


Long Whatton News

FEBRUARY 2022



Footpath to
Kegworth 2

Welcome to the February edition of the Long Whatton News.

You might be wondering why there is a picture of a tilted footpath sign

on the cover. It isn't a complaint to the parish council, but if you want to know more you'll have to go to the centre pages inside.

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TWINS!

Welcome to twins, Indie and Luna who arrived just in time for Christmas, and congratulations to Corinne and Alex Lowes, the proud parents



DIAMOND ANNIVERSARY

Congratulations to Pat and David Griffiths who celebrated their diamond wedding anniversary on 20th January. That's a whopping 60 years together!

ROAD CLOSURE

Kegworth Lane/Whatton Road closed on 17th January while drainage tunnels are replaced along Whatton Road.

The road will be closed for up to 20 days for all through traffic, emergency vehicles and pedestrians.



ATTENTION GARDENERS! *Belton Gardening Club invitation*

The Belton Gardening Club is a friendly group who meet monthly to discuss gardening, socialise and to listen to talks related to gardening.

We meet on the last Tuesday in the month, usually at 7.30pm in Belton Village Hall (LE12 9TU) and welcome all visitors for a small charge of £4 which also includes a tea or coffee.

Full membership is £15 and includes access to social events and group visits to public gardens.

The programme of talks for 2022 is as follows:-

February 22nd 'Tea bags, Bras and Tights' - Darren Rudge.

March 29th 'Flowers and Trees by Canals' - Mary Matts.

September 27th 'Capability Brown - Moving Heaven and Earth' - Steffi Shields.

October 25th 'For Ever for Everyone - Historic Gardens in the 21st century' - Simon Gulliver.

November 29th 'Lawns, Hedges and Topiary' - Jeff Bates.

For more information please contact the club, via email on:
beltongardeningclub@gmail.com

SAVE THE DATE



WHATTON

THE BIG JUBILEE LUNCH

as part of the official celebrations for
HM The Queen's Platinum Jubilee

at Whatton House
on Sunday 5th June, 11.30am to 4.00pm

This will be a picnic style party open to all.
Please watch this space for details on this special event

We cannot wait to celebrate with you all!

www.whattonhouse.co.uk hello@whattonhouse.co.uk



SQUIRRELS

Squirrels. Cheeky, wingsuited, parkour experts.

There are two species in the UK. Red squirrels are our native species and have been here for 10,000 years. Grey squirrels were introduced by the Victorians from North America in the 1800s.

Grey squirrels are physically larger, they are more adaptable and dominate food and territory. They also carry the squirrel pox virus that can kill their red counterparts.

As a result the red squirrel population, which used to cover almost all of the UK has heavily declined and shrunk to the highlands of Scotland, patches of northern England and the west of Ireland. It is estimated that only 140,000 remain compared to 2,500,000 grey squirrels.

They nest in a 'drey', an oval or round nest made of twigs and lined with moss, grass and leaves.

Generally solitary creatures outside breeding season, they may share a nest during winter to stay warm.

Their sharp, curved claws enable them to run up and down trees, branches and even walls. Their strong hind legs help them leap considerable distances and their large tails help them steer mid-flight and

help with balancing.

Tree seeds, nuts, berries and young shoots form the bulk of their diet. When they have any excess they hide it in nooks and holes in trees or bury it.

Mating season is February-March and June-July after which the mother can have 3 or 4 'kits'. If food is plentiful in autumn and winter squirrels can live up to 7 years in the wild.

Apart from colour, there are several other differences between red and grey squirrels. Greys prefer

broadleaf woodland - Oak, Beech, Sweet Chestnut and Hazel Trees. Red Squirrels

Grey squirrels, that have almost wiped out our native red squirrels, were brought here by the Victorians as fashionable additions to the family estates.



live amongst fir and pine trees, where their red colour provides excellent camouflage against the bark, although their colour can vary from vivid ginger to dark brown. In winter red squirrels grow large tufts of fur above their ears.

Grey squirrels don't grow the tufts but they do have tails that are multiple shades. and they can commonly grow to weigh twice as much as red squirrels.



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VIKINGS AND DINOSAURS *at school*



After a hectic Christmas in school with parties, a special visit from Father Christmas, a Santa run, nativities and performances plus a trip to Loughborough for a Panto, finally being able to celebrate together, the school is now open for the first term of 2022.

At the beginning of the term a Viking visited the school to see the Robin's class and help them to launch their new topic, Invasion! They climbed aboard his Viking ship and dressed up in period costumes. They can be seen in the photograph below wielding shields and weapons

Meanwhile, the Hedgehogs have been busy making fossils to launch their new topic, Dinosaurs.



BENCHES FOR THE NATIONAL DAY OF REFLECTION

In support of The National Day of Reflection on 23 March - a day to support the millions of people who have been bereaved during the pandemic and reflect on the millions who have died from Covid - the district council is proposing the installation of commemorative benches and trees in parishes across the district, working in partnership with parish councils.

In Long Whatton the Parish Council is looking to remove a bench on Barnfield Close, which is in a poor state of repair and replace

with a new one similar to the image here.

The Parish council want to know your views.



WHATTON HOUSE GARDENS: *The over vigorous and unfruitful apple tree by William Stanger*

The small orchard known as the Paradise Garden is in need some attention. You will notice that the wall has already been restored. But there is more work to be done. The fruit trees are not in the best of shape. At some point they have been heavily pruned resulting in over vigorous growth that does not bear fruit. Given their current state and age, many would think it better to start again with new plants. If the tree in question is also suffering from diseases such as silver leaf, canker and collar rot, it is definitely a write-off. However, a newly planted tree will take a good few years to settle down and start bearing fruit. The older trees also add a sense of maturity to this part of the garden.

Severe pruning over a number of winters, is the most likely cause of the vigorous and unfruitful growth that we are seeing on the

apple trees. It is also possible the trees were grafted on to a vigorous rootstock, the soil may be very fertile, the tree may have been given too much nitrogen. The orchard is already completely down to grass, which will be competing for nutrients and water,

*Apple trees:
'Winter pruning
encourages growth, but
summer pruning checks it.*

thus reducing the vigour of the trees. As for renovative pruning, this needs to be spread over a period of two-three winters to minimize the shock to the tree. Simply cutting back

all the branches in one go, will only make the situation worse.

November to March is the period for winter pruning. A start is made by thinning out crossing, broken, diseased and congested branches. Healthy, well-placed branches, spaced 2-3ft apart are left alone. When a

which will encourage the production of fruit-bearing spurs.

It may not be immediately obvious what the purpose of the curves in the orchard wall were for, other than a decorative feature. It may have been inspired by Crinkle Crackle Walls mostly seen in Suffolk. These were

in fact used for growing fruit. They are normally aligned east-west, so that one side faced south to catch the warming sun. The concave curves help to create a warmer microclimate. The alternate convex and concave curves in a Crinkle Crackle Wall provide stability and help it to resist lateral forces, resulting in greater strength than a straight wall of the same thickness



The restored wall and an apple tree displaying the symptoms of heavy pruning.

branch is removed it is cut back to the point of origin or to a replacement branch, no less than half the diameter of the sawn-off branch.

Winter pruning encourages growth, but summer pruning checks it. From August to late September, any unwanted laterals of the current season's growth that have become woody at the base and are longer than 12 in, are cut back to five leaves.

Shoots growing horizontally tend to be fruitful, whereas those growing vertically tend not to be. Therefore, horizontally-inclined shoots and branches are not to be cut, if possible. You can tie down young upright shoots or loop one over another to form arches,

of bricks without the need for buttresses.

As always there is much to do, but we persevere, in the hope that our labours will produce much fruit.

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

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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

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COPY DEADLINE

The copy deadline for articles for the March issue is 14th February.

REV UP YOUR METABOLISM WITH CHILLIES *Liz Jarrom*

There is significant evidence showing that chillies are packed with lots of health benefits, especially relating to the spicy chemical capsaicin, that gives chillies their famous fiery heat. Capsaicin is best known therapeutically, as a useful ingredient in some pain relief creams and patches, marketed to help with the pain and inflammation of joint conditions such as osteo and rheumatoid arthritis. Also, fibromyalgia, muscle sprains and headaches. Now, in addition to this, a range of studies is showing evidence that eating chillies may be a useful way to control appetite naturally. This might be beneficial to many of us, after all the indulgences of Christmas and New Year!

A study in The Netherlands was published in the International Journal of Obesity. Participants in this scientific trial, were given just under 1 gram of dried chilli, around half a teaspoon, half an hour before they were presented with an all you can eat buffet, at lunchtime, and dinnertime. It's not said how the participants took the chilli powder, and how they avoided the unpleasant effects of the heat. Maybe, they took it with milk or yogurt, more on that later. Comparisons between the participants taking a placebo, or the chilli, before the all you can eat buffets, showed startling results. The chilli consuming group, had a lower total calorie consumption, on average, about 15%, lower than the other group who took the placebo and reported satisfying feelings of fullness during the trial. This equates to a reduction of about 240 calories a day, a similar amount to the average chocolate snack bar, and all without feeling hungry. A series of Japanese studies, found that eating chilli reduced appetite, and significantly increased metabolism, speeding up the rate at which the body burns calories, by raising body temperature, especially after consumption of high fat meals. Further studies in Australia and South Africa found that adding chilli to a meal also reduced the impact of that

meal on blood sugar levels, which is beneficial to everyone, but especially to patients with diabetes. One of the drawbacks of eating chilli for health benefits, is the volcano like effect in the mouth when we eat it.

There are solutions to this problem, and one way may have helped the participants in the study from the Netherlands. Milk, and milk products contain a protein called casein. This protein works like a barrier, by binding with the pain receptors on the tongue, and so, reducing the burning sensation. Plant based milk drinks don't help, and won't stop the burning sensation. Cheese is an even more concentrated source of casein, so mixing chilli with some cheese, or with thick Greek yogurt, enables us to tolerate larger amounts, or hotter strength chillies. Best to be cautious about the amount of chilli ingested though, as it can irritate the digestive tract, and aggravate an irritable bowel. Staying within amounts used in traditional recipes, that have a long history of use, is probably the safest bet, but, as mentioned in the first study, taking up to 1gram of dried chilli a day should be okay.

Another way to reduce the overheating effects on the mouth of chilli, is to take it in the form of dried chilli flakes. The dried flakes have the capsaicin locked within the fibrous structure of the flakes. This means that it can take some time for the capsaicin to seep out, and have an effect on the tongue and mouth.

Quite a lot can be sprinkled dry onto food, or a cooked dish, without it becoming too noticeable. Put the same amount into the same dish, while you cook it on the hob, and the heat will be intolerable, and have you reaching for the water jug! Finally, if you are preparing fresh chillies, don't bother removing the white spongy tissue that's around the seeds. This white stuff is very rich in antioxidants and polyphenols, up to four times as rich as the red flesh of the chilli. Another reason to add a bit of chilli to the diet.




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WALKING IN ROMAN FOOTSTEPS *The 2000 year old route through Long Whatton*

Caesar invaded Britain in 55 BC, made peace with us and went home. His successors returned in 43 AD and stayed for 350 years and the were prolific and skilled road builders.

For some time it has been suspected that a Roman road ran through Long Whatton.

Initially, Long Lane in Kegworth with it's trademark Roman raised and cambered profile attracted the attention of archaeologists which developed into a theory that a Roman road stretched from Ratcliffe on Soar to Leicester.

The route includes roads and footpaths that form a remarkably straight path. In places modern developments have interrupted it but there is plenty of evidence to support the theory.

Aerial photographs imdicate that Long Lane once extended further north - right up to the banks of the river Soar and just south of the Romano-British settlement at Ratcliffe on Soar/Redhill.

Following the road south it leads in an almost straight line to Brickyard Lane in Kegworth, which also features Roman-style earthworks, but quite eroded. The end of the lane turns into a footpath that heads on a continuing alignment accross the fields to the corner of Mill Lane in Long Whatton. On the way the path still features remnants of a few earthworks. This path, and others often follow land and parish boundaries that can be dated back to 800 to 1000 AD and feature on maps from the 1800's to add weight to the argument that they are ancient routes.

Exiting Mill Lane and crossing the road the path continues to the left of the school grounds. It may be that the path was altered to

fit around new boundaries, ie, the building of the school, but from there a footpath continues south towards Shepshed in an alignment that hints that it was once one path.

After a short distance medieval ridge and furrow farming interrupt the path indicating the route southwards from there was no longer used. A footpath continues to Shepshed, but farming and the motorway have altered it's route and have obliterated any evidence of the original path.

However, in 1964 Shepshed Archaeological Society uncovered what they believed to be a road surface, between Oakley and Piper Woods during the construction of the M1 motorway, further suggesting a continuation of the route.

Building development in the north of Shepshed has destroyed any paths, but following the same line from Long Whatton brings us to Leicester Road, - which points directly to the gap between Oakley and Piper woods - and continues to

Ingleberry Road and Benscliffe Road, which terminates at Bradgate Park.

A footpath continues from the end of the road on the same line right through the park but does not contain any features associated with a Roman Road. The name Bradgate means 'broad road' (brad -gata), or possibly, 'broad gap' (brad -geat); in either case, the name infers an ancient route.

Exiting just north of Anstey aerial images show a length of parallel ditches that would have lined the road, but again these have been partially obscured by medieval ridge and furrow farming.

From there farming and development has removed all visible evidence of a road through what is now Anstey, but if the direction continued it would cross the Rothley Brook over the Packhorse bridge to the south of the town and continue down the existing lane to Anstey Lane on it's way in to Leicester.

Packhorse Bridge is said to be 14th century, but likely would have replaced an older bridge or ford.

To add weight to the proposal that this was a Roman Road is the fact that it linked the Fosse Way and the Roman town of Leicester (Ratae Corieltauvorum) to the Little Chester - Sawley Roman road. Little Chester (Derventio) was a Fort on the north side of Derby. As such it would have been a valuable supply route, also useful to the settlement at Ratcliffe on Soar and the nearby Roman Villa.

Roman era Swithland slate, quarried just 2.5 kilometers from the route, has been discovered at Kegworth, along the Fosse Way and at Little Chester. It is highly likely then, that it was transported along this road.

It is not conclusive, but quite likey that a Roamn road

With thanks to Stephen J. Lycett, Coalville. and Peter Liddle, Leicestershire Museums, Arts and Records Service.

Although there have been few archaeological excavations in the village, the dig at the moated manor house on Kegworth Lane unearthed enough Roman pottery (as well as a Constantine coin) to suggest there may have been some Roman occupancy here.





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WALKING FOR SPIRITUAL HEALTH *Rev'd Lauretta*

Dear Friends,
I wonder if you have caught any of 'Winter Walks' on the BBC?

The format of the 30-minute programme is simple- a lone walker carries a 360O camera and records their walk. The walks are all reasonably accessible, they are about 5 miles, and they traverse some beautiful countryside e.g. along the Lancastrian coastline or through the Yorkshire Dales. Just seeing the countryside is a tonic in itself!

The first series (both are still available on iPlayer) seemed to feature walkers who were more used to walking and the two poets especially- Simon Armitage and Lemn Sissay - were brilliant in how they interacted with their surroundings- they didn't rush through, they were fully present within the countryside and they shared with the viewer their poetic perspectives which enhanced their episode.

This second series featured walkers (they are all famous to some degree) who seemed far more inclined to be zipping through their lives without the habit of being fully present, several of them kept saying, 'this walking is really good for you... I must do it more!'

Someone who has 'done it more' is Graham Usher, his book 'The Way Under our Feet' offers the same endorsement of walking. Graham Usher is the Bishop of Norwich, he writes not only to commend walking but also to explore the connection between walking and different aspects of spirituality. Those who have been enjoying 'Walking church' at All Saints, Long Whatton (10:30 1st Sunday of the month) can perhaps add their thoughts... I know many of you walk and I'm guessing that you would agree with the assertion that walking is good for you- if you'd also like to explore the other perspectives further, I'd wholeheartedly recommend both the Long Whatton service, the TV programme and the book...a quote from which is a South African Prayer:

*'Walk prayer, walk hope, walk faith, walk light and may peace always guide you right.
Walk joy, walk brave, walk love, walk strong and may life always give you song.'*

With every blessing, Rev'd Lauretta
Graham Usher, 'The Way Under our Feet',
published by SPCK.

ISBN 978-0-281-08406-7, quote from p.161

GETTING 'BIKE FIT' AGAIN *Alex Lowes*

After the christmas break when Alex has a chance to ease off his training regime he returned to Spain in mid January to work on getting 'bike fit' again - usually involving a mix of motocross, pit bike racing and track days.

It is important to get to a level of fitness where he will be able to ride countless laps during the official World Superbike championship tests. Although the test dates and venues haven't been officially announced yet, they could begin in February.

On a positive note his shoulder injury is now in a better state as he heads towards the new season.

The first round takes place at Aragon, Spain 8-10 April.





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PLAYGROUP *Forty Eight Years*

Long Whatton Playgroup has existed in different settings in the village since 1973 and has been a key part of many villagers childhood memories. The present playgroup team continue to do a wonderful job and hope to remain part of village life for future generations.

On that note, we would like to thank everyone who attended the Long Whatton and Diseworth Parish Council open day at the Methodist Church on the 11th December. The Parish council displayed the draft plans and aims for future use of the building if successfully purchased by the LWDPC. The plans and lots of information is available on the LWDPC Facebook page, including the 'Have your say' post from January.

The purchase of the building by the LWDPC is currently the only route available for playgroup to remain open. As there are no other suitable venues in the village and without the proposed purchase, playgroups history of nearly 50 years would sadly end.

LWDPC plans to create an exciting new community hub would provide much needed renovations to the church building. Playgroup

and other community groups would be able to access the space regularly with even the possibility of room hire for parties and other events. We believe the project will be prove to be an invaluable asset to our village. A huge thanks again to everyone who has supported the proposal.

As we move towards longer days and eventually Spring, the children at playgroup have been learning about the changes in our environment. The recent ice, fog and frosts have all been fantastic weather learning opportunities.

The outdoor space at playgroup is another great asset to the Methodist church building. Hopefully this will be enjoyed by village children for many more seasons to come.

ART GROUP

Have you ever done any drawing or painting or have you thought about trying it?

Long Whatton Art Group are a very easy going, informal group who meet up Thursdays 9.30am to 11.30am. Tea break at 10.30ish. Details and more information 01509 842562 or text 07873340572

ROSES *A poem by David Griffiths*

He gave his love a red, red rose
Before he went away.
She kissed him and she clung to him
And begged for him to stay,
"But I must make our fortune dear,
Then I can marry you"
She pressed the red rose to her breast
And swore she would be true.

He travelled to the Yukon fields
And sure enough struck gold.
It was enough to buy a farm
Times over he was told.

He came back to their village home
By land and sea and road.
He picked a red rose on the way
And smiled each step he strode.

To the 'Farriers' Arms' he went,
None looked him in the eye
"well has she married someone else"
"on no" came back the cry.

They led him to the churchyard
Where all our lives must close
And there upon a lonely grave
He placed a red, red rose.



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CHEESE AND POTATO PIE

A chap in his 80s was telling me his favourite dish was Cheese and Potato Pie. I had a look online to see if I could find a recipe and discovered several. The problem was most of them were basically mashed potato with grated cheese stirred in and a few slices of tomato placed on top. I think of a pie as something encased or topped with pastry or indeed, as is the case with Cumberland, Cottage or Shepherds Pies topped with potato.

A little bit more research and I found another recipe that at first seemed a little odd but proved to be delicious. Potato and Cheese Pie with Apple. The recipe is given below.

What you need

30g of butter
1 tbsp vegetable oil
2 onions thinly sliced
30g plain flour
500ml vegetable stock
1 tbsp mustard
1 tbsp white wine vinegar
450g potatoes cubed into chunks or cut into slices to roughly the same thickness as a £1 coin
2 apples peeled and cored and chopped into chunks
150g mature cheddar cheese



A roll of ready made puff pastry

What you do

Melt the butter in a pan and add the oil and onions and cook for 10-15 mins over a medium heat

Tip in the flour and stir to combine and gradually stir in the stock.

Bring to a simmer and cook for another 10 mins, stirring occasionally

Stir in the mustard and wine vinegar towards the end of the cooking time

Meanwhile cook the potatoes in a pan of boiling water for about 5 mins until cooked but still holding their shape.

Drain well and stir into the sauce, then stir in the apples, cheese and some seasoning.

Pour the filling into a pie dish.

Top with the pastry and trim off any excess. If you want it to look a bit fancier you could cut the excess pastry into shapes to decorate the top of the pie. Or cut the pastry into strips to make a lattice topping.

Heat the oven to 200c/180c fan/gas 6

pop the dish in the oven and cook for about 30 mins.

ALL SAINTS CHURCH NEWS *Anne Matravers*

One good thing about moving into February is that the days are noticeably getting longer – Spring is on the way!! We don't know what this year holds in store for us but we can only hope and pray that it turns out to be better and healthier for all.

This month's service at All Saints is on

Sunday February 6th at 10.30 Inside/Outside church

If you haven't been before why not come and join us either for a walk or for a different kind of service inside with refreshments served for everyone afterwards.

(anne.matravers@talktalk.net)

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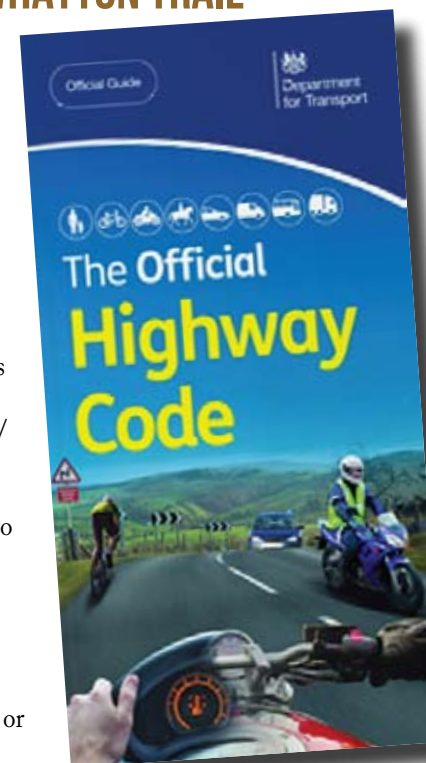


DISEWORTH LONG WHATTON TRAIL

Following the improved signage between Long Whatton and Diseworth the DLWTrail has some new gains:

New rules in the Highway Code state that drivers of vehicles that can cause the greatest harm in the event of a collision bear the greatest responsibility to take care and reduce the danger to others. This principle applies most strongly to drivers of HGVs, LGVs, cars/taxis and motorcycles. Cyclists and horse riders likewise have a responsibility to reduce danger to pedestrians.

Rule H2: New priority for pedestrians at junctions At a junction, drivers, motorcyclists, horse riders and cyclists should give way to pedestrians crossing or



waiting to cross a road into which or from which you are turning. You should give way to pedestrians waiting to cross a zebra crossing (currently you only have to give way if they're already on the crossing), and to pedestrians and cyclists waiting to cross a parallel crossing.

Rule H3: New priority for cyclists when cars are turning You should not cut across cyclists, horse riders or horse drawn vehicles going ahead when

you are turning into or out of

a junction or changing direction or lane. This applies whether they are using a cycle lane, a cycle track, or riding ahead on the road and you should give way to them. Do not turn at a junction if to do so would cause the cyclist, horse rider or horse drawn vehicle going straight ahead to stop or swerve. You should stop and wait for a safe gap in the flow of cyclists if necessary.

DAY OF PRAYER

The Women's World Day of Prayer will take place on Friday 4th March at 2.30pm at All Saints Church, Long Whatton.

Everyone is welcome. If anyone would like a booklet of the service before the date or information, please contact Nadine on 01509 646957.

The service is organised this year by the women of England, Wales and Northern Ireland.

The theme is 'I know the plans I have for you'.



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

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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

Advert sizes:

Full page bleed

148mm wide x 210mm deep plus

3mm bleed on all sides

Full page standard

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Half page

132mm wide x 94mm deep

Quarter page

63mm wide x 94mm deep.

Design:

We can provide a design service for your artwork, if required. Artwork prices will be subject to sight.

LONG WHATTON SHOTOKAN KARATE CLUB *Awards*

At the end of our last training session of 2021, we gave out our year-end monthly awards to recognise club members who have demonstrated their commitment to training in a number of categories. Our award winners were as follows:

Karateka of the month:

Junior class: George Lees

Senior class: Archie Williamson

Attitude and spirit:

Junior class: Grace Harlow

Senior class: Harry Arnold

Most improved karateka:

Junior class: Alfie Flower

Senior class: Emma Richards

Zanshin (Focus):

Junior class: Alfie Coviello

Senior class: Olivia Kieme

Determination and energy:

Junior class: Hope Neal

Senior class: Ian Gaskell

After our holiday break, we returned to training on 13th January, where we started to work off those mince pies and other festive treats! We are looking forward to a busy calendar of events at the start of 2022.

On 13th February, the Central Region Kata Squad selection and training will take place,

Our year-end award winners:



where our instructors will be looking to test their skills with a view to being selected again. Towards the end of March we also hope a number of our students will be ready to take their grading at the first opportunity of the year. Our focus now is therefore on ensuring

everyone is working to perfect the techniques and kata they will need to demonstrate at their next grading.

Interested in giving karate a try? Right now is the perfect time to take advantage of our free trial session offer to see if it is for you! We run a junior class (5 years and above) from 5:45pm and then 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

CRICKET GETS GOING AGAIN

It's only January and we are already starting to think about cricket.

The winter hardball nets have been arranged for the senior and juniors, at the ECB building in Loughborough. If you would be interested in taking part please contact us.

We are also looking forward to summer and starting to arrange our Allstars and Dynamos sessions on Tuesday evenings for juniors new to cricket or wishing to continue, along with

running junior hardball training sessions.

Tuesday evenings at the cricket club last year were a joy with lots of children enjoying the game at varying levels and we are very much looking forward to much of the same this year. Roll on summer and let's forget the Ashes!

For more information get in touch - Senior Cricket - Charlie - +44 7867 545307 Junior cricket - Sonya 01509 842402



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