

# Long Whetton News

MAY 2022

*May* has arrived, so naturally bluebells grace the magazine's front cover. These were snapped on Mill Lane, looking towards the church.

Inside you'll find there's a lot going on for the Queens Platinum Jubilee celebrations and much more. Welcome to the May Issue!

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## EDITORS NOTES

The last few years have been challenging and continue to be so. So perhaps it is time, now the weather is getting better, to deck the front of your house with bunting and party.

Maybe a barbeque, maybe a street party, maybe a picnic in the grounds of Whatton House. Whatever you choose, we have something to celebrate and you have earned it.

## NEW POST OFFICE SERVICE

In a change to the Post Office press release published last month, the new Mobile Post Office service has now started, but will be in the village on Thursdays instead of Fridays between 12.00 and 1.00pm.

The van will be parked in the Primary School car park. It offers all of the services of a normal post office with the exception of passports and car tax renewal.

*Photo by Cheryle Cave Poxon.*

## PHONE MAST

The North West Leicester District Council planners have rejected the planning application for an O2 phone mast to be erected at the Marie Curie Field of Hope at the West End of the village.

The agents have a right to appeal so it is highly likely there will soon be another planning application for an installation nearby.



## 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](http://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](mailto:longwhattonnews@gmail.com)

## THE TEAM

Penny de Kock 07393 407896  
Neil Bamford 07921 855607

## COPY DEADLINE

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



## PARISH COUNCIL

There is still a vacancy for the position of Councillor on the Parish Council. Applications are being invited for the position.

If you would like to find out more contact any of the current members or the Clerk at [parishcouncil@lwdpc.org.uk](mailto:parishcouncil@lwdpc.org.uk).

The Parish Council has unanimously agreed to work with neighbouring villages to provide a united response to the Local Plan



Consultation.

Despite the Parish Council's best efforts the Methodist Church has now been sold to another party. The council submitted a bid after the property was put on the open market by way of an informal tender process with a request for Best and Final Offers, but ultimately was out-bid.

## COFFEE MORNING

The Falcon Inn hosts the next Refresh coffee morning and will be held on the Monday 9th May from 10:30am till 12 o'clock. 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 Whaddon 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.

## 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

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## LONG TAILED TITS AND A FOX UPDATE *from Eric's garden*

The long-tailed tit can be distinguished by a long black-and-white tail that is longer than its body. It has a black, white and pink back, a white head with a wide, black eyestripe, and a pale pink belly.

They are tiny birds roaming hedgerows, woodland, parks and gardens. They build domed nests out of moss in a bush or the fork of a tree, and camouflage it with cobwebs and lichen. They line their nests with as many as 1,500 feathers to make it soft for the eight to twelve eggs it lays. Long-tailed tits are active feeders, hunting out insects and spiders among the smaller branches and leaves of trees in woodlands. But they are also well-adapted to gardens and towns and will visit birdtables and feeders. In winter, they form flocks with other tits, roaming woodlands, parks and gardens, and commons and heaths with suitable bushes.

Sociable and noisy, long-tailed tits are



usually spotted in flocks of 20 or more birds during the winter. At night, long-tailed tits cluster together to keep warm. They can often be seen mixing with other types of tit.

They can be found all over the UK except parts of northern and Western Scotland and can be seen all year round.

*A group of Long Tailed Tits sharing a meal with two Blue Tits in Eric Swifts garden.*



Eric Swift has been keeping an eye on two female Foxes that frequented his garden last year, (and featured in the magazine) but sadly they have disappeared.

In their place two male cubs, both about a year old have appeared, likely the offspring of the vixens, regularly scavenging for food.

For two young male cubs to be hunting together is unusual and would suggest that they were orphaned before they were old enough to become independent.



One of the cubs takes food and returns for more a few minutes later - the behaviour you would expect of a Fox providing for a mate.

# MJH Developments

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## GUIDES, BROWNIES AND RAINBOWS

The Guides have been working on our Feel Good skill builder. We had an evening of Tai chi, relaxation techniques, some healthy eating and made some bees wax lip balms as well as experimenting with lots of warm up exercises and games.

The theme this year on World Thinking day in February was Our World, Our Equal Future. We celebrated a Changemaker called Leydy Pech; a beekeeper who won an environmental award for leading a cooperative of Mayan women to stop the planting of genetically modified soybeans in Mexico. Her type of bee, the Melipona beecheii, have been part of the Mayan culture for hundreds of years.

During the International themed activities we also made friendship bracelets to put in cards with kind words made to go to girls that they will never meet in Ukraine. We completed the 'Leics Make Music challenge' given to us from the Leicestershire Music Hub. We were beatboxing, campfire singing and used music as part of our Feel Good meditation!

For Easter we made Creme egg chocolate mousse and Easter egg decorations.

We are looking forward to a summer term of outdoor activities and preparing to go camping in May.

Brownies have been celebrating 2 of their girls getting their Brownie Gold awards. It is quite an achievement to complete all the theme awards and also start to taste leadership as they run an evening for the rest of the unit. All the brownies loved their session and the girls are now starting guides.

We have had good-turn paper chains decorating the Friendship Centre this term. These are where the girls write a good turn on a loop and link into another; hence one good turn leads to another!

One evening turned into a Tool School where they learned about different tools

and equipment including safety items. They successfully made key rings using nuts and bolts and washers. They also made pom-pom bunnies for Easter.

Brownies and Rainbows had an evening each on road safety, learning through playing being traffic, pedestrians and using model traffic lights, zebra crossings and even lollypop ladies.

Rainbows were also busy with awards; bronze and silver this term.

We had a Princess Problem night, where we all thought about if princesses were allowed to do things like play sport, go on a trampoline or jump in puddles? We decided they could do all these things but they would just need to have the right clothes on to do it!

The girls have finished their first aid badge, learning lots of useful things like how to put a plaster on correctly. We planted pots of kindness too, so some decorated pots with bulbs should be starting to sprout with the people that they wanted to offer kindness to. Rainbows of course also made chocolate Easter treats and played lots of games.

All our units are full and we would love more help to allow us to take more girls on. Whether you'd like the opportunity to develop your leadership skills, make new friends, help girls grow or just love an excuse to play we'd love to hear from you. We have spaces to join teams or start a new one unit up. Do get in touch at [crawshawdistrictguiding@outlook.com](mailto:crawshawdistrictguiding@outlook.com) or register yours' or your girl's interest at [www.girlguiding.org.uk](http://www.girlguiding.org.uk)

*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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## A HISTORY OF WATER

Every settlement needs water to survive and Long Whatton has a brook. The earliest records of our village show that the medieval settlement began and grew along the banks of the brook. The dwellings and farming needed the water for crops and to fill the ponds they filled with fish. The manor houses needed the water to fill their moats.

But the brook water was likely not suitable for drinking so water wells would have been needed.

Water wells have a long history, dating back around 8,000 years. During the Neolithic period ancient Britons realised that a fresh water supply was essential. Wells appeared around this time, and over the years more sophisticated and elaborate constructions were experimented with.

Later, the Romans would bring a well system to the UK that the British would use for centuries. It was still in use in the early 20th century, although generally only in villages without indoor plumbing.

Long Whatton was no exception. The vast majority of wells have disappeared but there are still some in existence or evidence of them.

As recorded by Long Whatton History Society; In 1933 all the cottages on Mill Lane, opposite the church had wells for drinking water. "The Wishers had the largest well, with a 3 foot wall around it, it had a bucket and chain and roller. The Botterills had a small pump in their back kitchen, it was lovely, cool, clear water on a hot summer's day. The Purdys had a larger pump in their yard. Miss Fox's well was at the side of her cottage, in a small orchard. It was a small well with a bucket and chain and a brick wall around it."

There was also a spring in Hobbs Yard (Now Barnfield Close).

There are two wells at Old Manor Farmhouse and one at Uplands Farm that still has a pump and another at the centre of the Square.

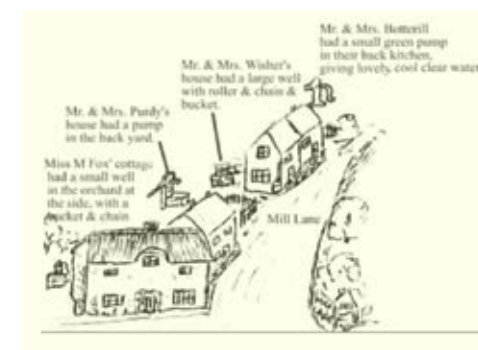
Sir Hugh Myddelton with the help of King James I, constructed a canal stretching almost 30 miles from Hertfordshire to Islington. Opened in 1613, it brought fresh water from the River Lea and other springs and wells, into London homes.

To complete this gargantuan engineering project, miles of wooden pipes – bored from whole elm tree trunks – were laid, and for those who could afford the subscription fee, smaller lead pipes would funnel clean(ish) water directly into a cistern in their homes.

Demand increased and iron pipes, able to cope with new pumped water

pressures were finally introduced in the early 1800s. By the 1900s, water supply companies had been nationalised, and clean, running water came to be seen as a fundamental right for everyone in society.

In 1870 the reservoir at Nanpantan in Loughborough was constructed as mains water made it's way to the area and in the mid 1900s it arrived in Long Whatton.



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## CRICKET CLUB *Open Evening and Registration Night*

Tuesday 26th April - Boys and Girls start  
time 6.30pm U11 & U13 hardball.

Dynamos Cricket Boys and Girls ages 8  
- 11 Tuesday 10th May 6pm - 7pm - register  
now [www.dynamoscricket.co.uk](http://www.dynamoscricket.co.uk)

Allstars Cricket Boys and Girls ages 5 - 8  
Tuesday 10th May 6pm - 6.45pm - register  
now [www.allstarscricket.co.uk](http://www.allstarscricket.co.uk)

The cricket ground has been mowed, the  
hedges cut and we are all looking forward to  
the start of Junior hardball training on the  
26th April. If you son or daughter would be  
interested in joining in please come along on

the 26th April at 6.30pm.

Unfortunately the Allstars and Dynamos  
have a few more weeks to wait until their  
training starts on the 10th May.

Are you a senior player looking for a  
new club? Would you like to start a club  
up and need a base. Please contact us at  
[longwhattoncricket@gmail.com](mailto:longwhattoncricket@gmail.com) to see if we  
can help.

Are you retired and looking for something  
to keep you busy. We are always looking for  
help maintaining the grounds or club house.  
Please get in touch at the email address above.

## WORLD SUPERBIKES *Alex's season begins*

With two final tests - Catalunya at the  
end of March (the Team HQ home round)  
and Aragon ten days later - the 2022 World  
Superbike racing season could finally begin  
and the Kawasaki Racing Team returned to the  
Spanish Aragon circuit for the first round, 8 to  
10 April.

Alex, fully fit after sustaining two injuries  
last year, fell in the Saturday race but was  
uninjured and rode to sixth place in the  
Suppole race on Sunday morning followed  
by a safe fifth place in race three to claim 8th  
place in the championship standings.

Moving on to Assen in Holland for the  
second round on 22nd to 24th April, Alex  
found his feet and took his Kawasaki to second  
place on the grid for the Saturday race.

But bad luck struck. He was sitting in a  
comfortable top five position when a stone,  
flung up from the bike in front, punctured  
Alex's oil cooler and forced his retirement at  
half race distance.

Lining up for the first Sunday race, the  
Suppole race, a ten lap dash, Alex started  
from second again staying with the front  
runners until disaster struck for the second  
time when he had to retire from the race with  
a technical problem.

Starting the last race of the weekend from  
10th place the village resident forced his way  
forward becoming embroiled in an epic battle  
with Scott Redding and Axel Bassani

Alex put his bad luck behind him, coming  
out ahead in the three way battle to finish in a  
well earned fourth place.

With two rounds done, Alex sits in 9th  
place in the championship.





## WHATTON HOUSE GARDENS: *Plants for dry shade by William Stanger*

Dry shade is regarded by many as the most challenging part of a garden. Plants need both light and water which are in short supply in this part of the garden. There are plants better adapted for these hostile conditions but you do need to manage your expectations. A lot of energy is expended simply trying to survive. Consequently, a plant in these conditions is not going to waste energy on extravagant blooms. It is possible to come up with a pleasing planting scheme but the aesthetic will be rather different to a full-on herbaceous border.

Bulbs for woodland conditions have adapted so they complete the growing cycle while conditions are favourable. They grow and flower in spring while there is adequate moisture and light before the trees come into leaf and shade them out. The bluebell

(*Hyacinthus non-scripta*) is a good example. Other bulbs to try in a shady border include, *Chinodoxa*, *Cyclamen*, and *Galanthus*. You could try some types of *Narcissus*. The shorter, singled flowered varieties will be more likely to succeed. With the exception of *Cyclamen hederifolium* the above are all early-mid spring flowering.

Like many of the bulbs for dry shade, herbaceous plants tend to grow and flower in spring to early summer when conditions are more favourable. In early spring we have primroses (*Primula vulgaris*), *Symphytum* (Comfrey), *Brunnera*, *Pulmonaria* and *Epimedium x versicolor* 'Sulphureum'. You will notice that the flowers are generally small, to help conserve energy. By the same token it is best to grow the straight species primrose (*Primula vulgaris*) rather

than the more colourful selections. Those bright colours require a lot of energy to produce. Following on from these we have a selection of geraniums. The main two are *G. macrorrhizum* and *G. x oxonianum*. The latter seems indestructible and has steadily spread to cover large areas here at Whatton House. It is worth thinking about the foliage of some of

in the second they can wow you with a mesmerising display. They will self-seed, if happy, ensuring new plants for the following years. *Lunaria annua* var *albiflora* 'Alba Variegata' having white flowers and white variegated foliage is particularly useful for brightening up a shady spot.

*Fatsia japonica* is often recommended as a shrub for dry shade. It has bold architectural foliage to capture as much light as possible. We planted a variegated selection last year F. j. 'Spiders Web', which looked rather pathetic initially but they have settled in now and are looking more worthwhile. Other shrubs often recommended are *Aucuba japonica* and *Berberis*. At some point we will try a few *Sarcococca* (Sweetbox). They are generally small to medium evergreen shrubs producing captivating winter fragrant flowers. The flowers however are relatively inconspicuous. Some of the established *Philadelphus* in the garden are growing in dry shade. The less than ideal conditions do curtail their flowering, but it is better than nothing. Likewise, hydrangeas would prefer more moisture but in a bid for late summer colour we will try *Hydrangea arborescens* 'Annabelle' and varieties of *H. paniculata*.

Along with the hydrangeas to finish of the season in September we have Japanese Anemones and woodland asters. Annoyingly the genus *Aster* has been split up into several new genera with unpronounceable names. *Aster divaricata* is now, *Eurybia divaricata*, and *Aster 'Primrose Path'* is now *Symphyotrichum 'Primrose Path'*. Fortunately, *Aster ageratoides* 'is still the same.

Hopefully that gives you some hope, in that something will grow in that dry shady corner. Here at Whatton we will continue to persevere and experiment to find the right plants for the right place.



the perennials, to add colour and texture such as using ferns and purple leaved *Heuchera*.

For late spring and early summer, we hope to introduce a lot more *Digitalis purpurea* (Foxglove) and *Lunaria annua* (Honesty). Both are normally grown as biennials. They build up their strength in the first year so



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WHATTON

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Bar supplied by The Falcon Inn,  
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Book with <https://www.eventbrite.co.uk/e/321519321947>

Bookings open on 1st May. No dogs allowed.

## QUEEN ELIZABETH II *Platinum Jubilee*

In 1937, the 11 year old Princess Elizabeth watched as her father, King George VI was crowned and 16 years later on 2nd June 1953, her own official coronation took place.

Princess Elizabeth and Prince Philip first met in 1934 at the wedding of Princess Marina of Greece and Denmark to Prince George, Duke of Kent. Thirteen years later their engagement was officially announced on 9th July 1947 and their wedding took place just four months later, at 10.30am on 20th November 1947 at Westminster Abbey.

be televised, it was watched by 27 million people in the UK alone and millions more in audiences around the world.

Before the Abbey was built, Coronations were carried out wherever was convenient, taking place in Bath, Oxford and Canterbury.

Elizabeth is the longest-lived and longest-reigning British monarch, the longest-serving female head of state in history, the oldest living and longest-reigning current monarch, and the oldest and longest-serving incumbent head of state.



*On the left, 27 year old Elizabeth pictured at her coronation and above, the Queen today*

They had four children: Charles, Prince of Wales, Anne, Princess Royal, Prince Andrew, Duke of York, and Prince Edward, Earl of Wessex.

The Queen succeeded to the Throne on 6th February, 1952 on the death of her father, King George VI. She was in Kenya at the time and became the first Sovereign in over 200 years to accede while abroad.

Coronations have been held at Westminster Abbey since 1066 and the Coronation of Queen Elizabeth II was no exception. But the Coronation of 1953 was unique - the first ever to

And now, after 70 years as Queen, Elizabeth celebrates her Platinum Jubilee.

Sadly, the Duke of Edinburgh passed away aged 99 on 9th April 2021.

The Queen and The Duke of Edinburgh were driven from Buckingham Palace to Westminster Abbey in the Gold State Coach – pulled by eight grey gelding horses: Cunningham, Tovey, Noah, Tedder, Eisenhower, Snow White, Tipperary and McCreery.



# Let's make our village stand out!



To celebrate The Queen's Platinum Jubilee join us in decorating your house during the long weekend 2nd - 5th June

**Long Whatton Community Association**

**LONG WHATTON KNIT & NATTER GROUP**

present

THE QUEEN'S PLATINUM JUBILEE

## AFTERNOON TEA DANCE

at

The Friendship Centre  
on

Saturday 4th June  
2.00 – 4.00pm

Free entry and refreshments. Raffle and donations.  
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Music of the 1950s • Rock & Roll • Hand Jive • Winklepicker shoes

## PLATINUM JUBILEE EVENTS *in the village*

The Queens Platinum Jubilee celebrations will take place nationally over a 'long weekend' of 2nd to 5th June.

Here in Long Whatton celebrations will include several events.

*Whatton House will be hosting a Jubilee Lunch* - a free to attend picnic party on 5th June from 11.30 to 4.30pm. You can take your own picnic or buy tea, coffee, cake and ice cream from Dream Vintage who will have a stall. A bar is being supplied by the Falcon Inn and Whatton House are providing live music.

For the children there will be entertainment and a drop-in Royal Forest School for under 10s.

*The Knit and Natter Group have organised an Afternoon Tea Dance* - a 1950's style event at the

friendship centre on Saturday 4th June from 2.00 till 4.00pm. There will be refreshments, a Raffle and voluntary donations in aid of the Air Ambulance. 50's music, rock and roll, hand jive... It is free to attend.

*The Falcon Inn has a Jubilee Weekend planned* from Thursday 2nd to Saturday 4th June, serving food at the pub all day together with organised activities.

The Long Whatton Village Association is hoping villagers will decorate their houses - transforming the village in celebration of the Queens Platinum Jubilee

Meanwhile, if you are having a street party, please take lots of photos. We want to see and share them.

If you are having a street party or celebration, please send in photos to the magazine. We will dedicate pages in the June edition to show how the village celebrated.

## PLAYGROUP *Needs a new home*

As some of you may know, Playgroup's home at the Methodist Church has recently faced uncertainty. This was due to the Methodist church's decision to sell the building on Main Street.

Long Whatton and Diseworth Parish Council had proposed to create a new community building, giving Playgroup and other village groups a secure and affordable home.

Unfortunately LWDPC was not the highest bidder. We do not know anything further about the future use of the church building.

The Playgroup staff and committee would like to say a huge thank you to Long Whatton and Diseworth Parish Council for all their hard work and support. We really appreciate everything they have done to help us to

provide a playgroup for the children of Long Whatton and surrounding villages.

The good news is that Playgroup is still open as usual and will be in the Methodist church building until the end of the school year (July 2022).

This means we are on the hunt for a suitable new home. Please do not hesitate to contact us with any suggestions. We will need a secure space with access to a safe enclosed outdoor area, a kitchen, toilets suitable for children and lots of storage.

Thanks so much again to everyone who has supported our playgroup over the years. We will do our best to continue for future generations.

*If you can help in any way please phone or message to 07906 204 011 or email at [lwpg@live.co.uk](mailto:lwpg@live.co.uk)*



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## LETTER from Ed Kennedy, Lay Reader

Dear Friends,

At the time of writing, we are well past half-way in the Lenten wilderness journey and Easter and the promise of new life is at hand, in the death and resurrection of Jesus Christ. What will this 'new life' seem like, post Easter, when this article appears in the magazine? Will the horror of the war in Ukraine be over? Will the cost of living have stabilized? Will the Covid infection rate have diminished? – all the above questions and many more worries can weigh upon our hearts and make us yearn for more certainty and hope for the future – and also make us feel rather helpless.

Rowan Williams, a former Archbishop of Canterbury, wrote that, 'It has been said that the heart of the human problem is the human heart'. In this time of anxiety let our hearts be open to the outpouring of love from God, the source of love, made through the death and resurrection of his beloved son.

*God's love is about having joy in our hearts...spring sunshine, the daffodils, newborn lambs and the warmth of community.*

We can have the hope that the immensity of God's love may work even in the most hardened of hearts so that the war in Ukraine will end. We can see that love already working in the welcoming of those fleeing from the conflict...let us play our part in

whatever way we can in that welcome as refugees come to this country... and maybe even to our village communities. Let that love be evident in our sharing with those

in need who may have to make the choice between food and warmth. Let that love also be evident in the consideration given to vulnerable members of our communities who have anxieties about contracting Covid.

We can hope, and work towards all of the above and much more, but it is important to remember that God's love is also about having joy in our hearts...spring sunshine, the daffodils, newborn lambs and the warmth of community. Be joyful! – Ed

## ALL SAINTS May services

Wasn't the weather just too wonderful for Easter? And for me, the icing on the cake was the gorgeous full moon on Good Friday and looking just as beautiful on Saturday!

May services for the benefice:

May 1st at 10.30am Inside/Outside Church

If you haven't been before why not give it a try?

May 8th at 10.30am Benefice service with

Holy Communion at Belton.

May 15th at 10.30am Benefice service with

Holy Communion at Long Whatton.

May 22nd at 10.30am Benefice service at Osgathorpe. And at 6pm Cathedral Choir Choral Evensong at Kegworth with Bishop Martyn preaching.

May 29th at 10.30 Benefice service with Hoy Communion at Diseworth.

## CHURCHYARD

Do take a look at the churchyard where we are adopting a different grass cutting regime in some places. In areas the mower has been raised to 10 cm (approximately 4 inches) and in two areas the grass will be allowed to grow un-cut until the summer. The idea is to allow some of the species in the grass to flower and so provide pollen, nectar and seeds as a food source for insects, birds and small mammals.





# Local Self Storage

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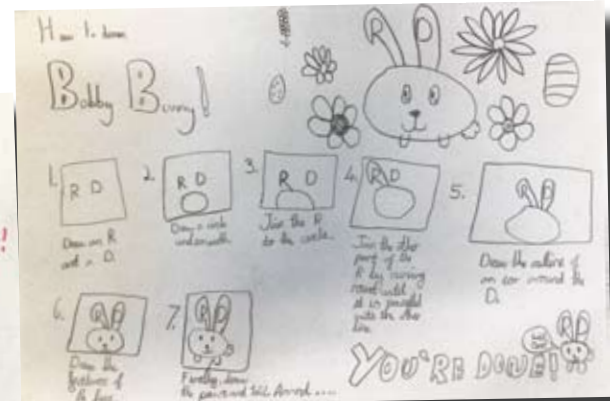
[www.wagtailstorage.co.uk](http://www.wagtailstorage.co.uk)

Tel: 01530 222179

## LONG WHATTON PRIMARY SCHOOL NEWSPAPER *excerpts*

Spring time is here!  
Pretty flowers are nothing to fear!  
Random does growing it's time to cheer!  
It's spring time all flowers are here to sneeze!  
Now it only comes round once a year!  
Gathering closer you can now hear!

The sky is so clear!  
It is no time to have a fear!  
Magic spring is always quite near!  
Everyone enjoy before it disappears!



### Our 3 Favourite Jokes!

What do you call a boomerang  
that won't come back?

**A stick.**

What is a little bear with no  
teeth called?

**A gummy bear.**

Why is the ocean friendly?

**It waves.**



## 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**



### CLAIM YOUR FREE PILATES CLASS NOW!

Classes in Kegworth, Shepshed, Hathern & Long Whatton

#### Reasons to claim your FREE class now:

- You'll be shown Pilates based exercises to help you move better (to reduce those niggly aches and pains)
- You'll be shown ways to improve your balance (helping you to walk, skip or run with confidence)
- You'll be shown strengthening exercises, and exercises to improve your mobility (helping you to continue to do the activities you love)

**"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](mailto:cara@caratattertonpilates.co.uk) - Find us on social media  

## CHICKEN AND CHORIZO PAELLA

The recipe for this month follows a conversation I had with some members of the Beddow family and Roger Cooke in the beer garden at The Falcon.

Sadie, apparently is not keen on 'Slow Cooker' meals and spent some time raving about her George Foreman grill, which, she says, you can use to cook anything. I pointed out that you couldn't cook a casserole on one. She said that the problem with slow cookers is that you can only make casseroles in them.

I make lots of meals in mine that could not be described as casseroles and as an example told them about a Chicken and Chorizo Paella I make in mine. So as Andrew and Vicki liked the sound of the Paella meal here is the recipe (Serves 4).

#### *What you need*

- 1 tbsp olive oil
- 500g chicken breast, coarsely chopped
- 170g of chorizo, thinly sliced
- Chopped onion
- A red pepper, finely chopped
- 2 garlic cloves, crushed
- 2 tsp paprika

- 250ml chicken stock
- 400g canned chopped tomatoes
- 500g package of microwave rice
- 90g peas
- A handful of stuffed green olives
- Flat leaf parsley, to garnish

#### *What you do*

Heat the oil in a large frying pan cook the



chicken & chorizo until browned. Transfer to the slow cooker

Add the onion, pepper, garlic, paprika, and undrained tomatoes. Cover and cook on low for 4 hours

Stir in the rice and peas. Cook covered on low for around 15 minutes. Season to taste and serve sprinkled with the olives and parsley

## SPRING DAY *A poem by David Griffiths*

The sun climbs up behind the hill,  
The small birds sing in wild accord  
And blossoms lie like drifted snow  
Along the plain to Hereford,  
And cowslips deck the meadows by  
The silvery Arrow and the Wye.

The Warren turns a richer green  
As bracken curls along its brow.  
The curlew cries like some lost soul  
And peewits wheel above the plow.

The banks along the Green Lane line  
With buttercup and celandine..

Like sentinels Three Shepherds guard  
The playful lambs on Rushock Hill.  
Cows and calves the lush grass graze  
In meadows down by Bullocks Mill.  
The deer lie twitching in the Park,  
Above them spirals up the lark.

It makes a ploughboy's spirits rise,  
Yjis fleeting glimpse of Paradise.



## FAT: AN ESSENTIAL PART OF THE BODY *Health facts and advice by Liz Jarrom*

Fat, when used in reference to the human body, seems like an ugly word, but body fat is actually hugely misunderstood in its importance to our health. Human fat carries out many important processes. Certain parts of the body are made of fat, for example, half the human brain is made of fat, and fatty acids are vital for the normal development and function of nervous tissue. Fat is also required for the production of hormones, the body's essential chemical signaling system between different types of tissues. Subcutaneous fat, which occurs just under the skin, is important for insulation. If there is a healthy amount present in the body, it acts like an organ, playing a vital role in immune cell production and normal, short term inflammatory response. This only occurs though, if the fat content of the body sits within the normal range. Weighing

ourselves doesn't give us the whole picture, as our body mass is made up of fat, bone, muscle, water, our organs and various types of tissue.

To function in a healthy way, there needs to be a balance between the amount of muscle mass and fat in the body. On average, depending on age and gender, a healthy range for men is to have 10-20 percent of the body mass as fat. For women, it is between 18-28 percent body mass as fat. Fat levels above this range, can start to have a negative impact of how the body functions, causing problems such as hormone imbalance, an increasing risk of infection, reduced response to vaccines and also upping the chances of developing inflammatory diseases. Calories consumed, and not used, are stored as fat, and can be converted to energy at a later date. This is useful to the body in the short term, in case

we can't find food. Problems occur when more and more energy consumed is being stored as fat, and not all of it is being used up. The excess energy remains stored in our fat cells.

Individuals generally have a unique and finite number of fat cells available for storage. If more and more excess energy needs to be stored, it's not possible for the number of fat storage cells to increase, so the available fat cells swell more and more to accommodate the extra fat. The cells fill up like a balloon slowly filling with water. The more swollen the fat cells become, the less able they are to function properly, and they start to lose the ability to

*"To function in a healthy way, there needs to be a balance between the amount of muscle mass and fat in the body."*

collectively be the immune and inflammation balancing organ they were designed to be.

Fat increasingly gets stored around the muscles and vital organs, which further unbalances the immune system and interferes with metabolism. If there is visceral fat in the abdomen, the risk of disease increases. Reducing body fat, and slowly building up muscle mass gradually is the best way. Having more muscle texture and strength, in the body is shown to be an important part of preventing inflammatory disease, reducing infections, lowering the risk of many cancers and it also significantly reduces all causes of mortality. Strengthening the muscles, and lowering the fat content of the body to within the healthy

range, helps to lower the risk of dying early.

We can easily check our body fat status using a tape measure. Waist to hip ratio is a quick measure of fat distribution. To calculate this, divide waist measurement by hip measurement. A figure of 0.85 to 0.90 is considered healthy for both men and women. Dividing your waist circumference by your height measurement gives a reliable indication of the amount of visceral fat in the abdomen.

For those under 40 years old, the number should be under 0.5. For ages 40 to 50 years old, it should be between 0.5 and 0.6. Over 50's should have a number not exceeding 0.6. Higher values than these, indicate a strong possibility of there being too much fat around the internal organs. This brings with it a higher risk of issues such as heart disease and cancer. Making positive changes by doing more exercise, such as gardening, vigorous housework, walking and standing up more, joining a walking group or the gym, and avoiding being sedentary for long periods can really help use up more calories. Changing the diet to something like a Mediterranean diet, which is based on whole foods, whole wheat pasta, lean meat, fish, plenty of vegetables and cold pressed oils, and drastically reducing ultra-processed foods, can reduce calories ingested. Using the measurements, and calculations of the waist to hip, and waist to height relationships, can assess body fat content, and indicate risk. Over time, these measurements can also track positive progress towards a healthier body shape, and fat to muscle ratio.

People with diagnosed medical conditions and serious weight problems should consult their doctor before making drastic changes to diet, and exercise regimes, to ensure that they are doing so in a way that is safe and effective for them.



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

**Have You Made Your Will Yet?  
Is Your Will Up To Date?**

**We come to you!**

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**Mrs Clare Cooper**  
[clare@tclegalservices.co.uk](mailto:clare@tclegalservices.co.uk)  
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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

## GARDEN ENTRY £5

Children under 8 years free of charge

We have an honesty box system in place, please bring the correct money to avoid handling change.

HH members please post pre-written member numbers into the honesty box rather than writing them in the book on arrival.

WHATTON HOUSE IS NOT A MEMBER OF THE RHS.

Check website for any additional events/closures added through the summer

hello@whattonhouse.co.uk  
01509 431193

## FOLK AT THE FALCON AND BLUES IN DISEWORTH

The Tigerfolk Folk group return to the Falcon Inn with Mike Wilson of The Wilson Family as our guest on Tuesday 10th May.

Since we took the enforced step to change our meeting night from the first Sunday in the month (which had existed since 1991) to the second Tuesday in the month we are asking: -

1) Is everyone happy with the second Tuesday; has it now become established or is it difficult to remember?

2) Would the first Tuesday in the month be better as it is closer to the first Sunday as was our original date?

3) If it were possible to revert to the first Sunday would that be preferable?

Once that we gauge the strength of opinion we can make enquiries as to accommodating the majority. Please let us know by emailing dsutherland3@hotmail.com

So what is a blues band from Orkney doing in Diseworth Village Hall on a Friday night in April?

It's the work of Martyn Berridge who, after retirement, turned his love of Blues into promoting a series of Diseworth gigs under the muckyduck label. Martyn has created a club atmosphere in the village hall where guests are welcomed at the door, shown to their allotted tables and can order drinks through table service. The result is that the whole audience can see the band and the format seems to be very successful as tickets sold out for the Andy Taylor Band many weeks prior to the gig itself.

Although the Village Hall was not designed specifically for concerts, the sound quality for this gig was excellent with clear drums, guitars and vocals.

So much for the ambience but how did the Andy Taylor band from the Orkney islands come to play a micro venue like Diseworth? Martyn saw the Andy Taylor Band at a Blues festival in 2019 when they were awarded best introductory group and booked them for the Diseworth gig. The band played some of their own songs mixed with blues classics



from Freddie King and Rory Gallagher; their rendition of Killing Floor was very special and demonstrated the tremendous cohesion between the band members and their top class musicianship.

Like other three piece groups, each member has to work hard to generate variation in sound, rhythm and pace.

If you like bluesy-type music and want a local night out, then other Blues events at Diseworth village hall could be worth a look.

The Cadillac Kings will be performing on 27th May followed by Kara Grainger on 25th June. Tickets can be obtained from [www.muckyduckpromotions.co.uk](http://www.muckyduckpromotions.co.uk) or by calling Martyn on 07731 435758.





THE FALCON  
VILLAGE INN WITH ROOMS



# Jubilee Weekend at the Falcon

Thursday 2nd - Saturday 4th June

Food served all day

Follow our Facebook page



***The Falcon Inn - Long Whatton***

to hear full details of our planned  
activities to celebrate  
The Queen's Platinum Jubilee

Sunday 5th June

*We are proud to support the Big Jubilee  
Lunch at Whatton House with our bar whilst  
traditional Sunday lunch is served at the pub.*



**01509 842416**

**[www.falconlongwhatton.co.uk](http://www.falconlongwhatton.co.uk)**