

Long Whetton News

APRIL 2023



These stone steps, wide and curved, unseen from the road, seem particularly grand leading up to the side entrance of Uplands Farm. But then then the farm house is quite grand itself.

Inside this month's issue is a new diary listing upcoming events, a hippopotamus or two, a great recipe, wise pruning tips from the expert, Guides and the Friendship Centre and our globetrotting bike racing star.

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WONDERLAND CANCELLED

Whatton House's 'Easter In Wonderland' event that was due to return following the success of the event last year, and was scheduled to run from Friday 7th to Monday 10th April has sadly been cancelled.

A MIXED BAG DOWN UNDER

Phillip Island proved to be a mixed bag for Alex Lowes at the World Superbike opener. A DNF in race one was followed by 4th place in the sprint race and then another DNF.

The series moved straight from Australia to Indonesia for the second round where Alex's fortunes were again mixed.

10th place in race one was followed by another DNF and 13th in a restarted race two.

Back to Europe and the team headed to Motorland Aragon in Spain for another test, where Alex main focus was trying to improve tyre wear over race distance - a problem that hampered him in Australia and Indonesia.

EDITORS NOTES

A new feature appears in this issue - the Whatton Diary, listing all the events happening in the village through the month.

Also, a report on the Freeport proposals affecting Diseworth and our own village.

By the end of the two days he reported some improvements had been found but more work had to be done before the next round at Assen in Holland.



ABOUT 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 the magazine around the 1st of each month.

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

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

THE TEAM

Penny de Kock 07393 407896
Neil Bamford 07921 855607

COPY DEADLINE

The copy deadline for articles for the May issue is 21st April.

Design & Artwork
for print

Print production
of nearly anything

Large format
posters, canvases...

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roughmedia@hotmail.co.uk

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AN OKOVANGO ADVENTURE - *Part three, by Jeff Humphries*

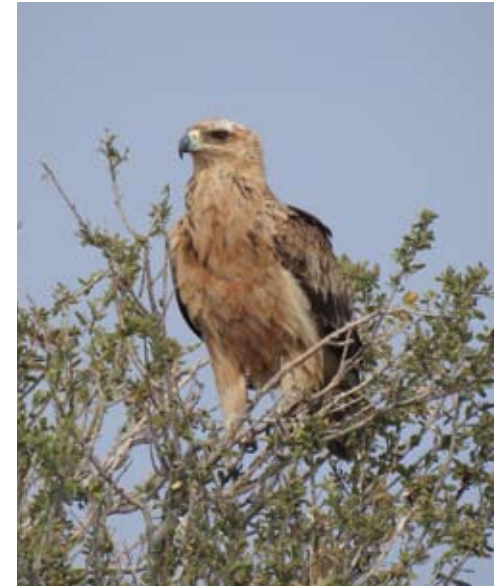
After all this excitement, with scenes we regard as a privilege to witness, we continued our trip along Namibia's "rasping" roadways and tracks to Damaraland where their highest mountain, Brandberg, houses the famous White Lady rock paintings the result of early man's desire to record the animal, bird and human life of the time. How many years ago they represent is mind blowing.



Hyenas

Can't hang about though, plenty still to do. Arriving at Swakopmund, a small German colonial town on the Atlantic coast, we managed to get some shopping in and unsurprisingly we finished up with a cuddly rhino and lion for the grandkids, forgetting of course that both had to be carried through South African and Ethiopian customs on the way home. I'm sure many of you can relate to this yourselves?

Whilst in Swakopmund we took the opportunity to visit the Namib-Naukluft National Park where our well equipped 4x4 vehicle promised "some cross sand dune driving and an opportunity to see the local beach wildlife including flamingos and fur seals". "Put your hands over your eyes" as we career over nearly vertical coastal sand dunes many hundreds of feet in height and, as for the wildlife, we saw two jackals, one with a kill, and by the way two hundred thousand, yes two hundred thousand, fur seals including many, many pups. The only drawback was the



intense aroma from such a multitude, Sue soon "donned" her covid face mask, she doesn't miss a trick.

Hippos, bathing in a group


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CELEBRATING EASTER *Rev Louise Corke*

I wonder how you will celebrate your Easter?

We might mark it by a catalogue of food: beginning with pancakes on Shrove Tuesday, then 'giving up chocolate for Lent', baking simnel cake for Mothering Sunday, lamb on Maundy Thursday, hot cross buns on Good Friday and of course the triumph of chocolate eggs on Easter Sunday. Such traditional foods

"...the hollow Easter egg, reflecting the empty tomb in the story of Easter"

tell a story, they remind us of the big story, in whose steps we tread. And what of that story? Now we are in April, maybe we should focus on the cross of that Friday and the egg of Sunday.

The cross bun. It's not hard to work out that the Romans' flogging of those sentenced to death was viciously brutal and crucifixion, death on a cross, was an excruciating way to kill. This was the manner of Jesus death, and

horrific as it was, the physical suffering he endured was not unusual. Many died at the hands of Roman soldiers as Jesus did.

What makes Jesus unique was not how he died but what happened afterwards. Eye witness accounts on that first Easter Sunday and in the following months were of

encountering a risen Jesus: scarred but not hampered by injuries, different (who wouldn't

be?) and yet still recognisably him. Here was Jesus, leaving the tomb empty and showing us that death isn't the final fullstop on life after all. We mark Easter Day with all sorts of signs of new life, but I have to say that my favourite is the hollow Easter egg, reflecting the empty tomb in the story of Easter. What was it that the women were told on that Sunday morning? 'He's not here; he is risen.' And that makes all the difference. Happy Easter!

ALL SAINTS CHURCH NEWS *April Services*

Services here in Long Whatton
Sunday 2 April (Palm Sunday) 10.30 - Holy Communion Service
Friday 7 April (Good Friday) 2pm .The hour before the cross
Sunday 9 April (EASTER SUNDAY) 10.30
- All Age Easter Celebration

Services on other Sundays elsewhere in the benefice

Sunday 16 April Holy Communion at Hathern

Sunday 23 April Holy Communion at Diseworth

Sunday 30 April Holy Communion at Belton

We have tried to offer to a variety of services to celebrate Easter. Please do come together to celebrate Easter and the sense of community that is always very welcome in Long Whatton.

Without labouring the point further it will

be a case of "use it or lose it". The choice is yours.

Do join us at our coffee morning which this month will be Saturday 22 April 10.30 til midday.

Also on Saturday 1 April the bishop of Leicester Martyn Snow will be walking in the benefice as part of his Lent Pilgrimage. All are welcome to join with him. The Diseworth to Long Whatton part starts at 10.20 at Diseworth church then walk over fields via Wood Nook Farm and Manor Farm before a picnic lunch at All Saints church at noon.

Finally there is a play in the church on Friday 28 April John's Tale at 7pm. A fund raiser for the church -see separate flyer and do ring me for tickets!

We very much hope to see you at our services. Always happy to hear from you, Viv Matravers 0780097997



WHATTON

GARDEN OPENING 2023

GARDENS OPEN SUNDAY 5 MARCH 2023

Monday	10AM - 3PM
Tuesday	CLOSED
Wednesday	CLOSED
Thursday	CLOSED
Friday	10AM - 3PM
Saturday	CLOSED
Sunday	10AM - 4PM

ADMISSION INFORMATION

ADULT	£6
CHILD (3-12YRS)	£3
FAMILY (2 ADULTS 2 CHILDREN)	£15
Under 3's	free

Historic House members receive free entry with a valid membership card

WHATTON HOUSE IS NOT A MEMBER OF THE RHS.

Admission to The Courtyard is free.

PAYMENT NOW BY CASH OR CARD

REFRESHMENTS AVAILABLE DAILY WHEN GARDENS ARE OPEN

ALICE IN WONDERLAND RETURNS!

THE GROUNDS WILL BE CLOSED TO GENERAL ADMISSION VISITORS FROM
3RD - 13TH APRIL FOR OUR ALICE IN WONDERLAND EASTER EVENT - PLEASE SEE OUR
WEBSITE FOR MORE INFORMATION

01509 431193
hello@whattonhouse.co.uk
whattonhouse.co.uk

NEW FOR 2023
Season Tickets for Friends of
Whatton House. Contact
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CONDOVER HALL & SOCIAL MEDIA – Long Whatton school

Our Key stage 2 children have been on a residential to Conover Hall in Shropshire where they were able to take part in lots of activities including, Laser quest, raft building and silent discos. Residential give them the opportunity to experience a range of activities and spend time away from home.

World Book Day enabled the students to have an afternoon of storytelling, audiobooks, making book recommendations and bedtime stories. Parents and volunteers joined them on the day. The aim is to instil a love of reading in our children so that they can enjoy books



children at the school. The organisation believe children should be shown how to handle social media positively and constructively - important lessons as our

children prepare to move on to their secondary education.

With Easter just around the corner the children are busy preparing for the Easter service with enthusiastic singing rehearsals.



WHAT DOES ONE SAY *A poem by David Griffiths*

You eat his sandwiches and drink his wine
And think what you should say when comes the time

You move along and see him face to face
And conjure something that will take HER place.

"She was a smashing girl....you'll miss her mate!

Keep going for the kids....they're doing great!

Nice service though....the vicar kept it short...

Call anytime...be sure of my support!"

You cross the room and, silent, grip his hand
No need for words...you hope he'll understand.



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WHATTON HOUSE GARDENS: *Not so hasty*

After a number of severe frosts this winter, various plants on the slightly tender side are looking rather sorry for themselves. It is worth holding back till everything is coming back into growth before making any decisions. The hardy fuchsias often lose their top growth in a cold winter but will normally shoot from the base and quickly grow back to full size and flower in the same year. The same can be applied to Penstemon among other things. Do not be too quick to write-off a plant as dead. It may, like the fuchsia shoot from the base which will not happen till late spring.

It also pays to hold back pruning *Hydrangea macrophylla* and shrubby *Salvias* till late March- early April. The old topgrowth helps to protect the new emerging shoots from being frosted. Pruning may also stimulate growth prematurely, so again it best to hold back till the worst of the frosts are over. Another advantage of delaying pruning in these situations is that the growth should have started by late March. The new growth will then tell you where to cut. In the case of the *Hydrangea* you reduce all the stems to the first strong pair of buds. With the *Salvia* once it is coming into growth it should quickly grow back after pruning hiding all the pruning cuts you have made. Given the amount of other pruning jobs that needed doing over the

winter, it is helpful delay some of the work and spread it out.

I think I have made the right decision in delaying planting new shrubby *salvias* till April. A well established plant can shrug things of much better than a freshly planted youngster. It is possible that had I planted the *Salvias* in October they would have been killed by the two week hard frosts around Christmas time. I have kept them in the polytunnel and will get them planted in the new few weeks. Conversely I did plant a couple *Penstemons* else where in the autumn thinking they would be fine. Alas the frost got to them and I fairly certain they are dead. The ones still in the polytunnel however are fine.

The other main task I have been holding back on is seed sowing. A lot of things want a temperature of 18-22°C, and will not germinate till they get this desired temperature. The other factor is light. Any seedlings that do germinate earlier can become long and drawn as they struggle to search out for enough light. Once we get into April, both the quantity and quality of light improves. You may find an early sowing of *Cosmos* is quickly overtaken by a later sowing in April. Like pruning it is worth noting what can be sown earlier and what should be done later, to spread out the work load and work as



Hydrangea buds: Prune to the first strong pair of buds

best you can with the changing seasons.

To summarise, a number of jobs we may be tempted to do sooner are worth putting off till warmer weather has arrived. I would like to say definitely arrived, but it has been known to snow in June. For us at Whatton House, holding back till April should suffice.

William Stanger



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WEEK 1

MONDAY -	HIRED
TUESDAY -	SHEPSHED CO-OP
WEDNESDAY -	AVAILABLE TO HIRE (DURING SCHOOL CLOSURES ONLY)
THURSDAY -	LOUGHBOROUGH: CHOOSE FROM TOWN CENTRE, SAINSBURYS OR TESCO
FRIDAY -	AVAILABLE TO HIRE

WEEK 2

MONDAY -	MORRISONS COALVILLE
TUESDAY -	SHEPSHED CO-OP
WEDNESDAY -	AVAILABLE TO HIRE (DURING SCHOOL CLOSURES ONLY)
THURSDAY -	AVAILABLE TO HIRE
FRIDAY -	AVAILABLE TO HIRE

WEEK 3

MONDAY -	HIRED
TUESDAY -	SHEPSHED CO-OP
WEDNESDAY -	AVAILABLE TO HIRE (DURING SCHOOL CLOSURES ONLY)
THURSDAY -	ASHBY RETAIL PARK- M&S, B&M, TESCO SUPERSTORE
FRIDAY -	AVAILABLE TO HIRE

WEEK 4

AS WEEK 2

WEEK 1 COMMENCES THURSDAY 5TH JANUARY 2023

TWENTY SIX YEARS *At the Friendship Centre by Sue Bird*

In 1996 Josephine Orrill had the vision that as the Friendship Hut, as it was then known, was no longer in use, it would be an ideal centre for the Loughborough Division Guides. The Centre was built in the early 1950s by Mr & Mrs Vernon Harlow and was the meeting place for the older residents of the village, known as The Friendship Club, which disbanded in the 1990s. Lord Crawshaw agreed to the Guides having a Lease on the property, initially for 10 years and subsequently renewed until February 2023.

Many jobs had to be done to get the building ready for use. New toilets and washbasins fitted (there were no wash basins or hot water in this area), floor coverings, a new boiler for heating and hot water, curtains, blinds, lighting, storage cupboards built, cooker (which was originally in the shed behind

the main building), fridge, fire extinguishers and safety glass in the doors. There was also much clearing up around the outside of the hall. It was renamed The Guide Association Loughborough Division Friendship Centre – to be known as The Friendship Centre.

It was officially opened by the Chief Guide, Bridget Towle, on 12th June 1997. Over the years it has been used for regular meetings of Rangers, Guides, Brownies and Rainbows. Many of the group leaders have been Long Whatton residents. It has been used for leader trainings, First Aid trainings, the Trefoil Guild, the Guiding equipment Shop, Loughborough Division Guides meetings and local Guiding meetings within the Loughborough Division which

and Guide units have had sleepovers and Brownies have had a number of Fun Days when not only was the Friendship Centre in use for activities, but also the Community

Centre and field, Manor Organic Farm and the church.

We were also more than happy for others in the community to use

the building, and there have been Pilates, Keep Fit, WI, Art Group, Gardening Club, Church Coffee Mornings, Dance Club, Scout Cubs, the village Polling Station, funeral wakes and children's parties, and many more. During the covid pandemic when the building was not able to be used for meetings, we were able to help out the Shepshe Food Bank with storage for a short time.

Grant-giving agencies and local businesses over the years in order to maintain and improve the hall, including a new roof and new windows. The Community Association supplied the village flag pole at the front of the building.

Numbers of girls enjoying all the benefits and challenges of Girlguiding are flourishing. The Guides and Rainbows in this area currently meet in

Kegworth, and the Brownies in Hathern.

Our sincere thanks go to Lord Crawshaw for allowing us the use of the Friendship Centre, and to the residents of Long Whatton who have always been a great support. The Community Association have now taken over the running of the hall so it will remain a village facility, and we wish them every success.

Lord Crawshaw agreed to the Guides having a Lease on the property, initially for 10 years and subsequently renewed until February 2023.



covers an area of the 5 local villages of Long Whatton, Diseworth, Hathern, Kegworth and Castle Donington as well as Shepshe and Loughborough.

There have also been social gatherings such as Guide Carol Services in Long Whatton Church followed by refreshments in the hall and MacMillan Coffee Mornings. Rainbow

Ballet Classes FOR CHILDREN AND ADULT BEGINNERS

LOCKINGTON VILLAGE HALL - SATURDAY From 7th January 2023

New Class: Very young beginners, 3+, 9.00am starting 14th January!!

Primary and children's ballet classes up to Grade 5

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 11th January

DISEWORTH VILLAGE HALL - WEDNESDAYS

Silver Swans - Adult beginners: 6.15pm

Adult refresher (grade 5) 7.00pm

Pre-Intermediate (& pointe work) 8.00pm



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

WHATTON DIARY *Upcoming events*

Coffee Morning at the Falcon

Monday 3 April, 10.30 till 12, at the Falcon Inn. Meet people, chat, hear tales from old Long Whatton. For info or transport - Jane Scholtz 073 9334 9009 or 01509 842736 or Penny de Kock on 07393407896 or just join us on the day.

Blair Dunlop - Trails

Saturday 15th April, 7.30pm at the Community Centre. Songs from the album and tales from the road. Tickets £12 from the village shop, the farm shop or 07964 824108

Village Easter hunt

Saturday 8th April, 10 - 2pm come to the garden of the Falcon. Get your hunt instructions £2 and find as many Easter items as you can. Stalls, photo booth, games, raffle and refreshments. LWCA

Coffee Morning at All Saints

Saturday 22 April, 10.30 till 12, At all Saints

Church. Meet people, chat, hear tales from old Long Whatton. For info or transport - Jane Scholtz 073 9334 9009 or 01509 842736 or Penny de Kock on 07393407896 or just join us on the day.

John's Tale

Friday 28th April, 7pm, John's Tale follows the story of St. John's Gospel with a conversation between two people in a lighthearted snappy manner. A fundraiser for All Saints Church. Early Bird tickets (purchased before 14th April) are £6.50. Early bird Block (20 tickets or more) £5.50. After April 14th on the door £8.00. Tel 07780 09799

Coronation picnic

Sunday 7th May 11 - 3pm, free event at the Cricket Club. Bring your own picnic, cricket club bar open. Tug of war, sack races, games, table tennis, royal competitions and entertainment. LWCA

RICE ON THE RISE

Despite not being grown in the UK, rice is big business here, with the UK rice industry worth around £850m annually.

Our appetite for rice seems insatiable. Rice eaten per person per week has grown 530% since the 1970s, with a staggering 88% of UK households buying rice.

Microwavable rice was developed in the UK and is suited to smaller households and people with less time to spend in the kitchen. Rice pouches now make up over half retail sales by value.

Rice is also placed in our culture in other ways. There are more Indian restaurants in the UK than any other cuisine except British. Rice-based cuisine, including Chinese, Thai, Japanese, Indonesian etc accounts for more than 20% of restaurant styles. So it's not surprising that rice consumption is still growing today at a steady pace as our tastes continue to diversify.

The recipe this month makes use of

microwave rice. These rice pouches can be found in a wide variety of flavours and can generally be cooked in around 90 seconds. Mexican Halloumi Rice.



What you need

A pack of Halloumi cheese
Mexican style micro rice
Tomato salsa
Avocados

What you do

Cut the Halloumi into slices and pan fry for a couple of minutes on each side until they take on some colour. Peel and dice the avocado and toss together with the

halloumi and the rice that has been cooked according to the instructions on the packet. Then top with a dollop of salsa, for a meal made in minutes. You can, of course toss in some other ingredients, perhaps cherry tomatoes, kidney or black beans or sweetcorn, depending on what you have in your cupboards.

Thomas Cooper
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PROTECT OUR LOCAL COUNTRYSIDE *from development*

Protect Diseworth is a local action group opposing the proposed development of a 250 acre logistics hub on agricultural land between the A453 and the village edge in the "green lung" between it and the Motorway Services.

The planning application would normally fail because the current local plan wouldn't allow it. But now designated a "tax-free zone" as part of the new Freeport, it is claimed that obtaining of planning permission will be easier.

Freedom of Information requests to find out why this happened were refused so we are appealing to the Information Commissioner. Additionally, we have been lobbying our local councillor, Nick Rushton, who is also leader of Leicestershire County Council, as well as our MP, Andrew Bridgen.

As a result, Councillor Rushton has resigned from the board of the East Midlands Freeport of which he was part saying he *"fundamentally disagreed with the late addition of a major greenfield area around Diseworth."*

CRICKET CLUB

We are pleased to confirm that the cricket club will be running Allstars and Dynamos cricket again this year. The start date will be Tuesday the 9th May. The ECB website is up and running to sign up for the courses. If your child attended Dynamos last year but is too old this year we will be running a training session for the next stage, this will be run by the cricket club so please contact us directly to sign up.

We are also happy to confirm that there will be a Kwik cricket team and Incrediball team entered in the league this year. This is all possible due to the wonderful team of volunteers who have signed up again this year.

If you feel you can help in any way at the cricket club or if you would like to play senior cricket please email us at longwhattoncricket@gmail.com

This was not part of the original bid and its last-minute inclusion was undemocratic, lacking in transparency and carried out without any consultation.... it's totally the wrong place to put an industrial development of this enormity."

All surrounding villages (including Long Whatton) will feel the effects of 24/7 light, air and noise pollution, threatening health and well-being as well as the loss of 7 miles of established hedgerows, productive agricultural land, wildlife, many species of wildflowers and much, much more. The road structure needed for the development of 250 acres of warehousing will lead to yet further pressure on the local road network causing more 'rat runs', increases in traffic, litter, and parking problems and of course, the site will be a huge "blot" visible from miles around.

Fundamental to our campaign is fund-raising for the inevitable professional fees, so we need your help.

- visit PROTECTDISEWORTH.COM
- follow us on Twitter or Facebook
- donate at gofund.me/1d3f091a or get in touch for bank details to make a bank transfer
- and when the application is made object!

LITTER PICKED!

The village Wobles were out in action on Sunday 26th March. Nineteen volunteers amassed 20 bags of rubbish and 6 tyres in a pile outside the Friendship Centre and another pile on Kegworth Lane comprising 25 Bags!

Thank you to all who turned up to help.



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  

ONIONS FOR BONES *Health by Liz Jarrom*

Bone is a remarkable material. It is incredibly strong, weight for weight, as strong as steel. It's a living, changing thing. Old bone is continually broken down, and new bone is built to replace it. Over a decade, our skeleton is completely replaced. But after the age of 30, we start to lose more bone than we make. This accelerates for women after the menopause.

Those with osteoporosis experience rapid bone loss, and their bones become so weakened that a slight knock or sudden movement can cause a fracture. In the UK, 3 million people, the majority of them women, have a diagnosis of osteoporosis. Genetic factors and some medication, such as steroids raise the risk of developing osteoporosis, but diet and exercise have by far the biggest role, and are largely under our control. Weight bearing exercise such as walking, jogging, skipping, playing tennis, lifting weights and even climbing stairs and gardening are all great for strengthening muscles and bone, but diet plays the greatest part. A good diet, rich in calcium, is crucial. About 99% of bone is formed from calcium, and is crucial for its strength and structure. So, eating foods rich in calcium, is vital for the body to build healthy new bone. Calcium is absorbed slowly by the body, so it's best to eat calcium rich foods 2 or 3 times a day, so there is always some available. Calcium is also needed by the heart, to help it contract, by digestive enzymes, to enable blood to clot and by the nervous system to work properly. If the diet is low in calcium, it will be taken from the bones instead, weakening them. Best sources of calcium are milk, good quality cheese, yogurt and sardines. Sardine bones are rich in calcium. Those eating a plant based diet must ensure they are eating the correct foods they can have, that supply them with adequate calcium. This can be a little tricky. Rhubarb and spinach supply calcium, but they also contain oxalates, which are chemicals

that bind onto calcium, and then it isn't easily absorbed. There are similar problems with nuts, seeds and wholegrains, but tofu set in calcium is a reliable source. Broccoli, spring greens and kale are good decent sources of calcium. To be on the safe side, the best way of ensuring good amounts of calcium, if eating a plant only diet, is to drink a calcium enriched plant based milk substitute. Bones need other nutrients including magnesium, vitamin D and boron.

Eating onions is important for bone health because they are a prebiotic, just like garlic, legumes, artichokes, dates and barley. Prebiotics are a sort of fertilizer that feeds gut bacteria, making the gut slightly more acidic, creating an environment that helps make the calcium more absorbable. Prebiotics support bone health in other ways. The bacteria in the gut break them down and produce long chain fatty acids from them, which have been shown to help the function of osteoclasts, who's role it is to break down old bone. Onions also contain the flavonoids quercetin and kaempferol, which play an important role in the correct functioning of osteoblasts, the cells that build back new bone. A study in 2009 showed that women over the age of 50, who ate onions once or more daily, had better bone density than those who never, or rarely ate onions. The data suggested that women who ate onions regularly, reduced their risk of hip fracture by more than 20% compared to those who rarely or never ate onions. Last but not least, beware of practices that damage bone health. The worst are smoking and crash dieting, both of which weaken the bones. A diet of less than 1000 calories per day results in bone loss that isn't replaced, even when the low calorie diet is stopped. Lose weight gradually, while ensuring the diet is rich in sources of protein and calcium, achieved by drinking that glass of milk or milk substitute, and getting out into the fresh air and doing some exercise.



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