congratulations to the following:

Karateka of the month:

Junior class: Logan Dodoo

Senior class: Taylor Postlethwaite

Attitude and spirit:

Junior class: Lily Bradshaw

Senior class: Jack Clark

Most improved karateka:

Junior class: Charlotte Thompson

Senior class: Alex Coles

Zanshin (Focus):

Junior class: Tate Sarson

Senior class: James Bradshaw

Determination and energy:

Junior class: Oliver Thompson

Senior class: Rosie Rands

Interested in giving karate a try? Take advantage of our free trial session offer.

We run a junior class (5 years and above) from 5:45pm and a second session from 6:45pm for our slightly older children and adults every Thursday in the Long Whatton school hall.

Get in touch via our Facebook Page @longwhatton karate, e-mail the club at longwhattonkarate@gmail.com, or contact the club secretary on 07714335598

HOLY WEEK SERVICES

Monday 11th at Belton – 6pm Compline.
Tuesday 6pm at Hathern Compline (also streamed).

Wednesday 9.30am Communion at Kegworth;
6.30pm Stations of the Cross at Diseworth;
Maundy Thursday Holy communion with optional foot or hand washing at Kegworth;
Good Friday 10am Family service with children's activities at Hathern; 2-3 pm hour before the Cross at All Saints Church.

Renewable Heating: Householder Attitudes Survey

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Questions? Contact Charlotte Shields, c.shields@lboro.ac.uk

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RETURN TO THE MOATED MANOR HOUSE

In the 1970s Loughborough and District Archaeological Society excavated the moated manor house site behind the Square on Kegworth Lane.

The dig uncovered a suite of four rooms, together with a yard area inside the moat boundaries. Other walls suggested more structures between the eastern side of the building and the moat. Room 4 faces the entrance and was constructed from a fine-grained sandstone and the local forest stone, from the Charnwood Forest area. The walls had no foundation trenches, instead sat directly on water-worn cobbles laid on a thin bed of sand. The walls survive to a maximum height of four or five courses.

The slates used for the roof were from the northern edge of Charnwood Forest. The small quantity of Swithland slates also found were probably replacements for repairs. The slates were generally rectangular in shape, trimmed to a triangle at the top with a single perforation, nailed to the wooden laths of the roof with iron nails as opposed to wooden pegs.

The roof was capped by ceramic ridge tiles of several different types, but all made from ¼ inch thick slabs of clay, 18 inches square, and moulded over wooden formers. The weight of the roof makes it likely that the main load-bearing walls were stone. A fragment of stone moulding from a door frame would also support this theory.

The discovery of lead came and fragments of decorated stained glass in the area adjoining the moat, close to the causeway may be from a private chapel and indicates a wealthy owner.

Rooms 2 and 4 were built of large sandstone blocks, linked by room 1, whose walls were butt-

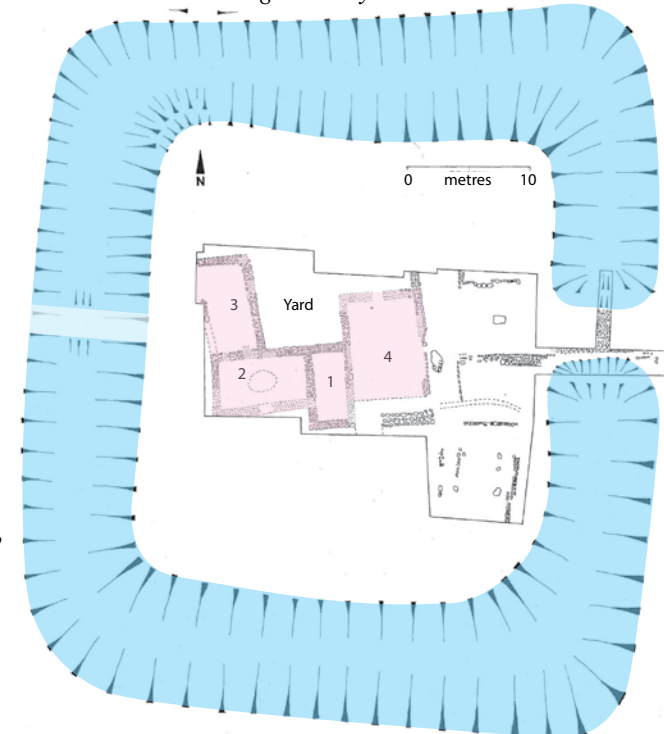
jointed and consisted mainly of forest stone. Room 3 was butt-jointed against Room 2 and built of smaller sandstone blocks. Rooms 1 and 3 are likely to be later additions.

Judging by its size and position room 4 must have been the most important room. Only room 2 had any evidence of a hearth, and the only other internal feature in any of the other rooms was a clay floor in room 3.

Sherds of Roman pottery and coins were found at the site. The oldest of which was of Constantine. A long cross silver penny with high silver content was dated to between 1302 and 1310 and had been minted in London. A unique a gilt-bronze pendant was also found.

Most pottery remains were dated between the 12th and 13th centuries, with nothing older than 1600s, suggesting the manor was abandoned in the 16th century.

With thanks to Loughborough and District Archaeological Society.



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ALL ABOUT BOOKS

World Book Day – Thursday 3rd March – was the theme at Long Whatton Primary School for the day. Teachers decorated each classroom door with the theme of a famous book for the pupils to walk in to their classroom and enter the story. They all took World Book Day seriously, dressing up as their favourite characters.

Congratulations are due to the schools children for winning a music competition held by the Rotary Club at Castle Donington. They played recorders to beat other local schools to the prize.

The pupils were asked to think of fundraising ideas to raise money to support families in Ukraine. They decided on a cake sale which took place at break times and after school. A generous supply of cake donations helped the children raise £270.



PLAYSCHOOL *Celebrating Spring*

How lucky we are to have so many daffodils both real and knitted, brightening up the village this month! Thank you Knit and Natter for all your incredible work.

The children at Playgroup have been making the most of Spring with lots of lovely gardening activities. We have planted seeds and bulbs both inside and in the garden. The children have learnt how to water, measure and care for their growing plants. Daffodils from the playgroup garden have provided the inspiration for some wonderful paintings and drawings too. Thanks to kind donations from parents, we have also grown cress from seeds which the children loved!

The Playgroup team have created wonderful garden centre and flower shop role play areas too. These role play activities are not just fun but are fantastic for developing speech, language, creativity and an understanding of the world around us.

Looking beyond spring, we start to think about the journey to school for some of our children in September. Gale and the team will be preparing the children for the transition and helping them gain the skills needed. They will help the children in many areas such as getting their own coats and shoes on, listening and understanding, sharing and taking turns and understanding routine. We have always been very proud of our close relationship with the village school and as always will help the children to navigate the changes ahead. Thank you so much everyone who donated towards our gardening activities. We couldn't have done it without you. If anyone has any unwanted dressing up clothes, we would love to make use of them. We are also looking for any resources to fix our shed roof which is leaking! If you can help or would like to contact us, please message on our Facebook page- Long Whatton Playgroup. Many thanks.

WEEKLY TRANSPORT AGENDA



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WHATTON HOUSE GARDENS:

At the moment horticultural fashion is focused on herbaceous perennials and the naturalistic planting movement. Some 'plants people' are calling for change and singing the praises of woody plants, which I am in favour of. But on this occasion, I want to focus on annuals and biennials. I am not advocating a return of carpet bedding as you may find in your local park. I use annuals as a quick and economic way to fill in gaps and top up summer colour in a mixed border.

Carpet bedding is not favoured at the moment as it is one of the most expensive and labour-intensive forms of planting, where the whole planting area has to be cultivated and re-planted at least once a year if not twice,

Annuals for summer colour by William Stanger

along with frequent irrigation. Most of the planting is done in blocks of one colour/variety and is mostly flat, like a carpet. The mixed border on the other hand mostly consists of permanent planting. Shrubs will mostly be in place for decades, but may require annual pruning. Herbaceous perennials may need dividing every 2-7 years but at least you do

not need to buy to many replacements. Perennials may also need supports, and dead-heading/cutting back. Finally, in many cases annuals are used to take up the

batten from early summer perennials. With a new planting scheme, I use them as temporary fillers for the first couple of years while the perennials and shrubs are still establishing. I

"Two of my go to plants for dry shade are biennials. Foxglove and Honesty. If they are happy they will self-seed and fill in any gaps whilst providing much needed colour in a shady spot."

also like to use self seeders, partly for some spontaneity and a more natural effect, but also because self-seeders can put themselves in places I find difficult to plant. Lastly there are some annuals and biennials I simply cannot do without, mainly foxgloves.

Plants like peonies and oriental poppies are incredibly flamboyant in May-June but can leave rather large holes when they go over. My favourite annual filler in this case is Cosmos. These come in the form of daises in shades of white-pink-purple. You can now get them in orange and pale yellow. With some dead-heading these should get you through the rest of the summer. I tend to sow these during April indoors. Earlier sowings tend to struggle from lower levels of light and heat and

Papaver rhoeas and P. somniferum come in a wide range of colours and shapes. In the case of P.somniferum (Opium poppy) I am not suggesting you grow your own morphine, they are purely there for ornamental value! California Poppy (Eschscholzia) is a favourite for a dry sunny spot. I am also fond of pot marigolds (Calendula) and Cornflower (Centaurea cyanus). All of these and other hardy annuals can be direct sown in drills in April-May. Leave a space wide enough to hoe between each row to keep on top of weeds. These annuals will soon fill out and form drifts of colour.

Two of my go to plants for dry shade are biennials. Foxgloves (Digitalis purpurea) particularly 'Sutton's Apricot' and 'Pam's



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April sowings soon catch up and make better plants. Cleome and Helianthus (Sunflower) are other candidates. I am particularly fond of Helianthus annuus 'Valentine'. It does not get too tall at 120-150cm, and has soft primrose yellow petals that go well with other pastel colours.

For border fillers as part of a new scheme you cannot go far wrong with poppies.

Choice', along with Honesty (Lunaria annua - pictured below). If they are happy they will self-seed and fill in any gaps whilst providing much needed colour in a shady spot. As they do not flower until their second year, you will need to sow seed this year and the next, to ensure successional flowering.

Now we just need to find the time to get sowing!



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THE EASTER TREE *Lauretta*

Dear Friends, I wonder if you have an Easter tree in your house? We have had one in some of our churches for a few years- just a branch from the woods secured into a large plant pot hanging with different eggs- chocolate, painted hard boiled, decorated paper mâché, jolly coloured egg shaped cards, and even some beautiful glass eggs- Easter eggs are such a great idea!

Not only for the joy of crafting such decorations, not only for the chocolate, not just because they are a living symbol of new life, but also the big ones are exactly like an empty tomb, and this is a powerful reminder of why we celebrate Easter.

This year, as I write after a week of shockingly dreadful events in Ukraine, it seems more important than ever that we hold fast to the compelling hope of Easter.

We hold together the dreadful injustice and awful agony that Jesus endured as he was crucified on Good Friday, with the wonder of the empty tomb on the Sunday.

Jesus' body had gone. There was an emptiness. There was a space....

And that space was never re-filled with what had been there before.

On that first Easter Sunday the resurrected Christ came Into the empty tomb bringing NEW life, resurrection life, a life that had overcome the power of death for ever.

On this Easter Sunday we will hear the words from John's Gospel, 'a light has come into the world and no darkness can overcome it.' Celebrating Easter is remembering Jesus enduring such pain and injustice, being killed, and not being overcome... in fact quite the opposite, in his resurrection Jesus overcomes, the power of death is disarmed and in its place the hope of new life comes into that empty tomb.

We pray today for peace and for the people of Ukraine in their dreadful pain and injustice. We hold before God our own fear and distress.

And we hold fast to the Easter hope of NEW life, made possible by Christ. For us all.

With warmest Easter greetings, Lauretta
Team Rector Kegworth and Hathern benefice
Area Dean Akeley East
01509 678966 or 07840 753202

THE VILLAGE SHOP REOPENS: *Meet the new owners*

Say hello to Jyoti and Vinod who have reopened the village shop. They are currently selling all the essentials and are open seven days a week for extended hours.

The couple are delighted to be a part of the community and see the shop as a work in progress at the moment. They will be adding to the services they offer in the very near future, hoping to become more of a hub for the village.

For those that need it they offer a free delivery service





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ALL SAINTS NEWS *April Services*

The daffodils are nodding in the breeze, the sun is shining and there are so many signs of the arrival of Spring. What a wonderful time of the year it is for us all.

April services in the Benefice

*April 3rd Long Whatton 10.30am Inside
Holy Communion/Outside*

*April 10th Kegworth 10.30am Benefice
Holy Communion*

Long Whatton 6.30pm Lambing Service

*There are services every day somewhere in the
Benefice during Holy Week. Please see the list on
the notice board.*

*Here at all Saints on Good Friday 2-3pm - an
hour before the Cross - prayer, silence readings and
music. This is a beautiful, quiet reflective hour. If
you have never been before, why not try it?*

Sunday 17th EASTER SUNDAY

*Hathern 10.30 Benefice service with Holy
Communion. Everyone is welcome at this service*

*April 24th Diseworth 10.30 am Holy
Communion with simultaneous streamed service.*

I'm delighted to tell you that Martyn Luczka has agreed to take over from me as church treasurer so that I can step down after 25 years. Martyn is a retired accountant in the business world and has a Ukrainian background. He has already taken over a great deal for which I am very grateful. Contact email martynluczka@martynluczka.plus.com He will officially be elected as treasurer on Sunday March 20th at the AGM.

It was interesting to read in last month's magazine about pollinators. This is one of the reasons why the churchyard will be managed in a slightly different way this year. At our PCC meetings in November and February we discussed adopting a different grass cutting regime in parts of the churchyard to allow some of the native species that exist in the grassland to flower and set seed. All that is required is that the mower is set to cut the grass at a 10cm (approximately 4 inch) length in a few places and in two patches allowed

to remain uncut for up to 16 weeks. This will allow plants such as Daisy and Self Heal, to name just two species to flower and set seed, providing pollen, nectar and seeds as food sources for a variety of insects, birds and small mammals. The insects in turn will be a food source for birds and also be pollinators for other wild plants and crops. We would like to stress that the churchyard is still being managed, cared for and looked after but in a few places our wild flowers will be allowed to flower.

We also plan to improve parts of the path around the churchyard. As always, we would welcome help from anyone in the village. If you are interested please email Sara Botterell sara.botterell@btinternet.com, Viv Matravers v@manororganicfarm.co.uk or our church warden Ed Kennedy edwardknnd@gmail.com

REFRESH COFFEE MORNING

The next coffee morning will be held on the 4th April 2022 at 10:30am at The Falcon Inn. This is the 1st Monday this month due to school holidays. 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 The Falcon Inn, please contact Jane Scholtz 073 9334 9009 or 01509 842736 or Penny de Kock on 07393407896 or just join us on the day.

FOLK CLUB

The Tigerfolk Traditional Folk Club will be at The Falcon, Main Street, Long Whatton for its next musical evening, starting at 7.30 pm.

April 12th - Cohen Braithwaite-Kilcoyne
Contact John 07982254298

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?

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Cara Tatterton
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"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

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EASTER LAMB

On Easter Sunday, tradition dictates that we all sit down together – be it with family or friends – and feast on lamb.

The rest of Easter is apparently about munching chocolate, and on the evening of Good Friday we are supposed to eat fish.

The roast lamb meal has its roots in early Passover observances before the birth of Christianity.

When Egypt experienced terrible plagues and the deaths of firstborn sons, Jews painted sacrificed lamb's blood on their doors so that God would 'pass over' their homes while punishing sinners. Hence, Passover. Later, when certain Jews converted to Christianity, they carried over the tradition of eating lamb.

Christians also refer to Jesus as the 'Lamb of God'. The following Lamb recipe is taken from the Delia Smith book 'How to Cheat', and is very easy to make with few ingredients.

Greek Lamb baked with lemon and garlic

What you need

800g neck of lamb fillet

2 lemons

4 cloves of garlic

Large handful of parsley

What you do

Pre-heat the oven to gas mark 2, 150°C.

Trim any excess fat from the lamb and cut it into 2.5cm thick rounds.

Now tear off a sheet of foil large enough to wrap them in and place in a roasting tin.

Arrange the pieces of meat in the centre of the foil.

Next, slice 3 of the garlic cloves into slivers and, using the tip of a sharp knife, make incisions in the lamb and insert the pieces

of garlic, distributing them as evenly as possible.

Now grate the zest from the lemons (reserving it for later), squeeze the lemon juice and pour it over the lamb, adding some seasoning. Fold up the foil to make a parcel, place it in the centre of the oven and cook for 3 hours. Just before serving, chop the remaining clove of

garlic and the parsley in a mini-chopper and mix it with the lemon zest. Serve the lamb with the wonderful cooking juices spooned over and sprinkled with the parsley mixture.

Note: this is great served with a Greek salad (cucumber chunks, quartered tomatoes, black olives, red onion slices and crumbled feta tossed with olive oil, lemon and garlic).



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

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.

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

Design: We can provide a design service for your artwork, if required. Prices subject to sight.



WHATTON

Garden Opening Times

24 APRIL - 1 OCTOBER 2022

Monday	10AM - 4PM
Tuesday	CLOSED
Wednesday	10AM - 4PM*
Thursday	CLOSED
Friday	10AM - 4PM*
Saturday	CLOSED
Sunday	10AM - 4PM*

* Refreshments will be available on the above days from 10am - 3pm

GARDEN ENTRY £5

Children under 8 years free of charge

WEDDING OPEN DAY

SATURDAY 2 APRIL 2022

EASTER TRAIL EVENT

SATURDAY 9 APRIL - THURSDAY 21st April 2022

(Garden closed to usual visitors)

NATIONAL GARDEN SCHEME DAY

SUNDAY 15 MAY 2022 | 10AM - 5PM

ACTIVATE THE VAGUS NERVE TO COMBAT STRESS *Liz Jarrom*

Lots of us have been affected by many stressful situations over these last two years, coping with the pandemic, along with all the other everyday challenges that occur every day.

Stress is largely perceived as a mental thing, but it's effect on us is less psychological, and more physiological. It might be a thought about a situation that starts to make us feel stressed, but it's the body that reacts to the thought, activating our flight and fight response. Constant stress, for whatever reason, affects us physically and mentally, and long term, it can be very detrimental to our health.

We are not designed to be in a state of stress for long periods of time. When we experience stress, be it from something serious like a road traffic accident, loss of a job or relationship, or even much more trivial problems such as dealing with emails, being stuck in a traffic jam or struggling to get through the chores list, our body reacts in exactly the same way

The brains fire alarm, the amygdala, reacts and assumes we are in danger, and the only thing that matters is our survival. So, the perception that something is stressful, causes our body chemistry to prepare us to either run or fight, in exactly the same way as our prehistoric ancestors did, when they heard a tiger in the bushes. Most of the stressful situations we encounter aren't dangerous, and can't be dealt with by running away or fighting. Even worse for us is that the stress response causes the blood to flow away from the pre frontal cortex, the thinking part of the brain, so our thoughts become scrambled and irrational. The more primitive part of the brain, the limbic system takes over, and we can't think straight, or work through our problems while we are feeling stressed. The physical body also functions poorly while we are stressed, and this can lead to a multitude of health problems such as chronic pain, gut disorders, high blood

pressure, asthma, obesity, diabetes, headaches, heart problems, depression and so much more.

Many research studies have shown that stress is a significant contributory factor in around 80% of health problems. The good news is that we have an internal ally, the 10th cranial nerve, known as the vagus nerve, which when stimulated, by some simple physical practices, and repeated as necessary, sends a powerful message to the body to relax and come back into balance, physically and mentally. One reliable way to achieve this, is to notice the breathing. When stressed, we tend to breathe in a shallow way, or even hold the breath. Noticing this, we can actively slow down, and deepen our breathing, this starts to engage the vagus nerve, which sends calming signals to say that all is well. Progress to resting the hands on the abdomen, and checking we are breathing deeply into the belly, noticing the rise and fall, further engages the vagus nerve, and enhances the feeling of calm within the physical body and the mind. Slowing the breathing, and breathing in for 6 seconds, and then out for 6 seconds, further stimulates the vagus nerve. Making the exhale slightly longer than the inhale calms the body even more, and so stimulates the vagus nerve to transmit ever more relaxing messages back to the brain.

A surprising way to activate the vagus nerve is to become aware of your tongue. Then, allow it to totally relax, and rest gently on the floor of the mouth for a few minutes. This feels strange at first, but it's worth persisting with this, as the act of totally relaxing the tongue on the floor of the mouth, once again, activates the vagus nerve, which calms the nervous system, and deactivates the stress response. These practices are free, non-addictive and highly beneficial.

Use regularly for a cumulative effect, and a calmer and more balanced life.



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Ballet Classes

FOR CHILDREN AND ADULTS

LOCKINGTON VILLAGE HALL - SATURDAY From 8th January 2022

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.

NEW CLASS: SILVER SWANS BALLET FOR ADULTS

From 5th January 6.15

DISEWORTH VILLAGE HALL - WEDNESDAYS

Please enquire for details.

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

Website: Claudette Caven Dance
Claudette Caven, AISTD, Advanced Cecchetti Ballet,
Advanced Modern, Advanced Character
01509 672702 email claudettecavenhenrys@hotmail.co.uk



THE LITTLE LOCAL LIBRARY *with big ideas*

In Hathern village, tucked away on a corner opposite the Parish Church, sits Hathern Community Library.

Officially the smallest in the whole of Leicestershire, this library has been serving local communities since 1955 - almost the library's Platinum Jubilee. For most of its life, it was run by Leicestershire County Council, but in 2015 in a cost-saving exercise, the County Council decided to turn village libraries over to Community Management. A group of volunteers and trustees was formed and a year later, after various meetings and training sessions, took over the management and day to day operation of the library in January 2016. Since then they have transformed the building from one that resembled a 1950s public convenience to the light, bright, welcoming space that it is today, at the same time turning it from a community library into a real community hub.

There is no need to go all the way into Loughborough to change your books, or wait for the next mobile library visit, just pop into Hathern. The library is open Tuesday and Thursday afternoons, Friday and Saturday mornings and also Wednesday mornings, when most other libraries, including Loughborough are closed. Parking right by the library is usually easy and there is disabled access.

As well as all the normal library functions, the

library hosts several community groups. You do not have to be a library member to join, (though we will happily sign you up!) everyone is welcome.

The Art Group meets every Monday afternoon from 2-4 pm and provides a friendly, supportive space for members to work on their own projects.

A Reading Group which meets every fourth Tuesday in the evening for an informal chat about whichever book they have chosen to read that month.

Craft and Chat meet every Wednesday afternoon in the library from 2 - 4 pm for a relaxing two hours

of crafting, including a break for tea and home-made cake. Members usually bring their own projects and help, advice and support is always available if you have a craft-related problem.

"All Join In" is held on alternate Thursday mornings and is a volunteer-led session of rhymes, songs and movement for babies and young children. Parents meanwhile, can enjoy a coffee and a chance to chat.

More information on our opening hours and various groups can be found on Twitter, (@HathernLibrary) the Facebook page and website (www.hatherncommunitylibrary.org), together with details of any upcoming events being organised.

Jane Martin (HCL volunteer)



LONG WHATTON CRICKET CLUB *Open evening*

Long Whatton Cricket Club have an open evening and registration night on Tuesday 26th April from 6.30pm.

It's an opportunity to discover more about Dynamos and All Stars Cricket sessions.

Dynamos is for boys and girls aged 8 to 11 and starts on tuesday 10th May, from 6 - 7pm.

All Stars is for younger boys and girls aged 5 to 8, also starting Tuesday 10th, 6 - 6.45pm.

The club is family friendly, supportive of all. Facilities include a clubhouse with changing rooms and licensed bar, separate junior and senior pitches.

Training is led by professional coaches.



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