

# Long Whetton News

SEPTEMBER 2024



*The* Village Show made a comeback last month - a few images are featured on the cover and a lot more in the centre pages.

As usual, this issue contains sports reports, health, a recipe involving Marmite, gardening tips as we go into autumn and it is scarecrow season again.

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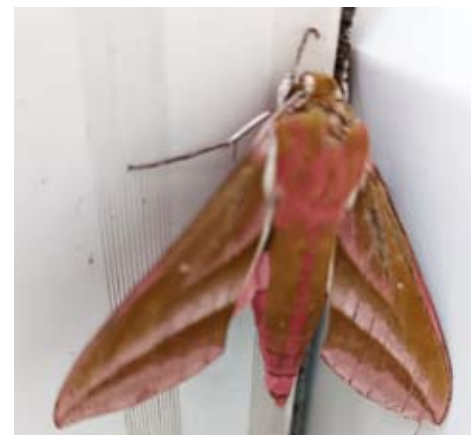
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## ELEPHANT HAWK MOTH

Last year I had an elephant hawk moth caterpillar in my garden and today I found this moth. I think it is the moth from the elephant hawk.

May be good to ask the village community if they have any idea.

Douglas Bonham, Oakley Drive.



## GARDEN OPENING TIMES

Whatton garden opening times for September are Sunday 8th and Sunday 22nd September.

Gates Open at 11am and close 4pm.  
Limited refreshments will be available

## 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.

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

**LONGWHATTONNEWS@GMAIL.COM**

## 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](http://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](mailto:longwhattonnews@gmail.com)

## THE TEAM

Penny de Kock 07393 407896  
Neil Bamford 07921 855607

## COPY DEADLINE

The copy deadline for articles for the September issue is 21st August.





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## GARDENING TIPS FOR SEPTEMBER *by Shirley Blyth*

September can often be a glorious month in the garden. The sultry heat of mid summer has probably gone and the air feels fresher. If there is high pressure over the country we may enjoy an Indian summer lasting into October but these clear sunny days can also mean colder nights. It is really the start of the season of mists and mellow fruitfulness. These are apples, pears and masses of vegetables to be harvested and stored carefully over the winter months.

This month we start to see the leaves on trees and shrubs put on their autumn show. Berries also start to change colour to attract birds to spread their progeny. A selection that are worth growing include:

*Acer palmatum* has colours from pale cream through to bronze.

*Callicarpa* has pale purple berries. Truly spectacular.

*Cornus* (dogwood) produces leafless coloured stems.

*Liquid Amber* the leaves turn a most glorious amber colour. Barnsdale Garden has a superb specimen.

*Rosa rugosa* produces cherry-red hips that are loved by birds.



*Acer palmatum*

*Rowan* (Mountain Ash) the red berries appear in clumps. The tree growing in Barnfield Close is beautiful at the moment.

Things to do this month:

Buy your spring flowering bulbs this month to get the best choice. Then plant them in the soil and containers as soon as possible while the soil is still warm.

Start clearing away autumn debris, particularly rose leaves suffering from black spot, to prevent pests and diseases,

Begin dividing overgrown perennials.

Stop feeding plants in containers.

Net ponds to keep out falling leaves.

Plant out spring cabbages.

Sow winter lettuce. Also, If you haven't already done it, plant out onion sets now.

Plants in flower this month

Clematis viticella

Dahlias, various varieties

Eryngium x tripartitum (sea holly)

Michaelmas daisy (Aster novi-belgii)

Sedum spectabile (now known as hylotelephium)

Happy gardening!

## TO THE SHOW SPONSORS – *Thank you*

The success of the Long Whatton Village Show is a reflection of the generosity and community spirit of our sponsors. Their contributions have not only made this year's event possible but have also strengthened the bonds within our village.

On behalf of everyone involved, we extend our deepest thanks to East Midlands Airport,

Harvey & Clark Ltd, Fred Sherwood Group, NFU Mutual, and Alex Biddulph.

Your support means the world to us, and we look forward to continuing this wonderful partnership in the years to come.

Thank you for helping us make the Long Whatton Village Show an event to remember!





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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](mailto:claudettecavenhenrys@hotmail.co.uk)

## A HUGE THANK YOU *to everyone involved in the show!*

I want to extend a massive thank you to everyone who made this year's Village Show a success!

To the amazing team who helped set up the marquee—your hard work ensured we had a great space for all the activities.

To all the stall holders—thank you for joining us, even with the less-than-perfect weather. Your enthusiasm and dedication brought so much life to the event.

A special shoutout to those who manned the bar and helped with the cricket—you kept the spirits high and the games running smoothly!

Penny and Beryl—you both did an incredible job setting up and running the dog show. It was a highlight of the day, and we couldn't have done it without you!

To our fantastic judges—thank you for your time and expertise. Your contributions were invaluable and much appreciated.

A special thank you to Arthur and Douglas—you boys were fantastic in helping with tidying up and packing things away. Your help made a huge difference!

And a big thank you to Manor Farm Shop for keeping everyone fed—I know my hubby had 3 pulled pork buns!

A heartfelt thank you to Gemma for the wonderful singing—your performance added such a special touch to the day.

And last but certainly not least, thank you to the Cricket Club for allowing us to hold the event on your grounds. We're so grateful for

your support and partnership!

A special thank you to my family and neighbour Richard—you all got roped into the show, selling tickets and doing the heavy lifting. I couldn't have managed without you!

A big thank you to Chris for his guidance and help while I tried to get my head around everything that was required to be in place for the day. Your support was invaluable!

Thanks also to the Village Shop and Manor Farm for allowing tickets to be sold in your shops. Your support was key to getting the word out and making the event a success.

We also want to acknowledge the feedback from those who mentioned the lack of stalls, tea and coffee, or competitions this year. Organising the show while working full time and volunteering for other community bodies was challenging, and I did the best I could manage. If you're passionate about these activities, I encourage you to volunteer for next year's event—we'd love to have your help in making the show even better!

If you had a wonderful time this year, just imagine how much more we could add with more volunteers on board. It doesn't take a lot of time if we have many hands. We'll start planning next year's show in October, so if you want to help make the event even bigger and better, please let me know!

Thank you again to everyone who attended, supported, and contributed. Your efforts and participation make our Village Show the special event that it is.

## 2024 SCARECROW COMPETITION *lets fill the village*

This year's Scarecrow Competition is on! The scarecrows should be on display between Sunday 1st September and Saturday 14th September. Sign up now.

During that time score sheets will be available from the village shop and the farm shop. You can look at all the creations on

your walks and give your opinion on the best scarecrow. The sheets need to be returned to the church, where there will be a letterbox to post them.

The winners will be announced at the craft afternoon in church on Saturday 14th September.





*The Long Whatton  
Village Show 2024*







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## MORE PODIUMS IN PORTUGAL *for Alex Lowes*

Portimao, the rolling, sweeping 4.6 kilometer Portugese circuit was Alex's next destination. Round 7, 9th to 11th August.

Things got off to a good start - Alex had a flying qualifying, producing the second fastest time, one tenth of a second from pole.

In race one Alex dived straight to the front and led for the first 4 laps, but wasn't able to maintain the pace and crossed the line 5th, just 0.3 secs behind Gerloff after 20 laps.

Third place in the 10 lap superpole was hard won battle, having been demoted to fourth before retaking Gerloff for the last poiium place. Just 0.6 seconds seperating second, third and fourth.

And finally, Alex took a convincing third place in the last race. Whilst

Ratzagioglu and Bulega gapped by six seconds, Alex finished over 3 seconds ahead of Ianonne for another Podium.

In the championship standings Alex has closed the gap to 3rd place to just ten points



*Heading for a podium at Portimao*

## CRICKET CLUB 1ST XI *dominate their matches in August*

Long Whatton Cricket Clubs 1st XI triumphed with a massive 137-run win over Barrow Town CC 2nd XI and the. Alex Lester and Daniel Wilson tokk 3 wickets apiece.

The 1st X1 then dominated Quorn with a

39-run victory. Alex Lester and Hugo Soars set the tone with a 150-run opening stand, Hugo smashing a century. Mark Lester's fiery opening spell bagged 3 wickets, sealing the deal. The team move up to third in the league

## 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*

## 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.

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

# THE THURSDAY THING



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

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.

Tea and biscuits included in the £2 for taking part.

## Upcoming dates in 2024:

11<sup>th</sup> July  
8<sup>th</sup> August  
12<sup>th</sup> September  
10<sup>th</sup> October  
14<sup>th</sup> November  
12<sup>th</sup> December



## LONG WHATTON DIARY – *All the village events this month*

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

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

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

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

*Womens Institute* 13th August, 7.30pm to 9.30pm at the Friendship Centre.

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

*Coffee Morning* at the Falcon Inn, Monday 9th September from 10:30am till 12 noon.

*Craft and Experiment Day*, 31st August at

the Friendship Centre, 10am to noon.

Afternoon teas at All Saints Church, Saturday 14th September. 2 til 4.30, featuring scarecrows and craft display as part of the village scarecrow competition. Drop your voting form in one of our post boxes.

## THE GNOME FROM ZURICH

*A poem by David Griffiths*

We Cannot find the station  
Don't know which way to go  
We'll ask this Gnome from Zurich,  
He's almost sure to know.  
“Now tell me Gnome of Zurich  
(If I may be so bold)  
Direct us to the station,  
Forget about your gold!”

“I'm sorry Mr British man,  
I do not have the time  
To help with your enquiries,  
I'm busy down the mine.  
Besides my clock is broken,  
My cuckoo does not sing.  
The maker say he go away  
But come back in the Spring”

We worried for your safety,  
Would robbers take his life?  
“Don't worry I am fully armed  
With my Swiss Army Knife!  
If you come back tomorrow  
Or in a year or two  
When I have reckoned up my gold,  
I'll see what I can do!”

And so, this helpful fellow  
Was digging like a mole,  
And when we looked to thank him  
He'd vanished down a hole.

Hotel Churchhill, Geneva 8-12-03

## DISEWORTH DIARY

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

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

2nd September - Discussion Group - What is wisdom? in the Heritage Centre 2 - 4pm

7th September - Diseworth Village Show, 1pm to 5pm. Entry £2

14th September - Diseworth Blues presents Kyla Brox

September - 28th Diseworth Blues presents Mat Day & Band

## RUNNING A MARATHON *for a worthy cause*

Hi I'm Nicola Stevenson (nee Holmes) I grew up in village and although moving out I have since returned with my own little family. You may recognise me as being the crazy lady running whilst pushing my two daughters in their running buggy through the village whilst training for my next big race.

I have been running since I was 19 (now 33) and over the years have succeeded in winning the small locals races (the famous diseworth dash Boxing Day run) to National races, taking First Lady for the Leicester City Marathon in 2018. I was picked in 2023 & 2024 to represent Leicestershire and Rutland in the UK Championship Fell Race and qualify each year to run at elite level being offered an automatic place into the London Marathon.

After all of this success I have chosen to start using my talent to support others. I will be running the Leicester City Marathon again this year, not for the win, but carrying a large inflatable sloth in the effort to raise as much money for a charity so close



to my heart. The Sloth having huge significance to my story.

My best friend and her family are continuously trying to find funds to help and support their son Elliot in his development and care after being born with brain abnormalities, of unknown significance or cause. Elliot needs lots of extra care, he has a feeding tube in his tummy & is visually impaired.



I want to help get Elliot and his family everything they need to assist and support them to help Elliot

reach his potential, allowing him to flourish with the unconditional love and support he has around him.

If you want to donate or read more, please visit my Just Giving page using the QR code.

I really do appreciate any donation to support Elliot in my mission to give back to a dear friend who needs me and my community at this important time and stage in

her little boys life.

Thank you for reading. Nicola Stevenson  
LLB LLM



## COFFEE OPPORTUNITIES *Dates and venues*

*Village Coffee Morning @ The Falcon Inn* - There will be a coffee morning on Monday 9th September 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 21st September 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.

## OPEN THE DOOR *The Rev'd Simon Stevens*

September is the month when everything starts up again. Although to be fair, I did not have much in the way of holiday in August. As Schools get underway and children get used to their new teachers, so new students will shortly be arriving at the university down the road. Parliament also starts up after its summer recess. This year a number of new Members will have spent their summer setting up their offices as they continue their fairly new roles.

I have met our new MP, Jeevan Sandher, he knocked on my door, during the election campaign. He seems like a good chap, I wish him well, and will be praying for him in the months and years ahead.

I don't know what you think when the doorbell goes. I suppose it depends on who is. Are you someone who has a lot and neighbours who just drop round? Let's be honest its either a sales call or the ubiquitous

package delivery.

here is a famous bit of the Bible which features a knock at the door, Jesus says "I stand at the door and knock. If you hear my voice and open the door, I will come in, and we will share a meal together as friends."

Jesus is pictured here reaching out to us. He doesn't want our vote or to sell us something, he is not going to dump a parcel in our hands and scarper before we can tell him its actually for next door. He is offering us something more. To come into our lives and be part of it. To be friends with us.

A reminder, sometimes when the doorbell goes its not just a nuisance it can also be an opportunity.

If you want to find out more about Jesus, you don't need to knock on the door of the church, it is usually open during the day and if you come on one of the Sundays when we meet, there is something to eat and drink too.

## ALL SAINTS CHURCH *News and events in September*

Services here this month- everyone welcome, refreshments afterwards.

*Sunday 1st 10.30* – Inside/outside Nature walk outside (well behaved dogs on leads welcome too), worship inside in the Lady Chapel.

*Sunday 15th 10.30* – Benefice Holy Communion. Winners of the village scarecrow competition will be announced at this service.

*Saturday 14th September* – Afternoon teas 2 til 4.30, scarecrows and craft display as part of the village scarecrow competition. Some of the wonderful post box toppers made by the Knit and Natter group are amongst our craft and hobby display. Do call in and judge our scarecrows and pop your voting form in one of our post boxes.

On the same day 10 am until 6pm we are part of Ride and Stride. The Leicestershire group is celebrating it's 60th anniversary. Ride

& Stride is the Historic Churches Trust main fundraising event and is a sponsored event for cyclists, walkers, joggers, horse-riders and mobility scooter drivers! The funds raised are grated to churches and chapels for repair, restoration and improvement projects. In 2023 the trust awarded grants for £36,000. We have benifited in the past from a grant and will be making an application this year after our June inspection (Quinquennial ). Do visit their website for full details. [www.lhct.org.uk/ride-and-stride](http://www.lhct.org.uk/ride-and-stride)

*Saturday 14th September* – Church Clean just as it says on the tin. We would love any help. Just turn up between 10 & 12.

Food bank donation are always welcome. There is a plastic box in the church porch.

For further details on any of the above, especially if you have a hobby/craft to display on 14th. Please contact Viv (07780097997)





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## IS THAT ICE CREAM REAL *Health by Liz Jarrom*

We have had some warm sunny days this summer, and what could be nicer than sitting out in the sun, at home, or the seaside, eating a delicious ice cream. But, is that ice cream real? There is a huge choice but are they really ice cream or something masquerading as ice cream, and does it matter?

There are 2 easy ways to check the quality of the ice cream, the price and the list of ingredients on the box or tub. If it's a cheap container of ice cream, say £1.50 to £2 for 2 litres, and it has a long list of ingredients on the side or the website, most of which you wouldn't find in your kitchen, then it's not a traditional ice cream. These ingredients can include reconstituted whey powder glucose syrup, soy protein, palm stearin, palm kernel oil. Many of the ingredients can sound like chemicals or extracts of foods, not proper foods. Then there are the emulsifiers, including lecithin, mono and diglycerides of fatty acids, carboxymethylcellulose and polysorbate 80. Also, stabilisers such as xanthan gum, guar gum, sodium alginate and locust bean gum.

Compare this with more traditional ice creams which contain milk, cream, sugar, egg yolk and vanilla extract, and not much else or only a couple of additives. The difference is that these traditional whole ingredient ice creams can be ten times the price of the cheaper ice creams. So why should we be cautious of eating the cheaper ice creams if they save us lots of money and taste so good?

We need to be aware of the possible effect of consuming emulsifiers and stabilisers, as they can have a detrimental effect on our gut. They seem to have a "scrubbing" effect on the gut wall, damaging the delicate balance of cells, microbiome and essential mucus layer that prevents contents of the gut leaking into the rest of the body. Research is now linking

this type of damage to being a contributory factor in medical conditions such as Crohn's disease, ulcerative colitis and IBS. These additives also seem to have links to other inflammatory conditions in the body such as rheumatoid arthritis, multiple sclerosis, type 1 diabetes, dermatitis, asthma, obesity, type 2 diabetes, bowel cancer, anxiety and mental health problems.

These additives are very cheap, and can be used in ice cream, and many other products, instead of much more expensive foods like milk, butter, cream and eggs. They also enable the ice cream to travel better by refrigerated truck from factory to distribution centre to supermarket to your home freezer. The ice cream temperature can rise from -18 degrees up to -5 degrees and back down to -18 again several times before it gets to you. The addition of these additives stops ice crystals forming by holding the water close to them, so the ice cream stays creamy even if it defrosts a bit, then refreezes. Traditional ice creams, using natural ingredients as listed earlier on, can't tolerate these conditions of defrosting a bit, and they form ice crystals, making it crunchy. They also rely on tiny air pockets for softness, which disappear when defrosted a bit. As it refreezes, it becomes very firm, with a much harder texture than cheaper soft scoop type ice creams containing the additives.

Like with any other food that might not be good for us, having it occasionally isn't likely to cause any long term damage, but if eaten frequently, may cause or contribute to some of the conditions mentioned.

So, there's little harm in enjoying an ice cream as a treat on a hot day or on holiday, but it's useful to look at labeling for information on what's in that tub of tasty looking ice cream in the supermarket, it may not be exactly what you thought it was.

## 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](mailto:cara@caratattertonpilates.co.uk) - Find us on social media  

## DO YOU LOVE IT OR HATE IT? *Creamy Marmite chicken*

MARMITE – The dark, sticky goo for which the advertising tagline of "Love it or Hate it", was created has been dividing the British public since its inception in 1902. In the 19th Century, a famous German scientist, Justus Freiherr Von Liebig accidentally discovered that the waste product derived from yeast used in brewing beer could be made into a meaty flavoured concentrate that was completely vegetarian.

He was the first to make and sell bouillon, a meat extract commercially before refrigeration due to it being concentrated. So not only did he discover what eventually became Marmite, but he developed the process for beef extract and founded a company called Liebig Extract of Meat Company, which eventually trademarked as OXO.

On Friday, the 13th of June, 1902, the Marmite Food Company was born and a boom of love and hate started. The factory opened in Burton on Trent, two miles down the road from the Bass Brewery that had been there since 1777. They chose Burton on Trent due to BASS being the biggest brewer of the time, and whose leftover yeast they used and still use to this day. The post-fermentation waste product is sold to Marmite from BASS Breweries and others around the area. It was initially produced in an Earthenware jar, then in 1920 the iconic brown bulbous glass jars were introduced which have changed little in design for almost a century. The jar is brown because exposure to light destroys some of the vitamin B's that help make Marmite a health-

giving product.



Marmite isn't just for spreading on toast, and the recipe for this month is 'Creamy Marmite Chicken'

*What you need:*

- 2 tbsp olive oil
- 4 skin on chicken breasts
- 1 onion finely chopped
- 3 garlic cloves, grated
- 1/2 tsp Marmite
- 200ml low-salt chicken stock
- 100g crème fraîche
- 10g parmesan finely grated
- 10g chives, finely chopped

*What you do:*

- Pour 1 tbsp of the olive oil into a deep frying pan on a medium heat.

Once shimmering, season the chicken breasts lightly, then lay them in the pan, skin-side down. Cook for 4-5 mins until the skin is deeply golden, then turn over and cook on the other side until nearly cooked through (they'll be cooked through later). Remove from the pan and set aside on a plate.



- Pour the remaining oil into the pan, tip in the onion and cook for 10 mins until starting to soften. Add the garlic and cook for 3 mins.

*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](mailto:alanc9989@gmail.com)*





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