

Long Whetton News

OCTOBER 2024



Scarecrows adorned the village for a few weeks last month. See some of them and the winner inside.

It might be Autumn but gardening is still a thing, apparently, so we bring you

some seasonal tips for autumnal colour.

Also inside, a great breakfast recipe, health advice, free trees if you're quick and a good dose of sport. And Alex Lowes has been all over the place.

YOUR FREE VILLAGE MAGAZINE



LUNCHTIME SET MENU

MONDAY - SATURDAY

2 COURSES £18

3 COURSES £24

OUR GARDEN ROOM IS AVAILABLE FOR PRIVATE
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www.theroyaloaklongwhatton.co.uk
01509 843694

KINT AND NATTER *toppers and fundraising*

Pictured here is the new post box topper depicting a scarecrow in support of the scarecrow competition.

Knit and natter group would like to say thank you to everyone who bought the forget me not lapel pins in support of the Alzheimer's Society. They raised a whopping £172.40 for the charity.

The group meet on the 1st and 3rd Friday in the month, 10 to 11.30am at the Falcon Inn.



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

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COPY DEADLINE

The copy deadline for articles for the November issue is 20th October.

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 OCTOBER *by Shirley Blyth*

This is a month for Autumn colour. Unfortunately it soon disappears. This month can bring a multitude of different hues displayed by foliage. My *Euonymus alatus* turns the most vibrant cherry-red for a few days then the leaves fall off to leave bare stems. Also the birds will take advantage of the berries in your garden. Westonbirt Arboretum, Gloucs, Barnsdale Garden, Oakham and Bluebell Arboretum, Smisby are all worth a visit this month to experience their colourful foliage.

With the shortening hours of daylight for most people work in the garden is restricted to the weekends. This leaves little time to get on top of things or even to get ahead. However, all work that you can do in the garden will pay dividends later in the next few months.

Jobs to do in the garden

- Rake up all the fall leaves and store them to make leafmould.
- Continue clearing the garden, throw any diseased debris in your green/garden bin. Do not put them in your compost bin.
- Dig over any empty areas of soil.
- Give conifer hedges a last trim.
- Plant new climbers and also perennials. Buy your spring flowering bulbs now to get the best choice. Plant lily, tulip and allium bulbs.
- Protect alpine plants from the Winter wet.
- Cut down the dying tops of perennial vegetables. Also lift and divide rhubarb.
- Fix grease bands to apple, pear and plum tree trunks to catch pests that may crawl up them.

Plants for this month

Acers- The archetypal foliage plant for this time of year.

Crab Apple - Not only a food plant for birds but crab apple jelly is fantastic with milky puddings.

Colchicum - Funnel-shaped flowers that appear before the leaves.

Nerines - Spring-like flowers at the end of the season.

Physalis - "Chinese lanterns", fruits encased in papery thin cases.

Rhus - "Staghorn Shumach" - has beautiful coloured leaves.

Rose - Several varieties have splendid hips in Autumn e.g. *R. rugosa*.



Nerines

Pumpkins - every year about 14 million are grown in this country, 13 million, of which, are thrown away in the household waste after Halloween. This equates to 18,000 tonnes (or 1500 double decker buses) of extra rubbish going to landfill.

This year please put your used pumpkin in your compost bin rather than your green or black bins or make pumpkin pie!

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.

Wills | Trusts | Lasting Power of Attorney | Estate Planning | Funeral Plans

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



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

KARATE CLUB *Seminar success*

An amazing local event with a current World Champion...

On 14th September we were proud to host our second open seminar event! Sensei Stuart Amos, 5th Dan Black Belt and 2023 HDKI World Kata Champion, ran a two-hour session at Nottingham University for us. This was a fabulous opportunity for our club members to learn from such a technically proficient karateka.

The event was open to all associations and styles and we had karateka at the event from

Oliver Thompson - now 7th Mon
Noah Darby - now 7th Kyu
Tommy Fisher - now 5th Kyu
Tom Gaskell - now 5th Kyu
Jack Clark - now 4th Kyu
Isabella Taylor - now 4th Kyu
Alex Coles - now 3rd Kyu

So we're now getting some really high grades in the club, which can only improve the already high standard of our training. We were delighted with these achievements and look forward to the final grading of the year for



3 associations and 7 different clubs. And one week after the seminar that Sensei Stuart Amos retained his title as 2024 HDKI World Kata Champion - congratulations to him!

We had absolutely amazing feedback from those who attended, so will definitely be looking at organising another seminar with Sensei Stuart in the New Year...

After the event our attention shifted to the third grading opportunity for the club on the 22nd September, again at Nottingham University. We had 14 people from the club grade this time, and we're delighted to say that we maintained our 100% pass rate!

Congratulations to the following:

Louis Adams - now 9th Mon
Matthew Thompson - now 9th Mon
Matty Underwood - now 9th Kyu
Dougie Shaw - now 9th Kyu
Katie Gaskell - now 9th Kyu
Cataleya Dodoo - now 9th Kyu
Charlotte Thompson - now 8th Kyu

more success!

Before that, and given the success of the event above, we are hugely excited to announce we will be hosting our third open seminar on 9th November!

Sensei Tomasz Kacperski, 6th Dan Black Belt, is a former Poland Kumite Champion and in the eyes of Sensei Ben and Sensei Leigh, one of the best instructors they have had the opportunity to train under in terms of the practical application of karate (bunkai). Spaces sold out in advance of us having the opportunity to even advertise the event!

Why not give real traditional karate at our very own local club a try with a free trial session offer! We have adult and child spaces.

Training is every Thursday in the Long Whatton school hall from 6:30pm to 7:30pm. Get in touch via our Facebook page - @longwhatton karate, e-mail the club at longwhattonkarate@gmail.com, or contact the club secretary on 07714335598



SHOPPING SERVICES

SHEPSHED SPECIAL COMMUNITY BUS

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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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UPS AND DOWNS IN EUROPE *for Alex Lowes*

Alex has spent much of September zooming around Europe for rounds in France, Italy and Spain.

Starting from pole position at Magny Cours, Alex led for three laps, swapping places to third and back to the lead before crashing out of the rain soaked race at two thirds distance. Only twelve bikes made it to the end.

Things improved in race two. Alex established himself in second place from beginning to end, challenging for the win but missing out by one tenth of a second.

Race three was filled with drama. Exiting turn 8 on the first lap Alex pulled off the track with a problem. Resetting the bike got rid of the problem and Alex rejoined the race in 19th. The local ace had battled back to 8th by halfway and clawed his way back to 4th at the chequered flag.

At Cremona in Italy Alex started from 4th, slipped to 5th and moved back up to 3rd on the tenth lap, before crashing. Rejoining, Alex limped home in 21st.

In the second outing, the superpole race, Alex dropped to 4th but battled back to 3rd on the penultimate lap and stole 2nd place on the last.

In race three Alex held on to 4th for most

WI *and the Air Disaster*

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

The speaker for the next meeting on Tuesday 8th October will be Alan Parker, he will be giving a detailed talk on the Kegworth air disaster which occurred on January 8th 1989.

Non members are very welcome to come along to listen to the talk, there will be a £2.00 raffle and refreshments plus £6.00 on the door for the talk. Please contact Lesley on 01509506714 for more information.

of the race, but later on Gerloff's BMW had a fraction more pace and he demoted Alex to 4th two laps from the end.

Aragon was back-to-back with Cremona, so with almost no time off Alex was back on track.

Despite qualifying 6th Alex found he didn't quite have the pace to stay with the lead group in race one. He moved up as far as 4th during the race and slipped back down to 8th on lap 13 but dug deep to regain 7th, finishing half a second behind Lecuona.

Unfortunately Alex crashed on the exit of turn 1 on the start of Lap 3, after running slightly wide in the Superpole race. While trying to recover, he high-sided ending his race.

The #22 was taken to the medical centre for a check-up and was declared unfit for Race 2 after he was diagnosed with a left calf contusion and hematoma.

Alex is currently 5th in the championship.

FREE TREE SCHEME

NWL is once again offering free trees for a limited time to residents in the National Forest area. Applications are open from Monday 7 October until Sunday 27 October. Find out if you live in the National Forest Area and are eligible by visiting www.nwleics.gov.uk/pages/freetreescheme2023 on 7 October.

This year you can choose from rowan, crab apple, dog wood and maple.

Hedging will also be available with hazel, hawthorn and field maple.

Applications may close early if targets are met early, so apply as soon as possible.

FAREWELL *from the Falcon*

Ian and Suzanne are leaving the Falcon Inn in October so we'd like to say thank you for all they did for the community and wish them luck in their next venture.

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

Half page £14

Quarter page £8

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

Full page standard: 132mm wide x 194mm deep

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

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



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

SCARECROW COMPETITION *This years creations*



*Izzie and Lilac's
Minions above,
Jack's Cricket Boy
right*



This years Scarecrow competition produced joint winners:
Izzie and Lilac Mantey with Three Minions and Jack Bradshaw
with Cricket Boy.

Some of the entries are featured here. Thank you to everyone
for taking the time to come up with your amazing works of art.





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Hand-made gifts Jewellery, Crystals, Crochet Toys, Jams & Chutneys, Fusion Paint, Buttons, Threads, Fat Quarters, Patterns, Needles, Hooks, Velcro, Toy Stuffing. YARN & WOOL.

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 7th October at 10:30am to 12:00pm

All Saints Church Coffee Morning. Saturday 19th October @ 10:30am to 12:00pm

WI. Tuesday 8th October @ 7:30pm to 9:30pm Long Whatton Friendship Centre

Baby Loss Awareness Week. Tuesday 15th October @ 6:45pm to 8pm St. John the Baptist Church Belton

Quiz Night. Saturday 5th October @ 7pm Long Whatton Friendship Centre

The “Crafty” Thursday Thing
Thursday 10th October @ 2pm to 4 pm
Thursday 14th November @ 2pm to 4 pm
Thursday 12th December @ 2pm to 4 pm
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 14 October
Monday 4 November
Monday 25 November
Monday 16 December
Monday 6 January 2024

BREAKFAST AT ALBATROSS

A poem by David Griffiths

The Brits eat all the bacon
The Dutch eat all the cheese
The Germans eat their sausage meat
As quickly as they please

The French eat all the croissants
Whichever sort they choose
Italians use spaghetti
For lacing up their shoes.

The Portuguese eat Men of War
The Spanish scoff Paella
The chef is asked why food is cold,
He's not a jolly fella.

The Scots they eat porridge
The Irish eat their stew
The Belgians eat their Brussel Sprouts
Now tell me something new.
Croasia 2017

DISEWORTH DIARY *October*

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

5th Diseworth Blues, Village Hall

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

9th Coffee morning, Diseworth Heritage Centre, 10am – 12pm

11th FODS Family Disco Night, Village Hall 4.30 – 6.30pm

19th Diseworth Blues, Village Hall

26th Church Coffee Morning, St Michael & All Saints, 10am – 12pm

26th Money Talks at Diseworth Village Hall, 7.30pm

29th Village Hall Committee Meeting at 7.15pm

31st Dialogue Collating & Meeting, 7.30pm Heritage Centre

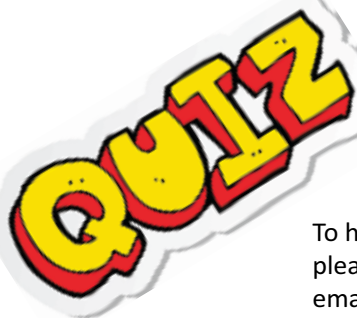
Quiz Night in Long Whatton

Join us at the **Friendship Centre** for a quiz evening with Alan Clark

Saturday 5th October
7pm doors open for
7.30pm prompt start
Licensed Bar



Teams up to 5 people
£3 entry per person
Substantial cash prize for
the winning team
This is a cash only event



To help us with organisation
please reserve your team table by
email to lwca79@gmail.com or
text to 07964 824 108



COPING WITH LOSS *Rev. Louise Corke*

I quite miss it, really. The steady rhythm which could be heard throughout the house, the change of tone from plonk to plink as the drips filled the container in the kitchen sink, the ready supply of excess water which I'd then use or add to the watering can by the door. I was amazed at how quickly the litres from a dripping tap mount up. And equally amazed at how much of this collected water I need to rinse a sieve or swish out a bowl. But now the plumber has been; all is quiet, all is dry, and soon I'll forget the sound and the rhythm of the drips.

Some things pass and our minds let them go, but other experiences we carry with us always, there in the background: a pain, a joy, a memory, a person, a phrase, sometimes kept alive on purpose. Do you have some of those, I wonder?

A particular loss I'd like to focus on this month is connected with Baby Loss Awareness Week, which specifically helps those families who have children who died before or just after birth.

The week ends on Tues 15th Oct with an opportunity at 7pm to light a candle, letting it burn for at least one hour to remember all babies who have died too soon.

Belton church will be open from 6.45pm until 8pm for anyone across the Benefice who would like to come and sit and remember and light a candle in the company of others, or add a name. There will be tea and coffee available and the freedom to come and go as you wish. Maybe see you there?



**Baby Loss
Awareness Week**

Tuesday 15th October

6.45 - 8.00pm

Open church at St. John the Baptist, Belton, for anyone to come and light a candle or add a name for a baby who died before or soon after birth.

Pop in; stay as long as you like; tea/coffee available.

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

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

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

Ladies - still feeling young at heart?

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

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

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

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

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

Cara Tatterton
Pilates



CLAIM YOUR FREE PILATES CLASS NOW!

Classes in Kegworth, Shepshed, Hathern & Long Whatton

Reasons to claim your FREE class now:

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

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

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

MOOD FOOD *Health by Liz Jarrom*

There are lots of substances, some legal, some not, that have been used for centuries by humans to improve their mood, including alcohol, opium, cigarette smoking and magic mushrooms, to name a few, but many everyday foods can also affect our mood, in a positive way, without the side effects and the horrible feeling of coming down when the effect wears off. Our brain is capable of producing potent chemicals called neurotransmitters, usually from amino acids broken down from the proteins in the foods we eat. Taking in the right foods increases the likelihood of the manufacture and steady release of these feelgood chemicals.

One, an amino acid called tryptophan, which is found in protein rich foods, is a component of a soothing neurotransmitter called serotonin. Serotonin is needed for normal sleep patterns, and may have a role in helping relieve the symptoms and imbalances that cause certain types of depression. Tryptophan is found in foods such as meat, especially poultry, fish, especially salmon, also eggs, cheese and milk. Vegetarian sources include firm tofu, edamame beans, seeds, including pumpkin, sunflower and chia. Nuts are a good source too, and they also have the advantage of containing minerals such as selenium and zinc. These minerals are known to assist the smooth functioning of the brain, and promotion of a balanced mood. Beans, lentils and hummus contain a large range of different amino acids that positively affect mood, including the aforementioned tryptophan.

Dark chocolate contains flavonoids, which may reduce the risk of many health problems including cancer and heart disease. Dark chocolate also contains a chemical in the cocoa itself called phenylethylamine, which occurs naturally in the brain. When it is released,

or consumed, it lifts the spirits and acts as a mild antidepressant. Dark chocolate also contains the mild stimulants theobromine and caffeine which increase alertness. When we consume a modest amount of dark chocolate, the brain produces feel good chemicals such as serotonin and endorphins which makes us feel happy and cheerful. Best to buy a high quality chocolate bar that contains 70% or over of cocoa mass in it, and doesn't have a long list of other ingredients. The bar should ideally just contain cocoa mass, cocoa butter, cane sugar and vanilla extract, for best effects.

Coffee boosts the release of dopamine which also helps to improve mood. If you find caffeine causes sleep disturbances, it might be best just to drink coffee and eat chocolate earlier in the day, and not after lunchtime. The effect on mood will still be beneficial, no matter what time of day you consume the foods. Deficiency in B vitamins can also contribute to low mood or mood swings. All the B vitamins seem to work together, so it's best to eat a range of foods that include them all. Rich sources include foods such as beans, brown rice, egg yolks, fish, nuts, soya beans, wholegrain cereals, dairy products, poultry and brewer's yeast extract. Vegetarians and vegans may be deficient in vitamin B12, as it is mainly found in animal products. They can boost their intake by consuming foods that have been fortified with B12, such as soya milk, yeast extract or fortified breakfast cereals. Otherwise, take a regular B complex supplement. Irregular eating patterns can cause mood swings and a feeling of irritability. Going without food for long periods during the day can reduce blood glucose levels too much and bring about a feeling of emptiness. The temptation then, is to grab some carbohydrate food to top up the glucose level in the blood. Our low mood may impair our

All Saints Church
Long Whatton

Harvest Festival

Sunday
6 October

10.30

A service suitable for all the family

Enjoy traditional harvest hymns, a celebration of the harvest and your food, see your church seasonally decorated and be part of the community.

All welcome to help decorate the church too. Turn up Saturday 5 /10 between 10 & midday with your take on seasonal decoration.

Coffee and biscuits provided.

All food goods used to decorate the church will be donated to the Shephed Food Bank

MOOD FOOD *Continued*

judgement, and cause us to choose a sugary snack to fill the gap, which can result in temporary relief, but lead to low mood and irritability again a couple of hours later as blood sugar levels fall again. By eating regular meals during the day, containing some of the

aforementioned foods, and some wholesome carbohydrates, such as brown rice, pasta, jacket potato or wholegrain bread, we can profoundly affect our mood in a positive way to help us to feel much more balanced during the day, and sleep better at night.

SPANISH BREAKFAST *Recipe*

It is believed that chorizo likely originated in Catalonia, Spain. It is a highly seasoned chopped or ground pork sausage used widely in Spanish dishes. Spanish chorizo is made with garlic and pimentón (Spanish smoked paprika, either sweet or hot), which gives it its deep brick-red colour and smoky flavour.

Avocado on toast with chorizo & fried eggs.

What you need

- 1 tbsp pumpkin seeds
- 85g chorizo, sliced into chunks
- 1 large ripe avocado, stoned and peeled
- small pack coriander, chopped
- 2 eggs
- 4 thick-cut slices bread

What you do

• Heat a large frying pan, add the pumpkin seeds and toast for a few mins until they crack and pop, then tip out into a bowl and set aside.



Add the chorizo and cook for 5 mins until it releases some of its oils and becomes crisp. Meanwhile, roughly mash the avocado with the lime juice, half the coriander and a pinch of salt.

• Heat a griddle pan and cook the bread for a few mins each side, or pop in the toaster. Push the chorizo to the edge of the frying pan,

crack in the eggs and fry to your liking.

• To serve, divide the toast between 2 plates, spread with the mashed avocado, and pile on the chorizo, fried eggs and pumpkin seeds. Scatter with the remaining coriander.

*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*

COFFEE OPPORTUNITIES *Dates and venues*

Village Coffee Morning @ The Falcon Inn -
Monday 7th October from 10:30am till 12 o'clock at The Falcon Inn.

Village Coffee Morning @ All Saints Church -
19th October from 10.30am to 12 o'clock.

These coffee mornings are a great way to

meet new people and learn about the village. 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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