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STRANGER *A poem by David Griffiths*

The other morning from the stair
I saw a man with grey-white hair
He was there again today
He clearly thinks he's come to stay.
It is mystery to me
Perhaps he thinks he's family
He would be wrong, I am alone
There's only me, the rest have gone.

It could be no one's there at all,
It's just the mirror in the hall!

COFFEE MORNINGS GET YOUR CAFFIENE AND NATTER FIX

The 'Monday Brew' coffee morning is moving to the Royal Oak Monday 9th March 2026 at 10:30am till 12 o'clock.

The All Saints Church coffee morning will be on Saturday 21st March 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

MOBILE LIBRARY

The Mobile Library has just one visit to the village in March: Monday 7th and 23rd, with four stops starting 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)

BACK COPIES

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.

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 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 - 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.

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.

Bingo and Fish and Chips. Friendship Centre, Saturday 7th March, from 7pm. Bar, tea and coffee. £15 with meal, £8 without.



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ONE PAN SALMON *A Spring recipe - Alan Clarke*

Spring is on the way. Walking the dog this morning was unusual, as for what seemed like the first time in weeks, it was not raining. Spring flowers were in evidence and the temperature was quite mild, and with the clocks 'springing' forward this month, warmer days are definitely on the way.

As for food we start thinking of lighter dishes to prepare and eat. The following is a really nice spring recipe.

One pan salmon with roast asparagus

What you need

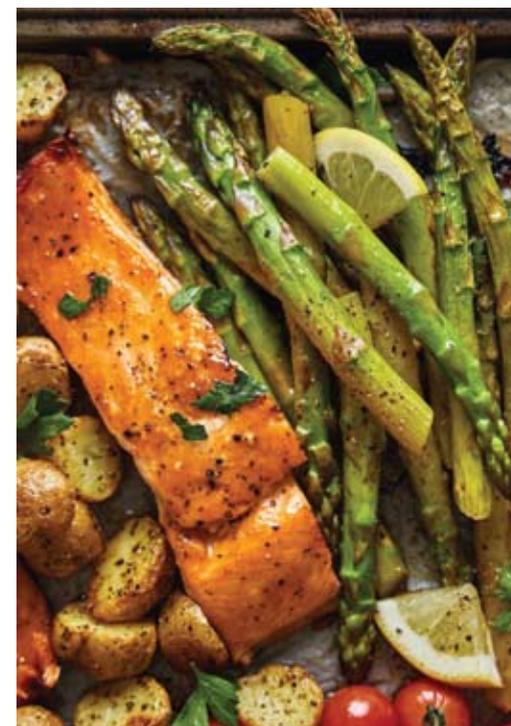
- 400g new potatoes, halved if large
- 2 tbsp olive oil
- 8 asparagus spears, trimmed and halved
- a handful of cherry tomatoes
- 1 tbsp balsamic vinegar
- 2 salmon fillets
- basil leaves to garnish

What you do

Heat oven to 220C/fan 200C/gas 7. Tip the potatoes and 1 tbsp of olive oil into an oven proof dish, then roast the potatoes for 20 mins until starting to brown. Toss the asparagus in with the potatoes, then return to the oven for 15 mins.

Throw in the cherry tomatoes and vinegar and nestle the salmon amongst the vegetables.

Drizzle with the remaining oil and return to the oven for a final 10-15 mins until the salmon is cooked.



Scatter over the basil leaves and serve everything scooped straight from the dish.

*If you have any ideas for 'Themed Recipes' you'd like to see or if you have any queries or comments
[email alanc9989@gmail.com](mailto:emailalanc9989@gmail.com)*

WI *March 2026*

At our February meeting Leanne from Severn Trent water Board gave a fascinating talk on how much time and effort goes into getting our water supply to us safely, also on some of the objects recovered from the sewage system such as underwear, phones, toys and teeth!

The speaker at our 10th March meeting will be demonstrating how he uses woodcraft to

turn wooden off cuts into ornaments and items of use.

At our 14th April meeting the speaker will be demonstrating the art of glass fusion.

Our meetings are held on the second Tuesday of every month at the Friendship centre.

Please contact Val 01509646031 or Lesley 01509506714 for more information.



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Ballet Classes

**FOR CHILDREN, ADULT BEGINNERS AND SILVER SWANS
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

PODIUM CELEBRATIONS AND A CRASH *for Alex Lowes*

With temperatures between 17 and 25 degrees centigrade, peak season, Phillip Island off the coast of Melbourne, Australia has been home for a couple of weeks for Alex, where the final official World Superbike test and then the first race weekend took place.

Alex finished both test days 6th; a decent starting point for the start of the season.

A few days later - 20th February - the season began in earnest, and after the usual three free practice sessions on Friday and Saturday Alex came up with 4th place in qualifying. One place behind his brother and one ahead of his teammate.

From the green light in race one, Alex pushed straight up to third place, but after four laps was demoted to fourth and a few laps later fifth, continuing his slide down to seventh place at the chequered flag.

Nevertheless, he had managed to produce the third fastest lap in the early stages giving him a front row start for the Superpole race.

In the 10 lap superpole 'sprint' race, Alex had another great start, passing his team mate to grab second, before Bulega came through to take the lead, followed by his team mate and (to add insult to injury) his brother Sam.

Now back in 5th place with just 5 laps left, he had some work to do. Fortunately, he managed to pass his brother and Montella to regain 3rd on the next lap and held on to the line, but only by 0.02 seconds.

Disappointment struck in the final race. Conditions had changed to a wet race and after hovering between 4th and 6th for the first 18 laps he crashed at turn 1 on the beginning of lap 19 out of 22.

Despite the DNF in the last race another podium is a great way to start his season.



Alex during the rather wet race three



Alex during the rather wet race three



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GARDENING TIPS FOR MARCH *by Shirley Blyth*

Spring can come in various ways to the gardener. I think this year's signal will be the end to the chilly, gloomy weather and the incessant rain that we have all experienced since New Year's Day. However, the lengthening days and the appearance of snowdrops, Iris danfordiae and crocus herald the arrival of the much awaited -for new season.

Spring is a stirring in the soil and March is when the gardening year really begins. We should still be aware of sharp frosts that can often occur on clear nights. Winds this month can also be bitterly cold. Rainfall is on average about 40mm.

Plants in flower this month

- Chionodoxa - Glory of the snow look lovely in clumps with crocus
- Crocus - Best grown in clumps.
- Daphne - Pinkish and beautiful, fragrant flowers. NB poisonous to dogs.
- Erica varieties - These heathers are available in pretty colours
- Forsythia - Can be used to cover walls or pergolas.
- Fritillaria imperialis - Crown imperial are lovely but lily beetles are a real pest.
- Grape hyacinth - Beautiful but can spread to troublesome proportions.
- Hazel catkins - Clouds of pollen can be seen on breezy days.
- Magnolia stellata - White fragrant flowers makes this a must have for small gardens
- Primula varieties - This is a huge family. The iconic Primrose being one.
- Pulmonaria - Lungwort, an early food plant for bees

Now is the time to increase your stock of Eranthis hyemalis (winter aconite), Leucojum vernum (spring snowflake) and snowdrops. To get good growth they should be either bought or split whilst they still have leaves. Buying them as dried bulbs from a garden centre is a waste of money. If they grow at all, the growth will be very poor.

Jobs to do this month

- Protect fruit blossom from late frosts. Plant early potatoes and asparagus.
- Begin to sow vegetables outside and harden off young plants to plant outside.
- Take pond pumps out of store and put them back in the pond and begin to feed your fish as temperatures start to rise.
- Start to water and feed outdoor plants as the temperatures start to rise. Return the pot saucers under any pots outside. Split plants that have finished flowering eg polyanthus
- Carry out first aid to your lawn. Reseed any bare patches, give it a good rake to remove any dead grass. When giving it its first spring cut don't forget to set the blades on the highest setting and feed towards the end of the month. If you haven't done it, give the greenhouse a good clear out and clean the glass inside and out.



Pulmonaria - Lungwort. Great for Bees in early Spring

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Advert sizes:

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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

NEW GROWTH, NEW BEGINNINGS *Sue Hack.*

Have you walked down Pasture Lane in Hathern recently? As I write, the snowdrops line the way and herald the hopes of Spring; there are even a few daffodils starting to open and I hope that, by the time you read this, they will be crowding the verges in their turn. It's amazing how resilient Nature is, even with all the rain we have been having the bulbs are still determined to bloom. When we do see the sunshine, we can really appreciate it, and I was very grateful to hear a blackbird singing away yesterday – all hopeful signs that the year is awakening and bringing promise of new possibilities.

'For I will pour out my Spirit on your offspring, and my blessing on your descendants. They will spring up like grass in a meadow, like poplar trees by flowing streams.'

Isaiah 44:3-4

New life and new beginnings are all around us. Each flower is a symbol for something new taking shape within us.

Everything blooms in its own time. In our lives, just as in nature, patience forms the most beautiful things that we experience.

Colour and light are vital to life. Spring feels good because it reminds us how

deeply we need variety and vividness in our surroundings.

Great things are waiting beneath the surface. Only when the flowers bloom do we realise the potential that lay beneath our feet all the time.

The important things are the simple things. Grass, rainfall, sunlight, a single flower – the smallest things matter still.

Christians are in the middle of the season of Lent, a 40-day preparation for the celebration of Easter through self-denial, personal sacrifice and study. The word 'Lent' comes from the Old English 'lencten' meaning 'Spring season', symbolising

both the season and the spiritual renewal that it represents. Easter is, of course, the ultimate story of new life and rebirth with the joy of the resurrection of Christ.

Let us take heart that we will soon be able to abandon our wellies, feel the sun on our faces and the grass beneath our feet again.

With every blessing, Sue.

KNIT AND NATTER *Spring*

The Long Whatton knitting group meet at the Falcon on the first and third Friday of each month, at the revised time of 1.30pm to 3.30pm.

During February we crowned our village post box with not one but two toppers. Firstly the Olympic torch for the Winter Olympics, and secondly a spring meadow with a fox surrounded by flowers, mice, bees and robins, which is currently on the post box.

If you would like to tell us of any charities you know that need knitted items, please contact Lesley on 01509 506714.






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ABOUT THE LONG WHATTON NEWS

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

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

WE WANT YOUR NEWS

We would like to hear from you about your club, event or absolutely anything news-worthy 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 April issue is 21st March.

LONG WHATTON KARATE *Budo: A Way of Life Beyond the Dojo...*

We've had a lot of interest and new joiners since last month, so get in touch soon while we still have some spaces available! We are especially looking for any families who would like to join, as we now have a number of parents (and a grandparent too!) who come with their children, training side-by-side and growing together.



Perhaps this month's article by Sensei Ben about the concept of 'Budo' will help inspire a few of you to join us and gain from the benefits of traditional karate and the Budo spirit.

When people hear the word 'Budo' (武道), they may picture things like martial arts uniforms, samurai, black belts, and disciplined training in very formal settings. While Budo does relate to martial arts such as judo, kendo, aikido, and karate, its meaning runs much deeper. Translated from Japanese, 'Bu' refers to "martial" or "warrior", and "do" means "the way". Together then, Budo means "the way of the warrior" — but not in the sense of fighting others. Rather, it is a path of self-development. It is aimed at spiritual, mental,

and physical development as opposed to just combat. Budo focuses on disciplining the mind and body, with the ultimate goal of personal development, respect, and the path to self-realisation.

You probably get the sense therefore that, Budo is about cultivating one's character. Traditional Budo training places strong emphasis on respect, self-control, perseverance, and humility. Practitioners of karate in our dojo bow when entering and leaving, thereby showing courtesy to their training and their training partners. It is also symbolic of them striving to improve themselves in the dojo and outside of the dojo, rather than merely doing some physical exercise or just hitting pads. The true opponent in Budo is one's self with the aim of improving in multiple areas (things such as improving patience, self-confidence, physical capability or other self-improvement aims).

So what does this have to do with everyday life? I would argue quite a lot.

Budo teaches awareness — being present in the moment. Whether we are talking to someone we've met on a walk down the village, working in the garden, washing the car, or making an important decision, giving our full attention improves both the quality of our work and our relationships.

Budo also teaches calmness under pressure. In martial arts training, reacting emotionally can lead to mistakes. Similarly, in working lives for example, responding thoughtfully rather than reacting impulsively can prevent conflict and misunderstanding. Budo also encourages continuous improvement. The concept of steady, incremental progress reminds us that mastery in any field — cooking, carpentry, parenting, volunteering — comes not from dramatic leaps, but from consistent effort over time.

"Budo; a path of self-development."

Bingo with Fish & Chips



Saturday 7th March 2026

at the Friendship Centre

doors open at 7pm, start 7.30

**Entry £15 includes Fish & Chips or £8 without
Licenced Bar, Tea and Coffee**

The entry ticket gives you a Fish & Chip Supper and one card for each of the 8 games we will play during the night (additional cards available)

Prizes for a line and a full house

This is a cash only event, no cards

Please call Silke on 07964 824 108 to reserve tickets and place your food order

**Don't forget to bring your
Bingo Dabber! Good luck**



LONG WHATTON KARATE CLUB *continued*

Perhaps most importantly, Budo promotes respect. Respect for others, regardless of status. Respect for community. Respect for oneself. You do not need to practise martial arts to live by the principles of Budo. You simply need the willingness to approach each day with discipline, awareness, kindness, and the quiet determination to become a little better than you were yesterday. Maybe this gives you a sense of the reason I started the club in the village in the first place – to give back to the community and share the benefits of karate and Budo.

In this way, Budo is not about combat at all. It is about cultivating strength of character — and that is something from which any of us can benefit. In the words of Gichin Funakoshi, the founder of Shotokan Karate, “Karate begins and ends with courtesy” (Karate ni sente nashi). My personal favourite of all of his quotes is: “the ultimate aim of Karate lies not in victory or defeat, but in the perfection of the character of its participants”. I am reminded every time I train or teach of my journey with Budo - when I put on my black belt which I had inscribed on one side with 継続は

（“Through persistence comes strength”) and the other with 為せば (“If you take action, it will become”).

So, why not consider how Budo could help you in your everyday life too...

Why not start by training alongside our recently-crowned karate champions at our very own local club and advantage of our free trial session offer!

We have adult and child spaces available right now, so get in touch... Training is every Thursday in the Long Whatton school hall from 6:00 to 6:45pm and 6:45pm to 7:45pm.

Get in touch via our Facebook Page @ longwhattonkarate, e-mail the club at longwhattonkarate@gmail.com, or contact the club secretary on 07714335598

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

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

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 Thursday 11th Nov, 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

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

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

Email:

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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“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  

THE IMPORTANCE OF GOOD DIET *Health - Liz Jarrom*

I was surprised by a headline I read recently, that turned previous dietary advice to American citizens completely on its head. Previously, they had been told that carbohydrates should make up 45 to 65% of their diet, which would probably have come from packaged breakfast cereals, white bread, crackers and other carb rich, ultra processed foods.

The previous food pyramid has now been replaced, putting carbohydrates down at the bottom of the list of recommended healthy foods, and high protein and fat containing foods, from natural and minimally processed sources, at the top.

American nutritionists have started recommending American citizens eat more red meat, full fat milk and butter. They have been told to significantly reduce their consumption of refined carbohydrates, and for the first time in America, ultra processed foods are explicitly named as a category of foods to be totally avoided. Instead, the advice is that eating healthy, home cooked meals, like Momma made, is the preferred option, with Americans being urged to get back in their kitchens and cook. A significant reset on the previous advice. The American Heart Association and The Centre for Science in the Public Interest have expressed caution over this U turn, but what does the science say about this?

The cornerstone of this advice is to shun fast food outlets and ready meals. Instead, they are to base their diet on natural foods like fresh meat or equivalent vegetable proteins like beans. Also recommended is fish, vegetables, fruits and salads and they are advised to reduce or cut out salt and reduce

alcohol consumption. Food should be prepared and cooked at home and instead of bought desserts, Americans are being encouraged to make home made puddings with traditional ingredients, and to top them with custard.

Previous advice centered around lowering LDL cholesterol, but now, American scientists are citing new evidence that high cholesterol isn't always the problem and it's not just about

Official! Americans are now being advised that eating butter, red meat and full fat cows milk is good for their health.

the fat levels in the blood, but how the body responds to sugar, and especially processed foods containing high levels of sugar and UPF's generally. Consuming large amounts of sugar can

lead to fat storage in the liver. The researchers have concluded that the main issue causing ill health and obesity appears to be these big spikes in blood sugar, which also results in inflammation in the body, damage to blood vessels and fat storage around the organs, mostly caused by eating UPF's.

About 70% of Americans adults are obese and the scientists say that carrying excess weight also disrupts metabolism. In addition, the researchers have discovered that it's also what you eat with the meat and dairy foods that matters. Consume these foods with white bread and other highly processed carbohydrates, for example a burger in a white bun and industrially produced chips, and it causes harm and disruption in the body. Eat the meat as a traditional dinner with home prepared and cooked potatoes, plenty of vegetables and home made Yorkshire pudding, and it doesn't spike blood sugar nor cause inflammation or damage delicate body tissues. The same is true for dairy foods. Consume an ultra processed shop bought dessert containing

Chair - position to be filled

Vice Chair - Mrs Sonya Buzzard, Treasurer - Mr Keith Nicholls, Secretary - Mrs Silke Walker

Dear Resident/Affiliated User,

I am writing to invite you to the Annual General Meeting of the Community Association on Tuesday 3rd March 2026 at 7pm in the Friendship Centre. The Associations Council, Management Committee and Officers will be elected at this meeting and nominations for either Council or Management must be sent to the Secretary or posted to the Friendship Centre before the meeting using the slip below.

As a resident of Long Whatton, over the age of 18, you are automatically a member of the Community Association and are entitled to come along to the Annual General Meeting, stand as a committee member and vote. Existing individual members of Management and Council need to complete a nomination for re-election. Representatives of affiliated groups do not need to be nominated. Each affiliated group should send details of their representative. Further details can be obtained by contacting the Vice Chair or Secretary by email to "LWCA79@gmail.com"

We would welcome new members to help us run community events at the Friendship Centre. I look forward to seeing you on March 3rd.

Yours sincerely,
Mrs S. Walker, Secretary

AGENDA

- | | |
|-------------------------------------|--|
| 1. Apologies for absence | 6. Appointment of Hon. Auditors |
| 2. Minutes of the last AGM | 7. Election of Council Members |
| 3. Matters Arising | 8. Election of Chairman, Officers & Management Committee |
| 4. Chairman's Report | 9. Any other business |
| 5. Presentation of Financial Report | |

-----><-----
2026 INDIVIDUAL NOMINATION FOR COUNCIL/MANAGEMENT REPRESENTATIVE* AND TRUSTEE of the COMMUNITY ASSOCIATION *Delete the inapplicable

Nominee Address

..... Post code Tel No

Proposed by Address

Seconded by Address

Signature of nominee agreeing to stand Date

Date of birth of nominee as required by Charity Commission

Return to: - Long Whatton Friendship Centre letter box, or by email to lwca79@gmail.com

THE IMPORTANCE OF GOOD DIET *Health – continued*

powdered milk, denuded of its natural and balanced state, and the body struggles to cope with processing this alien food. Instead, if you make a home made dessert using whole eggs, brown sugar, wholemeal flour, butter and fruit or minimally processed jam, topped with home made dairy custard, the risk of damage to blood vessels, a spiking of blood sugar and raised LDL cholesterol diminishes considerably. The body processes this type of meal more slowly and derives more nutrition from it. As a result, the meal is much less like to cause weight gain and people feel fuller for

longer, so are less likely to over eat or snack. Because meat and dairy foods are very energy dense, the scientists advise that the population shouldn't eat large portions of them, but instead, enjoy them modestly as part of a traditional diet along with lots of wholefoods such as wholemeal bread, wholegrains, vegetables, salads etc and eat them in their traditional state as cooked joints and casseroles with cheese, grapes and a cocktail biscuit to follow or maybe a bit of homemade apple pie and custard. Sounds good to me.

A BOOK OF POEMS IN LOVING MEMORY OF PAT

Many readers will already know David Griffith through the thoughtful poems he writes each month for our village magazine. His words have become a familiar and much-loved part of our community pages.

David has now published a collection of his poetry in loving memory of his wife, Pat, who sadly passed away from cancer. This book is a deeply personal tribute — capturing love, reflection, resilience and remembrance.

In a generous and selfless gesture, David is donating every penny raised to cancer research. There are no deductions — the full £10 from each copy goes directly towards supporting vital research.

Cancer has touched many families in our village and beyond. By purchasing a copy, you are honouring Pat's memory while contributing to a cause that offers hope for the future.

Why Support This Book?

- Published in loving memory of Pat
- Written by our regular village magazine poet
- 100% of proceeds donated to cancer research
- A meaningful gift or keepsake

How to Purchase

Copies are £10 each. To buy a copy, please

email: longwhattonnews@gmail.com

Let us come together as a community to support David and remember Pat in a way that

A Book of Poems in Loving Memory of Pat
By David Griffith

£10 per copy.
100% of proceeds to
Cancer Research

DISEWORTH DIARY *March*

Bridge Club, every Wednesday at the Heritage Centre 2 - 4pm
26th Dialogue Collating & Meeting, Heritage Centre, 7.30pm
11th April Chamber Music at St Michael & All Angels
23rd April Dialogue Collating & Meeting, Heritage Centre, 7.30pm
25th April Bingo Night, Village Hall



THE ROYAL OAK

DINING PUB | BEDROOMS | FUNCTION ROOM



NEW Spring Menu is now being served! Please see our website to book in and try it for yourself... just like Our Roger!

Our lunch menu features smaller sized main courses from £11.75, along with a selection of sandwiches and the main menu.



WEEKEND DATE NIGHT SPECIAL

RECEPTION DRINK - GLASS OF PROSECCO, COCKTAIL OR DRAUGHT BEER

£45 PER PERSON MEAL ALLOWANCE

BOTTLE OF WINE

KING SIZE ROOM

BREAKFAST

**FRIDAY - £185 PER COUPLE
SATURDAY - £200 PER COUPLE**

