

Long Whetton News

AUGUST 2026



The village show takes place this month and it's looking bigger and better. Updates inside, together with a recipe treat, gardening advice for dry weather, health, and determining the future of All Saints

church in the village with your help.

Alex Lowe is pictured here - just another day at the office, at Donington Park as he competes for the World Superbike championship title.

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HELP US CELEBRATE OUR COMMUNITY

We have had several requests to include birthdays, births, weddings, anniversaries, baptisms, funerals and notices of those who have passed away in the village magazine. We would love to do this, but we can only include information that is sent to us.

It was a pleasure to celebrate Jane Scholtz's 94th birthday, along with David Griffiths' 96th birthday and Betty Barson's birthday at the All Saints Coffee Morning in July. We'd love to celebrate many more milestones with our community.

If you have a birthday in September or later this year, or know of another special occasion you'd like us to include, please send us the details.

We're also looking for a few more magazine delivery volunteers. If you live in a close or

small group of houses, delivering to your neighbours would make a huge difference. We have a wonderful team of volunteers, but extra help is always appreciated, especially when people are away on holiday.

Finally, we'd love to include more community articles. If you have knowledge, a hobby, an interesting story, or expertise you'd like to share, please send us an article. Together we can make the magazine an even better reflection of our fantastic village.

Please send your information and articles to the magazine team – we'd love to hear from you!



BACK COPIES AVAILABLE

If you would like 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.

CAN YOU SPARE AN HOUR?

The Long Whatton Village Show is nearly here, and we would love a few extra pairs of hands. Whether you can help set up, assist during the afternoon, or help pack away, even an hour of your time would make a real difference.

If you'd like to volunteer, please get in touch – we'd love to have you on the team!

MOBILE LIBRARY *August*

The Mobile Library will visit the village on Monday 17th August with four stops beginning with:

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 (near The Falcon)



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THE PAVLOVA AND THE DOG *Recipe – Alan Clarke*

There is a story, about how the Eton Mess pudding came to be. The story goes that Eton school were playing a cricket match and when the match paused for 'tea' out came the picnic baskets.

A rather large and excited dog sat on one of the baskets crushing the Strawberry Pavlova it contained. When the players opened the basket the Pavlova had become a mess, but they ate it anyway and so Eton Mess came into being.

In 2008 Delia Smith caused much controversy with her book 'How to cheat at Cooking'. One of the recipes in it was for a 'Cheats Eton Mess', a very easy recipe and very tasty.

Cheats Eton Mess (serves 6)

What you need:

- a pack of 12 Meringue nests
- 450g Strawberries
- 1 rounded tablespoon of icing sugar

- 500g tub of Greek yoghurt

What you do:

- Hull and half the strawberries, add half of them to the icing sugar, whizz to a puree or mash and stir with a fork
- Break the meringues into small pieces into a large mixing bowl. Add the halved strawberries and fold in the yoghurt, then stir in most most of the puree. Pile into glasses or bowl and spoon the rest of the puree on top, serve and eat immediately.



CAKES AND ALE *A poem by David Griffiths*

I'd like to be a Sporting Man
Instead of just an "Also Ran"
I'd really like to Ride to Hounds
Except I know that's out of bounds.
As I can scarcely ride a horse
Except the rocking type of course
Besides I couldn't tick that box
My sympathys are with the fox.
I cannot shoot but I could try
"Cock Over" I would gladly cry.
At least attempt to play my part

As I saw my bird depart.
I dearly like to cast my line
Almost anywhere is fine
But salmon fishing on the Dee!
I know that is not for me.
(More likely in some muddy lake
Where only sleepy carp would take.)
I accept this with good grace
In fact, in short, I Know my Place.
Wine and lobster? - no avail
For me it must be Cakes and Ale.

WI *September and beyond*

We have no meeting in August, but please come and visit us on our stall at the village show on the 16th at the cricket club, we will be having a treasure hunt game and guess the weight of the cake!

The National Trust will be at our September

meeting to give a talk on their work.

One of our members Karen will be helping us to create something special for the October meeting, which is also our AGM. Please contact Lesley on 01509506714 for more information.



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LOCKINGTON VILLAGE HALL - SATURDAYS from 10th 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 January

Silver Swans - Adult beginners: 6.15pm

Adult refresher (grade 6) 7.00pm

Pre-Intermediate (& pointe work) 8.00pm

Website: Claudette Caven Dance
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07931714804 email claudettecavenhenrys@hotmail.co.uk

ALEX LOWES HOME ROUND *World Superbikes*

Finally it was time for Alex Lowes home round - Donington Park, and you can't get any closer to home than that.

Through the three free practice sessions Alex was a few tenths off the pace, placing 7th, 4th and 5th, and going into the Superpole qualifying session on Saturday, despite matching his best free practice time it was only good enough for seventh place on the grid for race one, where he would start directly behind his brother.

A cracking first lap saw Alex in 4th place which he held until both Montella and Bridewell demoted him on the sixth lap.

Alex held on but the duo slowly gapped him and with just four laps to go Baldassarri also came past. Alex pursued all the way to the chequered flag, finishing 0.4 seconds behind to take 7th in a race that placed Ducatis in the top six slots, but he gained a valuable 9 points as his brother closed the gap to him in the standings.

On to Sundays ten lap Superpole race where a good lap time from race one saw him start from fourth. Lecuona led the first lap as Alex dropped to fifth, but the leader crashed at turn 12 the second time round and Alex was back up to fourth.

In front of him in third was his brother. Behind him his teammate made a charge from 8th, and with three laps remaining was fifth with Alex in his sights, but Alex finished ahead albeit by only 0.2 seconds.

As for the championship standings; Alex is still in fourth overall, followed closely by his brother, Sam. Whilst Bulega and Lecuona

"Now looking forward to a little break and try to improve and fight for the podium when we come back to Magny Cours"

have romped away from the rest of the field, Alex is only twenty nine points from 3rd place.

No podiums, but good solid points and still home in time for tea.

After Donington World Superbikes takes a six week break before the French round at Magny Cours (round 9) between 4th and 6th September.



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

Advert sizes:

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

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

GARDENING TIPS FOR AUGUST *by Shirley Blyth*

This is not the article that I had planned to write when I had drafted out my plan earlier in the year. It would have started along the lines telling you that the garden should be resplendent both in colour and form this month with the green foliage looking as green as it can be! Well at the time of writing my greenhouse is displaying a temperature of 49.9 degrees. Even my tomato and pepper plants don't like heat. I have only 10% of the rainwater left that was collected earlier in the year, and I won't tell you what my lawn looks like.

Hopefully, we will have had some rain by the time you read this but just in case we don't, here are a few tips for getting through a drought - which can also be kept for next year!!

1. Water either in the evening or early morning. Do not water in the middle of the day.
2. Prioritise the plants that need water.
 - a. Fruit and veg should always be watered first.
 - b. Plants in pots are entirely dependent on you for water so a good soak is better than a few splashes. Put drip trays under all pots to collect run-off. Plants in the garden should survive without watering for a while as their roots are deeper.
 - c. Keep ponds topped up if you have fish. Also ensure bird baths have water in them.
 - d. Group your pots together as this will reduce their water loss.
3. Don't mow your lawn in hot weather. It may turn brown but it will recover.
4. I know it is time consuming, but watering from a watering can is better than from a garden sprinkler, plus you are required to have a water meter fitted to use one.
5. Save "Grey Water" for watering your plants. This is the water used for washing the pots (providing it isn't too greasy), bath water, water from your child's paddling pool. Do not use water that contains bleach or like

chemicals.

6. Collect as much rainwater as you can when it rains for future use. A diverter fitted to a down pipe from your roof will capture an incredible amount of water when it rains.

Jobs to do this month:

Keep your fruit and veg patch well watered. Remove as many weeds as possible from your garden and pots. Provide water for wildlife that visit your patch. Start to collect seed from plants that you wish to propagate. Rambling roses can be pruned after they have flowered. Protect dahlias from earwigs. Lift and dry onions. Your favourite herbs can be cut and dried for winter use. Give gooseberries and red currants a summer prune. Feed tomato plants regularly and remove yellowing leaves. Pot up new strawberry plants and keep them well watered. When it rains, collect rainwater for future use. Happy Gardening until next time.

WHATTON HOUSE *Friday Feeling*

Step into summer evenings at Whatton House in The Fable Yard with That Friday Feeling! — a laid-back, feel-good series of evenings designed to bring people together in a beautiful outdoor setting.

Enjoy the perfect blend of live music, delicious street food, and a fully stocked bar, including cocktails, all set against a relaxed countryside backdrop.

August 28th, from 5pm to 11pm. Tickets are free, but booking online is essential to secure your evenings enjoyment.



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

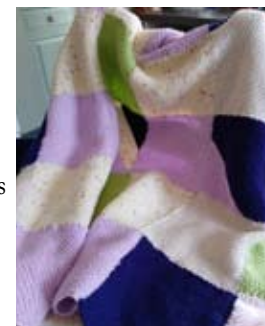
Penny de Kock 07393 407896
Neil Bamford 07921 855607

COPY DEADLINE

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

KNIT AND NATTER WELCOME DONATIONS

The Long Whatton Knitting Group has had some very welcome donations this past month. Firstly, Melanie gave us a bag full of knitted squares which we have sewn into three lovely blankets - see photos of two of the blankets below. Look out for them on sale at our Macmillan coffee morning. Secondly, we have been given two large donations of wool which we will use for our projects, ie, items to sell at our Macmillan coffee morning, post box toppers, village bench decorations, items for charities. We would like to pass on our thanks to these donors as we are always so grateful to receive wool to help us out with our projects.



A reminder that our Macmillan Coffee morning is on Saturday 17 October from 10.30-12.30 at the LWCA Friendship Centre in the village. We would love you to join us to raise money for this worthwhile charity.

AGE UK *Support needed for older people*

Whilst most people want to live to a great age, the reality is that many of them will move into the latter part of their life with 4-5 long-term health conditions.

In many cases, they will need the support of family and friends in order that they can continue to live in their own home rather than having to go into a residential or nursing care setting.

In some cases, that support will not be sufficient because the likelihood is their family and friends are themselves older people and physically may not have the energy needed to provide the support their loved one requires.

This is where Age UK Leicester Shire & Rutland can help.

The charity is the largest local Age UK in the country providing a wide range of support services aimed at keeping older people at home and independent.

Those services include cleaning,

decluttering, deep cleans, companionship, gardening, handyperson and day care.

Commenting, the Charity's Executive Director Mr Anthony Donovan said: "We aim

to provide quality services that enhance the lives of those people we are supporting enabling them to continue living in their own home. Our team of Home Care Workers are highly experienced and skilled".

Anybody interested in finding out more about the services should ring 0116 299 2266 or email homecare@ageukleics.org.uk.

About Age UK Leicester Shire & Rutland: Age UK Leicester Shire & Rutland is dedicated to supporting older people by providing a wide range of services that promote independence, reduce loneliness, and improve well-being. Through its extensive network of services and initiatives, the charity helps older people live the fulfilling and active lives they deserve.

*More support needed
as older people live
longer with complex
health conditions*



LONG WHATTON VILLAGE SHOW

A great day out for the whole family!

SUNDAY 16TH AUGUST 2026 | **12:00PM - 5:00PM** | **AT LONG WHATTON CRICKET CLUB GROUNDS**

LOTS TO SEE, DO AND ENJOY!

- CIRCUS WORKSHOP**
Try juggling, spinning plates, diabolo, hula hoops, poi, cup stunts and more!
- FACE PAINTING**
Colourful designs and favourite characters!
- BOUNCY CASTLES**
Bounce, slide and let off steam!
- FUN GAMES**
Traditional games and challenges for all ages!
- GRAND RAFFLE**
Fantastic prizes kindly donated by local businesses and supporters.
- STALLS**
A selection of local businesses, crafts, charities and more. Something for everyone!
- £1 STALL**
Every item just £1! Bargains galore!
- SUNFLOWER COMPETITION**
Who will grow this year's tallest sunflower?
- BAKING COMPETITION**
Showcasing our village's fantastic baking talent!
- BAR OPEN**
The Cricket Club bar will be open throughout the afternoon.

ADMISSION
£2 ADULTS
50p CHILDREN

REFRESHMENTS
Delicious homemade cakes, snacks, cold drinks and ice cream.

Bring your family, invite your neighbours and enjoy a brilliant afternoon of fun, friendship and community spirit!
Everyone welcome!

PROUDLY SUPPORTING OUR COMMUNITY

- Donations will be made to local village groups, helping to support and strengthen our wonderful community.
- We are also proud to support **Breast Cancer** and **Pancreatic Cancer** charities, raising money for vital research and care.
- Pancreatic Cancer UK**
- Taking it on together to improve outcomes and save lives.
 - ♥ Raise awareness
 - ♥ Fund research
 - ♥ Support patients and families

Thank you for your support!

LONG WHATTON VILLAGE SHOW 2026

Get ready for one of the highlights of the village calendar! The Long Whatton Village Show returns on Sunday 16th August, from 12:00pm to 5:00pm, at the Long Whatton Cricket Club Grounds, promising an afternoon packed with fun, entertainment and community spirit for all ages.

Whether you're looking for a great family day out, a chance to meet friends and neighbours, or simply somewhere to relax and enjoy the atmosphere, the Village Show has something for everyone. Throughout the afternoon you can enjoy an exciting range of attractions, including our interactive Circus Workshop, where children and adults alike can try juggling, spinning plates, diabolo, hula hoops, poi, cup stunts and more. There will also be face painting, bouncy castles, traditional fun games, and our ever-popular Grand Raffle, with fantastic prizes generously donated by local businesses and supporters.

Take time to browse a variety of local craft, charity, community and business stalls, discover what's happening in our local area, and don't miss our famous £1 Stall, where every item is just £1 and there are always plenty of bargains to be found.

This year's Tallest Sunflower Competition will once again showcase the gardening talents of our residents, while the Baking Competition will feature an impressive display of delicious homemade cakes and bakes from local entrants.

Feeling hungry? A selection of homemade cakes, refreshments and snacks will be available throughout the day, and the Long Whatton Cricket Club Bar will be open, serving a range of alcoholic and soft drinks for visitors to enjoy.

With admission at just £2 for adults and 50p for children, the Village Show offers excellent value and a wonderful opportunity to spend quality time with family and friends while supporting your local community.

Importantly, every pound raised helps make a difference. Proceeds from the Village Show will be used to support local community organisations, contribute towards the essential roof repair project at All Saints Church, and make donations to Breast Cancer Now and Pancreatic Cancer UK, helping to support life-saving research, patient care and local initiatives that benefit our community.

The Long Whatton Village Show is organised by volunteers who are passionate about bringing the community together. Every visitor, raffle ticket purchased and item bought from a stall helps ensure we can continue supporting worthwhile local causes while creating a memorable day for everyone.

So bring your family, invite your friends and neighbours, and join us for an afternoon full of fun, laughter and community spirit. We look forward to welcoming you to the Long Whatton Village Show on

Sunday 16th August. Together, let's make this year's show the best one yet!

"A fantastic family day out!"



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ALL SAINT CHURCH
for the **URGENT ROOF REPAIR REQUIRED**
AND THE COMMUNITY ASSOCIATION

ALL SAINTS CHURCH NEWS *Whats happening in August*

Sunday 2 August 10.30 Inside/outside church. Lay lead morning prayer inside in the Lady Chapel. Outside a circular countryside walk, you are welcome to bring along well behaved dogs on leads, starting and finishing at the church.

Sunday 16 August 10.30 Benefice Holy Communion service.
Do stay for tea/coffee and cake afterwards.
Sunday 16 August at the village show midday onwards.

The church community will be selling teas, coffees and cakes with all proceeds going towards church roof repairs. Also we will have on display the questionnaire (see this also in this magazine and the link to complete). Help us continue to make our church a used and valued asset for the future. We really would like your views on the questions we have put together and your comments too.

Long grass cutting in the churchyard. Certain areas have been allowed to grow long and mimic a hay field. It is now time to cut this and take it away. We would appreciate some help doing this and you will get a cream tea in the church for your efforts. Keep your eye on the village facebook page. If the weather is still dry we are aiming for the first weekend in August.

Start of repair to the south aisle roof gully. Work is due to start on 3rd August and scaffolding will be placed for up to 6 weeks. There has been some water ingress though the lead gutter which over time (it is a minimum of 60 years old) has deteriorated and now parts of it need replacing. Thank you to everyone who through their donations has enabled this work to take place. We now need to raise funds for the north aisle roof gully which also needs attention and is allowing water in as is evident by the damp patches underneath 2 of the dormer windows and in the region of the Crawshaw Chapel. We will be applying for grants but these do need match funding

so do support our fund raising events if you can.... nearly all include tea and homemade cake and are great for maintaining our village community.

Cool space. A lot is mentioned about warm spaces but who would have thought we need cool spaces too. During our recent heatwaves the church came into its own just for that! We held both the Thursday coffee morning and a yoga class in the church. Another reason to help preserve our wonderful building and keep it functioning and relevant for the future. Harvest Festival. Although corn harvest is well underway the timing of the church harvest festival still reflects the timing of harvest of a bygone era AND that it is not just corn that has to be harvested but crops like apples, pears, plums and potatoes. The school will be holding their harvest festival service on Thursday 15 October and then for the village on Sunday 18 October. This really is a happy celebratory service with the well known traditional hymns and with autumn flowers, corn, fruit and vegetables adorning the church. It is worth coming just to see how magnificent your church can look. Do come and celebrate the harvest with us.

Shepherd Food Bank is in desperate need of baked beans, packets of instant noodles, tinned tomatoes, peas, fruit, and hot dogs. They are always in need of toiletries and cleaning products. They are in need of dog food. (Items can be placed in the box in the church porch)

Thank you for all the food bank donations and those who transport the donations to the Shepherd Food Bank. Thank you too to everyone who helps look after and care for our church. Finally for enquiries for weddings, funerals and baptisms please contact our parish administrator Sarah Wilson pa.ljw@outlook.com for any other church related matters please contact Viv Matravers v@manororganicfarm.co.uk.



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AI MUSE *Chris Taylor*

Wow!! It is so hot in the UK!! I am writing this towards the end of June and the heat is overwhelming! We thought it was hot in Canada - but this is exceptional. I'm not going to complain though, the rain will come and is sure to be in buckets. This muse however, is not going to about global warming, nor about how we can take care of ourselves well in heatwaves; this is about AI.

I noticed that Bishop Martin has been talking about AI in the House of Lords recently and offering his ideas on how this new technology will impact our lives in the future. AI is already affecting the availability of graduate entry-level jobs, with some of the historic graduate recruiters (big accountancy, business consulting and banking companies) radically reducing their recruitment levels into what used to be the roles where graduates learned their trade.

What has this to do with us? You might ask. Why is Chris musing about Artificial Intelligence when we are facing a global eco catastrophe? What has it to do with faith?

Reading Bishop Martin's speech to the House of Lords, I was taken aback to find that some of my colleagues are using AI to write their sermons; I can't understand how a priest could think that a non-human, computerised, not ensouled entity, could possibly be able to speak with passion and integrity about the nature of God.

I am not anti AI, I have used it to prepare a service and an assembly in my schools' ministry. I recognise how it can be a useful tool, but I fail to see how it can be used to write a sermon that will inform, inspire and challenge.

This then led me to think more about AI and a particular passage of scripture and a broad understanding of how people of faith see themselves in relation to God, particularly with reference to Genesis 1:27 "So God created man in his own image, in the image of

God created He him; male and female created He them."

Thinking about this, led me or ask "Do we make God in our own image?" I often wonder if the God who I teach about during my ministry, really is loving and inclusive, truly is non-judgemental and really does want the best for God's children.

Then I wonder, is the God that some of my brothers and sisters teach about, really against LGBTQI+ people? Does God oppose the ministry of women? Is God in fact an angry and vengeful Father who has a special place of eternal torture for God's children who have proved to be disappointing/sinful? We won't know until it's too late! As most of you know, I believe that God is the embodiment of love and carries all of us in God's heart, and I believe that passionately; however, I have to acknowledge that I could be wrong and coupled with that acknowledgement, is a generosity that will always make room for others of a different view.

How does this have any bearing on AI? I think that within the next 20 years AI will have developed way beyond ChatGPT, Gemini, Siri and even beyond any of the other, more advanced AI iterations (already used in recruitment, healthcare and investment) that some of you may be familiar with.

Current thinking, from many who have been at the forefront of the development of AI is that unless significant new safeguards are put in place, AI will get beyond human control and move forward in ways that we can't conceive of.

And now we get to what we may need to think more carefully about (and there have been movies about this) In whose image might AI begin to make itself? Not God's, not man and woman, but maybe in AI's image, soulless, uncaring, based on the many ways that it is used (or abused). AI is already beginning to grow exponentially and the only limit on that



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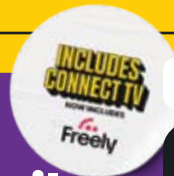
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AI MUSE *continued*

growth is the availability of power from the grid. In the USA they are building massive data centres, the places where AI is developing, and as they build a data centre, so they also build an adjacent, dedicated, off-grid power plant to supply the data centre. I'm guessing this is happening elsewhere, opening the possibility of unlimited growth in the potential and actual delivery of AI.

We should ask ourselves some questions about AI, how sustainable it is, bearing in mind the ever - growing need for electricity to power it, how we should use it and how dependent we are becoming on it. When you Google something, it's an AI who responds

to your query, when you scroll on Facebook or other social media there is an AI powered algorithm that is deciding what you want to see next and what advertisements you might respond to.

Our faith should inform our thinking on AI, probably more than any other current topic. Our prayers should be for wisdom and care in the development and use of AI, and we can take comfort by recognising and appreciating the massive contribution that it is already making to our lives. But maybe we shouldn't get too comfortable or, as another commentator might say, "take care but beware".

COFFEE MORNINGS

The Monday Brew at The Royal Oak

The coffee morning is on the second Monday of each month from 10:30am till 12 o'clock.

@ All Saints Church

The coffee morning is on the third Saturday from 10:30am till 12 o'clock at All Saints 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!

HELP SHAPE THE FUTURE *of All Saints Church*

We'd love to hear from everyone in Long Whatton.

We have created a short community survey to help us understand what matters most to local people and how All Saints Church can better serve our community. We're particularly interested in understanding what people would like to see, whether different service times, community events, activities or other changes would make a

difference. Your feedback will help shape the future of All Saints Church.

The survey only takes a few minutes to complete, and every response is important.

If you would prefer a paper copy, please email us at: admin@allsaintslongwhatton.org or call 07393 407896, and we'll be happy to get one to you.

Thank you for taking the time to share your views.



Ladies - still feeling young at heart?

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

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

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

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

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

Cara Tatterton
Pilates



CLAIM YOUR FREE PILATES CLASS NOW!

Classes in Kegworth, Shepshed, Hathern & Long Whatton

Reasons to claim your FREE class now:

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

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

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

SMASHING SPUDS *Health by Liz Jarrom*

The humble potato has had a bad press in the last few years. It isn't counted as one of our five a day, so has been dismissed as having any health advantages, and accused of being fattening and unhealthy. In fact, potatoes have quite a lot going for them health wise, and it boils down to knowing which ones to choose, also how to prepare, store and cook them that makes the difference. For a start, potatoes are rich in fibre, vitamin C and potassium.

Studies have shown that consuming potatoes can help to reduce blood pressure, decrease cholesterol and may calm down inflammation. Gram per gram, potatoes contain half the calories of pasta and a third of the calories of white bread. Potatoes also help you to feel fuller for longer. Research in Australia found that boiled potatoes kept peoples hunger pangs at bay for two and a half times longer than white bread, rice and pasta.

Some of this is dependent on the type of potato. Using the Glycaemic Index, (GI) measure for the different types of potatoes, we find the big floury baking potatoes, such as Maris Piper, quite high up on the scale at a GI value of 85, which means they are digested quite quickly, giving a significant sugar spike and a lower satiety rating. Then in the middle, we have varieties such as Desiree and King Edwards, which have a GI value of 77. These are better for us, as they contain lower amounts of the easily digested carbohydrate amylopectin than the floury baking potatoes, and more of the slower to digest waxy-carbohydrate called amylose. New potatoes such as Charlotte and Nichola tend to have the highest amounts of amylose, which gives them that lovely, moreish texture. As a result, they have the lowest GI rating at 66, making them a medium GI food, which puts them alongside foods such as wholemeal bread and bananas.

Potatoes are regularly stored for many months, often up to a year, which sounds negative. Surely fresh is best, but interestingly, according to many studies, this is not a bad thing. The phytonutrients in harvested potatoes not only remain stable during commercial refrigerated storage, but the still living potatoes start producing more of the protective compounds that help protect them from the cold conditions. According to a study in A and M University in Texas, it is possible for us to mimic this effect at home. By cutting the potatoes into roughly half centimetre slices, and storing them in the fridge for two days, just covered in water to stop them discolouring, will trigger them to double their number of antioxidants. Then there is the family of coloured potatoes. By choosing purple varieties such as Purple Majesty or Violetta, you could quadruple the number of antioxidants consumed per potato serving. These purple potatoes are full of the same colourings as red wine and blueberries, along with the same attendant health benefits. A study at Colorado State University found that gram per gram, purple coloured potatoes contain almost the same number of antioxidants as berries themselves for a fraction of the cost. The skin of potatoes contains double the number of polyphenols as the flesh, and a huge proportion of the vitamin and mineral content, so cooking the potatoes in their skins prevents the loss of valuable iron and calcium and many of the heart healthy anthocyanins. Eating the whole potato, skin and all, turns what was perceived as an also ran food, into a super food.

Finally, cooking whole potatoes in the microwave was shown to be the best way of preserving most of the nutrients, closely followed by steaming, baking, boiling and frying, in that order.

Summer Crafts



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

Tuesdays from 10am to 12noon.

Tue 28th July
Tue 4th August
Tue 11th August
Tue 18th 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

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 from 5 to 13 years.



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



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

Knit & Natter Group - held on the 1st and 3rd Friday in the month, 10 to 11.45am at the Royal Oak, no charge just pay for tea or coffee,

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 - Every Monday during term time (roughly) 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.

Monday Brew. 2nd Monday of the month 10.30 - 12 at the Royal Oak. 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.

Bumps, Babies and Brews. Friendship Centre, Fridays from 10am.

Summer Crafts. Friendship Centre, Tuesday 28th July from 10 -12.

Friday Feeling. Food, drink, live music, June 26th, 5 -11pm, Whatton House Fable Room.

Village Show. 16th August, at Long Whatton Cricket Ground.

Showtime Stars. At the Friendship Centre, Sundays.

DISEWORTH DIARY *August*

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

22nd Coffee Morning, St Michael & All Angels, 10am - 12pm

22nd Annual Millenium Meadow Picnic

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

VILLAGE AMENITIES

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

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

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

SPRING CLEANING TIME

Hello all, I'm Jackie Cave and I will be having a stall at the Long Whatton Village Show on 16th August in aid of the Dogs Trust and the RSPCA.

If you have any unwanted gifts, small pottery items, costume jewellery, bric-a-brac or anything suitable that you no longer need, I would be very grateful for any donations.

Items can be:
Dropped off at my home: 11 Oakley Drive or left at the Friendship Hut on a Thursday morning

There will be lots of bargains available - ideal for a bit of early Christmas shopping, with most items priced at £1 or just over. Thank you so much for your support. Jackie Cave, 843093



THE ROYAL OAK

DINING PUB | BEDROOMS | FUNCTION ROOM



Following 2 incredible evenings of live music, we're bringing a weekend of tunes and fun in the sun! Save the date 28th -30th August!

We understand you might not fancy a roast in this weather - that's why we are now serving filled ciabattas on Sundays! Choose from topside of beef, pork belly or lamb shoulder, with gravy for dipping!



Birthday coming up?

Join our loyalty club and receive a birthday treat, plus access to our garden room for your celebrations!



SCAN TO JOIN OUR CLUB