

Long Whatton News

SEPTEMBER 2022



Summer has officially ended. Welcome to the first autumn edition of the Long Whatton News. But it's not all gloom and doom; Whatton House have a range of events coming

up, there are breakfast mornings, coffee mornings, and clubs galore this month, plus gardening advice, a little piece of wildlife and a slice of history inside. Carry on reading!

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Summer Menu served Monday to Saturday
Lunch Set Menu served Monday to Saturday
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12 Ensuite Bedrooms



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EDITORS NOTES

I am fairly sure that almost everyone that lives in Long Whatton has made the choice to live here, in this small, quiet, country village.

A huge bonus for many families is that the village has a school - a highly regarded one at that. The village also has a community centre and a farm shop.

But possibly the most important asset we have is a village shop. The shop is a lifeline for some people who can't travel easily.

It is a generally held view amongst estate agents that a village shop alongside other community amenities, such as a hall and a school increases property values in that village by around 5%. And property values would be reduced without the shop.

The shop is finding it hard to make ends meet at the moment, despite adding more facilities to make it a bigger asset to the village.

We don't want to lose the shop, so please use it a little more often and spend a few pounds if you don't already.

KNIT & NATTER

The knit and natter group are planning a poppy waterfall behind the war memorial in the village in time for Remembrance Sunday on 13th November. If you would like to contribute with a poppy or another memento to remember our war heroes please feel free to pin it on. We hope to have it ready by the end of October. We will post a simple poppy pattern in October's magazine

BENEFICE MEN'S BREAKFAST

A Men's Breakfast happens on the 4th Saturday of each month, (except December as people are too busy, but in January we treat our wives, partners or girlfriends, to breakfast).

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

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 month's magazine around the 1st of each month.

It is produced by volunteers and depends entirely on voluntary contributions, advertising revenue and fund raising events.

The online version can be found on: www.longwhattonnews.co.uk

WE WANT YOUR NEWS

We would like to hear from you about your club, event or absolutely anything news-worthy about the village and its people.

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

THE TEAM

Penny de Kock 07393 407896

Neil Bamford 07921 855607

COPY DEADLINE

The copy deadline for articles for the October issue is 21st September.

£3
online
£5 on door



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Children welcome

THE SQUARE

Sometime around 1842, Edward Dawson, the Lord of the Manor and a great benefactor to the village built The Square.

So called because it was a complex of twelve houses built in a square shape around a central courtyard.

The homes were specifically for estate workers, as was The Lodge on Mill Lane which was built at the same time and bears the date '1842'.

By the 1930s the Square was recorded as comprising eleven abodes and nowadays it has been remodeled in to eleven flats.

The houses were built in terrace-fashion, out of brick with slate roofs. The windows on the two sides were small leaded pane affairs whilst, according to photographs taken only 60 years after they were built, the front houses have wooden sash windows and the whole front of the building was rendered and painted white. On the Kegworth Lane (east) side of the building the leaded windows still remain.

The numerous chimneys confirm that each house had a fireplace downstairs in the corner of the room, as described by a tenant in the 1900s.

The centre of the courtyard featured a water well which was fitted with a pump and was the only source of water for the dwellings well in to the 1930s at which time piped water arrived in the village.

Naturally the courtyard and well became the social centre for the tenants living there, where gossip was exchanged daily, particularly

because most of the entrances to the houses were in the courtyard, so families had to exit in to the courtyard to go anywhere. Only one door led outwards, in this case to the rear.

A large porch leads in to the courtyard from Main Street and a smaller porch leads to what is now a car park at the back, but was where the communal toilets were situated.



Above is a photograph of the Square from 1906

The council emptied the toilet pans once a week, on Tuesdays, carrying the waste out to a lorry using buckets balanced on their shoulders.

Also behind the house were a garden plot for each house, a

communal rubbish heap and small coal houses for each of the houses.

Today the square has been converted in to flats but some features, like exposed beams remain.

"It was a very close knit community. Everyone called to see if you needed any washing, shopping, cooking etc. However it was not all plain sailing; there were always rows between neighbours, but they never lasted long."

- Sheila Blythe who lived in the Square 1934 to 1939

Ballet Classes

FOR CHILDREN AND ADULT BEGINNERS

LOCKINGTON VILLAGE HALL - SATURDAY From 10th September 2022

Young beginners, Primary and children's ballet classes up to Grade 4 are held every Saturday.
Small classes to develop confidence and enjoyment through dance and storytelling styled movements.
Dance/Drama for older pupils. Enquire for class times and details.

NEW CLASS: SILVER SWANS BALLET FOR ADULTS

From 7th September

DISEWORTH VILLAGE HALL - WEDNESDAYS

Silver Swans - Adult beginners: 6.15pm

Adult refresher (grade 4) 7.00pm

Pre-Intermediate (& pointe work) 8.00pm



Website: Claudette Caven Dance
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KARATE Manor Organic Farm lend a hand

We are excited, proud and delighted to announce that Taylor Postlethwaite was successful in grading to Shodan (1st Dan Black Belt) on 16th July at the KUGB Black and Brown Belt training event held at Bath University!

Taylor, who is only 12 years old, has been training at the club since we opened in early 2019 to supplement her already busy schedule of training. She has become the first person who trains at the club to successfully grade to Shodan and this is a welcome milestone achievement.

Taylor has demonstrated huge commitment to her karate and we are therefore extremely happy that she has ultimately been rewarded for

her efforts.

With major refurbishments taking place



Senior class members with Sensei Ben at Manor Organic Farm following a recent training session.

in the school hall, we are extremely grateful to Manor Organic Farm for allowing us to train there over the summer months. It's been a great opportunity to train in a completely different environment. Having shelter, whilst also having a refreshing outdoor breeze has been especially welcome, given the recent hot weather! Thank you Manor Organic Farm.

Our next focus is in getting club members ready for the next grading opportunity towards the end of September.

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 a second session from 6:45pm for our slightly older children and adults every Thursday. Get in touch via our Facebook Page @longwhattonkarate, e-mail the club at longwhattonkarate@gmail.com, or contact the club secretary on 07714335598

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Taylor Postlethwaite being awarded her Shodan by Sensei Frank Brennan, 8th Dan and Sensei Billy Higgins, 8th Dan.

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BELTON GARDENING CLUB *an invitation*

In September Belton Gardening club will resume it's autumn programme of evening talks and would like to welcome anyone from the Long Whatton area to come and join us.

We meet on the last Tuesday in the month, 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 annual membership is £15 and includes access to social events.

The forthcoming programme is as follows:

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

October 25th 'For Ever for Everyone – Historic Gardens in the 21st century' – Simon Gulliver talks about his work with the National Trust.

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

December 13th Christmas Social

The talks given in the spring were well received and the visits to Baddesley Clinton and Birmingham Botanical gardens

experienced good weather.

This year we have five members and three visitors from Long Whatton so if there is anyone else who likes to discuss gardening, socialise and to listen to talks related to gardening, please come along.

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

Bob Elson, Chairman BGC

CRICKET *draws to a close*

Long Whatton Cricket Club's season is drawing to a close, but here are still a few matches left to play going in to September for the first and second XI:

First XI fixtures

03/09 Anstey and Glenfield (H)

10/09 Barrow (A)

17/09 City Cricketers (H)

Second XI fixtures:

03/09 Asian Sports CC 4th XI (A)

COMBINING *a poem by David Griffiths*

When last I drove a combine
It had an outside seat
You sat there in all weathers,
The cold, the dust, the heat.

Combines now can drive themselves
Like robots without care
Self steering, moisture, air-con,

They do not need you there.

Perhaps it's force of habit
To ride this clever thing
'Though you can't interfere too much
It says you are still king.

It shows my age if I can say
T'was scythes and blinders in my day!

JOIN A VILLAGE COFFEE MORNING

Everyone is welcome to the coffee mornings. 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.

The Falcon Inn: The next coffee morning will be held on the Monday 12th September at 10:30am till 12 o'clock at The Falcon Inn.

All Saints Church: The next coffee morning will be held on Saturday 24th September at 10:30am till 12 o'clock at All Saints Church.

If you would like more information or need a lift to The Falcon Inn, contact Jane Scholtz 07393 349009 or 01509 842736 or Penny de Kock on 07393 407896

Or just join us on the day.

WEEKLY TRANSPORT AGENDA

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Admission: £2.00 (Under 16's: Free)

Saturday 10th September 2022 (1-5pm)

Diseworth Village Hall, Hall Gate DE74 2QJ

After the Show the bar will stay open 'till late (weather permitting).

WHATTON HOUSE GARDENS:

A dry spring and summer have taken its toll on the garden. Admittedly even on a good year the garden is at its best during the spring and early summer. But there would normally be some late summer colour from Hydrangeas, Japanese anemones and Astilbe. This year however a lot of the summer colour has gone brown and crispy, with flower buds aborting. Even more horrifying are the trees that have dropped their leaves prematurely. I have not looked at the young handkerchief tree recently, but the Stewartia pseudocamellia had buds on it, so I hope it will grow back. Rather frustratingly the new hydrangeas that were planted in the spring have not fared well from the extreme heat and lack of rain. Although young plants it was hoped they would produce some colour this year.

There are a number of things we can do to

Dealing with drought by William Stanger



Hydrangeas showing the effects of drought

put us in a better position for next year. Firstly, we will try to only plant in the autumn when hopefully we will get some much-needed rain. Traditionally it has been recommended to plant in the autumn and spring when the soil has some moisture and is still warm or warming up. However over recent years the Spring season has been dry, and anything planted then did not get off to a good start. Secondly, lots of mulching. By adding organic matter to the soil we will hopefully improve the soil's water retention and help seal in the moisture by insulating the soil with a 4in layer of compost. To make it easier to identify

new plants, we will buy in bigger specimens so that they will not get lost in the existing planting. We were trying to be economical by buying smaller specimens that would in theory grow on, but they just got lost and consequently got missed when watering was carried out. We also need something more instant.

Concentrating our efforts on just two or three areas for new planting will also help. It will make it easier for the team to know what needs watering, if they only have to check a few specific areas. Lastly there is plant selection. After this year I will be focusing on plants that are drought tolerant and will not be prepared to attempt anything that is borderline. It does limit what can be chosen but we need things that can get on with it and do not need cossetting.

If it is any comfort, you are not the only one looking at a brown lawn and it will grow back when we get some decent rain. Otherwise, be prepared to make some changes so that you can future proof your garden for the future.

'This year a lot of the summer colour has gone brown and crispy, with flower buds aborting. Even more horrifying are the trees that have dropped their leaves prematurely.'

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Afternoon
TEA IN THE OLD DINING ROOM

3 Sitings to Choose from
12pm - 1.30pm | 1.30pm-3pm | 3pm-4.30pm
All Bookings include Entrance to the Gardens

Next Event **SUNDAY**
2ND OCTOBER 2022

To Book & for more Information
WHATTONHOUSE.CO.UK



WOODPECKERS – *Local wildlife*

A fascinating bird that we hear but usually can't see is the woodpecker. We have three woodpecker species in the UK, the Great Spotted woodpecker, the Green woodpecker and the less common Lesser Spotted woodpecker.

The Great and Lesser Spotted woodpeckers are very similar in appearance, with distinct black and white colouring on their feathers. The lesser spotted is a lot smaller, and quite rare. Males have a patch of red on their heads at the nape of their neck, the females do not. The young, however, sport a red crown that covers the whole head. They prefer woodland habitats and they peck on the trees looking for insects concealed in the bark.

The Great Spotted is widespread in the UK, throughout Europe and beyond.

The Green woodpecker, looks completely different to the other two: green in colour with red on the top of its head. This is the largest of the three, and has a very distinctive call that almost sounds like someone laughing and is the reason it is sometimes called the Yaffle.

They spend more time feeding on the ground in open spaces, particularly plundering ants nests.

The Green Woodpecker can be found throughout Europe except in Iberia, Ireland and the north of Scandinavia. In Britain they occur widely, except in the

northernmost parts of Scotland.

Large, flamboyant and noisy, this woodpecker likes woods, heaths, parks and gardens and can also wander out into agricultural land.



All three woodpecker species possess specialised tongues that are so long that they extend around the back of their skull and are covered in sticky saliva to help them catch the creepy crawlies. Very handy to grab insects that are hiding deep in crevices.

The official term for the pecking is 'drumming'. They may also peck for other reasons - to communicate with each other and in April and May they will also drum to hollow out holes in tree trunks to make their nests.

Pecking at tree trunks as they do should give them headaches. Fortunately they are designed for this, having shock absorbent tissue around the base of the skull and the bill, to help reduce the impact of the drumming.

Woodpeckers like to frequent bird feeders as an easy way to stock up on food reserves, as they use up a lot of energy whilst drumming. They tend to be more timid than other birds, making sure the coast is clear before they flying down to the feeder.

Thanks to Jeff Humphries for the photos of some local Great Spotted and Green woodpeckers.



A Green Woodpecker, its mossy green hues blending well with the grass. Although it already has rich green upper parts and red on the head, it can easily be aged as a juvenile by the prominent heavy dark barring across the face and underparts and the whitish feather tips on the mantle, scapulars and wing coverts.



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ENDINGS *Rev. Louise Corke*

This month we say goodbye to Lauretta as she leaves here to begin a new ministry in the diocese of Bath and Wells. I can say that personally, it has been a privilege and delight to work alongside her for the last five years. I will miss her, as will many of us across the benefice and diocese.

Endings are important moments in life: when something ends, it is an opportunity for people to reflect, take stock, lay things down, express thanks, notice the treasures and the difficulties, say the things which maybe we have valued but never named aloud... We have just this sort of opportunity with Lauretta as we approach her final Sunday service on 11th September. She has that opportunity with us.

I'm a terrible one for endings; I feel the loss much more than the opportunity and I really dislike the sense of pain and being adrift. You may be better at them than me! So to help me get the most out of goodbyes in a way which becomes a springboard for how I face tomorrow I have three steps which I like to use. First I begin with celebrating life, remembering the meaningful moments that I treasure or have learned from, things which I hold with delight or gratitude. Holding those life-giving times is a great way to start. Then secondly it's healthy to name the loss very

specifically. Best to admit it rather than bury it and I often find that although I am feeling deep sorrow, hope begins to emerge too. And thirdly I look forward and think about what I want to take into the future. That could be lessons learned, friendships made, qualities I've seen in the example of others.

These three steps hold me steady when I'm struggling with something coming to an end. They help me to snatch those ending moments and make them special, for I know that a good ending gives us a better new beginning.

So however works best for you or me, let's make Lauretta's ending with us the best springboard for her new chapter and for ours, trusting God to lead us well as we face the future.

SHOP NEWS

The village shop now sells fresh ground coffees so you can buy a fresh cappuccino, latte or perhaps an ice cream and relax on the recently added seating outside.

The Hermes parcel service has been reinstated now, offering a parcel posting service and a facility to have a parcel delivered to the shop insted of your house for collection at your convenience.

LONG WHATTON NEWS *Advertising rates*

6 months per month

Full page £18

Half page £12

Quarter page £7

One off per month

Full page £22

Half page £14

Quarter page £8

Advert sizes:

Full page with bleed

148mm wide x 210mm deep plus 3mm bleed on all sides

Full page standard

132mm wide x 194mm deep

Half page 132mm wide x 94mm deep

Quarter page 63mm wide x 94mm deep.

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

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



WHATTON

Garden Opening Times

24 APRIL - 1 OCTOBER 2022

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

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

SUZUKA 8 HOURS ENDURANCE *Alex Lowes' second job*

As the World Superbike championship paused for a summer break, Alex Lowes and several other racing colleagues took part in the Suzuka 8 Hours endurance race in Japan from 5th to 7th August.

Alex and his team-mates Jonathan Rea and Leon Haslam had already taken part in three tests aboard the Kawasaki ZX 10 in

Japan and were amongst the favourites to win.

After contracting a bug at the previous World Superbike round, Alex was almost back to full fitness.

The team started from a qualifying spot of third place but soon moved up to 2nd, just 9 seconds behind the factory Honda team after the first hour of racing, but by half distance the Honda team had gained a 1:40s advantage.

Following a crash by Rea while navigating traffic coming into the chicane the team slipped further behind. Rea was soon back up

and running, but the win had slipped from their sights.

The final results were first – Honda racing team, followed by Alex and his Kawasaki Racing team and the Yoshimura Sert Suzuki team.

The World Superbike championship resumes on 9th to 11th September in France.

The Kawasaki

World Superbike team went to Barcelona for a test on 20th August, before the second half of the season, along with many other World Superbike teams.

The team's aims were to improve weak areas of the bikes and to test the new front tyre which will be available from the next round.

Alex finished the day in 5th place – just 0.8s behind his teammate in first place on day one after putting in 90 laps.

The next round is at Magny Cours, France from 9th to 11th September.



Alex (right) with his Suzuka team-mates Leon Haslam and Jonathan Rea

PARKING ON THE PAVEMENT

We have been told of quite a few instances of cars parked on pavements forcing children to walk on the road to go around them. Is it illegal? Morally should you do it?

Parking on the pavement is not illegal outside of London. You can, however, still get a fine of £70 for doing so in some instances, which makes the law quite a grey area.

Since 1974, Highway Code rule 244 has stated that drivers “*Must not* park partially or wholly on the pavement in London and *should not* do so elsewhere unless signs permit it.”

It is likely to become illegal throughout the

country soon.

The RAC say “If you are parking along a narrow road, where parking wholly on the road stops other cars, and particularly emergency vehicles, from getting through, then it is a sensible option to park partially on a pavement, providing there are no parking restrictions and providing you are not blocking a wheelchair user or pram from using the pavement. If there are restrictions, or your parking would cause wheelchair users or people with prams to have to walk into the road, then you should find somewhere else to park.”



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A SOUTH AFRICAN TREAT

Walking my dog Pete one evening, the Editor of the Village News and her family came out to make a fuss of him, something they often do. I was then presented with a bag containing 3 home grown Gem Squash. This variety of squash is grown and eaten in South Africa and is much missed by South Africans living in the UK. Two friends even set up a company selling a variety of Gem related products, enabling expats to grow and subsequently eat their own.

So here is a recipe for Roasted Gem Squash, but it can be used with any variety of squash.

What you need

- 1 Gem Squash or any variety of small squash/pumpkin
- Salt to taste
- a little olive oil
- 2 thinly sliced spring onions
- 1 chopped/grated clove of garlic
- 90g fresh or frozen sweetcorn
- 1 tsp Tomato piri piri sauce or tomato ketchup
- 1 tsp cream (optional)
- 2 tbsp grated cheddar cheese or regular processed cheese

What you do

- 1. Wash and halve the squash/pumpkin
- 2. Scoop out the seeds and pith from the centre
- 3. Pre-heat oven to 200C and coat the squash with a little olive oil
- 4. Sprinkle with salt and black pepper. Place the halves on a roasting pan and bake in oven for 15 minutes

- 5. In a pan, heat a little oil & fry sliced spring onions add the garlic and continue for a few seconds more
- 6. Add the sweetcorn and fry for 2-3 minutes
- 7. Add tomato piri piri sauce/tomato sauce
- 8. If using add cream and mix well, then spoon the mixture into halved baked gem squash



Photo of the Beddow's risotto

- 9. Top with the cheese and pop bake into the oven for a few minutes, until the cheese has melted.

Feedback from the Beddow Family

You may recall that the Beddow family cooked, well Vicki did the cooking, the recipe for slow cooker Risotto published in the magazine a couple of months ago. Feedback was positive and it will

hopefully become a family favourite.

Gem squash (Cucurbita pepo var. pepo) is a variety of summer squash that may have been domesticated from two wild varieties; Cucurbita texana found in the southern and central United States and Cucurbita fraterna found in Mexico. The dark green spherical fruit, when fully ripe, is about the size of a tennis ball. The young fruit is often harvested before it is fully ripe when it has a more delicate texture flavor.

Gem squash isn't generally available in the main UK

supermarkets, but can be found on online fruit and veg suppliers.



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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- 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 - Find us on social media  

ALL SAINTS CHURCH NEWS *September services*

September services at All Saints Church Long Whatton:

Sunday 4th September 10.30 - Inside/ outside Church .

At this service some of us walk in the surrounding fields stopping for a poem, Gospel reading and ending with a prayer whilst some remain in church for readings and quiet reflection. Many bring their dog and walk the dog at the same time and they are of course welcome on a lead. At the end we go into church for coffee and biscuits.

Services elsewhere in the benefice on other Sundays:

Sunday 11th September 10.30 - Benefice service with Holy Communion at Kegworth Church. This will be Rev'd Laurretta's last service with us before she moves away to take up ministry near Bath. Everyone is welcome or if not to the service to tea/coffee with something to eat at 11.30

Sunday 18th September 10.30 - Benefice service with Holy Communion. Venue to be confirmed

Sunday 25th September 10.30 - Benefice service with Holy Communion at Osgathorpe You will be warmly welcomed at any or all of these services. Refreshments are offered after the service at all churches.

Did you know that the village church is open every day for you to go inside . Sometimes our quiet and welcoming church building is a wonderful space for reflection and to have a few moments away from the maddening crowds. If you have friends and family visiting, and you are out walking in the village our beautiful church is there for you to visit. There is a visitors' book near the serving area please do encourage those with you to make an entry. We also have some cards for sale inside with photographs of the church.

The long grass in the churchyard was

strimmed a couple of weeks ago and was raked up and collected . It is hoped that the plants shed their seed and will appear in even greater number next year when we hope to repeat and build on this year's mowing regime. Our thanks to Paul Hunt our mower contractor for being so interested and sympathetic in enabling us to manage the churchyard mowing in this way over the year.

Thank you too for those who came on our evening bat walk. There were several Pipistrelle bats flying around the churchyard and even more along Mill Lane. We will certainly repeat this bat walk next year. Do email me if you want me to give you a prompt when we next hold this. v@manororganicfarm.co.uk

DATE FOR YOUR DIARY !! Coffee Morning Saturday 24 September 10.30 till midday. Everyone welcome for coffee and cake. We hope you will join us.

Finally there will be a warm welcome to the church on Saturday 10 September to any cyclists taking part in the national Ride and Stride day. Ride+Stride is the largest source of income for our church grants and raised more than £35,000 in 2021. Every year, it's a great day for getting out and about and raising funds for churches and chapels all over Leicestershire <https://www.lhct.org.uk/ride-and-stride>

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

Email us at

LONGWHATTONNEWS@GMAIL.COM



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STEPS FOR HEALTH *Health by Liz Jarrom*

Most of us take walking for granted. We put one foot after the other without a thought, that is, unless we start to develop health issues, mobility problems or become disabled.

The truth is though, that many people today tend to walk a lot less than we used to, even if you only go back 50 or 60 years. Then, in the 1960's and 1970's, most children walked to school with a parent. Some people drove to work, but many walked or went on the bus, and probably had a walk to the bus, and then to their place of work after that.

Life seems so busy now, with everyone having so much to fit into the day, that it's easier, and sometimes a necessity to just jump in the car. Even shopping has changed, with groceries and other necessities being delivered to the door. All this has led to a tendency towards a more sedentary life, with our brains getting more exercise than our legs, as so much can be done, for work or leisure, by looking at a screen, and making a few clicks here and there. But our bodies are meant to stand up and move about, and not doing so, can bring about, or worsen, health problems. The old saying of use it or lose it comes to mind. Getting on our feet and walking about has so many benefits, and not just to our physical health, but that is a good place to start. Simply getting up and walking, moving our bodies, brings strength to muscles, ligaments, tendons and even strengthens our bones, enabling them to work together better, which in turn brings health benefits, and may even reduce pain.

Back pain can occur from an injury, but can also be caused by damage and weakness, resulting from a sedentary lifestyle. Getting up, moving about, and walking around every hour can start to bring about positive effects in the body. Getting outside for walking is even more positive. Going out walking gets the heart pumping the blood around, aids

digestion, reduces weight, eases depression and anxiety. Walking can lessen the risk of heart disease and cancer, lower blood pressure, reduce pain in the back and joints and even reverse type two diabetes. There is evidence too, that walking, especially outside in nature, can bring about unexpected changes like improved memory, vision and sleep. Walking outside within an hour of waking up, helps to reset our body clock for the day. 10 minutes in bright morning light lowers the production of melatonin, and raises cortisol levels, so we feel wide awake and full of energy. Strange as it may seem, walking early in the day also helps us have a more positive mood all day, and sleep better at night, by activating the body to produce serotonin. Scanning the landscape while walking quiets the stress response, and helps exercise our eyes, leading to improved vision.

Walking different routes and going out in cold or wet weather challenges the body in positive ways, bringing health improvements. Best results occur if we walk for 30 to 45 minutes a day, and this can be done in small amounts to start with if new to regular walking. Building up to longer and faster walks for those able to, brings about many improvements in the quality of life. That said, any walking brings benefits, so start small and slow, and build up the pace and time spent walking gradually. Age is no barrier to walking, and helps mobility when getting older. Just going a bit slower and taking frequent rests is very positive, and may enable a longer distance to be done each day. The idea is to keep moving, as every step we take has a cumulative effect, in a good way, on our health.

Walking is free, doesn't require special clothes or footwear and can be done simply by exiting the front door, going down the street or simply pottering about in the garden.



The Food Truck

SUMMER AT...

The Falcon Inn

Food Truck open from 4pm to 8pm:

Fish & Chip **Friday**

Street Food **Saturday**

Eat in the garden or Takeaway!

Restaurant serving food from -

Monday - Thursday:

12pm to 2:30pm - 5pm to 8:30pm

Friday & Saturday:

12pm to 9pm

Sunday:

12pm to 6pm



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