

Long Whetton News

DECEMBER 2022



The fate of the Methodist Church has now been decided after a year of uncertainty, plans, fundraising and hopes.

Samantha Lockwood explains exactly what has happened inside.

Also inside you'll find out about disappearing streets in the history page, what the school has been up to, health, cookery, world superbike racing and a host of events happening in December.

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EDITORS NOTES

Welcome to the December issue of the village magazine.

We would like to say thank you once again to everyone who helps with the magazine - contributors, distributors, fundraisers and all the businesses who have advertised in our pages.

See you next year!

COMMUNITY CENTRE

The Community Centre has been refurbished over the summer and is looking fresh and inviting. If you would like to hire the Community Centre for parties or activities please contact the school office on the contact Colette, the office manager, for further information: 0150984223 Office@longwhattonschool.org

HAPPY BIRTHDAYS

Congratulations to Enid, the village's oldest resident who turns 99 years old on 8th December.



Also, many happy returns to David Knight on December the 10th.

David will be 92, so he will be one of the oldest residents of the village.

He moved here in 1962 with his wife Iris, and has seen many changes. He has two daughters, Penny, and Jane, both born in the village, with Penny living in the village now, and Jane nearby in Hathern, plus two grandchildren.

David did his national service, then worked as an engineer, also having a brief career change as a prison officer.

Since retirement he loves to potter in his garden, likes reading, communicates by What's app, and also enjoys a pint and a gossip with his neighbour 'Sir' Roger Cooke.

His family sends lots of love.

LONG WHATTON NEWS *Advertising rates*

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Design: We can provide a design and artwork service for your advert, if required. Prices are subject to sight. Email us at longwhattonnews@gmail.com

THE 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

renny de KOCK 01595 401890
Neil Bamford 07921 855607

COPY DEADLINE

The copy deadline for articles for the January issue is 17th December.

HOBBS YARD/BARNFIELD CLOSE – *village history*

Villages evolve over time and not all buildings survive the increasing needs of space and housing. Sometimes whole streets vanish.

Here is one of them, Hobbs Yard, as told to the Long Whatton History Society by Joy Tacey as she remembered how it was between 1933 and 1935.

Joy was born on the 3rd October 1926 and died on the 25th August 2016. She lived most of her life in the village.

“At the bottom of the yard on the right is a large house where Mr. and Mrs. R. Hobbs and sons lived. He was a builder and carpenter, they officiated and made many local coffins.

They use to place the coffin on a small black four wheeled hearse, pushed along by the pall bearers. The mourners walked in procession to

the church or chapel in the village.

Adjoining the house were stables and a hovel. Opposite is a very old beamed barn with a wooden door, now a listed building. Further up, in the Hobbs' garden was his workshop.

At the top of the yard, on a bank were two cottages. Mr. and Mrs. C Booth, who was a joiner lived in one cottage and Mr. H Hayes in the other. I remember, that he had a long white beard covering his waistcoat.

At the bottom, opposite Mr. And Mrs. Hobbs, and on the left, lived Mrs. Fisher and next door Mrs. H. Hobbs and family.

In the cottages around the corner, lived Mr. and Mrs. H Shelton, next Mr. and Mrs. S Barker and family, then Mr. and Mrs. H Oakes and family and then Mr. E Cartledge. Adjoining this cottage across the end was the house of Mr. and Mrs. O. Hunt and family.

In the middle of the yard was a spring, there was always a puddle there. There was also a row of pan-toilets and coal houses.”

Today Barnfield Close is on the site of Hobbs Yard and consists of four houses, ten bungalows, built in 1967 by Rice and Beck of Long Eaton.



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THE FOOD BANK *needs your help*

Sadly, with the current cost of living pressures, more and more families need the help of food banks. Please help to support local families in need at Christmas.

Drop off your donations at Long Whatton Church before 9am on Monday mornings or make a financial donation.

You can also donate, as a one-off or regularly, to the Food Bank through their website www.shepshedfoodbank.co.uk.

Financial donations are really important as they give the Food Bank the flexibility to buy what's required in any given week and to buy fresh and frozen produce.

The Food Bank needs non-perishable items and cannot accept fresh or frozen food. Items regularly needed include:

Tinned food, including meat, fish, puddings

Breakfast cereal

Coffee and tea

Squash

Long-life milk

Toiletries (toothpaste, soap, shower gel, sanitary items etc) are also needed, as is pet food. 'Festive' items are also very welcome at this time of year, eg Christmas confectionery.

But, please note the Food Bank does not need Christmas puddings. It also doesn't need pasta, lentils, chickpeas, or kidney beans. And it can't accept alcohol.

The Food Bank relies entirely on donations of food and money. It helps to feed, on average, 180 people a month. It is a registered charity, run by volunteers and it is not affiliated to any church, political group or organisation. It provides food parcels to people who have hit hard times and it works with agencies such as health, social services and education to determine people's eligibility for support. The circumstances of each individual / family are kept under review to ensure that continued receipt of food parcels is appropriate.

To find out more go to their website - www.shepshedfoodbank.co.uk

Questions? contact Stefan on 07973 814496 or Sharon on 07887 726437.

FOOD BANK *Volunteer*

Could you give one hour a week to help with the local collection of Food Bank donations?

We need someone who could collect donations from Long Whatton church each Monday morning and take them to the Food Bank in Shepshed. You would also be the contact point for the village.

There are usually 3/5 bags per week left in the church for collection.

I KNOW IT SO WELL *a poem by David Griffiths*

There is danger in Long Whatton
That your name may be forgotten.

I might say "I know your face
But your name I cannot trace!

Are you Mary? Are you Sue?

Come on girl. Give me a clue!

Where was it you were last seen

Piper Drive or on the Green?

It's possible that you are Jane

And that you lived on Smithy Lane!

Or can it be that you are Rose
And that you came from Crawshaw Close.

This will drive me round the bend,

Are you Betty from West End?

My memories poor but I do strive

You must have lived on Oakley Drive!

And this is just a last resort,

Can you be Liz from Sherwood Court?

Although I can't recall your name

I'm pleased to see you just the same.



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LONG WHATTON SCHOOL *Old toys, mosques and wreaths*

The Long Whatton School pupils have been taking their learning out and about a visiting the local area and further afield. The Squirrel class visited Sudbury Childhood Museum to discover toys from the past and find out how children of the era used to spend their spare time.



The Hedgehog class investigated places of worship. They started with All Saints Church in Long Whatton to explore Christian artefacts then headed off to Leicester to visit



a Shree Hindu temple where they listened to singing, prayers and drumming. They looked at the beautiful Hindu Gods, vibrant colours and offerings all around the temple.

Following that they took another trip to Leicester to visit an Islamic Mosque and saw



Arabic writing, large windows, prayer mats and golden tiles. They learnt lots of amazing facts about how Muslims pray and how they worship their God.

For Remembrance day the children took time to create their class wreaths ready to place on the memorial in the village. The owl class

had created their own Remembrance poems to share with the community. On November 11th they laid their

wreaths, shared a two minute silence and remembered those who lost their lives through war.

On the 17th parents and carers were invited into school to share a roast dinner with their children and after share their favourite books together.

The aim of the school is to foster the love of reading with the children to help them become fluent readers.

The school is inviting the local community to come into school to

read with our children. If you have a spare hour or afternoon each week where you think you would be able to come into school and help the children to read please contact Colette, the office manager, for further information: 0150984223 Office@longwhattonschool.org





THE METHODIST CHURCH – *the end of an era*

As previously reported the Long Whatton Methodist Church, based on its great historical significance within the village, was registered as an Asset of Community Value. This meant that once it was put up for sale, a notification had to be made to trigger the legal procedure attached to this policy. However, as this didn't happen first time around the Long Whatton Community Association and Long Whatton and Diseworth Parish Council were given the opportunity to review their project to buy it and rebid for the purchase; the Asset of Community Value rules gave the community six months for the process to acquire the asset.

Obtaining the building for the benefit of the people of the parish for community use in perpetuity was considered important enough for the Community Association and Parish Council to work together on a new bid. A plan was agreed and once permission was received from the Secretary of State a revised offer was tabled to the

Selling Agent.

Unfortunately, the new offer, that was more than double that previous put forward, was again unsuccessful. We have been advised that although the bid had positive merit for the community charity law dictates that the building had to be sold to the highest bidder, irrespective of any other consideration.

On behalf of everyone involved, I would just like to thank you all for your continued help, support and efforts during this lengthy process; it's not the outcome we wanted, but

we are sure the team could not have done more on your behalf.

Samantha Lockwood,
Clerk to Long Whatton &
Diseworth Parish Council

The current Methodist Church was built one hundred and ten years ago and served as a church until more recently when it became the home of Long Whatton Playgroup.

The Estate Agents handling the sale of the property have not disclosed who the buyer is.



MENS BREAKFAST

A regular date for your diary:

A Mens Breakfast which takes place on the 4th Saturday of each month, (except December). In January it's wives, partners or girlfriends too.

Start time is 9am for 9.30 for a full English breakfast with tea or coffee, at The Rose and Crown, Zouch.

If anyone wishes to come contact Clark for more details, clark.jennings@live.co.uk or telephone 01332 605647

FUNDRAISING SUCCESS

The Knit and Natter group raised almost £400 for the Royal British Legion charity and would like to say a big thank you to everyone who bought their knitted poppies and door wreaths.

They also held a very successful coffee morning on 19th November at the Friendship Centre and raised £450 for the McMillan Cancer Charity.

Your support of all the groups other projects throughout the year is greatly appreciated.

WHATTON HOUSE GARDENS: *Plant Selection by William Stanger*

To some degree everyone, who buys a new plant for their garden will have a criterion. It may be as simple as just liking the colour or highly fragrant. More experienced gardeners will be thinking about their growing conditions such as dry or wet soil. Here at Whatton House we have a number of things to consider before investing in a new plant for the garden.

As a starting point we can look to the RHS (Royal Horticultural Society) who give worthy plants an AGM (Award of Garden Merit). To earn an AGM a plant will have gone through a trial typically lasting three-four years. If a trial is not feasible a group of experts come together for a roundtable discussion. A plant must have the following to earn an AGM: Excellent for ordinary use in appropriate conditions, Available, Good constitution, Essentially stable

in form and colour, Reasonably resistant to pests and diseases. Consequently if a plant has an AGM we can be reasonably confident it is one of the best of its type and we will often chose it over something similar that does not meet the same standard. There are however some plants that may have not been included in the latest plant trial of a particular genus or species. This might be because it has only been introduced to cultivation and was not around when the trail started. Therefore, there are some very good plants out there that have yet to receive an AGM. There is of course an element of subjectiveness, and we use the AGM as a guide rather than an absolute.

The growing conditions at Whatton House are a major factor in what we chose to grow. The soil is predominantly clay and can get rather wet in winter. So generally Mediterranean plants that require good drainage are generally avoided, however plants that can handle summer drought are highly sought after. The P.H. of the soil is variable across the 15 acres, there are patches that are more acidic and consequently that is where you will find the Rhododendrons. Other areas are neutral to alkaline and lend them selves more to the Philadelphus. The ongoing maintenance of a plant is another factor. Does it require regular pruning, and how technical and time

consuming is that pruning? Hybrid Tea and Floribunda roses require more attentive pruning than shrub roses, thus we tend to choose the shrub roses for ease of maintenance. Then there is flowering time. The garden is open to the public March to the end of September. Therefore, there is little point investing in plants that perform out of this



Deutzia x hybrida 'Joconde'

timeframe. The garden is at its peak in Late Spring- Early Summer but we would like more colour for Mid-Late Summer. Plants that flower for as long as possible such as Aster x frikartii 'Mönch' are highly valued for keeping an area colourful.

We are not a botanic garden so we are not overly concerned about rarity or plants that could be described as 'botanically interesting only'. What we are concerned about is a plants overall performance. Will it grow well here? Does it give a long season of interest

or multiple seasons such as a tree with spring blossom and autumn foliage? Can it deliver with the minimum amount of intervention such as dead heading? Will it serve a functional purpose such as good ground cover to help cut down on weeding, or will it act as a wind break to provide more shelter?

Something else worth considering is how a plant fits in with the style and history of the garden. To a degree it is more how the plants are arranged rather than what is used that is important. Overly tropical and architectural plants are probably best kept to a minimum as they do not really fit the late Victorian to Edwardian history and style. The Philadelphus collection however does fit in with the historical time frame of the garden and have grown well at Whatton for decades. Some are very rare in cultivation and to this end we are doing our bit to work with Plant Heritage to stop this particular group of plants going extinct. We may also apply to be a Plant Guardian for Deutzia 'Joconde' which we have a very fine specimen of. It does happen to have an AGM and in full flower you will appreciate why. At present there is only one supplier of it in the country, so it is both a good performer and rare.

As you can see there several things to consider before we invest in new planting. This all feeds back into making the garden more sustainable whilst improving its overall presentation.

'Everyone, who buys a new plant for their garden will have a criterion. It may be as simple as just liking the colour or highly fragrant.'

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LEAF BLOWERS *Rev. Louise Corke*

I always used to scoff internally at people using leaf blowers. What's that all that about, just moving leaves from one place to another? What is the point of redistributing them in another corner of the park? Little did I know.

These days, surrounded as I am by a thick carpet of autumn leaves each year, I have to say: I get it. Now I understand their use and labour-saving qualities, and imagine the satisfaction of blowing the entire gardenful of leaves into a neat pile, to be easily transferred to the compost.

If only, too, we could blow the messy items of our lives into a neat pile and scoop them into the bin. Wouldn't that be handy? If only there was a life blower as well as a leaf blower. Especially as we plan for family gatherings over Christmas and New Year, some of us will navigate around fragile relationships, difficult family obstacles and our own internal shortcomings.

The season of goodwill can sometimes get covered up with such debris and without a life blower, it just sits there.

The French philosopher Gabriel Marcel distinguishes between a problem which can be fixed by a linear or mechanical process and a mystery which is unique every time and not solved with procedures. A problem you can fix from the outside; a mystery you have to enter in order to understand. The leaves in my garden are a problem; the personal debris of life is much more of a mystery which needs more than a leaf or a life blower!

As we celebrate Christmas, it might be good to remember that the nativity was the extraordinary miracle of God stepping into human life, not treating us as a problem to be fixed but a mystery to be entered: complex, broken in parts but still full of possibility. Immanuel. God with us. I wish you the very best of Christmas.

ALL SAINTS CHURCH *news and services*

All are welcome to our services and to stay for refreshments afterwards.

Services in Long Whatton for December will be:

Sunday 4th Christingle service - 10.30

Sunday 18th - 6pm Carol service

Saturday 24th Christmas Eve - 4pm Crib service, 10pm Midnight Mass

Carols outside around the Christmas tree with mince pies and mulled wine hopefully to be announced soon.

Services elsewhere in the benefice in December, all welcome:

Sunday 11 December - 10.30 Holy

Communion service Kegworth

Sunday 11 December - 7.30 Praise Evening Hathern (at the end of the Hathern Christmas tree festival)

Christmas Day - 10am Holy Communion service Osgathorpe

Sunday 1st January - 10.30 service at Kegworth.

All Saints Church really does need you. Our beautiful church is open every day for you to visit. It is lovingly looked after, cleaned, maintained and services and events made possible by an ever decreasing number of people. For this to be sustained going forward the church needs more people to get involved no matter how infrequently. If you can offer a couple of hours now and again to enable your church to continue to be a welcoming and constant presence in the village I would be delighted to hear from you. If you can offer to play the piano or organ at any of our services at any time that would be tremendous. Wishing you a very Happy Christmas. We hope our December service selection has something for everyone. Viv Matravers v@manororganicfarm.co.uk 07780097997



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Long Whetton News

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

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

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

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



ALL IN A DAYS WORK *Indonesia and Australia*

The World Superbike circus left Argentina and headed for Indonesia for the penultimate round.

With two rounds and six races remaining this year, Alex could finish in a theoretical 4th place in the championship, though it would be a tall order.

Alex secured fourth spot on the grid for race one during qualifying on Saturday, but in race one a few hours later his qualifying pace didn't translate in to the finish he would have wanted.

Slipping to tenth early on, he nevertheless steadily clawed his way up to fifth for a few laps before being demoted to battle with Gerloff, to be pipped in to ninth place at the end of 21 laps.

In Saturdays ten lap Sprint race Alex produced a seventh.

A blistering starts saw him up in fourth place at the end of the first lap, but again he slipped back spending the last half of the race dicing with Redding and Rinaldi, finishing between the two.

In the last outing an the 37 degree heat and 60% humidity Alex crept up to sixth in the early stages, but for the third time couldn't maintain the pace and ended up 0.4 seconds behind Gerloff to take a safe ninth place.

On to Australia and Philip Island near Melbourne.

Qualifying placed Alex in third for the first race. just 0.2 from pole and almost identical to

Rea in P2.

Alex led the pack going in to third distance of race one, but an error four laps later dropped him to fifth and then seventh. A heroic comeback was needed and Alex methodically went up the places again to produce a stunning third place.

Alex went from fourth to first for a few laps in the Superpole race, before being subdued in to a fourth place finish.

In the final race of the year Alex dropped to sixth early on, and had to battle his way back to fourth where he held station for much of the race before passing Razgatlioglu for third, 14 laps in, which he held until a red flag brought a premature end to the race, Alex taking a podium spot in third.



Australian champagne

A BIG THANK YOU *From the Cricket Club*

Long Whetton Cricket Club would like to thank you all for once again making Bonfire Night a successful evening and we hope to see you in the summer at a game or bringing your children along to play cricket.

We are always looking for new playing members for our senior teams or social members or junior members. And a big thank you to the

village shop for selling the tickets on our behalf.

The final thank you goes out to all the volunteers for helping set up and on the night, from lighting the Bonfire, setting the fireworks off, running the BBQ, serving at the bar, being on the gate and tidying up on Sunday.

We hope you all have a Very Happy Christmas and New Year.



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HARLOW AND ZAC THE ZEBRA *and the road safety message*

Harlow's and Zac the Zebra, from Brakes road safety charity, paid a visit to Long Whatton Primary School to talk to the children and staff about road safety - the biggest killer of young people worldwide. The children were especially excited to meet Zac, who attends many schools to get his message across.

On Friday the 18th November, all of the children and staff went to Harlow's Long Whatton branch for a 'Bake for Brake' fund raising day, where just over £200 was raised,

which will go towards helping victims recover from road traffic accidents.

The children took part in a road safety colouring competition, which was judged by Mr Harlow and proved to be a difficult task due to the excellent standard. Every child was issued with a certificate for taking part and the winners from each year group won a book voucher and some Harlow goodies.

Sara Gray, Head Teacher said "We really appreciate Harlow's coming into Long Whatton School to talk about the importance

of road safety with our children. Giving our children the opportunity to both sit in and stand in the blind spot of their truck enabled them to see the dangers first hand. It is vital for our children to learn these life skills and understand how to keep themselves and their families safe on the road."



JOIN A COFFEE MORNING

Village Coffee Morning @ The Falcon Inn: There will not be a coffee morning in December instead we will have a Christmas lunch on Monday 12th December 2022 at 12 o'clock at The Falcon Inn. If you would like to join us please contact us to select your meal choice.

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.

Village Coffee Morning @ All Saints

Church: There will not be a coffee morning in December 2022 the next one will be in January 2023.

Everyone is welcome. If you are new to the village this is a great 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 or All Saints Church, please contact Jane Scholtz 073 9334 9009 or 01509 842736 or Penny de Kock on 07393407896 or just join us on the day.

Ladies - still feeling young at heart?

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

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

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

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

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

Cara Tatterton
Pilates



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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

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

CHEERS! RAISE A GLASS FOR CHRISTMAS *Health by Liz Jarrom*

We have all heard the message that drinking too much alcohol is very bad for us, but it seems that a small amount of alcohol a day can actually be beneficial for our health. Alcohol taken in high doses is a poison to the human body, but in very low amounts it seems to offer some protection against developing many of the degenerative diseases that afflict significant amounts of the population today. The British Medical Journal asked researchers to look through thousands of best quality clinical trials and pool together the results, to look for patterns within the research.

It seems that drinking one pint of beer, or 2 small glasses of wine daily, helps to reduce the risk of developing diseases such as heart disease, circulatory problems, stroke, many types of cancer, diabetes, high cholesterol, Alzheimer's and other forms of dementia, to name a few. The reduction in the risk was between 10% and 25%, across a wide range of ages, using data collected from trials that were held over a span of several years.

Consuming more than a very modest amount of alcohol daily quickly negates the benefits. Drinking two pints of beer or 4 small glasses of wine a day slightly raises the risk of developing these common diseases, already mentioned, but also raises the risk of other cancers, especially throat and mouth cancer.

The risks become much higher with daily moderate and high alcohol consumption. Well, that the bad news out of the way, so what is the best little tippie to have to gain these health benefits. It's the very darkest red wines that contain the highest levels of healthy, purple pigments called anthocyanins, antioxidants called polyphenols. These are found in high amounts in wines such as Tannat, Pinotage, Shiraz, Cabernet Sauvignon and Merlot.

Grapes are triggered to produce anthocyanins to protect themselves against solar radiation, so

grapes grown in strong sunshine, in hot regions of the world, produce nearly twice the amount of anthocyanins as grapes grown in cooler regions. Simply by choosing a glass of favourite red, made from grapes grown in a hot climate, you can receive more antioxidant protection from your single tippie, such as Argentina, Southern California, South Africa, Southern Europe and Australia. Cooler regions include Tasmania, New Zealand, Chile, Northern Europe, East Coast of the USA and Northern Europe. Tannat grapes have 55% more anthocyanins than any of the other red wine grapes. Even better news though. A study by the University of Sao Paulo found that cheaper versions of your favorite red, still have the same level of antioxidants as a more expensive bottle, as long as it's made from the right grapes grown in a hot region.

In beer, just like wine, it's the phytonutrient content, in the form of polyphenols, that confers the health benefits, as long as it's taken, in very modest amounts. The beneficial chemicals in beer come from the complex mixture of dark coloured compounds found mainly in the malted barley grains, which contribute about 70% of the polyphenol content of the beer. As with wine, a dark colour is the best indicator of a higher presence of antioxidants. A dark, malty beer contains twice the amount of antioxidants than a pale lager. Hop content in the beer also bulks up the polyphenol content. Hops are only added in small amounts when making beer, but they are responsible for adding flavour and create the characteristic haze when you look at the beer in the glass. Toasted malt contains antioxidants called melanoidins, brown pigments make the beer dark, and are nutritious to our gut biome.

If you want to avoid alcohol, then similar benefits can be obtained by drinking red grape juice. Cheers!



**Tiger Folk present a special
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SPROUTS ARE LIKE MARMITE *(and not just for Christmas)*

Sprouts are only like Marmite in that most people either love them or hate them.

With Christmas on its way 25% of all the sprouts sold in the UK will be bought in the 2 weeks before Christmas. That is a staggering 750 Million sprouts. Rather depressingly it is reported that 74 Million of them are thrown away!

Why are Brussel sprouts called Brussel sprouts? Following the Middle Ages, the cultivation of sprouts spread from the Mediterranean to the Northern areas of Europe, including the region of present day Belgium. Later, we also see heavy cultivation of sprouts in the Brussels area. This is the reason that the name 'Brussels sprouts' came into use and is still used today.

Some might argue that the reason the humble sprout is so disliked is because it has a reputation for not being cooked well. And there is also a scientific reason for hating the green veggie: in 2011, Cornwall College found sprouts contain a chemical, similar to phenylthiocarbamide, which tastes bitter to people who have a variation of a certain gene.

The one rule that holds true for cooking them on the hob is that you should avoid cooking them for more than 5 minutes. This is because overcooking them will result in the sulphurous compounds contained within them breaking down – and they will smell. Probably something else that puts people off eating them.

A recent survey has revealed that more than half of Brits actually enjoy the divisive leafy green veg. They found that Brits' favourite vegetable in their Christmas dinner is the

humble Brussels, with one in five (20 per cent) placing the traditional green vegetable at the top of their list.

Brussel Sprouts (serves 8)

What you need

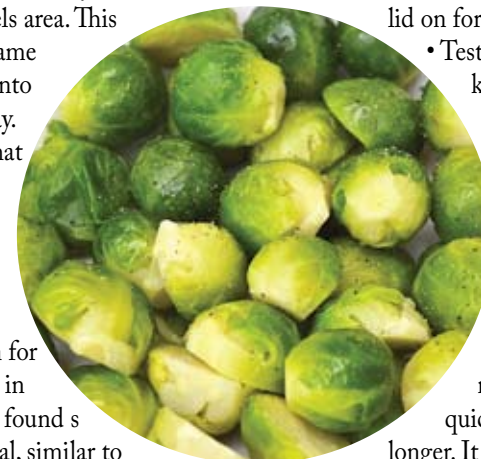
- 750g sprouts (trimmed, any large ones halved or quartered)
- Knob of unsalted butter

What you do

- Tip the sprouts into a pan and add a couple of cm water and a pinch of salt – a large pan works best for this so the sprouts are not piled on top of each other. Cover and bring to the boil, turn down to a simmer and cook with the lid on for 3-5 minutes

- Test with the point of a sharp knife to check if they are cooked through, if not cook for a little longer
- Drain and tip into a bowl with a knob of butter and serve
- Another tip: Don't cut a cross in the base of your sprouts it doesn't make them cook any quicker and makes preparation longer. It will also make them soggy.

A quick scan of the BBC Good Food website found a great many Sprout recipes including one for, and I kid you not, Brussel Sprouts with Marmite butter!



*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*



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