

# Village Voice

Community

February 2015

15th Great Year!

Magazine delivered FREE to homes in Belton, Burgh Castle, Fritton, St. Olaves & Browston and available FREE through outlets in Bradwell & Somerleyton

VOL 15 - 11

Delivered MONTHLY FREE



Enjoying the first Breakfast of 2015

## IT'S A TRADITION! - Beltons New Year Breakfast

There was an excellent turn out for the 9th New Years Day free breakfast at the JGI organised by the Belton Events Committee, something that is not seen in many, if any, other local halls. This was as usual an excellent chance to get out in the air after the previous nights festivities and greet friends old and new.

A big "Thank you" must go to Nora, Terry and Lin assisted by Sue and Katie for volunteering to turn out and get everything prepared and cooked. Well done ladies.



The Breakfast cooks

## MOORLANDS PTA

Moorlands Primary Academy PTFA would like to thank the stallholders, parents, pupils, and all those who attended the school Christmas Fair in December 2014. The fair raised an incredible £421.00! Particular thanks are due to the businesses who donated prizes for the raffle, and also to Tesco in Belton for donating mince pies for the EYFS Nativity performance.

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Over 50/60's Christmas Party

## OVER 50/60'S

Our photo shows some members of Belton Over 50's club enjoying their Christmas party afternoon at the JGI in December, the club meets there every Tuesday afternoon (2.00pm) and new members are very welcome.

Club afternoons start with Bingo followed by a cuppa, then we either play cards, Rumikub, Scrabble, Dominoes or you can just have a chat. Entry is only £1.00 and we have outings, go out to lunch and have theatre visits. Any enquiries please ring Norma on (01493) 780447.

## SCOUTS NEWSPAPER COLLECTIONS

Belton Scouts will be collecting newspapers in Belton on Saturday February 7th and Saturday March 7th, please have papers outside properties by 8.45am. Could residents please remember not to make the bundles or bags of papers too large as some of the helpers with the collections are the young members of the group.

Please note that old telephone directories, glossy magazines and leaflets can be included in with your papers.

The Scouts also collect any old mobile phones as well as the soft plastic bottle tops (those on milk bottles, drink bottles and similar) which are recycled by the Matthew Project who work with young people who have drug or alcohol problems. These can all be delivered to 15 Bracon Road, Belton, if you are putting bottle tops or anything else out at the paper collection time please put these items into a separate bag as they all go to different locations. Please note that the Scouts can no longer collect old computer ink cartridges.

If you have any enquiries about the local Scouts or the any of the above please ring (01493) 780965

## FRITTON & ST OLAVES PARISH COUNCIL

The next meeting of the Council takes place at Fritton Village hall on Thursday, January 29th commencing at 7.30pm



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# VILLAGE VOICE

## FEBRUARY 2015

This Magazine is a Community Enterprise professionally printed by Blackwell Print - but written, edited & delivered free - entirely by volunteers. After printing costs, any profits from the Magazine are paid out in the form of grants to community organisations & groups in our circulation area. The Magazine Board is elected each year at the Belton with Browston Annual Parish Meeting.

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We welcome your news, views letters, articles & photographs for publication. No anonymous letters, articles or comments are accepted for publication Should you have a comment or a complaint about Village Voice - or would like our Ethical Publication Policy - please write to Ernie Tuxford, Chairman of the Village Voice Board, Berea, 7b Hall Lane, Oulton, Lowestoft NR32 3AT.

## YOUR VILLAGE VOICE

Here we go again, yet another edition comes round, sometimes it seems like a never ending circle although with the printers needing the last edition early due to the holiday period we have had a longer than usual gap this time.

As usual when writing this we must always think ahead as well and, yes next it will be the March edition with a deadline for your news of Noon on Saturday, February 14th. This time of year it is always a particularly difficult to get sufficient to fill the magazine as there is little happening apart from regular club events so anything that you have, including photographs would be appreciated, please see our contact details in column one of this page.

As in 2013 we had another try to win the "best magazine in the country" accolade entering the national "Magazine of the Year" awards in 2014, unfortunately we must report that we did not come out quite so well this year but were awarded a very creditable 32nd place out of an entry of over 600 magazines although the organisers did report that the standard was the highest ever. Thank you all for your news, adverts and support, without you reaching this level would not have been possible.

## PRODUCE & CRAFTS SHOW

The date for this years Belton & Lothingland Produce and Crafts Show will be Sunday June 28th, this is earlier than usual and has had to be altered due to reasons beyond our control, it will again be held at the JGI.

It is rather special this year as this will be our 25th show therefore we are looking forward to breaking all records with increased entries.

At the annual meeting in January all the committee agreed to continue for a further year Brian Swan (chairman), Sue Richmond (secretary), Lin Hillier (treasurer), along with Jackie Cole, Barbara Clark, Sylvia Shaw and Lesley Chalmers. With healthy finances it was again agreed to leave all entry fees the same as in recent years.

The full schedule is now on the Belton Web site at [www.beltonandbrowston.com](http://www.beltonandbrowston.com), it is also displayed in the JGI and will be delivered to all homes in Belton, Browston, Burgh

Castle, Fritton and St. Olaves, the area from which entries are accepted, with the April edition of "Village Voice".

To help photographers get snapping in good time the photography classes are as follows :-

The Colour Blue.  
A Song Title.  
A Childs Toy.  
A Tree Trunk.  
Movement.  
Twos Company, Threes A Crowd.  
Free Choice.  
Food (close up)  
Photo Montage.  
A Photograph of Belton/Browston/Burgh Castle, Fritton or St Olaves.  
All entries max. 15 x 10 cms. Mounted on card with a maximum border of 5mm except the montage which can be up to A4 size.

Most of the other classes except the childrens and young peoples sections remain the same as last year. If you have any enquiries please call 01493 780776 or e-mail [bcswan50@gmail.com](mailto:bcswan50@gmail.com).



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## BURGH CASTLE ROMAN SITE

**A note from Caroline Davison, Director of the Norfolk Archaeological Trust**

What does the Norfolk Archaeological Trust do?

That is a question I've been asked many times since I took up my new role as Director of the Trust. My answer is that the Trust has been quietly acquiring, protecting and conserving sites and buildings of archaeological and historic interest in the county for over 90 years.

Early successes included saving significant buildings from demolition such as Pykerell's House, Norwich (one of the few thatched houses still left in the city); Greenland Fishery, Kings Lynn; and Bishop Bonner's Cottage, Dereham - despite setbacks caused by fire and bomb damage during the Second World War.

During the 1980s the Trust focused on archaeological sites in rural areas that were under increased threat from levelling and ploughing. As a result, we currently manage some of Norfolk's most significant archaeological sites, including Caistor St Edmund Roman Town near Norwich; St Benet's Abbey, near Ludham and **Burgh Castle Roman Fort**.

All the sites managed by the Trust are open to the public for no charge during daylight hours, and interpretation has been installed to enable visitors to understand the story of each place. Despite this, the Trust remains unknown to many people.

### Volunteering opportunities

I'm hoping that over the next few years this will change. In future there will be more opportunities for local people to get involved in helping the Trust to manage and conserve a site that they treasure. At Burgh Castle Roman Fort this could range from generally keeping an eye on the place during your daily walk with the dog, to carrying out regular wildlife and molehill surveys, helping with school visits or organising events.

In the spring we would be really grateful for some help with pulling out ragwort which is causing problems at the site. If you would like to know more about this and other upcoming volunteering opportunities, please do get in touch :carolinedavison@norfarchtrust.org.uk Tel: 01603 462987. I look forward to hearing from you!



INSANITY is a new weekly fitness class at Burgh Castle Village Hall on Thursday evenings (6.00pm).

INSANITY™ is a class, based on max interval training. This class will push you past your limits with athletic/plyometric drills mixed with intervals of strength, power, resistance, and core training. No equipment or weights needed. You don't have to be in extreme shape- levels of each exercise are provided. Time to dig deep!

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### WHY DOES THAT NAME SOUND FAMILIAR?

This workout comes to you formatted for a group setting from Shawn T and Beachbody. They have a popular at home workout that is the same name and similar format. Late night TV junkie?, Maybe you have seen the popular infomercial!

The cost is £5.00 per session, for more information contact Gary 07557 306087, e-mail garyklimexpt@gmail.com or visit www.ultimatefitnessnorfolk.co.uk, FB ultimate fitness Norfolk.

## BURGH CASTLE CHURCH RESTORATION FUND

**BURNS NIGHT** - Tickets are still available for the Burns Night Celebrations on 31st January. 7pm at Burgh Castle Village Hall.

A traditional Burns Night Supper, of Soup, Haggis, Neeps & Tatties, and a Raspberry desert. all for £10 per head.(please bring your own drinks). Scottish Country Dancing, Games and readings from Burns Poetry should make this a really enjoyable evening.

Proceeds to the Church restoration Fund. Tickets and information from 01493 780126, 781747 or 780210 or email mgreenacre532@gmail.com or ask any member of the congregation.

**QUIZ NIGHTS** - Friday February 6th.(8.00pm) at Burgh Castle Queens Head sees the return of our monthly quiz in aid of Restoration Funds. This is a very pleasant evening, with teams of up to six paying £1 per person. There is also a raffle and the opportunity to arrive early and enjoy a meal before the quiz. Please come along .

**CHURCH ITEM** - Members of the congregation enjoyed a very pleasant lunch together at the Queens Head on Sunday 11th January. Thank you to Dawn and her staff for an excellent meal.

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**BRANDON LEWIS M.P.**

Over the last year, along with my team, I have knocked on thousands of doors across the constituency. It's an important task, which I enjoy enormously, particularly when you can spend some time chatting with a resident about the issues that matter to them. It's always encouraging to see how informed and passionate people are about these issues, but discouraging that so many decide not to translate that passion in to participating at election time.

Too many people are turned off by politics and politicians, with a frustration that nothing will change. That's why I have put a lot of effort in to knocking on doors and providing regular reports, all year round, not just at election time. Hopefully, this illustrates that politics doesn't have to be about the arguments and shouting we see during Prime Minister's Question on television, but about practical action which makes a difference to our local communities.

It's unsurprising people are cynical about politics, when they see attempts by some politicians to turn our most important public service – the NHS – in to a political football. It's saddening to hear Ed Milliband say he wants to "weaponise" the NHS, putting politics before patients. It's disappointing to see people trying to claim they care about the NHS more than anyone else.

Instead, we should be supporting the NHS, and the doctors and nurses who work harder than ever on the frontline. Alongside them are a raft of other health professionals and support staff who ensure that the NHS is there, ready to provide care, for us and our families, when we need it. Yes, we should acknowledge problems when they exist. I did just that, when a few years ago the James Paget Hospital failed several Care Commission inspections. My criticism was aimed at the senior managers, who had failed both patients and medical staff. Then I helped and supported a new team, who took the hospital forward.

It's why, with all the difficult funding decisions the Government has made over the last five years, I supported protecting the health budget – so we spent more money on something that really matters. It means we now have more doctors, more consultants and more hospital nurses, instead of more managers! As a result, our A&Es see 3,000 more people within the 4 hour target every single day.

So, I want to thank everyone in the NHS, for making the service what it is – a world-class health care system, which faces the challenges of a changing society, whilst treating more and more people.

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**ADRIAN'S BOROUGH UPDATE**

Due to the Christmas period little has happened at the town hall. I can however report that a group of parishioners started a campaign over two years ago regarding planning applications on the river at Haddiscoe.

At the start they were labeled trouble makers amongst other derogatory remarks. I and Colin Aldred were approached by one of the group last year seeking our support. We looked at the objection presented to us found that it was sound and honest and we supported it. I wrote in an objection as a local councillor for Lothingland parishioners affected by this application. I am delighted to say that "The trouble maker group" were utterly vindicated when the application was thrown out on the grounds of our objections.

It is this kind of grass roots collaboration with intelligent proactive citizens which produces real results that benefit the community as a WHOLE not just individualistic aims. It gives me great pleasure to work with such like minded groups. We are often told by politicians what OUR local issues are and what WE need, but it is the people at "the coal face" who identify the real issues and offer sound and intelligent solutions.

**Cllr Adrian Myers UKIP**

Your councillor, your representative, your voice. (When allowed).

My dedicated telephone number for contacts is 07434362451 .

I can also be contacted by email at cllr.adrian.myers@great-yarmouth.gov.uk



**COLIN AT COUNTY**

I hope everyone had a good Christmas not too over indulgent, may I wish all my Parishioners a very happy and peaceful new year.

I now start my new year with copious meetings at County Hall catching up on the last months work which got put aside for the festivities, so nose back to the grindstone.

**Colin Aldred**

C/Cllr (UKIP)

Lothingland Division.

e-mail: Colin.aldred@norfolk.gov.uk

Tel: 07919 386862 / 01502 732740

18, Groomes Close, Hopton, Gt. Yarmouth, NR31 9DG.

## COMMUNITY CAR SCHEME

December was a very disappointing month for the Car Scheme, only 9 journeys undertaken. Now that we have the services of another driver, and Angela has taken on the job of answering the phone and allocating passengers to drivers, we hope to see numbers increase in the coming months. Remember you can book a car to take you shopping, to social events, connections for holiday travel or medical appointments.



We ask for at least 24 hours notice as all our drivers are volunteers, but are very willing to do our best to help. We will go to the Norfolk & Norwich Hospital, or get you to the JPH for an early appointment. Drivers usually wait with the passenger, but for a longer appointment will arrange to return to collect you. If you have a small child you will need to provide a booster seat, pets can be taken by arrangement. Costs are 45p per mile, payable to the driver.

**To book a car please call 07767 063986,**

Drivers are reminded that we have a steering group meeting on 10th February at 5pm in the JGI.

Any problems or queries please get in touch, mgreenacre532@googlemail.com, or 01493 780126

## BELTON VILLAGE WEB SITE

[www.beltonandbrowston.com](http://www.beltonandbrowston.com)

For all local up to date information on clubs and activities in the village. There is a full Calendar page where you can find what's on where and when with contact details.

If you would like to place information on a page about your group, club or activity then either fill in the contact form or email me on [nursery48@live.co.uk](mailto:nursery48@live.co.uk).

Also a free offer to all local business to place an advert on the Business page, contact as above.

## DOWN THE GARDEN PATH



Today as I sit down to write the gardening article for Village Voice it is blowing a gale and I can see that my climbing rose which I should have tied more firmly to the trellis is waving away as if poking fun in front of my study window. It will have to carry on as in my opinion today is not the day for gardening.

It is the middle of January and so far we have avoided those cold easterly winds that do so much damage to our gardens. Daffodils are beginning to shoot through the soil, in the woods I have noticed that fresh bracken is beginning to grow and the climbing hydrangea is showing bud. The days are getting longer and although we still have a way to go we can be optimistic that Spring cannot be far behind.

So I am looking through my plant catalogues to decide what to grow and have come across the Daylily (*Hemerocallis*) There are over a hundred varieties listed as a result of hybridization by gardening enthusiasts and professional growers hence their exotic names. The Daylily is said to be the perfect perennial, (sounds good to me) has exotic flowers from June to August depending on variety and will grow with very little care in our climate. Prefers sun to light shade and is fairly drought tolerant. Will grow on poor soils but benefits from being planted in good compost or well rotted manure and is generally trouble-free from pests and diseases. Plant in April where they can be left undisturbed for four to five years the clump then needs lifting and dividing. For this reason give careful consideration as to where to plant. The dwarf varieties look very good in large pots where they can be moved around the patio.

Here are some of the recommended varieties: For pots 'On and On' 11cm baby-pink flowers, arching strap-shaped semi-evergreen leaves, high bud count and a very impressive rebloomer. 'Happy Returns' 7.5cm light yellow flowers a top variety making a good birthday present. 'Pardon Me' 7cm bright red flowers with yellow-green throat. For the border try 'Big Smile' 60cm Yellow flowers with ruffled blush-pink edges and a green throat, 'Blackberries and Cream' 65cm Cream lavender with black purple eye above green throat. 'Double Firecracker' 58cm Double Bright red flowers with gold-green throat. 'Exploded Pumpkin' 65cm orange flowers with darker to red eye-zone. Rebloomer with semi-evergreen leaves. 'Nature's Crown' 60cm Soft Pink with Heavy Dramatic Gold Edge and 'Strawberry Fields Forever' (I said they had exotic names) 11cm pink with strawberry-rose edges and eye-zone above a green throat. Finally in my 'top ten' *Hemerocallis* or Daylily is 'Unlock the Stars' Lavender with gold edge.

## DELIVERERS NEEDED

Village Voice is urgently in need of deliverers in two areas, FRITTON and THE KINGS ESTATE area at the south of Bradwell, can you help, the magazines are delivered to you around the 26/27th of the month and it takes probably a little more than an hour to complete the delivery over the following few days.

If you can help please call 01493 780776, alternatively, if you feel that you could deliver but in another area please ring the same number and we will put your name on the list until a round comes up near to you.



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# BELTON AND BROWSTON PARISH COUNCIL



## COUNCIL MEETING DECEMBER 16TH.

There were ten Parish Councillors at the second December meeting of Belton with Browston Parish Council, John Rudrum was in the chair, also present were County Councillor Colin Aldred, Borough Councillor Adrian Myers and seven members of the public.

Representatives of Coastal Radio outlined their plans for the future, they have applied for a five year local radio licence and hope to have a studio base in Belton, this will be an agenda item for the next Parish Council meeting. A resident raised concerns over the encroachment of soil and leaves on to Bell Lane, this will be passed to the community caretaker to deal with, he also asked about a footpath between Waveney Drive and the village sign, but it was explained that this had been considered a few years back but was far to expensive for the parish to consider and the county council has a huge list of requests already.

County Councillor Aldred reported that he is still trying to get lighting at the temporary New Road / main road junction but without success, both he and the council chairman are having meetings with the site engineer.

It was confirmed the the Council had

submitted objections to the £175.00 BID tourism levy based on the rateable value of the New Road Sport and Leisure Centre, their concerns are why is a community sports centre included and that they have not had any correspondence to enable them to vote for or against the scheme.

Members discussed further vandalism on the Bell Lane field, the fencing that had to be put round the damaged trampoline at the request of ROSPA has itself been damaged twice. This ongoing problem puts in doubt any future investment from the Parish Council with the actions of a few having a negative effect on the remainder of the community.

The Belton dog wardens have called the Environmental Rangers at the Borough Council to speak to a local resident who had regularly allowed his dog to foul in the village. Overall the dog fouling problem seems to have reduced although there is an increasing similar problem with horses, riders are reminded that they should keep their animals off paths and use the roadway itself.

The council agreed to make a donation to the local food bank as there is an increasing need for its services, this is specifically for the benefit of residents of Belton, Browston and Burgh castle and only responds to requests from the likes of Social Services.

## COUNCIL DIARY

The Belton and Browston Parish Clerk, Kate Palmer is available in at New Road Sport and Leisure Centre in Belton on certain Wednesday mornings between 9.30 and 10.30am to meet with and take note of residents queries, the next dates will be on January 28th, February 11th. & 25th and March 11th. If you wish to confirm that Kate will be available before visiting please ring 01493 602960 The clerk can also be contacted by e-mail [beltonparish@yahoo.co.uk](mailto:beltonparish@yahoo.co.uk) or in writing at 5 Middleton Gardens, Gorleston,

Great Yarmouth, NR31 7AE.

There are Parish Council meetings at the same location on the first and third Tuesday of each month at 7.30pm, the next dates are February 3rd. & 17th and March 3rd. All council meetings are open to the public and questions can be put to councillors during the first 15 minutes of each meeting (normally restricted to one question per member of the public present).

A reminder that full copies of the Parish Council minutes, after approval at the following meeting, are placed on the Belton web site at [www.beltonandbrowston.com](http://www.beltonandbrowston.com).

## Useful Contacts

<b>Belton Pharmacy (St Johns Road)</b>		01493 781745
<b>NHS Medical Help Fast (Ex NHS Direct)</b>		111
<b>James Paget Hospital</b>	SWITCHBOARD	01493 452452
<b>Millwood Surgery (Bradwell)</b>	APPOINTMENTS	01493 444484
<b>Falkland Surgery (Bradwell)</b>		01493 442233
<b>Police</b>	NON EMERGENCY	101
<b>Blocked Drain</b>	ANGLIAN WATER	0845 791 9155
<b>Water Supply</b>	ESSEX & SUFFOLK WATER	0845 782 0999
<b>Power Cut</b>	U.K POWER NETWORKS	0800 783 8838
<b>Gas Leak</b>	NATIONAL GRID	0800 111 999
<b>Telephone Lines</b>	B.T. OPENREACH	0800 023 2023
<b>Village Green Childrens Centre</b>		01493 789562
<b>Moorlands Academy</b>		01493 780007
<b>Ormiston Academy</b>		01493 662966
<b>Rector (Belton &amp; Burgh Castle)</b>	ROSIE BUNN	01493 780210
<b>Norfolk County Council</b>	COUNTY HALL	0344 800 8020
<b>County Councillor Lothingland</b>	COLIN ALDRED	07919 386862
<b>Breydon</b>	ALAN GREY	01493 601591
<b>Gt. Yarmouth Bor. Council</b>	SWITCHBOARD	01493 856100
<b>Gt. Yarmouth Bor. Council</b>	PLANNING	01493 846430
<b>Gt. Yarmouth Bor. Council</b>	ENVIRONMENTAL HEALTH	01493 846478
<b>Borough Councillor</b>	MARK THOMPSON	07887 988378
<b>Borough Councillor</b>	ADRIAN MYERS	07434 362451
<b>Parish Clerk Belton/Browston</b>	KATE PALMER	01493 602960
<b>Parish Clerk Burgh Castle</b>	BRENDA HOSKINS	01493 440731
<b>Parish Clerk Fritton/St. Olaves</b>	MS L CLARKE	01493 488375

## Councillor Attendances. Sept. 2014 - Dec. 2014

TOTAL MEETINGS 8	Present	Absent
John Rudrum (Chairman)	8	0
Peter Nichols (Vice chair)	6	2
Nathan Brown	6	2
Ben Burgess	3	0
Lesley Chalmers	7	1
Peter Church	4	4
Barbara Clark	8	0
Michael Graystone	8	0
Margaret Greenacre	8	0
Lee Staff	7	1
Barry Stone	3	0
Brian Swan	8	0
Ian Walpole	6	2
Kate Palmer (Parish Clerk)	8	0

### Notes

Barry Stone resigned in October. Ben Burgess was co-opted on in November. There is currently one vacancy, for information contact the Parish Clerk on 01493 602960 or e-mail [beltonparish@yahoo.co.uk](mailto:beltonparish@yahoo.co.uk).

## LOCAL CRIME FIGURES

The Southern Villages Safer Neighbourhood Team have reported the following crimes for December for Belton and Burgh Castle.

### Belton

- Six crimes recorded -
- Burglary from a dwelling in Waveney Drive (items taken).
- Burglary, non dwelling (old tools

taken from a shed on Cherry Lane at Browston).

- 4 cases of Criminal Damage
- Damage to a window on Fern Gardens.
- Damage to a conservatory on Amhurst Gardens.
- 2 instances of damage to temporary fencing round the trampoline.

### Burgh Castle.

21 calls were attended but no crimes were recorded for the month.

The new local policing priority set at the SNAP meeting in December is the Bell Lane Playing Field at Belton, the next SNAP meeting (your chance to have your say on local policing matters for Belton, Browston, Burgh Castle, Fritton, St Olaves and Hopton) is at Burgh Castle Village Hall on Monday March 23rd (7.00pm).

## THANK YOU

The Parish Council would like to thank Danny, Mark and the staff at Hydramec for their prompt assistance with emergency repairs to the gates at the New Road Sports Centre at Belton.



## FEEDING HORSES - COST £1000.00

It is an offence to dump any waste materials on public or private land that you do not own, locally there are concerns by local stable owners over waste food and animal waste being thrown into fields where there are horses grazing, in one case a vets bill of £1000.00 has resulted from the horse in the field eating contaminated,

rotten or unsuitable material thrown on to the land.

Please remember horses and other animals can only eat certain things and may also be on a specialised diet, respect this and any signs that are displayed please do NOT use fields as your local rubbish tip, whatever the animal you could be causing more harm than good by feeding it.

## TO THE EDITOR...

Moorlands C of E Primary Academy.

As the new term gets underway, exciting changes are afoot at Moorlands. We are focusing very much on developing our core values and learning skills for life. We look forward to working more

closely with the magazine (*Village Voice*) in future.

Regards  
**Kevin Lee**  
Headteacher

We welcome this letter and hope to be able to take this further in the coming months - *Editor*

## FITNESS & FRESH AIR

Lakeside Riding stables would like to thank all their clients for their support in 2014 and wish

them a Happy New Year. Do you fancy a different way of getting fit, have you considered trying riding or being with horses, why not give it a go, if this interests you please call 07747 464775.



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## NORFOLK CONSTABULARY

Team contact details - Southern Villages Safer Neighbourhood Team, covering Belton, Browston, Burgh Castle, Fritton, Hopton and St. Olaves.

**NON EMERGENCY TEL NO:**  
101

**EMAIL:**  
sntsouthernvillages@norfolk.pnn.police.uk

**WEBSITE:**  
www.norfolk.police.uk - use this to gain access to POLICE DIRECT REGISTRATION

**The Southern Villages team are:-**  
SERGEANT - Clive Jermy 3476  
BEAT MANAGER - PC Steve Hughes 174  
PCSO Laura Allen 8424  
PCSO Steve Dent 8458

Please feel free to contact the team regarding anything from crime prevention advice to reporting suspicious behaviour. We also offer a property marking service if needed.



## ENTUA LOCAL BUS AND RAIL INFORMATION



ENTUA (East Norfolk Transport Users Association) is a voluntary independent body which monitors bus and rail provision in the East Norfolk Area. Please visit our web site [www.entua.org.uk/](http://www.entua.org.uk/)

First Eastern Counties have announced changes to their fare structure with effect from 4th January, 2015. There are one or two increases, some fares have remained unchanged or in some cases they have been reduced. The fare structure for Great Yarmouth is as follows:-

Great Yarmouth Town zone revised from two single fares to four as follows:

Adult		Young Person	
Current	New	Current	New
£1.30	£1.10 £1.40	£1.00	£0.80 £1.00
£2.50	£2.50 £2.50	£1.80	£1.50 £1.90

Single and return fares outside the Great Yarmouth Town zone unchanged. Fares on X1 and 1/1A in the Lowestoft and Norwich areas revised as below:

Period/multi journey ticket prices to be revised as follows:

	Adult		Young Person	
	Current	New	Current	New
Great. Yar Day	£4.20	£4.30	£2.90	£3.00
Great. Yar Week	£15.00	No change	£10.00	No change
Great. Yar Hi 5	£6.50	£7.50		

YarLow and YarLowXtra tickets combined as one ticket range as follows:

	Adult			Young Person		
	Current YarLow	Current YarLow Extra	New	Current YarLow	Current YarLow Extra	New
Day	£6.00	£6.50	£6.50	£4.00	£4.30	£4.30
Week	£20.00	£21.00	£20.00	£13.50	£14.00	£14.00
10-Trip	£20.00	£21.00	£19.00	£13.50	£14.00	£13.50
Month	£70.00	N/A	£70.00	£47.00	N/A	£49.00
Hi 5	£8.00	N/A	£10.00			

Monthly tickets introduced on-bus. YarLow name retained, but with validity area of current YarLowXtra tickets.

**VEHICLE NEWS** Some of Great Yarmouth and Lowestofts double-deckers have begun going to Rotherham for a repaint and the scheme is expected to be completed by April 2015. One of Lowestofts double-deckers will be returned painted in the old brown/cream Lowestoft corporation livery and one of Great Yarmouths buses will be returned painted in the old blue/cream livery of the Great Yarmouth Transport buses.

If you would like to help us promote improvements for public transport in the Great Yarmouth area why not join with us? We only ask for a minimum donation of £5.00 per annum which covers the cost of printing and postage of the quarterly newsletters. Please write to ENTUA, 18 Wensum Way, Belton, NR31 9NY or leave a message on our website - [www.entua.org.uk](http://www.entua.org.uk).

**Tony Grice.**

# EVENTS AT NEW ROAD SPORT & LEISURE CENTRE



### Bookings

Tel Marion (01493) 780080  
or Peter (01493) 780703



## MONDAY ACTIVITY MORNINGS

These exercise classes run at the New Road Sport & Leisure Centre on Monday mornings:-

**Chair Based Exercise** sessions 9.30 to 10.30am, aim to improve daily functional actions; by strengthening important muscles groups through gentle movement. Regular exercise improves circulation and increases daily activity levels. Seated exercise can increase your confidence and improve your Posture, balance and coordination for performing daily activities essential to living. Normal classes will be held every Monday till the 30th March 2015 This is planned to be a larger class bringing together Norfolk and Suffolk exercisers. Watch this space!

**i-moveFreely or Nordic walking** sessions depending on the weather conditions from 10.30 to 11.30am,

Costs are:-  
One session 9.30 - 10.30 or 10.30 to 11.30 £2.00 per person  
Double session £3.00 per person (Married couple 5.00)  
Sallyann is sorry to have to increase the fee of a session to £2.50. From 1st March 2015.  
Numbers have remained consistent although at times not enough revenue has been generated. The cost covers 45 mins exercise and refreshments, should you have

any concerns please raise them with Sallyann.

If the weather turns nasty Sunday evenings into Monday mornings and a session has to be cancelled a plan to ring and notify every one who has attended recently is in place. Please keep safe and well if the weather is bad.

Belton Activity group would like to send best wishes to those who are recovering from illness or operations, we hope to see you back soon. We also welcome our new members to the group and hope you enjoy exercising with us. Please contact Sallyann to find out how the sessions can improve your health & fitness. Call 07599 044 806

Sallyann.  
up4fitness@gmail.com

## BOOTCAMP HEROES

This is a new class available at Belton New Road Sports and Leisure Centre! Bootcamp Heroes is a Metabolic circuit style class which maximises your calorie burning potential. Also incorporating core work, anti spasm and mobility work to help free your muscles as well as getting you fitter and leaner. Everyone wants that toned look with added shape to there bodies and with my help and your hard work you can get there! A class for all at any fitness level and any age, this is about a better you!

Metabolic Circuit £4.50 or stay on for the extended class of Core work, anti spasm and mobility work for just £7. First time coming along just £4.50 for full extended class! Sessions every Thursday (6.30pm).

Contact Dan on 07810512583 by email danhalept@hotmail.com or through facebook [www.facebook.com/DanHaleFitnessScientistPT](http://www.facebook.com/DanHaleFitnessScientistPT) to book yourself in for your first session! . See you all very soon,

Dan Hale.



## 'PILATES' WITH HAYLEY

There are two weekly Pilates classes at the Premier Room, New Road Sport & Leisure Centre, Belton, on Monday evenings the times are :-

6.00 - 7.00pm & 7.15 - 8.15pm.

Pilates targets the deep postural muscles, building strength from the inside out, rebalancing the body and bringing it into correct alignment. It helps to reshape your body, which will become longer, leaner and more toned. It will also improve your posture, achieving the perfect balance between strength and flexibility and it is a great way to relieve unwanted stress and tension.

Hayley limits her class size to twelve members in each group but currently has a few vacancies in both Belton sessions. All mats and equipment supplied. To book call her on 07767 864568 or e-mail [hayley@hayleyallenpilates.co.uk](mailto:hayley@hayleyallenpilates.co.uk).

Men welcome at all classes !!!!!

Hayley also runs the following classes :-  
Hopton Village Hall - Mondays 10.00am - 11.00 am.  
Lound Village Hall - Wednesdays 11.15am - 12.15pm.  
Somerleyton Village Hall - Wednesdays 6.30pm - 7.30pm.

Hayley  
Body Control PILATES'  
Certified Teacher

## CRAFT FAIRS & CAR BOOTS

A few diary dates for stallholders and buyers, Craft fairs will return to the New Road Sport & leisure Centre for the Summer of 2015 and will again be on the third Wednesday of each month (10..am - 2.00pm)

The dates booked so far are :-

April 15th. May 20th. June 17th. July 15th.

Any enquiries please call 01493 780776

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## BELTON CRICKET CLUB

Belton CC began their season of indoor net training on Friday 16 January at Lynn Grove High School Sports Hall at 19:30. These hour and a half sessions only cost £3 and continue every Friday until 24 April.

You do not have to be a Belton member – all cricketers are welcome to attend in order to prepare for the new season!

The Belton 100 Club is seeking subscribers for the new season. It costs just £20 a year and big prizes are on offer. Details from Wally Ladmore (01493 722424). This is an excellent way to support your local club.

The 2015 season begins with a friendly match at Topcroft on 26 April. League action begins on Saturday 2 May. The time to prepare is now!

Your contacts at Belton CC are: Mal Kauffman (07748 271896); Tom Knight (07806 96523); Richard Ashling (07908 185690) or Adam Savoury (07889 362236)



## BELTON F.C

Belton F.C. have had a somewhat slow month compared to the usual fast flowing times, they played only 3 of the 5 arranged games since the last edition of VV. Two Games were called off to weather which means they season may continue well into May.

Firstly they played Hemsby Res on the Magdalen, Having already beaten them 4-1 earlier in the season, Belton Knew if they could get into first gear they would have a great chance of winning. 6-1 the final score goals from Liam Williams 2, Chris Salmon 2, Ian Holmes and Shawn Herod. Next came the best score line of the season, with only 11 players turning up and youngsters fitting in well Belton managed to beat Great Yarmouth Town reserves 7-1 with goals from Jackson Williams 4, Adam Hogg, Liam Williams and Zac Brown. Their Final game came in the windiest conditions I

have ever witnessed a game of football played in. The Lads fought hard and came out winning 4-1 with all four goals from Liam Williams.

We are now looking to continue working hard in the coming weeks and hopefully progressing in cup competitions and competing for silverware. The club currently sit top of the GYDFL clear by 6 points but having played 3 extra games. Goal difference is key to the club hoping to win the league for the first time.

Fixtures for February:-

7th Away to Bohs Reserves @ New Road 2pm Ko (League)

14th Home to Bohs Reserves @ Magdalen 2pm Ko (League)

21st Away to Filby and Runham @ Filby 2pm Ko (League)

28th Home to Mk Shrubs @ Magdalen 2pm Ko (H.A Holmes Cup)

**Nathan Brown,**

Club Secretary.



## BREYDON WATER HOLIDAY PARK RECRUITMENT DAY

**SATURDAY 7<sup>TH</sup> FEBRUARY 2015**

**10am to 4pm**

As one of the leading Holiday Park operators we are seeking people with the right attitude to offer first class standards of service to our guests in the following roles (full & part-time available):

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SALES ADMINISTRATOR

CARAVAN CLEANERS

LIFEGUARDS (NPLQ)

SECURITY/DOOR HOST (SIA)

If you would like to be part of our team please come along to Yare Mill Complex, Yare Village, Butt Lane, Burgh Castle or contact us by telephone on 01493 780357 for more information.



## 1<sup>ST</sup> BELTON SCOUTS

### Scouts

During December the scouts attended the district carol service at St Andrews Church, Gorleston and sang a scout version of the 12 days of Christmas!, we also ran our own version of "I'm a Scout... get me out of here!!!" when the scouts took part in various trials including eating trials, and making snowmen out of paper rolls.

### Beavers

The beavers had a great sleepover with other beavers from around the district at Cliff Park Junior School at the beginning of December with a theme of the 999 services. The police talked about not talking to strangers, then there was the chance to look round a police car. The coastguard talked about the flags they use on the beach and beach safety, they also had a look round their vehicle whilst the fire service talked about fire safety. St Johns Ambulance showed the beavers how to put someone into the recovery position and how to phone 999 whilst the sleepover finished with a disco.

### Cubs

Members had a go at making paper boats that they had to float a £1 coin in and also made snowman woggles. Their last meeting of the term was a camp fire on a cold evening with loud camp fire singing (which brown beaver reported that she could hear at her house). Some parents stayed for the evening which ended with hot chocolate.

### Jumble Sale

The Scouts are holding a Jumble Sale Friday 27th March at the JGI (7pm start) items can be delivered to 15 Bracon Road, Belton or call 01493 780965.



At the Coastguards with Toby trying on a lifejacket.



Beavers being shown the recovery position by Jackie from St. Johns.



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## BRANDON LEWIS SURGERIES

Local Member of Parliament, Brandon Lewis will be holding a surgery at the JGI (Green room) on Saturday, February 14th (10.00am – 11.00am), no appointments needed.

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## BECCLES ROAD

Not the way to start the year, a short diversion round the triangle formed by Beccles Road, The Green and Church Lane greeted motorists on January 1st when this burst main appeared outside the entrance to Belton Lodge on Beccles Road.



## NOT SANTA BUT THE SPACE STATION

On a cold Christmas Eve it was ideal weather to witness the Space Station flying over us. These shots were taken at Burgh Castle and combined to give the trajectory shown.

## MONEY & DEBT ADVICE

Free, impartial and confidential advice and guidance on a range of money and/or debt issues is being offered at the Village Green Children's Centre, Belton by a representative from D.I.A.L on Thursday afternoons (1.00 – 3.00pm) the next visits are on January 29th, February 26th and then the last Thursday of each month.

For information please Call 01493 789562 or Email [childrenscentre@moorlands.norfolk.sch.uk](mailto:childrenscentre@moorlands.norfolk.sch.uk)

## YOUTH & CHILDREN AT ALL SAINTS, BELTON

After the build up to Christmas, the excitement of the festive season and parties over the New Year, it's been back to school for the children and young people at Belton Church! The dreary weather hasn't stopped the enthusiastic members of Rock Solid, though, who started the term with junk modelling and making pine cone bird feeders. The boys can't wait for the weather to improve so they can get back to playing football!

January's Messy Church was enjoyed by all too, despite the cold weather; we learned about Epiphany, when the wise men visited Jesus and realised who he really was - the Son of God. From February until the Summer, Messy Church will be doing a series called 'Heroes of Faith'. The Bible is full of exciting stories, and over the coming months we will be learning which strongman couldn't cut his hair, who started having children at the age of 99, which musical shepherd became a king and which woman saved an entire nation! We would love families to join us as we share a meal, hear a story, and take part in some fun, (messy!) activities. Messy Church is free, and our next session is at Moorlands Academy (in the dining hall), from 6-7.30pm, on Wednesday 4th February.

The Church Youth Group started off the term with a social, and will be thinking about why it is we need Jesus, and where he is in the midst of the stress of exams and homework?! The Hub, which has been on a break for several weeks, is opening on Friday 16th January to hopefully find out from young people how the club can be improved and how they can get more involved - if you missed this event but would like to get involved, or make a suggestion about the Hub, please get in touch by email/text/phone - you can even stay anonymous if you like!

Projection, our youth worship band, will be leading worship again at the January's Café Church, and will then get started on practising for the next time the youth group lead the whole Sunday service (it may not be until the end of March, but practice makes perfect!) February's Café Church will be on Sunday 15th at 10.30-midday, and you are very welcome to join us for breakfast (free!) and a laid back, informal service. If you've never been before, or if you wouldn't consider yourself a Christian, or you're worried about being forced to pray or sing, it's OK! Everyone is welcome, regardless of where they are with God - and if you'd like to spend time just reading the papers or sitting quietly, there is an opportunity to do that too. We encourage children to be children at All Saints - so don't be put off coming if you think your child might be too noisy or fidgety; we will welcome you and your family as you are.

I am very blessed to be in Moorlands Academy every day, to have the opportunity to lead collective worship on a Thursday afternoon, and to be part of the school collective worship in church every Friday. I am particularly looking forward to restarting choir after the Christmas break and talking to some of the older pupils in our 'Big Questions' group, about the things that they find puzzling about life, the universe, and everything!

As always, I would love to hear from you if you have any suggestions, questions, comments etc. about the work Belton Church does with children and young people in the village. Feel free to call, or text me on 07762817454 or email me: [jean.white506@gmail.com](mailto:jean.white506@gmail.com)

**Jean White,**

Youth & Childrens Worker

All Saints, Belton.

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 email: [thehaddiscoetavern@btconnect.com](mailto:thehaddiscoetavern@btconnect.com)

**BELTON EVENTS COMMITTEE**  
 Presents at the JGI Belton  
**Saturday March 14<sup>th</sup> (7.30pm)**  
 An evening of entertainment for  
 St Patricks Day  
**Entertainment by "RICHARD"**  
 Tickets £5.00 Now available from  
 Barbara 01493 781294 or Nora 01493 780182  
 Raffle -  
 Please bring your own food/drinks  
 Please note doors open from 7.00pm

## FREE TASTER SESSION FOR MINDFULNESS FOR STRESS COURSE

Thursday 12th February 6.30 – 8.30 pm  
@ St Olaves Village Hall, NR31 9HJ

You are welcome to come along to this FREE session to see if this is the course for you. We all can benefit from the toolkit of skills to manage everyday life and do not have to be extremely stressed to benefit. Visit [www.mindfullifeeast.org.uk](http://www.mindfullifeeast.org.uk) for testimonials of how this helps people's lives after doing the course. The dates for the course are 19th, 26th Feb, 5th, 12th, 19th, 26th March 6.30 pm to 9pm and a full day on Saturday 18th April 9.30 – 3pm.

**We can't always choose what happens to us  
Or how other people behave, but we can learn to  
have more choice in how we respond to life's events.**

Mindfulness means deliberately attending to and becoming more aware of our experience: of our thoughts, feelings and body sensations. This allows us to clearly perceive thoughts, physical sensations, emotions and events at the moment they occur without reacting in an automatic or habitual way.

By developing a new relationship with the conditions we find ourselves in we begin to respond creatively. Experiences don't overwhelm us and we can remain steady through life's ups and downs. Mindfulness isn't a cool and detached awareness though - it's warm, gentle, and kind. Towards the end of the course we'll introduce a kindness meditation, which will help you to develop this aspect of mindfulness further. Like mindfulness, kindness has been proven to reduce levels of stress. The Mindfulness for Stress Course is for everyday experiences of stress and is not suitable for people experiencing deep rooted depression. Please feel free to confidentially discuss your situation with me to decide if this is the right course for you on 07557141869. This course is for anyone experiencing day to day stress, or wanting to learn strategies to deal with the general complexity and pace of modern life.



The New St Olaves Village Sign

## ST. OLAVES VILLAGE HALL

Due to a local outbreak of kennel cough, the companion dog show planned for the 13th December had to be cancelled. Happily, Mrs Wilson has now rescheduled the event for Sunday 12th April. Anyone interested in participating or attending can contact her on 01493 393437.

On the 17th December, more than 30 St Olaves and Fritton residents met at the hall for an evening of mulled wine, sausage rolls, mince pies and a festive Christmas Quiz. The hall was suitably decorated for the occasion and a good time was had by all, making an excellent start to the festive season. In addition to the quiz, there was a raffle and a cash bar, and more than £145 was raised for village hall funds.

The new St. Olaves village sign has now been completed and erected at the junction of Beccles Road and Herringfleet Road. On Christmas morning, a small group of villagers attended an informal preliminary unveiling of the sign, with a more formal public dedication ceremony planned for 2015. The sign was financed from public donations, local sponsorship, and fundraising events at the village hall. Fiona Cowan, Chair of the Village Sign Committee, thanked all those involved for their hard work and dedication to the project.

On Saturday 10th January, Freda and Ian McIntyre hosted the latest in their twice-yearly series of country dancing evenings. As usual, the event was well supported, with participants both from the local area and further afield.

The Mindfulness classes organised by Soo Strong are also proving very popular and, on Thursday 12th February from 6:30 p.m. to 8:30 p.m., Soo will be holding a free introductory session for anyone interested in the possibility of joining her next course – Mindfulness for Stress – (please see separate article).

On Thursday 2nd April (7.00pm) (not, as previously announced, in March), Fritton with St Olaves Parish Council is holding its Annual General Meeting at the hall. Members of the public are very welcome to attend.

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## ALL SAINTS BELTON



### REV ROSIE WRITES.....

"Men are from Mars, Women are from Venus" according to Dr John Gray who wrote the book of that name! Is that why communications are supposedly so different between men and women? Years ago, long before I was ordained, I worked in the legal profession, mainly doing Family Law, from which I gained significant insight into the highs and lows experienced by married couples. I have of course deepened and broadened that experience as a parish priest. One of the things I tell every couple that comes to see me for marriage preparation before their wedding is that communication is key to their relationship and that time has to be made to spend quality time with your partner.

Love will be the focus of much of the advertising in the

first two weeks of February, because it is Valentines Day. Couples will take time to have a meal together and hopefully enjoy the conversation that the "time out" allows. But time to talk, time to show love towards one another as a couple needs to be more than just one day in the year.

Valentines Day will be a difficult day for those who have lost their partner or soul mate in recent years, and for those who are single, especially those who are disappointed they have no one to share their life with.

**So what is LOVE?** There are lots of descriptions around of what love is.....

Love is..... like jumping off a really tall building; your brain tells you its not really a good idea, but your heart tells you you can fly!

Love is ..... like standing in wet cement; the longer you stay the harder to leave, and you can never leave without leaving your mark, anyway.

Love is ..... like a mountain that is hard to climb, but once you get to the top the view is very beautiful

Love is unconditional commitment to an imperfect person! It might be a spouse but it will also involve our relationships with family and friends too. Love is something that we are made for; to give and receive love. The Bible teaches that we as human beings, are made in God's image and that God is love. So we are made to be in relationship with those around us and God himself. Each one of us is loved by God, but we are not always aware of it, and sometimes it might feel that we are far away from feeling loved.

Love is not (just) a feeling! Love is very often a choice, and one that is not always easily made. When we are not feeling loved or loving the choice to love can be difficult. I know that when my children were younger and they misbehaved, I did not like what they had done, but I continued to love them. I chose to respond to them, sometimes with difficult decisions, in discipline and with "no", because I loved them. The description of love that is often read at weddings from 1 Corinthians 13 describes love as patient and kind, not envious, arrogant, boastful or rude; not selfish, irritable or resentful,

keeps no records of wrong and always protects, trusts, hopes and perseveres.

The Bible also teaches that we should choose to clothe ourselves with love which binds everything together in perfect harmony. Love is rather like the mortar of a building that holds together all that goes to make up the structure.

**More often than not, real love has its sleeves rolled up, dirt and grime smeared on its arms, and sweat dripping down its forehead.** Real love often asks us to do hard things for those we love; just as God was prepared to do something significant for us to show his love. For God so loved the world he gave his one and only Son so that we could have a long, full and ever-lasting life. We have just celebrated the birth of Jesus Christ; in April we shall celebrate his death and resurrection but during February as we celebrate the gift of love, lets also thank God for his love for us.

**Rev Rosie Bunn,**  
Belton Rectory,  
Tel 01493 780210.

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# GUIDE TO EVENTS IN THE LOCAL COMMUNITIES

## EVERY MONDAY

**Chair exercises (9.30am) & Nordic walking for Beginners or "I Move Freely" exercise - (10.30am)** - New Road Sport and Leisure Centre - Supervised instruction **Nordic Walking 07599 044806**

**Grasshopper Creche** - 9.00am-11.30am .£9.00 per session. Children 3months to 2 years. Safe friendly fun. Belton Village Green Children's Centre (01493) 789562 (Subsidies Available)

**Somerleyton Preschool** - (9.30am-12.30pm) Somerleyton Village Hall - Children 2 1/2 to 5 years

Small, friendly group - 01502 677568/07837 903344

**Yoga** - JGI (10.15-11.15am) Please bring your own mat or towel.

**Play, Weigh & Baby Groups** - Belton Village Green Children's Centre. every Monday 1.30pm-3pm.(Health visitor & Nursery Nurse Attend on 1st & 3rd Monday of each month). (01493) 789562

**Baby Massage** - Belton Village Green Children's Centre. FREE 6 week programme for parents & infants details (01493) 789562 / e-mail childrenscentre@moorlands.norfolk.sch.uk

**Bingo Night** - John Green Institute (7.30pm) All welcome

**Projection Youth Worship Band** - Belton Church (7.30-9.00pm) Jean 07762 817454

**Ring Craft** - Training Dogs & Owners For the Show Ring. St. Olaves Village Hall, (8.00pm) Jane Thorpe (01502) 569243

**Belton Bowmen** - Wroughton School (for Winter Juniors/ family 6pm-7pm (£3.50 per session) Adults Club 7pm-9pm/dusk (£5 per session) Tel Duncan (01493) 780418

**Pilates - Beginners/intermediate classes** - (6.00-7.00pm & 7.15-8.15pm) - New Road Sport & Leisure Centre - Tel Hayley on 07767 864568.

## EVERY TUESDAY

**Pilates Fitness** - At the JGI (9am-10am) A class to improve posture & gain core Strength. Details - Lorrain - 07747 720139

**Somerleyton Preschool** - (9.30am-12.30pm) Somerleyton Village Hall - Children 2 1/2 to 5 years

Small, friendly group - 01502 677568/07837 903344

**Picassos Messy Play** - (9.30-10.45am) Bradwell Community Centre (organised by Village Green Childrens Centre).

**Zumba Dancing** - JGI (10am-11am) Lorrain - 07747 720139

**Young at Heart** - (10.00am- Noon) Belton Church Annexe. Get together for the over 50's (all welcome, church members or not)

**Belton Over 50s/60s.** JGI. (2.00pm) Cards, Games, Bingo, Refreshments.

**Guides** - 6.45-8.30 Burgh Castle Village Hall Ring Linda 07919620759 / (01493) 667311

**Belton Badgers** - Youngest section of St. John Ambulance. Meet 6pm-7pm at Compass Centre Term Times only. Boys & Girls Ages 5-10. Tel Carole (01493) 780418

**Belton St. John Ambulance Cadets** - Every Tuesday (Term Time) Compass Centre, Belton 6pm-7.15pm Boys & Girls 10-16 years. Tel Jackie (01493) 780619

**St. Olaves Art Group** - St. Olaves Village Hall (7.30pm). 07879 811229

## EVERY WEDNESDAY

**Grasshopper Creche** - (9.00am-11.30am) £9.00 per session, children 3 months to 2 years. Safe & friendly fun. Belton Village Green Childrens Centre (01493) 789562 (subsidies available)

**Somerleyton Preschool** - (9.30am-12.30pm) Somerleyton Village Hall - Children 2 1/2 to 5 years

Small, friendly group - 01502 677568/07837 903344

**Drop In Coffee Morning** - (10.30am-12 Noon) JGI. All Welcome

**Community Connexions** - Fruit & Veg Van in Belton. The Fruit & Veg van will be parked at The Tavern for the sale of fresh food produce (11.45am-12.30pm)

**Belton Art Club** - JGI. (2.00pm-4.00pm.) Arts,Crafts & Hobbies. Just Drop In or Tel. Jan Pitchers (01493) 488683.

**Slimming World** (5.30 & 7.30pm) Kings Head Function Room Tel Ella 07796 263627.

**Messy Church** - Moorlands Academy (Term times 1st. Wed. of month only 6pm-7.30pm) Rosie Bunn (01493) 780210 or Jean 07622 817454.

**Weight Watchers** - JGI (sign in from 6.15pm, talk at 7.00pm) Tel Lisa 07546 023143

**Tai Chi** - at Cliff Park Junior School, Gorleston - Belton Based Group (01493) 789992 Meets 7pm-9pm www.taichi-qigong.net.

## EVERY THURSDAY

**Bumble Bees Chatterboxes** - (9.00am-10.30am) Belton Village Green Children's Centre (50p). (0-5 years)Fun activities assisting Communication, Language & Literacy. All year round (01493) 789562

**Somerleyton Preschool** - (9.30am-12.30pm) Somerleyton Village Hall - Children 2 1/2 to 5 years

Small, friendly group - 01502 677568/07837 903344

**Rock Solid (Years three to six)** - Belton Rectory Stables 5pm-6pm (Ages 8-11 -Term Time) Tel. Jean: 07762 817454

**Family Life Group** - Church & annexe (Term time 5.30pm - 7.00pm) Marion & Colin Chilvers (01493) 781474

**Insanity Fitness** - (6.00pm) Burgh Castle Village Hall Info - 7557 306087 **NEW**

**Bootcamp Heroes** - (6.30pm) New Road Sport & Leisure Cent. - 07810 512583

**Youth Group** - Belton Church (7.30-9.00) Exploring Christian youth & having fun Jean 07762 817454

**Mindfulness Classes** - (6.30-9.00pm) St Olaves Village Hall - Taster 12th Feb, then weekly. Details Soo (01493) 488206. **NEW**

## EVERY FRIDAY

**Somerleyton Preschool** - (9.30am-12.30pm) Somerleyton Village Hall - Children 2 1/2 to 5 years

Small, friendly group - 01502 677568/07837 903344

**Baby Bloom** - Belton Village Green Children's Centre. FREE 6 week parenting group, looking at sleep routines, nutrition, weaning, baby massage, communication & safety (01493) 789562 / e-mail childrenscentre@moorlands.norfolk.sch.uk

**Anglia Slot Racing -Scalextric Car Racing Club** - St. Olaves Village Hall (8pm) Tel. Kevin 07879 636148

**The Hub - Open Youth Club** - Belton Church (Term Time7.30-9.00pm) For all of High School age Jean: 07762 817454

NOTE: - **Belton Scouts** (Beavers, Cubs, Scouts and Explorers) - All meet in Belton weekly details on (01493) 780965

## EVERY SUNDAY

**Pooch Paws Dog Training** - St. Olaves Village Hall - (9.00am -Noon - one hour sessions) 07841 040171

**St. Peter & St. Paul Church, Burgh Castle** - (9.30am) Traditional Service Morning Prayer or Holy Communion

**All Saints Church, Belton** - (10.30am) Modern Service - Welcome to all. Activity group for children

Please see full church service details included below.

## DATES FOR YOUR DIARY

**Tues. Jan. 27th** - (7.30pm) JGI - Belton W.I Craft evening. Tel 780822.

**Wed. Jan 28th** - (9.30-10.30am) New Road Sport & Leisure Cent - Belton with Browston Parish Clerks Surgery.

**Thurs. Jan. 29th** - (1.00-3.00pm) Village Green Childrens Cent. - D.I.A.L Free debt/money advice Tel. 789562 (Monthly).

**Thurs. Jan. 29th.** - (7.30pm) Fritton Village Hall - Fritton & St Olaves Parish Council.

**Sat. Jan. 31st.** - Burgh Castle Village Hall - Burns Night Celebration incl food/entertainment Tickets 10.00 Tel 780126. (Church Restoration Fund)

**Sun. Feb. 1st** - (9.30am) Burgh Castle Church - Holy Communion for Candlemass.

**Sun. Feb. 1st** - (10.30am) Belton Church - Morning Celebration.

**Tues. Feb. 3rd** - (11.00am) Belton Church - Traditional Holy Communion (Coffee from 10.00).

**Tues. Feb. 3rd.** - (7.30pm) New Road Sport & Leisure Cent - Belton With Browston Parish Council meeting.

**Wed. Feb. 4th** - (10.30am) Burgh House Res. Home. - Holy

Communion.

**Wed. Feb. 4th** - (6.00-7.30pm) Moorlands School - Messy Church - Jean 07762 817454.

**Fri. Feb. 6th** - (7.30pm) JGI - Digital Camera Club meeting. - Tel 780822.

**Fri. Feb. 6th** - (8.00pm) Burgh Castle Queens Head - Team quiz in aid of Church Restoration Funds (max 6 per team) 780126.

**Sat. Feb. 7th** - Belton Scouts collecting old newspapers in Belton only. Please leave outside your gate by 8.45am.

**Sun. Feb. 8th** - (9.30am) Burgh Castle Church - Morning Prayer.

**Sun. Feb. 8th** - (10.30am) Belton Church - Holy Communion.

**Sun. Feb 8th** - (6.30pm) Belton Church - Evening Celebration.

**Mon. Feb. 9th** - (4.00-7.00pm) Village Green Child. Cent. - 1st session of childrens workforce care qualification.

**Mon. Feb. 9th** - (7.30pm) Burgh Castle Village Hall - Burgh Castle Monthly Parish Council meeting.

**Tues. Feb. 10th** - (12.45-2.45pm) Village Green Child. Cent. Parents Forum Scrapbook session for parents with under 5's.

**Tues. Feb. 10th** - (7.30pm) JGI - Belton W.I - Talk by Jean Goffin "Births, Deaths & Marriages". Tel 780822.

**Wed. Feb. 11th** - (9.30-10.30am) New Road Sport & Leisure Cent. Belton with Browston Parish Clerks Surgery.

**Wed. Feb. 11th** - Mobile Library at Priory Close off Herringfleet Rd, St. Olaves (10.30-10.40am).

Mobile Library at Fritton New Rd. - By Playing field (10.45pm-11.00am).

Mobile Library at Belton - from 1.50pm - see list of times in article.

**Thurs. Feb 12th** - (6.30-8.30pm) St. Olaves Village Hall. - Mindfulness Course Taster evening FREE

**Sat. Feb. 14th** - (10.00am - 11.00am) JGI - Brandon Lewis M.P. Drop in Surgery.

**Sat. Feb. 14th** - (10.00am - Noon) JGI - Monthly Coffee Morning.

**Sun. Feb. 15th** - (9.30am) Burgh Castle Church - Holy Communion with Rt. Rev. Alan Winton, Bishop of Thetford.

**Sun. Feb. 15th** - (10.30am) Belton Church - Cafe Church..

**Tues. Feb. 17th.** - (7.30pm) New Road Sport & Leisure Cent - Belton With Browston Parish Council meeting.

**Thu. Feb. 19th** - (10.30-11.3am). Village Green Child. Cent. - Celebrate the Chinese New Year.

**Thu. Feb. 19th** - (Noon-2.00pm). JGI - Belton Lunch Club - 2 course lunch £5.00 All Welcome. Bookings 781294

**Fri. Feb. 20th** - (7.30pm) JGI - Team Quiz Evening - £5.00 per team of 4. Enquiries Tel. 781294.

**Sun. Feb. 22nd** - (9.30am) Burgh Castle Church - Holy Communion.

**Sun. Feb. 22nd** - (10.30am) Belton Church - Holy Communion

**Sun. Feb. 22nd.** - (2.30pm) JGI - Belton Historical Soc. "Wildlife Rescue" Illustrated talk by Foxy Lodge Wildlife Rescue Admission £3, non members welcome.

**Tues. Feb. 24th** - (7.30pm) JGI - Belton W.I - Craft Evening including work on Diamond Jubilee project. Tel 780822

**Wed. Feb. 25th** - (9.30-10.30am) New Road Sport & Leisure Cent - Belton with Browston Parish Clerks Surgery.

**Thurs. Feb. 26th** - (1.00-3.00pm) Village Green Childrens Cent. - D.I.A.L Free debt/money advice Tel. 789562 (Monthly).

**Sat. Feb 28th** - Fritton Lake - Active Norfolk 10 week activity courses start - Running (11am) & Cycling (1pm) 01603 732333

**Sun. Mar. 1st** - (9.30am) Burgh Castle Church - Holy Communion.

**Sun. Mar. 1st** - (10.30am) Belton Church - Morning Celebration

**Tues. Mar. 3rd** - (11.00am) Belton Church - Traditional Holy Communion (Coffee from 10.00).

**Tues. Mar. 3rd.** - (7.30pm) New Road Sport & Leisure Cent - Belton With Browston Parish Council meeting.

**Wed. Mar. 4th** - (10.30am) Burgh House Res. Home. - Holy Communion.

**Wed. Mar. 4th** - (6.00-7.30pm) Moorlands School - Messy Church - Jean 07762 817454.

**Sat. Mar. 7th** - Belton Scouts collecting old newspapers in Belton only. Please leave outside your gate by 8.45am.

**Sat. Mar. 7th.** - (10.00am - Noon) JGI - Mammoth Sale. Tel 780776.



## NEED TRANSPORT TO ACCESS AN EVENT OR APPOINTMENT? HAVE YOU CONSIDERED THE COMMUNITY CAR SCHEME?

If you live in Belton / Browston / Burgh Castle / Fritton or St. Olaves  
this could be your answer - Call 07767 063 986 to book your transport.  
Ring between 8:00am & 6:00pm Monday to Friday.

The cost is only 45p per mile





# VILLAGE SMALLS

It is free to advertise jobs, events, property or items for sale. Send your copy to Village Voice Smalls, "Skelmorlie" Butt Lane, Burgh Castle, Great Yarmouth, NR31 9PU, Tel 01493 780776 or Email [bcswan50@gmail.com](mailto:bcswan50@gmail.com) by Noon on FEBRUARY 14th to appear in the March issue. We will run your advert free for 3 issues but please let us know when it is sold - so we can delete it. (commercial entries charged at 25p per word)

## SITUATIONS VACANT/ WORK

Voluntary Drivers required for Community Car Scheme local area Tel 07767 063986 or e-mail [mgreenacre@googlemail.com](mailto:mgreenacre@googlemail.com).

## WANTED

Bungalow to rent in Belton or nearby. 2/3 bedrooms must have double shower cubicle or wet room as disabled partner. (NOT DSS) Contact Sheila 0780665569 or 01945 739128

Small parcel of land Approx. 1 - 2 acres to create wildlife haven/ plant trees. Tel 01493 780925.

Belton Charity Fundraisers welcome donations of Bric A Brac, Books, Jigsaws & toys (no mains electric items) for their fund raising stalls. Tel. Gloria 01493 780776 .

Soft Toys to raise money for local charities. deliver to 34 Orwell Cresc. Belton, or Tel. 01493 782043 for collection.

## FOR SALE

Sweet Charity China Hire -locally sourced china for all occasions. Tel. 01493 782279. All proceeds to Neat Feet Health Trust.

Children's pine bunk beds 32 x 72 with mattresses. Good quality Bedding also available if needed. Exc. Cond. - little used. £75.00 Tel.01493 780467

Sturdy Travel cot/bed in bag £5.00 Tel 01493 780776 Proceeds to Belton Charity Fundraisers.

Fridgemaister Fridge, white 33" tall, 20"wide, 19" deep, clean, in working order 1 year old £55.00ONO Tel 01493 780253.

Blue childs cycle, suit 6-7 year old. £10.00. Tel 01493 782279

Monochrome picture "Trees in Fog" in Gun metal frame 38x29ins New £10.00 ONO Tel 01493 780776 Proceeds to Belton Charity Fundraisers.

Unused popcorn machine red, plus 1kg popping corn & instructions £12.00 No offers. Tel 01493 780253

Warmax antifrost paraffin heater suit small greenhouse etc £3.00Tel 01493 780776 Proceeds to Belton Charity Fundraisers.

Black & Decker garden leaf vac & blower £20.00. tel. 01493

782279

Pine television cabinet 24 ins wide, 18 ins deep 18 ins high with 1 shelf and 1 drawer for storage. £12.00 O.N.O. Tel 01493 782219 after 5pm.

12v/24v 13 watt Folding suitcase solar panel, built in regulator incl. all leads & lights to show when charging. Ideal for caravan , boat, camping. Also unopened solar adaptor kit which cost £12.99. Solar panel used once in it's own case and boxed £50.00 Tel. 01493 781231.

Mains Ultimate Bath Spa new/ boxed £3.00 Tel 01493 780776 Proceeds to Belton Charity Fundraisers.

livama Prolite 17ins computer monitor screen £5.00 Tel 01493 780776 Proceeds to Belton Charity Fundraisers.

Ladies black lace up, steel toe cap shoes Size 7 new £20.00. Tel 07790 071696.

Hand mower as new £20.00 Mole repeller uses 4 D type batteries £7.00. Tel. 07554 577366 (Burgh Castle).

Ladies black kickers ankle boots with coloured eyelets Size 7 New £25.00 Tel. 07790 071696.

Vax cylinder cleaner as new £30.00. Tel. 07554 577366 (Burgh Castle).

1950's Defiant Wooden Cased Valve Radio in full working order. £30.00 ono Tel. Jean 01493 781249 / 07909 991871.

Canon EOS 60D SLR camera, body only with battery, battery charger and manual £215.00 Contact 01493 780822 for details.

Galvanized metal dog crate - L 36"x W-24"x H-28". £25.00 Tel. 07828876717.

Electric adjustable tilt double bed (4'6") with mattress As seen - Buyer collects from Belton. Tel. 01493 780262.

3 Wheel mobility walker £20.00 ONO Tel. 01493 789093.

Gents Raleigh bike 15 speed Raleigh Ascender in very good condition £70.00 Tel. 07828876717.

Calor Provence portable, gas room heater, c/w 1/2 full bottle. Excellent cond. (Price new

approx. £300). £95.00 ovno. Tel/ text 07765 407313.

Giant Cactus 6ft + tall. In large pot. Free. Tel 07787 157283.

Talco Impact Driver £5.00, Sealy SA mm (3/8) Reversible air drill £30.00 Tel. 07828876717.

Pine toddlers bed & Mattress, good cond. Hardly used, cost £140.00 suit 2-4 year old £40.00 Tel. 01493 488607 (Could deliver locally to Fritton).

7ft. Sectional green Christmas tree with stand £3.00. Tel. 01493 780776. Proceeds to Belton Charity Fundraisers.

Girls Apollo cycle - suit 7 - 9 years. First class cond., used twice. £35.00 ovno. Tel/text 07765 407313.

Dark wood feature shelf plate rack FREE. Tel. 01493 488607. (Fritton).

**PLEASE REMEMBER TO LET US KNOW BY NOON ON THE 14th OF THE MONTH IF YOU WOULD LIKE YOUR ITEM REMOVED**

## NEW AT THE VILLAGE GREEN

The following new events have been announced for the Village Green Children's Centre at Belton

### Parents Forum Scrap Booking Session

Tuesday 10th Feb  
12.45-2.45pm

Families invited who have a child under 5.

This is a one-off event with a limited 10 spaces in session available. Book soon! Creche available. Call 01493 789562 to book or email [emoxey2vrf@nsix.org.uk](mailto:emoxey2vrf@nsix.org.uk)

**Caring Qualification** - Have you ever fancied a career in childcare? Now is your opportunity - we are holding the Level 2 Children & Young Persons Workforce qualification here at the Village Green Children's Centre starting 9th Feb

2015 - July (x24 sessions) at 4-7pm (once a week). Financial support is available, please enquire. Call 01493 789562 or email [tyaxley6jrd@nsix.org.uk](mailto:tyaxley6jrd@nsix.org.uk)

**Half Term Fun!** - Come and celebrate Chinese New Year with us! Thursday 19th February at 10.30-11.30, practice some Chinese writing and enjoy Chinese cuisine snacks! Call 01493 789562 or email [emoxey2vrf@nsix.org.uk](mailto:emoxey2vrf@nsix.org.uk) to book.

## MOBILE LIBRARY

Its now a four weekly service on Wednesdays for Belton, Fritton and St. Olaves, while the service for Burgh Castle has been discontinued due to lack of use.

**Belton-** the next dates are February 11th and March 11th with the following stops :- Aldersley (Station Road South) 1.50 - 2.05pm, The Tavern 2.10 - 2.20pm, Amhurst Gardens 2.25 - 2.35pm, opposite Dashwood Close 2.40 - 2.50pm, St Roberts Way 2.55 - 3.10pm and Moorlands School / Childrens Centre 3.15 - 4.05pm. There will no longer be a stop at the Kings Head.

**Fritton and St. Olaves** - Again its February 11th and March 11th for the next visits, stopping at Priory Close, off Herringfleet Road, St. Olaves 10.30 - 10.40am and on New Road, Fritton (near the playground) 10.45 to 11.00am).

For information please Call 01493 789562 or Email [childrenscentre@moorlands.norfolk.sch.uk](mailto:childrenscentre@moorlands.norfolk.sch.uk)

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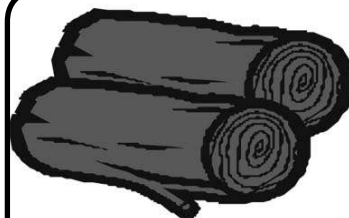
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# EVENTS AT THE JOHN GREEN INSTITUTE



The John Green Institute

## THE JGI

There is now a regular Thursday evening slot available for hire for a group or club activity.

- The hall has full facilities with heating and great kitchen facilities.

- Seating and tables available for up to 60 people.

- Cloakroom and full disable facilities.

For further information contact Bill on 780822 or go to the website [www.beltonandbrowston.com](http://www.beltonandbrowston.com)

## DIGITAL CAMERA CLUB

The next meeting is at the JGI on Friday 6th February at 7.30pm.

We will be looking back at our December Portrait evening so bring prints or files of your shots along. We will also try and map out a programme of activities for the coming year as well as looking at both Photoshop and Lightroom techniques.

If you obtained a new camera for Christmas and would like to know how to get the best from it then

come along and we will show you all the controls rather than just the "Green Button"

Contact Bill on 780822 for further details or go to [www.beltonandbrowston.com](http://www.beltonandbrowston.com) and click on the camera page.



## MONTHLY COFFEE MORNING

The next monthly Coffee Morning at the JGI is on Saturday February 14th. (10.00am - Noon), now also available, between 10.00 and 11.00am as an additional item is tea/coffee and a bacon butty for just £2.00 so why not have a late breakfast.

Admission is free and there is always a raffle for one of the village groups or a local charity, this month it is organised by Belton W.I. Thank you to everybody who supported the January raffle which was organised by Belton Charity Fundraisers with £101.00 raised to go towards the money they distribute in the form of grants to local clubs and organisations.

There is also the bargain stall full of items at ridiculously low prices, Belton Charity Fundraisers always welcome donations of goods to sell, anything small is considered, please note however that we cannot accept mains electrical items or clothing, **please call Gloria on (01493) 780776** local collection of items can be arranged.

## BELTON LUNCH CLUB

Belton Lunch Club next meet on Thursday 19th February (12.00 - 2.00pm) Lunch is served at 12.15pm. Two course lunch for £5.00 and all dietary needs catered for. Come and join us at this very friendly lunch club. To book your lunch please ring Barbara on 781294.

## QUIZ NIGHT

The next Belton Village Quiz Night next quiz will be on Friday 20th February at 7.30pm at the JGI. £5.00 for a team of up to four players. Great Prizes and raffle. Come and join us and make up a team of friends/colleagues/family or from your club or group. A warm welcome awaits all quizzers. For any further information please ring Barbara on 781294.

## ENTERTAINMENT EVENING

Book Now - A date for your Diary an evening of entertainment for St Patricks Night with "Richard" on Saturday 14th March at the JGI - 7.30pm. Tickets £5.00 available from Barbara 781294 or Nora on 780182. (please bring any food and drinks.)

## BELTON W.I.

We next meet at JGI on Tuesday February 10th - 7.30pm. The speaker for this meeting is Jean Goffin and the talk will be about Births, Deaths and Marriages. The monthly competition is for a pretty bracelet, and there will be the usual sales table.

Ladies - Why not start the New Year off with us - See what we get up to - come and join this friendly club. For any further information please ring Sue on 780822. A reminder to you all - please note that the hall doors will not be open until 7.00pm. The next W.I. Craft Night on 24th February, at 7.30pm where we will be continuing our project for the Diamond Jubilee.

## WEDNESDAY DROP IN

A friendly meeting each Wednesday morning between 10.30am and noon, call in for a Coffee/Tea and cake and catch up on news and meet new friends. For more information contact Sue on 780822.

## ..... ALSO AT THE JGI

**YOGA** - Every Monday morning s at 10.15am £2.50 per session. Please bring a floor mat and towel with you. Contact Wilma on 01493 780194.

**BINGO** - Sessions are held every Monday evening at 7.30pm, everyone welcome.

**PILATES** - Every Tuesday morning (9.00 -10.00 am) Suitable for men and woman of all ages and abilities . Pilates improves your posture, balance, flexibility and core strength £4.50 per person. Lorraine on 07747 720139.

## BELTON HISTORICAL SOC.

At their last meeting committee members were shocked and saddened to hear of the death of long serving committee member and former club Treasurer Peter Morden who had passed away earlier in the day of that meeting, the club would like to pass on members condolences to his widow Christine and assure her that our thoughts and support are with her at this difficult time.

By the time you read this our January event will have just past and we look forward to the next event at the JGI on Sunday February 22nd (2.30pm) "Wildlife Rescue" an illustrated talk by John and Tonia from Foxy Lodge Wildlife Rescue, admission will be £3.00 (members £2.00) and the afternoon will include a raffle with a break for refreshments, non members will be very welcome.

This will be followed on March 22nd, also at the JGI by "History Beneath Your Feet" a talk with Graeme Simmonds when those attending are encouraged to bring with them any unusual artefacts that they have found and would like to know more about.

As usual the Society welcomes any old documents and photographs which can be copied and returned to you and would like to direct you to our web site where there are various articles and a large gallery of old local photographs, this is at [www.beltonhistory.co.uk](http://www.beltonhistory.co.uk). Our chairman, Ian Walker can also be contacted on 07887 640385.

**ZUMBA** - Every Tuesday morning (10.15 -11.00am) Easy to follow calorie burning fitness class just £4.00 per person. Lorraine on 07747 720139.

**OVER 50/60's** - Every Tuesday Afternoon (2.00 - 4.00pm) Contact Norma on 01493 780447

**BELTON ART GROUP** - Every Wednesday (2.00 -4.00pm) For any forms of art & crafts for information call Jan on 01493 488683.

**WEIGHT WATCHERS** - Meet every Wednesday from 6.15pm.

## THE JGI Belton Village Hall 46, Station Road

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## 1<sup>ST</sup> BELTON GUIDES

Plans are well under way to take the Guides for an activity weekend away in Coltishall in May which we are all looking forward to, they will take part in adventurous outdoor activities and games. They will also be able to try both indoor and outdoor cooking and crafts.

If your daughter is aged 10-14 and interested in these types of activities we still have some spaces available to join our group. We are a very friendly group and do lots of interesting and fun activities.

See for yourself, why not come along and spend an evening with us.

**Guides continue to meet each Tuesday at Burgh Castle Village Hall**

6.45 – 8.30 term time only. For further details please contact Linda 01493 667311 or 07919620759.



## DIABETES UK

CARE. CONNECT. CAMPAIGN.

(Broadland & Waveney Group)

Diabetes is now very much in the news. There are 3.2 million people in the UK who have been diagnosed with the condition. In addition, there are approximately 630,000 people who have Type 2 but don't know it. Diabetes UK is the leading charity that cares for, connects with and campaigns on behalf of all people affected by and at risk of diabetes. Our meetings are a great opportunity to meet other people who have diabetes or members of their family or carers and discuss experiences. We also get involved with fundraising, planning social events and outings, and running awareness-activities. We meet every second Tuesday of the month (2.00 – 4.00pm) and have a variety of speakers and a friendly atmosphere. Our aim is to pass on as much up to date information as possible, and provide help and support if needed. For medical advice please contact your GP or diabetes nurse.

We meet at the Theatre Room, Shrublands Youth and Adult Centre, Magdalen Way, Gorleston NR31 7BP. The first meeting is free and after that we charge £1.50 per person which includes refreshments. If you wish to learn more please contact 01493 604739 or email ggydiabetes@outlook.com or just turn up, you would be most welcome.



## BRITISH HEART FOUNDATION SHOP

The Great Yarmouth British Heart Foundation Furniture & Electrical store is urgently appealing to the local community to search through their homes for any unwanted, good quality items including suites, sofas, beds, tables and chairs, TVs, microwaves and Hi-Fi's.

The store offers a free collection service for these unwanted items which can be booked online at [bhf.org.uk/free](http://bhf.org.uk/free) so having a clear-out has never been so easy!

The Great Yarmouth British Heart Foundation Furniture & Electrical store also has a wide range of volunteering opportunities to suit every type of person. Roles include warehouse assistants, electrical function testers, stock generators, telephone operators and sales assistants. By volunteering your time in the store you'll help us continue our life-saving work.

Please call the store on 01493 222 100 for more information on volunteering, or to arrange a free collection and join our fight for every heartbeat today. Alternatively, you can arrange a collection online at [bhf.org.uk/free](http://bhf.org.uk/free).

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### VALENTINES NIGHT

**Saturday February 14<sup>th</sup>.**

Book Now & receive a free gift for every lady on the night.

**Saturday February 28<sup>th</sup>**

### Our first Fish 'n' Chip Quiz Night

£10pp includes Fish n Chip supper & Free drink  
Book your table Now for an entertaining evening  
(min 4 per team)

### REMEMBER --"STEAK NIGHTS" Every THURSDAY

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Cod or Haddock £8.95, or 2 for £15.00

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## BURGH CASTLE PARISH COUNCIL

All five Parish Councillors, Borough Councillor Adrian Myers, Caroline Davison from Norfolk Archaeological Trust and eight members of the public attended the January meeting of Burgh Castle Parish Council, Trevor Greenacre was in the chair.

Ms Davison was there to introduce herself as she only took over as head of the Trust which runs the Roman Fort site in the second half of 2014. Concerns raised to her were, clearing the second side of the car park entrance to make it more obvious, ensuring that the ragwort which is causing a problem on the site is correctly disposed of when it is pulled up, she assured members that this would be correct as a group called Green Gym would be assisting with this along with, hopefully, local volunteers. Points were also raised over the need for dog owners to keep their animals on leads, she promised a day when dog owners would all be spoken to and it was suggested that she ask the Borough Council Environmental Rangers to assist with this operation, finally it was pointed out that there needs to be more linkage between the various information points to lead people from one unit to another.

Councillors confirmed and signed their application to apply for half the cost of a SAM2 Speed awareness sign from the Norfolk Parish Partnership Scheme, locations in Butt Lane and High Road had been identified as legally the unit has to be moved round regularly although the County Council had indicated that proposed sites on Mill Road were unsuitable.

Members received an outline of the Broads Authority Landscape partnership Scheme, this is a plan to apply for funding from the Heritage Lottery Fund for £3m over five years for various schemes throughout Broadland, there should be a decision from if the application is successful later this year. It was further noted that the application to make an area of Burgh Castle marshes an area of Special Scientific Interest through DEFRA should still go ahead.

Parish Councillors asked the Borough Councillor why the promised white line to deter parking at the entrance to Porters Loke had still not been painted and he agreed to contact the County Council. The

were also concerns raised over mud on the road as a result of the large volumes of materials moving from the pit site to the construction site at the end of Belton New Road and Councillor Myers agreed to find out the legal position over clearing this off the highway.

There was a reminder that there are still two vacancies on the Parish Council, anybody interested in joining should contact the Parish Clerk, Brenda Hoskins to apply to be co-opted on to the council or to obtain further information. (Tel 01493 440731 e-mail bhoskins@btinternet.com.)

The next meeting of the council is at the Village Hall on Monday February 9th (7.30pm).

### BURGH CASTLE PARISH COUNCIL Councillor Attendances. Sept. 2014 - Dec. 2014

	Present	Total Meetings
Trevor Greenacre (Chairman)	5	5
Eric Foster (Vice chair)	4	5
Danielle Flaxman-Hoyle (Resigned November)	1	4
George Green	4	5
Bob Grimmer	3	5
Jill Skipper	4	5
Mark Whitehouse (Resigned October)	2	2
Brenda Hoskins (Parish Clerk)	5	5

There are at present two vacancies on the Parish Council, for information contact the Parish Clerk on 01493 440731 or e-mail bhoskins@btinternet.com

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## FREE ACTIVITIES FOR ADULTS

If you find it hard to make time to get active, we've got a good incentive to help get you into gear.

Starting 23rd February, Fun & Fit courses are coming to venues around Great Yarmouth, where you'll find a wide choice of fun activities to choose from – all for FREE.

Brought to you by Active Norfolk in partnership with Sport England, Public Health and Norfolk County Council, Fun & Fit is a programme of free, 10-week courses in a variety of activities that are aimed at complete beginners which will help make you feel healthier, more confident, and give you the chance to meet like-minded people.

Try old favourites like badminton, golf, and aerobics, or stretch yourself into something new like yoga or dance. And don't let the little ones keep you away – there are also classes in select areas that you can bring your kids to, like buggy workout.

Courses will run for one hour, and with convenient day and evening classes there's something for everyone. You will be supported by our team of highly qualified sports coaches to ensure you find the activity that suits your ability, interests and confidence level.

So no more excuses. Spaces are limited, so book now to get off the sofa and into something you'll enjoy!

*There are two courses actually within the Village Voice area, both on Saturdays at Fritton Lake commencing on February 28th and for ten weeks each. Running between 11.00am and noon and Cycling between 1.00 and 2.00pm.*

For more information go to [www.funandfitnorfolk.co.uk](http://www.funandfitnorfolk.co.uk), or for an informal chat call 01603 732 333.

## CHRISTMAS LIGHTS

The Christmas lights display in Broom Gardens, Belton raised £141.81 for the Big C charity. Thank you to all who contributed.

## GOOD NEIGHBOUR SCHEME IN BRADWELL

Public Meeting on Thursday 5th March 2015 at 7pm, Leo Coles Pavillion, Green Lane, Bradwell, NR31 8QG

Norfolk RCC is planning to set up a Good Neighbours Scheme in Bradwell and would like to invite interested people to a meeting. Good Neighbours is a bespoke local project which is developed, run and delivered by local volunteers supported by advice and help from Norfolk RCC. Aimed at helping overcome some

of the barriers faced by elderly and vulnerable people in rural communities, Good Neighbours is focused on reducing isolation and helping people lead independent and fulfilling lives in their own homes. It consists of a telephone number anyone can phone to get help with seemingly small matters. A group of coordinators takes turns to hold the phone and match requests for help with a volunteer who is able and available, from a pool of unpaid 'good neighbours'. Small tasks might include, for example: changing a light bulb, walking a dog, a lift to the shops, help to

tidy a room or a friendly chat.

Please call Charlotte Stannard at Norfolk RCC if you want to know more: 01493 384112

Supported by Lara Norris and Bradwell Councillors Jamie Smith and Hilary Wainwri



## DOGS IN THE PUBLIC DOMAIN - THE FACTS.

- When out walking a dog there is no formal requirement saying that the pet must be leashed (unless they are in a designated area which will be signposted) however there is a duty to ensure the dog is kept under control.

- Any dog which is unsupervised in the public arena may be classed as a stray dog. The borough council will collect stray dogs where they have been detained by a member of public to report a stray or lost dog please call 01493 846478 during office hours (01493 330369 out of hours). If your dog is found stray and collected by the Council you are liable for the collection and kennelling costs plus there a statutory fee.

- When in the public domain there is a legal requirement that dogs should wear a collar with the name and address of the owner engraved on it or engraved on a tag attached to it. It is recommended that the dog

is also microchipped -this will be required by law as of 2016.

- If you fail to pick up after you dog has fouled, even if it is stray or not properly supervised, this still remains an offence under the Dogs(Fouling of Land) Act 1996 - not knowing your dog has fouled is not considered a reasonable excuse in the eyes of the law.

### Dangerous dogs act 1991

The act is split up into a number of parts and was recently reviewed with a number of changes to help strengthen it. For the most part section 3 will be the only part that has any significance to members of the public which is about dogs being dangerously out of control. It must be remembered that a dog does not actually have to bite to be considered dangerous- it only has to give a person grounds to feel that the dog may injure them for the law to apply.

Section 1 dogs which are the banned breeds are very far and few between in this area. A lot

of the act is actually around banned dogs and the options/control measures that courts are able to put into place where an individual is found to own one.

The main recent changes that were made to the act are-

- There is an separate offence for allowing your dog to attack an assistance dog e.g guide or hearing dog

- Maximum prison sentences have been increased for those convicted of some offences

- The legislation has been extended to cover dogs on private places- historically part 3 of the act about a dog being dangerously out of control only covered public land. This was considered a loophole as where people were attacked on private land, perhaps such as postman delivering mail, the act did not apply.

**Paul Shucksmith**

Senior Environmental Ranger, Great Yarmouth Borough Council.

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### THE AMAZING BENEFITS OF COCONUT OIL

There is a big increase in the awareness of the benefits of coconut oil for health. Coconut oil is nature's perfect food and there are an incredible number of benefits to using it in everyday life – from minor infections to serious diseases, coconut oil benefits it all. After being demonized as an artery clogger for the last 60 years by the majority of health care officials and the mainstream media, coconut oil stayed out of the public consciousness until now. Multiple studies on Pacific Island populations (who get 30-60 percent of their total caloric intake from fully saturated coconut oil) have all shown nearly non-existent rates of cardiovascular disease, kidney disease, and obesity. Coconut oil is composed primarily of medium-chain fatty acids that are burned almost immediately for energy production. Dr. Bruce Fife says in his book *The Coconut Oil Miracle*: "Eating foods containing MCFAs is like putting high octane fuel into your car. The car runs more smoothly and gets better gas mileage." Studies have shown that coconut oil can successfully overpower viruses that cause influenza, herpes, measles, hepatitis C, AIDS – and more. It's also great fuel for your brain and has proven especially beneficial for Alzheimer's and dementia patients. Just a teaspoon or so a day could make significant differences in your health.

#### Here are 6 Ways to Enjoy Coconut Oil:

1. In Cooking: Replace butter and other cooking oils with coconut oil. Unlike other oils, coconut oil won't produce free-radicals upon

heating like other vegetable oils do.

2. Face and Body Lotion: Coconut oil is a great natural skin lotion. It absorbs quickly and won't leave your skin feeling greasy. Use it as a face lotion, body lotion, anti-wrinkle cream, eye-cream, stretch mark cream and massage lotion. And it smells amazing!

3. Hair Care: Coconut oil makes a great hair mask. Simply melt a few teaspoons of coconut oil and apply to your hair. Let the natural oil soak in to your hair for a few hours before washing it out. It will leave your hair very shiny and smooth!

4. In Smoothies or Juices: it's the perfect addition. It adds a sweet and nutty taste and creates the most smooth and creamy texture. And the extra bonus is that the fat from the coconut oil actually helps your body better utilise the minerals and vitamins from the fruit juices.

5. Sun Screen: Surprised? Coconut oil has been used as an effective sunscreen for thousands of years by indigenous pacific islanders. It protects against sunburn and cancer. Approximately 75% of commercial sunscreens contain toxic chemicals that are linked to cancer and disrupt hormones. The benefits of daily consumption of Coconut Oil are Increased immune function, reduced risk of cancer and other degenerative conditions, Alzheimer's and diabetes management, prevention of heart disease and as a bonus it provides long lasting energy!

6. Something many of us are looking into now Xmas excesses are over and spring is looming – as a bonus it even promotes weight loss!

Call 01493 719424 to book.

**Monica Porter**

[www.diamondlifeholistic.co.uk](http://www.diamondlifeholistic.co.uk)

[enquiries@diamondlifeholistic.co.uk](mailto:enquiries@diamondlifeholistic.co.uk)

## QUIZ SHEET NEWS

The Christmas Music quiz organised by Belton Charity Fundraisers turned out to be easier than some of the recent ones, there were five all correct entries and eight with 29 out of 30, The all correct entries came from Grace King, Linda Matheson, Paul & Valerie Miller, Lynn Moore and Roger & Yvonne Baker. From the all correct entries Lynn Moores name was draw out to receive the £10.00 shopping voucher.

Quiz sheets are available monthly during the winter period, the latest quiz "U.K. Prime Ministers and U.S. Presidents", is now on sale from Belton Pet and Hardware or Skelmorlie, Butt Lane, Burgh Castle. Alternatively please e-mail [bcswan50@gmail.com](mailto:bcswan50@gmail.com) for an electronic copy. Entry is just £1.00 with a shopping voucher as the monthly prize. Entries need to be returned by Thursday February 12th 2015




## Do you need a Helping Hand?

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## MALCOLMS NATURE JOTTINGS

A Silver Birch tree growing in the front garden of a house in St. Annes Crescent, Gorleston has several odd-looking distortions with masses of twigs and branches resembling birds nests, however these are not nests, but are called "Witches Brooms" and are a symptom of distress caused by various mites, fungi, aphids and diseases which results in a deformity, and nothing to do with Witches! Trees such as Ash, Pine and Willow can also have symptoms. During one of my trips to the U.S.A. I observed some Witches Broom on a Hackberry tree, also called a Sugarberry, many birds consume its sweetish berries, including the Cedar Waxwing (*Bombycilla cedrorum*) different from the Waxwings that visit us here.



Silver Birch with Witches Brooms



Cedar Waxing

Several newspapers have reported that this winter will be the coldest for many years. Well it will have to be much colder than the two coldest winters that I can remember, the winters of 1947 and 1963. During 1947 I lived in a small village near Oxford, my brother and I walked four miles to our school through 5ft snowdrifts, on arriving we found we were the only pupils to turn up! the heating system was not working and pipes frozen, we then had to trudge back home It would be six weeks before school resumed!! The severe weather caused a shortage of fuel and our coal supply soon ran out - no central heating in those days. My father purchased a large oak tree that fallen, for 10 shillings (50p) and brother and I kept warm sawing its thick branches with a two man heavy cross cut saw, this kept us in fuel for the rest of that winter. Soon all the pipes in the house were frozen so father went up into the loft with a blowlamp to try and de-ice them and promptly put his foot through the ceiling!! During that winter thousands of birds died and I found several frozen to death. The 1963 winter was to me even colder, Ormesby Broad was frozen solid with three feet of ice so much so that we joined hundreds of people walking on the ice, I recall a man even driving his car all over it Huge ice flows came down the river from Breydon and out to sea. All the dykes around Belton had solid ice and Kingfishers were unable to catch fish and were decimated, it was several years before they fully recovered. I shall be very surprised if we have anything like those conditions this winter - Norfolk seems to come to a standstill with just 2-3 inches of snow!

**Malcolm Metcalf** - Past President,  
Gt. Yarmouth Naturalist Society.

Malcolm can be contacted on (01493) 661138 or by post at 43, Magdalen Way, Gorleston, Gt. Yarmouth, NR31 7BW. or e-mail 43ironhorse@gmail.com.



Nora Bensley (L) presenting the cheque to Corinne Bryant

## PRESENTATION TO EAST COAST HOSPICE

The January monthly coffee morning at the JGI, had a special significance this month with a presentation of a cheque to the East Coast Hospice.

Corinne Bryant from The Hospice attended to receive a cheque for £200 from Nora Bensley from the Belton Events Group. Unfortunately due to illness Barbara Clark from the Group was unable to attend.

The monies had been raised from three events, a raffle held by the Trustees at the December Coffee morning which raised £130.00, donations from a collection at the New Year Bacon Butty Breakfast given by the Events Group of £45.00 plus a £25.00 donation from that Group.

After receiving the cheque Corinne thanked Nora and Barbara and all present for their

generosity, and outlined the progress of the fund raising for the Hospice.

12th January.

To Barbara, Nora, Bill & Friends at the JGI.



Thank you all so much for making me welcome on Saturday and for the £200.00 cheque from your events committee, it is much appreciated and on behalf of the Trustees of the East Coast Hospice - Thank you very much.

As I mentioned on Saturday, our appeal is going very well and the support we get from everyone like you all in our local community is wonderful. As many of you say, "We never know when one of us is going to need it".

Thank you for your continued support, it really is very much appreciated.

Yours Sincerely

*Corinne Bryant* (Miss)  
Administrator

## NATURE AROUND THE WORLD

Slide presentation & talk by Malcolm Metcalf.  
Shrublands Theatre, Magdalen Way, Gorleston.

Saturday February 14th.

7.30pm (Doors 6.30pm). Admission £3.00, children £2.00

Refreshments. Raffle in aid of East Coast Hospice.

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In addition to our existing commitment to our "responsible forestry" accreditations, we have recently undertaken a process to ensure that we are as **Carbon Neutral** as possible. With our contributions for Carbon Offsetting all our paper and board and our fossil fuel usage, we are resolved to decrease our Carbon Footprint to insignificant levels.

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## ORMISTON SUPPORTS LOCAL FOODBANKS

This year instead of students paying money to wear their Christmas Jumper as part of our Venture Christmas Day on Wednesday 17th December they were asked to donate suitable food items for the local foodbank instead and the response was incredible.

Not everyone chose to wear a jumper but that didn't stop them from donating to what everyone agreed was an important cause. As you can see from the photo a massive amount of tins and package food was gathered on the stage in the hall to be sorted and delivered to two local foodbanks.

On Friday 19th December during period one the Union Executive Board sorted the donated food into two even piles, boxed it up, jumped in the academy mini bus and delivered to the foodbanks. First of all they went to The Bridge at St Mary Magdalen Church which is a part of the Great Yarmouth Foodbank and aims in particular to support families in need on the Magdalen Estate. Once the several crates of supplies were unpacked the Union's next stop was All Saints Church in Belton which runs a foodbank out of Moorlands Primary to help



those in need of a food package in the Belton area. Both churches were very grateful for the donations and wanted to pass their thanks to all staff and students at Ormiston Venture Academy for their generosity.

Everyone involved felt that this was a different and really worthwhile fundraising effort that we will repeat again next year, and hopefully inspire some of our students and families into contributing to our local foodbanks throughout the year and also help raise the awareness of people to the services that the foodbank can offer. To find out more about the Great Yarmouth Foodbank, how you can donate or request support have a look at their website.

## CITIZEN OF THE YEAR

A reminder that Belton with Browston Parish Council are inviting nominations for the Citizen of the Year 2014 awards which will be presented at the 2015 Annual Parish Meeting in April or May.

You have up to February 9th To make a nomination, send the persons name and address together with the specific details of your nomination which can be for help and assistance to an individual or with a group or organisation based in the Parish to Miss K Palmer, Parish Clerk, Belton with Browston Parish Council, 5 Middleton Gardens, Gorleston, Gt. Yarmouth, NR31 7AE.

There will be one award and as well as being open to residents of Belton with Browston it will be available to non residents of the parish provided the work for which that person is nominated is within the parish, anybody who has received an award covering the previous two years will not be eligible this time round. Parish Councillors cannot be nominated.

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ICE CREAM TUBS, FRUIT PUNNETS)



### ✓ GLASS (JARS, BOTTLES)



### ✓ PLASTIC BOTTLES



### ✓ CARTONS (MILK, JUICE)



### ✓ PAPER AND CARDBOARD (NEWSPAPERS, MAGAZINES, ENVELOPES, SHREDDED PAPER, CARDBOARD BOXES)



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