

Long Whetton News

NOVEMBER 2025



Autumn is in full swing; the season of halloween, bonfires, fireworks and crispy, golden leaves on the footpaths.

And of course the Cricket Club are

having their annual display to celebrate.

There's a brief history of Jack o'lanterns inside plus some sport, health and all the info about events in the village this month.

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A HEARTFELT LETTER *to dog walkers*

“Well dog walkers of Long Whatton, many congratulations to those of you who painstakingly collect and bin their daily dog dirt deposit.

However a thousand curses to whoever it is who leaves their dog dirt on the grass verge immediately in front of properties 73, 73A and 75 Main Street without making any attempt to clean it up.

Now this, complete lack of consideration for the health and safety of others, obviously takes place in the cover of darkness but whether the mess affecting our grass mowing and edging is being done by a very large dog or an elephant I know not?

By the way I have personally had our

BACK ISSUES

If you require more copies of the current edition of the magazine or you are looking for back issues, get in touch. We have a few copies of most issues available.

mower clogged up with the aforesaid excrement (4 huge lumps in the last 10 days) and, unknowingly, stepped in the stuff whilst not realising I had until the smell hit me.

“Yep” that about sums up what not cleaning up after any dog means so please refrain from doing it, even if it means walking your dog with a bucket and shovel in tow.”

Jeff Humphries at The Chase.

VILLAGE BONFIRE

Long Whatton Cricket Club are hosting a “Bonfire and Firework Spectacular” on Saturday 8th November.

The bar will be open and the Falcon Inn are supplying food from their barbeque.

The gate opens at 6pm for the bonfire to be lit at 7 and fireworks at 7.30pm.

Tickets are available from the Farm Shop and the Falcon Inn. Adults £12, under 12s £5, under 8s are free and a family ticket, comprising two adults and two children £30

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 to do with 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 December issue is 23rd November.



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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.

Halloween Party. Friendship Centre, 2nd November. Fancy dress, games, disco.

Bonfire and Fireworks on Saturday 8th November at Long Whatton Cricket ground. Bar and barbeque. Tickets available from the Farm Shop and the Falcon

Cheese and Wine Night. Friendship Centre, Saturday 15th November. 7pm, Licensed bar, tea and coffee.

Quiz Night. Friendship Centre, Saturday 6th December. 7pm, Licensed bar.

DISEWORTH DIARY *November events*

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

3rd Discussion Group, Heritage Centre

5th Fireworks Display, Village Hall

7th Big Greek Night Out, Village Hall, 7pm

12th Coffee Morning, Heritage Centre

14th Beer Festival, Village Hall

15th Beer Festival, Village Hall

22nd Christmas Fair & Coffee Morning, St Michael & All Angels, 10am–12pm

26th Over 60s' Christmas Lunch, 12.30pm, Village Hall

27th Dialogue Collating and Meeting, Heritage Centre, 7.30pm

29th Band Night, *Protect Diseworth event*, Village Hall, 7pm

VILLAGE AMENITIES *Food, rooms and more*

Village Shop. Open Monday to Friday 7am to 8pm, Saturday and Sunday 8am to 8pm.

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 Monday 15th September, 6th October, 27th October, 17th November in 2025 stopping at the School, Oakley Drive, Piper Drive, and Main Street 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

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



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ALL SAINTS CHURCH NEWS AND SERVICES *for November*

Sunday 2nd 10.30 Inside/outside church.
The last one for this year. Lay lead Morning Prayer in the Lady Chapel, autumn colours at Whatton Gardens outside travelling up in the gun bus from the church. You are welcome to bring your well behaved dogs on a lead too!

Sunday 9th Remembrance Day service 10.50 at the war memorial*. Moving into the church for the remainder of the service after the 2 minute silence.

Sunday 16th 10.30 Benefice Holy Communion
Refreshments are available after all our services do stay. *Please note that the road immediately opposite the church will be temporarily closed from 10.45 to 11.02 for the outside part of our Remembrance service on Sunday 9th November. Thank you for your understanding.

Thank you to everyone who gave gifts for the harvest festivals and fresh produce to decorate the church. The harvest boxes were

given to the Shepshed Food Bank – thank you also to the sorters and transporters.



School worship group helping decorate the church for harvest festival.

HEDGEHOGS AND BONFIRES

If you are having a bonfire on Bonfire Night, or just to clear your garden please check to make sure there are no hedgehogs taking shelter underneath it before lighting it.

HALLOWEEN – *the story behing pumpkin carving*

The jack-o'-lantern has a long association with Halloween, but our these demonic faces haven't always been carved out of pumpkins.

Their origin comes from an Irish myth about Stingy Jack, who tricked the Devil for his own monetary gain. When Jack died, God didn't allow him into heaven, and the Devil didn't let him into hell, so Jack was sentenced to roam the earth for eternity. The Irish people started to carve demonic faces out of turnips to frighten away Jack's wandering soul.

When Irish immigrants moved to the U.S., they began carving jack-o'-lanterns from

pumpkins, as these were native to the region.

But how did jack-o'-lanterns become associated with Halloween? Halloween is based on the Celtic festival Samhain, a celebration in ancient Britain and Ireland that marked the end of summer and the beginning of the new year on November 1. It was believed that during Samhain the souls of those who had died that year traveled to the otherworld and that other souls would return to visit their homes.

In the 8th century CE, the Roman Catholic Church moved All Saints' Day, a day celebrating the church's saints, to 1st November. This meant that All Hallows' Eve now fell on October 31.



Ballet Classes

FOR CHILDREN, ADULT BEGINNERS AND SILVER SWANS
LOCKINGTON AND DISEWORTH VILLAGE HALLS

LOCKINGTON VILLAGE HALL - SATURDAYS from 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 September

Silver Swans - Adult beginners: 6.15pm

Adult refresher (grade 6) 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 NOVEMBER by Shirley Blyth

There is often magic in my garden in late autumn. When the sun shines in a still afternoon and the leaves on my Liquidambar have turned golden amber and the Euonymus Alatus have turned cherry red, there is the impression that they have been set on fire. Such moments are all too fleeting and I look forward to it every year.

Theoretically, this month can be a soggy month but with the crazy weather that we have experienced so far this year I wouldn't like to say what sort of rainfall we can expect. Certainly several counties are still in drought conditions. Also farmers have recorded another poor harvest. So it is understandable that we are being encouraged to buy British.

Best foliage plants in flower this month:

Acer palmatum - Pale yellow to flame red leaves.

Amelanchier lamarckii - Orange/red leaves.

Clematis cirrhosa - Pale yellow flowers with dark spots.

Chrysanthemum - Colourful flowers and leaves.

Cotoneaster varieties - Usually scarlet leaves and berries.

Dogwood - Pale cream to intense red stems.

Jasminum nudiflorum - Yellow flows on bare branches.

Liquidambar styraciflua - Golden amber/red leaves.

Prunus (Cherrie - Shades of yellow, orange or red.

Rosa moyesii - Pink or red hips.

Sorbus - Copper, red or orange leaves and colourful berries.

Viburnum varieties - Often pink in scented clusters.

Jobs to do this month:

- If you have a bonfire, PLEASE CHECK for hedgehogs before lighting it.
- Insulate the greenhouse.

- Now is the time to prune fruit trees and bushes.
- Insulate pots that are to be left outside over winter. Bubble wrap is excellent for this.
- Move alpiners into the greenhouse or protect from the winter rains.
- Continue with winter digging if you haven't finished this task.
- Clear our nest boxes and start to put food out for the birds if the weather turns frosty.

Once dahlias have been frosted and the stems have turned black, lift them and store them under cover. Cut the stems to a few inches from the tubers and turn them upside down for a few days to let them drain. After that, cover them in newspaper and place on



Chrysanthemum 'Lollipop', a frost-hardy plant that flowers well into Autumn

dry compost or sand until after Christmas. Label them with name and colour.

A job for bright days is to disinfectant your pots and trays. It could be turned into a fun family activity.

MOBILE LIBRARY

The Mobile Library will visit on Monday 17th October and Monday 27th October:
Long Whatton School 10.30 - 11.30
Oakley Drive 11.40 - 12.00
Piper Drive 12.10 - 12.40
Main Street 13.20 - 14.05 (Nr The Falcon)

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Quiz Night in Long Whatton

Join us at the **Friendship Centre** for a quiz evening of brain teasing questions

Saturday 6th December
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
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QUIZ

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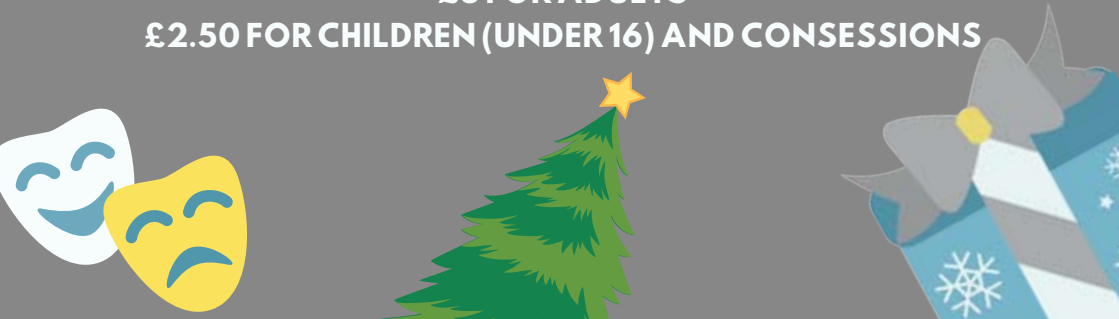
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KINGDOM COLOURS *by The Revd Simon Stevens*

I've been thinking about colours lately — perhaps because of all the flags.

Colours have always mattered in the Church of England. We use them throughout the year to mark the seasons: white, purple, green, gold, and red. The one time I oversaw setting the colours in church, I did something different in November — I set them to red.

That's something we can do in the Church of England. Red is the colour of the Holy Spirit, and the colour for the saints who died in faith and it can be used for Kingdom season which covers all of November. It is the time when we focus on the kingdom of God.

During this short season we mark All Saints' Day, remembering those who built the kingdom in generations past, and Remembrance Sunday, when we reflect on sacrifice and service. Both invite us to think about what it means to live for something greater than ourselves and what kind of kingdom our loyalties truly belong to.

The kingdom Jesus spoke about is not like

the kingdoms we are used to. "My kingdom is not of this world," he said and when he tried to describe it, he did so not with power or pride, but by pointing to a child. "Of such is the kingdom of God" he said. It is a kingdom built not on strength or status, but on trust, humility, and care for the most vulnerable. In that upside-down order, the last become first, and greatness is found in service.

At the moment our towns and cities are filling with flags, bright, bold colours claiming to tell us who we are. But the colours of the kingdom tell a gentler story. They remind us that faith cannot be wrapped around a lamppost, and that the kingdom of God has no borders to guard, only people to welcome.

So perhaps this November, as we see the flags flying and the church banners changing, we might pause to remember which colours we truly follow, the colours that speak of hope, humility, and love. The colours of the Servant King, *The Revd Simon Stevens, Self Supporting Minister.*

KYRAN CONNOLLY 12.09.46 – 03.10.25

Kyran, who was a popular figure in the village for the past 33 years, lost his battle with pancreatic cancer on 3rd October.

He was born in Cheadle, Cheshire on 12th Sept 1946. After attending St Ambrose College he went on to work at Manchester airport as a Load control supervisor for Servisair. This was the start of a long career in the airline business working for Aer Lingus, Olympic Airways, Invicta and latterly Hunting Cargo as Ops Director.

Kyran's passion was rugby including playing for Cheshire County, London Irish, Stockwood Park and Loughborough. In his heyday he had a trial for Ireland.

In 1984 Kyran married Helen and they went on to have four sons. They moved to Long Whatton in 1992 where they immersed

themselves in village life. Kyran was a regular in the Falcon and could be seen every weekend in the summer watching the cricket.

He was a one-off, larger than life character who will be sorely missed by all.



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SOLID RESULTS IN SPAIN AND PORTUGAL *for Alex Lowes*

Estoril hosted the penultimate round of the championship, from 10th to 12th October.

Alex was soon up to pace, scoring 4th place in qualifying and only hundredths of a second off a front row start for race one.

Bounced back to sixth place on the first lap by Rea and Locatelli at the Portuguese circuit, it took the villager nine laps to pass Locatelli and another six laps for the pair to pass Rea, before Alex succumbed to Locatelli for the second time, crossing the line in fifth place.

Battling with Rea, Locatelli and Vierge in the ten-lap superpole race, Alex's fortunes swung between seventh and fifth places. Going into the final lap in fifth, Alex crashed at turn one but managed to carry on grabbing 15th place.

From sixth place at the end of the first lap of the last race, Alex built steadily, passing Locatelli on the fourth, pulling a safe three second gap to take the flag in fourth.

Back to Jerez in Spain, 17 to 19 October for the last outing of the 2025 season and Alex proved to be competitive from the start, qualifying just 0.08 seconds behind his brother for a fourth place start.

Into the first race a few hours later and Alex held fourth until lap 12 of the 20 lap race, when former champion, Bautista and Vierge both got the better of him. Fighting to the line, less than half a second separated him

from Vierge to secure 6th.

Alex started strongly in the sprint race, from fifth up to third on the first lap but Bautista and Vierge proved to be his nemesis again this weekend, demoting him to fifth at the chequered flag.



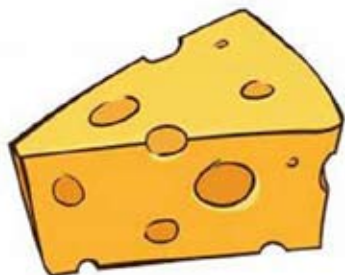
Alex on the Bimota KB998 battling at Jerez

On to the last 20 lap race of the year and Alex held on to fifth place until lap four when eventual champion Razgatlioglu came past, but the race wasn't over and a sixteen lap battle ensued with Locatelli and Vierge all the way to the finish, with less than half a second separating the three. Alex was forced to settle for sixth.

Despite misfortune at the first round and disaster at Donington Park, where Alex scored no points at either round, he nevertheless finished sixth over all in the World Superbike standings on the new Bimota.

With better than expected results from early on in the season, Alex and his team mate have both signed contracts to continue with the Bimota squad for 2026.

The Long Whatton Community Association is inviting you to an evening of



Cheese and Wine

Saturday 15th November 2025
Long Whatton Friendship Centre
doors open at 7pm, start 7.30
Entry £15
Licenced Bar, Tea and Coffee

Marie from Nibbles and Cheddar will guide us through a selection of cheeses with light hearted conversation on each cheese, its origin and tasting notes. The ticket price of £15 covers the first glass of wine, cheese and nibbles.

Additional wine, soft or hot drinks available to purchase.

Tickets from
Long Whatton Farm Shop,
Thursday Coffee morning,
Nibbles and Cheddar market
stall in Loughborough and
Shepshed on Fridays or
mob 07964 824 108



Sorry, no card payments taken

LONG WHATTON KARATE CLUB *Grading success*

The third grading opportunity of the year took place in September and we're delighted to say that everyone who was put forward this time passed again!! Well done to: Louis Anderson now 11th Kyu (white and orange belt), Monty Kibble now 9th Mon (orange belt), Annie Biddulph now 9th Mon (orange belt), Charlotte Thompson now 7th Kyu (yellow belt), Oliver Thompson now 6th Mon (green belt), Isabella Taylor now 2nd Mon (third brown belt) And last, but not least, Alex Coles who is now 1st Dan Black Belt – our second member to reach this significant milestone!



*Alex with grading examiner
Sensei Aidan Trimble, 8th
Dan Black Belt*



Given our recent successes, we thought it would be worth discussing how the shorter, colder days don't have to send your healthy habits into hibernation! Keep everyone happy, active, and nourished all season long with some top tips from Debbie.

There's a lot to love about the festive season. On the flip side, it can bring what feels like one wellbeing challenge after another. With darker days, busier schedules and tempting treats, it's easy to let healthy habits slide. Whatever's happened in winters past, take heart – with a few simple changes, you can help your whole family feel their best right through the colder months.

Feeding your soul (and your family): When the nights draw in, it's natural to crave comfort food. The good news? Comfort and nutrition can go hand in hand. Cooking warming, wholesome dishes like veggie stews, mild curries, or a hearty cottage pie filled with vegetables can be a real family winner. Batch

cooking is your best friend this time of year – make up a big pot of soup or stew, then freeze single portions for quick, nutritious meals when you're short on time.

Family tip: try "build-your-own" meals, like baked potatoes with healthy toppings or taco-style wraps with lean protein and veggies – fun, flexible, and great for all ages.

Managing winter stress: It's common to feel a little more tense or tired in winter. Shorter days can affect our sleep and mood. If you find this time of year stressful, take a few moments to think about your priorities. It's OK to

say no sometimes – protecting your time and energy helps everyone enjoy the season more, including yourself.

If food is your family's go to comfort when things feel overwhelming, that's normal. But it can also help to build other soothing rituals, a family movie night with homemade popcorn, a walk round the village, or an evening of board games and hot chocolate. When cravings hit, pause and take a few deep breaths. Ask yourself are you truly hungry, or just in need of a little comfort or rest?

Putting a spring in your step: When it's cold and dark outside, getting active can feel like a challenge but a little movement goes a long way. A 10-minute walk can lift your mood and boost your energy. Build a family habit, like a daily walk after school or dinner. Make it fun go puddle jumping with younger kids (or without), count the stars on evening strolls, or plan weekend nature trails. Foraging is great this time of year (just make sure you double check before eating your finds).

At home, keep everyone moving with mini dance breaks, kitchen discos, or indoor games like balloon volleyball. The more active your family is, the happier and more energetic you'll



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LONG WHATTON KARATE CLUB *Grading success*

all feel.

Making the most of the season: Winter doesn't have to be something to "get through", it can be a time to connect, recharge, and discover new joys. Try a new hobby together, explore seasonal crafts, or take turns choosing a weekly family activity. Keeping your mind and body busy with positive, creative outlets can help brighten even the darkest days. When we focus on caring for ourselves and each other, everything else - energy, mood, and health tends to follow,

By staying active, eating well, and finding little ways to boost your mood, your family can finish winter feeling stronger, calmer, and ready for the year ahead.

Here is a delicious comfort food winner courtesy of Slimming World for all your family to enjoy xx

Ingredients

500g lean beef mince (5% fat or less)

1 small swede, diced

2 medium carrots, diced

2 medium onions, diced

1 beef stock cube, crumbled

2 garlic cloves, chopped

3 tbsp tomato purée

½ tsp dried rosemary

3 tbsp dark soy sauce

4 tsp Worcestershire sauce

For the mash topping:

800g-1kg floury potatoes, such as Maris Piper, peeled and roughly chopped, 1

small leek, diced, 1 egg yolk

Method

Put a large non-stick saucepan over a medium heat, add the beef and cook for 3-4 minutes, draining off any fat. Add the swede, half the carrots and half the onions and cook for 10 minutes, then transfer to a plate.

Return the saucepan to the heat, add the remaining onions and carrots and cook for 4 minutes. Dissolve the stock cube in 1 litre

boiling water and add to the pan along with the garlic and tomato purée. Bring to the boil, then reduce the heat to low and simmer for 10-15 minutes. Spoon the mixture into your food processor and blitz until smooth, then return to the pan (or use a stick blender to blitz it).

Heat your oven to 220°C/fan 200°C/gas 7. Add the beef and veg that you set aside to the blitzed sauce, along with the rosemary, soy sauce and Worcestershire sauce, and cook for 15 minutes. Check the seasoning.

At the same time, make the mash topping. Boil the potatoes in a large saucepan of boiling water for 15 minutes or until soft, then drain and return to the pan. Once the potatoes are cooking, put the leek in another saucepan of boiling water and cook for 1-2 minutes over a high heat or until soft, then drain well. Mash the potatoes, then stir through the leek and leave to cool slightly. Stir in the egg yolk, season to taste and set aside.

Spoon the beef mixture into an ovenproof dish and spread out evenly. Spoon the mash on top and level with a fork, making a pretty pattern if you're feeling creative. Bake for 20-25 minutes or until the topping is lightly browned. Serve with your favourite vegetables.

Why not train alongside our newly-crowned karate champions at our very own local club? Take advantage of our free trial session offer! 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 @longwhattonkarate, e-mail the club at longwhattonkarate@gmail.com, or contact the club secretary on 07714335598

Inspired by the recipe above and looking to lose a few pounds or generally improve your wellbeing? Contact Debbie on 07500709160 or email at slimmingworlddebs2@gmail.com



Fancy dress
Games and Disco

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BREAST CANCER NOW

HALLOWEEN PARTY

NOVEMBER 2ND

2PM-3.30PM

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FRIENDSHIP CENTRE

£5 per ticket

contact Becky 07832048930

all children must be accompanied by
an adult

KNIT AND NATTER *Macmillan Coffee Morning*

A huge thank you to everyone who supported the Long Whatton Knitting Group's Macmillan coffee morning on Saturday 4 October, we appreciated it very much.

From the coffee morning, donations and selling some knitted projects this year, we have raised the fantastic sum of £417.85 for this worthwhile charity. Well done to everyone involved.

Our much sought after hand knitted poppies are back on sale at the Falcon, selling at donations of £1 or above, with all proceeds going to the Royal British Legion's Poppy Appeal.



WHO'LL FARM THE LAND *A poem by David Griffiths*

We've farmed this land a hundred years
And now it's like to end in tears
I always thought it in the breed
But mine's not minded to succeed!

Our Bron's been going out with Gwill,
She often says that he is "Brill!"
Not long ago and looking back
I think she said the same of Jac!
She sees no future in the land
She wants to form an All Girl Band..
Dai, with that slightly distant look
Face always buried in a book

He'd like to be, but dare not say
The Dylan Thomas of his day!
It well may be but, up to date
It's put no food on any plate.

Who'll till the land and make things grow?
That's really what I'd like to know.
Who'll milk the cows or tend the sheep?
It really makes me want to weep.

Times change, that's all that I can say
It was not like that in my day!

WI *Coming up in October and beyond*

At our meeting on Tuesday 11th November we will be making Christmas decorations, everyone welcome £5.00 for the activity and £2.00 for raffle and refreshments, 7.30 start. Non members please book a place with Val on 01509646031.

We will be going to the Royal Oak for our Christmas meal in December.

In January we have a New Year fuddle and get together.

Our meetings take place on the second Tuesday in the month 7.30-9.30 at the Friendship centre. Contact Lesley on 01509 506714 for more information. Thank you.

Got something to say?

Get it off your chest.

LONGWHATTONNEWS@GMAIL.COM

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

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

SHINGLES *Health - Liz Jarrom*

I am writing about this subject because I have been through this illness myself in the early autumn this year, and my experience of it was as an acute illness, which is not necessarily always the case, but knowing in advance about this possibility, may stop some of you experiencing it as badly as I did. Firstly, what is shingles?

This illness is caused by the same virus as chickenpox. Most people have chickenpox as a child, and it can be a nasty illness, but it usually only lasts about 2 to 3 weeks, depending on the severity of it. When you have chickenpox, the immune system eventually fights off the chickenpox virus, otherwise known as Varicella Zoster Virus, and gets rid of most of it, but some pockets of the virus survive, and lie dormant in the spinal nerves, near to the spine cord. Years later, these dormant viruses wake up for some reason, often stress, a weakened immune system, or just getting older, and become reactivated. They travel along one of the spinal nerves, multiplying as they go, causing a tingling, burning or painful sensation as they progress from the spine to the front of the body, causing the shingles outbreak to occur.

Shingles only occurs on one side of the body. This early stage is often accompanied by other symptoms, such as a feeling of being unwell, similar to influenzas, a fever, tingling of the skin along the nerve, tiredness and a headache. Pain usually starts after a few days, as the rash appears on the skin, usually in a band, along the line of the affected nerve. The pain is caused by inflammation of the affected nerve. The inflammation interferes with the signals sent along the nerve, scrambling the messages, so causing the pain. The spots can be few or many. The spots are small, itchy and red. Over time, they come to a head and burst, oozing a watery fluid. At this stage, the pain

can be very severe, or if you are lucky, mild; my pain was severe

If you think that you have shingles, contact your doctor immediately. You will probably be prescribed antiviral tablets for a week, which will help a lot. The antivirals attack the virus, reducing the impact of the illness. The sooner you have the antivirals, the better. It's best to have them within 3 days of the rash developing so that they can destroy many of the developing viruses, so lessening the amount of them, and allowing your own immune system to get on top of the ones that the antivirals have missed, so shortening the illness, and maybe reducing the number of spots and lessening the pain. If you can't get in to see your doctor, contact your local chemist, as a pharmacist can check your symptoms and prescribe antiviral medication for you, if it is shingles.

Take over the counter painkillers for the pain and feelings of being unwell. Paracetamol is the preferred choice, but if the pain is very severe, you can take ibuprofen. This can help to reduce the inflammation in the nerve, which can reduce the pain. Calamine lotion can relieve the irritation caused by the spots. Ibuprofen gel can help too, but consult the notes in the pack for advice about if you can use it while also taking ibuprofen tablets. It's important to rest while you have shingles, as this gives your immune system the best chance of fighting off the virus quickly. While the spots are weeping, it's important to keep away from pregnant women, as shingles can be dangerous for the unborn child, and anyone who hasn't had chickenpox. You can't give shingles to another person, but you can give them chickenpox if they haven't had it as a child or adult. The virus is spread from the weeping spots, so the risk is greater if you have the rash on your face rather than the body.



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SHINGLES *Health – continued*

It's always best to get checked out by a medical professional or a doctor, as a few people have complications with shingles. About 18% of patients suffer long term pain from damage to the affected nerve. If the shingles is on the face, and affects the eye, some loss of vision can occur. It's important to keep the rash clean, as bacteria can get into the spots and cause an infection. If showering, have the water tepid as warm water can cause

more pain.

Vaccination is available from your doctor. Consult your practice to see if you are eligible. It is available to older adults between 70 and 79 years old, adults turning 65 or younger people with compromised or weakened immune systems. The latest vaccine is 95% effective, so drastically reducing the impact of the disease. Once I turn 70, I will certainly be getting it.

COFFEE MORNINGS *Get your caffiene and natter fix*

"The Monday Brew" is a New Coffee Morning Location from August.

There will be a coffee morning on Monday 10th November 2025 at 10:30am till 12 o'clock at The Falcon Inn.

The All Saints Church coffee morning will be on Saturday 15th November at 10:30am till 12 o'clock at the Church. All are welcome, we have toys for the little ones to enjoy, while mom and dad have a cuppa and cake.

Everyone is welcome. If you are new to the village this is a wonderful way to meet new people and to hear all the history of Long Whatton and life stories of those that live here.

If you would like more information or need a lift to All Saints Church, please contact Jane Scholtz 073 9334 9009 or 01509 842736 or Penny de Kock on 07393407896 or just join us on the day. We look forward to seeing you!

LONG WHATTON NEWS *Advertising rates*

6 months per month

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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:

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Full page standard: 132mm wide x 194mm deep

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



THE ROYAL OAK

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Christmas at the Royal Oak

Our Festive Menu is now available to book!

Running from **19th November - 23rd**

December, enjoy 2 courses for £30 or 3 courses for £37.

Festive bookings come with a Christmas cracker included to get you into the spirit! Perfect for a family get together or a work meal, get booked in now to avoid disappointment!



THE ROYAL OAK

DINING PUB | BEDROOMS | FUNCTION ROOM

Christmas In The Garden Room

Our Garden Room is available for Christmas parties from 19th November to 23rd December. The room is bookable for groups of 25 - 60 people for exclusive use at lunchtime or in the evening. We offer a 2-course buffet or build your own menus including Christmas crackers. There is a private bar, seating for 40 people and an entertainment area if you require a band or DJ.

Please email enquiries@theroyaloaklongwhatton.co.uk if you would like to book, or if you would like any more information.