

# Long Whetton News

JUNE 2023



*Now* that the sound of daily lawn mowers fills the air and gardens are blooming we have a fair bit of horticultural content in this month's magazine. But if

you don't have green fingers don't worry, there is a bit of news, some sport, a little history of shopping in the village, health, and a tasty recipe to try.

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## EDITORS NOTES

The cover image is a photograph of Foxglove Cottage on West End - perhaps the epitome of English country cottages, complete with an english country garden full of plants to match, except Foxgloves.

The archway that frames the front door of the house did not grow that way of it's own accord but took a lot of persuading.

Once again, thank you to Long Whatton History Society, for letting us retell stories and facts from what will have taken them months of research to compile and write.

In this case, we look at the shops that served the village in the days before supermarkets and the convenient transport we are used to today.

## MARATHON RUNNER *Raises two thousand pounds*

Well done to Gill Merrill who ran the London Marathon raising over £2000 for the miscarriage association. You may have seen Gill training up and down the village with her dog Mollie. Gill completed the race in an amazing time of 5 hours 59 minutes for her first marathon.

'We are so proud of you mum and Nannie'

If you would like to support Gill's efforts, donations can be made at  
[Justgiving.com/fundraising/gill-merrill](https://www.justgiving.com/fundraising/gill-merrill)



## 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](mailto: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](http://www.longwhattonnews.co.uk)

## THE TEAM

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## COPY DEADLINE

The copy deadline for articles for the July issue is 18th June

# Long Whatton - Open Gardens and Yard Sale



Sunday 2<sup>nd</sup> July – Gardens open from 12.30 until 4.30pm

You are invited to open your garden for others to enjoy.

We are not just looking for TV worthy gardens, we are looking for gardens that work for you and your family, whether you like to grow your own veg, let nature take over or just sit and relax, show us your take on your outdoor space.

And if you don't want to show off your garden, why not get rid of some clutter out of the garage or loft and take part in our yard sale. You can use your own yard or have a stall at the Friendship Centre, church or school car park. Refreshments available at the church.

A guide will be available (£2) on the day from the Friendship Centre, the church and shop.

Please register your interest by filling in this form, or contacting Silke on 07964 824 108

- |                          |   |                            |
|--------------------------|---|----------------------------|
| <input type="checkbox"/> | I would like to open my garden for others to see.                                     | Free                       |
| <input type="checkbox"/> | I would like a sales stall at my own house  | £ 5, to be paid on the day |
| <input type="checkbox"/> | I would like a sales stall inside the Friendship Centre or church, one table provided | £10, to be paid on the day |
| <input type="checkbox"/> | I would like a sales stall in the school car park                                     | £5, to be paid on the day  |

Please provide your name, address and contact telephone number.

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Only your address will appear on the Open Gardens Guide.  
Please return form to Farm or Village Shops or 78 Main Street

Organised by the Long Whatton Community Association, to raise funds for the Friendship Centre. <http://longwhattonvillage.co.uk>



## GARDENING TIPS by Shirley Blyth

Hopefully June will be a good month for our gardens and vegetable patches. The last few months have not been too good for good growing weather. I have lost all my succulent collection and tree ferns, even though I had placed them in the greenhouse for protection.

- Continue to put clean water out for birds and hedgehogs.

- Watch out for the bright red lily beetles and their disgusting looking larva (which cover themselves in their own poo). There is something quite satisfying squashing them under your boot. Put a piece of paper at the base of your lilies so that when the beetles fall off you will still be able to see them.

- If you took part in "No Mow May" give your



*Humming-bird hawk moth*

lawn a cut and then a feed of liquid seaweed.

- Thin out seedlings that you have sown in previous months.

- Pea, Bean and Tomatoes seedlings can be "hardened off" ie put the seedlings outside



*Daylilies*

for longer and longer periods) before being planted out in their final growing positions later in the month. Keep them well watered and fed.

- Fill the gap left by springs bedding and bulbs with insect-friendly summer bedding. Insect friendly bedding includes Cosmos, Sunflowers (later useful for bird food), Nemesis and any other

single flat-faced flowers.

- Collect rainwater for later in the summer.

Plants in flower this month:

*Daylilies*

*Deutzia*

*Erodium*

*Honeysuckle (this is a food plant of the iconic Humming-bird hawk moth)*

*Jasmine*

*Lupins*

*Stocks*

Weather wisdom. Our friend Eric was great at communicating various snippets of country wisdom relating to the weather. So here is one of his:

*"A mackerel sky, not three days dry"*

There is a lot of truth in this as the type of conditions that form a "mackerel" cloud system are an indication that it's going to rain.

Happy gardening until next month!



*Lupins*

*"A mackerel sky,  
not three days dry"*





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## GUIDED WALK OF WHATTON GARDENS

Enjoy a summers evening stroll with a guided tour around Whatton Gardens which will take place on Friday 9th June from 7pm.

See the summer shrubs (Lilacs, Deutzia, Philadelphus), discover more about their grass-cutting height experiment, and learn about managing challenging areas – which can be applied to gardens at home.

The tour will be led by Whatton House's garden advisor, William Stanger. William has an M.A in historic design & landscape and is the monthly article writer in the Long Whatton News describing the planning and design of the gardens.

Tickets: £10 – to also include a selection of refreshments and seasonal drinks.

Proceeds from the

event will go to All Saints Church in Long Whatton.

You can book your space by getting in

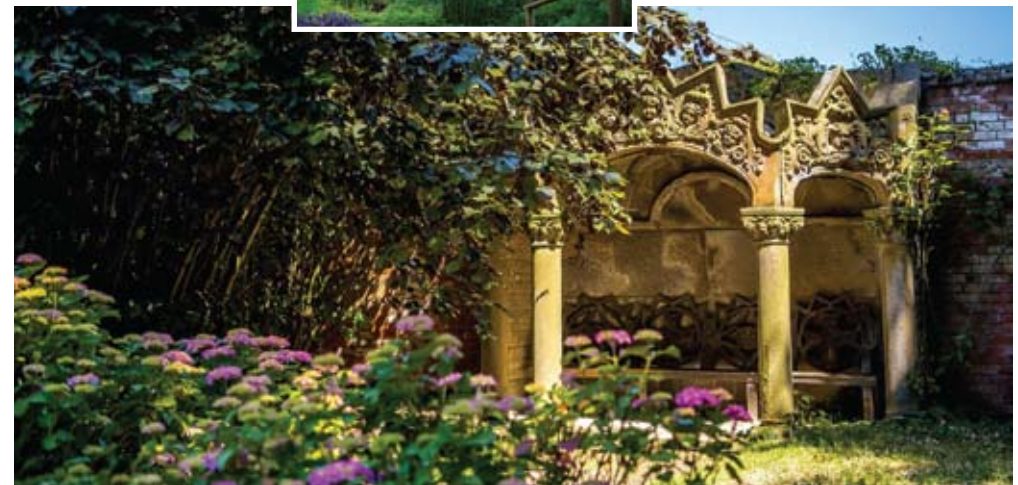


touch with Viv on 07780 097997.

Tickets are also available on the door, but a text beforehand would be helpful for refreshment numbers!

Many thanks to The Crawshaw family, who are opening their garden for the event.

Please note: some of the tour will be off path but the ground is well maintained and fairly flat.





# HAPPY 80th ROGER COOKE



Many will know this sociable man,  
Gardener, chauffeur, and drinker with a great tan.  
His stories have travelled far and wide,  
Just like his dog walking round the village by his side.  
Easy man to find just look in the pub,  
Particularly in the afternoon for Monday club.  
He supports the village and gets around,  
The post office, the cricket, and the football ground.  
He attends church on Sunday to forgive his sins,  
Then goes straight off for a couple of gins!  
His humour and stories will never cease,  
Happy Birthday Roger, Cheers a piece!

## SHOPS IN LONG WHATTON IN TIMES PAST *History*

In 1921 the Long Eaton Co-operative Society opened a brach in Long Whatton.. It was the Societies 18th branch and was situated in a converted army hut near Smithy Lane on West End.

The directors of the Co-op had been considering opening the Long Whatton shop for 8 years before it finally happened, as they were doing trade in the village of £20 per week and were finding carting costs expensive.



*The Co-op frontage*



*The Co-op on the left looking along West End*

The original village Post Office was at 106 Main Street and was run by Sarah Ann Draper. Her husband, Urban, was a carrier, using horse and cart, who delivered mail to outlying areas then parked up in the centre of the village and blew a whistle informing people to come and collect their post from him.

May Ellen Draper, 'Nelly' took over the reigns at the post office which had become a general store aswell.

The Post office moved to Candle cottage on Main Street and was run by Eli Lester, until a new one was purpose built with attached house at it's current location around 1950.

Gertrude White had a grocery shop next to the Falcon, which she took over from her mother who had originally run it from a house in Main Street.

Gertrude sold groceries and sweets which were weighed on fine brass scales.

Another gocery shop was Charlotte Lester's in a cottage on the green next to the church. There was no counter in the shop, just a table in the centre from which they sold groceries and sweets.

The Green was home to a general store. Originally run by Hannah Barker, the shop was run by many people over the years before closing in 1980.

Nellie Carden's sweet shop was situated next to the Baptist Chapel. Of course, she was very poular with the local children.

A butchers shop on Main Street was run



*Nellie Carden's Sweet shop and the Sunday School*

by Mr. Armson, who delivered his cuts in the basket on the front of a bicycle. The shop had a slaughterhouse at the rear.

When Alan Thurstle took over the shop he delivered to Hathern, Kegworth, Sutton Bonington and Diseworth. And he made pork pies, but only at Christmas.

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## TAKING RISKS *Rev Louise Corke*

I heard the Rt. Rev. Stephen Cottrell, Archbishop of York, quote Nadine Stair recently. She wrote the following when she was about 85:

"If I had my life to live over, I'd dare to make more mistakes next time. I'd relax, I would be sillier than I have been this trip. I would take fewer things seriously. I would take more chances. I would take more trips. I would climb more mountains, swim more rivers and watch more sunsets. I would do more walking and looking. I would eat more ice cream and less beans. I would perhaps have more actual troubles, but I'd have fewer imaginary ones. You see, I am one of those people who lives prophylactically and sensibly and sanely hour after hour, day after day. Oh, I've had my moments; and if I had to do it over again, I'd have more of them. In fact, I'd try to have nothing else. Just moments, one after another instead of living so many years ahead each day. I've been one of those persons who never goes anywhere without a thermometer, a hot water

bottle, a raincoat and a parachute. If I had to do it again, I would go places and do things and I would travel lighter than I have. If I had my life to live over, I would start barefoot earlier in the spring and stay that way later in the fall. I would play hookey more, I wouldn't make such good grades except by accident. I would ride more merry-go-rounds. I would pick more daisies."

And what about you? Would you be more reckless or more sensible, I wonder? The thing is, we are where we are. We can't roll back the years and have another go, no matter how much wiser we are now. The very best we can do is to make peace with the life we have had so far: not sweep it under the carpet, but to make real peace with it in honesty. And then look forwards.

I don't know how better to do that than in the company of God, who knows you and me just as we are, and especially loves us. God's door is always open: for the past, for the present and for our futures too.

## HIGHS AND LOWES IN SPAIN *for Alex Lowes*

Alex's office in May, from 5th to 7th was Catalunya, in Barcelona, where the Kawasaki World Superbike Racing Team offices are based.

And the round progressed well, beginning with 6th place in qualifying.

An eventful first race was red-flagged. Following the restart Alex retired after seven laps.

In Sundays Superpole race Alex started from sixth again, but this time became embroiled in a nine bike train pursuing 4th place, just three seconds separating all nine. Across the finish line Alex took 5th, just one hundredth of a second adrift of 4th placed Lecuona.

In the final race Alex found himself chasing the leading three. Unable to close the two second gap to the last podium place, he took the flag in a safe fourth ahead of his team mate Jonathan Rea. Alex is 9th in the championship standings.





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## CELEBRATIONS – *Long Whatton school*

We have been fortunate to enjoy so many activities. A good time was had by all! special days in school this half term. We always look forward to our May day celebrations. This year was extra special as our children took part in their May Day dances followed by the traditional hobby horse race. This was made even more exciting by a colour run! This year we combined the events to work with other schools in our BeSkilled Partnership to raise money for the charity of 'Leicester Holidays.' We chose this charity as it helps children to participate in residential or go on a holiday that they may otherwise not be able to afford. Our children raised a massive £1,700 for the charity! The children and adults thoroughly enjoyed being covered in paint.

For the King's coronation our PTA organised an exciting afternoon of activities. They enjoyed a blow up obstacle course, delicious ice creams, crafts and sporting



## THE THURSDAY THING

Every second Thursday of the month at the Friendship Centre 2 – 4pm, free event. This is a social, where you can play games like Dominoes, Dobble, Chess, Scrabble, Nine-Mens-Morris, Shut-The-Box, Uno, Bridge and Backgammon or just come and enjoy the company. If you have a game that you would like to play, bring it along and we will give it a go. A lift can be arranged to get you there and back, please call Silke on 07964 824 108





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## WHATTON HOUSE GARDENS: *Lilacs by William Stanger*

We have a number of Lilacs in the gardens, some of which have grown into mighty specimens. They are at their best in May. Not only do they provide colour but are also delightfully fragrant. We mostly have varieties of *Syringa vulgaris* (Common Lilac). This is the species you are most likely to see just walking down the street. There are however many other species and hybrids to choose from. Many of which are of great garden value.

and continue the breeding program. *Syringa vulgaris* 'Azurea Plena' although unassuming, has bluish double flowers. This was a key parent of the double flowered selections bred by the Lemoines. I am fairly confident that S. v. 'Madame Lemoine' is the large lilac near the Judas Tree. It has creamy yellow buds opening to fragrant, pure white double flowers. It is still a very highly regarded and a popular variety. Other firm favourites are, S. 'Primrose' pale primrose yellow, and S. 'Katherine Havemeyer'



purple-lavender, fading to pale lilac-pink; broad compact panicles.

I am not so sure about the other specimens we have. Given the colours and locations they all appear to be deliberate. The double dark purplish red could be 'Charles Joly'. As with many other plants that have succumbed to the specialist, far too many lilacs have been named – around 2000. Their differences are confined almost entirely to the colour of their single or double flowers and it takes a highly cultivated imagination to ascertain the various shades which alter from hour to hour, making identification difficult. We appear to have a small

*S. 'Katherine Havemeyer'*

Like the Philadelphus we are collecting for the national collection, a great many varieties of *Syringa vulgaris* were bred by Victor and Emile Lemoine, in the late 19th century to the early part of the 20th century. It feels appropriate then, given that the gardens conception in the 1870s that we should have some of these Lemoine lilacs in the garden. The ovaries in lilac flowers are often difficult to locate. It required the fine eyesight and steady hand of Mme. Lemoine to put *S. oblata* pollen on the *S. vulgaris* ovary correctly. The next year they recovered seven seeds. These seeds resulted in more specimens to work with



*S. 'Primrose'*





Join a friendly group of like minded individuals interested in property on the second Wednesday of every month at the Falcon Inn for informal networking.

Whether you are new to property, investigating the scene or a seasoned professional, there are plenty of people to meet and network with. We also welcome anyone connected to the property industry.

Our networking meets are comfortable and friendly, allowing people the space and time to chat however is best for them.

On arrival, you'll be greeted and given a name badge then it's over to you to start mingling. If you'd like to be introduced to anyone in particular then please let one of the team know and they can assist.

*Come along - you never know who you might meet!*

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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 5<sup>TH</sup> JANUARY 2023

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## WHATTON HOUSE GARDENS: *continued*

specimen of *S. x josiflexa* 'Bellicent'. It comes from a highly beautiful race of hybrids bred by Miss Isabella Preston in Ottawa, Canada. 'Bellicent' has enormous panicles of clear rose-pink flowers.

In order to get Common Lilacs to flower at a height that can be appreciated, it is recommended to remove older stems to

ground level. You can prune at any height and new shoots will appear but for a more natural and elegant look, I prefer to go right back to ground level. Aim to remove about a third (one in three stems). Do this immediately after flowering as Lilacs will set their buds early and later pruning will remove these. If it is an old plant that needs renovating, pruning in



Syringa x josiflexa 'Bellicent'

winter-early spring will be easier, before the plant comes into leaf. Dead-heading makes little difference to the plant's health, but does improve its aesthetics. To avoid biennial flowering (where the plant puts so much energy into flowering one year and needs a rest the next (an off year) follow Christopher Lloyd's advice. In April, at the end of every branch you will find a number of strong, flowering shoots. One-third of these should be shorted back to a pair of leaf buds. These buds will make shoots that will flower in following 'off' year. The two-thirds that are left unpruned will provide ample blossom for the current year.

On the whole it seems to be a good year for Lilacs, enjoy the flowers while they last!

## LONG WHATTON NEWS *Advertising rates*

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## ALL SAINTS CHURCH *News and dates for June*

We have one service at All Saints this month -

Sunday 4 June at 10.30 Holy Communion  
Refreshments after the service. Do stay and enjoy being part of your village community.

Sunday services elsewhere in the benefice  
Sunday 11 June 10.30 Holy Communion at Kegworth.

Sunday 18 June 10.30 Holy Communion at Hathern.

Sunday 25 June 10.30 Holy Communion Disworth.

Do remember that the church is open every day to visit and for private prayer. You are always welcome and the visitors book is available to sign. The spring flowers in the churchyard are worth looking at and now that some of the path has been cleared your walk around will be much easier. We will be building on the grass mowing regime we started last year when some of the grass is allowed to grow longer. This enables some of the wild plants to flower and even set seed all providing food for our insects and birds.

I would encourage you to keep your eye on this and maybe consider areas in your gardens where you could do the same.

Thank you to all those who make donations to the Shepshed Food Bank via the box in

the church porch. All donations of foods and toiletries are really appreciated and help many families and are collected weekly. Thank you also to those who have taken this on this since Ed Kennedy moved away.

At the annual church PCC meeting no individuals stood as church warden. The responsibility for all the roles that the church warden(s) performs now lies with all the PCC (7 members). The lines of contact remain the same as of January this year. All enquiries for weddings and baptisms initially should be to the benefice administrator Sarah pa.ljw@outlook.com, other enquiries to Rev'd Louise Corke who works part time in the benefice 07549 027923 words.th@talktalk.net

Friday 9 June 7pm. Guided walk of Whatton Gardens by William Stanger who writes an article about Whatton Gardens every month in the magazine. The walk is by kind permission of the Crawshaw family and will include refreshments after the walk in the courtyard. It will be a fund raising event for the church.

Tickets are £10 available from Viv Matravers 07780 097997 and on the door (though it would be really helpful to know if you are coming so we know numbers for refreshments).

## BIRDSONG *A poem by David Griffiths*

The blackbird's song is sweet and loud  
It raises him above the crowd  
Of little tits that tweet, tweet, tweet  
And cry "Can we have more to eat?"  
The goldfinch of himself is fond  
Admires his image in the pond  
The nuthatch always acts the clown  
He sees the world from upside down.  
The bullfinch, puffing out his chest  
Says for sure "I am the best"  
The robin's there but he's a man  
He gets his living where he can.

On the roof, the ring necked dove  
Is cooing to his dearest love.  
The magpie, waiting chance to thief  
Is loitering, laughing up his sleeve.  
The buzzards soaring way up high  
Are mewling with an eerie cry.  
In the wood the coal black crow  
Says "Little that I do not know!"

But all is not as it is should be,  
A hawk is lurking in the tree.





Long Whatton Community Association

# Bingo Chilli Night

7pm Saturday 10 June

Long Whatton Friendship Centre

**Tickets £8.00**

(includes free Bingo ticket for the first game of the night)

An alternative to our previous Bingo nights, try out our **mild and tasty** bowl of chilli served with rice (vegetarian option available).

Kev, the Bingo caller is back and ready to entertain us. Fabulous prizes up for grabs. Bar drinks, teas and coffees available to purchase.



Tickets must be purchased in advance and will be on sale at the Village Store and Manor Farm Shop, (cash only accepted) or email [lwca79@gmail.com](mailto:lwca79@gmail.com) for bank transfer payments (tickets will be saved on the door). Email [lwca79@gmail.com](mailto:lwca79@gmail.com) if you would like a Vegetarian Chilli.

## SLOW BRAISED BELLY PORK WITH BACON, APPLES AND CIDER

You'll probably have realised by now, through these columns, that I'm a big fan of the slow cooker.

The recipe this month is a slow cooked recipe but not done using a slow cooker.

I had some friends visiting recently, and knowing we'd be paying a trip to The Falcon,

wanted something that would cook on a low heat in the oven and would not be spoiled if we came back later than expected.

This recipe by Delia Smith certainly fits the bill. I also braised some red cabbage as an accompaniment.

*What you need:*

- 6 thick slices of belly pork
- 250g streaky bacon
- 3 medium cox's apples (no need to peel)
- 18 juniper berries
- 18 sage leaves
- 225 ml dry cider
- 55ml cider vinegar
- 1 large or 2 medium onions
- lard or oil for frying

*What you do:*

In a large flameproof casserole heat the lard or oil to smoking hot. While it's heating trim off any excess fat from the outer edges of the pork and season them on both sides.

Now brown them well on both sides, three at a time, and remove them to a plate before doing the same with the slices of bacon (no seasoning this time).

While that's happening, slice the onions into thick rings, then they can follow the bacon

(adding a little more fat or oil if needed). They too should be well browned on both sides.

Meanwhile, peel and slice the garlic, crush the

juniper berries with a pestle and mortar, and core the apples with an apple corer, and slice each one into four thick rings.

When the onions are ready, remove them to

a plate then, off the heat, wipe the casserole with kitchen paper. Now arrange the onion over the base, followed by the pork. Sprinkle in the garlic and juniper, and follow this by laying

the bacon slices on top of the pork. Next scatter the sage leaves here and there, then arrange the apple slices on top.

Now pour in the cider and cider vinegar and add a little seasoning. Then fit a lid, using a sheet of foil as well to make it really tight. Place the casserole in the centre of the oven for 3 hours.

As well as the Braised Red Cabbage, mashed potatoes goes well with this dish.

*This dish can be cooked on a low heat and will not spoil if left longer than planned.*



*If you have any ideas for 'Themed Recipes' you'd like to see or if you have any queries or comments email [alanc9989@gmail.com](mailto:alanc9989@gmail.com)*



# 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

## LONG WHATTON SHOTOKAN KARATE CLUB

It's been an extremely busy start to the year for the club. Following our transition to the FSK (Federation of Shotokan Karate), we have had two gradings already in January and March, and soon have another one at the end of June.

Our June grading is a significant one for the club. The January and March gradings enabled us to transition everyone over to the FSK grading system, whilst obtaining their next belts. Those who were unable to grade in January had the opportunity in March



to transition across. Those who did grade in January were unable to then grade in March, as there is a minimum of 3 months allowed between Kyu/Mon (non-black belt) gradings. The June grading is therefore the first one

under the FSK where all club members will be eligible to grade. We are looking forward to hopefully having a lot of good news to share in our next update as such.

At the end of April we were pleased to present our awards to our junior class members. Congratulations go to the following: Matthew Thompson – Karateka of the Month Tommy Fisher – Outstanding Grading Arthur Shaw – Zanshin Award (Concentration/Focus)

Kira Kazmaly – Most Improved Karateka Katie Gaskell – Best Attitude and Spirit (Kime) Philip Milner – Demonstration of Determination and Energy

So, a lot of hard work to do during the next month or so, and we hope to give some more good news in our next update.

Interested in trying karate? We run a junior class (5 years and above) from 5:45pm and a second session from 6:45pm for our slightly older children (9 years and above) and adults every Thursday at the Long Whatton Village

Hall.

Get in touch via our Facebook page @longwhatton karate, e-mail the club at longwhattonkarate@gmail.com, or contact the club secretary on 07714335598

## GET YOUR CAFFIENE FIX *and have a natter*

*Village Coffee Morning @ The Falcon Inn* - There will be a coffee morning on Monday 12th June 2023 from 10:30am till 12 o'clock at The Falcon Inn.

*Village Coffee Morning @ All Saints Church* - The next All Saints coffee morning will be on 24th June 2023 from 10.30am to 12 o'clock.

All are welcome to either or both of these coffee mornings.

If you are new to the village this is a great way to meet new people and to hear all the history of Long Whatton and life stories of those that live here.

If you would like more information or need a lift to either of these events, please contact Jane Scholtz 073 9334 9009 or 01509 842736 or Penny de Kock on 07393407896

Or just join us on the day.

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## **A LITTLE SUGAR MIGHT BE A HEALTHY OPTION** *by Liz Jarrom*

It's a well known fact that having lots of sugary foods and drinks is not good for our health. Eating lots of sugar is strongly linked to damage to teeth, obesity, cancer, heart disease and type 2 diabetes. Avoiding sugar can be a real problem, as this tasty stuff, in its many forms, is hidden in so many processed foods, under names such as glucose, galactose, dextrose and maltose.

The introduction of the sugar tax in 2018, was meant to stop manufactures adding lots of sugar to their products. The producers of these processed foods, be they in packs, jars, bottles, tins or other packaging, such as ready meals, breakfast cereals biscuits or snacks, had to start paying sugar tax on any added sugar above 8 grams in 100grams of product. Obviously, these producers were going to look for alternatives, that would not only save them money, but would also appeal to consumers who were looking to lower their calorie intake.

The producers didn't have to look far for alternatives. There are 21 artificial sweeteners now approved for use in the UK, including xylitol, sorbitol, sucralose, aspartame, saccharine and Stevia. The idea of consuming a product that tastes great, and has no calories is highly appealing, but the reality is that these products may be doing us harm, and not helping to trim our waistlines at all.

Research studies on fruit flies and mice, have found that consuming artificial sweeteners actually causes an increase in appetite. A study published in the journal Cell in 2016, showed that fruit flies given the no sugar sweetener sucralose for several days, actually ate more food and ingested more calories. Looking deeper, the researchers discovered that this sweetener over activated AMPK, an enzyme that has a

role in stimulating production of the hunger hormones, so driving us to eat more than we would have done if we hadn't had the sweetener in the first place. Questioning people who regularly avoid sugar and consume foods containing sweeteners instead, revealed that these people ultimately tended to eat more calories than people who didn't regularly consume sweeteners.

The problem for the body, is that although sweeteners contain few or no absorbable calories, the sweetness that's experienced in the mouth when consuming them, tends to encourage us to want more sweetness, so driving us to crave another sweet treat, maybe being tempted to eat that sugar laced biscuit, piece of cake or chocolate bar we hoped to leave in the cupboard. Interestingly, a recent study, revealed health concerns if people are regularly consuming artificial sweeteners. Those eating sweeteners daily, developed negative changes in their gut that challenged and compromised the workings of their digestive system. This is a concern as our gut microbiome is home to large parts of our immune system. Also, if digestion is impaired, we may not be getting the best nutrition from our food, leading to mild malnutrition.

Artificial sweeteners can also cause abdominal pain, bloating and diarrhoea. Another study found that participants in a trial where they were given food containing artificial sweeteners but could also eat a small amount of sugary foods, had higher blood sugar spikes than a group eating a very similar level of sugary foods, but no foods containing sweeteners.

The conclusion was that the sweetener was interfering with the efficiency in the way the body was processing sugar. This was leading to spikes in their blood sugar, which



## 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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## HEALTH *continued*

is a well documented risk factor for some health problems, for example raising the risk of developing type 2 diabetes. So, it might be healthier to have a small amount of sugar and avoid sweeteners.

Better still, might be to wean off sugar slowly, such as gradually reducing the amount of sugar in a cup of tea, cutting

down slowly on sugary snacks or switching to dark chocolate rather than milk.

Finally, fruit provides natural sugar, and if it is eaten as a whole food, say a raw apple with the skin on, or a handful of frozen berries in a smoothie, the sugar is absorbed much more slowly, so hopefully keeping blood sugar level balanced.

## CRICKET *And fixtures for June*

We are so proud of our new Under-10 Kwik Cricket team who played their first games on Friday 12th May at Loughborough Greenfields. A young six-a-side team comprised of 5, 6 and 7 year-olds won their first game against Kegworth scoring 233 runs to their opponents' 210. In the second game the opposition had some spare players so we mixed the teams up but lost a close game where we scored 232 runs to their 245. Thank you to Jack, Albert, Theo, Lenny, Arthur, and Dougie who represented Long Whatton with great enthusiasm, playing their games in excellent spirit. Thank you to the parents for coming along and supporting the kids on a gloomy and wet night. We are really excited for the rest of the season!

All Stars and Dynamos started a week late due to the weather, so an extra session will be added on at the end of the course to make up. It was great to see so many kids and parents at the ground enjoying the facilities.

If your child is aged 5 or above there is still time to register; you can apply for All Stars and Dynamos through the 'ECB Clubspark' website, or contact us direct if you have any questions. The clubhouse and bar will be open for refreshments.

Unfortunately the weather has washed out almost all of the season so far, but fingers crossed for some better weather soon.

As always, we welcome new players, spectators, and volunteers of all ages and ability. If you would like to get involved in any way, please email us at [longwhattoncricket@gmail.com](mailto:longwhattoncricket@gmail.com) or pop down to the ground.

The bar is open from 3pm on match days.

June fixtures:

Saturday 3rd - 1st XI (away) at Cropston

Saturday 3rd - 2nd XI (home) v Cropston (1pm start).

Monday 5th - 1st XI Twenty20 (away) at Quorn.

Friday 9th - Under-11 Incrediball (home) v Thrumpton (6pm start)

Saturday 10th - 1st XI (home) v Barrow Town (1pm start)

Saturday 10th - 2nd XI (away) at Quorn

Friday 16th - Under-11 Incrediball (home) v Newtown Linford (6pm start)

Saturday 17th - 1st XI (away) at Quorn

Saturday 17th - 2nd XI (home) v Shepshed

Sunday 18th - Sunday XI (home) v

Loughborough Charnwood Old Boys (1pm)

Friday 23rd - Under-11 Incrediball (away) at Loughborough Greenfields (6pm start)

Saturday 24th - 1st XI (home) v Shepshed (1pm start)

Saturday 24th 2nd XI (away) at Mangela Boys Horizon (1pm start)

Kwik Cricket game nights are planned for 16th and 30th - venues TBC.



# Summer at the Falcon

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