

August 2016

17<sup>th</sup> Great Year!

# Village Voice

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

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Vol 17-05

Delivered MONTHLY FREE

## LARGEST EVER BELTON AND LOTHINGLAND PRODUCE AND CRAFTS SHOW



The 2016 Belton and Lothingland Produce and Crafts Show, the 26th, was held at the John Green Institute in Belton on Sunday July 3rd. One of the main successes of this year's event was the involvement with Moorlands Primary Academy who supported the show with a massive 225 entries leading to a total of 522, certainly a record by over 100 on any previous event. There were also entries from Belton Cubs and Scouts and Belton St. John Ambulance Badgers. Overall the adult entries were however disappointing, whilst most sections kept to last year's totals the weather put paid to almost all fruit and vegetable entries and for some reason the cooks were noticeable by their absence this year. Most of the cups and trophies were presented by Kevin Lee, headmaster of Moorlands Primary Academy,

whilst Faye Green, presented the John Green cup on behalf of the Green family. The committee would like to thank everyone who supported the event including those who donated raffle prizes and the judges, Ray Johnson (Gardening), Angela Townson (Home baking), Maggi Sadullah (Art), Dianne Goldspink (Crafts) and Michael Graystone (Photography). Thanks also from Moorlands Academy and The Show Committee to the Village Voice Management Board who kindly sponsored the Moorlands childrens' entries. See inside back cover for more news and photos.

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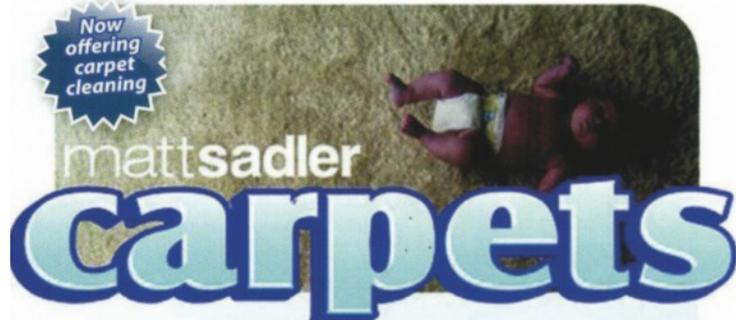
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### MOBILE LIBRARY

There is a four weekly mobile library service to Belton, Fritton and St. Olaves but no service to Burgh Castle

**Belton** - the next dates are July 27th and August 24th with the following stopping points :- 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 / Children's Centre 3.15 - 4.05pm

**Fritton & St. Olaves** - They have the same dates, July 27th and August 24th for the next visits, stopping at Priory Close off Herringfleet Road, St. Olaves (10.30-10.40am) and on New Road at Fritton (near the playground (10.45 -11am)

### MONEY AND 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 Childrens Centre, Belton by a representative from D.I.A.L on the last Thursday of every month (1.00 – 3.00pm).

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# VILLAGE VOICE

## AUGUST 2016

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.

### HOW TO CONTACT US:

**EDITOR**  
 Regi Alexander  
 Belton Lodge, Belton  
 Norfolk NR31 9JQ  
 Tel 01493789035  
 Beltonvveditor@gmail.com

**GRAPHICS** Bill Richmond

### ADVERTISING

Brian Swan 01493 780776  
 Bcswan50@gmail.com  
 Martin Roache 07787 157283

### DELIVERY & EDITORIAL ADVISER

Brian Swan 01493 780776

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We welcome your news, views, letters and articles & photographs for publication. No anonymous items will be accepted. If you have a complaint then contact Ernie Tuxford, Chairman of the Board at Berea, 7b Hall Lane, Oulton. NR32 3AT

### YOUR VILLAGE VOICE

The closing date for the September edition of Village Voice will be 14 August 2016. Please send all contributions to [beltonvveditor@gmail.com](mailto:beltonvveditor@gmail.com) and for advertising enquiries please contact [bcswan50@gmail.com](mailto:bcswan50@gmail.com). Please provide information in Rich Text format using Arial. Please do not embed photos in your articles, but send them as J-pegs. Please send adverts as pdf files.



### BRANDON LEWIS MP

*"A week's a long time in politics."* Those famous words, first used by Prime Minister Harold Wilson in the 1960's, although so often repeated, seem so out-of-date in today's modern media age. It certainly seems redundant when you think of the momentous political changes in this country in just a few short weeks, since June 23<sup>rd</sup>, when the political world at times shifted by the minute.

A vote to leave the European Union, a Prime Ministerial resignation, Labour Party meltdown, leadership challenges, abandoned leadership campaigns, a new Prime Minister and finally a new Cabinet. So much that seemed certain just a few months ago, has changed. Who knows how the political landscape will change again over the forthcoming months?

Yet, there is certainty with our new Prime Minister, Theresa May, and her new government. As I write this column, the financial markets seem reassured and more confident as a result of knowing that there is new strong leadership for our country. We are also certain that the decision to leave the EU will go ahead, despite the suggestion of many commentators, experts and even politicians that the referendum result was only advisory. Theresa May has confirmed "Brexit means Brexit". That's been demonstrated by putting senior Leave campaigners in key government jobs, as we begin the work on negotiating our European exit. I'm looking forward to working with them to make sure we get the best deal for Britain and Great Yarmouth.

This work will take time, as there are so many questions to answer and decisions to be made. How do we secure our borders? What immigration policy will we pursue, will it be based on a simple cap or an Australian-style points system? What trade deals do we need to strike to maximise the export potential for our companies and to protect jobs? What European rules and regulations do we need to unpick and reject? What regulations do we need to translate into British law to preserve workers' rights or protect our environment? How do we stop our own bureaucrats from just keeping hold of all of this red tape? When we cease making payments to the EU, what should the public spending priorities be for the future? How do we resist the SNP's determination to use this referendum result, as an excuse, to split up the United Kingdom?

There are many more important questions. But I'm looking forward to listening to Great Yarmouth residents as to how they want those questions answered as we build a new Britain.

### LETTER TO THE EDITOR

I love the new edition of the V.V. But I particularly like The Village Voice Book Club column. A really good addition to the magazine, just what was needed. Your "Finding Darwin's God" inspired me to buy the book as it is an interesting philosophy close to my thoughts.  
 Thank you  
 Martin Roche

### NOTE FROM THE EDITOR

This is the third issue of the village Voice that I am editing and I find it an enormously enjoyable and fulfilling role- something to do outside my normal working life. Thank you very much to the very many of you who have given me feedback, in person or by other means. Do keep it coming and in particular write in about the topics you would like covered. I am particularly pleased about the great deal of interest from the schools serving the area- Moorlands Academy & Ormiston Venture Academy. Please note that Village Voice is now on twitter and can be followed on [@beltonvveditor](https://twitter.com/beltonvveditor)  
**I will be away on a break in August and hence the September edition of Village Voice will be guest edited by Bill Richmond.**

Regi Alexander, Editor

### LETTER TO THE EDITOR

I am a village resident and witnessed an accident which I feel must be shared with all village residents in the hope that someone recognizes the car involved which left the scene of the accident without a thought for the welfare of occupants of the vehicle they hit. Last Thursday the 7th July at 7pm, a bright red car (looked like an older style of Ford Escort, with a spoiler on the boot, alloy wheels) drove down Waveney Drive at a very fast speed causing an oncoming vehicle to stop in its tracks as it approached on the wrong side of the road. Missing this car, it then continued onto St Johns Road where it hit a car which had pulled out safely from Minsmere Road, and then spun it around and onto the grass bank. The red car then drove off at speed towards Station Road North without stopping. It is thought that the driver of the red car is local or was at least dropping off somebody in the vicinity.

I ask for any resident who knows of the person or recognizes the car could please notify the Police. Firstly the car hit must now be replaced, but more importantly the driver has to deal with what happened to him and heaven forbid that someone was walking across the road as they would have been killed. Please give it a thought and please do the right thing as it could have been anyone of us or our families that this stupid, selfish, person could have hit.

Thank you  
 (Name and e mail id supplied)



# BELTON WITH BROWSTON PARISH COUNCIL



[www.beltonwithbrowston.norfolkparishes.gov.uk/](http://www.beltonwithbrowston.norfolkparishes.gov.uk/)

## BELTON WITH BROWSTON PARISH COUNCIL MEETING 1 JUNE 2016

Ten Parish Councillors, Borough Councillor Adrian Myers and three members of the public attended the June meeting of Belton with Browston Parish Council, John Rudrum was in the chair. The members of the public raised concerns over speeding on New Road especially near to Deben Drive and the problems of exiting onto New Road at that point, it was agreed to make the police aware of the concerns. Councillor Myers reported that he is attempting to get the Borough Council to place a public space protection order on areas of land in Rosedale Gardens to stop off road parking but there needs to be certainty over ownership of the various areas first, an order cannot be used if the land is in private ownership. His other point was that local devolution will now probably come in with Norfolk and Suffolk as a separate unit however he did report his objection to the system of an elected mayor and appointed cabinet running various matters for the wide area.

There is further activity going on behind the scenes over the changes in the Belton bus services, a meeting has been requested by the bus company prior to the public meeting which will take place at Moorlands Primary Academy on July 8<sup>th</sup>.

Members had a long discussion on grass cutting in the village and has taken direct action on its own contract with suppliers to resolve cutting quality at the New Road, Field, Bland Corner, The Churchyard and Bell Lane Playing Field. Regarding general verge cutting this is a contract by contractors with Norfolk County Council and all the parish council can do is keep raising complaints which it did at the meeting when another list of unsatisfactory areas was provided to be submitted direct to GYB Services. There were calls for the parish council to take over all verge cutting however Belton is just a small part of a Borough Wide contract so this could be difficult or indeed impossible to split.

There was a wide range of planning matters, various applications at the Kebab shop at the Tavern, the councils comments, no objection to the new flue provided it takes the smell away, they were totally against illuminated signs but did not object to the unit running separate to the public house, regarding opening hours, the request was to open till midnight everyday except Saturdays (1am) and Sundays 11pm, members will only support an 11pm closing daily except Sundays (10pm). There were no objections to a new dwelling on land between Greenfields and Waveney Lodge, Cherry Lane, Browston, a small stable on land at 25 Station Road South, Ashmar House, Farman Close (side extension), 15 Yare Road (variation to dropped kerb), Glen Haven St Johns Road (side extension) and by a majority no objection to a new bungalow with Sedom roof behind 92 Station Road North, with access onto Paddock Close, all these subject to neighbours comments to the Borough Council. The following have been approved by the Borough Council 12 Waveney Drive (single story extension), Woodcot, Stepshort (redesign of original alteration plans) and Hall Farm Beccles Road (20mtr. monopole aerial). A request for the annexe at Manor Barn Browston to be used as a separate dwelling to the main property has been declined and notice has been received by the Borough Council that the applicant is appealing the decision to refuse three properties at the former pharmacy/surgery on St. Johns Road.

## BELTON WITH BROWSTON COUNCIL DIARY

During the month of August Belton with Browston Parish Council takes a break from regular meetings and there are no Parish Clerks Surgeries. Therefore the next Parish Council meeting will be at the New Road Sport and Leisure centre on Tuesday September 20<sup>th</sup> and the next Parish Clerks Surgery will be on the previous Wednesday, September 14<sup>th</sup> (9.30 -10.30am) also at New Road. The Parish Clerk (Kate Palmer) can be contacted 01493 602960 or e-mail [beltonparish@yahoo.co.uk](mailto:beltonparish@yahoo.co.uk). Or in writing at 5 Middleton Gardens, Gorleston, Great Yarmouth, NR31 7AE.

## PARISH COUNCIL GRASS CUTTING

Due to numerous recurring problems which have been reported to the parish council over the last few months concerning the standard of grassing cutting in the village, the Parish Council has taken the decision to reengage with the original contractor that we have used in recent years with immediate effect. The Parish Council would like to thank GYB Services and all their operatives for their efforts. Please be aware this only applies to grass cutting on Bell Lane Field, New Road Field, Bland Corner and Belton Churchyard. All other areas around the village come under Norfolk County Councils contract as they always have done in previous years.

## FLOWER BEDS

### For General information

Any new flower beds that are being considered or are in the middle of being constructed on grass verges in the village must have prior authorisation from Norfolk County Council Highways Department as they are the land owners. If permission is not sought they run the risk of being filled in by the County Council. Please note this has nothing to do with the Parish Council.

## ASBO ON FLOWER BED VANDAL

An ASBO was handed down on a flower bed vandal caught red handed. It was 11.30pm at the Waveney and New Road junction when I observed the culprit and made a citizens arrest and read him his rights, his reply was to eat a worm followed by a shiny black beetle and a juicy fat slug.

As he was wearing an ankle bracelet from a previous misdemeanor he was arrested to appear before the magistrate next morning.

Mr H Hog of no 1 The Brambles on the Slope, Waveney Drive pleaded that as he voted to remain in the EU he had free movement of people's rights. A character witness, his wife, claimed he was a careful lover and father of 5. The magistrate, Mr A Gardener said take him down and de louse him before being bailed back to Waveney Drive.

The court recorder was, I quote, heard to say that "all things bright and beautiful has a price to pay."

M Graystone, Parish Councillor

### BURGH CASTLE PARISH COUNCIL MEETING

Five members of Burgh Castle Parish Council, Borough Councillors Adrian Myers and Brian Lawn and 14 members of the public attended the councils July meeting, in the absence of the chairman, the vice chair Eric Foster took charge of the meeting.

There were various points raised in the public section, a complaint that Butt Lane and High Road were left without buses for five days recently because of proposed road-works on a small section of Butt Lane (which never took place), agreed to write to First Bus and Norfolk County Council Transportation Department to say that at least a feeder service should have been provided (there are rumours of a further closure). It was agreed to write to Norfolk Archeological Trust again to emphasise the need for toilets on the fort site especially now that school visits are being organised.

Various matters concerning Mill Road were raised, speeding (the police figures saying that the percentage of speeders was negligible was disputed), overhanging trees (a site visit to identify the specific problems) and flooding near the pumping station. The clerk was also asked to write to Royal Mail to ascertain if the post box at the junction of Mill Road and Butt Lane was being reinstated and if not could an alternative nearby location be found. Members agreed that the Village Sign needs cleaning and that the back and main post both need painting.

Two parking matters were discussed, in both cases Borough Councillor Myers agreed to investigate, one was how can car parking in the bus stop at the flats on Butt Lane be stopped and the other was the continued parking on yellow lines too near to the Mill Road junction of Butt Lane.

There was only one planning matter a single story side extension at The Acorns on Butt Lane, members could see no reason to object to this. The clerk had received a reply to a letter to Essex and Suffolk water over the condition of Step-short but Councillor Myers had not had any response and there was no offer of any repair at this time, it was stated that another small patch had appeared recently.

At the end of the meeting Borough Councillor Myers reported on his concerns over the closure plans for the Greyriars Drop In medical centre at Yarmouth and everyone present backed his views that it should be retained. As is usual there is no council meeting scheduled for August the next meeting will be on Monday September 12th

### COMMUNITY SPEEDWATCH

Burgh Castle Parish Council, in conjunction with Norfolk Constabulary is hoping to start a Community Speedwatch in the village. At least six residents (the more the better) are needed to get the scheme going and full training and equipment will be provided by the police.

Some people have already come forward, if you have a few hours to spare basically at any time of day please contact the Parish Clerk, Brenda Hoskins on 01493 440731, e-mail bhoskins@btinternet.com (please note that you will never be expected to work on your own). Members have set a provisional date for a second general meeting with the police and other authorities on speeding matters, this will hopefully be on Thursday September 29th (7pm) at the Village Hall.

### NORFOLK CHURCHES SPONSORED CYCLE RIDE

This year the Cycle Ride is on Saturday September 11th when Paul Nicholls will again be riding on behalf of Burgh Castle Church and will be seeking sponsorship around the village over the next few weeks. Paul always does so well, please do support him if you can and remember if you are a UK tax payer just by signing the appropriate column on the form your donation can be gift aided. this means the church can claim an extra 25% (25p on every £1 donated.)

### ALLOTMENTS

Are you interested in having an allotment – if so, and you live in Belton or Browston, the waiting list, which is currently not very long, is open for new names. To be included or for further information please call the Parish Clerk, Kate Palmer, on 01493 602960 or e-mail beltonparish@yahoo.co.uk.

### BURGH CASTLE PLANT SALE

Thanks to everyone who made the Burgh Castle Plant Sale such a success, although it was held later than usual this year almost £500.00 was made on the afternoon and further donations are expected. As usual all proceeds will be donated to Parish Church general funds.

### AGE CONCERN

Free dementia friend session on 26 July 10.30- at 12.00 at the Acorn Centre. Refreshments will be provided. Please contact Rachael Hardie on 01493262052

### BURGH CASTLE PARISH COUNCIL MEETING ATTENDANCES

Sept 2015 to July 2016	Poss Meet	Atten Meet
Trevor Greenacre	11	8
Eric Foster	11	7
Bob Grimmer	11	10
Helen Dacruz	5	3
Trevor Austin	11	9
John Rudrum	11	8
Peter Nichols	11	11
John Hogg	2	2
Brenda Hoskins (Clerk)	11	11

**Ms Dacruz resigned in February 2016.  
Mr Hogg co-opted May 2016**

### SPEEDING IN BURGH CASTLE

Inspector Cheshire and PC Lay-Flurrie, both based at Gorleston police station attended a public meeting called by Burgh Castle Parish Council on June 24th. Whilst the meeting was poorly attended there were calls from all present for action to be taken as there are speeding issues on all four main roads in the village. The police discussed the community speed-watch but it was pointed out that this had been tried before but that it was never possible to get the six volunteers required to get the scheme off the ground, a further attempt to run the scheme will be made. The police said that various checks had indicated a 95% compliance with speed limits however those present thought that further checks were needed.

Also discussed were possible traffic calming measures (some present felt funding for these would not be available), the more frequent moving of the SAM speed awareness signs, there are four locations authorised in the village and general police speed checks although these were thought to only be effective whilst officers are actually operating the checks.

It was agreed that there should be a further public meeting including the presence of County and Borough Councillors and representative of Norfolk Highways and that longer and better notice needed to be given for future meetings. Anybody interested on becoming involved with community speed watch can send their details to the Burgh Castle Parish Clerk.

## BUSES PUBLIC MEETING



Over seventy five residents of Belton and Bradwell attended a public meeting in Belton on July 8<sup>th</sup> to express their concerns over the recent changes to bus services which mean that there is now no daily service to Gorleston and Yarmouth from Belton along the A143 and no regular service for three bus stops in Bradwell.

Those present called for a split in the services the new X11 to remain and the old service 7 to be reinstated but running alternately giving a 60 minute frequency on each route. As well as those present, there was also a 300+ petition supporting

the return of the Bradwell route as at the moment access to doctors, schools and dentists in Bradwell is not possible and some Bradwell residents feel cut off from the rest of the area.



Representatives from First Bus who were present agreed to take the views back for consideration, They were urged to at least give the proposals a trial.

In his regular column, Tony Grice from the East Norfolk Transport Users Association (ENTUA) describes further details.

Please see page 23 of this edition of Village Voice.

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## WEEKLY EVENTS AT JGI

**YOGA** - Monday mornings at 10.15am £2.50 per session. Please bring floor mat and towel. Contact Wilma on 780194

**Bingo** Every Monday evening at 7.30pm All welcome.

**Pilates** Every Tuesday morning (9-10am) (Suitable for men and women of all ages and abilities). Pilates improves your posture, flexibility, balance and core strength. £5 per session. Contact Lorrian on 07747 720139.

**Over 50/60's** Every Tuesday afternoon at (2 to 4pm). Contact Norma on 01493 780447

**Drop In** Every Wednesday morning 10.30 to noon.

**Belton Art Group** Every Wednesday afternoon (2 to 4pm) for any form of art or crafts. Call Jan on 01493 486863

**Weight Watchers** Every Wednesday evening at 6.15pm.

**Crafters** Meet every Thursday evening (7-9 pm). All kinds of art adult colouring, jewellery making, decoupage, card making, painting, needlework/sewing all forms covered. Contact Linda 07721599559.

## BELTON W.I.

Belton W.I. next meets at the JGI on Tuesday August 8th at 7.30pm, This will be our Annual Barn Dance with Michael Ottawa, Come along and join us for this fun evening. The competition is for "A Flower Picture", Further information available from Sue on 01493 780822.

## BELTON LUNCH CLUB

Belton Lunch Club has decided on a change of plan and is now closed for the Summer - reopening on Thursday September 22<sup>nd</sup> (12 Noon) with a two course meal for £5.00. Please join us then for this friendly club, everybody welcome, To book call Barbara on 01493 781294.

## MONTHLY COFFEE MORNINGS

The next monthly Coffee Mornings at the JGI are on Saturdays August 13, and September 10. As well as tea and coffee, between 10 and 11am bacon butties are also available so why not drop in for a late breakfast. Admission is free and there is always a raffle for one of the local village groups or a local charity, on August 13th it is being organised by Belton Football Club, thank you to all who supported the July raffle for Belton and District Historical Society and raised £81 for their funds. As usual there is the Bargain Stall organised by Belton Charity Fundraisers, look out for a wide range of items at ridiculously low prices. The Fundraisers always welcome donations of items to sell, anything welcomed except mains electrical goods and used clothing, Please call Gloria on 01493 780776 or deliver to "Skelmorlie", Butt Lane, Burgh castle, NR31 9PU. Local collection of items can always be arranged.

## QUIZ NIGHT

The next Quiz Evening at the JGI will be on Friday August 26th (7.30pm), entry is £5 for a team of up to four players. Good company - Good Prizes - Good Raffle. Why not get a team together from your friends / colleagues / club or family. For more information call Barbara on 01493 781294.

## BELTON & DISTRICT HISTORICAL SOCIETY

It was a very busy July for the Society, we had the raffle at the JGI monthly coffee morning on Saturday the 9<sup>th</sup> (thank you to everyone who supported the event), then we sponsored and presented 13 learner of The Year awards at Moorlands Primary Academy and went on to have our monthly meeting on the 24<sup>th</sup> when our speaker was Brian Hedge on "Farming in a Bygone Age". After all that we will have a break in August however these are the events that we have booked for the next few months, all at the JGI on Sundays with a 2.30pm start, non members always welcome.

September 25<sup>th</sup>. "All About Moles" a talk with Louise Chapman "The Lady Mole Killer" recently seen on T.V. when she visited Australia to take part facing other larger and less friendly creatures, including large crocodiles, very close up for the first time.

October 23<sup>rd</sup>. "Gone But Not Forgotten". The return of David McDermott, talking about Great Yarmouth industries and business from the past.

November 20<sup>th</sup>. "Aspects of Jewellery" with Rozie Thomas. Please bring your jewellery items for discussion, also the opportunity to purchase items made by Mrs Thomas, an ideal chance to purchase that Christmas gift. January 22<sup>nd</sup>. 2017. "The Victoria Falls & The Okavango Delta". Club member Bill Richmond will show pictures and talk about his recent holiday. For more information about our club and to see many, many old local photographs and various articles visit our web site at [WWW.beltonhistory.co.uk](http://WWW.beltonhistory.co.uk) or ring 01493 780776.

June saw the busiest month ever for our drivers 56 journeys undertaken. The effect of the change in the First Bus service is



COMMUNITY CAR SCHEME

mainly the cause of this increase, as residents who would like to be independent and take themselves to appointments by public transport, have been forced to rely on our volunteers. If you need help to get to an appointment, please ring 07767063986

## LINE DANCING FOR BEGINNERS

Every Friday at the JGI ( 10.30am - Noon), no partners required or special clothes (High heels or sandals are NOT suitable) Our classes are light hearted, easy paced with a wide variety of music from a mix of New Country, Irish and Pop.

FIRST CLASS FREE WITH THIS PIECE FROM VILLAGE VOICE. For more information Call 07788 408801.

## EVENING OF MUSICAL ENTERTAINMENT

Belton Events Committee invites you to an evening of Musical Entertainment at the JGI on Saturday September 10<sup>th</sup> at 7.30pm (doors open from 7pm). Tickets are on sale now £10.00 each to include a Fish and Chip Supper, to book ring Barbara on 01493 781294 or Nora on 01493 780182

## BELTON OVER 50/60's CLUB



The club recently enjoyed an afternoon at Southwold followed by fish and chips at Dunwich, the weather held fine and everyone had a good time, a raffle was held on the coach. In July we have a joint outing with Belton W.I. to Bury St. Edmunds and Giffords Vineyard. The club meets at the JGI every Tuesday afternoon (2-4pm), new members are always welcome, for information contact Norma on 01493 780447.

**MAMMOTH SALE**

Advance notice that Belton Charity Fundraisers have set the date for their next Mammoth Sale at the John Green Institute for Saturday October 1<sup>st</sup>. (10am - Noon) Donations of any Bric-a-brac, toys, jigsaws, games, kitchenware, books, jewellery, fabric items etc. welcomed, infact anything except mains electrical items and clothing. Please ring 01493 780776 or deliver to Skelmorlie, Butt Lane, Burgh Castle. At the moment we are particularly short of jigsaws (500 & 1000 piece) as we also have a stall at the JGI monthly coffee mornings and the Burgh Castle Craft Fairs.

**DIGITAL CAMERA CLUB**



**Photo from last month :**  
"Sunset"

Our next meeting will be on Friday August 5th at 7.30pm at the JGI. All welcome to a friendly meeting.

If you want to know more about Digital Photography and its processing then come along and we will help. The photo topic is "Rubbish". Bring at least one print along. At this meeting we will be looking at all aspects of lens and their uses.

A mention of a forthcoming event is an Exhibition and Portrait Evening on the November evening meeting of Friday 4th. Watch for more information.

Call Bill on 780822 for more information.

**WEDNESDAY DROP IN**

We meet at the JGI every Wednesday morning between 10.30 and Noon. Come along for a coffee/tea and cake and a chat to friends. A great way to catch up on local news. Make an effort and you will reap the rewards. Call Sue on 780822 for further details.

**AGE CONCERN**

On October 22nd we will be celebrating those who have inspired, impressed and supported us in any way. Nominees must be over 50 and live in the borough of Great Yarmouth. We need their name, contact details and the reason you are nominating them. The closing date is August 31<sup>st</sup>. For more details, contact Rachael Hardie on 01493 262052 or rachael.hardie@acgy.org.uk

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Call Mo on 01493 488277

# EVENTS AT THE NEW ROAD SPORTS AND LEISURE CENTRE



**CENTRE POST CODE  
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Bookings  
Tel Kate (01493 602960)  
or Peter (01493 780703)

## DOMINIC KING JUDO & MMA ACADEMY

The Belton branch of Dominic King Judo & MMA Academy is continuing to run extremely successful Junior Judo sessions every Tuesday at the New Road Sports Pavilion. The under 8's group is from 4.30 to 5.30 and the 8 to 16 years group is from 5.30 to 6.30. The older age group is full with virtually no drop off after the free sessions but we have a few vacancies for under

8's. The first month is FREE OF CHARGE so if any under 8's would like to give this excellent Olympic sport being coached by a former British Champion, either just turn up on any Tuesday (we run all through the holidays) or contact Dominic on 07977 432756 or email [dominic@fightingfitjudo.co.uk](mailto:dominic@fightingfitjudo.co.uk) or Facebook.



## PILATES WITH HAYLEY

There are two weekly Pilates classes for beginner and inter-

mediate level at the Premier Room New Road Sport & Leisure Centre, Belton, on Monday evenings the times are **6.00 -7.00pm & 7.05-8.05pm**. Pilates classes incorporate foam roller, weights, bands, and circles Pilates helps reshape your body which will become longer, leaner and more toned. Hayley limits her class size to twelve members for all ages and all levels in each group and currently has a few vacancies in both Belton sessions which are both mixed classes. All mats and equipment are supplied. To book call her on 07767 864568 or email [hayley@hayleyallenpilates.co.uk](mailto:hayley@hayleyallenpilates.co.uk)

Hayley also runs 18 other classes in the surrounding area, one of which is at Lound Village Hall on Wednesday mornings (11.15-12.15) where there are currently spaces available. Please phone or email as above for full details, as spaces are limited in some classes.

## BELTON FUN DAY & CAR SHOW

After a successful fun day last year the New Road Sports Field will host the Belton Village Fun Day and Classic Car Show on Saturday August 6<sup>th</sup> from 12:00 to 16:00. This year's event promises to be even bigger and better than last years with many more stalls, activities and the addition of classic cars. There will be many free activities including Punch and Judy and magic shows, a petting zoo, the classic cars and bikes and character appearances (including a scary T. Rex!!). There will also be a full range of bouncy castles for all ages, including a rodeo bull for those brave enough and a soft play area for toddlers, lots of stalls and tombolas, a raffle and food stalls. As well as a fun day for all ages the aim of the event is to showcase local businesses and raise funds for local clubs, organisations and charities. Please come and show your support. If you would like more information about the event contact Phil on 07841 716677 or if you would like to bring a classic car or bike contact Andy 07903 054799.

**DEMENTIA CAFE** : Alzheimer's Society holds a Dementia Café for people with dementia, their carers, family and friends on the 1<sup>st</sup> Wednesday of each month at the Louise Hamilton Centre in Gorleston. For further information contact 01603 763556.



## GREAT YARMOUTH STROKE GROUP

Gt Yarmouth stroke group had a stall at Somerleyton Green recently. The group would like to say many thanks for the donations given also to the volunteers giving their time to make the stall such a success. The group break up for the summer after the 21st July.

Back September 8th. At New Road, Belton.

Contact Sue Casey for more information Tel 01493 781846.

## MONDAY ACTIVITIES



*These exercise classes are at New Road on Monday mornings.*

Sallyann, from up4fitness aims to provide safe stimulating exercise for you through movement and strengthening exercises. Up4fitness is supported by the Adult Physical Activity team at Great Yarmouth and can be accessed through your GP. However, anyone is welcome to join us if they are looking to get fitter.

The following activities take place on Mondays at New Road Sports Centre, Belton:

**Chair Based Exercise** - 9.30am to 10.15am. Aims to improve daily functional actions. These exercise can increase your confidence, improve your posture, balance and coordination for performing daily activities, essential to living.

**Nordic Walking for health** - 10.30am to 11.15 am. A gentle approach to Nordic Walking will improve your general fitness with less effort. Using the poles for walking will enhance you natural walking movement, allowing you to walk a little further and freely. Each 45-minute session costs £2.50 and includes refreshments at 10.15 am.

Monday Evening walks take place from New Road Sports centre, Belton:

**Learn to Nordic Walk** – 5.30pm to 6.30pm. Learn the technique of Nordic Walking which uses poles that add two major benefits to walking, they use upper body muscles and help to propel you along. Over a 4-week period starting August 1<sup>st</sup>, you can join Sallyann to learn, who is a qualified instructor, on completion you will be able to walk confidently with poles and feel the benefits. You will also receive a Freedom Pass and 12-month membership to Nordic Walking UK with discount off purchases. The pass allows you to join walks with Sallyann in the local area and other classes held around the UK.

For more information or to book your place go to [www.lowestoftnordicwalking.co.uk](http://www.lowestoftnordicwalking.co.uk)

or contact Sallyann on **Mobile**: 07599 044 806

**Email**: [up4fitness@gmail.com](mailto:up4fitness@gmail.com)

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**BOHEMIANS F.C. - THE NEW SEASON**



By the time you read this, the summer holidays will be in full swing and our teams will have played in a few early summer tournaments and planning

to battle their way through 'friendly' games in preparation for the new season.

For the 2016/17 season we have lost a couple of teams to other clubs but still start with eight youth teams and five adult teams. We are still working towards setting up new teams for boys at U8 & girls at U10 and have yet to finalise these squads and we still have spaces available, so please do not hesitate to contact us if you are at all interested in being involved, either as players, managers, administrators or coaches. Please contact our secretary Alan on 07787 911403 or visit us at New Road Saturday mornings.

Our Saturday morning soccer school con-

tinues from Saturday 6th August at 10am and any player is welcome to attend. We remain an FA Charter Standard Development club and an active partner with Belton & Browston Parish Council and were successful in getting a defibrillator installed at New Road.

BFC have several sponsorship opportunities within the club and any company (or individual) who is considering sponsoring a charter standard football club should contact either our Club Treasurer Matthew Simm by email to mattsim@btinternet.com or by visiting us at our regular Saturday morning training sessions at New Road.

**BOHEMIANS FC FESTIVAL OF FOOTBALL**

Bohemians FC annual Festival of Football was held on Father's day at the New Road Sports field in Belton when 46 teams played 141 matches in 6 age groups in warm sunny conditions. This year we had a ladies competition for the first time with 10 teams representing 8 local clubs. A total of 293 goals were scored on the day with 8 knockout stage matches being decided on penalties, including the u12's final. Special mention must go to Yarmouth Town girls

who did not conceded a single goal all day and Lowestoft Town Ladies who only conceded 3. Each year, Bohemians donates half of the car parking fees collected on the day to a local charity or organisation and we have sent a cheque of £124 to Heart 2 Heart Norfolk, whom we must also thank for providing the facilities at New Road with an AED (defibrillator) and training sessions on how to use it for our volunteers. Bohemians would like to thank all the players, team managers and referees who all helped the event go smoothly and send our congratulation to this year's winners, who are:-

- u10's - Bohemians Tigers 'B' beat Higham Park Rangers 1-0
- u11's - Shrublands Reds beat Gorleston Rangers Devils 1-0
- u12's - AS Mill Lane Blacks beat Bohemians Galaxy Blues 3-2 on penalties after drawing 0-0 at full time
- u14 Girls - Yarmouth Town beat Bohemians Phoenix 1-0
- u15's - Shrublands Red's beat Bohemians 'B' 1-0
- Ladies - Lowestoft Town beat Stalham 'A' 2-0

**USEFUL CONTACTS**

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NHS Medical Help Fast		111
James Paget Hospital	Switchboard	01493 452452
Millwood Surgery Bradwell	Appointments	01493 444484
Falklands Surgery Bradwell		01493 442233
Southern Villages Police Team Beat Manager PC 280 PCSO 8424	Mike Lay-Flurrie Laura Allen	
Police	Non- Emergency	101
Blocked Drain	Anglian Water	0845 7919155
Water Supply	Essex & Suffolk Water	0845 7820999
Power Cut	UK Power Networks	0800 7838838
Gas Leak	National Grid	0800 111999
Telephone Lines	B.T Openreach	0800 0232023
Village Green Children's Centre		01493 789562
Moorlands Academy		01493 780007
Ormiston Academy		01493 662966
Rector Belton & Burgh Castle	Rev Rosie Bunn	01493 780210
Norfolk County Council	County Hall	0344 8008020
County Councillor Lothingland Breydon	Colin Aldred Alan Grey	07919 386862 01493 601591
Gt Yarmouth B. C	Switchboard	01493 856100
Gt Yarmouth B.C	Planning	01493 846430
Gt Yarmouth B.C	Environmental Health	01493 846478
Borough Councillor	Adrian Myers	07824 313792
Borough Councillor	Brian Lawn	01493 720083
Parish Clerk Belton with Browston	Kate Palmer	01493 602960
Parish Clerk Burgh Cast.	Brenda Hoskins	01493 440731
Parish Clerk Fritton/St Olaves	Ms L Clarke	01493 780094
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**MALCOLM'S NATURE NOTES**

On June 30<sup>th</sup>, along with several members of the Gt. Yarmouth Naturalists Society I was invited to visit Claire and Tim Taylor's house at Fritton for a moth trapping evening, this was our third



yearly visit to this delightful place. Our hosts provided us with tea, coffee and biscuits, and we talked until 10pm. Luckily we had moth experts to help identify our finds, Stewart from Hoveton and Marian and Pat from Ingham. We had two Actinic bulb traps set in different

spots.

One of the first moths to arrive was a **Peach Blossom** (Thyatira Batis) (see photo on the left), this was a beautiful marked moth with a pale reddish brown background and a series of pinkish spots, its habitat is woodland with one generation a year, its greenish eggs are laid in small batches on the edges of bramble leaves in June and July. Its caterpillars feed from July to September and in the Autumn cocoons are spun among the leaves.

The **Red-necked Footman** (Atolmis Rubicollis), the name of this moth comes from its red collar and footman because it wraps its long narrow wings tightly around itself when resting, like the appearance of long coats worn by footmen in the Victorian era. The moth is plentiful in woodland in the southern half of England though rarer elsewhere. They have a distinctive yellow body which helps with recognition, the female deposits her eggs on coniferous trees, oaks and beeches, the lava devours lichen growing on trees.

**Pine Hawk moths** (Sphinx Pinastris) In England this species is restricted to Hampshire, Dorset, Surrey Norfolk and Suffolk, it is a nondescript greyish colour with fore wings of dark grey dusted with white scales shaded with black and white, its wing span being 65-80mm. The female lays smooth, shiny yellow eggs singly or in groups of two on pine needles hatching in about 10 days. After the third moult the head and body are green with yellow stripes - when fully grown 70mm, the body is green with a red-

dish brown dorsal band. In daytime the moth rests low down on trunks of trees, very well camouflaged, it flies between May and September. Also seen were Common Marble, Large Yellow Underwing, Alder Kitten, Gold Swift, Green Carpet, Magpie, Buff Ermine, Golden Y, Purple Clay and Figure of Eighty.



Some of our members had never seen a **Glow Worm** before (Lampyris Noctiluca) (see photo on the left) and were delighted to find 16 around the lawn area, the females glow to attract flying males, they are not worms but beetles about 25mm long. Once mated the female lays its eggs and dies.

A lucky find by Keith Barnes was an **Orange Ladybird** (Halyzia 16 Guttata) which landed on

his arm, I popped it into a small glass tube to identify later and naturalist Rex Hancy confirmed that my identification was correct, its preferred habitat is deciduous woodland and it feeds on powdery mildew, it is orange with eight white spots on each forewing, it is local and scarce

**Malcolm Metcalf**

Past President. Gt. Yarmouth Naturalists Society  
Contact Malcolm on 01493 661138, 43, Magdalen Way, Gorleston, Gt. Yarmouth, NR31 7BW E-mail [43ironhorse@gmail.com](mailto:43ironhorse@gmail.com)

**MALCOLM'S EPIC BUS TRIP**

My Epic 29 Day Bus trip around England in April proved to be one of the greatest journeys of my life, I met so many wonderful people and all the many bus drivers were so helpful. Amongst the many clubs, societies and people I am extremely grateful for the £100 from the Belton and District Historical Society and the same amount from the board of "Village Voice". Thanks also to a fantastic single donation of £5700.00 in early July and other funds still coming in the grand total raised has soared to a remarkable £12780.00 to go towards the building fund for the East Coast Hospice to provide a palliative care facility for the local communities, this is over six times what the hospice had hoped for. Many thanks to you all,

**Malcolm Metcalf.**

*(Well done Malcolm from all at Village Voice - The Management Board).*

There will be games, activities & competitions for the whole family.....

**PIRATES & Princesses**

**BEACH FUN DAY**

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IN AID OF EAST COAST HOSPICE  
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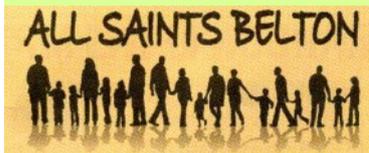
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**Rev Rosie writes**

A number of years ago, Tim and I had a holiday in the USA; we were invited to a friend's wedding in Chicago. It was the sort of holiday that we don't usually have. I don't know about you but I like to get away from it all when I'm on holiday and so going to an extremely busy city was very different.

Chicago is a relatively young city, having grown up (literally) during the 19<sup>th</sup> and 20<sup>th</sup> century beside the western shore of Lake Michigan – and it is still growing – as Tim and I sat and ate our lunch one day we watched the Trump Tower being built. Chicago is also full of strikingly different modern buildings that we both thoroughly enjoyed seeing from a number of different perspectives; we had a boat trip down the river when the guide told us all about the design of each building; we saw them from the various modes of transport we used; we visited the two tallest (one during the day and the other at night) and then saw them from a distance when we relaxed at the wedding reception on a boat on Lake Michigan. Such contrast between what we are used to in Norwich and what became familiar to us in such a short time in Chicago. In Norwich one of the significant buildings on our skyline is the Cathedral, reminding us that God's church has been there for more than 900 years and pointing us to the heavens. In Chicago there were numerous churches, many with very large congregations, but each one was overshadowed, quite literally, by the buildings surrounding it. Even so, most of the church buildings stood out because of their traditional architecture.

All this got me thinking. We notice things that are different – anything and anyone who stands out from the crowd because they are different. Sometimes it's good, sometimes not! In the busyness of a major city, the churches stood out as a haven of peace. In life, generally, God's church and his people are expected to stand out from the crowd, too, as an invitation to discover the peace that God offers, in a world that seems to be getting busier and busier, with stress a major problem in our society. Unfortunately not all our churches are able to be left open all the time to offer that haven of peace to the visitor, and we are sorry about that; even Burgh Castle with all its visitors has suffered after break-ins. During August there is an event called Open Churches Week when churches in the Norwich Diocese are open to welcome visitors. Burgh Castle Church will have special displays and a prayer space based on The Lord's Prayer. Refreshments will be available in the Village Hall, too. As you know, the area around St Peter & St Paul Church, Burgh Castle are places of rest and recreation. God and his church have a significant part to play in our finding true rest and recreation. In the coming months, when some will take holidays and others will not, may I encourage you all to find true rest and recreation close to home; true rest and re-creation in and through God himself.

*"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls."*

Matthew 11: 28-29

**BURGH CASTLE CHURCH RESTORATION FUND**

**QUIZ NIGHTS** - The July quiz raised £97, thank you to all who attended and to Dawn and her team. The next quiz will be on Friday August 5th. (8pm) at the Queens Head. Teams of up to six member at £1 per person to enter. Please arrive early if you wish to eat to allow time for the kitchen to get your food to you before the quiz begins.

**CRAFT FAIR** - This will be back again at the Village Hall on August 27th, 28th and 29th. (Saturday to Monday over the Bank Holiday Weekend), Open 10-4 each day. The usual stalls include jewellery, gifts, cards, knitted/crochet work etc. and the bargain stall for Belton Charity Fundraisers will set up in the back room. To book, or for information call Margaret on 01493 780126.

**OPEN CHURCHES WEEK** - As with the majority of CofE churches in our area, Burgh Castle will be open daily, 10 – 5 from 7th. to 15th. August. The church will be manned by volunteers who will be happy to take you through the history of our wonderful building and the surrounding area. Burgh Castle is rich in history, dating from the Romans to present day. To compliment the church opening, and provide refreshments and toilet facilities, the Village Hall, just a few yards away, will be open from 10 – 4pm every day. There will be light snacks, cakes and drinks available, all at a very reasonable price. As well as the refreshments this year there will be Bric a Brac, Book and Nearly New Stalls for church funds. Come along have a cup of tea or coffee and browse. We would love to see you.

**HARVEST FESTIVAL** - Advance notice that a provisional date of September 24th has been set for or Harvest Supper, Ploughmans & desert, entertainment (still to be arranged) and a raffle (please bring your own drinks. Tickets will be on sale at the craft fair in August.

**CRAFT FAIR**  
**BURGH CASTLE VILLAGE HALL**  
 Church Road, Burgh Castle  
**Bank Holiday Saturday to Monday**  
**AUGUST 27<sup>th</sup> - 29<sup>th</sup>**  
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*Refreshments available*  
**Proceeds to Burgh Castle Church**  
**Restoration Fund**  
**Enquiries / Stall bookings 01493 780126**

**Young at Heart**

We are group of women and men (aged between 55ish to mid-nineties!) who meet in the Church building every Tuesday morning between 10.00a.m. and 12 noon. We have coffee and sandwiches (often cake, too) and lots of chatter and laughter! We are part of the Church, but very much an open group where all are welcome, Church members or not. We will be meeting all through the Summer Season, and getting together on other occasions too. We love to eat together, after all it is much more fun to eat together than alone! We go out whenever we are able to.

On the first Tuesday of every month, we have coffee between 10.00 and 11.00 and then those of us who wish to, stay for a Traditional Holy Communion Service. (Please note that in August, the Communion will actually take place at 11.00a.m. on the 2<sup>nd</sup> Tuesday in August, i.e. 9<sup>th</sup>). Do come along and join us, or pop in for a 10-minute coffee break if you are in the area. You would be most welcome. For more information, or if you'd like to come but need a lift please ring Jane Mill (781122) and we'll do our best to help.

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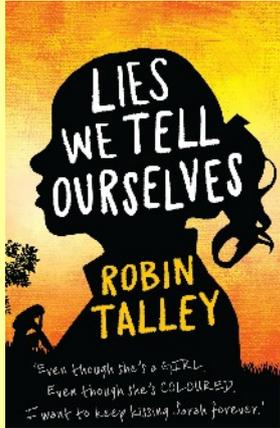
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# THE VILLAGE VOICE BOOK CLUB

Do you enjoy reading? Do you love sharing your thoughts with others who enjoy reading? It doesn't matter whether you are an aspiring critic or an established one. This new column in the Village Voice invites book lovers to write in about the books that have touched them. From fiction to poetry, biographies to travelogues, we would love to hear your thoughts. No genre is off limits. Please send in your contributions to [Beltonvveditor@gmail.com](mailto:Beltonvveditor@gmail.com)

## LIES WE TELL OURSELVES



Last month, I reviewed, "Private Peaceful", a book with no illustrations but one where the author describes every last detail so well that the images appear vividly in your mind. This month, it is the turn of yet another book with no illustrations, but very much the same sort of imagery.

Lies We Tell Ourselves by Robin Talley is a story that takes place in 1959 Virginia and it is all about the lives of two girls on the opposite sides of the battle for civil rights between different colours and races in the USA. When St. Johns, an all-black school, integrates with a previously all white school, tensions rise between the

white and the black pupils who up to that point had known only complete segregation between the races. Sarah Dunbar is one of the first black pupils to ever attend an all-white school. At St. Johns she was an honours student but at her new school no one wants her there, not even the teachers who refuse to help her at all. She and her fellow classmates have to keep their heads down, otherwise the trouble that already faced them each day would come back even stronger the next. Though very smart she is put into remedial classes where she gets spat on and just generally gets tortured in every single way. Linda Hairston is the daughter of one of the town's biggest segregationists and he does not believe that integration is right. Linda has been taught all her life by her father that while the blacks should be allowed to think they are equal; the races should be kept separated. She has to hate them but she doesn't really know why. But when they are forced to work together on a school French project, Sarah and Linda, who at the start really hate each other, learn a lot more about each other's race and how similar they truly are - and, as the story progresses, they learn about how they truly feel about each other.

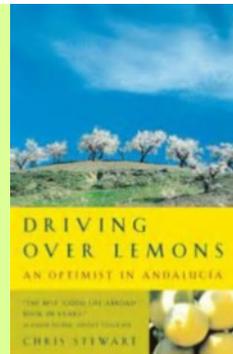
Lies We Tell Ourselves is a novel about finding the truth amongst the many lies we may have been told. This is a truly powerful book that teaches people why being coloured or gay is nothing to be ashamed or to be tortured about. This book is not non-fiction but at some level it feels like one because of the unflinching way in which it describes the pain of racism and prejudice. You keep reminding yourself that things like this did happen. I would certainly recommend this book to anyone who is looking for a good read.

Daniel Tharian (13 years)

(Lies We Tell Ourselves won the 2016 Inaugural Amnesty Honour and was shortlisted for the Carnegie medal. It is available on paperback from £5.59).

## DRIVING OVER LEMONS

As regular visitors to Andalucia in Spain, we have now got to see and understand much of life in the Alpujarras mountains. Chris Stewart's book "Driving Over Lemons" gives a wonderful account of how he took the decision to move there and set up home on a



small farm. At seventeen he retired as drummer with the rock group Genesis and started out sheep shearing and travel writing. The book gives a wonderful description of the trials and tribulations he went through to establish himself in this fantastic area of Spain. If you have never visited this area and would like to know something about it before you go, then this is a great gentle and light hearted read.

Bill and Sue Richmond

(Driving over Lemons: An Optimist in Andalucia is available on paperback from £6.29. It is part of the Lemons Trilogy from Chris Stewart. The other two books are A Parrot in the Pepper Tree and The Almond Blossom Appreciation Society).

## A BREATH OF FRESH AIR IN A FOUL AND FETID ROOM



As an immigrant who became British by deed, but often remains foreign by memory, it has always been a subject of endless fascination listening to the debate of what it is that constitutes Britishness? When I was growing up in a land that was once the jewel in the British Crown, I had little doubt about the answer. Britishness was way more than anodyne images - images of warm beer, images of long shadows on cricket grounds and old maids cycling to Holy Communion through the morning mist, images that would later be invoked by a prime minister.

Britishness was far too valuable for stilted visual images- instead it was a state of mind. A state of mind characterised by the dogged stoicism of not just standing up but winning against impossible odds, by the romantic preference for the underdog hardened by a pragmatic edge and by the ability to evolve by assimilating different strands, seeking some consensus while not demanding absolute compliance. It was about achieving all this within an overarching framework of decency and fair play, sometimes a bit frayed at the edges, but generally intact. This view of Britain and Britishness formed within me during my younger years, still endures.

Periodically one goes through spells where you wonder a bit about this enduring faith and that is where this book comes in. When one starts having doubts, I find it immensely comforting to read this book again- something I first did around 10 years ago. Bloody Foreigners, the story of immigration to Britain was first published in 2004 and was described by the Times as "a breath of fresh air in a foul and fetid room". It is written by Robert Winder, a journalist who was the literary editor of the Independent. While clearly not a left wing liberal on this topic, Winder does start with the premise that immigration is a form of enrichment and renewal. His book title is a humorous take on the attitude to the other in these islands- in medieval times it was "cursed forrainers", in Victorian times it was "blasted furriners" and he reflects on how over time, this old refrain has been co-opted by immigrants

themselves when speaking about others who came just a little bit later than them.

Starting from before the Norman conquest, Winder takes you through the history of all those who sought solace in these islands- the expelled Jews, the Hugenot refugees, the persecuted protestants and in later years the freed African slaves, the Irish and those from the former colonies. He reflects on how the traditional right wing- left wing divides are skewed in this debate and how the metaphors for immigration are usually aquatic- floods and tides, swamped and drowned. Winder suggests we may want to think of Britain as a lake refreshed by one stream that bubbles in and another that trickles out. The fish might squabble and at times attack each other; conditions sometimes favour the minnow and sometimes the pike. Every so often the incoming stream stirs the still pond, but over time the lake adapts and develops a

new ecology. Without the oxygen generated by fresh water, it would stagnate. While understanding this truth, the historic genius of this nation perhaps has also been in having a wise park keeper to manage this pond, calmly and within reason.

And in this one goes back to the core British identity- the broad framework of justice and fair play. It is this which has ensured that over centuries, for all the talk about "cursed forrainers" or "bloody foreigners", for all the begrudging of newcomers and fear of the other, this nation has never crossed to the other side as so many of its contemporaries did in times gone by- it has had no massacres, no pogroms, no gulags targeting the other. That, would truly outrage its sense of identity.

(Bloody Foreigners is published by Abacus and is now available on Kindle from £7.49)

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# THE VILLAGE VOICE HEALTH CHECK

## Standing Tall: Let us talk Osteoporosis



Dr Joegi Thomas  
Consultant Rheumatologist  
James Paget University  
Hospitals NHS Foundation  
Trust, Gorleston

Osteoporosis is a condition that causes the bones to be fragile and prone to breaking. According to the National Osteoporosis Society, one in 2 women and one in 5 men over the age of 50 will break a bone at some point due to this condition. It is more prevalent in women especially postmenopausal women due to the sudden fall in the female hormone oestrogen. It is considered a silent disease because patients often have few symptoms and only discover that they have osteoporosis after sustaining a fracture following a minor fall. Even a cough or a sneeze can result in a fracture and the common sites of fractures are the wrist, vertebra, hip & ribs.

A low body weight makes you more prone to osteoporosis. Older people with low body weight have less padding around their hips and this makes them more prone to fractures. A family history of osteoporosis also increases the risk of the disease. Some risk factors are modifiable and they include poor nutrition, smoking and drinking more than the recommended amounts of alcohol.

It is normal to lose a small amount of height as we grow older. If you have lost more than an inch in height, then osteoporosis needs to be considered as a cause of the height loss. Every one over the age of 50 should have their height measured annually and the form below is something you can adopt to monitor this.

1. My height as a young adult was \_\_\_\_\_
2. A recent measured height at the age of \_\_\_\_ was \_\_\_\_\_
3. Today, I am \_\_\_\_\_ years old and my measured height is \_\_\_\_\_
4. Height loss since a **recent** measurement = (2) - (3) = \_\_\_\_
5. Height loss since **young adult** = (1) - (3) = \_\_\_\_

If you have lost 2.5 cm or more (1 inch) in height following a recent measurement or 6 cm or more (2½ inches) since you were a young adult, you may have a spine fracture.

Spine fractures are not the only reason people may lose height. Other causes include curvature of spine and wear and tear of the disc. However, if you have lost height then you do need to be checked for the possibility of a broken bone in your back. Bone density tests are not designed to show bone fractures. To diagnose a spine fracture, what is needed is a regular X-ray of the upper and lower back. Two thirds of spine fractures are painless so you may have had a spine fracture and not even know it. The only warning sign may be your loss of height. Talk to your GP if you think you have lost some height.

Here are some bone health tips when you visit your doctor for a general health check-up.

1. have a weight measurement and calculate your body mass index (BMI)\*. If your BMI is less than 19 you will need a bone mineral density (BMD) test
2. have a height measurement with a comparison to a previous measurement to see if you have lost enough height to consider the possibility of a spine fracture and the need for a spine X-ray
3. inform your doctor if you have had frequent courses of a drug called prednisolone (a type of cortisone).
4. inform your doctor about any bones you may have broken as an adult in the past, including how old you were and how it happened
5. inform your doctor if one of your parents ever broke their hip.
6. Inform your doctor if your parents had significant height loss and a stooped posture.
7. have a discussion with your doctor to assess your fracture risk and to see if you need a BMD test. You may benefit from a fracture risk assessment using the FRAX tool.
8. Improve your bone health by having a diet adequate in Calcium and vitamin D, doing regular weight bearing exercise (swimming does not help to improve bone density, as there is no weight bearing), cutting down on caffeine and alcohol consumption and giving up smoking.

(\* To calculate your BMI, measure your weight (w) in kilograms. Measure your height in metres (h) and multiply the figure by itself (h x h). Your BMI is  $w / (h \times h)$ . For example, if you weigh 60kg and are 1.6m tall, your BMI is  $60 / (1.6 \times 1.6) = 23.4$ ).



(Acknowledgement: This article uses information from the National Osteoporosis Society. For further information about Osteoporosis, including that about local support

groups, please visit the society's website on <https://www.nos.org.uk>).

Health Check is a new regular column in your Village Voice. Each month, a health topic of interest to the general public will be discussed by a health or social care professional. Coming soon: Dr Kate Lovett, Dean, Royal College of Psychiatrists, London will write about a common mental health problem. Please feel free to write to [beltonvveditor@gmail.com](mailto:beltonvveditor@gmail.com) with suggestions about topics that you would like covered in the future.



## SUCCESSFUL WORK EXPERIENCE

On 27th June, over one hundred Year 10 students from Ormiston Venture Academy embarked on a week of work experience. This included placements in the fields of medicine and engineering, radio station presenting, libraries and teaching. Shrublands preschool, which has been an ardent supporter of Ormiston Venture's work experience week, this year said that Jasmine has been, "one of their best ever" placements to date. Harbour Radio also gave Venture great feedback saying, "Can we keep your students? They have been magnificent." At Great Yarmouth College,



students Haydn Priestly and Zak Buttifant, undertook work experience in the Engineering and ICT departments, and were also described as the best students they have ever had. Alexander Hall, Niamh Payne, Troy Colville, Asley O'Connor all gave positive feedback about their placements. Assistant Principal Spencer Doggett said: "Students will return to the Academy and reflect upon what has surely been an interesting part of their Year 10 experience. For some it will have confirmed their curiosity in an area of industry they have always been interested in, for others life changing. We can only thank the local community for their terrific support in presenting our students opportunities to experience the world of work and for offering them an important taste of their futures". Picture shows Anastasia French at Gorleston Library.

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## NEWS FROM MOORLANDS ACADEMY

### LIBRARY EXCITEMENT

This year Moorlands Primary Academy got a new school library. We were lucky enough to get two grants, one of £1,100 from Adnams, and one of £10,000 from the Freemen of Norwich which helped us to buy new library furniture and £5000 worth of books from R.J Palacio, Lemmon Snickett and Jane Elson among lots of other authors. On the 14<sup>th</sup> September there will be a grand opening of the library by the Children's Author Joffre White, author of 'Frog and the Tree of Spells' and 'Dancing on the Beach.' Gracie,



a keen reader, said "I can't wait until the library is opened. I can already feel taken away to so many magical lands made by authors". Mr Ruddick, a Year 5 teacher quoted "I am really excited for the new library, it has lots of fantastic books and I think it's going to inspire lots more reading in the school."

**Rubie and Gracie, Deers class.**

### NORFOLK SHOW WINNER



At this year's Norfolk show Amelia, age 6, won runner-up prize in the art category! She is taught by Mrs Murison and Mrs Thompson in Year 1, Rabbits class. Amelia entered a brilliant picture of farm animals and won a ten pound note for herself and £75 for the school as a prize! She said "I was very proud of how my picture ended up!" Mrs Murison said "Amelia did very well to be selected for a runner-up award. The RNAA received over 500 entries from school children this year so she should feel very proud of her achievement". The school is proud of what Amelia has done and

we can't wait for her next picture as we hope she enters one next year!

**James and Isobel.**

### OUR NEW HALL

We have just painted our new and improved hall. It used to be all dark and dull but now it's all pretty and colourful. Mr Lee, our head teacher said "We are absolutely thrilled and delighted with our hall. Every child in the school has contributed and I would like to say a huge thank you to the PTA for funding it and to Mathew Harrison, the artist who made the children's vision a reality." "We now really look forward to being in the hall, we love it! It reminds us of our Core Values," said Ellie and Reuben.



**Romy and Andrew**

## ST GEORGES THEATRE

St George's theatre are now taking bookings for their Summer Musical Theatre School. There are two weeks with spaces available, 8th-12th August and 15th-19th August. Prices are £95 per person per week, or £180 per person for both weeks. For further details, please contact 01493 331484 or call into the



box office at St George's Theatre, King Street, Great Yarmouth NR30 2PG.

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Mrs B	Burgh Castle	Fill potholes in Lane
Mrs C	Bradwell	Change Smoke Alarm Battery
Mr & Mrs T	Browston	Temporary fix to shed roof
Mr T	Browston	Arrange Emergency Gas Repair
Mrs L	Bradwell	Dog walking
Mrs L	Bradwell	Hospital Visit
Mrs C	Bradwell	Arrange Lighting Repair
Mr & Mrs T	Browston	Light Hedge Trimming
Mr & Mrs P	Belton	Temporary Garage Door Repair
Mr & Mrs T	Bradwell	Arrange Heating Call out
Mr P	Browston	Internal furniture moving
Mr & Mrs P	Bradwell	Emergency repair to Bollard Cavity
Mrs C	Bradwell	Hospital Visit
Mrs C	Bradwell	Unblocked Guttering
Mr & Mrs W	Burgh Castle	Light Gardening
Mrs K	Bradwell	Repair Keysafe
Mr & Mrs M	Bradwell	Light Hedge Trimming
Mrs C	Belton	Care Home Visit

If you know of anyone who needs similar help, then please contact our helpline on 07544 161848 or email us at [gns4bs@hotmail.com](mailto:gns4bs@hotmail.com)

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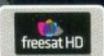
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**1st BELTON SCOUTS**



This month the Scouts enjoyed a weekend away with other Scouts from the district at decoy broad in Woodbastwick. We were asked to host



1<sup>st</sup> great Yarmouth scout troop for the weekend and this meant that the scouts got to know some different people and make new friends. The scouts took part in lots of activities over the weekends including kayaking, sailing, pioneering, fire lighting, crate stacking. On Saturday night we had a superb campfire and each took it in turns to entertain the troops with a short sketch or campfire song. We are now busy preparing our own entertainment for our parents at our AGM, which this year is going to be in the form of a campfire.

Beavers

The Beavers have had a very busy time spending an evening planting there seedlings out on rectory corner on a rainy evening so they got watered in well! This year Brown Beaver thinks that every seed must have taken so we are all hoping for a good show. Talking of shows the Beavers have finished their space travel models and Mairea art pictures in readiness for the village show. A fun evening walking along Gorleston beach looking for shells and pretty coloured stones, mind you the beavers found a lot of crab claws. They also looked for any rubbish. With the help of cooking beaver we made a list of what could have been recycled and what was rubbish. The beavers found lots of recycling items from bottles, paper and card. The more worrying items glass, fishing tackle, sharp plastic from a broken child's bucket, sweet papers and lots of bags of dog poo. The evening finished by putting our 2 black sacks full of rubbish in the bins provided and sitting down to talk about all the rubbish they had found on the beach.

Cubs

The Cubs have had a wonderful evening visiting Lound lakes to do there naturalist activity badge. They spent an evening identifying trees and plant live while they walked. They have had a sunny evening on Gorleston beach making a self-portrait in the sand gaining 20 points for each six. Then played a mad game of rounder's on the beach afterwards. They made 3 D camp sites for the village show which contained tents, camp fire, tree's tec.

Group

Our thanks must go to Buckworths Garage, St Olaves for their help when we had problems with our trailer taking camp equipment to cub camp. Thank you so much for rescuing us and for your help and support.

**BELTON SCOUTS NEWSPAPER COLLECTIONS**

Belton Scouts will be collecting old newspapers (in Belton only) on Saturdays August 6<sup>th</sup> and September 3<sup>rd</sup> (please note that these dates are each one week sooner than usual). Papers need to be put outside properties by 8.45am to ensure collection, please remember not to make bundles too large as some of the collectors are younger members of the group. Note that glossy magazines, leaflets and old telephone directories can be included with your papers.

**1<sup>st</sup> BELTON GUIDES**

Guides recently enjoyed a fun evening out ten pin bowling at Potters Holiday Village in Hopton. We also had a great day out when we joined Brownies from the District on a coach trip to London to see the show Charlie and the Chocolate Factory. For many girls it was their first trip to London and they found watching street entertainers in Covent Garden fascinating before going to the theatre.

One of our District leaders has a family member in the cast of Charlie so after the performance we were very privileged to meet some of the cast members and had a very interesting Q&A session with them. Girls were also able to try on some Oompa Loompa costumes. The cast also kindly gift wrapped a bar of Willy Wonka chocolate for each of us to take home and hid three Golden Tickets amongst them. One of the Brownies who is moving up to our Guides in September had a Golden Ticket and as a prize received a show poster signed by all the cast.

Some of our older Guides organised a princess pamper session for the whole unit recently and did facials and hair creations for each other. Girls dressed in whatever makes them feel good. The evening was concluded with drinks and cupcakes. What more could a girl want!

1st Bradwell Brownies invited us to their American Independence Day BBQ in July where we cooked sausages for hot dogs and then toasted marshmallows. It was a lovely evening and luckily it didn't rain.

From September 20<sup>th</sup> 1<sup>st</sup> Belton Guides will be meeting at the JGI hall instead of Burgh Castle Village Hall.

We will continue to meet on Tuesdays 6.45pm – 8.30pm

We meet term time and have spaces for girls aged 10 – 14 years old. We are a very friendly group and welcome new members. Come and give us a try. For further details please contact Linda 01493 667311 or 07919620759 Email [guides.1stbelton@yahoo.com](mailto:guides.1stbelton@yahoo.com)

**BELTON CUBS AT EATON VALE (Story in July Village Voice)**



**BELTON ST JOHN AMBULANCE BADGERS AND CADETS**



Our first meeting in July saw our Unit President Brigadier Wulf Forsythe-Yorke visit us to present the Grand Prior award to 2 of our cadets, Olivia Knights and Bridget Clarke. The award, signed by Richard, Duke of Gloucester, the Grand Prior of the Venerable Order of Saint John, is the highest award that a cadet in the St. John

Ambulance Youth Programme can achieve.



The Unit has now finished for the Summer but if any young person is interested in joining us in September then please contact either Carole on 780418 or Jackie on 780619

Jackie Cole, Unit Manager



**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 website at [www.entua.org.uk](http://www.entua.org.uk)

In last months (July) edition of Village Voice we wrote at length on the effect that the changes in the local bus services have had on local residents and that Belton Parish Council had organised a public meeting on 8<sup>th</sup> July, 2016 for residents to come along and air their views. The meeting was well attended by residents of both Belton and Bradwell and many points of view and questions were put to the First Eastern Counties Managers who attended, these being Mr. Steve Wickers – Managing Director and Mr. Iain Rankin – Network Manager. A petition calling for the restoration of an hourly day time service from Belton via Beccles Road, Bradwell containing approx. 330 signatures organised by Mrs. Janice Perkins and her husband, was presented to the First Bus Managers.

I think there is no doubt that the X11 is here to stay, but ENTUA have asked if it would be possible for one X11 per hour to go via the link road and James Paget Hospital to Yarmouth Town Centre, and one No 7 per hour going via Beccles Road, Bradwell to Yarmouth Town Centre, where its number can be changed to X11 for Norwich to run in harmony with the other X11 and the two X1s. A downside to this suggestion will reduce the frequency on Middleton Road from ½ hourly to hourly. ENTUA has written separately to First Eastern Counties suggesting another option. Leave the X11s as they are, but run a separate hourly service from Belton via Beccles Road and Gorleston High Street then from Southtown Road to Harfreys Industrial Estate, Gapton Retail Park, Tesco, Pasteur Road to Market Gates. This would provide a link to the Industrial and Retail Estates from North and South of the river and solve the problem of Belton residents gaining access to Bradwell, and Bradwell residents gaining access to Gorleston High Street. First Eastern Counties are asking Norfolk County Council if they would consider a subsidy for this service.

In last month's edition we stated that Norfolk County Council are re-tendering the 80/81 Service (currently run by Anglian Bus) from September, 2016 and that they were considering routing this service via the A12/A143 link road. We have now had confirmation that the tender has been let to Simonds and will provide 5 buses each way per day between Beccles and Great Yarmouth Mon-Sat (except bank holidays) and via Beccles Road, Bradwell and **not** via the A12/A143 link road. Furthermore it is rumoured that both Borderbus of Beccles and Anglian Buses of Beccles are considering operating a commercial service between Beccles and Great Yarmouth, in fact Border Bus has registered its intention to operate a service between Bungay and Great Yarmouth with the Traffic Commissioners to operate Service 580 from 15<sup>th</sup> August, 2016 Mon-Sat (except bank holidays) At this stage it is not clear if Service 580 will travel direct to Great Yarmouth via Beccles Road or go via the James Paget Hospital. Also in last month's article we said that the Anglian Bus Service 7 between Great Yarmouth and Norwich was being replaced on 25<sup>th</sup> July, 2016 with a Konnect Bus Service 503. This was incorrect. The Anglian Bus Service 7 is actually being replaced by a Konnect Bus Service 7, which will incorporate the Postwick Park and Ride Service.

On the railway front, Abellio Greater Anglia have hired in another 'short set' from Direct Rail Services consisting of 2 x Class 68 locomotives 'Top and Tailing' three Mark II Anglia coaches. This is to cover for the 3-car class 170 DMU which was damaged in a collision with a tractor near Thetford earlier in the year. And finally, ENTUAs AGM will be held in 'Christchurch', Deneside, opposite St. Georges Theatre at 1430 hours (2.30 pm) on Tuesday 16<sup>th</sup> August, 2016. Representatives from Abellio Greater Anglia, Anglian Bus, First Eastern Counties, Konnectbus, Our Bus. Norfolk County Council and Centre 81 have all indicated their intention to attend.

We always welcome new members, if you would like to join ENTUA we only ask for a minimum £5.00 annual donation which helps cover the cost of printing and postage of our very informative quarterly newsletter. To join please write to ENTUA, 18 Wensum Way, Belton, NR31 9NY.

Tony Grice

**10 REASONS TO BOWL INDOORS AT BROWSTON**

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  7. Bowling is usually available morning, afternoon & evening. So no driving late at night is necessary.
  8. You will be surprised at the reasonable cost in becoming a member & playing fees. A match of 2 hours for example will be the cost of a pint of best.
  9. If you do decide to have a go then second hand equipment is always available to purchase as well as new.
  10. I can't think of anything else but I'm sure I've missed something! Call Browston - 01502 667591 for more details.
- GO ON! HAVE A GO!**



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## Belton Village Fun Day & Classic Car Show

Saturday 6<sup>th</sup> August 12 - 4pm

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Belton NR31 9JW

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No dogs on field

- Classic cars & bikes
- Inflatable slides/castles
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Food stall, Sweet cart & Donut stand

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For more information contact  
Event: 07841716677  
Classic Cars: 07903054799



The devolution of Norfolk and Suffolk into a single authority led by an elected mayor with decisions being made by a cabinet behind closed doors, continues on its rocky road without the support of now, four councils.

GY voted overwhelmingly to drop out of the process, to stop wasting officers time and public money on further negotiations in what we considered is a flawed plan. The plan in my view is nothing more than devolving responsibility for central government cuts to a remote central governance even less accountable than central government, somewhere in Norfolk or Suffolk. The public questionnaire on this matter from MORI is as usual, lacking in any real information, and is tilted in how it asks the questions, to a favourable "yes please". Another waste of taxpayers money. I suspect that Gideon (George) Osborne will be gone in the very near future, and I sincerely hope this devolution bill goes with him. On another note, I was appalled that UKIP, when given the opportunity to actually run the council, an aim of all political parties, chose not to. They had enough support in council for it, I seconded the motion because no one for UKIP did. Two ukippers, Tom Andrews and the Mayor did not support their leader and thus the party in achieving what could have been a great victory for UKIP. Cllr Andrews stated that he had "smelt a rat" what is "rattish", about

having your party lead the council? A party coming to prominence in the town in 2014, to actually running the council three years later, what an achievement that would have been. It is clear that the of some UKIP councillors hearts still lay in their Tory background and only jumped on the UKIP popularity band wagon to get themselves elected when they could not as Tory candidates. Those ukippers who did not support their leader and by doing so supported the conservatives, in achieving control of the council, have betrayed every voter who supported UKIP and betrayed the promises they made about wanting to lead the council. I am glad am no longer associated with such a party. What next UKIP, a whip system? Seems like you need one.

Finally I note that Brandon Lewis our MP states he was disappointed at the BREXIT result as he had campaigned to stay in. Where did he do this campaigning? Not in Great Yarmouth, and where was our MP at one of the most important votes in our lifetime? not in Great Yarmouth. It seems as with Teresa May that he was keeping a low profile to see which way the conservative political landscaped looked after the vote, hmmm I wonder why.

Cllr Adrian Myers Independent Lothingland.

**TRACING PRIVATE PUMPING STATIONS**

Do you have a private pumping station on your property? Currently, homeowners spend hundreds of pounds to look after these. From October 2016, many of these private pumping stations will transfer over to Anglian Water and become their responsibility. If you think you have a private pumping station please contact ANGLIAN WATER on [privatepumpingstations@anglianwater.co.uk](mailto:privatepumpingstations@anglianwater.co.uk) or on 03457 145 145. Go to the specialist website [www.spotapumpingstation.co.uk](http://www.spotapumpingstation.co.uk) for more information.

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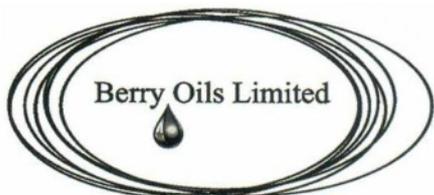
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# VILLAGE SMALLS

It is free to advertise jobs, events, property or items for sale. Send details to Village Voice Smalls, 'Skelmorlie', Butt Lane, Burgh castle, NR31 9PU Tel 01493 780776 or email bcswan50@gmail.com by noon on August 14th to appear in the September issue. We will run your advert for 3 months but please let us know if you sold it so we can remove the advert. (Commercial entries charged at 25p per word)

## WANTED

To Rent House or Caravan, chalet long let for small family can supply Ref's Tel 01493 490031

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

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

## FOR SALE

Raleigh Siren (purple) gents teen/adult cycle. 26" wheels Shimano gears £20. ONO Tel 01493 780776 (Belton Charity Fundraisers)

New Brown leather indoor lounge. Open to offers Tel 01493 781112

Black zipped portfolio case H/duty water resistant fabric, comfort handles. Suit artwork etc. W36" x H24" x D3" Good cond. Tel 01493 781094

Gas operated BBQ with full gas cylinder Open to offers Tel 01493 780440

Power trainer/vibration plate for fitness & muscle toning. VGC £25 Tel 01493 780828

Ladys Falcon Kensington cycle Good cond. £35 Tel 01493 669439

Mamas & Papas high chair £10, Buggy/pushchair £10 Tel 01493 663755

13KG Calor gas bottle (Propane) ideal for BBQ/Garden heater. Only used 15mins - still showing "full" with regulator. £15 Tel 01493 781662

7 Draw chest, pale cream with light oak top 53" wide 31" high x 17" deep As new £60 Tel 07554 577366

Antiquarian books. About 30 volumes-some 100 yrs. Old, need careful owner/TLC. Includes Boys Own annual, Young England, Henty, Brazil. £50. Tel 07757 393805

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Brown simulated mane & tail for lge rocking horse (approx 48" high) Plus 2 lge packs of Gesso (unopened) £20. Tel 01493 781662

Jewel 300 litres fish tank on own Jewel cabinet Tank W48" x H24" x D20" Buyer collects (Belton) Tel 07470 932665

2 Mens suits (grey) 42in chest,38in waist, 31in leg £15 each, Mens Trousers (various colours) 7 pair 36in waist, 6 pair 38in waist ALL 31in leg All exc.cond. £5 per pair Tel 01493 656506

Executive type brown leather office chair with arm rests. Slight wear but good cond. £75 Tel 01493 781094

Pair rear light clusters Grand Cherokee Jeep Mk3 (2003) New. £10 Tel 01493 780776 (Belton Charity Fundraisers)

Bosch Classixx built in double oven in black. VGC £100. Tel 01493 780889

Portfolio case. 3sided zip closure, sturdy handles. Black W/proof vinyl W 35", H 25", D1.25" Good cond £25 Tel 01493 781094

Blooma circular clear glass patio/conservatory table 73cm high, 150 cm across Central canopy 48mm hole. Seats 6 new/boxed cost £80 - only £40 Tel. 01493 603018

Carboot/Market Stall, 12' x 4', boxed metal frame, 6 boards, tarpaulin, clips. £150. Tel 01493 781094

Winged 3 pce suite, 3 seater settee, manual recliner chair & fireside chair. Natural colour pale pink flowers/green foliage. Clean cond. 6 arm covers, fire certs. £120 ONO Tel. 01493 603018

Compete set of 9 Neil White murder books £15 Tel 07586 935795

Light Oak wooden bookcase 4 shelves 60' high, 34.5' wide, 15.75' deep. Good cond. £60 Tel 01493 789104 Buyer collects.

Central heating radiator 24 X 24 ins complete with brackets and thermostatic valve. £15 Call 01493 780822

Suncamp Invader 400 4 person tent, 2 bedrooms, lge living area, built in ground sheet, footprint & carpet used once £150 ONO Tel 01493 781341

Powerbase Garden Shredder, 220 - 240v, 2400w. Collection bag, pusher & manual. Used once. £50. Garden Gear Garden Vac & Shredder. 230v, 1200v. 25 litre zipped collection bag. Instruction manual. Hardly Used. £50. Tel 01493 781094

O'Neill Wet suit ladies size 16 VGC £10 ONO Tel 01493 780776 (Belton Charity Fundraisers)

Clarke 254mm table saw with side extensions New/boxed £100 Tel 01493 781341

McCulloch Petrol tractor lawn mower 1 yr. old £750 OVNO. Tel 07935 740048

2-in-1 Sack Truck/Trolley - Heavy duty. Can be used in upright or horizontal 4 wheels. £45. Tel 01493 781094

Outdoor Christmas decorations. Shooting Star (8 settings) almost perfect. £15. Light up Santa on Swing 20ins high G.W.O. £15. Tel. 01493 789904

Clarke 600watt tile cutter & stand New Model ETC400 boxed £75 01493 781341

Light oak type decorative wood Head Board 64ins wide x 19ins high never used £35 ONO Tel 01403 789402

Haier Under counter Fridge - White. 220 - 240v. 4 shelves and salad crisper H - 86.5, W - 50, D - 55 cm. G.W.O. £50. 01493 781094

Dining room table, 31ins squ. opens 54 ins long, light oak colour (slight water mark), 4 padded dining chair,s (as new). £50 Tel 01493 789402

SAS Supaclamp Caravan Wheel Lock (used) £15 ono WHALE Aquasmart water filter WF3000 (new ) Tel 01493 781781

Whirlpool Condenser Tumble Dryer - White. 230 - 240v, 2300w. H - 84, W - 60, D - 60 cm. manual. Hardly Used. G.W.O. £50. 01493 781094

Big selection fishing tackle rods / reels, carp mat rests, landing net, floats & alarms plus extending trolley to transport items. All very cheap proceeds to British Legion Tel 01493 488506

**PLEASE REMEMBER TO LET US KNOW BY NOON ON THE 12th OF THE MONTH IF YOU WOULD LIKE YOUR ITEM REMOVED**

**MICHAEL CURRENT WALK NO: 22, SATURDAY 18 JUNE 2016 THROUGH HOPTON TO THE BEACH AND THEN BACK VIA ST MARGARET'S CHURCH RUINS**



(Story next issue)

## GUIDE TO EVENTS

### EVERY MONDAY

**Chair Exercises** (9.30am) Nordic Walking (10.30am) - New Road Sport & Leisure Centre - Supervised instruction 07599 044806

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

**Play & Weigh Baby Group & Baby Cafe** - Breastfeeding support (1.30 - 3pm) Village Green Childrens Centre. Health Visitor & Nursery Nurse attend 1st and 3rd Monday of month. Refreshments 01493 789562

**Bingo Night** (7.30pm) JGI All welcome

**Projection Youth Worship Band** (7.30-9pm) Belton Church 07762 817454

**Ring Craft** (8pm) St. Olaves Village Hall, Training dogs/owners for the show ring 01502 569243

**Belton Bowmen** - New Road Field Juniors/family (6-7pm) £3.50, Adults (7-9pm/sunset) £5 01493 780418

**Pilates (Beginners/intermediate)** 6 & 7.05pm New Road Sport & Leisure Centre 07767 864568

### EVERY TUESDAY

**Pilates Fitness** (9am) JGI - Improve posture/core strength £5 07747 720139

**Young at Heart** (10-noon) Belton Church. Get together for over 50's - church members or not

**Belton Over 50/60's** (2pm) JGI cards, games, bingo & refreshments

**Judo group for Juniors** (4.30 & 5.30pm) New Road Sport & Leisure Centre 07977 432756

**1st Belton Guides** (6.45 - 8.30pm) Burgh Castle Village Hall 01493 667311

**Belton Badgers** Youngest sec of St. John Ambulance (6-7pm Term Time) Compass Centre, Boys & Girls 7-10 years 01493 780418

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

**St. Olaves Art Group** (7.30pm) St. Olaves Village Hall Tel: 01493488276

### EVERY WEDNESDAY

**Drop In Coffee Morning** (10.30-noon) JGI All welcome

**Community Connexions** (11.45-12.30pm) The Tavern Belton Car Park - Fresh fruit & veg. Van

**Belton Art Club** (2-4pm) JGI Arts/crafts/hobbies 01493 488683

**Slimming World** (5.30-7.30pm) Kings Head 07796 263627

**3rd Bradwell Rainbows** (5.30-6.30pm Term Time) Burgh Castle Village Hall

**Weight Watchers** Sign in 6.15pm, talk 7pm JGI 07546 023143

**Tai Chi** (7-9pm) Cliff Park Junior School Gorleston (Belton based) 01493 789992

### EVERY THURSDAY

**Chatterboxes** (9-10.30am) Village Green Children's Centre 0-5 years. Fun activities, communication, language & literacy £1 Only during term time 01493 789562

**Baby Bloom** (10-11.30am) Village Green Children's Centre £1 per week - 4 week parenting for 1st time parents/referrals 01493 789562

**Gt. Yarmouth Stroke Group** (2-4pm) New Road Sport & Leisure Centre 01493 781846

**Rock Solid** (5-6pm Term time) years 3 to 6. Belton Rectory Stables 07762 817454

**Crafters Group** (7-9pm) JGI Informal needlecraft group 07721 599559

**Youth Group** (7.30-9pm) Belton Church - Exploring Christian Youth & Fun 07762 817454

### EVERY FRIDAY

**Baby Massage** (10-11.30am) Village Green Children's Centre £1 per week 4 week programme for parents -referrals 01493 789562

**Line Dancing for Beginners** (1030am-1200) JGI, Ring 07788408801. First class free.

**Cornerstone Open Youth Group** (6-7.30pm) Belton Church -years 6/7/8 - 07762 817454

**The Hub Open Youth Group** (7.30-9pm) Belton Church For High School Age Children 07762 817454

**NOTE** Belton Scouts (Beavers, Cubs & Scouts) meet in Belton weekly, details 01493 780965

### EVERY SUNDAY

**Pooch Paws Dog Training** (9-noon) 1 hour sessions St. Olaves Village Hall 07841 040171

**SS. Peter & Paul Church, Burgh Castle** (9.30am) Traditional Prayer/communion

**All Saints Church, Belton** (10.30am) Modern services & activity group for children

*Find details of services below*

## DATES FOR THE DIARY

**Wednesday Jul 27** 10.30am Holy Communion at Burgh House Res Home

**Wed 27 July** 2.30-4.05 pm Village Green Childrens Centre Open Garden Summer Reading Challenge & (free Mobile Library)

**Wed Jul 27** Mobile Library. Priory Close, St Olaves (10.30-10.40am), New Rd. Playing Field Fritton (10.45-11am), Belton from 1.50pm (times in article)

**Thu Jul 28** (1-3pm) Village Green Childrens Centre. Debt Advice

**Sunday Jul 31** 9.30am Burgh Castle Church, Morning prayer

**Sunday Jul 31** 10.30am Belton Church Morning Celebration

**Thur Aug 4** - 10:00-11:30 - Village Green Children's Centre Open Garden  
**Friday Aug 5** (7.30 pm) Digital Camera Club, JGI

**Sat Aug 6** From 8.45am Belton Scouts Collecting Newspapers - Belton only

**Sat Aug 6** 12-4 pm. Belton Village Fun Day and Classic Car Show, New Road

**Sunday Aug 7** 9.30am Burgh Castle Church, Morning prayer

**Sunday Aug 7** 10.30am Belton Church Morning Celebration

**Monday Aug 8** 7.30 pm, Belton WI, JGI

**Tuesday Aug 9** 11.00am Belton Church Traditional Holy Communion. Coffee from 10 am

**Wednesday 10 August**

10.30am, Service of Holy Communion at Burgh House Residential Care Home

**Wed 10 August** Mobile Library. Priory Close, St Olaves (10.30-10.40am), New Rd. Playing Field Fritton (10.45-11am), Belton from 1.50pm (times in article)

**Saturday 13 August** 10 am, Monthly Coffee Morning, JGI

**Sunday 14 August** 9.30am Holy Communion @ Burgh Castle

10.30am Holy Communion @ Belton

**Thur August 18** - 10:00-11:30 - Village Green Childrens Centre Open Garden, Song & Story Time - Special Guest Storyteller

**Sunday 21 August** 9.30am Morning Prayer @ Burgh Castle 10.30 am Café Church @ Belton - Theme: Holidays

**Wed Aug 24** - 15:00-16:15 - Village Green Children's Centre Open Garden Summer Reading Challenge & (free Mobile Library)

**Thu August 25** (1-3pm) Village Green Childrens Centre. Debt Advice

**Friday 26 August** 7.30 pm Quiz Night, JGI

**Saturday 27 August** 10 am-4 pm. Craft Fair, Burgh Castle Village Hall.

**Saturday 27 August** 10 am-1pm. Coffee and Craft Morning. St Olaves Village Hall.

**Sunday 28 August** 9.30am Holy Communion @ Burgh Castle 10.30am Holy Communion @ Belton

**Sunday 28 August** 10 am-4 pm. Craft Fair, Burgh Castle Village Hall.

**Monday 29 August** 10 am-4 pm. Craft Fair, Burgh Castle Village Hall.

**Sat Sept 3** From 8.45am Belton Scouts Collecting Newspapers - Belton only

**Sunday 4 September** 9.30am Morning Prayer @ Burgh Castle 10.30am Morning Celebration @ Belton

**Tuesday 6 September** 11.00am Traditional Service of Holy Communion @ Belton Coffee available from 10.00am

**Saturday 10 September** 10 am, Monthly Coffee Morning, JGI

**Saturday 10 September** 7.30 pm, Musical Evening, JGI

**Wednesday 14 September** 10.30am Service of Holy Communion at Burgh House Residential Care Home, 6.00 7.30pm Messy Church @ All Saints Church, Belton



**FOLLOW VILLAGE VOICE ON TWITTER**

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# LARGEST EVER BELTON AND LOTHINGLAND PRODUCE AND CRAFTS SHOW

## Class winners



**GARDENING:-** Mixed Garden Flowers 1st. Sue Stone, 2nd. Gloria Swan, 3rd. Elaine White. H.T. Rose 1st. Christine Morden, 2nd. Emma Stone, 3rd. Bill Richmond. Floribunda Rose 1st. Bill Richmond. Sweet Peas 1st. Christine Morden, 2nd. Emma Stone. Assorted Foliage 1st. S Bridges, 2nd. John Gown, 3rd. Bill Richmond. Flower Arrangement 1st. Laurel Shepherd, 2nd Ann Andrews, 3rd. Heather Andrews. Fuchsia 1st. Peter Grigsby, 2nd. Brian Swan, 3rd. Ray Stone. Geranium 1st. Ray Stone, 2nd. Gloria Swan, 3rd. Sue Stone. Flowering Pot Plant. 1st. Sylvia Shaw, 2nd. Jackie Cole. Foliage Pot Plant. 1st. Sylvia Shaw, 2nd. Brian Swan, 3rd. Elaine White. Cacti/Succulent 1st. Elaine White, 2nd. Lesley Chalmers. Container of annuals 1st. Bill Richmond, 2nd. Gloria Swan, 3rd. Elaine White. Broad Beans 1st Peter Grigsby, 2nd. Christine Morden. Cucumber 1st. Wendy Griffiths. Lettuce 1st. Brian Swan, 2nd. Annette Carter. Tomatoes 1st. Ray Stone. Strawberries 1st. Elaine White, 2nd. John White, 3rd. Bill Richmond. Gooseberries 1st. Elaine White. Raspberries 1st. Christine Morden, 2nd. Elaine White. Soft Fruit 1st. Elaine White. Rhubarb 1st. Christine Morden, 2nd. Elaine White, 3rd. John White.

**Kevin Lee presenting the Myhills Nursery Cup to Christine Morden**



## HOME BAKING &

**PRESERVES:-** Fruit Cake 1st. Sue Stone, 2nd. Gloria Swan. Victoria Sandwich 1st. Sue Stone, 2nd. Emma Stone, 3rd. Ian Walpole. Cup Cakes 1st. Wendy Griffiths, 2nd. Emma Stone, 3rd. Gloria Swan. Cheese Scones 1st. Sue Stone, 2nd. Jane Mill, 3rd. Gloria Swan. Bread 1st. Lesley Chalmers. Madeira 1st. Emma Stone. Jam 1st. Ann Andrews, 2nd. Gloria Swan, 3rd. Heather Andrews. Lemon Curd 1st. Ann Andrews, 2nd. Ann Andrews. Marmalade 1st. Sylvia Shaw, 2nd. Rose Bishop. Chutney 1st. Janet Farrow, 2nd. Carole Hollis.

**WINE :-** 1st. John White, 2nd. Elaine White.

**ART :-** Watercolour Landscape 3rd. Jan Pitchers. Watercolour 1st. Edward Warner, 2nd. Patricia Morgan, 3rd. Emily Bradford. Oil/Acrylic 1st. Patricia Morgan, 2nd. Ben Burgess, 3rd. Heather Andrews. Pastel 1st. Patricia Morgan, 2nd. Emily Bradford, 3rd. Ashley Liffen. Pen & Ink 1st. Jan Warner, 2nd. Maureen Jackman. Collage/Mixed media 1st. Ben Burgess, 2nd. Jan Pitchers, 3rd. Heather Andrews. Other Medium 1st. Ed Warner, 2nd. Ann Andrews, 3rd. Jan Warner.

**CRAFTS :-** Cross stitch/Tapestry 1st. Jean Brown, 2nd. Linda Bowman, 3rd. J Farrow. Knitting/Crochet 1st. Elaine White, 2nd. S Bridges, 3rd. Sylvia Shaw. Embroidery/Patchwork 1st Elaine White, 2nd. Ann Andrews, 3rd. Lynda Bowman. Greetings card. 1st. Lynda Bowman, 2nd. Sue Richmond, 3rd Lesley Chalmers. Woodwork/Metalwork 1st. John Bridges, 2nd. R Farrow, 3rd. Lucy Gill. Other Crafts 1st. Linda Bowman, 2nd. Ann Andrews, 3rd. Ken Cole.



**PHOTOGRAPHY :-** Shoes 1st. Wayne Davey, 2nd. Lynn Drewfitt, 3rd. Lesley Chalmers. Shadows 1st. Wayne Davey, 2nd. Peter Grigsby, 3rd. Michael Howell. Wild flowers 1st. Ken Cole, 2nd. Jean Brown, 3rd. Michael Howell. People on holiday 1st. Bill Richmond, 2nd. David Rye, 3rd. Lesley Chalmers. Gates 1st. Lesley Chalmers, 2nd. Michael Howell, 3rd. Lynn Drewfitt. Sunrise 1st. Michael Howell, 2nd. Lesley Chalmers, 3rd. D Burrage. Rubbish 1st. Barry Manthorpe, 2nd. Michael Howell, 3rd. Bill Richmond. Free Choice 1st. Peter Grigsby, 2nd. Heather Andrews, 3rd. D Burrage. Local photo 1st. Bill Richmond, 2nd. Michael Howell, 3rd. Jackie Cole.

**CHILDREN UNDER 7:-** Painting of Space 1st. Lewis Buckworth, 2nd. Maxx Rix, 3rd. Liam Drane. Model of Space travel 1st. Sophie Long, 2nd. Evie Humphreys, 3rd. Molly Carway. Miscellaneous item 1st. Lexi Driver, 2nd. Joey Taylor, 3rd. Bennington.

**CHILDREN 7-10 years** Poem Space Travel 1st. Maddox Staff, 2nd. Jessica Bland, 3rd. Erin Woolbright. Model of Space travel 1st. Sam Bradford, 2nd. Sebastian Thomas, 3rd. Anna Eastwood. Miscellaneous item 1st. Liam Walsh-Smith, 2nd. Maddison Scally & Isobel Ward, 3rd. Lauren Ward. AGE 11 - 15 Art or Craft item 1st. Emily Bradford, 2nd. Natasha Pearson-Guklmane, 3rd. Dylan Riches. Photograph 1st. Faith Willeard.

**Faith Willeard receiving the Carver Shield from Kevin Lee**

**NORFOLK POLICE & CRIME PLAN**

Police and Crime Commissioner, Lorne Green, is asking Norfolk people to share their views and help shape his Police and Crime Plan. Until 12 August he is running a short online survey which asks about the crime and policing issues of most concern to Norfolk's communities. To take the survey visit [www.norfolk-pcc.gov.uk](http://www.norfolk-pcc.gov.uk). If you would prefer to complete a hard copy or require the survey in another format, please contact the PCC office on 01953 424455. You can also choose to give your views over the phone or e mail [TellLorne@norfolk.pnn.police.uk](mailto:TellLorne@norfolk.pnn.police.uk) or by post to Lorne at OPCCN, Building 8, Jubilee House, Falconers Chase, Wymondham, NR18 0WW.

**ST OLAVES VILLAGE HALL**

Summer is finally here and we have an amazing summer coffee and craft morning for you to look forward to. Put the 27th of August 10am-1pm in your diaries. There will be hand crafted items to use around the house, fabulous gifts, a fantastic range of art work from various local artists, hand made wooden toys, beautiful home made cards for thank yous and birthdays, beautiful hand knitted scarfs, hand sewn items for babies and masses of scrummy cakes to have with your tea or coffee. Dare I say, you may be making a start on Christmas shopping! Please come along and help us to raise those important funds to build that much needed storage extension to the St Olaves village hall.

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Alternatively a pack of our new 75 litre garden waste bags could be just the job for a smaller garden, call **01493 742200** to purchase a pack of bags.



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