

Long Whetton News

MARCH 2024



Keepers Lodge on Main Street, bathed in winter sun graces this months cover.

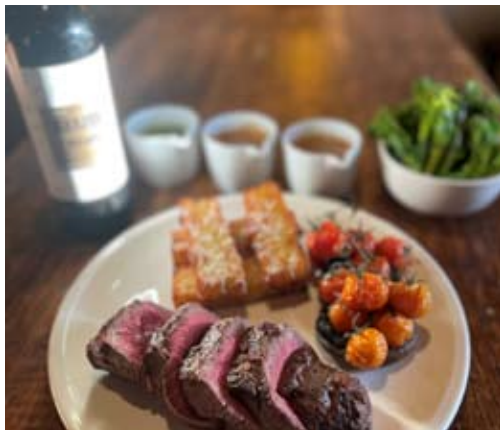
Inside the magazine is all you need to know about the solar farm, sorting your

garden for spring, all the fun and games at school, a heart-healthy recipe, a plethora of events, why you should eat more, several coffee opportunities and how our Alex reigns supreme in Australia.

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THE VILLAGE PLAN *Have your say*

Consultation on the proposed Neighbourhood Plan for Long Whatton and Diseworth Parish will take place for a period of six weeks from Monday 12th February to Monday 25th March 2024.

This consultation forms part of the statutory consultation required by Regulation 14 of the Neighbourhood Planning (General) Regulations 2012. A copy of the Pre-Submission Draft version of the Neighbourhood Plan is available for download at Long Whatton and Disewor

Neighbourhood Plan | Long Whatton & Diseworth Parish Council (lwdpc.org.uk)

Representations on the contents of the draft new Neighbourhood Plan must be submitted to Long Whatton and Diseworth Parish Council no later than 5pm on Monday 25th March 2024.

Comments may be made: Via e-mail to: parishcouncil@lwdpc.org.uk. By post to: Long Whatton and Diseworth Parish Council C/O Samantha Lockwood, Peggs Barn, Main Street, Hemington, Derby, DE74 2RB.

CROSSWORDS IN THE SUN *A poem by David Griffiths*

The English Winter closes in,
A message spreads by word of mouth,
We book a flight, we board a 'plane
And, like the swallows, travel South.
We realise the time has come
For solving crosswords in the sun.

Now here we are in Southern Spain
Where the steep sierras lie
Plastered white like martin's nests,
Suspended between sea and sky,
We live here in this little town
And ponder....what is thirteen down?

Our home's a concrete palace bare,
The days are hot, the evenings cool,
We bask on empty terraces
Beside an empty swimming pool.
The time has come to walk, not run
As we do crosswords in the sun.

The days will pass, the Spring return,
The swallows will fly North again,
We'll follow, though reluctantly
And say "Goodbye" to sunny Spain.
A time to quantify our loss?
Perhaps the answer's.....twelve across!

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GARDENING TIPS FOR MARCH *by Shirley Blyth*

At last Spring has arrived (I hope) and the garden is beginning to awaken after the long wet and windy winter. However, March can be a tricky month with beautiful sun one day, followed by a hard frost the next. If you have the urge to get out in the garden after slumbering in an armchair all winter do take it easy before doing anything too strenuous.

Jobs for this month:

Weed and mulch bare soil and borders.

Prune bush and shrub roses.

Prune winter flowering shrubs after flowering. Plant summer flowering bulbs. Also sow frost tender bedding plants under cover eg on a window sill.

Plant out early potatoes.

Continue to provide food and water for wildlife.

If March is warm look out for Hedgehogs emerging from hibernation.

Plants in flower this month:

Chaenomeles x superba Crocus

Forsythia

Narcissus

Scilla siberica

Dwarf Iris

Primula

Tulips

Latin for gardeners. Many gardeners are

confused as to why plant names are written in Latin. Basically, it is the common language so that growers, breeders, gardeners etc know which plant we are talking about.

This year I thought I would give a short

description of the Latin terms that are used to describe a plant's colour, habit, country of origin, name of the plant hunter that discovered it etc. This month I thought I would start with colour. Common colours of plants are:

Black is nigricans

Flesh coloured is carnea

Orange is aurantia

White is alba or niveus

Red is rubra or rubrum

Blue is caeruleum

Green is viridis

Pink is roseus

Yellow is lutea.

Purple is purpurea

Happy gardening until next month!



Dwarf Iris

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 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.

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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

PROPOSED SOLAR FARM *nearing approval*

A solar farm spanning 99 hectares looks likely to get the go ahead from Charnwood Borough Council when they consider the scheme by Endurance Energy for land between Long Whatton and Hathern on 28th February. The land straddles the boundary of Charnwood Borough Council and North West Leicestershire District Council. Oakley Grange Farm sits in the Charnwood parcel, but is not part of the land that would be used for the solar farm.

Planning officers have recommended the solar farm for conditional approval.

The proposed solar farm would cover most of the triangle of land between Ashby Road, Long Whatton, the M1 and Hathern Road, backing onto Paddock Close and Cawdell Drive in the village and is said to be able to produce electricity for 15000 homes.

In response to feedback from residents the company says it has removed all panels from a field behind the homes said it was working with local wildlife groups to restore a number of historic ponds on the site, "providing new areas for local wildlife and further improving

biodiversity".

Endurance Energy, say the site has been designed to continue to allow agriculture.

The planning officers' report said the solar farm would reduce carbon dioxide emissions by 11,210 tonnes per year, with 448,400 tonnes saved over the expected 40-year lifetime of the scheme.



HISTORY SNIPPET *Henry Bamford water pump*

Standing proudly to the side of Uplands Farm is an old water pump, which, up to the late 1930's would have supplied drinking water from the well beneath, before pumped water arrived in Long Whatton through pipes and taps.

Still visible on each side of the pump is the name 'Henry Bamford, Uttoxeter, Chain Pumps'.

Formed in 1871 the Leighton Iron Works was built by Samuel Bamford with help from his father, Henry, and prospered,



making a range of farm machinery and other equipment.

Henry took no part in the running of the iron works until 1878. In 1881, the Bamford catalogue ran to 40 pages and included "agricultural machinery, patent chain and lift pumps, etc."

The pump at Uplands Farm doesn't appear to be one of Henry's chain pumps but he produced several different types of water pump. Note the hook on the top of the funnel for holding a bucket.

GET YOUR CAFFIENE FIX *and have a natter*

Village Coffee Morning @ The Falcon Inn - There will be a coffee morning on Monday 11th March 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 16th March 2024 from 10.30am to 12 o'clock. These coffee mornings are a fantastic way to

meet new people and to have a natter, listen to the history of Long Whatton and life stories from people that live here. All 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.

LONG WHATTON COMMUNITY ASSIATION *AGM*

As a resident of Long Whatton anyone over the age of 18 is automatically a member of Long Whatton Community Association. LWCA runs the Friendship Centre as a community space and meeting area available for hire. This is our principle function at present and as such we organise events at the Friendship Centre on a regular basis

plus others within the village. We were also responsible for the wooden carving and information board as a memorial to Eric Scott Parker and his love of the natural world around us.

We will be holding our AGM on Tuesday 5 March in the Friendship Centre at 7.30pm. Everyone is welcome to come and we would be delighted to welcome new members on to our management group so we can continue to work for the benefit of all those in our village. As is often the case we rely on a faithful few who give very generously of their time and energy to make things happen. Please consider taking a more active role within LWCA so it can continue to do good for your village community .

We can accept new members at the AGM and nomination forms will be available. For more details please make contact. Viv Matravers v@manororganicfarm.co.uk

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WHATTON GARDENS: *Some late winter flowers*

Whilst we do have some winter interest, the gardens peak season is Late Spring to Early Summer. Winter interest has not been high on the agenda, mainly because we are neither open to visitors or weddings. The winter season offers us a break from other duties and time to catch up on a number of tasks. It also means we can tackle some big and noisy jobs without upsetting anybody else and avoid extra health and safety implications.

Whilst pruning the wisteria in the Private Garden I was admiring *Iris unguicularis*. The flowers are very welcome at this time of year. They are normally lavender to deep violet but we appear to have something extra special. I believe it is *Iris unguicularis* 'Kilbroney Marble' which according to the RHS Plant Finder has no suppliers in the U.K. It has flowers that are marbled with pale purple streaks on a dark purple background. It can cope with dry soil and appears to enjoy its home up against the house. The clumps are fairly large so we are tempted to divide it and try planting it elsewhere. However, *I. unguicularis* does not appreciate being disturbed so we will keep the divisions on the larger side. The literature says to cut back after flowering. I am tempted to do something whilst the flowers are out, as the foliage is hiding them.

Another early flowering delight is *Prunus x incam* 'Okame'. There is an old specimen towards the bottom of the arboretum. Mine started flowering in mid-February possibly brought on with mild weather. It produces masses of candyfloss-pink, petite single flowers, which are enjoyed by bees. Additionally, it has good autumn colour with orange and red tints. It will grow into a small tree about 4 x 4m in twenty years. My own specimen was from casualty corner and is starting to take off.

To my surprise the original main stem has not done much but new stems have come up from the base. By the looks of it I will end up with a multi trunked tree, which would technically make it a shrub. Anyway, I am enjoying it regardless of its quirks.

We have a couple of delightfully fragrant shrubs. On the herbaceous border there is a



Prunus x incam 'Okame'

Chimonanthus praecox (Wintersweet). It is rather lost under the *Buddleja alternifolia* and really wants to be in full sun and trained as an espalier or fan against the wall. Despite the odds it has still managed to flower and I have enjoyed its perfume. The border that runs along side the main lawn has a large specimen of *Lonicera purpusii* 'Winter Beauty'. Sweetly fragrant creamy white flowers are produced on bare stems, from late winter. It makes an attractive spreading deciduous shrub. It is extremely attractive to insects, and provides a vital source of nectar for bumblebees. I think it befits from being thinned after flowering otherwise it can get congested and unruly.

Although winter is not our peak season, we do have a number of seasonal highlights to lift our spirits till Spring arrives.



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

DROPPING OFF AT MORRISONS, SAINSBURYS
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LOCAL GROUPS, CLUBS AND ORGANIZATIONS CAN HIRE THE BUS FOR EVENTS, OUTINGS ETC. PLEASE CALL TO ENQUIRE.

IT'S ALL GAMES AND ADVENTURE *at Long Whatton School*

The pupils have had a busy start to the spring term. The key stage 2 children have been to Whitemoor Lakes in Staffordshire for 3 nights adventuring with their friends. Of the twenty plus activities the centre offers, they have been on the high ropes, raft building, and singing by the campfire, to name just a few.



Altogether, an exhausting few days of team and confidence building and trying new and challenging things.



The Hedgehog class visited the friendship centre and played some games with the local community. The centre hosts The Thursday Thing, when anyone can turn up with a game, or to play one of the many games they offer.

The Hathern Stealth Kickboxing team paid a visit to the school, demonstrating just a taster of the moves and actions they perform at the club in front of the whole school.

The club promote their kickboxing for fitness, discipline as well as self defence and competition.



*Pictured above and top right:
Three potential black belts going through the moves*



The new Eco Garden is near completion and will hopefully be ready to launch in the Summer term. The school is in need of any donations of plants in and around our pond in order to attract wildlife to the garden for our children to observe. If you have any that you could kindly donate please can you drop them off at the school office.

The date is in the diary for the annual Summer Fayre. This year it will be on the 7th June 2024 from 2.30pm. You are all very welcome to join the teachers and pupils for the afternoon.

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 18th March.

CRICKET CLUB *Book now*

As I look through the window today at the grey clouds, I have my fingers crossed for a lovely summer. The junior cricket team have started to look forward to arranging the Tuesday evening training sessions and we are just setting up the online booking system for Allstars and Dynamos. The Allstars and Dynamos sessions start on 7th May.

We are also looking forward to having some teams in the league for the older children again this year.

If you would like to help in any way at the cricket club or would like to join any of the teams please contact us by email mailing longwhattoncricket@gmail.com

LONG WHATTON DIARY *What's on in the village*

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, but if you have a game you would like to play, bring it along and we will give it a go.

Parish Council AGM at the Friendship Centre 5th March. All welcome.

Pilates, 4th, 11th and 18th at The Friendship Centre, 9.15am to 12.30pm

Womens Institute 1st March, 7.30pm to 9.30pm at the Friendship Centre.

Whatton Wailers Community Choir meets

KNIT AND NATTER

The Knit and Natter group offer a big thank you to the Falcon pub for raising another £52.00 by selling their Christmas tree decorations over the festive period, making the total raised for the Friendship Centre to £154.00 at the Santa event.

This brings the total the group have raised for charity in 2023 to £1112.60

They are currently knitting squares for end of life blankets which will be donated to the Royal Leicester Hospital.

Donations of wool are always needed so they can continue knitting for good causes.

If you can help with a donation contact Lesley on 01509 506714

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.

DISEWORTH DIARY

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

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

4th March - Discussion Group, Heritage Centre, 2 - 4pm

9th March - The Della Grants, Village Hall, 7pm

13th March - Coffee morning, Heritage Centre 10am - 12noon

16th March - Oompah Night at the Village Hall, 7.30pm

23rd March - Easter coffee morning, St Michael's & All Angels, 10am - 12noon

27th March - Village Hall meeting, 7.15pm

28th - Dialogue collating meeting, Heritage Centre, 7.30pm

30th March - Andy Taylor Group, Village Hall, 7pm

ALEX LOWES TRIUMPHS DOWN UNDER *World Superbikes*

After winter pre-season tests at Portimao and Jerez the World Superbike circus moved to Philip Island in Melbourne, Australia for the ultimate test of the season before the first round there.

The test proved a success with Alex producing the fifth fastest time overall on the newly surfaced track which saw the lap record tumble.

With cooler temperatures due for the race weekend, which would help the Kawasaki's tyre longevity, Alex was optimistic for a good result and by the end of Friday's two free practice sessions he stood at the top of the timesheets.

Qualifying on Saturday also looked promising with third place, putting him on the front row for race one later that afternoon.

The new, abrasive tarmac had caught the series tyre provider, Pirelli, by surprise and without a compound at the circuit that could last for the duration of a twenty-two lap race, it was decided that teams would have to pit on lap 9, 10 or 11 for a tyre change, a process that would take in the region of twenty seconds itself, but with a mandatory minimum of sixty-three seconds for a rider to enter pit lane, have the rear wheel changed and exit pit lane, to eliminate rushing the change on safety grounds.

Swapping between first, second and third places with Ianonne and Bulega until the battle was interrupted by tyre stops for all three on lap 9. By the time all bikes were back on track after lap 11 the dash was on for the podium between the same three plus Locatelli and Razgatlioglu.

Alex was pushed to 4th and then 5th

right to the line, but a penalty handed to Razgatlioglu promoted Alex back up to 4th place at the end.

Starting on pole for Sunday's ten lap Sprint Race, Alex got away cleanly but was passed by Bulega on the first lap and the pair swapped the lead till the halfway mark. Bulega couldn't maintain the pace and dropped away to be replaced by Razgatlioglu and Locatelli who had fought his way from 10th before passing Razgatlioglu, to pursue Alex.

Alex had managed his tyres well and had enough to hold on and to take the win over a second ahead of Locatelli with Razgatlioglu another sixth tenths behind.

Alex was back in 6th place when race two was red flagged after only three laps - three places behind his brother. The race was reduced by six laps to fourteen, so with eleven to go after the restart, the tyre change rule was cancelled.

Alex pushed up to 3rd by lap 2, behind Rinaldi and Bautista, again managing his tyres. With 3 laps to go he moved up to second and closed in on Bautista, leaving it to the last moments to edge past and take another win by just 0.048 seconds





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HOW DO YOU GET READY FOR SPRING? *Rev'd Emily*

Hello! Spring has sprung, Lent is nearly over and Easter is well on its way.

As the quality of light changes, I find myself starting to look to the garden and thinking of vegetables and flowerbeds. Then I start flicking through glossy magazines at the latest décor trends, and wondering what I should be doing about storage. I think this is something to do with how I 'do' spring. Washing curtains and beating rugs are two of the things that remind me of springtime along with daffodils and chocolate eggs.

My grandmother grew up in a cottage in the middle of a woodland with

no electricity and she said as the longer days arrived and snowdrops and bluebells pushed their way up through the soil, she knew that hard work was coming. Although she lived in modern housing by the time I had arrived, she still went through the 'spring clean routine' every year, as if she was transported back to that woodland cottage where mud and dust were a constant problem.

She used to set me to work, washing windows, dragging rugs out into the garden, unhooking curtains and making up guest beds (that nobody slept in). This was a pattern in

her life which never changed and she made it part of my life pattern too.

The shapes created in our childhood often follow us, and although I am unlikely to be seen beating rugs in the garden, I will be grabbing the paintbrush and decorating. The need to smarten up and organise myself for the longer days seems to have been passed down to me. Easter Sunday is just around the corner and I think some of the ritual spring clean is about getting ourselves ready for the coming of Christ on Easter Day. The throwing open of the windows and doors, a way of banishing the darkness of

"Each of us will have our own patterns and rituals which help us to transition from the dark days to the light."

winter and replacing it with a faith renewed on Easter morning. Each of us will have our own patterns and rituals which help us to transition from the dark days to the light, if you've got a particularly bonkers one do let me know!

I will be leaving my role in this benefice in mid-march so I won't make the transition with you. So whether you are munching through a mountain of chocolate eggs, decorating the bathroom or coming to a service in church on Easter morning, may I take this opportunity to say Happy Easter.

Emily, Ordained Pioneer Minister

ALL SAINTS CHURCH *News and services in March*

Services this month:

Friday 1st at 2.30 - Service as part of Womens' World Day of Prayer.

Sunday 3rd inside /outside church

Sunday 17th at 10.30. - Benefice service with holy communion.

Sunday 31 at 10.30 - Easter Sunday service

Everyone is welcome do stay for tea or coffee after the service

There are many ways to help your beautiful village church remain open and

looked after. The small group that do this at the moment would love some help. There are opportunities to help care for the churchyard and inside the church occasional help with small routine jobs would be very much appreciated. It is a case of "many hands make light work" and the overall effect holds and builds community and will help ensure your church remains a presence in our modern world.

Viv Matravers v@manororganicfarm.co.uk



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EAT MORE *Health* by Liz Jarrom

There have been many claims over the years about certain foods being known as negative calorie foods. I can remember the grapefruit diet, when it was claimed that if you ate a whole grapefruit daily, it would help you lose weight as it took more calories for your body to digest it than there were calories in the grapefruit. Celery has the same reputation.

This is not actually true, and was proved by scientists at Oxford Brookes University. They asked a group of female volunteers to eat 100 grams of either celery or grapefruit. The scientists knew the calorific value of both the foods being tested, and when they measured the calorific expenditure the volunteers needed to digest the food, they found that the foods weren't negative calorie foods. They were quite close to being so though, the extra calories left over being somewhere between 5 to 20 calories per 100gram serving which can be burned off by the body extremely quickly. That, and other research

has shown that eating foods that have a high water and fibre content, such as celery and grapefruit, which are also low in calories, can fill us up very effectively, and this can result in us eating less of the high calorie foods that may be unhealthy or contribute to weight gain. An interesting study published in the Journal of the American Dietetic Association showed that serving a large side salad as a starter to a group of volunteers resulted in a tendency towards them eating much less when presented with an all you can eat pasta buffet straight afterwards. Scientists calculated that the volunteers consumed 12% less calories than if they had only been offered the tempting buffet. Eating an apple before eating a main meal dulls the appetite, and reduces the calories consumed at the meal by a figure of 187. That's more than the calories in a can

of cola avoided without even trying. Other foods such as eating a pear or having a small portion of light vegetable soup as a starter has a similar effect. Most fruits and vegetables fall into this category.

The conclusion seems to be that eating bulky, low calorie vegetables, salad or fruit before or with a main meal makes people feel fuller sooner, so that they reduce their intake of more calorific foods. This ability of low calorie foods to crowd out other foods reveals a quirky phenomenon about our eating habits.

Researchers weighed and documented the foods consumed by individuals in various studies, including low fat diets, high protein diets and calorie counting diets plus control groups that ate what they liked. This revealed that most of us, regardless of whether we are watching our weight or not, generally eat the same weight of food per day, irrespective of the calories it contains.

When eating more could be healthier than eating less.

A simple swap of the equal weight of lower calorie food,

basically most fruit and vegetables, for some of the high calorie foods we usually eat, means being able to eat more food, feel fully satiated all day long and reduce the number of calories, fat and sugar we are eating. Another added advantage of eating more healthy food that contains more nutrients, flavour and colour. This simple change in diet is really powerful, as it's just eat a few extra portions of fruit and vegetables before or with meals. Potentially really powerful as it naturally reduces the amount of unhealthy food consumed, lowering the amount of unhealthy fat, sugar and processed foods in the diet. This is a positive approach to eating more healthily, as no foods are banned, it's just a case of adding in some extra portions of fruit and vegetables which can naturally help with weight loss as well as encourage us to eat a healthier diet.

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 - Find us on social media  

ROASTED COD WITH AUBERGINES AND CHICKPEA STEW

Heart Healthy

Following a routine visit to the doctors I was told my blood pressure was a little high and so too was my cholesterol. As a result for the last couple of weeks I've been trying out recipes from the British Heart Foundation website. Not only are they heart healthy but also taste delicious. So I thought I'd share one with you.

What you need:

1 aubergine
150g (5oz) courgette
2 tbsp olive oil
100g (3.5oz) celery
1 handful of fresh flat-leaf parsley
1 tin chickpeas, drained (240g/8oz drained weight)
1 garlic clove
20g (0.7oz) raisins
2 tbsp red wine vinegar
200g (7oz) passata
1 lemon
2 cod fillets (skin off)

What you do:

Preheat the oven to 200C / fan 180C / gas mark 6. Boil a kettle. Dice the aubergine and courgette into 1cm (1/2 in) cubes. Place on a lined baking tray, drizzle with 1 tbsp oil and season with black pepper. Bake for 25 mins, until softened and golden.

Peel the outer strings off the celery, then slice on an angle. Place in a bowl and cover with boiling water. Leave for 1 min, then drain and set aside.

Finely chop the parsley. Drain the chickpeas and rinse. Finely chop the garlic.

Heat a medium frying pan with 1 tbsp oil on a medium heat. Add the garlic, chickpeas and raisins and cook for 3-5 mins. Add the

vinegar and reduce slightly, then add the passata. Rinse the passata carton out with 50ml (2 fl. oz) water and add to the pan. Simmer for 10 mins, then add half the parsley and season with black pepper.

Zest the lemon then halve. Mix the zest and juice from half the lemon in a bowl. Place the cod on a lined baking tray, season with black pepper and pour over the zesty juice.

Bake for 10-12 mins, until cooked through. Add the celery to the tray for the last few

minutes of cooking to warm through.

Serve the chickpea tomato sauce topped

"A delicious, heart healthy meal."



with the aubergine, courgette and cod. Scatter the celery around the dish. Garnish with the remaining parsley and lemon juice.

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



**Join us for
Mother's Day
Sunday lunch is
served from
12pm to 6pm**

