

Long Wharton News

FEBRUARY 2024

CRAWSHAW MARINA



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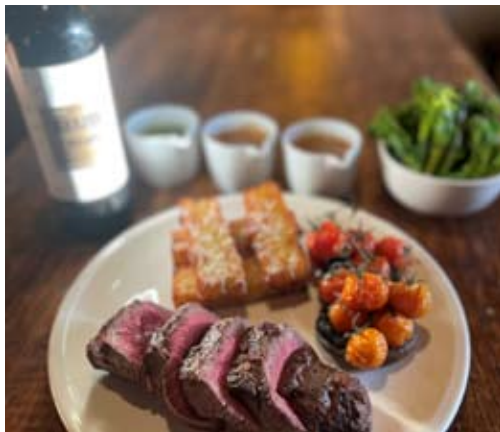
Flooding struck the village again last month - a recurring problem that has been studied, documented and plans and funds are in place to improve the situation. More about it inside.

Also this month a whole page of events taking place, what it takes to make the bells ring, the school is studying geology, and a valentines recipe. Plus Candlemas Day: It's all about the peas. Who knew?

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STORM BRINGS FLOOD TO THE VILLAGE

At the beginning of January Storm Henk brought a considerable amount of rain to the country, resulting in another round of floods in the village.

The main areas of the village which are susceptible to flooding are:

Ashby Road/Turvey Lane. Flooding is caused by culverts being unable to accommodate significant runoff from the upstream agricultural land flowing down Ashby Road.

Main Street/Crawshaw Close which floods from the stream and local road runoff unable to discharge into a channel, combined with low ground levels which put numerous properties at risk. The cottages on the corner of Mill Lane, opposite the church have been flooded five times since 2012.

Sherwood Court is affected by water runoff from the fields behind Uplands Farm overloading drains opposite the Court.

Access to the village was also restricted by flooding near the corner of Hathern Road, just outside the village.

The Parish council website features a

108 page Long Whatton and Diseworth Flood Risk Mitigation and Resilience Study from 2020 that comprehensively documents the

causes of flooding in the village and recommendations, which include improving drainage. It is understood that funding is now available for the works needed but no announcements have been made about works proceeding.

The Government has announced funding is available to flood-hit communities impacted by Storm Henk (2 to 8 January). The district council is awaiting further information and instructions in order to progress this further.

'Help will be available for:

- Flooded households in eligible affected areas - up to £500 cash to help with immediate costs
- Households and businesses significantly affected - council tax and business rates relief
- Small-to-medium sized businesses - up to £2,500 from the Business Recovery Grant
- Eligible flood-hit property owners - up to £5,000 to help make homes and businesses more resilient
- Farmers who have suffered uninsurable

damage to their land - up to £25,000 through the Farming Recovery Fund.'

As we went to press we were unable to find any link to support for damage caused by storm Henk as detailed above, on the North West Leics District Council website.



Crawshaw Close



Mill Lane, flooded in 2009 (left) and October 2023 (right).

Photos courtesy of Keith Murphy.



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COMPUTER CLASS *A poem by David Griffiths*

*Pre-covid, there there was a computer class at
Diseworth. One morning a dog turned up.....*

Tony met a Yorky dog
It would not let him pass
"I'm waiting by the chapel gate
I want to join the class!
I've led a very sheltered life
I've no more time to waste
I've heard that Nikki's very good
She'll teach me Cut and Paste
Kings and Queens of England

And flowers and veggies too
All about diseases
From chicken pox to 'flu.
Then, about eleven o'clock
It's time for coffee break
When we all tumble down the stairs
To sample Martins' cake.
Then it's time for going home
At least I've had a taste
The only dog in Diseworth
Who can do Cut and Paste."

VILLAGE AMENITIES *Shops, two great pubs, rooms...*

Village Shop. Open Monday to Friday 7am
to 8pm, Saturday and Sunday 8am to 8pm.
Evri parcel service available.

Manor Organic Farmshop. Open Wednesday
to Friday 10am to 5.30pm and Saturday 9am
to 4.30pm. Butchery and bakery. Dog freedom
and agility field. 01509 646413

Mobile Post Office. Thursdays 12 noon to
1pm. At Long Whatton Primary School.

The Mobile Library. On the third Thursday
of each month in 2024. The first stop will be
Oakley Drive from 10.00 to 10.20am, followed

by Piper Drive 10.25 to 11.05 and Main
Street/Layby 11.15 to 11.55

Falcon Inn. Bar, restaurant and rooms. Open
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January to March

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
07931714804 email claudettecavenhenrys@hotmail.co.uk

NATURE NOTES - *Eric Scott-Parker's writings*

"Quite a litter amongst the twitchers of Leicestershire; a few weeks ago when Doris and Bill Simpson discovered a bird of prey on the floor of their sun lounge. Bill took photos of this bird which was the size of a male Sparrowhawk which had a very dark back and red legs unlike the male Sparrowhawk with yellow legs. I thought this bird was a Red-Footed Falcon an increasingly common visitor from Eastern Europe - but I was wrong. I sent Bill's photographs to David Perry of Swithland who passed them on to experts at Leicester who said even though it was darker and had reddish legs it was definitely a male Sparrowhawk.

Bill tells me that the following day he found the reason why this bird

was in the sun lounge in the first place, he found a Goldfinch unharmed behind a chair. When he let the finch go it flew off none the worse for its ordeal. I hear on the grape vine, that a similar bird caused quite a stir when it arrived in a small wood near Sawley - when twitchers' cars almost blocked the road into Sawley.

Just before and after Christmas I saw a male Blackbird with a white feather halfway across each wing. At first I thought it was a hatched Magpie. I have seen it every day this year feeding on some apples and crab apples I put out for them. When I go to start my tractor it, and around ten more Blackbirds, fly over the hedge and into the orchard of Babs and Flip. I'm surprised they haven't noticed it.

Two reports of Waxwings around Christmas time, first Sue and Jeff Humphreys report seeing about 100 in the trees of the central reservation of the A6, near to the Lodge of Whatton House. These colourful birds fly down into the small shrubs to feed on berries; Jeff tells me they have dwindled in numbers since New Year's Day, and that it

always a delight to see them. The second report is from Mike on Smithy Lane who tells me he has seen one feeding on berries in the garden trees half-way along the right hand side of Smithy Lane. I have never seen these birds close up to recognise them - a great pity really. I've mentioned many times of the large flocks along Turvey Lane.

During late December I saw a Raven being mobbed by half a dozen Carrion Crows; they were at it for more than an hour. The only time the Raven had any rest was when it landed in a large Ash tree, when a dozen Jackdaws joined

in. When things quietened down I saw a pair of Ravens on the Falcon Hotel, next to the old orchard.

One or two Foxes

about of late - Helen of Piper Drive tells me of one she saw while feeding her horses at the rear of the Gables Farm, and Simon of Main Street tells me of two he saw along Drypot Lane; also Rachael Freer tells me of a three-part grown one at the top of Spring Lane. Whilst picking turnips in early January I dug one up that was half rotten and threw it into the hedge bottom a few yards from the Wash pit stream; suddenly up shot a woodcock which flew across Babs and Flips' paddock then landed underneath and old Crack Willow; this is the second time I have seen this bird along the stream during the past month.

Ian Wardle of The Green reports seeing a Jay in his garden and remarked how colourful the bird was. Eric and Ann Swift of West End report seeing 30+ Goldfinches on and around their bird table early in January. Whilst partaking in a cup of coffee at the Want residence, we saw a Lesser Redpoll feeding on the bird table; at first I thought this bird was a Linnet. Below on the lawn was a Green Woodpecker looking for Ants."

Eric Scott-Parker

*10 years ago.
Eric Scott-Parker's nature
article from February 2013*

COMMUNITY EVENTS *in February*

We have the weekly Community Cafe on Thursday 10am-12p at the Friendship centre. There's a second hand book stall and opportunity to play your own LP's whilst relaxing in conversation with friends.

The Thursday Thing is every second Thursday of the month from 2pm-4pm at the Friendship centre. A social where you can play games, cards or just come and enjoy the company. Next dates 8th Feb, 14th March and 11th April.

February 24th is Bingo Night. 7.30pm, doors open at 7pm. at the Friendship Centre. Refreshments available, bring your own bottle. Entrance fee £8 for 8 games. Tickets on the door. (cash only). Come and join us for a fun evening. Prizes to be won!

GET YOUR CAFFIENE FIX *and have a natter*

Village Coffee Morning @ The Falcon Inn - There will be a coffee morning on Monday Monday 8th January 2024 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 17th of January 2024 from 10.30am to 12 o'clock.

These coffee mornings are a fantastic way

March 30th is the Easter Fair and Superhero Hunt 11am - 3pm. at The Falcon Inn. Stalls with cakes, varied crafts and games and a Raffle. Come and have a go at finding your Superhero on a hunt around the village. And don't forget to come in your superhero costume!

April 13th. Jumble Sale 10am-12pm at The Friendship centre. Refreshments available. We are looking for donations of any items of clothes, household linen, bric-a-brac, books or toys etc. If you have any items you would like to donate they can be left at the Friendship Centre during Community Cafe on Thursday 10am-12pm or we can arrange collection. Tel. 01509 646031. Proceeds go to the upkeep of the Friendship centre.

to meet new people and to have a natter, hear all about the history of Long Whatton and life stories of people that live here. Everyone is welcome!

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.

WI *Chocolate Making*

Long Whatton WI February gathering will feature Hannah's Sugarcraft Chocolate Making, to take place on Tuesday 13th February, 7.30pm-9.30pm including a meeting, with snacks & refreshments. New members can pay at the door. Raffle tickets £2.00.

The WI meet on the second Tuesday, of every month, with the exception of one summer month, at The Friendship Centre.

For more information contact contact me.lmiller@gmail.com

*The Long Whatton News
wants to hear from you
about your club or event
or anything news-worthy.*

LONGWHATTONNEWS@GMAIL.COM

THE WORLD ABOUT US *Long Whatton School*

The children started the term with an amazing trip to Resorts World in Birmingham. They had rehearsed throughout the Autumn term a set of songs to sing at the Young Voices concert.

At the arena the children joined other children from different schools and performed to a huge audience. This was an amazing opportunity and experience for them.



Geography is a main topic for study this term. Each year has been learning about a different aspect.

The Hedgehogs have been mapping their journeys to the forest school on journey sticks. They collected items on the way to



help guide them on their return. Journey sticks are a tactile way of recording a journey and remembering it later on. The stick can be decorated during a walk with natural items such as leaves, feathers, small stones and seeds, using glue, tape and/or string to attach them.

Our Robins enjoyed a visit from a geologist and enjoyed discovering more about rocks.

The Squirrels have started their project



'Coastline'. They have explored how environments might change and located places and oceans on a map!



They are all well on their way to finding out more about the world around them!



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 - * **TUESDAY** SHEPshed CO-OP AND A COFFEE AT CAFE
 - * **THURSDAY** LOUGHBOROUGH
- DROPPING OFF AT MORRISONS, SAINSBURYS
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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 February issue is 17th February.

CANDLEMAS DAY: *The importance of February 2nd*

Candlemas Day, 2nd February was traditionally a date of great significance in the country calendar.

In the Christian faith Candlemas is a feast day dedicated to the Purification of the Virgin Mary, but it obviously inherited many old pagan beliefs associated with the Celtic feast of Imbolc which fell the day before, 1st February, in addition to similar festivals celebrated in the Roman World.

Imbolc was a festival that marked the beginning of lambing and the weather in the following weeks was of great importance to shepherds charged with the welfare of new-born lambs and nursing ewes. According to one country rhyme:

*As the day lengthens,
So the cold strengthens.*

So it is no surprise that Candlemas is the focus of much traditional weather lore.

*If Candlemas Day be fair and bright,
Winter will have another fight,
If Candlemas Day be clouds and rain,
Winter be gone and will not come again.*

*If Candlemas Day be dark and black,
It will carry cold winter away on its back,
But if Candlemas Day be bright and clear,*

The half of winter's to come this year.

If Candlemas be fine and clear,

There'll be two winters in the year.

If the birds sing before Candlemas,

They will cry before May.

Where the wind blows on Candlemas Day,

There 'twill abide till the second of May.

These warnings are borne out by the actions of the North American groundhog, which are widely followed in the news

media. If a groundhog sees its shadow on 2nd February, winter is only half done.

Wise farmers would often follow the precept:

*In the barn on Candlemas Day,
Should be half the straw and half the hay.*

meaning that half the winter foodstuffs and bedding for livestock should still be stored in readiness.

A variation of this includes the provision of food and fuel for the farmer and his family:

*Mary's feast day of the candle;
Half fodder and half fire.*

The appearance of the sun on Candlemas day is traditionally as unfortunate for farmers as it is for those hoping for an end to winter:

*.....'tis an omen bad, the yeomen say,
If Phoebus shows his face the second day.*

However, the warnings about the continuation of winter were tempered by the milder weather in the West Country, where the arrival of spring has made Candlemas a popular day for sowing beans and peas:

*On Candlemas Day if the thorn hangs a drop,
Then you are sure of a good pea crop.*

*Candlemas day, put beans in the clay;
Put candles and candlesticks all away.*



Long Whatton News

The village magazine is made possible by the support of advertisers and some fundraising events.

It is produced and distributed by volunteers and our only cost is the printing itself.

Despite several increases in the cost of printing the magazine we have managed to keep our advertising rates at the same level to make it affordable. But we need more advertisers to join us.

If you have a business, no matter how large or small we offer advertising spaces from just £7 per month.



THE VILLAGE SHOW 2024

Progress is being made in the challenge to revive the Long Whatton Village Show.

It is four years since we last held a show and it had run every year for 18 years before that, every August Bank Holiday.

As well as all the fun and games that our Village Show entails, one of the shows aims is to raise money for charity.

CRICKET CUB *hit by floods*

Happy New Year to you all from the members of the Long Whatton Cricket Club. Like lots of places this winter the cricket club has been flooded several times this year. We are really grateful that the clubhouse is at the top of the field, but unfortunately one of the clubs mobile nets has been damaged in the storms and is not repairable. Our thoughts are

The legacy of the village show is still facing a pivotal moment. To be able to bring the show back to life next year we need more community members to join the Village Show Committee for 2024.

If you can contribute, please express your interest or if you would like a chat about it contact Penny de Kock on 073 9340 7896.

with people that have been flooded this year.

Could you support the cricket club by becoming a social member for 2024? All support would be greatly appreciated.

If you would like to volunteer at the cricket club or join one of the teams please email the club by sending an email to longwhattoncricket@gmail.com

ALL SAINTS CHURCH *news and dates for February*

This month we have just one service here at All Saints in the village.

Sunday 4 February - Holy Communion 10.30

There is a Sunday Holy Communion service at 10.30 elsewhere as follows:

11 February Kegworth

18 February Hathern

25 February Diseworth

On Friday 1 March at 2.30 here at All Saints there will be a service as part of Womens World Day of Prayer.

The church is open every day during daylight hours and if you call in you will see a plaque displayed. All Saints has been awarded a bronze eco church award by the christian charity A Rocher.

This charity works to protect and restore the natural world and is committed to working with churches and their congregations to care for the environment. It aims to inspire individuals, families, and church leaders to better manage land and churches for nature.

The charity runs an Eco Church program which helps churches celebrate and recognise what has been achieved and has on line resources offering advice on how to go further. The award scheme is based on five key areas of church life. All Saints did particularly well in the section relating to management of church land with the churchyard mowing regime we have adopted over the last two years.

There is some work to be done on some of the Yew trees in the churchyard this month which will be done by a local contractor. There is other work that needs to be done before birds start nesting and buds opening. Please make contact if you would like to help. The church is kept cleaned and polished by a few who really would appreciate some help. If you can offer the occasion hand with dusting or polishing we would also love to hear from you. Thank you

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BURNOPFIELD DELIGHT MAJORS & MORE *Revd Emily*

Hi Everyone, I hope you have had a restful Christmas and New Year and are now back into your normal patterns of life. This month I want to reflect on our church bells and the bell ringers who bring them to life in our church towers.

Most of us mere mortals have no idea what the inside of a tower ringing room looks like. I know there are ropes involved and the bells are somewhere above, I know that you can muffle bells and that they come in different sizes, but even to those of us who spend lots of time in church, bells are a bit of a mystery. As are bell ringers.

I worked with a server in Loughborough who used to screech into the vestry at the last moment and pop on a robe and then process with the rest of us. I thought she was really poor at time keeping, but after a year or two I found out that she was a bellringer and had been up the tower only moments before. She never mentioned her dash down the stairs or the other role she played in worship, rather embarrassingly, I found out through a friend.

Because bell ringers are an unassuming lot, who creep in and out getting to as many churches as they can with their death defying drives in the dark mornings and evenings of winter. It's all icy roads and frozen padlocks followed by old ladders and even older melodies.

They have a language which is all their own, with Grandsire Triples and Burnopfield Delight Majors, sounding to the uneducated like some kind of fabulous dessert trolley. They also have friendship groups bound together by practices and peels, there is a hidden world of bell ringers in each of our towers as quiet as a church mouse yet heard for miles around. They

are both inside and outside I am enchanted by this liminal space that I know so little about.

What I do know something about is the effect that bells have on us, on our localities, I know it's Monday when the bells begin in Diseworth, I watch for the funeral when I hear the tolling of a bell, my heart swells as wedding bells ring out. They mark our lives yet we rarely see the inner workings or the workers. Those who keep the towers safe, who practice, who teach, who encourage not for minutes or months or even years but for decades.

Lives lived providing the ancient sound of Christian worship dancing across our countryside, and you can't do this alone it takes a team and every team needs a leader. The tower captain at Kegworth has looked after the bells and bell ringers for 40 years! He is a

missioner for the church because bells are the first act of mission of any church, a clear call to all who hear, all are welcome in this place.

When the bells of a local church fall silent, it can take a while but

people begin to notice the gap in their lifetime soundscape, they feel

the absence in their rhythm and then it's people like me that get asked the question, why don't we hear the bells anymore.

The pandemic quietened the bells as it quietened just about everything else, but it made our villages value them on their return. The sound, which was so familiar we had forgotten it, sang a new song when it returned, the bells of our churches are full of hope, and the people on the other end of the ropes the hope heralders.

If you would like to learn more about becoming a bellringer please do get in touch and I will pass your details to a tower captain near you. Blessings, Revd Emily.

"Bellringers have a language which is all their own, with Grandsire Triples and Burnopfield Delight Majors, sounding to the uneducated like some kind of fabulous dessert trolley."



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OSTEOARTHRITIS *Health by Liz Jarrom*

As we get older, it might become more noticeable that we start to develop a few aches and pains, and creaky joints. We grumble a little, and then put it down to aging.

If the symptoms get too bad, we see a doctor and eventually get a diagnosis of Osteoarthritis. That might be in the knee, hip or spine, maybe in the hands, but the reason for the pain and inflammation will have mostly been caused, or contributed to, by the deterioration of cartilage. This might have started with an injury or just be general wear and tear.

So, is there anything we can do, or is it a case of painkilling tablets or injections or the long wait for a replacement joint? Cartilage is a type of connective tissue found in joints in the body, and between the vertebrae in the spine. It occurs as pads, and lines the ends of the bones and sits between the individual vertebra in the spine. It's vital for reducing friction during movement, and it is a unique type of tissue, as it doesn't contain blood vessels or nerves. Instead, the cartilage cells exist within a permeable matrix. Healthy cartilage has a smooth, shiny surface. A membrane, called the synovium, surrounds each joint, and it produces a thick fluid, called synovial. This bathes the cartilage, and keeps it healthy, like an oil for the joint, helping it move easily and freely, and also acts as a vehicle for nutrients.

Joints go through a natural cycle of break down and repair, but an injury, poor posture, lack of exercise, nutritional deficiency or age, can interfere with this process, hardening and breaking down the cartilage, Putting pressure on the exposed bone that was once protected.

Bone rubs on bone, causing pain, and the surrounding joint becomes inflamed and swells, the onset of Osteoarthritis. Excess body weight contributes to developing

Osteoarthritis, as this puts huge pressure on the joints, and excess fat, which interferes with normal hormone and chemical balance in the body. Sedentary lifestyle is another factor, as the body is designed to move around - regular movement is vital for working and strengthening the joints, which helps keep them healthy and strong. Regular walking, swimming, doing exercise classes within your capability and even gardening and housework all help to keep good muscle and connective tissue tone, which maintains body mobility and flexibility. Hydrate with plenty of water tea, coffee and squash throughout the day.

The body needs the right nutrients to keep the joints in good working order, and prevent deterioration. Foods that help with normal collagen formation are needed - an essential element of healthy bone and cartilage. Eating a Mediterranean diet, rich in vegetables, fruit, legumes, fish, cold pressed oils, nuts, seeds, herbs, jacket potatoes, wholewheat pasta and wholegrains will help to supply this. Meat, eggs and dairy are fine in moderation. Foods that contribute to oxidation and inflammation which aggravate Osteoarthritis, are added sugar, ultra processed foods, highly processed oils, processed meats low quality margarine.

Supplements containing Glucosamine, Green Lipped Mussel, Omega 3 fatty acids, Hyaluronic Acid, Vitamin C, E, D, and K, and Turmeric can help. Creams and lotions that contain individually, and in combination, Arnica, Glucosamine, Green Lipped Mussel, ginger and comfrey, have a long history of relieving symptoms and the pain of Osteoarthritis. Gentle exercise will help to increase muscle strength, which can help to support the Joint. There isn't a cure, but some of these suggestions may hold back the progress of Osteoarthritis, and may even bring about some improvements.

Ladies - still feeling young at heart?

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

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

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

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

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

Cara Tatterton
Pilates



CLAIM YOUR FREE PILATES CLASS NOW!

Classes in Kegworth, Shepshed, Hathern & Long Whatton

Reasons to claim your FREE class now:

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

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

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

A VALENTINES DAY BREAKFAST

When the Romans occupied Britain, Emperor Claudius 2nd made it illegal for his soldiers to get married. By then many soldiers had become Christians. Their leader was called Valentine and he continued to conduct marriage ceremonies for the soldiers, but in secret. Valentine was arrested and sentenced to death, whilst in prison he fell in love with the warders daughter. On the day of his execution, 14th February 207, he wrote to his lover signing the letter, 'from your Valentine'. The tradition of sending such letters and notes continue to this day.

Here is a Valentines Breakfast Recipe:

What you need

- 375g pack ready-rolled lighter puff pastry
- 60ml 50% less fat crème fraîche
- 3 eggs, plus 2 egg yolks
- 5-6 slices streaky bacon
- 100g cherry tomatoes, halved
- 10g fresh flat-leaf parsley, roughly chopped
- 10g fresh basil, leaves

What you do

1. Preheat the oven to gas 6, 200°C, fan 180°C. Cut the pastry into a large heart shape, about 30 x 30cm. Using a sharp knife, score a line 1cm from the edge to create a border, then transfer to a non-stick baking sheet.

2. Mix the crème fraîche and the egg yolks in a bowl; season. Spoon onto the pastry,

being careful not to go over the border. Arrange the bacon and the tomatoes in the heart, leaving a gap in the middle for the eggs. Scatter with the parsley.

3. Beat 1 egg, then brush the pastry border with it. Bake on the middle shelf for 18 mins until lightly golden, then crack the remaining eggs into the centre. Bake for a further 10-12 mins until the pastry is deep golden and the eggs are cooked. Scatter with the basil leaves to serve.



LOCAL CHARITY ISSUES URGENT APPEAL *for donations*

Local charity, Age UK Leicester Shire & Rutland has issued an urgent appeal for donations of any good quality, saleable stock including clothing, bric-a-brac, books and furniture to their local Age UK Leicester Shire & Rutland charity shop.

Donors can take pride in the knowledge that all money raised from the sale of goods donated is used to support local, vulnerable older people in the community through

services such as befriending for the lonely and isolated, information and advice for those struggling to pay their bills and respite services to support older carers.

Donations can be dropped off at any of Age UK Leicester Shire & Rutland's shops during opening times (full list here: <https://www.ageuk.org.uk/leics/shops/>) and collection of furniture and larger items can be arranged by calling 0116 299 2233

Valentine's DAY



THE **FALCON**
VILLAGE INN with ROOMS

3 Course menu and a
bottle of wine or
prosecco £30pp

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