

Long Whatton News

MAY 2024

May showcases a variety of horticultural colour, including these purple orchids dazzling in a flower bed on Main Street. Although they attract bees and insects they don't produce nectar.

The bus debate continues inside, plus lots of gardening, sport, a sweet recipe, health advice, travels, wildlife and a chance for you to help revive and put your own ideas into the Long Whatton Village Show.

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LETTER *Bus service*

The subject of the bus service to Loughborough from Long Whatton remains a hot topic with the indirect route taking around an hour and with more cost. Helen Connelly sent us the following letter she wrote to the council:

I was interested to read the letter from Alan Wheeler in April's edition.

This is a letter I sent to the Council last October. I'm still waiting for a reply.

"Dear Members of the Local Council

I am writing to express my deep concern and disappointment regarding the decision to remove the bus service through Diseworth and Long Whatton. This service was an essential lifeline for our community for many years and its removal has had a significant negative impact on the residents' daily lives. We already had our service halved and now it has been removed completely. There is the Skylink service from Coalville to the airport which is fine if you work or are flying from the airport

but that is of no use to the villagers who want to go Loughborough and Leicester.

The bus service played a crucial role in connecting our village to nearby towns and cities, providing us with access to essential services such as healthcare facilities, educational institutions, employment opportunities, and shopping. It also ensured that individuals who do not have access to private transportation could maintain their independence and actively participate in society.

I kindly request that you convene a public meeting or consultation to discuss the concerns and opinions of the residents of Diseworth and Long Whatton. This will provide an opportunity for the council to better understand the impact of the bus service removal on our lives and explore potential alternatives or solutions.

Thank you for your time and consideration."

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.

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

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

THE TEAM

Penny de Kock 07393 407896

Neil Bamford 07921 855607

COPY DEADLINE

The copy deadline for articles for the June issue is 20th May.



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GARDENING TIPS FOR MAY *by Shirley Blyth*

Many gardeners regard May as one of the best months in the garden. There is still the fresh feeling of spring but there is the promise of summer to come. It is also the start of the flower show season. My favourite of them all is the Malvern Spring Festival (9th - 12th May). This is held in the shadow of the glorious Malvern Hills and is a plant hunter's paradise. You are able to buy everything from a packet of seeds to a summer house. Then on the 21st - 25th there is the mighty Chelsea Flower Show.

At the end of the month certain summer and autumn flowering perennials can be given the Chelsea Chop so called because it happens around the time of the Chelsea Flower show. In my garden, I carry this out on my Aster, Chrysanthemum, Echinacea, Helenium, Hylotelephium (aka Sedum), Phlox, Solidago. Several summer and autumn flowering perennials can be cut back by one third to stop them from becoming too tall and leggy. The RHS website gives a wealth of info on this.

In my garden I have recorded more rainfall by the end of April than I had recorded by the end of June last year. So it was not a total surprise, although a disappointment, that when I moved a couple of pots that I discovered a few Australian Flatworms. These little salmon-pink non-native pests which are pointed at both ends and are 2 - 8cms long had travelled to my garden on either pots or in infected soil. They are definitely unwanted pests in my garden as they prey on the garden's greatest good guy - earthworms. Look on the RHS website for more information. If you are unlucky to have them under pots, stones etc that have been standing outside over winter a solution of salt and white vinegar should despatch them. Put gloves on if you pick them up as the mucus can irritate the skin.

*"Many gardeners regard
May as one of the best
months in the garden."*

Jobs to do this month:

- * Watch out for late frosts which can destroy your fruit harvest.
- * Water plants that need it regularly.
- * Prune your spring-flowering shrubs that have finished flowering. Also prune Clematis montana after it has finished flowering. Now is the time to cut back and divide your spring-flowering perennials.
- * Plant out dahlias at the end of the month.
- * Lightly trim box hedging and other formal hedging.
- * Continue to thin out annuals and vegetables

that were sown earlier. Also protect against carrot fly. These cannot fly very high from the ground but can ruin a crop of carrots. A covering around the carrots or a barrier should stop this pest. If you thin your carrot seedling always remove the thinnings, do not leave them on the ground.

*Continue with your successional sowing of vegetables.

*By the end of the month it should be safe to remove tender shrubs out of the greenhouse to their summer positions in the garden.

Plants in flower this month:

Allium various varieties (my fav is Allium schubertii. Not called the giant sparkler for nothing)

Camassia

Choisya "Aztec Pearl" (beautiful perfume)

Clematis various varieties

Exochorda "The Bride"

Hyacinthoides non-scripta (aka English bluebells)

Laburnum (be careful as the pods are poisonous)

Lilac

Rhododendrons - various varieties

Wisteria, to name but a few .

Happy gardening until next month.

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Ballet Classes

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

KARATE CLUB *Successful first grading of the year*

On 23rd and 24th March our first grading opportunities of the year took place in Beeston. Following an intense Black and Brown belt course on 23rd March under Sensei Aidan Trimble, 8th Dan Black Belt and former World Champion, the Black and Brown belt grading took place. The club had success there with Sophia Taylor gaining her 1st Kyu (brown and two white stripe belt), meaning her next grading will be for her Black belt. The next day the coloured belt gradings took place, again under the watchful eye of Sensei Aidan Trimble. A further 8 of our club members were in action - being assessed on their basics, kata (set pattern of moves) and kumite (sparring). We are pleased to announce that all of them were successful in gaining their next belt. Congratulations to the following:

Now white and orange belt (11th Kyu):

Louis Adams

Now orange and white belt (9th Mon):

Cataleya Dodoo

Now orange belt (9th Kyu)

Charlotte Thompson

Now green belt (6th Kyu):

Tom Gaskell, Tommy Fisher

Now white and purple belt (5th Mon):

Logan Dodoo

Now purple belt (5th Kyu):

Isabella Taylor, Alex Coles

Now brown and two white stripe belt (1st Kyu):

Sophia Taylor

We're so proud of everyone - well done all!

With the grading now behind us, we are looking forward to a hugely exciting event organised and hosted by our club, where former World Champion Sensei Aidan Trimble and current HDKI World Kata Champion Sensei Stuart Amos will run a joint seminar! Before this, Sensei Stuart Amos has agreed to run a training session specifically for our club members - an amazing opportunity! Anyone interested in the seminar (open to

all black and brown belts from any style or association) can email the club to secure the place and further details are available on our promotional poster:

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! We run a junior class (5 years and above) 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. Get in touch via our Facebook Page @ longwhatton karate, e-mail the club at longwhattonkarate@gmail.com, or contact the club secretary on 07714335598

SEMINAR HOSTED BY

Former World Champion
Sensei Aidan Trimble

Current HDKI World Kata Champion
Sensei Stuart Amos

11th May at Nottingham Trent
University Clifton Campus
from 12 till 3pm.

JUNIOR CRICKET

Junior All Stars and Dynamos cricket starts on Tuesday 7th May for 8 weeks 6pm to 7pm.

All Stars is for girls and boys ages 5 to 8 (school years R1 and R2).

Dynamos is for girls and boys aged 8 to 11 (school years 3, 4, 5 and 6)

There will be opportunities to join Long Whatton U13 hardball, Incrediball and Kwik teams.

If you are interested or have any questions please contact us via the email address longwhattoncricket@gmail.com.



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- * **TUESDAY** SHEPSHED CO-OP AND A COFFEE AT CAFE
- * **THURSDAY** LOUGHBOROUGH

DROPPING OFF AT MORRISONS, SAINSBURYS
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WHATTON GARDENS: *Bulbs in the Grass by William Stanger*

We predominately have our daffodils growing in the lawns at Whatton. It is not something we have introduced recently to any great extent. It is rather the result of a past generation or more, and over time the daffodils have naturalised into vast swaths. A breathtaking sight if you visit in Late March- Early April. There is then a final daffodil hurrah in May with the later flowering *Narcissus poeticus*.

"The idea of growing bulbs in grass has grown on me in recent years."

Last year we had what you could call a stunning display of tulips in the 'Dutch Garden'. It was not quite what I had in mind with the different colours in solid blocks. I would have preferred them more mixed up. The other issue with such a mass planting is the fading foliage. The foliage for bulbs has to be left for at least six weeks to feed the bulb for next year's flowers. As a result, we dug up a lot of the tulip bulbs to be used elsewhere. I used nasturtiums to get us through the summer. Over the autumn I planted perennials to create



Well established and naturalised daffodils, are a major feature at Whatton in early April.

a more permeant planting. The tulips were replanted in the grass. They are supposed to be perennial varieties. At the time of writing, we are getting some tulips in flower, so at this point we can say we have been at least partially successful with transplanting.

The idea of growing bulbs in grass has grown on me in recent years. The main reason as with the tulips, is the fading foliage. To some extent you could hide the foliage with the perennials coming up in herbaceous and mixed borders. But the other problem I have with bulbs planted in borders is the danger of slicing them in half with a spade, or skewering them with a fork. Planting in grass where you do not mind it growing long, seems to get round these two problems. The grass hides the foliage, and I am not periodically digging in it.

Our main season of opening and events is April-September. Depending on the year most of our existing daffodils are on the cusp of being in flower for early April. But sometimes they may have already been and gone. We have good displays of snowdrops and crocus, but again these flower before the main open season, so there seems little point in planting more. What I am inclined to do, is to lift and divide the existing

Narcissus poeticus and make the most of them, as they will flower later at the end of spring into summer. It also has the advantage of less coarse foliage compared to other types, which looks less of an eye saw when it dies back. I am also tempted to try species tulips, which I am told are fine growing in grass. Species tulips are perennial and should naturalise. I like *T. clusiana*, *T. sylvestris*, *T. sprengeri* and *T. praestans* 'Shogun'. As ever it is a case of experimentation and seeing what works. In the mean time we will wait the last of daffodils and tulips before heading into Summer.

William Stanger.



T. 'Spring Green' and 'Doll's Minuet' in grass



Long Whatton VILLAGE 2024 SHOW

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

Keep checking facebook for the date
of the next Village Show meeting
at the Falcon



LONG WHATTON DIARY

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, 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 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.

Beetle Drive, 4th May at the Friendship Centre at 7pm. Entry £5 on the door.

Whatton Gardens Guided Walk, Friday 7th June at 7pm. Tickets £10 including refreshments. Ring Viv 07780 097997

KNIT AND NATTER

The Easter event at the Falcon on March 30th raised £130 from the sale of knitted goods and cakes. The money raised was in aid of the Friendship Centre. We would also like to thank the Falcon for selling some of our knitted Easter bunnies at the bar.

On a sad note one of our much loved members, Margaret Harris, passed away on Easter Saturday. We send our heartfelt condolences to her family.

DISEWORTH DIARY

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

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

4th May - Dirty Ruby, Village Hall, 7pm

7th May - Discussion Group, Heritage Centre, 2 - 4pm

8th May - Coffee morning, Heritage Centre, 10am - 12noon

11th My - Spring plant sale, 17 Clements Gate, 10am - 12noon

18th May - Race Night, Village Hall

19th May - Diseworth Litter Pick, Village Hall, 10am-12.30pm

23rd May - Dialogue collating meeting, Heritage Centre, 7.30pm

25th May - Coffee morning & Spring plant sale, St Michael & All Angels, 10am - 12noon

25th May - Thomas Atlas & Band, Village Hall, 7pm

29th May - Village Hall meeting and AGM, 7.15pm

LWCA THANKS

A huge thankyou to everyone involved in the Easter treasure hunt event. It was a lovely dry day and a big thank you goes to the Falcon for their support in providing the venue and catering.

Lots of people from the village and beyond came and took part in the superhero hunt, bought raffle tickets and tried the games etc. and we raised just over £500 for the Friendship centre.

Thanks again to all those who kindly donated items for our Jumble sale held at the Friendship centre on Saturday. We had a hundred customers come through the doors to select from lots of bargains on offer and all bought something! Thanks to the team of helpers who carried, sorted and set up and then packed up afterwards. We made £550 which will go to pay for upkeep of Friendship centre.

A SRI LANKA ADVENTURE *travels with Jeff & Sue Humphries- part two*

Today, another daybreak start and we are departing on our journey north to the mountains of Sinharaja and the rainforest, the last undisturbed habitat in Sri Lanka where this biodiversity hotspot harbours many endemic species. Canopy trees can reach heights up to 45 metres (150 feet) with bird species numbering 160 and counting. Talking about counting, with the help of our Guide and Naturalist, Sue proceeded to make a record of all the birdlife we would actually see in all the various habitats throughout the whole of this trip.

As far as mammals, reptiles and insects are concerned we were very pleased to experience great close up views of Axis or Spotted Deer, Sambar Deer, Barking Deer (Red Muntjac), Purple Faced Langurs, Toque Macaques, Monitor Lizards, Pit Vipers, beautiful butterflies and vast colonies of ants.

On our "bone-shaking" way up to the Rainforest Eco-lodge and its individual, surprisingly clean and comfortable cabins (considering they are fabricated from old shipping containers) we pass through a seemingly endless tea plantation where every tree along the rocky and sludgy track is marked with a number so that the tealeaf picking ladies can, each day, locate the plants they had



been working on the day before.

Brrrrr! much, much cooler in this area amongst the clouds and when it rains, my goodness how it rains. Mind you, since we came back to blighty, the UK is doing its best to compete (no golf for weeks). Sorry I digress.

There are supposed to be fifteen or so Leopards in this area, or are there, we didn't see any signs of them and, considering the density of the forest vegetation, should we be surprised? Nevertheless, whether it be in the mountains, on the plains or on the sea shore Sri Lanka is definitely a "Twitchers" paradise.

Recognising Sue's efforts to record them all "as seen" every shape and size of the feathered variety made themselves available, with our local Naturalist Guides surprisingly getting the



most excited by a fleeting view of a Sri Lanka White-eye, one of the smallest birds in the world.

Today we leave the rainforest and travel further inland to Udawalawe National Park

that lies on the boundary between the dry and wet zones of the country containing around six hundred elephants, the highest concentration of these magnificent beasts in Sri Lanka.

The Udawalawe Reservoir, that is at the centre of the park, forms a stunning backdrop amongst the otherwise lightly vegetated area, the latter, besides elephants, making viewing and photographing of Sambar Deer, Spotted Deer, Water Buffalos, Wild Boars, Jackals and Mongoose relatively easy.

Before we arrive at our lodge, even travelling on a high quality highway, we encounter numerous bull elephants blocking the road because unfortunately they have become used to uneducated tourists feeding them from their cars. Almost reduced to begging this induced habit does not endear locals or us to these usually proud animals. However these creatures are to be admired for their intelligence in that they only block half the road i.e. oncoming vehicles only!

This afternoon we join the world famous elephant orphanage (Elephant Transit Home) run by the Department of Wildlife Conservation supported by the Born Free Foundation. The facility provides a safe environment for the orphans of varied ages who are typically looked after at home until they reach four years of age at which point they are old enough to be released back into the wild. Our visit coincided with the daily



feeding time where juveniles are given bottle fed milk by a team of park rangers.

Together with at least another two hundred eager spectators we settled down in the viewing platform with great expectation of witnessing this joyful event.

All was eerily quiet but we could see large barrels of milk being prepared at what can only be described as the Elephant Bar, no stools though, maybe later?

The only thing that was missing from this scene now was a trumpet fanfare hailing the "youngsters" entrance albeit I am sure they could have provided one if they had tried (Perhaps I have been watching too much Disney with the grandkids).

Anyway, they let the youngest "ellie" come in first and what an entrance it was!

At full speed the little "fella" ran up to the "bar" and defying all reason, heels dug in, stopped just before demolishing the structure, the milk and no doubt the park rangers with it. The Park Rangers then simply "stuffed" a substantial rubber tubing in the impatient "ellies" mouth and, with the largest vessels you can imagine, poured in the most unbelievable quantity of milk.

At least fifty animals had their thirsts quenched that day before lining up close to us so as to devour the leaves that would eventually become their regular diet in the wild.

Guided walk of Whatton Gardens

Friday 7th June 7pm

Enjoy a summers evening with a guided tour of Whatton Gardens. See the summer shrubs (lilacs, Deutzia, Philadelphus), discover more about garden plants, and learn about managing challenging areas – which can be applied to gardens at home.



Led by their garden advisor, William Stanger. William has an M.A in historic design & landscape and is the monthly article writer in the Long Whatton News about the gardens.



Tickets:

£10 – to also include a selection of refreshments and seasonal drinks
Proceeds from the event will go to All Saints Church Long Whatton
Book your space by getting in touch with Viv: 07780 097997

Also available on the door (text beforehand would be helpful for refreshment numbers!)

Many thanks to The Crawshaw family, who are opening their garden for the event. *Please note: some of the tour will be off path but the ground is well maintained and fairly flat.*

DIVERSITY-OR WHAT *A poem by David Griffiths*

To Bill Davies, Whatton Grange
Nothing ever seemed to change.
Every day he'd do his tour
In his battered four by four
Every day was just the same
(He knew most of his stock by name)
Herefords, their flanks deep red
And Suffolk sheep with coal black head.
To strangers, with the greatest glee,
He would reel off their pedigree.
Occasionally got in too deep
And sent his listeners to sleep.

It helps you to appreciate
The shock that lay beyond the gate.
In grasslands there in valley steep
Was not a single cow or sheep.
In their place were beasts galore
A type that he'd not seen before
Except in books of History
Or, possibly, Geology.
The strange sight shook him to the core
But, no doubt, they were dinosaur.
Not the sort with great long necks
For that is Tynasaurus Rex.
No these were rather small and neat
About the size of his lost sheep.
"What can I do with such a swarm?
I'd better get them to the farm!"

"Get bye!" he shouted faithful Meg
Who looked as if she'd rather beg,
But nonetheless by working hard
She brought the strangers to the yard.

Davies thought they might be dear
And so he rang the auctioneer.
"I have these dinosaurs to sell,
I think they might do very well.
Especially at the Easter Fair,
When they must be so very rare!"
The auctioneer slammed down the phone
"I wish he'd leave the drink alone!"

Mrs Davies had a look
And said "They really ought to cook
The best of them could go as steak
And then the tougher joints would bake
Then for what's left, I've got a clue
Perhaps a Brontosaurus stew.
Their coats are rougher than a goats'
Perhaps they'd make good overcoats!
Mind you, when I've had what I need
You'll have to keep a few to breed!"

People came from near and far
To the Brontosaurus Bar
And so it was the Davies' pride
To think that they'd diversified,
As for Meg, by many a mile,
She won the Brontosaurus Trial

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

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.

Beetle Drive



Saturday 4th May 2024
at the Friendship Centre
Doors open at 7pm, start 7.30
Bring your own drinks
Entry £5

The entry ticket gives you a playing sheet for the evening, covering the nine rounds we will play. Beetle Drive is a dice game for adults and children.

Tickets on the door only, no pre-sales, so come early to secure entry.

Prizes to be given for winning a round and overall winner of the night.

Tea, coffee and small snacks served.
Bring your own bottle – we have glasses.



Cash only



GOING DUTCH *Alex Lowes in World Superbikes*

Assen was a mixed bag for Alex even though he has had considerable success there in the past. Weather at the iconic Dutch circuit was changeable early on, being wet for qualifying. Nevertheless, Alex placed 5th, one place behind his brother.

In race 1 the track was wet but drying. Most riders, including Alex, went with the slick option, banking on the track drying quickly enough during the race.

Dropping to tenth in the first two laps, Alex fought his way forward as far as third at the halfway point. As the wet sections developed a dry line and other parts were largely dry the pace increased along with the competition and Alex managed 5th place at the chequered flag as the race was red flagged on lap 14.

In a fairytale twist, Nicholas Spinelli, in his first ever World Superbike Race, deputising for the injured Danilo Petrucci and the only rider to race with wet tyres front and back, took his Ducati from the back of the pack to win the shortened race. With the slick tyres coming in to their own, the leaders would have caught and passed Spinelli in a few laps if not for the

red flag ending the race early.

In Saturday's Sprint race Alex found himself in a race-long dice with Remy Gardner, besting his rival at the finish line by a whisker to take third place.

Finally, in the last outing, whilst running in 9th place, Alex made contact with Rea, crashing out in the process on lap 10.

Despite the DNF, the Long Whatton man is 4th in the World Superbike standings and well in contention.



Alex on his way to a podium at Assen

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STATIONS OF RESURRECTION *Louise Corke*

It's May, the birds are in full voice, our gardens and surrounding landscapes are growing with relentless energy and Easter may seem ages ago. Do you have any chocolate eggs left or is that a thing of the past?!

The church calendar is reluctant to move on from the season of Easter so quickly. Resurrection is both a marvelous, and a complicated, foundation of the Christian faith, and so the Easter season of 50 days allows us to celebrate and ponder the accounts we have of resurrection and the impact this has on the lives of disciples – disciples then and disciples today.

Leicester Cathedral has an exhibition running until 20th May called 'Stations of Resurrection'. You may be familiar with

stations of the cross, which give us 15 visual aids to ponder the journey that Jesus made to his death on a cross. The resurrection stations are of course more joyous. The artist, Iain McKillop, has tried to capture that joy and also the challenges of encountering a risen Lord. I wonder if you would find that interesting? Maybe you could make something of a short pilgrimage to Leicester city, a day out, a mini adventure, with this small journey through resurrection stations giving you the chance to think again about your beliefs and your life in this Easter season.

Leicester Cathedral is open Monday - Saturday til 6pm, and Sunday afternoon.

Every blessing,
Louise Corke

ALL SAINTS CHURCH *News and services in May*

Services this month:

Sunday 5 May Inside/outside church 10.30. Communion service inside and nature walk outside (well behaved dogs on leads welcome). The walk is for about 50 minutes and starts and finishes at the church.

Sunday 19 May 10.30. Benefice Holy Communion service for Pentecost.

As always you are welcome to stay for coffee and cake after the services.

Coffee morning Saturday 18 May 10.30 to midday All welcome.

Date for your diary - Friday 7 June - Guided walk of Whatton Gardens followed by seasonal refreshments to help raise funds for the church. Tickets £10 each. Available in advance on 07780 097997, v@manororganicfarm.co.uk from Viv Matravers.

The mowing regime in the church yard has allowed one the earliest spring flowering grassland species, native to old grassland, Field Wood-rush to flower. Interestingly it is also called "Good Friday Grass" as it flowers so early. Field Wood-rush provides food for

the larvae of the micromoth, Coleophora otidipennella. The churchyard is open to visit as is the church building which is open everyday approximately 9 til 5.

If you would like to help in any aspect of caring for the church and churchyard we would love to hear from you. Thank you Viv Matravers v@manororganicfarm.co.uk

GET YOUR CAFFIENE FIX

Village Coffee Morning @ The Falcon Inn - There will be a coffee morning on Monday 13th May 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 18th May 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.



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



CONVALESCENCE. A FORGOTTEN PART OF ILLNESS RECOVERY

It's rare to hear anyone talk about convalescence these days, but as a child, I can remember my grandmother going into a convalescence home for a couple of weeks after an operation. A halfway house from the hospital before being strong enough to return home. She wasn't particularly old, maybe 60. I know that there are rehabilitation places and programs now, but how many people are allocated and helped by them I don't know.

It was a common practice back in the 60's, for people to convalesce and there were designated homes for the purpose, or people had a period of convalescent time at home.

Now, convalescence is a word we hardly ever hear, and it doesn't seem to be a standard practice for people to convalesce anymore after a period of illness, but that doesn't mean that it's not important.

Convalescence is described as a period of time that assists in a gradual return to health following an illness, surgery or medical treatment for a disease. It's that fuzzy grey area between feeling acutely ill and finally feeling 100% healthy again. This period of convalescence can vary a lot in length, depending on the severity of the illness.

Following a head cold, it might be only a couple of days. After a dose of the flu, maybe a week or ten days. Following a serious illness, such as cancer or heart surgery, the patient may need several weeks before they feel well again and similar requirements could be needed for patients recovering from mental health issues. Nowadays, people are applauded and in fact expected to resume normal duties such as returning to work, caring for children and managing normal

homelife and chores immediately after rising from their sickbed, and act as if nothing has happened to them. This may have serious consequences, even if the illness wasn't that serious. A study in 2013, following patients recovering from heart surgery, found that one extra day of recovery in the hospital resulted in a significant reduction of readmissions, down by 18% during the first 30 days after

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treatment. The necessity of having to be readmitted to hospital extended the patients overall recovery time, costing extra money and causing worry for the patient and their family.

The covid epidemic has highlighted the fact that viral infections are notorious for patients relapsing if they don't take time out to allow the body to fully recover. When we are invaded by a virus or bacteria, the immune system swings into action immediately. We feel tired, as there is barely any energy for physical or mental effort, as the immune system requires a vast amount of the body's energy to function at its optimum. It revs up specialist cells to seek out the invaders and mark them for destruction. Masses of killer cells need to circulate and annihilate the ever increasing numbers of invading cells being produced. Even when the immune system has got on top of the invaders, a massive clean up operation is still needed to remove any damaged body cells, and billions of bits of virus debris, then new tissue must grow in its place to restore normal functions once again. This again takes a lot of energy, which requires us to look after ourselves or help take care of someone who is recovering from illness.

That doesn't necessarily mean lying in bed

Ladies - still feeling young at heart?

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

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

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

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

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

Cara Tatterton
Pilates



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- You'll be shown Pilates based exercises to help you move better (to reduce those niggly aches and pains)
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"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  

CONVALESCENCE. A FORGOTTEN PART OF ILLNESS RECOVERY

all day, or sitting about doing nothing. Getting up and dressed, then undertaking some movement around the house is beneficial. It's important to work the leg and arm muscles and exercise the heart and lungs. Increase activity daily, maybe taking a short walk in the fresh air, but continue to take periods of rest in between. Eating a healthy diet is crucial, including lots of fruits and vegetables in the form of tasty soups, and

essential protein in the form of meat or bean stews or a spicy curry and rice. If appetite is poor, eat smaller, high quality meals often.

As strength returns, resume normal activities and work, but maintain a healthy diet, drink plenty of fluids, rest when needed and get plenty of sleep at night. If symptoms worsen significantly again, always consult your doctor.

By Liz Jarrom

LET'S GO BANANAS! *by Alan Clark*

Sir Alfred Jones (1845 – 1909), a Liverpool based shipping owner is credited with introducing the banana to Britain in 1884 when he transported the fruit on refrigerated vessels run by his Elder Dempster shipping company. Refrigerated transport then was revolutionary.

In the UK, we now collectively devour over 5 billion bananas annually. That averages out to approximately 100 bananas per person!

Our recipe this month is for a banana pudding that you make in the microwave.

What you need:

- 100g butter softened, plus extra for greasing
- 2 ripe bananas
- 100g light muscovado sugar
- 100g self-raising flour
- 2 tsp ground cinnamon
- 2 eggs
- 2 tbsp milk
- Icing sugar for dusting
- Toffee sauce and ice cream, to serve, if you like

What you do:

- Put the butter in a 1-litre baking dish and microwave on High for 30 secs-1 min until melted. Add 1½ bananas, mash into the melted butter, then add the sugar, flour, cinnamon, eggs and milk. Mix together well.



8 minutes until cooked through and risen.

- Serve warm, dusted with icing sugar and, if you like, a drizzle of toffee sauce and a scoop of ice cream.

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



Father's Day

"EVERYTHING'S BETTER WHEN
WE'RE TOGETHER"

SUNDAY 16TH JUNE
BOOKINGS ARE
NOW BEING TAKEN
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The Falcon Inn
Long Whatton

