

Long Whetton News

SEPTEMBER 2026



The village show was indeed, bigger and better this year. If you didn't make it the cover shows a little of what you missed.

We didn't have enough room inside to tell you everything about the show, so next

month we will feature all the competition winners.

Lots going on in this issue, including the phone box which is now a book swap. Also, a recipe, car racing, health and more.

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CELEBRATIONS *in the village*

Lesley and Ian Giles will be celebrating their golden wedding anniversary on Friday September 11th.

"We were married in All Saints Church and then walked across the road to the newly opened community centre!"



THE ALPHABET QUIZ

This is a really simple but annoying quiz. All you have to do is to work out the following phrases. The first letter of each word is given for you and so all you have to do is to work out what the words are to complete the phrase eg 24 H I A D = 24 hours in a day

26	L O T A
1000	A N
12	S O T Z
13	S O T A F
12	D O C
18	H O A G C
90	D I A R A
7	S O A F P P
3	B M, S H T R
1	W O A U
6	D I A P C
57	H - V
29	D I F I A L Y
64	S O A C B
76	T I T B P
6	W O H T E
4	S O T Y
13	L I A B D
6	Q O A T P C
52	S I T U S O A
180	T T S O A D B
86400	S I A D
101	D
2	H I P
54	C I A D (W J)
9	L O A C
7	W O T W
18	T A A W Y C V

GOOD ON YER WRIGLEYS

by David Griffiths

(Reflexions on being an Aussie captain after Trent Bridge)

Being skipper's not much fun
Standing here just chewing gum
Clarkie keeps on falling down
And Shanie's been out on the Town Trouble is
that all he'll say
We others ought to play away!
Dizzy cannot bowl a length
And Glenn, alas, has lost his strength.

It's hard for us to keep in check
With Freddie breathing down our neck, When
you think you've conquered him You just get
out to Giles's spin
Or else you feel compelled to play
At Jones's one that goes away.

Just remember, all these hashes,
We could really lose the Ashes Then, instead of
ticker tape,
There really would be no escape. Then, instead
of lawful gains,
It's back to Sydney bound in chains (Although
this may be nothing new, Perhaps a touch of
deja vue.!)

I won't admit we've been outdone Instead I'll
go on chewing gum.

*(Written to an Aussie mate in Englands' better
days)*



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GNOCCHI *Recipe – Alan Clarke*

The word “gnocchi” is derived from the Italian word “nocca,” meaning “knuckle” or “lump.” This refers to the small, irregular shape of the pieces. While the exact origin of gnocchi is unclear, it’s believed to date back to the Middle Ages, when peasants in Northern Italy would mix cooked, mashed potatoes with flour and egg to create a simple, filling meal.

During this time, potatoes were a staple crop in Italy, particularly in the northern regions of Piedmont, Lombardy, and Veneto. Cooks would boil or steam the potatoes, then mash them and mix them with flour, egg, and sometimes cheese or herbs. The resulting dough was then shaped into small pieces, which were boiled or pan-fried to create a hearty, comforting dish.

Creamy Gnocchi Traybake (Serves 4)

What you need

- 1kg frozen butternut squash cubes
- 2 tsp olive oil
- 2tsp garlic granules
- 500g gnocchi
- 400g cherry tomatoes
- 165g garlic and herb cream cheese
- 57g grated parmesan cheese

*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*

- 15g basil

What you do

Preheat the oven to 200 C fan/220c/gas mark 7. Put the butternut squash on a baking tray and drizzle over the oil, then sprinkle with the garlic granules. Bake in the oven for 15 minutes or until starting to soften.

Remove from the oven, add the gnocchi and tomatoes and give everything a good stir. Turn the cream cheese out onto the middle of the baking tray (in one lump, no need to spread it around).

Put the baking tray back in the oven, for around 15 minutes or so. When the squash and the gnocchi are cooked and starting to colour, remove the tray from the oven add the basil and stir well to combine all the ingredients, sprinkle over the parmesan and serve.



THANKS *from Jackie*

Hi Everyone, I would like to thank you all, friends, neighbours and villagers who also donated to all who supported my stall on the day. Like me you all had a lovely afternoon.

Many thanks to Fay, also Penny, Aldo and family who gave me a lot of help. Guess how much I raised! £290 for my lovely charity. Wasn’t that fantastic. Many thanks to you all.
Jackie.

MOBILE LIBRARY *September*

The Mobile Library will visit the village on Monday 7th and 28th September with four stops beginning with:

Long Whatton School 10.30 - 11.30

Oakley Drive 11.40 - 12.00

Piper Drive 12.10 - 12.40

Main Street 13.20 - 14.05 (near The Falcon)



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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

JACK SHERWOODS *podium run continues*

Racing at his home circuit, Jack arrived at Donington looking to build on the podium finish he scored at Thruxton last time out.

Starting seventh for the opening contest, Jack was immediately on the offensive, moving past Henry Dawes to take fifth before putting pressure on Masters class runner Michael Keohane ahead.

He attempted to take fourth into the Melbourne Hairpin but contact on the exit sent him down to eighth place. Undeterred, Jack quickly set about recovering the lost ground and was soon back on the attack.

On lap six, he made a decisive move up the inside of teammate Archie Clark at Redgate to take sixth, putting Max Coates next in his sights. Ahead Coates and Keohane came together at the Melbourne Hairpin, promoting him two positions.

Jack closed onto Sid Smith before challenging around the outside at Melbourne making the move stick with an impressive pass on Smith at Coppice that lasted the length of Starkey's Straight, completing the move into the Fogarty Esses to claim third place, marking his third podium of an impressive maiden Porsche Carrera Cup GB campaign and provided a strong start to the weekend.

Starting fifth for race two, Jack again wasted little time getting involved in the action. After briefly losing a position to Dawes on the opening lap, he fought straight back, reclaiming the position through the Craner Curves before setting his sights on Smith.

Jack attacked into Redgate on lap four, running side-by-side with his rival through Craners, exiting the Old Hairpin in fourth place.

A Safety Car briefly halted his progress, but Jack was immediately on the attack

when racing resumed on lap 10, passing Coates into Redgate to move into the final podium position.

Unfortunately, a moment at the Melbourne Loop allowed Isaac Phelps through, before further contact led to the front splitter coming off, which left Jack struggling for grip. Despite defending hard, he was forced to pit for fresh tyres on lap 16. He returned to the circuit to take the chequered flag seventh in the Pro class and 13th overall.

Although the result cost him ground in the Talent Pool standings, Jack remains firmly in contention, sitting second and just nine points from the championship lead with six races remaining. The overall Pro battle is even closer, with Jack sixth on 40 points and only two points separating him from third place.

"Qualifying one was a bit tricky with all the red flags, so I didn't really get a clean run. We showed some strong pace in qualifying two. It was quite tight, though, and I made a little mistake on my lap, which meant that we couldn't quite grab pole.

"We had a strong race one. There was a bit of argy-bargy at the start, but it settled down and we managed to make up some good ground, going from seventh to third. I had some good battles, and I really enjoyed coming through the field.

"Race two started well and I got up to third, but then I got hit at the hairpin. First by one

driver who pushed me wide, and then by a second from then on, it was just a downward spiral

"It didn't end the way I'd have liked, but it was nice to continue the podium run and to do it at my home track in front of so many friends and family. Now I'm looking forward to Croft."



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

ALL SAINTS CHURCH NEWS *September*

Services:

Sunday 6 September 10.30. Inside/outside church. Lay lead Morning Prayer inside in the Lady Chapel, outside a nature walk when we hope to see new born lambs.

Sunday 20 September 10.30

Benefice Holy Communion

Do stay for refreshments after the services

Saturday 19 September.

Coffee morning in church 10.30-midday

Harvest supper in the Friendship Centre. Doors open at 6 with the meal at 6.30. Tickets are £10 each, booking is essential from 01509 646031 or lwca79@gmail.com. Proceeds will be split between Long Whatton Community Association and church roof repairs.

Repair work on the south gutter has started. The scaffolding will be in place at least until the end of the month. Thank you to everyone who has made this possible. Plans are taking shape for repair to the north gutter which will be a more extensive and costly repair. A specification for the repair will be put out for tender to conservation



building firms and we will do our best to get grants towards this. If you know of a Trust or similar to whom we could apply for financial help towards this roof repair please do make contact v@manororganicfarm.co.uk

The church doors need protecting against the elements and to save costs we are going to do this ourselves. There are 4 doors and we could do with some help. Tea and cake provided! Please let me (Viv Matravers) know if you can help v@manororganicfarm.co.uk

The notice board inside on the north wall will be used to display religious education work done by Long Whatton school children. We look forward to enjoying this and our first display will be centred around harvest.

It is not too late to take part in our questionnaire. We really do want to shape a church that folk would like and will use. Also your participation is a great way to demonstrate that the church is important to the village so really helpful for any grant applications.

WHATTON HOUSE *Friday Feeling*

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

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

September 18th, from 5pm to 11pm. Tickets are free, but booking online is essential to secure your evenings enjoyment.

WI *September and beyond*

A big thank you to everyone who visited and had a go on the games at our stall at the village show, and well done to the winners!

The National Trust will be at our September meeting to give us a talk on their work.

Karen will be helping us to create an autumn themed activity for our October meeting, this is also our AGM.

At our November meeting we will be making Christmas decorations.

If you would like more information about the WI, please contact Lesley on 01509506714, we are always looking for new members to come and join us.



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 October issue is 21st September

OUR RED TELEPHONE BOX

It is hard to believe but it is likely true that anyone under the age of 30 has probably never had a need to use this or any other public telephone box. But for those of us a little older it is a reminder of times gone past. The red telephone box was a lifeline when you had missed the last bus or wanted to phone a taxi or needed to talk to a friend and you were away from home. It is hard to believe that 40 years ago. Telephone boxes were so important that they might stand 2, 3 or 4 together in a town and even then there'd be queues of people waiting to make a call.

With the growth of home phones after the war and of mobiles from the turn of the century the poor old red telephone box is now just a relic of the past. However, should it be confined to the past and scrapped or become a beautiful part of our heritage and something for people to use in a different way.

The first telephone kiosk (K 1) appeared

in London in 1921 and was soon followed by K2 in 1926. The K2 box was the result of a design competition, won by the architect Giles Gilbert Scott, and the ubiquitous K6, such as the one we have in our village appeared in 1936 also designed by Giles Gilbert Scott.

The K2 is recognised as a world design icon but is relatively rare and mostly confined to London, so many would say the smaller but similar K6 is equally deserving of this title.

Still made of cast iron but half the weight of the K2, cheaper and easier to install, the K6 took public telephones out of major towns and were set up throughout the countryside.

The box in our village still contained a working phone up until this spring, but I wonder when it was actually last used to make a call?

The post office offered the telephone box to the community for a nominal fee and we have decided to preserve and maintain it for future prosperity and to give it a new use.

Although neglected for many years our telephone box with flaking paint, broken handle and faded signs was actually basically sound. We can tell it was installed sometime between 1936 and 1953 because the gold crown on each face of the top

shows the "Tudor crown". After 1953 Queen Elizabeth changed the design to match her actual coronation crown.

Now, cleaned up and freshly painted with new signs, kindly made and donated by Dan Stevenson and made in his sign factory, the kiosk is now ready for fitting out with shelves as a book exchange where people can freely take a book to read.

Our red telephone box is now probably 80 or 90 years old and I can't help wondering what our great grandchildren will think of it when they see it another 80 years away in the 22nd century.



A K2 on the left and a K6 on the right.

LONG WHATTON VILLAGE SHOW 2026 WRAPS UP *So many thank you's to say...*

Well, that's another Long Whatton Village Show over – and what a day it was! Firstly, a huge thank you to everyone who came along. Seeing so many people enjoying the afternoon is what makes all the planning, organising and last-minute running around worthwhile.

Thank You to Our Sponsors: Events like this simply wouldn't be possible without the support of local organisations and businesses. We are incredibly grateful to our sponsors:

The Fred Sherwood Group

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Long Whatton & Diseworth Parish Council

East Midlands Airport

A special thank you also goes to Tesco for donating some fantastic raffle prizes. A big shout-out here to Jo, who helped secure this donation through her contacts and, as always, used her little black book to help us out by passing on the details for our DJ and singers too – absolutely invaluable support!

The Royal Oak also very kindly donated a prize which, in the excitement of organising everything, I completely forgot about! It won't go to waste, we will be saving it for the raffle at our next village event, the Harvest Supper. We were also very grateful to Charnwood Brewery, who generously donated a box of beers for the raffle – a very popular addition, I'm sure you'll agree!

Something for Everyone: I hope everyone enjoyed the variety of entertainment this year. Our pizza van certainly seemed popular, and it was lovely to have our singers, who are themselves village locals, performing for us. Our DJ did a fantastic job, not only with the music but also keeping everyone informed with announcements throughout the afternoon.

Jo, our face painter, was another big hit, judging by the number of beautifully painted faces wandering around the show!

Thank you to Rachel and Rick, our first aiders. Thankfully, they weren't kept too busy – which is exactly how we like our first aiders to

spend an event!

Thank you also to all our entrepreneurs and stallholders who brought along their businesses, crafts and goods. Having local people showcasing what they do adds so much to the Village Show.

And a special thank you to Jackie, who helped many of us find new homes for items we no longer needed. One person's clutter is another person's treasure!

What did everyone think of the circus workshop? I thought the bubbles were absolutely amazing and it was wonderful watching children – and quite a few adults – having a go at the different activities. Our very own local vintage fire engine was also a huge hit. The children loved being able to climb inside and explore it. One particularly clever young lad even managed to find the button for the siren. I suspect several people across Long Whatton heard the exact moment he discovered it!

The games also kept us entertained throughout the afternoon and brought out a little friendly competition.

A big thank you must go to Long Whatton Cricket Club for hosting us once again. I have a feeling the bar may have done rather well!

Our Competitions

Congratulations to everyone who entered our Tallest Sunflower Competition and our Victoria Sponge and Chocolate Cake competitions.

Thank you to Shirley for judging the tallest sunflowers and to Lady Crawshaw, Don and Alan for taking on the extremely difficult responsibility of judging the cakes.

I have to say, I was very glad I didn't have that job – they all looked far too good and tasty to choose between them!

Thank you also to Denise and Jo for taking photographs throughout the day and helping us capture some lovely memories of the show.

And an enormous personal thank you...to

my family, who, to be fair, didn't have much choice about helping! There was a slight organisational hiccup on my part. I hadn't checked the dates properly and discovered that it was also our turn to host the church service for the Benefice that Sunday morning. As luck would have it, several other PCC members had arranged to be away because this wasn't originally meant to be the Village Show weekend! While I was at church, my family stepped in to help with setting up and getting everything ready. A huge thank you also to Barnaby, Antonia and the boys for stepping in to serve tea and coffee, then wash up and pack everything away after the church service, as I dashed off to the cricket club once the service was done. Thankfully, it all worked out in the end – although next year I might check the calendar slightly more carefully!

Shall we do it again? Finally, thank you to everyone who volunteered and helped before, during and after the show. These events simply cannot happen without people being prepared to lend a hand.

If you would like to help with the Village Show next year – even if you can only spare an hour or two on the day – we would love to hear from you. Many hands really do make light work. We would also like your opinion about when we hold next year's show. This year we moved away from the Bank Holiday weekend. Did you prefer it, or would you like to see the Village Show return to the Bank Holiday weekend?

I will put a poll on Facebook so that everyone can have their say. If you're not on Facebook, please feel free to give me a call or send me a text instead. The Village Show is ultimately your village event, so we'd genuinely like to know what worked, what you enjoyed and what you'd like us to do next year. Thank you for coming along.

See you at the Harvest Supper – and yes, there will be another raffle!

And the Winners Are...

There was some serious competition at this year's Village Show – from towering sunflowers to some extremely tempting cakes!

Tallest Sunflower: Congratulations to Chris from Mill Lane, our 2026 winner with an incredible sunflower measuring 10ft 1in (307cm)!

* 2nd Lesley, Smithy Lane - 6ft 10in (208cm)

* 3rd Jackie, Oakley Drive - 6ft 6in (198cm)

* 4th George & Josephine - 5ft 8in

A very special thank you to Shirley, who took on the important job of measuring our sunflower entries around the village. As you can see from the photograph, measuring a 10ft 1in sunflower isn't quite as straightforward as getting the tape measure out! Aldo had to climb onto a wheelie bin to reach the top of Chris's winning entry. I'm not entirely sure the wheelie bin was designed with sunflower judging in mind, but it did the job!

Victoria Sponge

* 1st – Claire Rhodes * 2nd – Sue Bird

Chocolate Cake

* 1st – Adam Balai * 2nd – Lilac Mantey

A Special Award – Vegan Cake: Sue Tranter

A vegan cake wasn't actually one of our planned competition categories this year, but the judges felt Sue Tranter's cake deserved to be recognised, so a special award was given. Perhaps that's also given us an idea for an additional category at next year's Village Show! A huge thank you to our cake judges, Lady Crawshaw, Don and Alan, for giving up their time – and accepting the difficult task of tasting all those cakes! Looking at the entries, I'm rather glad I didn't have to decide between them. Although I suspect judging cake is one Village Show job we wouldn't struggle to find volunteers for next year!

Thank you to everyone who entered.

Growing, baking and entering are what make these traditional Village Show competitions possible. We hope to see more entries next year



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KARATE: *Keeping Children Active During the Off-Season ...*

We still have some spaces available for new joiners, so get in touch soon! Maybe the following will also inspire you to try something new this summer. We are especially looking for any more families who would like to join, as our training provides a great opportunity for parents to training side-by-side with their children. We're looking forward to more success at the next grading in September and then the FSK National Championships again in October, so are now working hard to get everyone ready!

With summer in full swing, this month Julie Dodoo gives her thoughts on how to keep children training in the 'off-season'. Julie is an Olympic heptathlete and Co-Director of Speedworks Training, helping athletes of all ages develop movement skills, speed and confidence in sport.

Kids' Sport Over the Summer – Time for a Break or Time to Put Money in the Bank? As some of the key winter sports seasons have come to an end (football, rugby and hockey), and final tournaments are behind us, many families are enjoying a well-earned break. And it's not just the children who need one! After months of training sessions, weekend fixtures, tournaments, early starts, muddy boots and countless miles in the car, parents can often feel just as ready for a change of pace as their children.

Which naturally leads to the question: "Should my child take a complete break, or should they keep training?" The answer is usually somewhere in the middle.

Taking a Break Doesn't Mean Doing Nothing: After a long season, most children (and parents!) need a chance to recharge their batteries, both physically and mentally. Go on your family holiday, enjoy the change of scenery and have a reset. But when you come back, it's good to form some kind of routine again.

The summer can be a great opportunity

to put some "money in the bank" by building skills, confidence and athleticism that will help when the next season comes around.

For some, this could mean having a change of sport and taking part in summer activities such as cricket, athletics, tennis or golf. For others who focus on one sport, this may be an opportunity to continue developing key technical skills and movement patterns.

The key is that the repeated weekly pressure and intensity of competition has gone, creating an opportunity to learn, explore and develop in a slightly less intense environment. This is often where some of the best learning and progress can take place.

You might be asking, "How is my child getting a rest if they're still training?" The answer is that they are performing different activities, no longer doing the repeated sprints, the tackles, the changes of direction and the physical demands of competition, while spending more time on technical skills, movement quality and general conditioning.

Think of it as refining the engine while building a stronger chassis for the season ahead. This is where you really start to put money in the bank.

What About Extra Coaching? This is often the time of year when parents start thinking about extra coaching or one-to-one sessions. Some parents worry that this might seem overly ambitious or that they'll be viewed as being too pushy. Yet most of us wouldn't think twice about extra maths tuition, music lessons, swimming lessons or support with reading and writing if our child needed it.

Sport should be no different. Children improve when they receive good instruction and have opportunities to practise. Just like learning times tables, handwriting or a musical instrument, sport has its own fundamental and technical skills that require time, repetition and guidance to develop. Finding the Right Balance



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KARATE: *continued*

Good guidance is incredibly important. Think about creating a balanced week. That might include:

- Technical skill development
- Summer sports
- Active play with friends
- Family bike rides or walks
- One or two more demanding training sessions
- Plenty of time to recover, both physically and mentally

There is no perfect formula, but consistency usually beats intensity. And don't forget – the sessions should be fun!

The Bigger Picture: The goal isn't to create the next professional athlete or Olympian over the summer. It's to help children maintain a routine, build confidence, enhance their skills and continue enjoying sport. If your child starts the next season fitter, more confident, more athletic and still loving their sport,

you've probably got the balance right. The best athletes aren't built on doing more and more. They're built on doing the right things consistently over time.

We have adult and child spaces available right now – and remember our free trial session offer – so get in touch...! Training is every Thursday in the Long Whatton school hall.

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

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.

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

KNIT AND NATTER WELCOME *Macmillan coffee morning*

August has been a quiet month but the Long Whatton Knitting Group are always looking forward and planning ahead when we meet up twice a month at the Royal Oak. A lot of preparation and hard work goes into making the wonderful post box toppers and bunting that you see around the village, as well as the many other items that we knit for charity. We

are also avid knitters for ourselves and families.

In case you haven't made a note in your calendars yet, we are holding our Macmillan coffee morning on Saturday 17 October from 10.30-12.30 at the Friendship Centre. There will be refreshments and home made cakes, plus lots of our lovely knitted items for sale to support this amazing charity. See you there.

COFFEE MORNINGS

The Monday Brew at The Royal Oak

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

@ All Saints Church

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

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

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



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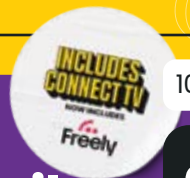
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CARING FOR CREATION *Revd Peter Yorkstone*

As I write this in early August we are coming to the end of the third heatwave this summer. There is a prediction of another and meanwhile we all wish for rain for the fields and our gardens.

In previous years times of drought, flood, famine, disease and pestilence were often regarded as warnings from God to repent and return to Him. I am not going to engage in theological arguments about the role of suffering but I will say these significant challenges should give us pause for reflection and discussion of how to respond. It was significant how in the Covid pandemic scientists around the world combined to come up with vaccines in an amazingly short time. The work they did has meant that a vaccine for the dangerous outbreak of Ebola has been formulated.

So what about the heatwaves? There will always be extremes of weather because of complicated climate systems but unfortunately we have now overlaid that with climate change. The temperatures are only going to go one way. So what should be our response? Christians should always have a deep concern

about the environment because of the idea of creation, humankind has a responsibility to care for the wonderful and beautiful world we share with animals and plants. Whatever the motivation, theological or ecological (and there is not necessarily a conflict between them) we should respond appropriately to the rising temperatures. In our home, in addition to seeking to reduce our impact, we are looking at increasing our water storage. If we are going to have hot dry summers and wet winters, the obvious thing is to store some of the rain. We have two water butts and that kept us going with water for the garden until half way through the second heatwave, I hope the water authorities will build more reservoirs, but we can all play our part by having our own little storage systems (and save on our water bills!) I wish you well in whatever way you respond to the challenges of climate change. In church we pray that there will be good weather for the farmers and the fields but also that we would be forgiven for when we have been careless about creation and that we will have inspiration in how to make things better.

Yours, the Revd Peter Yorkstone

A LITTLE PIECE OF WHATTON *restored*

A Little Piece of Long Whatton Restored If you have walked past The Green in Long Whatton recently, you may have noticed that our old village well has been given some much-needed attention.

A huge thank you to Mike, who has taken the time to restore the wooden structure and mechanism of the well.

These small features around our village can easily be taken for granted. We walk or drive past them every day, but they are part of the character and history that makes Long Whatton what it is. Once they disappear, they are very difficult to replace.

The well had certainly seen better days, with the old timber structure deteriorating

considerably. Mike has carefully restored the woodwork and the winding mechanism, helping to preserve this lovely little piece of our village for years to come.

It is also a reminder that looking after our village isn't always about big projects. Sometimes it is one person noticing that something needs doing, giving up their time and using their skills to make a difference.

Thank you, Mike, for your time, hard work and craftsmanship. It is very much appreciated. Next time you're passing The Green, have a look at the well — and perhaps take a moment to appreciate another little piece of Long Whatton's history that has been given a new lease of life.

Ladies - still feeling young at heart?

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

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

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

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

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

Cara Tatterton
Pilates



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Reasons to claim your FREE class now:

- You'll be shown Pilates based exercises to help you move better (to reduce those niggly aches and pains)
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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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CALORIE COUNTING *Health by Liz Jarrom*

We have all seen the reports in the press about people praising weight loss drugs. They have been life changing for many, who have tried every diet going, and not managed to keep the weight off, even if they did lose some weight while on the diet, but put it all back on later, post diet. The reason that people are losing lots of weight using these drugs, is that they act in a similar way to a natural process in the body that regulates appetite. There are lots of stories about people on the drugs having hardly any appetite and many consume much smaller meals and eat less often.

This is because the drug mimics a natural hormone in our bodies known as GLP-1. It's released after we have eaten a meal. It tells the brain that we are full, suppresses appetite and slows down the emptying of the stomach. It also promotes the release of insulin, which facilitates the uptake of glucose into our cells for use by the body as fuel. It takes a while for this natural hormone to be activated each time we eat, and what people eat is crucial for this action to happen properly, and so prevent overeating. Consuming a diet high in ultra processed food, which is soft, morish and very easy to eat quickly, doesn't give the body a chance to trigger GLP-1, the fullness signal, to come in fast enough. Added to that, is the general belief that all calories are created equal. This isn't strictly true. For example, eating 200 calories of either eggs, beans, chicken, a home cooked jacket potato or a sandwich made with wholemeal bread, lean meat or fish and lots of salad or vegetables as a soup, affects

the appetite very differently from eating 200 calories of sugary breakfast cereal, commercial oven chips, crisps, a portion of frozen pizza or a ready meal dense in processed carbohydrate and fat. Eating from the last group just leaves us wanting more, but eating from the first group takes longer to consume and gives the body time to release the natural hormone that tells us we are full and suppresses the appetite.

Regular overeating encourages fat

Have the new weight loss medications shown us that calorie counting is not necessarily a successful way to achieve a healthy weight?

accumulation, especially around the liver and organs, expanding the waistline. This causes the body to store away the extra calories as fat, because it can't use them straight away. This midline fat accumulation makes the body less responsive to insulin. Eventually, blood sugar levels rise too high, and type 2 diabetes develops.

This belly fat is known as visceral fat, and because

it's packed around the abdominal organs, its proximity to them is harmful because it releases toxic compounds in their vicinity that are linked to causing heart disease, cancer and dementia, as well as the aforementioned type 2 diabetes. The good news is that there are ways to correct this problem by eating more wholefoods like brown rice, beans, lentils, vegetables, fruits and nuts. It's also, very important to eat enough protein in the form of lean meat, eggs, beans and grains, which are digested much slower, so we feel full for much longer and our blood sugar becomes more balanced.

This reduces or eliminates our cravings for unhealthy foods. Humans also evolved to hunt and forage in the daylight, and fast

THE ALPHABET QUIZ – *The answers*

26	LOTA	Letters of the alphabet
1000	AN	Arabian nights
12	SOTZ	Signs of the zodiac
13	SOTAF	Stripes on the American Flag
12	DOC	Days of Christmas
18	HOAGC	Holes on a golf course
90	DIARA	Degrees in a Right angle
7	SOAFPP	Sides on a fifty pence pence
3	BMSHTR	Blind mice see how they run
1	WOAU	Wheels on a unicycle
6	DIAPC	Digits in a post code
57	H - V	Heinz- varieties
29	DIFIALY	Days in February in a leap year
64	SOACB	Squares on a chess board
76	TITBP	Trombones in the big parade
6	WOHTE	Wives of Henry the Eighth
4	SOTY	Seasons of the year
13	LIABD	Loaves in a bakers dozen
6	QOATPC	Questions on a Trivial Pursuit card
52	SITUSOA	States in the United States of America
180	TTSOADB	The top score on a dart board
86400	SIAD	Seconds in a day
101	D	Dalmatians
2	HIP	Houses in Parliament
54	CIAD (WJ)	Cards in a deck (with Jokers)
9	LOAC	Lives of a cat
7	WOTW	Wonders of the world
18	TAAWYCV	The age at which you can vot

Got something to say?

Get it off your chest.

Email us at-

LONGWHATTONNEWS@GMAIL.COM

CALORIE COUNTING *Health continued*

when it was dark. Now, we are more likely to graze from the time we get up until the time we go to bed. This puts us at risk of many metabolic diseases. Having a fasting time of at least 12 hours a day, and better if we can do 14 hours, improves our general health, gives our body a rest from digestion, reduces the amount of food we are eating and encourages the body to burn fat from its stores. We will probably sleep better too, which is crucial,

as poor sleep increases hunger. Exercise can burn a few more calories a day. It can increase muscle mass, and muscles need energy for maintenance and to work, which burns calories.

So, weight loss drugs can be a useful tool to help those struggling to lose weight get started, but changing the diet and eating healthier is probably a better way of keeping to a healthy weight in the long term.

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

Knit & Natter Group - held on the 1st and 3rd Friday in the month, 10.30 to 12.30am 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.

Harvest Supper. 19th September from 6pm at the Frienship Centre.

Friday Feeling. Food, drink, live music, Sept 18th, 5 -11pm, Whatton House Fable Yard.

Showtime Stars. At the Friendship Centre, Sundays.

DISEWORTH DIARY *Sept.*

5th September Diseworth Village Show

VILLAGE AMENITIES

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

Manor Organic Farmshop. Open Wednesday to Friday 10am to 5.30pm and Saturday 9am to 4.30pm. Butchery and bakery. Dog freedom and agility field. 01509 646413

Falcon Inn. Bar, restaurant and rooms. Open for food Monday to Thursday 12 noon to 2.30pm, 5pm to 8.30pm, Friday and Saturday 12 noon to 9pm and Sunday 12 noon to 6pm. 10 ensuite rooms available. 01509 842416

Royal Oak. Bar, restaurant, function room and rooms. 12 ensuite rooms. 01509 843694

The Forge. Bed and breakfast. 3 ensuite rooms available. 07766 654331

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



THE ROYAL OAK

DINING PUB | BEDROOMS | FUNCTION ROOM



Autumn Menu Available Now!

You can't beat a comforting, flavour-full meal on a chilly autumn evening... So come and try our new home-cooked favourites from the 15th September!



Once again, thank you for the support with our live music over the summer! We've loved welcoming you all and can't wait to host more soon!

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