

Long Whetton News

JULY 2025



Behind these doors is the courtyard at Whetton House, freshly transformed into an extensive venue for all sorts of occasions. See more in the centre pages.

Also in this issue - The benefits of playing sports, gardening, a controversial Eton Mess, Alex Lowes being impressive, health, and all the events happening in the village this month.

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SNAP TO IT! *Long Whatton photo competition returns*

This year's Long Whatton Village Show promises creativity and community spirit, thanks to a fantastic Photo Competition hosted by the WI.

Whether you're a seasoned photographer or a smartphone snapper, we invite you to capture the beauty of our village. Choose from three themes: Long Whatton village scenes, nature, or a photo of your choice.

Each entry must be a 7x5 inch photo, mounted on a backing card with a ½-inch border and a title. Add your contact details on

would like to run a stall, please get in touch. Whether you're a local maker, baker, or community group, this is a great way to get involved.

More Tug of War teams are still invited to join the Tug of war competition. Contact details below.

Sponsors – We're also looking for local sponsors to support the event. Sponsorship helps us cover costs and make the show extra special for everyone. If you're a local business wanting to give back to the community (and get your name in front of a few hundred happy villagers), we'd love to hear from you!

Get in Touch - volunteering, sponsoring, running a stall, please contact: Penny 07393 407896 longwhattonnews@gmail.com

**LONG WHATTON
VILLAGE
SHOW
2025**
**Bank Holiday Monday
25th August**

WI *Coming up in July*

At our July Tuesday 8th meeting we will be donning our dancing shoes and having a go at line dancing.

There will be no meeting in August. Our speaker on Tuesday September 9th will be amusing us with his adventures in his motor home.

Also in September we will be hosting an open evening for anyone interested in joining the WI to come along and meet our group, more information to follow on dates, times and activities.

Our meetings are held at the Friendship centre 7.30-9.30 on the 2nd Tuesday in the month unless otherwise stated. For further information please contact Lesley on 01509506714

the back. You can submit up to three entries at £2 to enter 3 photos.

Bring your photos to the WI stall at the cricket ground by 10am on Saturday, 24th August.

The public will judge entries between 12pm and 3:30pm, so bring your friends to vote! Winners will receive 1st, 2nd, and 3rd place prizes, and – with your permission – selected photos may be used for village fundraising and promotion, both online and in print.

Let your lens tell the story of Long Whatton! For more info contact Val on 01509 646031

The show still has space for more stallholders, so if you, or someone you know,

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GARDENING TIPS FOR JULY *by Shirley Blyth*

This is the month when all of your hard work should be showing results and maybe you will be able to sit on that garden bench and enjoy the evening sunset. The scent from your roses (Sheila's perfume is one of the best) and sweet peas, and if you are lucky enough to have one, native honeysuckle should be filling the air.

At least we had some rain in June to help our gardens, although we never had enough. When you are working in the garden please take care if it is sunny. Be sure to wear a hat and use suncream, plus take a break every so often.

Some of the plants in flower this month:
Alstroemeria - Available in an array of warm colours.

Antirrhinum - Loved by bees and comes in a myriad of colours.

Arctotis - A stunning South African daisy.

Black-Eyed Susan - An orange climber with a black centre.

Clarkia - Bedding that is attractive to pollinators.

Cleome - Easy to grow. A good one for children to start growing.

Diascia - A delicate looking plant but surprisingly hardy.

Evening Primrose - An inviting plant for

moths.

Fremontodendron - Good plant to cover a wall.

Hollyhocks - Statuesque perennials.

Gunnera manicata - A plant for the large garden, prehistoric looking.

Nasturtium - Can be grown as a sacrificial plant for brassica.

Nicotiana - Tobacco plants loved by pollinators.

Phlox - Beautifully scented perennials.

Waterlilies - Available for all depths of ponds.

Zinnia - Often difficult to grow as they don't like wet weather.

Companion Planting is a gardening practice that uses plants to encourage or deter the growth of other plants. It is a huge topic but I will include a few flowers and veg to illustrate this topic:

Chrysanthemums will only have small flowers if you grow alliums near them.

Gladioli growth will be deterred if legumes (ie peas, beans etc) are grown near them.

Roses should have less blackspot and aphids if alliums are grown near them. The Queen Mother always insisted that the roses in the Royal Parks were treated with a garlic spray just as they were coming into leaf!

Nasturtiums' strong scent disguises other



Phlox - pale blue, violet, pink, bright red, or white herbaceous plants most commonly known for making billowing mounds of scented flowers in summer borders

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LOCKINGTON VILLAGE HALL - SATURDAYS from 4th January

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 8th January 2025

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

GARDENING TIPS FOR JULY *continued*

plants from pests, particularly brassicas from cabbage white caterpillar attack.

Tagetes near tomatoes or by open doors will deter white fly from coming into the house.

Companion planting can act as a boon when growing various vegetables. To list a few: French Beans will grow better near strawberries and potatoes, but not near all types of alliums (garlic and onions). Runner Beans don't like to be grown near beetroot.

Beetroot love to be near alliums and brassicas .

Carrots will do better if grown with alliums, lettuce and tomatoes.

Potatoes will grow well with peas, beans and the cabbage family, but not with tomatoes.

Tomatoes will grow well with basil and parsley, but not with potatoes.

Turnips and Swedes will grow well near peas.

If you are interested in this topic the "Companion Planting" by Bob Flowerdew (Kyle Cathie Ltd) is a good book to read on the topic.

Jobs to do in July:

Keep new plants well watered. Store any rain that falls .

Deadhead flowers as they fade to help the plant to produce new flowers.

Prune shrubs that have finished flowering.

Divide bearded iris after they have flowered, but do not plant the risomes too deep .

Continue to pick the summer soft fruit. Summer prune wisteria. They have really suffered in the hot, dry spring and many buds didn't flower due to the conditions that we experienced earlier in the year.

Keep cutting the lawn and edges regularly. Keep the greenhouse well ventilated and damp down regularly.

Order spring flowering bulbs.

AND make plans to have your garden cared for while you are on holiday.



Black Eyed Susans - A compact climber

LONG WHATTON *Cricket Club fixtures for July*

The first XI games:

5th July, Cropston 2nd XI, away at 1.00pm

7th July, Loughborough Charnwood Old Boys CC 1st XI, away at 6.00pm

12th July. Shepshed 2nd XI at home, 1.00pm

19th July, Enderby 1st XI away, 1.00pm

The second XI games:

5th July, Loughborough Outwoods CC 2nd XI away at 1.00pm

12th July, Earl Shilton Town 1st XI away, 1pm

19th July, Appleby Magna CC 2nd XI home at 1.00pm

26th July. Barwell CC 3rd XI away at 1pm

Midweek XI games:

6th July, Hoveringham CC Friendly XI home at 1.00pm

13th July, Ibstock Town CC Sunday 1st XI home at 1.00pm

27th July, Travellers CC 1st XI home at 1.30pm

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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 August issue is 20th July.

AI AND OTHER WORLD CHANGING THINGS *Rev'd Simon Stevens*

"Oh, here he goes again," I hear you say — "talking about computers." And yes, I suppose I am. It's what I bring to the table these days. When the diocese stopped funding me, I turned to software engineering to put food on the table.

Now — where was I? Ah yes, the internet.

Do you remember the late '90s? *Tomorrow's World* was all abuzz with excitement about the "Information Superhighway." We were going to surf into the future — like gods on Mount Olympus, surveying the earth below, with all the world's knowledge at our fingertips.

Instead... we got the end of Blockbuster Video and the Daily Mail comments section. Gods we are not.

Now it's AI — or more precisely, large language models — that's dominating the headlines. This isn't brand new (AI has been around for decades), but the latest advances feel different. Every other day, there's another doom-laden article warning that it might destroy us all.

"God is saying: I was with you. I am still here, even if you can't see me."

For what it's worth, while I understand how the internet works, my grasp of LLMs is significantly hazier. But it feels to me like 1998 all over again — we haven't worked out what it's for yet, so maybe it's a bit early to panic. Really, these reactions say something about how we view the future. Back in the year 2000,

the future was shiny and full of promise. Twenty-five years on, we're more cautious. Wary, even.

But that's why a certain line from the Bible keeps coming back to me. You'll find it in Revelation:

"I am the Alpha and the

Omega," says the Lord God, "who is, and who was, and who is to come, the Almighty."

I used to hear that as a reminder that God is just always around — past, present, and future. But now I hear a promise.

God is saying: I was with you. I am still here, even if you can't see me. And I am coming — with the power to put things right. That's a hope we can hold onto, whatever strange new technologies await us.

The Revd Simon Stevens, Self-Supporting Minister

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 second Monday of each month in 2025 stopping at the School, Oakley Drive, Piper Drive, and Main Street

Falcon Inn. Bar, restaurant and rooms. Open

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2008 AND THE GREAT COOK BOOK CONTROVERSY *Cookery*

The woman who taught generations how to cook caused a stir back in 2008 with her 'cheat' cookbook, with recipes that called for tinned mince and frozen food ingredients.

Back in 2008 Delia Smith faced a barrage of criticism for suggesting that cooks cut corners with her 'How To Cheat at Cooking' book? The culinary queen who is now in her 80s, was lambasted for daring to put convenient ingredients like frozen mashed potato and ready-made pastry in her recipes, when previously she'd insisted that even pepper should be freshly milled at all times.

There were nationwide shortages of the main ingredients in her controversial 'cheat' recipes including all manner of frozen

helped them to create healthy and tasty meals.

"There were nationwide shortages of the main ingredients in her controversial 'cheat' recipes..."

Here is a 'Cheat' recipe from that controversial book - Cheats Eton Mess:

What you need

- Pack of 12 meringue nests
- 450g strawberries
- 1 rounded tablespoon icing sugar
- 500g Greek Yoghurt

What you do

First, hull and halve all the strawberries, then place half of them in a mini chopper or blender with the icing sugar and whizz to a puree. Pour the mixture through a sieve to remove the seeds.

To serve, break the meringues up into small pieces into a large bowl, add the halved strawberries and fold in the yoghurt. Next fold in all but a couple of tablespoons of the puree, pile the mixture into serving bowls or glasses and spoon the rest of the puree and serve straight away.



vegetables (especially frozen mashed potato), tinned anchovy fillets, ready-made pancakes and tinned minced lamb.

Many felt she had 'sold out' - especially at a time when fresh organic ingredients were readily available at the growing numbers of farmers markets. But she defended the book and said it was aimed at busy people and it

*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*

EVENTS *at Whatton House*

Garden Open Day on the 13th July - there will also be brunch, afternoon tea and cream tea catered for by The Pantry Catering. The event will be in aid of Rainbows Charity.

Our next open day after that will be on the 24th August.

A Friday Feeling Evening will be held at our new venue, The Fable Yard on the 25th July. A night of good food, music and company, including a brilliant live musician performing called Becky Syson, street food catered for by The Pantry Catering and a wonderful bar, Wonderland Bars.

Another Friday Feeling will be hosted on 29th August.

WHATTON HOUSE *unveils brand new event venue*

Over the past months Whatton House have been busy transforming the courtyard and adjoining buildings into three event spaces. The finished spaces were showcased and launched on June 1st.



The courtyard is now the Fable Yard which contains what could be described as a reception room - a large, bright space of glass and corrugated sheets - a rustic theme which continues throughout, filled with sofas and low tables.

Walk through the far end and you enter the large event room, walls of old brick and solid wooden flooring. At the launch this was set up as a wedding reception with a bar at one end and capacity for up to 250 guests.

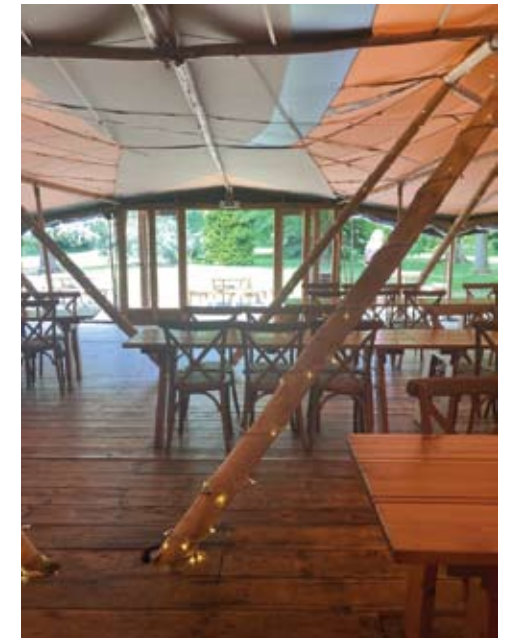
Adjacent to that is a smaller room with rough wood-clad walls and a glass roof with old cast iron framing and fittings. At the time this was set up for a wedding service.

For weddings the decor can be entirely tailored to any theme. But this venue is meant for any event; corporate events, parties, clubs, with a licensed bar and any style of catering and music supplied. And it is open all year round.

Alternatively in the gardens is a tipi. A huge tipi aimed weddings and corporate

events, with a smaller tipi nearby for the actual wedding service. A great place for photo opportunities too. Only open from April to October.

All in all, fantastic venues, creatively done and extremely versatile.



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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:

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WHY SPORT IS A SUPERPOWER FOR KIDS *Julie Dodoo*

Last month we announced a collaboration with two other local groups, where we will look to collectively share health and wellbeing experiences and knowledge which we hope will help readers. We introduced our three collaborators – former Olympic heptathlete Julie Dodoo, Slimming World Consultant Debbie Fisher, and our very own Karate Instructor Sensei Ben Taylor.

This month, in our first update, Julie discusses the benefits of sport for children – particularly



with summer holidays around the corner, with perhaps some more free time for them to get involved in activities.

In today's

world of screens, school stress, and busy routines, sport offers something powerful and grounding for children: a space to grow—not just physically, but emotionally and socially too. Sport isn't just about fitness or competition. It's about confidence, character, and connection. Whether a child dreams of going to the Olympics or simply wants to run faster at school, the process of learning through sport brings lasting benefits.

Sport Supports Mental Health

When children are active, their brains release chemicals like endorphins, dopamine, and serotonin—which help with mood, sleep, and emotional regulation. But it's not just about the biology. Sport provides a sense of routine, progress, and purpose—all of which support mental wellbeing.

What Kids Learn Through Sport

Each sport gives children a different set of skills—physically and mentally. These aren't just sporting benefits—they're life tools. Sport teaches how to try, how to fail, how to improve, and how to keep going. Take a look at some of the examples:

- Athletics & Running Games – I know through personal experience, builds stamina, self-belief, and clear goals through visible progress
- Team Sports – develop communication, trust, and the ability to handle both success and setbacks
- Gymnastics – builds strength, flexibility, and control while developing focus and discipline
- Tennis – sharpens coordination, reactions, and decision-making
- Karate & Martial Arts – encourage patience, self-control, and respect, all of which I can see in my own children who train at the Long Whatton Karate club

Growing the Person, Not Just the Athlete
The real value of sport isn't in trophies or times—it's in what children become along the way:

- They make friends, form bonds, and learn to support others
- They feel pride in improving, not just winning
- They develop resilience, learning to stay calm under pressure and bounce back from failure
- They build independence, taking ownership of goals and learning to self-reflect
- Being coached helps children take feedback and grow through challenge
- Competition teaches emotional regulation—how to stay calm, focused, and bounce back
- These experiences lay the foundation for adult life—whether that's at work, in relationships, or managing personal challenges.

This Summer, try:

- Signing up for a local sport taster session—many clubs offer short-term options
- Letting children explore different sports to find what excites them
- Creating space for unstructured play too—some of the best learning happens when they're just having fun

Sport doesn't have to be serious to be



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WHY SPORT IS A SUPERPOWER FOR KIDS *continued*

meaningful. For children, it's a chance to move, to connect, and to grow into capable, confident people—one kick, throw, jump, or race at a time. With that in mind, Julie has created a fun, flexible workout for the whole family—great for parks, gardens, or living rooms. No equipment needed. Just energy, encouragement, and a little space to move. Have some fun with it!

Family Power Circuit

Perform each exercise for 30 seconds, then rest for 15 seconds. Build up so that you can rotate through 2 rounds of the exercises with 3 minutes recovery in-between rounds. Each exercise has a 'Main' version and a 'Modified' version. Start slow and do the exercises to your own capability level.

Exercises (with Modifications):

1. Skipping
* Main: Skip quickly in place with or without a skipping rope
* Modify: March on the spot with controlled knee lifts
2. High Knees on the Spot
* Main: Drive knees up quickly in place, don't lean back!
* Modify: March on the spot with controlled knee lifts
3. Back-to-Back Partner Squat
* Main: Stand back-to-back, lower into a seated squat position together and hold and move back up in unison
* Modify: Go halfway or a quarter way down, or use a wall behind one person for balance
4. Plank Challenge
* Main: Forearm plank on the floor, keeping tight lower abs
* Modify: Plank on knees or against a wall/table
5. Speed Skaters
* Main: Jump side-to-side landing on one

foot like a speed skater

* Modify: Step side-to-side with a reach across the body

6. Lunges

* Main: Alternate forward lunges

* Modify: Hold a static lunge or do small step-backs

7. Sit-Up to High Five

* Main: Facing each other, perform a sit-up and high five a partner at the top

* Modify: Bent knee crunches just raising shoulders off the floor

8. Balance on One Leg

* Main: Balance for 30 seconds, then switch

* Modify: Use a wall or light toe tap for stability

9. Bear Crawl Race

* Main: Bear crawl forward – you'll find videos available online if needed

* Modify: Floor reaches

or slow crawling

Why not give real traditional karate at our very own local club a try this summer? With so much going on and the club continuing to grow, right now is the perfect time to take advantage of our free trial session offer! We have adult and child spaces available right now, so get in touch...

Training is every Thursday in the Long Whatton school hall from 6:00 to 6:45pm and 6:45pm to 7:45pm. Get in touch via our Facebook Page @longwhatton karate, e-mail the club at longwhattonkarate@gmail.com, or contact the club secretary on 07714335598

For our committed sports readers, if you need any speed, rehabilitation or pre-season coaching for your chosen activity, you can get in touch via www.speedworks.training.

Looking to lose a few pounds or generally improve your wellbeing? Contact Debbie on 07500709160 or email at slimmingworlddebs2@gmail.com

"Sport doesn't have to be serious to be meaningful."

Family Crafts and Experiments



Join us at the **Friendship Centre** for a weekly crafts and experiments morning for all the family.

Wednesdays from 10am to 12noon.

Wed 23rd July
Wed 30th July
Wed 6th August
Wed 13th August



You can make, bake, build, sew, design and glue here, we have plenty of ideas and materials.

To reserve a place call Val on 01509 646 031

We will paint, draw and create with you. There will be a number of different activities each week and these will change from one week to the next. Requests taken. Suitable for children between 5 and 13 years old.



Carer stays for the experience.

£5 per child, tea, coffee and refreshments extra.

For more information or to reserve spaces call Val on 01509 646 031



AS EFFECTIVE AS WEIGHT LOSS JABS *Health by Liz Jarrom*

We hear, and read, lots at the moment about the success of fat jabs. These drugs are being hailed as magic bullets in the battle some people are having with obesity. Those wishing to lose weight, may have tried other methods and diets, without success, and see fat jab drugs as the only answer.

This is understandable, as being very overweight is a challenge for the human body, and these weight loss drugs can play a part in helping people to lose at least some of the excess weight, if they feel it is affecting their health. The reason these drugs work, is that they mimic a natural process in the body that tells the brain that you have eaten enough food. The natural process occurs about 30 to 40 minutes after you start to eat your meal. Receptors in the small intestine sense the arrival of food, and release a hormone called glucagon like peptide 1, (GLP-1). This hormone is the one that tells the brain that you are full, so your appetite is satisfied and you stop eating.

The fat jab drugs use a laboratory produced, synthetic version of this hormone, which suppresses appetite, and people eat much less food while they are on it. Unfortunately, these drugs do have side effects and may not be suitable for all patients. For instance, I heard today, that women have been told that using these drugs may cause their contraceptive medications to fail, resulting in unplanned pregnancy. Pregnant women have been advised not to use them as it's not clear if it's safe for the baby they are carrying, and not to breastfeed while using it too, for the same reason.

Researchers have been looking into why the natural process, the releasing of GLP-1 by the receptors in the small intestine, doesn't happen quickly enough in people who have the challenge of living with excess weight. A study in Kyushu University Graduate School of Medical Sciences in Japan, looked at the medical records of nearly 60,000 people who'd had regular health check ups over a 5 year period. Along with weight, waist size, and blood tests, they had also been asked to fill in detailed questionnaires, including whether they ate their meals fast, normal or at slow speed. The results were very revealing. Those people who ate their meals slowly were 42% less likely to be seriously overweight

"When they ate slowly there was a significantly bigger rise in levels of GLP-1 and PYY, another hunger suppressing hormone."

than the people who ate their meals quickly. A similar study, done by Professor Tim Spector and other researchers involved in the Zoe nutrition app, showed that people who eat their meals fast not only ate more but they also have higher blood sugar spikes. The volunteers in the study were all healthy middle aged men and women, and it was found that fast eaters within the group were, on average 6.9kg, or slightly over a stone, heavier than slow eaters and had bigger increases in their blood sugar levels after eating. In an attempt to define fast or slow eating, researchers asked volunteers to eat a large bowl of ice cream that contained 675 calories, on two separate occasions. Firstly, they were asked to eat it all up in 5 minutes. Then, they were asked, on another occasion, to eat it really slowly and take 30 minutes to finish it all. When they ate slowly there was a significantly bigger rise in levels of GLP-1 and PYY, another hunger suppressing

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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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

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AS EFFECTIVE AS WEIGHT LOSS JABS *Continued*

hormone.

So, to take advantage of the natural way to avoid overeating and still feel satisfied, we need to slow down the rate at which we are eating our meals. Siting at the table for each meal and chewing the food mindfully can slow down the rate of food intake. Another finding was that it's best to avoid watching TV at the same time as the meal as we eat more food when distracted. Eating homecooked meals rather than UPF foods, otherwise known as industrially produced meals helped people eat slower. UPF meals are soft and low in fibre and we can eat them too quickly, and it's easy to consume 500 calories more a day

eating them, than when eating meals made from fresh, wholefood ingredients.

Eating an apple or pear a day, including the skin, is a great way to satisfy hunger and eating all the flesh and skin takes a long time.

Sipping water between mouthfuls slows the rate of consumption down as does resting the fork on your plate between mouthfuls. Having 3 small courses at a leisurely pace, rather than one large plateful allows time for some food to enter the small intestine and start the satiety process, so when you get to the dessert course, it's much more likely that the choice will be a small one or none at all if you already feel full, and no drug side effects.

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 2nd Mondays of the month 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. 2nd Monday of the month 10.30 - 12 at the Falcon Inn. Penny de Kock on 07393407896

All Saints Church Coffee Morning. Held on 3rd Saturday of the month, 10.30 - 12 at the Church.

WI. Meetings held every second Tuesday of the month, 7:30pm to 9:30pm at Long Whatton Friendship Centre

THANK YOU, JO!

The Long Whatton News would like to thank Jo for her years of help delivering the magazine and wish her a happy retirement.

Jo began delivering May 2021, the month after the new village magazine was launched and out of 49 editions has delivered a share of 46 of them. A superb track record.

Is Jo replaceable? We hope so. Could you spare up to an hour a month to deliver some copies? We would love to hear from you.

Message Penny on 07393 407896 or email us at longwhattonnews@gmail.com.

DISEWORTH DIARY *July*

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

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

7th July Discussion Group, Heritage Centre

9th July Coffee Morning at Diseworth Heritage Centre, 10am - 12pm



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ALEX LOWES *back to Italy for some podium champagne*

Back to Italy once again for round 6 at Misano Marco Simoncelli and Alex was soon on podium pace. As qualifying wrapped up, Alex stood 5th, just 0.03 seconds behind his brother. Meanwhile, his team mate managed a third place and front row start. This is despite the fact that his Kawasaki ZX10R engine bike was 3km/h down on top speed on a circuit that features three straights. Fortunately it's not all about top speed.

So, on to race one with an ambient temperature of 30 degrees and track temperature at a scorching 47 degrees. Alex maintained his 5th place from the start and on lap 2 his team mate, after a tremendous start, crashed at turn 6. Alex made a move on Locatelli to move up to 3rd spot, but Petrucci was on a charge and demoted the pair within a few laps.

Alex wasn't going to let him get away and harried for the next 17 laps, right up to the finish line, holding fourth from Locatelli and a mere one tenth adrift of Petrucci. Another 13 points in the bag, but a podium was tantalisingly elusive.

He had, however, produced the second fastest lap time, promoting him to second on the grid for the sprint race.

In marginally cooler conditions Alex held second spot from the start and kept Locatelli at bay. As the ten-lap race progressed the order of the top three remained the same, but Razgatlioglu was pulling away at almost half a second every lap. On the bright side Alex was gradually increasing the gap to Locatelli and that's how they finished.

Alex had won a convincing second place and the first podium finish for Bimota in 25 years, an achievement highlighted by the fact that it was the Italian manufacturers podium

on home turf.

The last race was more of a struggle.

Holding 4th for the first 3 laps, first Bulega and then Bautista, both mounted on Ducatis, demoted Alex to 6th. Then disaster 13 laps in, crashing at turn 8. He managed to remount and rejoin the race in 17th place, having lost 20 seconds.

With 8 laps remaining he was 9 seconds behind 16th placed Rinaldi. Making up several seconds every lap he managed to gain 14th spot at the flag to take two consolation points.

Over all, a good round, moving up from 11th to 7th in the standings.

Next up, it's time for Alex's home round at Donington Park on 11th to 13th July.

To cap off a successful month on track, Alex has signed to ride for the team in 2026.



BbK team manger Roda is pleased with the results so far this season - "We have been able to perform better than we had expected"



The Bimota by Kawasaki teams livery was changed to 'tricolore' colours for the Italian round



THE ROYAL OAK

DINING PUB | BEDROOMS | FUNCTION ROOM



Our summer menu is now being served...With plenty of exciting new dishes to try - plus an old favourite making a return - now is the perfect time to get booked in! Plus, enjoy drinks and music in the sun all summer long in our garden!



AS ALWAYS, OUR GARDEN ROOM IS AVAILABLE FOR PRIVATE CELEBRATIONS OR CORPORATE MEETING ROOM HIRE

All details can be found on our website:

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