

Long Wharton News

NOVEMBER 2024



Halloween is upon us again and strange scenes are appearing throughout the village.

We feature sport, health tips, another great recipe and gardening, and meet the

new owners of the Falcon inside.

On a somber note, to commemorate Remembrance Day a service will be held at All Saints Church on Sunday 10th at 10.45, beginning at the Memorial.

YOUR FREE VILLAGE MAGAZINE



LUNCHTIME SET MENU

MONDAY - SATURDAY

2 COURSES £18

3 COURSES £24

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www.theroyaloaklongwhatton.co.uk
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KINT AND NATTER *support for Royal British Legion*

The knit and natter group have been busy making wreaths and knitted poppies for the Royal British Legion. They will be on sale at the Falcon and in the village store. Remembrance Sunday is on 10th November this year.

Look out for the stall at this year's Christmas Market at the Friendship Centre on Saturday 30th November.

This month the group will meet on 1st and 15th



November at the Falcon Inn from 10 to 11.30am for tea, coffee, knitting and nattering.



BUS TO LOUGHBOROUGH

Shepshed Special Community Bus run a minibus from the village to Loughborough, picking up from Long Whatton and dropping off in Loughborough town centre every Thursday. This is a door to door service and costs £5.

Ring them on 01509 650531 for more information.

LONG WHATTON NEWS *Advertising rates*

6 months per month

Full page £18

Half page £12

Quarter page £7

One off per month

Full page £22

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These prices are based on print ready artwork supplied. We can accept Jpeg, EPS and TIFF formats although PDF is the preferred format, in CMYK.

Advert sizes:

Full page with bleed: 148mm wide x 210mm deep plus 3mm bleed on all sides

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Half page: 132mm wide x 94mm deep

Quarter page: 63mm wide x 94mm deep.

Design: We can provide a design and artwork service for your advert, if required. Prices are subject to sight. Email us at longwhattonnews@gmail.com

THE "CRAFTY" THURSDAY THING



*Second Thursday
of the month
at the Friendship Centre
2 to 4 pm*

Upcoming dates in 2024:
10th October
14th November - **Crafty Special**
12th December

Join us to play backgammon, cards, chess, memory, shut-the-box and many others.

We have a large selection of cards and games for you to try or you can bring your own and we will have a go.

November 14th Crafty Special

Same time 2 – 4pm, usual games, but we are also offering several craft activities for adults to have a go: bunting making and decorating, glass decorating, card making and many more.



Tea and biscuits
included in the £2 for
taking part.
Call 07964 824 108 for
more information or to
arrange a lift.



GARDENING TIPS FOR NOVEMBER *by Shirley Blyth*

Usually this month can be very cold and wet. However, I think that we have had our share of wet weather and we have certainly had some rain. According to my rain gauge we have had more rain so far this year than we had had by last november. The garden can look resplendent with colourful berries, hips, bark and foliage. If you have not been too tidy some decorative seed heads can look photogenic on frosty days.

Michaelmas daisies, variegated holly and dogwood all add interest. They also are good plants for wildlife too.

Plants for November

Clematis cirrhosa and Clematis "Freckles"

- Both should flower

throughout the winter.

Chrysanthemum "Shelley"-
Has the most vibrant orange
flowers.

Dogwood (Cornus) - Grown
for their colourful stems in
the winter.

Lonicera fragrantissima - A
richly scented honeysuckle.

Rosa moyesii - A shrub rose
with distinctive elliptical hips
loved by birds.

Hints and tips

An old wives tale says that every weed pulled
up now will save 7 in spring.

Another says that horsehair will deter slugs as
they don't like spiky hairs.

To stop a bunch of roses from "goose-necking"

(ie flopping over) after they have been in a vase
you should cut the stems at an angle. Then put
the stems in a few inches of boiling water for
a few seconds. Then give them a good drink of
cold water.

November tasks

Clear out and disinfect bird boxes for the
winter. Also please check your bonfires for
hibernating hedgehogs.

Clean, sharpen and oil your garden tools, as
well as your pots and trays. Now is a good time
to organise a service for your lawn mower. You
can then put them away for the winter.

Protect your tender and newly planted shrubs
from the frost and wind. I also bring my bigger

pots nearer the house. I
cover them in bubble wrap,
take away the drip trays and
stand them on pot feet or
bricks to allow the water
to drain through. If space
allows, group them together
to minimise frost damage.
Plant your spring flowering
bulbs before the soil
becomes too cold.

Browse all the plant
catalogues on those cold
days. Why not order

something that you have never grown before to
add a bit of interest in the garden.

Finally, continue to drop heavy hints to
your significant others about the gardening
gift(s) that you can not do without next year!



*Clematis cirrhosa var. purpurascens'
Freckles' for winter colour.*

COFFEE OPPORTUNITIES *Dates and venues*

Village Coffee Morning @ The Falcon Inn -
Monday 11th November from 10:30am till 12
o'clock at The Falcon Inn.

Village Coffee Morning @ All Saints Church
- Saturday 16th Novmber from 10.30am to 12
o'clock.

These coffee mornings are a great way to

meet new people and learn about the village
from the people that live here.

.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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Member of the Society of Will Writers/
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Ballet Classes

FOR CHILDREN, ADULT BEGINNERS AND SILVER SWANS

LOCKINGTON VILLAGE HALL - SATURDAYS from 7th September

Primary and childrens ballet classes from 3 & half yrs to Grade 6, intermediate & 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
from 4th September

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

VACANCY for Parish Councillor

Applications are being invited for the position of Parish Councillor in the Diseworth Ward.

If you are passionate about community and see yourself as a member of the team making a positive difference to your village, read on... You could make a difference to your Parish Council by getting involved; share your knowledge, experience and life skills to serve and enhance your local community.

- Be a positive and active member of your community.
- Have a say about the local issues that people care about.
- Decide how local money is spent in the Parish to improve your community.
- Take part in Parish Council community events.

The ideal candidates personal qualities would include:

Honest, decent, confident, visionary, forward thinking, proactive, strategic, flexible, respectful

of professional knowledge and objectivity of officers, leadership, supportive, polite, patient but tenacious, sense of humour!

Commitment requirements:

Prepared for meetings, team player, punctual, available and accessible for schedule and ad hoc meetings, takes the role seriously, willing to participate, interested, enthusiastic, have a positive outlook.

Knowledge:

Training is given to understand roles and responsibilities, the code of conduct, council strategy, financial rules and regulations.

For further information, or just a chat about the position, and an application form please contact the Parish Clerk. Closing date is 16th November 2024.

Miss Samantha Lockwood, Long Whatton and Diseworth Parish Council, Peggs Barn Main Street, Hemington, DE74 2RB, parishcouncil@lwdpc.org.uk

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

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

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

*Got something to say?
Get it off your chest.*

Email

LONGWHATTONNEWS@GMAIL.COM



SHOPPING SERVICES

SHEPshed SPECIAL COMMUNITY BUS

01509 650531

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

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for business
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Rough

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07921 855607



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 December issue is 22nd November.

WRAPPING UP 2024 IN SPAIN *Alex Lowes*

Estoril in Portugal was host to the penultimate round of the series this year, 11th to 13th October

Qualifying conditions were wet and Alex only managed seventh, 1.2 seconds from pole, but apart from the start of the race the qualifying time would be irrelevant in dry conditions.

With a steady start to race 1, Alex switched between 6th and 7th for the first half of the race, passing Rea for 5th halfway, securing fourth place with 5 laps to go, to the finish.

The ten lap superpole race, which usually favours Alex's Kawasaki, didn't go to plan. From 8th on the first lap, Alex climbed to 6th and crossed the line a mere three hundredths of a second behind Petrucci.

An issue in the last race of the weekend forced Alex to retire after two laps.

Finally, a relatively short hop from Portugal to Jerez, Spain one week later for the final round and things started going Alex's way, with 3rd place in qualifying, behind Ratzgatioglu and poleman Bulega.

Later that day the field lined up for the 20 lap first race. Bulega and Ratzgatioglu took off whilst Locatelli managed to push Alex back to 4th on the first lap. Alex stayed on his heels

until the last few laps but unable to challenge had to settle for a safe 4th.

Saturdays ten lap Superpole race saw Bulega and Ratzgatioglu take the lead, swapping places in the early stages as Alex chased, but unable to make inroads he took a clear 3rd place, ahead of Petrucci. Another podium.

In the last race of the 2024 championship Alex held 4th for the first two laps until Van de Mark came past followed by Ianonne a couple of laps later. Alex clawed his way back on lap 9 but Ianonne reciprocated on the 13th.

Before Alex could try anything red flags came out to end the race with Alex still in 5th and the season was over.

Alex finished his season in 4th place, 41 points adrift of 3rd spot, the leading Kawasaki by far in a year dominated by BMW and Ducati.

Toprak Razgatioglu, BMW - 527 points
Nicolo Bulega, Ducati - 484 points
Alvaro Bautista, Ducati - 357 points
Alex Lowes, Kawasaki - 316 points

There are some big changes for Alex in World Superbikes next year and as we go to press he is in Spain testing his 2025 bike.

Alex at Jerez. Always looking for a podium.



Bingo Evening



Friday 6th December 2024
at the Friendship Centre
doors open at 7pm, start 7.30
Bring your own drinks
Entry £8

The entry ticket gives you one card for each of the 8 games we will play during the night, additional cards available.

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

Prizes for a line and a full house.

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

Cash only on the night



Don't forget to bring your Bingo Dabber!
Good luck

Organised by the Long Whatton Community Association



CHRISTINGLE SERVICE *at All Saints Church*

This years Christingle Service will take place on 1st December at 10.30am at All Saints Church.

We welcome you to this Advent Sunday service to have fun making a Christingle. Learn about this special occasion for the Children's Society to raise funds for children to be helped towards a safe and secure future.

Contact: Nadine Hawkins,
01509 646957



was Bishop John de Watteville and he led worship among the Moravian Congregation in Marienborn, Germany.

He was the creator of the Christingle service. Christingle means "Christ-Light."

Christingle services use a special symbol, an orange, decorated with sweets and a candle, to explore the story of

God's love for the world at Christmas.

The orange represents the world, the fruits or sweets represent God's creation and the blessings of the seasons, the candle represents Jesus, the light of the world bringing hope to those in darkness and the red ribbon round the orange represents the love of God and the blood of Jesus.

CHRISTINGLE *origins*

Way back in 1749 in a church in Germany a Bishop started a Christmas tradition that is loved by children and adults, and enjoyed in Britain today and around the world. His name

WI *Christmas plans in Long Whatton*

Long Whatton WI meet every 2nd Tuesday in the month at the Friendship centre Long Whatton 7.30-9.30, new members are always welcome.

On Tuesday 12th November, we are having a Christmas craft activity, non members are welcome to join us, there will be a £2.00 raffle and £5.00 for the craft activity, refreshments available.

On Tuesday 10th December we will be at the Falcon pub for our Christmas meal and get together, a £10.00 deposit plus menu choice is required by Tuesday 12th November, family and friends welcome.

At our January meeting we will be having a quiz evening.

For more information please contact Lesley on 01509506714.

THE UNPAID BILL *A poem by David Griffiths*

I called him on his Vodaphone
He answered me in honeyed tone,
I was the friend he cherished most
And "Yes" my cheque was in the post.
No cause for getting in a state
Not his fault that it was late,
"I realise what you must think
But the computer's on the blink
And you'd really have to laugh by
At the antics of my staff!"

I'm sorry sir, that's just a joke-
Be careful now, you'll have a stroke!
Come, come I hope you don't imply
That I would ever tell a lie.
Before from truth I'd deviate,
I swear that pigs would aviate!"

Just then, across the evening sky,
A herd of pigs went floating by.



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



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

Pilates - 1st and 8th July at The Friendship Centre, 9.15am to 12.30pm

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.

The Falcon Coffee Morning. Monday 11th November at 10:30am to 12:00pm

All Saints Church Coffee Morning. Saturday 16th November @ 10:30am to 12:00pm

WI. Tuesday 12th November @ 7:30pm to

9:30pm Long Whatton Friendship Centre
The “Crafty” Thursday Thing
Thursday 14th November @ 2pm to 4 pm and
Thursday 12th December @ 2pm to 4 pm at
Long Whatton Friendship Centre

Christmas Market At the Friendship Centre
Saturday 30th November @ 2:30 to 5 pm @
the Friendship Centre

Mobile Library. Will visit the village on -
Monday 4 November
Monday 25 November
Monday 16 December
Monday 6 January 2025

WELCOME MAX AND KELLY!

A big welcome to Max and Kelly - the new owners of the Falcon Inn. The duo have plenty of experience in the hospitality trade, also running the The Castle Inn in Castle Donington.



As they settle in they have been gradually revealing their plans for the Falcon and will continue to be an integral part of the community including fundraising.

Their first Sunday roast was a roaring success and their new online booking system should be up and running by the time you read this.

They are looking at pub quiz and bingo nights and how to make the outdoor space more useable. All this in the first week!

DISEWORTH DIARY *November*

2nd Downroad, Village Hall 7.30pm

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

5th Fireworks, Village Hall, Gates open 6pm

13th Coffee Morning, Diseworth Heritage Centre, 10am - 12pm

14th Open Morning, Diseworth CofE Primary School, 8.45 - 10.30am

15th Beer Festival, Village Hall, Doors open at 5pm

16th Beer Festival, Village Hall, Doors open at 5pm

23rd Christmas Fair, St Michael & All Angels Church, 10am - 12pm

26th Village Hall Committee Meeting, 7.15pm

28th Dialogue Meeting, Heritage Centre at 7.30pm

29th FODS Christmas Market, Village Hall 3.30 - 6.30pm



Cream Tea on Remembrance Sunday

*Sunday 10th November
after the church service,
approx. 11.30am
Friendship Centre*

Long Whatton residents are invited to join us at the **Friendship Centre** after the Remembrance Sunday church service for Cream Tea.

We are offering delivery to Long Whatton residents aged 80 and over or anyone that is house bound.



Please request a home delivery by calling Penny on 07393 407 896.

Organised by the Long Whatton Community Association with financial support from the Long Whatton and Diseworth Parish Council



PRAYERS WITHOUT WORDS *Rev. Louise Corke*

In some of our primary schools this term, the children and I are learning how to pray the Lord's Prayer using British Sign Language. It's a deeply fascinating and moving experience as week by week we rehearse the lines we know and add more new signs to our prayer. So many of the signs give us gestures which bring new insight to the words. So for example 'daily' (as in daily bread) is a continuous movement of the hand from signing yesterday to today and then tomorrow. It is a gesture which reminds us that daily bread has a bigger context: God's provision for us came yesterday and it'll come today and it will be there tomorrow and the day after and well every day we can ask and every day God gives. "Give us today our daily bread" sounds finite when we read the words; the sign reminds us it's continuous provision.

So the experience of discovering the signs and learning them is making us think, and it's giving us an alternative language to pray. I love the moment at the end when, understanding the signs, we give up on the words and just pray in that unity of movement and expressive

hands.

There are times in life, aren't there, when we want to pray and we haven't the words? We don't know what to say, or we don't have the energy to say it, or we just need to employ our bodies differently to express our heart's concerns and hopes to God. I'm sure that is why people light candles when they come in to church, or we find a quiet space to sit and to look up high into the church rafters, or we ponder a stained glass window or place a flower. All these non-verbal things are full of sentiment and say what we need.

On Remembrance Sunday we will make the gesture of placing poppies and of simply standing in silence; powerful actions of recognition, of gratitude, of loss. No words required. To mark All Souls those who have been bereaved in the last year will gather at church and light candles in memory, full of loss and love.

How we need the language of gesture, or action, of gift, of holding, of silence as well as the language of words!

Rev. Louise Corke.

ALL SAINTS CHURCH *Services in November*

Sunday 3rd - 10.30. Inside /outside church. Worship in church in the Lady Chapel, Nature walk outside well behaved dogs on leads can come too.

Sunday 10th - 10.45 Remembrance service The service starts outside at the war memorial. After this service the community association are providing cream teas in the Friendship Centre.

Sunday 17th - 10.30 Benefice Holy Communion service

Food Bank Donations: Thank you to everybody for all the donations, especially the generous harvest boxes given during the school harvest festival. All donations (foods and toiletries) are collected from the church

porch on a Monday morning and delivered to the Shepshed Foodbank. However, we do need some more volunteers to collect from the church porch and take into Shepshed. With a few more folk to help do this then everyone would only be needed once a month. Please do come forward if you can it takes as little as 40 minutes. Please contact Val Chadwin on 01509 646031.

As always the small group that looks after your village church is always very appreciative of any help – one off offers, occasionally, one hour a month. Whatever you can offer would be so appreciated. Do make contact.

Thank you. Viv Matravers, 07780079770, v@manororganicfarm.co.uk

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  

FOOD FOR WINTER AILMENTS *Health by Liz Jarrom*

As we enter the winter colds and flu season again, it could be useful to stock up with some foods that have a long history of evidence linked to helping alleviate symptoms of winter colds, flu and other respiratory problems.

Early writings and verbal family food remedies, passed down the generations appear to act in similar ways to the modern drugs we now use to help us when we have respiratory symptoms caused by a virus. Most of these foods have a common action. They thin out the mucus in the lungs, nose and sinuses, and help move the thinned mucus so that it can flow and be coughed up or naturally expelled from the body, taking some of the invading virus material with it. These foods act like drugs referred to as "mucokinetic" or mucus moving agents and include such things as decongestants and expectorants.

The most effective foods for relieving respiratory issues are chilli peppers and other hot, pungent foods such as ginger, horseradish, black pepper, mustard, onion and garlic. Apparently, Hippocrates prescribed vinegar and pepper to relieve the symptoms of respiratory infections. Research shows that these hot foods mimic drugs used to treat respiratory problems. For example, the mouth burning effect of hot peppers is caused by capsaicin, which has similar effects to the drug guaifenesin which is an expectorant, found in over 75 over the counter and prescription cough syrups, cold treatment tablets and expectorants. Hot foods promote a fast reaction. As the hot food hits the mouth, throat and stomach, it touches nerve receptors that send messages to the brain, which in turn activates the vagus nerve, which controls secretion producing glands that line the

respiratory airways. These glands instantly release waves of fluids that make the eyes water and the nose run. This is a familiar feeling, well known to anyone who has ever bitten into a hot pepper chilli, or tasted wasabi. The same release happens instantly within the bronchial passages in the lungs. The fluid helps to break up congestion within the bronchial passages of the lungs. The thinned mucus can then flow out, washing the sinuses and lungs, reducing congestion and relieving uncomfortable symptoms. This works for

Natural foods to help with winter colds, flu, sinus troubles and even coronavirus.

conditions such as sinusitis, a congestive cold, asthma, hay fever, emphysema and chronic bronchitis. It may be an advantage to people who live with chronic emphysema and

bronchitis to eat spicy foods regularly, at least three times a week. This can help patients breathe more easily and require fewer medical treatments. Garlic contains a chemical called allicin, which gives garlic its flavour, which is converted in the body to a drug similar to S-carboxymethylcysteine (Mucodyne), a classic medicine that regulates mucus flow. The main active ingredient in horseradish root, a member of the mustard family, is allyl isothiocyanate or mustard oil, which irritates the endings of the olfactory nerves, causing tears and salivation.

All these pungent foods are good for any condition in which secretions in the airways are thicker than normal. This includes conditions such as sinusitis, a cold with congestion, asthma, hay fever, emphysema and chronic bronchitis.

So, instead of sucking on a menthol cough drop when you are congested, it is probably better to eat a hot, spicy salsa. Or add ten to twenty drops of Tabasco sauce to a glass of

Christmas Market At the Friendship Centre



*Saturday 30th November
2.30 to 5pm*

Join us at the **Friendship Centre** in Long Whatton for an afternoon of Christmas cheer.

Market stalls including Knit & Natter, hand-made cards, skincare and nutrition, fabric crafts, jewellery, novelties and much more. If you would like a stall, please get in touch with Lesley from Knit & Natter or email lwca79@gmail.com

Tea, coffee, mulled wine refreshments, mince pies and a raffle as well as crafts for children and carol singing



The Whatton Wailers perform at 3.30pm



Do you fancy getting involved in organising the market, have ideas or would like more information?
Call 07964 824 108



Proceeds go towards the upkeep of the Friendship Centre

FOOD FOR WINTER AILMENTS *Continued*

water, stir and sip it slowly. If your throat is sore, gargle with it. Eat a Mexican chilli meal to get the fluids going and have plenty of tissues ready. If you dare, gently chew a chilli pepper. Adding a whole peeled garlic clove to

a bowl of soup can help. Zap the garlic first in the microwave to preserve the allicin within it as this is the substance within it that has the therapeutic effect. Eat the garlic clove as well as the soup.

IN PRAISE OF THE ALLIGATOR *Tomato Penne with Avacado*

The Alligator Pear that is, more popularly known as the Avocado, is a fruit that belongs to the same family as the laurel and cinnamon. There are dozens of varieties, ranging in size colour and texture. All are native to tropical climates and, when harvested, the flesh softens to a buttery texture, which is frequently used in everything from dips to desserts.

There are thought to be several health benefits of consuming avocado which include;

1. Good source of vitamin E
2. Lowering blood pressure
3. Managing cholesterol levels
4. Increasing feeling of fullness
5. Helping to keep the eyes healthy

The recipe this month has the added bonus of providing all 5 of your 5-a-day, and is rich in iron, fibre and vitamin c, as well as being low in fat and calories!

Tomato Penne with avocado

What you need

- 100g wholemeal penne
- 1 tsp rapeseed oil
- 1 large onion sliced, plus 1 tbsp finely chopped
- 1 orange pepper deseeded and cut into chunks
- 2 garlic cloves grated
- 2 tsp mild chilli powder
- 1 tsp ground coriander

- ½ tsp cumin seeds
- 400g can chopped tomatoes
- 196g can sweetcorn in water
- 1 tsp vegetable bouillon powder
- 1 avocado stoned and chopped
- half a lime zest and juice
- handful coriander, chopped, plus extra to serve

What you do

1. Cook the pasta in salted water for 10-12 mins until al dente. Meanwhile, heat the oil in a medium pan. Add the sliced onion and pepper and fry, stirring frequently for 10 mins until golden. Stir in the garlic and spices, then tip in the tomatoes, half a can of water, the corn and bouillon. Cover and simmer for 15 mins.
2. Meanwhile, toss the avocado with the lime juice and zest, and the finely chopped onion.



"The recipe this month has the added bonus of providing all 5 of your 5-a-day."

3. Drain the penne and toss into the sauce with the coriander. Spoon the pasta into bowls, top with the avocado and scatter over the coriander leaves.

*If you have any ideas for 'Themed Recipes' you'd like to see or if you have any queries or comments
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