

# Long Whotton News

OCTOBER 2023

Everards  
LANDSCAPE DESIGN

## THE 30<sup>th</sup> SPENCER MEMORIAL GARDEN COMPETITION 2023

In recognition of achieving

**Gold**

Congratulations to

**The Falcon**

Signed

*Pubs.* We are blessed with two excellent pubs in Long Whotton. Read about the latest achievement of one of them in this issue.

Also inside, cookery, coffee mornings, events, health, funghi and Dutch gardens. And one local is planning to row across the Atlantic ocean.

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## WORLD SUPERBIKES *Alex undergoes knee op*

On December 12, 2024, Team “Ocean Empower” — comprised of Deborah Cope, Fiona Steel, and village resident, Emma Greetham — will set out on “The World’s Toughest Row.” This is an extraordinary challenge spanning 3,000 unsupported miles. Following one day of testing at Motorland, Aragon in Spain late in August the team moved on to Magny Cours in France for round 9, from 8th to 10th September

## CRICKET *seasons end*

We have come to the end of another season of junior cricket and although we did not have as much sunshine as last year we only missed one evening of training.

On behalf of LWCC I would like to thank all the volunteers for their commitment and enthusiasm. Thank you

LWCC look forward to seeing you all at the cricket club on Bonfire night.

Alex qualified 8th for race 1 and followed that with 8th in the race but was declared unfit to take part in racing for the rest of the weekend.

Alex had an operation on his left knee to remove some damaged meniscus straight after the round, after feeling something amiss during Superpole.

## THE THURSDAY THING

Still taking place every second Thursday of the month at the Friendship Centre 2 – 4pm, it is a 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

## 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

Penny de Kock 07393 407896  
Neil Bamford 07921 855607

## COPY DEADLINE

The copy deadline for articles for the November issue is 18th October.





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## VILLAGE RESIDENT *set to row across the Atlantic*

On December 12, 2024, Team “Ocean Empower” — comprised of Deborah Cope, Fiona Steel, and village resident, Emma Greetham — will set out on “The World’s Toughest Row.” This is an extraordinary challenge spanning 3,000 unsupported miles across the Atlantic Ocean from La Gomera to Antigua

The team are holding a fundraiser on the 17th November at the Falcon Public House in Long Whatton.

The three charities being supported by the venture are:

The Rob Burrows MND Centre Appeal - a

charity dedicated to fighting Motor Neuron Disease.

Phoenix Heroes - a UK-based charity that supports military veterans and their families as they transition back into civilian life>

The Cancer Awareness Trust, initiated by Professor Sir Chris Evans and Dr Rajan Jethwa, seeking to revolutionize

the accessibility of trusted cancer-related information

A website about the trio’s plans and updates can be found at <https://oceanempower.com/>



Emma Greetham

## FABULOUS FUNGI WALK *around Swithland Woods*

Do you fancy doing something a little different? Do you know your Puffballs from your Parasols? Join us for an informative and interactive afternoon, family friendly stroll through Swithland Wood, with expert Beverley Rhodes, to discover the world of fascinating fungi!

You’ll be guided through the Wood, searching for the different types that grow there. Learn about the biology of fungi and it’s place in the woodland community. Bring your camera or phone to help record the species we find.

The event, organised by Bradgate Park will be meeting in Swithland Wood north car park, LE12 8SS, on 14th October 2023 at 1:00pm. The finish time will be 3:00pm

Places need to be booked in advance. Go to <https://www.bradgatepark.org/Event/fabulous-fungi-walk-afternoon>

The price is £7.5



*Fly agarics. Despite their fairytale appearance, these are toxic so leave well alone.  
Scientific name: Amanita muscaria*





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## *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

## **VEGETARIAN FRIED RICE** *Cookery*

Sometimes you need something quick and easy to prepare. This dish is also great when you've not got much in the store cupboard or fridge, so be flexible, if you haven't got peppers but have a courgette handy use that or frozen peas or whatever you have. Perhaps sprinkle over some cashew nuts.

This is a vegetarian version but you could add chopped ham or a tin of tuna for a non vegetarian version. If you like a bit of spice you could drizzle some chilli sauce on top.

What you need

- 1 tbsp sunflower oil
- 1 tsp garlic paste or granules
- 140g of fresh or frozen peppers
- Handful of fresh or frozen broccoli florets

- 1 egg beaten
- Soy sauce to drizzle

What you do

- Heat oil in a wok or frying pan over a high heat. Add garlic purée and stir briefly. Add the peppers and broccoli

florets, stir-fry for 3 mins. Tip in the rice, then stir-fry for another 3-4 mins.

- Make a well in the centre of the rice and add the egg. Cook for 1 min, then stir the egg into the rice. Season to taste and spoon into serving bowls. Drizzle with soy sauce and serve.



## **A POLISH LAMENT** *A poem by David Griffiths*

Ladybird, Ladybird  
Fly away home  
Your house is on fire  
And your children all gone.

The Stukas have come  
With their bombs  
And their screams.  
Death and destruction  
To mark where they've been.

The Panzers have flattened  
The barley and wheat  
The houses are shattered  
All over the street.

September the First  
And the war has begun,

Smoke from the battle  
Has blotted the sun.

The world and all in it  
To darkness descends  
The pain and the loneliness  
Where are our friends!

Time will heal all things  
That's what they say  
The wise men of Europe  
That is their way.

Ladybird, Ladybird  
Fly away home,  
Your houses are burning,  
Your freedom has gone.

# Much ado about.. Jazz

With Chris Gumbley & Al Gurr



**A SHOW  
AIMED AT PEOPLE  
WHO DON'T  
NECESSARILY  
LIKE JAZZ.**

(and for  
those who  
do!)

**“An exciting  
jazz duo  
whose  
comical timing  
is as good  
as their  
musical timing”**

## LONG WHATTON COMMUNITY CENTRE (LE12 5DB)

**Friday 13 October, 7:30pm**

**£12.50 (Standard) / £11.00 (Group, buy 5 or more tickets)**

**BOOK NOW:** Tickets from Long Whatton Shop and Farm Shop, or by

Calling/texting 07964 824108

Doors and licensed bar open from 7pm. Please note this is a cash only event,

Sorry no credit cards taken.

[liveandlocal.org.uk](http://liveandlocal.org.uk)



**LIVE  
& LOCAL**

## ALL SAINTS CHURCH NEWS *and dates for October*

Our services this month

*Harvest Festival* - Sunday 1st October, 10.30. Do join us and celebrate the gathering of the harvest from the surrounding farmland. Please stay for refreshments afterwards. All goods will be given to Shephed Food Bank or Carpenters Arms Loughborough.

*Long Whatton School harvest festival* - Tuesday 3 October for school pupils and their parents only.

Food Bank collection is made every week from the church porch. Thank you to everyone who leaves goods AND to those who each week collect and take it to the foodbank in Shephed.

Thank you to all those who supported our autumn fair on Saturday 30th September. Especially to all who donated books, raffle and tombola prizes, for making cakes, knitted goods, for helping to run the stalls, and for taking part on the day and for giving generously. We hope you enjoyed coming, seeing your beautiful village church, meeting others and helping to maintain not only your church but also your community. If you were unable to come but would like to give financially, please use the QR code below.

We will soon be having some work done on three of the churchyard Yew trees. Two of

which overhang the road and one adjacent to the internal path which needs coppicing. It is necessary work and will be done as sensitively as possible in terms of disturbance to yourselves and to nature.

Looking ahead to next month is there anyone who would be able to play the last post at our Remembrance Service on Sunday 12 November. Please do contact me. Thank you.

Viv Matravers  
07780 097997 v@  
[manororganicfarm.co.uk](mailto:manororganicfarm.co.uk)



*Wednesday Addams and Thing. One of many Scarecrows popping up around the village.*

## LONG WHATTON NEWS *Advertising rates*

6 months per month

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Full page £22

Full page with bleed

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## WHATTON HOUSE GARDENS: *The Dutch Garden? by William Stanger*

Near the entrance to the garden after walking through the court yard, is an area known as the Dutch Garden. I say area, it is essentially a circular bed. I have yet to discover why it has been known as the Dutch Garden. In more recent years, there has been nothing particularly about it that points towards a Dutch Style of planting or garden design. I am inclined to rename the area, to avoid confusion and misleading everyone. 'St Marks Bed' might work, in reference to the winged lion, that resides above the seat and a flight of steps. The winged lion is a mythological symbol, which represents the patron saint, the Evangelist, Saint Mark. It is also the traditional symbol of the city of Venice. A

griffin, in case your wondering, has the body, tail, and back legs of a lion; the head and wings of an eagle with its talons on the front legs.

Historically when thinking of the Dutch Style, gardens such as Het Loo Palace in the Netherlands, and Hampton Court

Palace here in England, come to mind. They can be described as Baroque, and were highly influenced by the

French such as the gardens at Versailles. In England, Dutch influence became strong for a period after the Dutch King William III of England reached the throne in 1689 through his wife. To some extent calling formal gardens in England "Dutch" avoided the accusation that they were actually in a style

*Dutch gardens tend to be very formal, geometrical, often symmetrical,*



*Hampton Court, Privy Garden. A formal Parterre.*

that was essentially French, at a time of wars between England and France.

Dutch gardens tend to be very formal, geometrical, often symmetrical, filled with highly coloured flowers, originally very well-spaced by modern standards, and edged with box or other dense and clipped shrubs. Formal fountains, pools and canals were often featured. In larger gardens there would be Parterres, elaborate patterns made from gravel paths, lawns, and flower beds. Later on, the term was used for flower gardens that are heavily planted within a geometric frame.

The flower beds and areas of water would be intersected by geometrical path patterns, to make it possible to walk around the garden without damaging any of its features.

The Head Groundsman last year wanted to make the 'Dutch Garden' more Dutch by planting tulips. This looked good for three weeks. Then it inevitably looked tired. As a quick fix to get us through the summer we planted Nasturtium 'Milkmaid' with delightful soft yellow flowers, that are not so in your face as the more typical



*Hydrangea arborescens 'Strong Annabelle' and Nasturtium 'Milkmaid'*



*Dutch Style Garden at Hampton Court Palace.*

orange forms. In the centre are three Hydrangea arborescens 'Strong Annabelle' which has a stronger neck compared to the original 'Annabelle' and does not flop so much. When we commence autumn planting, the intention is to use more perennials and possibly some of the shorter Philadelphus varieties.

In conclusion I see little resemblance to a Dutch Garden, and would now prefer to call it St Marks.

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- \* **MONDAY** MORRISONS COALVILLE FORTNIGHTLY
- \* **TUESDAY** SHEPshed CO-OP AND A COFFEE AT CAFÉ
- \* **THURSDAY** LOUGHBOROUGH

DROPPING OFF AT SAINSBURYS, WILKINSONS  
AND NEAR QUEENS PARK  
PICK UP FROM QUEENS PARK (PACKE STREET)

LOCAL GROUPS, CLUBS AND ORGANIZATIONS CAN HIRE THE BUS FOR EVENTS, OUTINGS ETC. PLEASE CALL TO ENQUIRE.

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## 2023 HOLIDAYS

09 Oct	Enchanted Forest	5 Days
14 Oct	Mystery Weekend	3 Days
20 Nov	Lakes Winter Warmer	5 Days
08 Dec	Thursford Xmas Show	3 Days
14 Dec	Faulty Towers Dinner	Evening
23 Dec	Xmas in Gt. Yarmouth	5 Days
30 Dec	New Year in Oxford	4 Days

## 2024 HOLIDAYS

20 Feb	Get-Together Weekend	3 Days
11 Mar	Eastbourne & Hastings	5 Days
18 Mar	Spring in to the Lakes	5 Days
28 Mar	Easter in Sidmouth	5 Days
01 Apr	Whithy Wonders	5 Days
08 Apr	Tenby & Mumbles	5 Days
15 Apr	All New Isle of Wight	5 Days
28 Apr	Spring Mystery Wknd	3 Days
05 May	Grand Hebridean Adv.	7 Days
13 May	Devon Delights	5 Days
20 May	Bournemouth/Beaulieu	5 Days

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**Website: sales@allabouttours.co.uk**

## LONG WHATTON SCHOOL *Open morning*

Long Whatton C of E Primary School are holding an Open Morning for children, parents, carers and grandparents to go and have a look around this exceptional school.



The school is open for viewing on Friday 27th October 2023 between 9.30am– 11.30am.  
Email [Office@longwhattonschool.org](mailto:Office@longwhattonschool.org) for more information.

The school, founded in 1850, is rated 'good'



by Ofsted, and according to [schoolguide.co.uk](http://schoolguide.co.uk) pupils results are above the national average for reading, writing and mathematics.



## KNIT & NATTER *Macmillan fund raiser*

'The Knit and Natter group are having a coffee morning in aid of the Macmillan Cancer Charity at the Friendship Centre on Saturday 28th October 10.30 - 12.30.

There will be knitted goods on offer including blankets, toys, Christmas decorations and door wreaths.

There will also be gift stalls, a raffle and tea, coffee and homemade cakes. A great chance to do some Christmas shopping early! Entry free.'

The group meets on the 1st and 3rd Friday in the month from 10 am to 12.00 at the Falcon Inn, no charge just pay for tea or coffee. Experience not essential.

Their latest creation, gracing the main post box, is pictured here.





Whilst the gardens officially close for the winter on 30 September, there are plans afoot for various seasonal events and activities for all the family.

So please keep an eye on our website and social media or email [hello@whattonhouse.co.uk](mailto:hello@whattonhouse.co.uk) to be added to our mailing list and be the first to know!



# WHATTON

## THE FALCON'S *award winning garden*

The 2023 Everards' annual Spencer Memorial Garden Competition awards ceremony was held at The Falcon Inn, Long Whatton this year.

It was the 30th edition of the competition, which celebrates exceptional outdoor spaces. The competition was created in honour of former chairman Richard Everard's parents. Richard and his sister Serena Richards thought it was a fitting way of remembering and celebrating their green-fingered mum and dad.

Judging take place over two rounds throughout the summer whilst the gardens are at their peaks. Everards' business relationship managers put forward the pubs that they feel have worked hard in the past 12 months to improve their outside spaces

for their customers.

Richard, Serena and chairman Julian Everard then visit every pub that has been nominated and allocate points based on the criteria of first impressions, effective use of all outside spaces, overall tidiness, the creativity of planting and improvements in the outside space. From the winners that fall into the gold category, the judges then pick 'best in show', 'special recognition', and 'overall winner'.

Seventy business owners attended the event, representing seventy pubs in Leicestershire and

the Midlands. Of these, 23 were crowned as award-winning gardens, including The Falcon, which was one of the 23 to take home a gold award for its garden.



## COFFEE OPORTUNITIES *and have a natter*

*Village Coffee Morning @ The Falcon Inn* - There will be a coffee morning on Monday 9th October 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 28th October 2023 from 10.30am to 12 o'clock.

Everyone is welcome to either or both of these coffee mornings.

If you are new to the village these coffee mornings are a fantastic way to meet new people and to have a natter, hear all about the

history of the village and local's life stories.

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.

*New Community Cafe.*  
Weekly at the Friendship Centre, open from 10am till 12 noon.

Meet up with friends and enjoy a cup of fresh coffee or tea, or pop in on the way to or from the shop and take a break.

See you there!





# OLD CURIOSITY BOOKSHOP



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## NO PRESCRIPTION NECESSARY *Health by Liz Jarrom*

For decades, medical science has been looking for a wonder drug, able to treat the many diseases and conditions that plague humanity, including heart disease, cancer, dementia, diabetes, arthritis, high blood pressure, obesity and depression, to name a few. Billions of pounds have been spent, searching for this dream drug, that could help, cure or prevent these diseases, and have the added advantage of being side effect free, with the added bonus that the more the patient takes, the healthier they become.

The benefits would be enormous, a huge saving in Health Service funding, reduction in waiting lists and vast improvements in the health of the human race.

Maybe this all sounds too good to be true, but the reality is, that this drug already exists, and has been with us forever. It doesn't require a prescription, and doctors weren't taught about it at medical school. This wonder drug is exercise. The amazing news is that it isn't about sweating it out weight training at the gym, pounding the tarmac doing 5 to 10 kilometers every weekend or doing endless squats or sit ups. It's much more basic than that, doesn't require special equipment and can be self tailored to suit the time and ability of the individual. The benefits start immediately, and the vast majority of the population can do it, in clothes and footwear they already have. It's simply a case of putting one foot in front of the other, taking step after step, doing an activity that's doable for you, and hopefully enjoyable too. Walking or jogging are the obvious choices, with walking being the very best way to start. Simply going out the front door and walking in your local area genuinely has very significant benefits for health.

Exercise benefits everyone, from the very young, right through to long retired senior

citizens. Starting with adults, an article in the European Journal of Preventative Cardiology covered a major review of 17 studies, assessing nearly 250,000 people. The results of this review concluded that just a small amount of exercise, such as a daily short walk, working in the garden for an hour, or doing a low impact exercise class significantly lowered the risk of premature death. Even simply walking about the house doing housework daily and avoiding sitting for long extended periods still reduced the patient's risk of death by a small amount.

The results of a study involving 60 children was recently published in the journal Family Medicine. The 60 children all took part in daily activities involving running around playing fun games in the playground, or doing a mile around the school field. Following the trial, which lasted 3 months, these children had much improved lung function, meaning that they could breathe in much more air in 1 second than they could before they took part in the exercise trial. 30 children who didn't participate, were also tested, and their lung function tests results showed no improvement. Previous studies have shown that poor lung function is an indication of vulnerability to asthma. Other benefits included higher educational achievements, emotional balance, reaction time, memory and improved focusing in class.

Returning to adults, a review of 150 previous studies, concluded that the activity that brings the best improvement in health is simply walking. In a nutshell, it's the daily steps that count. Doing just 4000 steps a day reduces the risk of death by 13%. This form of exercise also improves mental health and lowers the risk of developing infections. For every additional 1000 steps on top of that, there was an additional 15% reduction in mortality risk, and the walking doesn't need to

## Ladies - still feeling young at heart?

Maybe niggling aches and pains are stopping you from moving as well as you used to?

Maybe you've been told you should 'strengthen your core' because you have back pain?

Do you want to feel stronger, more flexible, taller and looser?

Perhaps you are looking to get back into exercise, but are not quite sure where to start?

Would you like to be part of a fun and supportive community helping you to achieve your movement goals?

*Cara Tatterton*  
**Pilates**



### CLAIM YOUR FREE PILATES CLASS NOW!

Classes in Kegworth, Shepshed, Hathern & Long Whatton

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

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

**"I feel stronger and straighter... and I think if you can stand tall and walk tall it makes you feel much better. Makes you feel stronger. Makes you feel more confident... and that's part of what Pilates does." - Pam**

To claim your FREE class text 'YES Free Class' to 07921 040 707 or email [cara@caratattertonpilates.co.uk](mailto:cara@caratattertonpilates.co.uk) - Find us on social media  

## NO PRESCRIPTION NECESSARY *continued*

be very fast or vigorous, it's purely just about the number of steps, and the benefits increase with age, so it's never too late to start. Finally, one more astonishing fact. Countless studies have shown that people who don't exercise have a 5 times greater risk of dying than those who exercise regularly. That level of mortality

risk is three times higher than the impact of being a regular smoker.

It's so important to go and do some walking. Start small, and build up gradually, every extra step helps, what's best about it is that it's free and you can start today, exactly where you are.

## THE REAL HEART OF THE PROBLEM *Simon Stevens*

One evening while round at a friend's house friend she hurriedly arrived in the lounge and all but screamed – "I need it tomorrow and its not printing" as she waved a laptop around in white knuckled hands.

I could hardly shrug and let her get on with it. Five minutes later as she bought me a cup of tea she remarked "Well you seem very calm so that's helping me not to freak out!" I wondered what I just witnessed if it was not a 'freak out' but I continued uninstalling and reinstalling the drivers. She commented that I seem to know what I was doing, which of course I did not.

Printers are the Goblins of the computer world. Easily offended and spiteful in response. Knowing what is wrong is near impossible. A little gentle coaxing and all was forgiven, and the printer sat in the corner chugging through paper with barely a complaint. One thing I have learned with regards to all things IT is that not knowing is the norm. As is calmly searching for solution which could be somewhere completely unrelated. Throwing equipment at the wall never helps.

What is really going wrong? Where is the real problem? These are 2 questions that I use every day.

Have you noticed how frequently people approached Jesus with a problem, a question or a situation and demanded an answer? So often, I notice, he gets to the heart of the problem which had nothing to do with what was the

presenting issue.

For example, the woman who was caught in adultery. The real problem was the sin of the men who were judging her. A rich man asked Jesus about which sort of actions he had to do to get to heaven and Jesus pointed out the real problem was his wealth and his attachment to it.

Often, we judge ourselves harshly which is why its good to get another perspective. Perhaps through friendship, fellowship or prayer. To see things in a new light and maybe find solutions where we least expected them.

PS. Take a step back, make yourself a cup of tea or coffee. Try typing your problem into a search engine. Somebody will have had this problem before. If you get a complicated error code you can search for that as well. If you try switching it off and on again remember to save everything first. In act, save everything regularly.... you're welcome!

*The Long Whatton News  
would like to hear from you  
about your club or event or  
anything news-worthy about  
the village. Email us at  
**LONGWHATTONNEWS@GMAIL.COM***



# Hallows eve at the Falcon Inn



31 October 5-7pm  
Bring the the little ones in their fancy dress  
for some fun Halloween games  
and GOODIE BAGS filled with treats.  
30 tickets will be available from the Falcon Inn.