

# Long Whetton News

MAY 2026



*Late spring* flora is epitomised by the all too brief appearance of Bluebells and Wisteria, creating expanses of blue and walls of pale purple, the latter of which is captured here.

The village has quite a few events coming up, from swallows to cider and crafts. Inside; a recipe, health, gardening is getting serious this time of year, World Superbikes and the Porsche Carrera Cup.

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# KNIT AND NATTER *Poppy patterns*

Starting from 3 April, the Long Whatton Knitting Group will meet at the Royal Oak from 10.00-11.45 am on the first and third Friday of each month. We would like to pass on our thanks to the Falcon for hosting our meetings over the last few years.

We have created two patterns for a large



knitted poppy, with a diameter of 30 cm, that can be mounted on a frame and displayed on front doors, etc, see pics below. If anyone would like a digital copy, please contact Lesley on 01509 506714.

Also, please contact us if you know of any charities that need knitted items.

## 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](http://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](mailto:longwhattonnews@gmail.com)

## THE TEAM

Penny de Kock 07393 407896

Neil Bamford 07921 855607

## COPY DEADLINE

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



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# ALL SAINTS CHURCH NEWS *Whats on in May*

Sunday 3 May 10.30 - Inside / outside church.  
Lay lead Morning Prayer in the Lady Chapel,  
nature walk outside. Well behaved dogs on  
leads welcome too.

Sunday 17 May 10.30 - Benefice Holy  
Communion service

Sunday 31 May 10.30 - Benefice Holy  
Communion service

Tuesday 12 May 7pm - Annual meeting of  
church PCC This is open to anyone who lives  
in the parish but voting can only be done by  
those on the church electoral role.

Saturday 16 May 10.30 - midday coffee  
morning

Thursday 7 May 7pm in the Friendship  
Centre, Main Street Long Whatton  
"From Africa to our belfry – Giving Swifts a  
home"

Now we have Swift boxes up on the church  
come and discover from local Swift bird  
enthusiast about these masters of the air and  
what we can do to make a difference to these  
amazing summer visitors. Donations on the  
night and raffle. Proceeds to be split between  
Leicestershire and Rutland Ornithological  
Society and church roof repairs.

Now that lawn mowing is in full swing  
why not leave a section of your grass uncut or  
cut on a higher setting and see what comes  
into flower and provide a food source for our  
insects who in turn are a food source for our  
birds. We are using this approach in the church

yard and being a very ancient unsprayed area  
of native grassland has a number of wild  
flowers and grasses that will reach flowering.  
An area is being managed as a hay meadow  
and will not be cut until late July or August.  
Keep an eye on the churchyard and see for  
yourself the result.

Thank you for all the food bank donations  
and to those who take the donations to the  
Shepshed Food Bank.

Although we do not have a vicar at the  
moment the church continues to hold services  
twice a month as above and is welcoming a  
cared for. Look out in the June magazine for  
our questionnaire about what you would like  
from your church.

For enquiries about any of the above please  
contact Viv Matravers [v@manororganicfarm.co.uk](mailto:v@manororganicfarm.co.uk), 07780097997

Arrangements for baptisms, weddings and  
funerals contact our parish administrator Sarah  
Wilson [pa.ljw@outlook.com](mailto:pa.ljw@outlook.com)

## MOBILE LIBRARY *May*

The Mobile Library has just one visit to the  
village in April: 7th May, 28th May, 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)

## BEST SELLER *by David Griffiths*

I wrote a modern novel once  
With characters of no renown,  
A plot of wit and nonchalance  
The readers could not put it down.

It had intrigue and vice and lies,  
It had explicit sex as well,  
It could have won the Booker Prize  
And been considered for Nobel.

I wrote five thousand words a day  
And gladly burned the midnight oil,  
It was a worthwhile price to pay-  
There's no reward without toil.

But when the masterpiece was done  
It simply vanished without a trace.  
Mt Amstrad has a sense of fun,  
Instead of Print I'd pressed Erase.

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# *Ballet Classes*

**FOR CHILDREN, ADULT BEGINNERS AND SILVER SWANS  
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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 (1&2 pointe work) 8.00pm



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## BACK IN EUROPE *Alex in World Superbikes*

Back to Portimao for round two on 27–29 March. Alex may not have been delighted with 7th place in qualifying, but the field at the top was close - Alex was only 0.6 seconds off pole.

However, race one was a different story. Up into 4th place at the end of the first lap, Alex had a brief battle with Oliveira, who eventually moved up to third, leaving Alex to take fourth place - a safe 3 seconds ahead of his brother, even though the lead three had slipped out of reach.

Starting from fourth for the Sprint race, Alex nipped up to third for a couple of laps before Lecuona charged past Alex and Oliveira, leaving him with another fourth place, just 0.3 seconds of a podium spot.



On to the final race, 20 laps and straight into second spot, but Oliveira came past on the second lap followed by Lecuona on the third.

Oliveira held on to third by a whisker at the finish.

Three fourth place pushed Alex up to 6th in the standings.

Three weeks later it all started again in Assen, Holland, Alex qualifying sixth.

Despite another good start Bautista demoted Alex to fifth one lap in, slipping ahead to leave Alex with a lonely ride for fifth.

Starting fifth in the Sprint, Alex and Bautista passed Vierge to move in to

fourth and fifth respectively. Alex held station until lap 9, when Bautista took fourth and held on to the finish.

The final race, in cold but dry conditions, didn't go to plan. From holding fourth place for the first three laps Alex slid steadily backwards taking the flag in eleventh place.

After three rounds Alex sits in equal fifth place in the championship.

*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 Alex Lowes merchandise discount text me, Neil, 07921 855607.*

## COFFEE MORNINGS

The 'Monday Brew' coffee is moving at the Royal Oak Monday 11th May 2026 at 10:30am till 12 o'clock.

The All Saints Church coffee morning will be on Saturday 16th May 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!

# *Beetle Drive with Fish & Chips*



**Saturday 16<sup>th</sup> May 2026**

**at the Long Whatton Friendship Centre**

**Doors open at 7pm, start 7.30**

**Bring your own drinks**

**Entry £10 includes Fish & Chips, £5 without**

The entry ticket gives you Fish & Chips and a playing sheet for the evening, covering the nine rounds we will play.

Beetle Drive is a competitive dice game for adults and children, where the 4 people on each table play against one another and each table plays against all the tables in the room.

Prizes to be given for winning a round and overall winner of the night.

To book/buy your tickets and Fish & Chips please **call 07964 824 108** or collect from the Thursday Coffee morning.

Tea and coffee served  
Bring your own bottle – we have glasses

**Cash only**



# GARDENING TIPS FOR MAY *by Shirley Blyth*

May is THE gardening month. The weather is warmer, less windy, drier and there are more daylight hours to be outside. It is a month of being able to look forward to what is to come. However we should still be cautious of a late frost .

This year I'm converting the ground, where my second greenhouse stood, into a small fruit and veg patch. It was a swop for a Rosa Blue moon and a lovely bottle of red wine! Throughout the autumn/winter the ground was improved with garden compost. I am now on my 3rd sowing of peas and beans as a mouse fed on the previous sowings! It has been caught though!

## *Plants in flower this month:*

In May we are beginning to have a greater choice for our gardens. However, azaleas and their ilk must be grown in pots. The soil in this area isn't to their liking.

Brunnera - Jack Frost is the best known, with large patterned leaves

Ceanothus - Californian lilac, comes various shades of blue

Choisya ternata - Highly fragrant with delicate white flowers.

Euphorbia\* - E. griffithii Fireglow is a favourite. See below

Genista - Also known as Broom. Vibrant yellow flowers.

Geum - Available in yellow - orangey red.

Good border plant.

Laburnum\*\* - Has yellow pea like flowers and green pods. See below.

Paeony - Blousy flowers that are spectacular when in flower.

Tiarella - Foam flower, much loved by bees.

Euphorbia\* Beware of the white sap as it can cause real problems if you get on your hands and rub it into your eyes or other delicate sensitive areas.

Laburnum\*\* The pods that form after the flowers are toxic to both humans and dogs.

## *Jobs to do this month*

Prune Clematis montana after it has flowered. Plant out dahlias at the end of May. Clear away spring bedding and begin to harden off summer bedding and tender plants.

Tender veg seeds can be sown outside by the end of the month. Protect them from slug damage and carrot fly.

Feed and weed lawns to give them a boost after the weather of the last few months.

Continue successional sowing of vegetables Thin out annuals and vegetables sown earlier Sow biennials for next year's spring bedding plants.

Inspect plants regularly for signs of pests and diseases and nip potential problems in the bud. Sow or turf new lawns now before it becomes too dry.

Happy Gardening.



*Tiarella, great for bees*

## BACK COPIES AVAILABLE

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.

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# MEXICAN PENNE WITH AVACADO *Recipe – Alan Clarke*

For an ugly, looking berry – yes, berry, the humble avocado truly holds people all over the world under its spell. In America, for instance, the annual avocado consumption of the average person has increased from 0.5kg in 1989 to well over 3kg in 2016. In the UK, avocados had the 3rd largest sales growth of any grocery item last year, just behind a brand of beer and an energy drink.

Avocado consumption is so rife that, in 2016, Australian millennials were told they'd stand more chance of being able to afford property if they gave up buying so many. Marks & Spencer claim they introduced avocados to UK supermarkets, when they stocked them as 'avocado pears' in 1968. At the time, we Brits did not take to them.

People were confused by the name: when one customer complained after she'd stewed her avocado pear and served it with custard, M&S even started selling them with leaflets explaining they were intended to be a salad item.

In the early 1990s, Avocado farmers in California were seeking new ways to market their product. They decided to target the Super Bowl. Watching American football, they reasoned, meant eating crisps and dip, and what's a good dip? That Mexican favourite guacamole, of course.

They gave out samples, offered recipes - and it worked. These days, guacamole fans consume more than 47 million kilos of avocado every year on Super Bowl Sunday. With the rise of guacamole, people started wondering: what else could you do with them...?

In 2013, the actor and lifestyle-peddler Gwyneth Paltrow made 'avocado on toast' one of the key components in her best-selling

cookbook 'It's All Good'. The book coincided with the rise of clean eating. This movement arguably began with the widespread adoption of a 'Californian' lifestyle.

Avocado recipes began popping up everywhere, most of them citing its 'superfood' qualities (in particular the fact that 75% of the fat in avocados is unsaturated, 'good fat') and its huge versatility as an ingredient.

So its time for an avocado recipe to pop up in The Long Whatton News.

## *What you need*

- 100g wholemeal penne
- 1 tsp oil
- 1 large onion sliced, plus 1 tbsp finely chopped
- 1 pepper deseeded and cut into chunks
- 2 garlic cloves grated
- 2 tsp mild chilli powder
- 1 tsp ground coriander
- ½ tsp cumin seeds
- 400g can chopped tomatoes
- 96g can sweetcorn
- 1 tsp vegetable bouillon powder
- 1 avocado peeled, stoned and chopped
- lime zest and juice
- handful coriander chopped, plus extra to serve

## *What you do*

- Cook the pasta in salted water for 10-12 mins until al dente. Meanwhile, heat the oil in a medium pan. Add the sliced onion and pepper and fry, stirring frequently for 10 mins until golden. Stir in the garlic and spices, then tip in the tomatoes, half a can of water, the corn and bouillon. Cover, simmer for 15 mins.
- Meanwhile, toss the avocado with the lime juice and zest, and the finely chopped onion.
- Drain the penne and toss into the sauce with the coriander. Spoon the pasta into bowls, top with the avocado and scatter over the coriander leaves.





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## Cider Tasting with Charnwood Cider



**Saturday 27<sup>th</sup> June 2026**  
Long Whatton Friendship Centre  
doors open at 7pm, start 7.30  
Tickets £15  
for food and cider

Rob from Charnwood Cider will guide us through a selection of his own award winning ciders and perrys, with light hearted conversation about each drink, its origin, tasting notes and making process.

The ticket price of £15 covers the cider varieties and nibbles.

Additional cider and perry available to purchase and take home.

Tickets from  
Long Whatton Farm Shop,  
Long Whatton's Thursday  
Coffee morning,  
or mob 07964 824 108



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## PORSCHE CARRERA CUP GB *challenge for Jack Sherwood*

Jack Sherwood is competing in the Porsche Carrera Cup GB, with Team Parker Racing continuing a family legacy.

Nineteen-year-old Jack is the son of multiple Am class champion Justin, who claimed four titles in a remarkable run between 2019 and 2023. Now a single-seater convert, Jack is aiming to emulate those achievements as he joins Team Parker Racing for his first full season of GT racing. He will compete in the distinctive orange colours of primary partners Essar and the Fred Sherwood Group of companies.

Jack began his single-seater career in 2022 with a race-winning campaign in the GB4 Championship. Two seasons in British Formula 4 followed, the second with Rodin Motorsport, yielding multiple podium finishes and further demonstrating his potential. In 2025, he stepped up to the faster GB3 Championship, partnered by the BRDC, where he once again secured podium results.

For 2026, he makes the switch to GT racing and will debut in the Porsche 911



(Type 991.2) GT3 Cup car at his home circuit, Donington Park, on 18–19 April.

Excited about the upcoming challenge, Jack said “I’m really looking forward to it. It’s going to be nice to be with the Parker boys. I’ve known them for a long time, so it’s great to be finally racing for them. I’m hoping to go for the rookie championship. I’m striving towards that and then we’ll look at the overall title. There’s a lot of very experienced drivers in the series, but I’m with the best team and I’ve got the best people around me. That’s my main goal.

I couldn’t be on the grid without Essar and the rest of my partners, I’m really happy to have them all back on board again for this year. I’m looking forward to welcoming them along to a few races as well.

Going into Carrera Cup and sports cars is a bit of a change to what I’m used to. I’m looking forward to the challenge; getting to know the car and getting to know the discipline and hopefully seeing where it can take me in the future.”

## WHATTON HOUSE *presents That Friday Feeling 2026*

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

From 5pm to 11pm, enjoy the perfect blend of live music, delicious street food, and a fully stocked bar, all set against a relaxed countryside backdrop. Whether you’re unwinding after a busy week or catching up with friends, it’s the ideal way to ease into the weekend.

Featuring; live music, drinks & cocktails by @wonderland.bars and kitchen food from

@thepantryeventcatering.

Running once a month from April through October, each Friday promises a warm atmosphere, great vibes, and something new to enjoy every time.

Dates for your diary:

May 22nd

June 26th

July 31st

August 28th

September 18th

October 30th

Tickets are free, booking online is essential.

# From Africa to our belfry – Giving Swifts a home



A talk by

**Peter Williams**

swift bird enthusiast and member  
of the Swift partnership with  
Leicestershire and Rutland  
Ornithological Society

**Thursday 7 May**

**7pm**

**Friendship Centre**

**Main Street Long Whatton**



Donations and raffle,  
refreshments.



Swift boxes are up in the church belfry  
what can we do to encourage them to  
make a return.



What can all do to help give these  
summer visitors a home here and  
a future .



For any further information contact  
**Viv Matravers 07780097997**



## 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.

## 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.

*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.

*Beetle Drive with Fish and Chips.* Friendship Centre, Saturday 16th May 7pm.

*Cider Tasting.* Friendship Centre, Saturday 2th May, 7pm.

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

*Friday Feeling.* Food, drink, live music, Whatton House Fable Room, May 22nd, 5 -11pm

*Giving Swifts a Home.* Talk by Peter Williams, Friendship Centre, Thursday May 7th, 7pm

## WI *May*

A big thank you to our April speaker and demonstrator for introducing us to the art of glass fusion, some wonderful glass birds were created and have gone to be finished in the kiln.

We will be busy making table centres for our Boarderlands event in May, where we will be hosting three local WI groups.

In June Shirley, our local expert garden advisor, will be coming to give a demonstration on flower arranging.

Our group meets every 2nd Tuesday in the month at the Friendship centre, 7.30-9.30 Please contact Val on 01509646031 for more information.

# 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?



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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**

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or email [cara@caratattertonpilates.co.uk](mailto:cara@caratattertonpilates.co.uk) - Find us on social media



# AGE RELATED HEARING LOSS *Health – Liz Jarrom*

Age related hearing loss affects about 25% of those in their sixties, about half in their seventies, and 80% in their eighties. The extent of the loss varies from person to person, and it usually comes on slowly, and not very noticeable at first. Some people might just need to turn the TV sound up a bit, but others can suffer a significant loss of hearing over time, that impacts quite severely on their quality of life.

Hearing aids can help, but there can be problems with getting the right help and gaining access to the most suitable device. So, what are the most common causes of hearing loss? A build up of earwax in the ear can cause loss of hearing and even deafness in the short term. Trying to clean out wax yourself, if it's causing problems, is not advised. Pushing anything into the ear can make the problem worse. Cleaning out earwax with cotton buds can leave the ear canal dry, itchy and even painful. The wax is there to protect the delicate skin inside the ear canal. Ear drops from the pharmacy can help to soften the wax, and encourage it to break up and disappear, or there are oil based ear drops, containing essential oils, available in health shops that can be effective. See your GP if symptoms persist or you get discomfort, pain and sudden hearing loss. Ears shouldn't need clearing out as they are usually self cleaning. The lining of the ear canal grows outwards from the eardrum, so the secreted earwax and any impurities that becomes trapped in it should eventually be conveyer belted out. If the wax does build up and cause hearing loss, it's best to consult your doctor for treatment.

Aside from earwax problems, is hearing loss just inevitable as we age? Studies of traditional, rural populations in Africa,

Asia and the Amazon suggest that it's not. For example, the Mabaan people, living in the Sudanese bush were found to retain their hearing well into old age, as did native residents of Easter Island.

So, what is it in our modern world that causes hearing loss? Age related hearing loss is a result of the premature death of the sensory

hair cells in the inner ear, which turn vibrations into electrical signals, which are then sent to the brain.

Once these cells are lost,

they don't grow back, so preventing their loss is critical for preserving our hearing.

Studies have shown that risk factors include smoking and medications such as aspirin, ibuprophen and naproxen. Also, loop diuretics, such as Indapamide and Furosemide have been linked to hearing loss. Exposure to repeated and regular loud noises, seems to make the inner ear more vulnerable to earlier ageing and hearing loss. This appears to be because loud noises constrict the tiny blood vessels in the ear, resulting in impaired blood flow to the delicate hairs and ear tissue, leading to damage.

Another reason that the elderly Mabaan and Easter Island peoples still had good hearing was down to the fact that they don't suffer from coronary artery disease. They also continue to have normal blood pressure right into old age. This seems to be down to their diet. They mostly eat a plant based diet, rich in whole grains and very little animal protein. Researchers came to the conclusion that atherosclerosis, clogging of the small blood vessels feeding the inner ear is probably the major underlying cause of age related hearing loss in most westernized countries, where a high percentage of the food consumed is industrially produced, high in sugar, high in

*Is age related hearing loss treatable?*

# 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 28<sup>th</sup> July  
Tue 4<sup>th</sup> August  
Tue 11<sup>th</sup> August  
Tue 18<sup>th</sup> 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



## AGE RELATED HERING LOSS *Health continued*

processed saturated fats and animal protein, and low in vegetable protein, nuts and seeds, fresh vegetables and fruits. This is backed up by a study in two Finnish Mental Health Hospitals, where patients were resident for many years. In 1958, one of the two hospitals changed its menu to decrease patients' intake of saturated animal fat. Two years later, the hospitals switched their menus over.

This was the first trial of its kind that showed that it was possible to decrease heart disease deaths by reducing peoples intake of saturated fat. It was noted that the patients hearing quality followed the same pattern. As their heart disease got worse, so did their hearing loss. When the hospitals switched their menus, the reverse happened, by a significant amount. Those on the low saturated fat diet who were in their 50's had far better hearing than those in their 40's on

the high saturated fat diet, as well as better heart health, leading the researchers to conclude that diet is an important factor in the prevention of age related hearing loss.

## DISEWORTH DIARY *May*

*4th Discussion Group*, Heritage Centre, 2-4pm  
*5th Art & Craft Club*, Village Hall, 10-12pm  
*9th Plant Sale*, 17 Clements Gate, 10am-12pm  
*13th Coffee Morning*, Heritage Centre, 10am-12pm  
*16th Race Night*, Village Hall, 7.30pm  
*19th Art & Craft Club*, Village Hall, 10am-12pm  
*23rd Plant Sale & Coffee Morning*, St Michael & All Angels, 10am-12pm  
*26th Village Hall AGM*, Village Hall Committee Room, 7.15pm  
*28th Dialogue Collating & Meeting*, Heritage Centre, 7.30pm

## 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](mailto:longwhattonnews@gmail.com)*



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