Long Whatton News

ULY 2024



This Muntjac Deer stands confidently in front of All Saints Church, despite a look of surprise at being photographed. Gemma White managed to get this pic using her mobile phone in the

glorious evening sun at the end of May.

Inside this month there are gardening tips, news about the Village Show, health, a recipe, coffee mornings, and sport. And lets not forget the General Election.



LUNCHTIME SET MENU

MONDAY - SATURDAY
2 COURSES £18
3 COURSES £24

OUR GARDEN ROOM IS AVAILABLE FOR PRIVATE CELEBRATIONS OR CORPORATE MEETING ROOM HIRE

CHECK OUR WEBSITE FOR DETAILS





www.theroyaloaklongwhatton.co.uk 01509 843694

BUS TO LOUGHBOROUGH

Following on from the letters we have received regarding buses from the village to Loughborough, Shepshed Special Community Bus run a minibus, picking up from Long Whatton and dropping off in Loughborough town centre every Thursday.

Ring them on 01509 650531 for more information.

VILLAGE SHOW is go!

The reinstated Long Whatton Village show has been confirmed. It is to be held on August Bank Holiday, Saturday 25th August and will be held at Long Whatton Cricket ground.

It is still a work in progress and more helpers, stallholders and events would be welcome.

If you would like to discuss any aspect of the show contact Penny de Kock via email longwhattonnews@gmail.com

KARATE CLUB Give it a try

Interested in giving karate a try? Right now is the perfect time to take advantage of our free trial session offer to see if it is for you! The junior class (5 years and above) runs from 5:45pm and a second session from 7:00pm for our slightly older children and adults every Thursday in the Long Whatton school hall. Contact via our Facebook Page @longwhatton karate, e-mail longwhattonkarate@gmail.com, or contact the club secretary on 07714335598

DISEWORTH DIARY

Bridge Club, every Wednesday at the Heritage Centre, 2 - 4pm

Heritage Centre open Sundays 2 - 4pm, April until October

Protect Diseworth Hoedown, 6th July, Village Hall

Coffee Morning, Diseworth Heritage Centre, 10th July, 10am - 12pm

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 August issue is 18th July.

www.wagtailbikehire.co.uk



01530 441103

Bike accessories

AND BOOK

ONLINE

GARDENING TIPS FOR JULY by Shirley Blyth

I hope that when you read this we will be basking in summer sunshine as there hasn't been much of it at the time of writing. In July the garden should be at its peak, filled with colour and the veg garden producing an abundance of crops. Long summer evenings can be enjoyed to the fullest, relaxing with family and friends.

I have had a couple of requests for help this month. One concerns non-native invasive plants (NNIP). The other request is for info on plants that are harmful to gardeners.

The 3 most common NNIP that cause the most trouble are as follows:

1. Japanese Knotweed A Victorian introduction that is now so invasive that it's

illegal to allow its spread. It is categorised as Controlled Waste and can only be disposed of at licensed landfill sites. Control is best done by specialist companies. If you hack it down (it will grow 7 feet +) your only control is to dry it then burn it.

2. Mares Tail

Another nightmare plant as this will have a root of more than 6 feet. Digging does not help as the smallest piece will regrow. All you can do is to keeping chopping it down and cover the ground with thick, black plastic and hope that it will die off before you get your old age pension!

3. Himalayan Balsam

This is more of a problem for water ways, although it can sometimes be found in gardens. It has very pretty flowers that are extremely attractive to pollinating insects. However it does set seed so it needs to be cut down before this happens. If you have it growing in your garden it can easily be pulled out of the ground.

NB none of the above should be put in your compost bin or green garden bin.

Seven plants that are harmful to gardeners

1. Aconitum (Monkshood) contains an alkaloid (aconitine) which is one of the most toxic plant compounds known. Grow with

extreme care.

- 2. Euphorbia genus exude a milky latex when cut which is a serious skin and eye irritant.
- 3. Ilex (Holly) The spiny leaves can cause skin injury but the berries are toxic if
- 4. Iris All parts especially, the rhizomes, are potentially toxic if eaten and it can also be a skin irritant.
- 5. Laburnum have toxic seeds in pea-like pods after the

flowers have faded.

Monkshood

- 6. Rue is a serious skin irritant in sunlight, causing severe blistering. Wear gloves to cultivate this herb.
- 7. Yew all parts are poisonous. Although it is now being used in cancer treatments.

Gardening tips for July

Try and store any rainwater that falls during the summer.

Keep new and young plants well watered during the summer and watch out for pests and diseases. Also feed and water all plants in containers regularly, deadheading flowers as they fade.

Prune shrubs that flowered in early summer. Give Wisteria their summer prune and divide Bearded Iris

Plant autumn flowering bulbs.

Water veg plants regularly and start to lift new potatoes, onions and garlic. Pinch out runner beans as they reach the top of their canes. Also pinch out outdoor tomatoes when four trusses have formed and remove side shoots.



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Member of the Society of Will Writers Supporting the work of Rainbows Hospice



FOR CHILDREN AND ADULT BEGINNERS

LOCKINGTON VILLAGE HALL - SATURDAY January to March

Primary and children's ballet classes up to Grade 5 & pointe work.

There is a strong focus on the ballet technique, especially good for children pursuing gymnastics as another skill. Small classes to develop confidence and enjoyment through dance and storytelling styled movements. Dance/Drama for older pupils. Enquire for class times and details.



DISEWORTH VILLAGE HALL - WEDNESDAYS

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

A TRIP TO THE ZOO AND FUN AND GAMES At school

Summer term is always very busy at school. The pupils have been out of school on lots of visits and hosted a number of events in school.

The Hedgehogs class visited Twycross Zoo to consolidate their learning of their Animal Safari topic. Back in school they were able

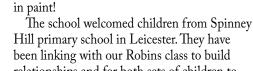
to share with with everyone the animals that they had seen.

The school raised money for the PTA by taking part in a school summer colour



children thoroughly enjoyed running around the field and being covered from head to toe





relationships and for both sets of children to compare what is the same and different about









inner city and rural schools. They have formed





Long Whatton 2024 SHOW

Sunday 25th August at Long Whatton Cricket Club

If you would like to have a stall,
run an activity or competition, or become a
sponsor of the show email
Penny at longwhattonnews@gmail.com



KNIT AND NATTER D-day tributes

The Knit and Natter group have been at it again: A Lancaster bomber and Spitfire flying over the English Channel have been placed on the Post Office post box and on the fence near the memorial, a banner marking 80 years since D-day.

Codenamed Operation Neptune but more commonly known as D-Day, it was the largest seaborne invasion in history. The operation began the liberation of France, and the rest of Western Europe. The Normandy landings and airborne operations that day, 6th June 1944 led to victory on the western front.

Continuing their charity work, the Knit and Natter group will be selling knitted forget-me-not lapel pins for the Alzheimer's Society in the Falcon Inn from July.



The group meet on first and third Friday of the month, 10 to 11.30am at the Falcon Inn.



COFFEE OPPORTUNITIES Dates and venues

Village Coffee Morning @ The Falcon Inn There will be a coffee morning on Monday 8th
July 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 20th July from 10.30am to 12 o'clock.

These coffee mornings are a great way to meet new people. 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.

General Election July 4th
Polling Station
Friendship Centre
open 7am to 10pm

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.



A CATS EYE VIEW A poem by David Griffiths

All cats salute me when we meet-I am the King of Downing Street. I have my very special den-In fact I live at Number Ten. My name is on the Internet, I'm nearly in the Cabinet!

My duty is to rid the Pest
It is the one that I do zest.
My brief, to roam about the house.
In doing so I caught this mouse.
I questioned him and d'you know why?
Turned out he was a Soviet spy!
They say I should have got a gong
But,I tell them they are wrong
For if my name should become known
My precious cover might be blown.

My masters seem to come and go Sometimes swift and sometimes slow. Mrs May,now let me see! She'd hardly any time for me. I'm sure that she was good and kind But she had Europe on her mind..

For certain Boris ruled with style And never, ever, lost his smile Many a tale I'd re-enact If I'd not signed the Secrets Act You'll have to wait (it gets my goat) Until my Memoir's fully wrote.

Liz Truss came-and went as fast, It seemed she was too good to last.

Ricchi's been here for a while, Troubled too but forced a smile, Now afraid of folk's rejection, He's gone and called a snap election.. Then,as though he needed pain, His suit got soaked in all that rain.

And soon, and, all too soon, I fear We'll have another tenant here. But I'll remain. This is my seat. I am the Cat of Downing Street.

LONG WHATTON DIARY - All the village events this month

Knit & Natter Group - held on the 1st and 3rd Friday in the month, 10 to 11.30am at the Falcon Inn, no charge just pay for tea or coffee, experience not essential.

Community Café – every Thursday, 10 to 12 in the Friendship Centre. Tea, coffee, and a slice with good company. Meet other villagers, mothers with babies and friends. We currently run a "bring your own record and play it" and a book swap. LWCA

The Thursday Thing - every second Thursday of the month, Friendship Centre. 2 to 4pm. A social where you can play games like Dominoes, Dobble, Chess, Scrabble, Nine-Mens-Morris, Shut-the-Box, Uno, Bridge, Rummy and Backgammon or just come and enjoy the company, or bring your own game.

Pilates, 1st and 8th July at The Friendship

Centre, 9.15am to 12.30pm *Womens Institute* 9th July, 7.30pm to 9.30pm at the Friendship Centre.

Whatton Wailers Community Choir meets every two weeks at the Falcon Inn. Singing for fun, no formal auditions £4 per session. For more information and dates contact Andrew on 07890 204466.

Coffee Morning at the Falcon Inn, Monday 8th July from 10:30am till 12 noon.

Coffee Morning at All Saints Church on 20th July from 10.30am to 12 o'clock.

Summer Crafts on 24th July at the Friendship Centre, 9am to 1pm.

Craft Day, 31st July at the Friendship Centre, 9am to 1pm

July 4th Polling Station at the Friendship Centre from 7am to 10pm.



SHOPPING SERVICES

SHEPSHED SPECIAL COMMUNITY BUS
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PLEASE CALL FOR MORE INFORMATION

DOOR-TO-DOOR SERVICE: WE PICK UP FROM SHEPSHED, HATHERN, BELTON AND LONG WHATTON

WHEELCHAIR ACCESSIBLE

- * MONDAY MORRISONS COALVILLE FORTNIGHTLY
- * TUESDAY SHEPSHED SHOPPERS
- * THURSDAY LOUGHBOROUGH SHOPPERS

DROPPING OFF AT MORRISONS, SAINSBURYS & TOWN CENTRE

OUTINGS ARRANGED THROUGHOUT THE YEAR.
GROUP HIRE: PLEASE CALL FOR MORE INFORMATION

PAYMENTS:

SHOPPERS: CASH TO DRIVER

OUTINGS: CASH, CHEQUE OR BANK TRANSFER

GROUP HIRE; INVOICED MONTHLY

Shepshed special community bus Industrial & Provident Society No.25490R{Afforded Charitable Status}

GOOD RESULTS IN MISANO for Alex Lowes

World Superbikes returned to Misano in Italy for round 4 of the championship, from 14th to 16th June

Qualifying produced some thrilling laps right up to the end, with Alex setting the 4th fastest time.

A few hours later Alex was demoted to 6th place on the first lap of race one and ended up hot on the heels of old rival, Locatelli. The pair passed Gardner to move up a place at the half way mark, Alex taking the flag in 5th.

Having posted the third fastest lap in race 1, Alex got to start the Superpole sprint race on the front row and fended off early charger and current champion Bautista and later on Locatelli to hold on to third place for a podium spot at the finish.

Despite a good start to the final race Alex was hounded by Bautista who had charged up from 11th. On the eleventh lap, the local man succumbed to Bautista's pressure, holding 4th place safely for the remaining 10 laps.

With a third, a fourth and a fifth place finish at Misano, Alex solidified 4th place in the championship standings.

From Misano, the team headed to Cremona Circuit, also in Italy for two days of testing just four days later. A new track for Alex which will host a race later in the season, he nevertheless set the second fastest time of the test.

Alex doesn't have far to go to work for the next outing, which is the UK round at Donington Park, 12th to 14th July.



First lap chaos in the Superpole race

SENIOR CRICKET SUCCESS as season well under way

It has been great to welcome so many new and returning junior cricketers down for All Stars, Dynamos, and hard ball cricket on Tuesday nights, despite the somewhat underwhelming weather so far. The sessions have been well attended, and it's been nice to see the parents enjoying the bar facilities as well

The Long Whatton under-11 and under-13 Teams' season is in full swing, with two U11 Incrediballs games and two U13 hardball matches played to date. The teams have seen both new and returning faces, with games that have had it all. In the field we've seen catches, run outs and fantastic bowling capturing multiple wickets. The batting has been the

favourite for most of the juniors, which has been shown by their impressive performance, hitting boundaries galore! The junior teams have shown great potential and talent, and as the season progresses so will their abilities. The future is bright for these aspiring cricketers.

Long Whatton's 1st XI are doing well - currently standing second in the Leicestershire & Rutland Cricket League, Division 4 after 10 games and are the only team who have not lost a match, although four games have been abandoned due to the weather. The 2nd XI have also had a strong start, sitting 4th in league with some impressive victories already.

If you fancy spectating, the bar is always open during the club's home games.



About Long Whatton Community Association Friendship Centre

The Friendship Centre has been taken on by Long Whatton Community Association (LWCA) as a venue for social events and community activity in the village and surrounding areas. It is also available to hire.

The hall can accommodate 60 people.

Available furniture:

10 long tables (approx 6ft x 2.25ft/182cm x 68.5cm)

10 square wooden tables (approx 2ft x 2ft/59.5cm x 58.5cm)

40 chairs with upholstered seats

29 mixed plastic chairs

Max hall height 8ft

Entry to the hall is through a small foyer area which also gives access to Ladies and Gents toilets. To the rear of the hall is a kitchen with a gas cooker, microwave, fridge, 2 kettles, toaster and a water urn as well as a range of mixed crockery and cutlery.

Parking is available on the main road.

STANDARD HIRE CHARGES Rate: £10.00 per hour

Minimum booking period: 2 hours. After the minimum period, bookings must be made in increments of no less than 30 minutes (ie: 2 hrs 30 mins, 3hrs, 3 hrs 30 mins) Period of hire: 8:00am - 11:00pm Monday - Saturday 9:00am - 10:00pm Sunday

To make a booking please go to https://hallbookingonline.com/longwhatton.lf you have any queries, please contact the Booking Administrator at: lwca79@gmail.com



KNOW YOUR BEES and tell them apart from wasps

It is bee season again. They started appearing in mid-spring and now you'll see lots of them buzzing around flowers and hedgerows like blackberry bramble, gathering pollen. If you look a little closer you'll see different types. Bumble bees are the easiest to identify, big and slow, but there are many others.

Here are some of the most common varieties, all of them vital to our food chain and making honey. Be kind to them and don't mistake them for wasps.



Red Mason Bee



Violet Carpenter Bee



Mining Bee





Bumble Bee

Carpenter Bee



Honey Bee



Common Wasp

SHEPSHED SPECIAL **COMMUNITY BUS**

SUMMER TEA DANCE AND SINGALONG

(Includes Afternoon Tea)

At the Glenmore Centre Thorpe Road, Shepshed, LE12 9LU

> Saturday 27th July 2024 2pm - 5pm

Tickets available from Alison Sharp - 01509 650531 Suzanne Buckeridge 07754 799639

The Shepshed Special Community Bus Office at Shepshed Town Council. 47a Charnwood Road, Shepshed

> Tickets £10.00 (non refundable)

ALL SAINTS CHURCH News and services in July

Long Whatton Services in July: Sunday 7 July 10.30. Inside/outside church: Contemplative worship in the Lady Chapel for those inside church. Walk and wonder outside to enjoy local farmland and nature. Well behaved dogs on leads can come too. Sunday 21 July 10.30. Benefice Holy Communion service. All welcome to stay for refreshments afterwards.

Coffee morning Saturday 20 July 10.30 -noon at All Saints.

Pignut and Bird's Foot Trefoil - discover more about these two plants that have been found flowering in the churchyard as our mowing regime is leaving areas of the church yard un cut. Information about these and other plants is dotted about in the churchyard and on the right hand side notice board in the church porch.

Batty about bats or just a bit intrigued and interested? Why not come and discover more about these marvellous flying mammals. We are holding a talk about bats followed by a walk with bat detectors on Tuesday 23 July 8pm. The walk will take in as many different habitats as we can manage in approximately a mile walk. We are asking for donations, these will be shared between the local bat

conservation group and the church. Donations can be made by cash or card on the night.

A collection is made for the Shepshed Food Bank every week and items for this can be placed in the green box in the church porch. Thank you to all who donate to this and to those who each week collect and deliver to Shepshed.

The church is open every day to visit and for private prayer and is kept a welcome space by a dedicated few. We would love some help not only to share out the jobs but it also shows that the church is important to the community and you care for it too. Now and again help or on a more regular basis we would so like to hear from you. We can offer inside and outside jobs - coffee and biscuits included v@manororganicfarm.co.uk or 07780097997.

Thank you .

Viv Matravers

WHATTON GARDENS OPENING

Whatton House's wonderful gardens will be open in July on Sunday 14th, Friday 26th and Sunday 28th. After your stroll light refreshments will be available.

Gates open at 11am and close at 4pm.

LONG WHATTON NEWS Advertising rates

One off per month Full page £18 Half page £12

Quarter page £7

Full page £22 Half page £14

Quarter page £8

EPS and TIFF formats although PDF is the

preferred format, in CMYK.

Full page with bleed

148mm wide x 210mm deep plus 3mm

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Half page 132mm wide x 94mm deep Quarter page 63mm wide x 94mm deep.

subject to sight. Email us at longwhattonnews@gmail.com



WHATTON

GARDEN OPENING JUNE/JULY 2024*

SUNDAY 2 JUNE SUNDAY 16 JUNE SUNDAY 30 JUNE

SUNDAY 14 JULY FRIDAY 26 JULY SUNDAY 28 JULY

* ADDITIONAL DAYS / GROUP BOOKINGS WELCOMED BY SPECIAL ARRANGEMENT PLEASE CONTACT HELLO@WHATTONHOUSE.CO.UK

ADMISSION INFORMATION

GARDEN GATE OPEN 11AM AND WILL CLOSE 4PM

ADULT £8.50 CHILD (3-12YRS) £4.50

FAMILY (2 ADULTS 3 CHILDREN) £25

Payment by cash or card

Historic House members receive free entry with a valid membership card WHATTON HOUSE IS NOT A MEMBER OF THE RHS.

Limited light refreshments will be available

24 7AND8 MILK AND DIFFERENCE Rev'd Louise Cork

"I always loved the milk in the UK. Maybe you are grown [up] here, you take it for granted. But milk in the UK is amazing. In June when you wear coat, it's because there is good milk then. There is good milk all year.

In summer in the Middle East, the milk is not that tasty. It's mainly in spring when it's really, really nice. This could be why our type of cheese has been invented, this halloumi, where the Bedouin used to make it in spring and preserve it in water and salt, a lot of salt, and leave it for winter."

Razan Alsous came from Damascus in Syria and resettled in the UK. The quote above are her words from a recent radio interview, telling of her experience to start from scratch a cheese-making business here; something she had never done before.

What struck me as I listened was how Razan appreciated something which I just take for granted: she was telling the UK listeners how amazing our milk is all year round. Not just for the spring months, but every month we have good milk. Do we? Is anyone noticing and appreciating this?! It is so normal for us to have good milk every month that we

don't see it for the treasure that it is. Yet when I hear from someone who comes from a different climate and context, it enriches my understanding of my own situation.

There is a lot of talk in society these days about how separated we are becoming from those who think/behave/judge/believe/ understand differently from ourselves. We might feel miles away from understanding an older or younger generation; our ethics might be nothing like those with whom we share the bus; our beliefs or our politics might vary hugely from our neighbours. But listening to a different point of view might enrich us rather than demolish us. It might enlarge our appreciation, even if we disagree.

How might we do this? A first courageous step might be to see through another's eyes: 'I'm curious: why is it that you think this/ prioritise that/value the other/....?'The courtesy of listening, of letting another be heard, could be far more fruitful than we expect.

Such curious conversations might help in a conflicted world.

VILLAGE AMENITIES Food, rooms and more

Village Shop. Open Monday to Friday 7am to 8pm, Saturday and Sunday 8am to 8pm. Fresh coffee and teas.

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

for food Monday to Thursday 12 noon to 2.30pm, 5pm to 8.30pm, Friday and Saturday 12 noon to 9pm and Sunday 12 noon to 6pm. 10 ensuite rooms available. 01509 842416

Royal Oak. Bar, restaurant, function room and rooms. 12 ensuite rooms. 01509 843694

The Forge. Bed and breakfast. 3 ensuite rooms available. 07766 654331

Evri Parcel Service. Available at the Village Shop. Next day delivery from £3.20 for parcels under 1kg. It's simple - go online, print the label and drop it off.

Shepshed Special Community Bus offer transport to and from Loughborough every Thursday. Phone 659531 to book a place.





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CRAFT and GIFT ROOM Upstairs:

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OPEN: Monday 10am-2pm, Tues-Friday 10am-6pm, Saturday 10am-4pm Free Car Park off Shepshed Road, Card or cash.



SUPER STRAWBERRIES Health by Liz Jarrom

Summer is a bumper time for berries All are great for our health, but strawberries have a few really stand out benefits. They are bursting with vitamin C, but they also contain other outstanding helpful chemicals, in large amounts. The first is ellagic acid. This is an intriguing antioxidant that may help protect brain function, alleviate inflammation and may even slow down the growth of cancer cells. Some studies concluded that ellagic acid may be useful in the treatment and prevention of conditions such as type 2 diabetes, cancer and Alzheimer's. Ellagic acid works as an antioxidant, which means that it neutralizes harmful compounds known as free radicals, which protects our cells from damage and oxidative stress. Studies indicate that ellagic acid may also help regulate the functioning of the immune system, and decrease certain specific markers of inflammation. These include prostaglandin and interleukin, which increase and maintain levels of inflammation.

These constant high levels of inflammation long term, may contribute to a number of chronic conditions including cancer, heart disease, and autoimmune disorders. Test tube and animal studies have found that ellagic acid may help preserve brain function as well as the aforementioned possibility that it plays a role in decreasing cancer cell growth due to its powerful antioxidant properties. Multiple studies indicate that ellagic acid may have additional cancer fighting properties, in that it seems to have a role in inhibiting the growth and spread of tumours, as well as having the ability to kill individual cancer cells. Also, ellagic acid may increase cancer tumours vulnerability to chemotherapy and radiation, so, potentially enhancing the effectiveness of these treatments. Test tube studies indicate that ellagic acid may help protect against several types of cancer including breast,

bladder, prostate, colorectal and lung cancer. More research is needed on patients though to establish how much ellagic acid is needed but the signs are promising.

Strawberries can also lower levels in the blood of an inflammatory chemical called tumor necrosis factor and also C reactive protein, both of which cause inflammation in the body. Eating strawberries can have the effect of downregulating proinflammatory genes to the point where precancerous growth in cells can be reversed. Another study involved patients diagnosed with diabetes being given strawberries to eat daily for 6 weeks. Their C reactive protein levels dropped by 18% and their diabetes improved so much that some of them were able to come off their medication. Positive effects were noticed immediately and pain in their joints lessened significantly. A further 12 week trial, involved obese men and women, all diagnosed with knee osteoarthritis, showed remarkable results. They were split into 2 groups. One group received the equivalent of a pint and a half of strawberries per day, in the form of freeze dried strawberry powder. The control group were given a placebo powder that looked and tasted like strawberries, but wasn't. Inflammatory factors in the blood of the freeze dried strawberry group plummeted, with their tumor necrosis factor levels being reduced by 50%, reductions in pain levels in their knees. The researchers concluded that adding strawberries to the diet of obese individuals with arthritis significantly reduced their pain, and inflammation. If it's difficult to get fresh strawberries, it's obviously fine, and may be more convenient to buy either freeze dried strawberries or freeze dried strawberry powder, that isn't seasonal, and it can be bought all the year round, which can be stored easily, and used as needed.

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?







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 👔 🔞



DINNER, TEA OR SUPPER? by Alan Clark

While "dinner", "tea" and "supper" are all commonly used phrases, a recent study has unveiled which has come out on top as the nation's favourite term, and the results may surprise vou.

YouGov carried out a survey of 42,000 people from across the country in order to determine how they refer to the evening meal. The results revealed that "dinner" was the most popular word, with 57 per cent of the participants choosing it over the others. Just over a third of the participants preferred the use of the word "tea", while only five per cent referred to the meal as "supper".

However, the study didn't just examine which word was most favoured across the country, it also looked into how answers varied according to geographical region.



"Dinner" was the overwhelmingly preferred term used in the South, while those in the North preferred to say "tea". According to the report, competition was very tight in the Midlands, with people living in Derbyshire, Lincolnshire, Herefordshire and Shropshire only slightly more likely to describe the meal as "tea".

While some may assume that the

distinction between the two words comes down to class, YouGov has pointed out that geographical location is a more crucial factor. More than half of middle class northerners call the evening meal "tea", alongside 67 per cent of the northern working class. Moreover, 74 per cent of the middle class and 70 per cent of working class that hail from the South use the term "dinner".

Feta and Clementine lunch bowl What you need

- 1 red onion finely sliced
- 1 lemon zested and juiced
- 2 clementines, 1 zested, flesh sliced
- 2 garlic cloves, chopped
- 400g can of green lentils
- 1 tbsp balsamic vinegar
- 1 & ½ rapeseed oil
 - 1 red pepper quartered and sliced
 - 60g feta cheese, crumbled
 - small handful of mint
 - 4 walnut halves chopped What you do
 - 1. Mix the onion with the lemon juice, lemon and clementine zest and garlic.
 - 2. Tip the lentils into two bowls and drizzle over the balsamic and 1 tbsp oil. Heat the remaining oil in a large non-stick wok, add the pepper and stir-fry for 3 mins. Tip in half the onion and cook until tender. Pile on top of the lentils, then mix the clementines, remaining onions, feta, mint and walnut pieces.







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