

Long Whetton News

JULY 2026



The World Cup is in full flow, as celebrated by Knit and Natters' post box topper, and as we go to press the England team have won their first three rounds and are due to play again on July 1st.

Want to bake the best Victoria Sponge in the village? Details inside, with gardening, health and more. And Alex Lowes will be racing at Donington Park this month.

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VOLUNTEERS *We need your help*

The village magazine needs your help! We need a few volunteers to help distribute the magazine, particularly over the summer holidays, once a month for an hour or so, just a street, or a few streets - whatever you can manage will be appreciated.

This is a great way to improve cardio and burn a few calories. Can you help? Get in touch with Penny - number at the bottom of the page.

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.

MOBILE LIBRARY *July*

The Mobile Library will visit the village on Monday 6th and 27th July 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)

ABOUT THE LONG WHATTON NEWS

The Long Whatton News is produced twelve times a year and is delivered free of charge to every home in the village every month.

We aim to distribute the magazine around the 1st of each month.

It is produced by volunteers and depends entirely on voluntary contributions, advertising revenue and fund raising events.

The online version can be found on: www.longwhattonnews.co.uk

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

THE TEAM

Penny de Kock 07393 407896

Neil Bamford 07921 855607

COPY DEADLINE

The copy deadline for articles for the July issue is 21st June.



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I SHOULD COCOA *Recipe – Alan Clarke*

In the Victorian era, chocolate transitioned from an exclusive drink for the 'well to do' to an edible confection, aided by technological advances like the cocoa press invented by Coenraad van Houten in 1828, which allowed smoother, more versatile chocolate. Over time, chocolate became a staple of British culture, enjoyed in bars, sweets, and desserts, and the UK developed a rich tradition of chocolate-making that continues today.

In 1824, John Cadbury opened a tea and coffee shop in Birmingham, experimenting with cocoa and eventually producing the first British-made chocolate bar in 1842. Cadbury's innovations, including the iconic Dairy Milk introduced in 1905, helped popularise chocolate as an accessible treat for the wider public. Cadbury, along with Fry and later Rowntree, became central to the British chocolate industry, driving both product innovation and mass production.

Coffee and Chocolate Custard Pots
Shop-bought, low-fat custard forms the base of these easy chocolate dessert pots, flavoured with coffee, orange and cardamom.

What you need

- 400g shop-bought low-fat custard
- 60g/2¼oz dark chocolate(minimum 70% cocoa solids), broken into pieces
- 40ml/1½fl oz strong espresso coffee
- ½ orange, finely grated zest only
- ¼ tsp ground cardamom

•25ml/1fl oz light squirty cream to serve (optional)

•¼ tsp cocoa powder to serve (optional)

What you do

• Heat the custard in a saucepan over a medium heat. Add the chocolate, espresso, orange zest and cardamom, stirring continuously until the chocolate has melted. Sieve into a jug.

• Divide equally between four 125ml/4½oz pots or serving bowls and refrigerate to firm up for at least 3 hours (it won't set completely firm).

• When ready to serve, top with light squirty cream and a dusting of cocoa powder.

Note: When I made this I had no espresso coffee to hand so made a strong instant coffee and instead of using Orange zest I used a dark chocolate flavoured with orange.



WI *Coming up over summer*

At our June meeting Shirley Blyth gave us a talk and demonstration on flower arranging and a hand tied bouquet both of which were given as raffle prizes and won by two visiting guests!

On July 14th Julie will be bringing and talking about her fascinating collection of jewellery that she creates from cutlery.

We have no meeting in August but we will

be having a stall at our village show on the 16th.

The National Trust will be coming to give us a talk on their work on Tuesday 8th September.

We meet on the 2nd Tuesday in the month at the Friendship Centre 7.30-9.30 please contact Val on 01509646031 for more information.



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Ballet Classes

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LOCKINGTON AND DISEWORTH VILLAGE HALLS**

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
Claudette Caven, AISTD, Advanced Cecchetti Ballet,
Advanced Modern, Advanced Character
07931714804 email claudettecavenhenrys@hotmail.co.uk

MOVING UP THE RANKS *Alex in World Superbikes*

At the Czech round 15th in qualifying wasn't where he wanted to start race one from. Alex pushed from the start, moving up steadily until encountering Locatelli on lap 12, where the duo swapped places for the last nine laps

teammate.

The Sprint race started better; Alex held fourth place for the first four laps until he stopped with Technical Problem (broke down) at turn one at the beginning of the fifth lap.

Rounding the weekend off with the last race, Alex held fourth for the first couple of laps before Montella pushed him back to fifth as the duo chased Alex' teammate, Bassani.

With four laps remaining, Bassani crashed at turn eight, remounted and retired to the pits.

Alex took fourth at the chequered flag.

After seven rounds Alex has consolidated fourth place in the championship, eight points ahead of his brother and fourteen points behind third place man, Montella.

With a few weeks off to take the kids to Butlins Alex will return to Donington Park for round 8.



with Alex coming out on top to take 7th place.

In the ten lap Sprint race Alex could only hold on to 9th almost from start to finish and in the last outing Alex dropped to 8th for most of the race, recovering to 7th at the flag.

At the end of May, Aragon in Spain proved to be a different story. Alex got up to speed rapidly with 5th in qualifying.

After a great start, his brother demoted him to fourth and kept him at bay, gapping him gradually - Alex settling for 4th at the end

On to the Sprint race and more good points in the bag with a 5th place finish, just half a second off 4th.

And finally, Alex held fourth place from start to finish in the last race of the weekend.

Misano, Italy, hosted round 7 from 12th to 14th June and Alex' weekend began well, gaining 3rd in qualifying. Race one didn't quite live up to expectation, spending most of his race, and finishing in 5th place, just behind his

*Alex will be racing at the
Donington Park round on
July 10 to 12.*

*We would like to see a
Lowes fan corner!*

*For ticket, event
information and an
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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 with its perfume in the early evening. Early summer is like half-time in a football match and the plants will definitely need hydration breaks! Herbaceous perennials clamour for the attention of pollinating insects during July so different flower shapes help the differing insects in this task.

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.

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.

Hollyhocks - Statuesque perennials.

Nasturtium - Often grown as a sacrificial plant for brassica.

Nicotiana - Tobacco plants loved by pollinators.

Phlox - Beautifully scented perennials.

Waterlilies - Available for all depths of ponds

Jobs to do in July:

Keep new plants well watered. Store any rain that falls, especially as July is forecast to be warm.

Ensure that there is water for birds and pollinating insects.

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 rhizomes too deep. Continue to pick the summer soft fruit. Summer prune wisteria. They have really done well in the very wet early months of the year. Keep cutting the lawn and edges regularly. Keep the greenhouse well ventilated and damp down regularly. Keep your veg patch free from weeds and pests.

Order spring flowering bulbs.

AND Make plans to have your garden cared for while you are on holiday. Happy gardening.



Diascia

KNIT AND NATTER

The Long Whatton Knitting Group are busy knitting items to sell at our Macmillan Coffee Morning, which this year will take place on Saturday 17 October from 1030-1230 at the LWCA Friendship Centre in the village. Please make a note of the date in your calendars and join us on the day for refreshments, home made cakes and an array of knitted items made with love. All proceeds go to the Macmillan Cancer Support charity.

If you know of any charitable causes that need knitted items please contact Catherine on 07949 967652 with the details and we will be happy to help



Long Whatton Village Show

When 16 August 2026

Where Long Whatton Cricket Club

Ticket Prices £2 (Adults) 50p (Kids)

Times 12 PM to 5 PM

Whats on Cricket, bouncy castles, stalls, childrens entertainment, Sun Flower competition

The bar will be open





LONG WHATTON VILLAGE SHOW *Competitions*

Following the fantastic success of the 2026 Long Whatton Village Show, we're delighted to announce that the show will return on Sunday 16th August 2026 with even more opportunities for everyone to get involved.

Whether you have green fingers, a passion for baking, or simply enjoy a bit of friendly competition, there's something for everyone this year.

Tallest Sunflower Competition

Our popular Tallest Sunflower Competition returns for 2026! Open to all ages, this competition has quickly become a favourite in the village. Whether you're an experienced gardener or planting your very first sunflower, we'd love to see what you can grow. There is still plenty of time to nurture your sunflower and see just how tall it can grow before Show Day.

The Great Long Whatton Bake-Off

This year we're introducing a baking competition with two delicious categories.

Victoria Sponge Cake. Competitors are invited to bake a traditional Victoria Sponge Cake using the official recipe provided by the Village Show Committee. Judging will be based on:

- Appearance
- Texture
- Taste
- Consistency with the recipe

Chocolate Cake

This category is all about creativity and imagination.

Whether it's a rich chocolate fudge cake, a layered showstopper, a chocolate orange creation, a celebration cake, or something completely unique, we want to see your best baking skills on display.

Judging will be based on:

- Taste
- Presentation
- Creativity
- Overall appeal

Supporting All Saints Church: After judging has taken place, all competition cakes will be sold at the Tea and Coffee Stall, with all proceeds going towards supporting All Saints Church, Long Whatton. By entering the competition, you'll not only have the opportunity to showcase your baking talents but will also be helping to raise funds for one of the most important buildings at the heart of

our village community. Visitors are encouraged to stop by the Tea and Coffee Stall, enjoy a slice of homemade cake, and support this worthwhile cause.

Prizes: Thanks to the generosity of our sponsors,

prizes will be awarded across all competition categories. We would like to thank those who have already pledged prizes. If you or your business would like to donate a prize or sponsor part of the event, there is still time to get involved and support this fantastic community day.

Get Involved

The Long Whatton Village Show is all about celebrating community spirit, local talent, and village life. Whether you're entering a competition, volunteering (still need more volunteers), sponsoring a prize, or simply coming along to enjoy the day, we'd love you to be part of it.

*Get growing,
get baking,
get involved!*

*Save the Date:
Sunday 16th August
Long Whatton Cricket Club.
Let's make the 2026 Village
Show our biggest and best yet!*





VICTORIA SPONGE CAKE *Village Show Recipe*

The Army Catering Corps' classic take on a Victoria Sponge follows the strict "pound cake" ratio—the same weights of butter, sugar, and flour as the weight of the eggs in their shells.

This produces a robust yet incredibly light bake perfect for field kitchens or afternoon tea.

Ingredients: For an authentic 8-inch two-layer sponge.

You will need:

Eggs: 4 large (weigh them in their shells)

Butter or Baking Spread: Equal in weight to the eggs (typically 225g), softened to room temperature.

Caster Sugar: Equal in weight to the eggs

Self-Raising Flour: Equal in weight to the eggs

Baking Powder: 1 tsp

Vanilla Extract: 1 tsp

Milk: A splash (1-2 tbsp) to loosen the batter if needed

Filling: 4-5 tablespoons of high-quality strawberry or raspberry jam and optionally 150ml of whipped double cream

Method

Prep: Preheat your oven to 180°C (160°C Fan / Gas 4). Grease and line two 8-inch (20cm) sandwich tins with baking parchment.

Mix: Place the softened butter and caster sugar in a large mixing bowl and beat together vigorously with an electric hand mixer for 4-5 minutes until the mixture is very pale, light, and fluffy.

Beat the eggs and vanilla extract in a separate jug.

Add Eggs & Vanilla: then add to the creamed butter and sugar in small increments, beating well after each addition to ensure the mixture doesn't curdle.

Fold: Sift the self-raising flour and baking powder into the wet mixture.

Use a large metal spoon or a silicone spatula to

gently fold everything together, being careful not to knock the air out.

If the batter feels too stiff, add a splash of milk.

Bake: Divide the mixture evenly between the two prepared tins and smooth the surface. Bake in the center of the oven for 20 to 25 minutes.



The cakes should be risen, starting to shrink away from the sides, and spring back to the touch in the center.

Cool: Leave in the tins for 5 minutes before turning out onto a wire cooling rack to cool completely.

Assemble: Once completely cold, spread the jam (and whipped cream, if using) over one sponge, place the second sponge on top, and dust generously with icing sugar.

Got something to say?

Get it off your chest.

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ALL SAINTS CHURCH NEWS *for July*

Services here in July:

Sunday 5 July 10.30 Inside /outside church
Morning Prayer inside in the Lady Chapel
lead by lay reader Laura Taylor. Outside a
circular nature walk. Well behaved dogs on
leads can come too.

Sunday 19 July 10.30 Benefice Holy
Communion service 10.30.

Do stay for refreshments after the services.
Saturday 18 July 10.30 til midday Coffee
Morning. Not just coffee but yummy
homemade cakes too!

Repair work on the south
aisle lead gutter will start on
3 August. Scaffolding with
boarding will be in place for
up to 6 weeks. A massive
thank you to everyone who
donated and made this

possible. Unfortunately the north lead gutter
has come out in sympathy and is letting water
in as is evident from two new damp patches.
One area roughly opposite the organ and the
other below the dormer windows. The quote
to repair this is twice that of the south aisle
lead gutter. Repair to the roof must take
priority. We will be fund raising as best we
can over the next few months and apply for
grants in the hope we can be successful. Any
donations will be very gratefully received.
Watch this space for our Duckling Derby
along Whatton Brook in September and our
afternoon tea stand at the village show.

The uncut area in the churchyard has a
good number of wildflowers including Lady's
Bedstraw, Mouse ear hawkweed, Bird's foot
trefoil and Meadow Vetchling. Valuable food
source and habitat for insects including moths.
Leaving some unmown grass in your garden
will make a difference to our insect population
too and go some way to replacing the loss of so
much grassland.

On Saturday 26 September at 2 we are
having a presentation about composting from

a master composter (who is also an ordained
minister). The talk is free to attend and open
to anyone who wants to learn more about
improving and getting more from this form
of recycling. This is part of an Eco Church
information exchange afternoon we are
hosting with other local churches.

The church is open every day to visit
and for private prayer and benches in the
churchyard are a lovely place to sit and gather
your thoughts, meet a friend.

For enquiries about a wedding, baptism or

funeral please contact our
parish administrator Sarah
Wilson pa.ljw@outlook.com For any other enquiries
and offers of help in any
way to look after both the
church and churchyard or

with our fund raising efforts please contact
Viv Matravers v@manororganicfarm.co.uk or
07780097997

Thank you.

*"Watch this space for
our
Duckling Derby"*

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
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THANKS FOR TAKING TIME TO READ THIS

HOLIDAYS OR HOLY DAYS *Sue Hack*

I wonder what plans you have for the summer. Here we are in July and the schools will be breaking up soon. Will you be zooming off to some far flung destination or maybe enjoying a staycation in this beautiful country of ours? Holidaying in the UK seems to have regained popularity since the strictures of "lockdown" reopened our eyes to the range of landscapes and opportunities on offer in the British Isles and, after all, we can sometimes experience all the seasons in the weather of one day!

As their name implies, holidays began as religious festivals – holy days. Holidays based around Christmas and Easter and the various saints' days were an opportunity for everyone to gather together and celebrate. They didn't mean going away, but they were days out of the ordinary, days to remember. Pilgrims travelled to worship at holy Christian sites, such as Canterbury, but these weren't holidays as we know them. Most people couldn't take more than a day away from their work on the land.

From the end of the seventeenth century sea bathing became a recommended cure for all kinds of illnesses and by the 1730s the wealthy were visiting coastal towns for a bracing, health-giving dip in the sea. Ordinary people still did not have the time or the means to make the long journeys to the coast, but then in the 1840s the coming of the railways completely revolutionised travel in Britain. For the first time it was possible and affordable for large numbers of people to travel out from the inland towns and cities, the factories and the mills – the British seaside holiday had arrived! In 1841 Thomas Cook, a former Baptist preacher, organised a one day excursion from Leicester to Loughborough to a temperance meeting for a shilling a head, and so the package tour began.

Wakes Weeks are often considered to be the origin of the British Summer Holiday. They began as religious festivals celebrating the

feast day of the saint to whom the local church was dedicated. Many of the popular saints had feast days in June, July and August, so the holidays were traditionally in the summer. These weeks were unpaid and remarkably it wasn't until 1938 that the 'Holidays with Pay Act' provided for one annual week of paid holiday for working class employees. The Hathern History Society has a wonderful collection of old photos and amongst these are some showing villagers in their Sunday Best in Wakes Week, waiting to go on a charabanc outing together.

How we holiday with our families has changed radically over the intervening years, but something that hasn't changed is the lasting effects of a good holiday, the anticipation, the joy of spending time with people you love away from the routines and worries of everyday life, and the lasting memories that we bring home with us. So whatever you are doing this summer, remember to thank God for all that he provides. I wish you joy, peace and recuperation shared with those whom you love.

Sue Hack, Associate Minister, Kegworth and Hathern Team

COFFEE MORNINGS

The 'Monday Brew' coffee is moving at the Royal Oak Monday 13th July 2026 at 10:30am till 12 o'clock.

The All Saints Church coffee morning will be on Saturday 18th July 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.

For more information or a lift to All Saints Church, contact Jane Scholtz 07393 349009 or Penny de Kock on 07393407896 or just join us on the day. We look forward to seeing you!

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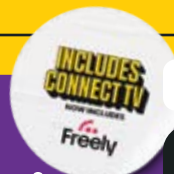
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A TRIBUTE to Christine Wright

A Tribute to Christine Wright, nee Barker, 13th January 1953 to 19th May 2026, much loved and respected lifetime resident of Long Whatton, known by most of the younger generation who started their education at Long Whatton School as Mrs Wright, Dinner Lady and latterly Playground Supervisor for 35 years.

"Chris" to her friends would always be there with a sympathetic ear and advice for anyone who needed it and help if she could. She spent several years caring for an elderly neighbour, doing his shopping and organising his needs at his home. She herself had never been out of the country, having a fear of boats and flying!

Chris happened to be a little accident prone and had her leg pulled on many occasions but always reacted with good humour, apart from an occasion when she managed to drop her gardening trowel in a wheelie bin. In trying to recover it managed to tip the bin and fall into it! She hurt herself quite badly requiring a visit to A&E and was sore for a week or so after. She was never allowed to forget that!

Christine was always turned out neatly and tastefully dressed but never afraid to get down to a bit of hard work if needed. She would be the first to admit she was not academically clever, however she was very intelligent and was quick to grasp relatively complicated situations and particularly astute when weighing up people, especially children.

Christines family consists of a daughter, Suzanne and twin sons Stephen and Ian, 11

grandchildren and 3 great grandchildren who she loved dearly and was similarly loved by them all, especially when the toy box came out on their frequent visits.

I made a point of visiting her for an hour

or so at least once per week with the greeting "good evening dear". We would discuss any village gossip of the time, usually provided by her, but latterly down to me!

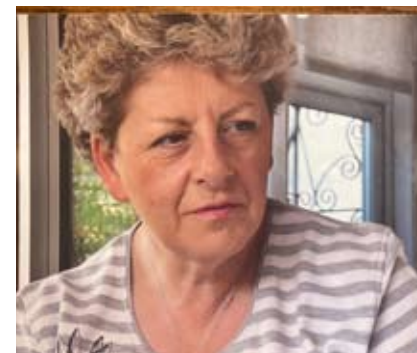
Christines wishes were that she could die at home, this was made possible by the 24/7 devoted caring by Suzanne and her partner,

Graham, for which they have my dying respect.

With love on behalf of the family and friends.

Goodbye dear. Eric S.

The funeral service was at Long Whatton Church on 22nd June with Christines coffin picked up from her cottage on West End and carried to the church through the village by a hearse pulled by two white horses, as she wished, and finally interred at the church in a reserved plot.



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?

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Cara Tatterton
Pilates



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- 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  

MAGNESIUM SUPPLEMENTS *Health by Liz Jarrom*

Magnesium has recently become a buzzword in the wellness industry, with rows of magnesium supplements lining the shelves of pharmacies and health food shops. Online influencers are also raving about various magnesium supplements, in pill, powder or fizzy drink form. So, is this all hype, or is there good science behind taking magnesium regularly as a supplement?

Magnesium is one of the most important minerals we need, and is involved in hundreds of processes inside us. Needs as diverse as turning our food into energy through to keep our muscles working properly. About 60% of the magnesium found in the human body is stored in our bones.

The problem with magnesium is that we can't make it ourselves, so we have

to get it from the food we eat. UK Research indicates that some get only about 238mgs a day from food, when they should be getting, as a minimum, 270mgs. Roughly one in six older adults have low levels of magnesium in their bodies, which could cause health issues, especially in women over 50. When a women's oestrogen levels reduce during the menopause, the body seems to have trouble maintaining optimum levels of magnesium. This imbalance or deficiency, can intensify symptoms like hot flushes, broken sleep and low mood.

Magnesium helps to keep bones strong, important when oestrogen levels drop after the menopause. People suffering migraines or premenstrual irritability may have low magnesium. Drinking alcohol has a negative impact on magnesium levels in the body. It acts like a diuretic, flushing magnesium out through the kidneys, sending a precious dose of this mineral down the loo after each alcoholic drink. Symptoms of deficiency

includes palpitations, other disruptions of the heart rhythm, nervousness and anxiety, muscle spasms and cramps, loss of bone mass and density, osteoporosis, poor circulation, menstrual pain, insomnia, kidney stones, hyperactivity problems in children, gum disease, high blood pressure, tiredness and chronic fatigue syndrome.

So, how do we up our intake of magnesium and keep the right levels in the body? Magnesium supplements may not be the best option, unless they are low dose and come packaged with other vitamins and minerals, as they all work in tandem with each other. Nor is it advisable to take large doses of

magnesium on its own. The maximum recommended dose per day is 400mgs, but a lower dose,

to top up levels, may be more helpful in the long run. This is because taking magnesium can interfere with the effectiveness of some medications, such as antibiotics, blood pressure medications and osteoporosis drugs.

People with kidney problems should always be cautious and consult their doctor before taking magnesium in supplement form. When magnesium is consumed in food, it doesn't have negative effects, as it's hard to overdose this way, and the magnesium is packaged with many other elements within the food that help it benefit the body, and not cause problems.

Best natural sources of magnesium occur in these foods, and it's best to eat a variety. Pumpkin seeds, spinach, almonds, cashew nuts, 3 or 4 squares of dark, bitter chocolate, at least 70% cocoa mass, 85% is better, brown rice, soybeans, brewer's yeast, wholegrains, peas and all types of beans. Finally, reduce stress levels as this can deplete levels by a significant amount.

Do we need to regularly take Magnesium supplements?

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 *July*

6th Discussion Group, Heritage Centre, 2 – 4pm

8th Coffee Morning, Diseworth Heritage Centre, 10am – 12pm

25th Coffee Morning, St Michael & All Angels, 10am – 12pm

LONG WHATTON NEWS *Advertising rates*

6 months per month

Full page £18

Half page £12

Quarter page £7

One off per month

Full page £22

Half page £14

Quarter page £8

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

Advert sizes:

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

Full page standard: 132mm wide x 194mm deep

Half page: 132mm wide x 94mm deep

Quarter page: 63mm wide x 94mm deep.

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



THE ROYAL OAK

DINING PUB | BEDROOMS | FUNCTION ROOM



Weekend Early Evening Offer

Book a table on Friday or Saturday evenings between 5:30pm - 6:45pm, to receive 25% off your food bill! Valid until 31st August, Loyalty Club Members Only!



Wow.. The turnout for our live music was amazing! Here we go again..

Upcoming events:

Friday 10th July
Friday 31st July

Keep your eyes on the social media pages for updates!

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